

Excerpted from the book
Match Meets the Metaphysical: A Transformational Journey to Light and Love

A New Understanding of the Law of Attraction

by Trisha Jacobson

In the story, [Match Meets the Metaphysical](#), Julia did not really understand the Law of Attraction. She certainly noticed synchronicities and circumstances and how they were connected, but she was not fully aware of how to take an active role in manifesting the life she was living.

If I were to have met Julia where she was early in the story, I would have taught her that the Law of Attraction is a Universal Law. It is always in effect. Whether we are aware of it or not, we are always attracting our life circumstances by the vibration we are sending to the Universe.

Throughout the story, Julia got caught in a long cycle of low level vibration. Thus it took her a long time to attract the people and circumstances in her life that would ultimately lead to the life she finally manifested. If I were to coach her to harness the full power of the Law of Attraction in her life, here is what I would tell her.

The Law of Attraction Explained

This simple explanation of the Law is outlined by my teacher and mentor, Jack Canfield, star of the movie *The Secret* and author of the *Chicken Soup for the Soul* series and the *Success Principles: How to Get from Where You Are to Where You Want to Be*.

- 1) *Decide what you want.*
- 2) *Believe you can have it and believe it's possible for you.*

3) Close your eyes every day for several minutes, and visualize having what you already want, feeling the feelings of already having it. To maximize the power of visualization and combine it with the power of your subconscious mind by doing this step twice a day, first thing in the morning and each night just before you go to sleep.

4) Come out of that and focus on what you're grateful for already, and really enjoy it.

5) Then go into your day and release it to the Universe and trust that the Universe will figure out how to manifest it.

6) Take action to maintain forward momentum. In addition to taking planned action on a daily basis, pay close attention to the inspiration to act that you get through hunches, feelings, and intuitive guidance that comes to you from the Universe.

This process is really quite simple; however many of us, like Julia, get stuck along the way. Perhaps we are not clear about exactly what we want. To get clear, fill in the details ... colors, sounds, qualities, characteristics. Be as clear and specific about what you want and when you want it by. Always add the phrase "or something better" just in case the Universe has something even greater than you can imagine in store. And of course, don't be afraid to think big. Think of the Universe as a huge, abundant source of possibilities. Sort of like an unlimited catalog where everything and anything is possible.

Once we get clear about what we want, many of us get stuck by not really believing that whatever it is we want is possible for us. Call it a subconscious block or a limiting belief; it doesn't really matter what terminology we use. The bottom line is that the block or belief needs to be cleared at the subconscious level in order for the Universe to fill our order. The good news is there are many tools and techniques we can use to clear blocks and reframe limiting beliefs!

The exclamation point is there because I get so excited when I'm working with clients on clearing and releasing. That's where the magic starts to happen! That's where relationships shift, financial blocks get released and clients begin to experience more joy and happiness in their lives. I get especially excited when I am working with teens and young adults, helping them to clear beliefs before they get hardwired into their brain and develop into limited thinking.

The next step is visualizing, which is lots of fun and extremely powerful. I could write a book on this topic alone, but I'll leave you with this thought. Visualizing to activate the Law of Attraction is like the adult version of daydreaming ... like creating a supercharged wish list for the Universe. Have fun with the power and magic that lies within your imagination!

It goes without saying that gratitude is one of the highest vibrational states we, as human beings, can elicit. The Law of Attraction is all about creating an energetic vibration so our subconscious mind can work with the Universe to manifest it.

For the past four years, I've been working with Jack Canfield's Success Principles to fully activate the Law of Attraction in my life and I love the results The Universe continues to deliver!

Even more than the magic I've experienced in my own life, I love teaching the principles to others to help them clear blocks, breakthrough old beliefs and move on to creating the life of their dreams!

[Click here](#) to buy a copy of *Match Meets the Metaphysical: A Transformational Journey to Light and Love*.

Are you ready to harness the power of the Universe, your subconscious mind and the Law of Attraction in your life? Visit Transition On Purpose Coaching at www.trishajacobson.com.

To learn more about the Success Principles visit <https://ctg.infusionsoft.com/go/product/Patricia/>