

# Law of Attraction Intensive

Workshop Handouts

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# Law of Attraction Intensive Handouts

## Declarations

- I have a big vibration and everything entrains to MY vibration.
- I inspire others with my awesome vibration!
- I co-create my reality with Spirit
- My desires are signals that show me where I need to grow.
- I embody my new reality every day as if it is already here.
- I take inspired action towards my dreams.
- I am emotionally detached from the outcome of my intention.
- I pay attention to synchronicities in my life because that is how the Universe gives me feedback!
- I am aware of my own vibration and can shift it at will
- I easily release any emotional or belief obstacles that no longer serve me.
- I assume that everything that happens, happens for a reason and that reason is there to serve me.
- I easily create space in my life to make room for what I manifest.
- I am a generous giver and an EXCELLENT receiver.
- I am grateful for everything I have.
- I celebrate my wins!
- I deserve all the best life has to offer.
- **I am an AWESOME manifester!**

*Say these declarations out loud every morning to keep your vibration high!!*

# Law of Attraction Intensive Handouts

## Handout A: Harmonic Pillars\*

### Financial Pillar

- I am financially free – I work because I chose to not because I have to
- I earn my ideal income
- I have enough money to pursue my ultimate dreams and goals
- I have enough money to keep my body and home in tip-top condition
- I have all the “toys” I want – the home I’ve always dreamed of, the car I’ve always wanted to drive
- I’ve travelled wherever I’ve dreamt of travelling

### Relational Pillar

- I spend quality time by myself
- I enjoy my own company
- I treat myself the way I want other people to treat me
- I give myself enough personal time
- I have attracted my dream mate or if I do not want one, am perfectly at peace being single
- I am the person I must become to attract my dream mate
- I make time for my relationship with my mate, just the two of us
- I spend quality time with the people I love
- My relationships are peaceful and enjoyable

### Mental Pillar

- I read a number of books each month/year
- I go to seminars each year to invest in my number one asset, my marvelous mind
- I am open to new teachings and am willing to change my beliefs if they no longer support me
- I practice “growing” my mental capabilities through learning new things or skills

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## **Emotional Pillar**

- I am the master of my emotions. They do not master me
- I am aware of my emotions and I allow them to come forth without taking them personally
- Although I allow myself to feel “negative” emotions, I don't take them personally and I let them go easily
- I feel peaceful most of the time

## **Physical Pillar**

- I am at my dream weight/dress size suit size/body composition
- I work out \_\_\_\_\_ days a week to stay in shape
- I am as flexible as I want to be
- My body is as strong as it ever was
- I put mainly good quality food in my body and I take time to eat
- My body feels at its optimal health

## **Spiritual Pillar**

- I have discovered the one-on-one connection with my creative source
- I feel inspired by things like great music, reading, walking in nature, seeing great works of art etc.
- I feel a connection between myself and all things
- I feel the presence of Spirit in my daily life
- I sense the Divine in everyone I meet

*\*adapted from Harmonic Wealth by James Arthur Ray*

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## Handout B: Markers and Poster Board

For this process, you will need to take out a clean sheet of blank paper or if you wish a larger poster board (poster paper).

You will also need colorful markers.

Your task is to write down on one side of the poster board, your CLEAR and SPECIFIC intentions (wishes) and on the other side, draw a picture or series of pictures that represent your wish come true.

Take as much time as you like and enjoy the process. There is no "right" or "wrong" and you don't have to be an "artist".

Make it fun!

Here's a picture of mine:



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## Handout C: Manage Your Energy

Here is a quick test from an article in the **2007 Harvard Business Review** entitled *Manage Your Energy, Not Your Time* by *Tony Schwartz and Catherine McCarthy\**

Please check the statements below that are true for you:

### Body

- I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.
- I frequently skip breakfast, or I settle for something that isn't nutritious.
- I don't work out enough (meaning cardiovascular training at least three times a week and strength training at least once a week).
- I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch at my desk, if I eat it at all.

### Emotions

- I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.
- I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really with them.
- I have too little time for the activities I most deeply enjoy.
- I don't stop frequently enough to express my appreciation to others or to savor my accomplishments and blessings.

### Mind

- I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by e-mail.
- I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value and high leverage.
- I don't take enough time for reflection, strategizing, and creative thinking.
- I work in the evenings or on weekends, and I almost never take an e-mail-free vacation.

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## Spirit

- I don't spend enough time at work doing what I do best and enjoy most.
- There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose.
- I don't invest enough time and energy in making a positive difference to others or to the world.

How is your overall energy? Total number of statements checked: \_\_\_\_

## Guide To Scores

- 0–3: Excellent energy management skills
- 4–6: Reasonable energy management skills
- 7–10: Significant energy management deficits
- 11–16: A full-fledged energy management crisis

What do you need to work on? Number of checks in each category:

Body \_\_\_\_ Mind \_\_\_\_ Emotions \_\_\_\_ Spirit \_\_\_\_

## Guide To Category Scores

- 0: Excellent energy management skills
- 1: Strong energy management skills
- 2: Significant deficits
- 3: Poor energy management skills
- 4: A full-fledged energy crisis

*\*reproduced with permission from the Harvard Business Review*

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## Handout D: Index Cards

For this section, entitled “Acting As If”, you will need either a blank page in your journal or notebook, or an index card.

Write down the six critical steps you can take towards manifesting your intention into reality. In the process of manifesting, thoughts lead to feelings that lead to ACTIONS that then translates into your results.

Thus, action is an important step in manifesting.

After you've written down the six most logical steps to take towards your goal or intention, then number from 1 to 6, 1 being the most important.

Do this every day before you go to bed or first thing in the morning. Whatever you don't complete, roll it over to the next day. For example, if you completed items 1 through 4, but you didn't complete 5 and 6, then transfer the latter two as numbers 1 and 2 on your index card for the following day.

Here's an example of the critical six for a business:

1. *Edit my audio programs*
2. *Edit my handouts from the Law of Attraction Intensive*
3. *Post to my website*
4. *Hire a company to duplicate and distribute products for me*
5. *Find and hire a graphic artist to make CD covers for me*
6. *Contact other Law of Attraction joint venture partners*

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## Handout E: Money Associations

### Questionnaire\*

When I think of becoming wealthy, the thoughts that go through my mind are:

How did my parents view rich people or being wealthy?

Complete the following sentences:

Money is...

Wealth is...

Rich people are....

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The reasons I may not or can't become extremely wealthy are... (List several)

The downside to being wealthy or going through the process of trying to become wealthy is... (List several)

My greatest fears and worries regarding money or wealth are... (List several)

The worst thing about wealth is...

*\*adapted from the Millionaire Mind Intensive – [www.secretstomoney.info](http://www.secretstomoney.info)*

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## Handout E: Abundance Questionnaire

You notice a happy couple walking hand in hand. They hug and kiss each other and they are laughing, totally oblivious to what is going on around them. How do you feel when you look at them? What are you thinking?

You are out shopping and you notice a beautiful blond woman walk in. She has a flat stomach and long sexy legs. How do you feel when you look at her? What are you thinking?

You are picking up your wife/husband/girlfriend/boyfriend from work and as you walk in you see them smiling and laughing with an attractive stranger you've never seen before. They seem to be having such a good time that they don't even notice you've entered the room. How do you feel? And what are you thinking to yourself?

You are driving along the road and a pristine \$100,000 sport/luxury car pulls out in front of you. It looks like a man in his thirties driving it. How do you feel as you look at this car? What are you thinking about this car or this driver?

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A casual friend of yours just got promoted to a prestigious position at her job and her income is now double your annual income. You were an "A" student and she was a "C" student when you were in high school together. How do you feel? What are you thinking?

You visit someone at the nursing home and notice an old man there that doesn't get many visitors. One day, a younger man shows up to visit, to your surprise. You assume he is his son. He is wearing an expensive Armani suit and Rolex watch. He stays for about 20 minutes, then leaves. How do you feel? What are you thinking?

Your new neighbors seem really nice and you enjoy spending time with them. Out of the blue, they invite you and your family for an all-expense paid trip with them to the Bahamas. Apparently they own a vacation home there and have a lot of money from stocks they bought in the 80's. How do you feel? What are you thinking? Do you accept?

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## Handout F: Emotional Freedom Technique

<p style="text-align: center;"><b>EMOTIONAL SELF-MANAGEMENT (ESM) EMOTIONAL FREEDOM TECHNIQUE (EFT) Karen Guenette, MD Holistic Physician and Medical Acupuncturist</b></p>
<p><b><u>ESM PROTOCOL</u></b></p> <ol style="list-style-type: none"><li>1. Subjective Units of Distress Scale (SUDS)</li><li>2. Balanced Breathing Exercise</li><li>3. Polarity Reversal Exercise</li><li>4. Acupressure Tap Sequence</li><li>5. Re-evaluate SUDS</li><li>6. Eye roll if SUDS 0 or 1</li></ol>

### **SUBJECTIVE UNITS OF DISTRESS SCALE (SUDS)**

- 0 The absence of any distress. Feeling calm and totally relaxed.
- 1 Neutral feeling or just OK, not as relaxed as could be.
- 2 A mild irritation. First awareness of tension or vague stress.
- 3 Increased discomfort, unpleasant, but in control.
- 4 Noticeable discomfort or distress, perhaps agitation but tolerable.
- 5 Discomfort is very uncomfortable but I can stand it.
- 6 Discomfort worsens and affects my life.
- 7 Discomfort is severe and emotional pain interferes with life.
- 8 Discomfort increases and it is in my thoughts constantly.
- 9 Discomfort is nearly intolerable.
- 10 Discomfort is extreme and worst imaginable. I feel panicky and overwhelmed.

### **BALANCED BREATHING EXERCISE**

- ◆ Cross left leg over right.
- ◆ Hands out in front – cross right over left, rotate palm of your hands so that they are facing and interlock your fingers.
- ◆ Continue rotating inward so that you bring your hands up close to your chest.
- ◆ Breathe in through NOSE, tip of tongue touching the roof of your mouth.
- ◆ Breathe out through MOUTH, tongue resting on the floor of your mouth.
- ◆ As you exhale think "balance". You could use the image of a see saw or scale.
- ◆ Do this breathing comfortably for 2 minutes.

### **POLARITY REVERSAL EXERCISE**

Say each statement three times while performing acupressure on the appropriate area:

#### **While rubbing the Chest Sore Spot:**

**Global:** *"Even though I have all these problems and limitations, I deeply and completely love and accept myself"*

*"Even though I wish to **keep** this \_\_\_\_\_, I deeply and completely love and accept myself"*

#### **While tapping under the nose:**

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**EMOTIONAL SELF-MANAGEMENT (ESM)  
EMOTIONAL FREEDOM TECHNIQUE (EFT)  
Karen Guenette, MD  
Holistic Physician and Medical Acupuncturist**

"Even though I will **continue to have** \_\_\_\_\_, I deeply and completely love and accept myself."

**While tapping under the lower lip**

"Even though I don't **deserve** to get over \_\_\_\_\_, I deeply and completely love and accept myself."

**While rubbing on the Chest Sore Spot**

"Even though it isn't **safe for me** to get over \_\_\_\_\_, I deeply and completely love and accept myself."

"Even though it isn't **safe for others** for me to get over \_\_\_\_\_, I deeply and completely love and accept myself."

"Even though it isn't **possible** for me to get over this \_\_\_\_\_, I deeply and completely love and accept myself."

"Even though I will not **allow** myself to get over this \_\_\_\_\_, I deeply and completely love and accept myself."

"Even though I will not do what is **necessary** to get over \_\_\_\_\_, I deeply and completely love and accept myself."

"Even though getting over this \_\_\_\_\_ will not **benefit me**, I deeply and completely love and accept myself."

"Even though getting over this \_\_\_\_\_ will not **benefit others**, I deeply and completely love and accept myself."

"Even though I have a **unique** block to this \_\_\_\_\_, I deeply and completely love and accept myself."

**POLARITY REVERSAL THEMES SHORT FORM**

Global (Chest)  
Keeping (Chest)  
Future (under nose)  
Deserving (under lip)  
Safety of self (Chest)  
Safety of Others (Chest)  
Permission (Chest)  
Allowing (chest)  
Necessary (chest)  
Benefit of self (Chest)  
Benefit of Others (Chest)  
Unique (Chest)

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## **ACUPRESSURE POINTS (sequence)**

Chest Sore Spot – rub a point located above the heart about 3 inches off the center line of the body  
Eyebrow – inner edge of eyebrow  
Outside eye – temple side of eye  
Under eye – bottom of the eye socket below the pupil  
Under nose – center between nose and upper lip  
Chin – center of chin in depression  
Collarbone – indentation where collarbone joins the breastbone  
Under arm – four inches below arm pit (is often tender)  
Thumbnail – radial side, base of nail  
Index fingernail – radial side, base of nail  
Middle fingernail – radial side, base of nail  
Little fingernail – radial side, base of nail  
Side of hand – karate chop point on ulnar side of hand  
Back of hand – between fourth and fifth metacarpals in a valley an inch proximal to the knuckles

## **ACUPRESSURE TAP PROTOCOL**

**While rubbing the Chest Sore Spot, say 3 times:**

"Even though I \_\_\_\_\_, I deeply and completely love and accept myself"

**Then tap the other acu-points 5-7 times each while saying:**

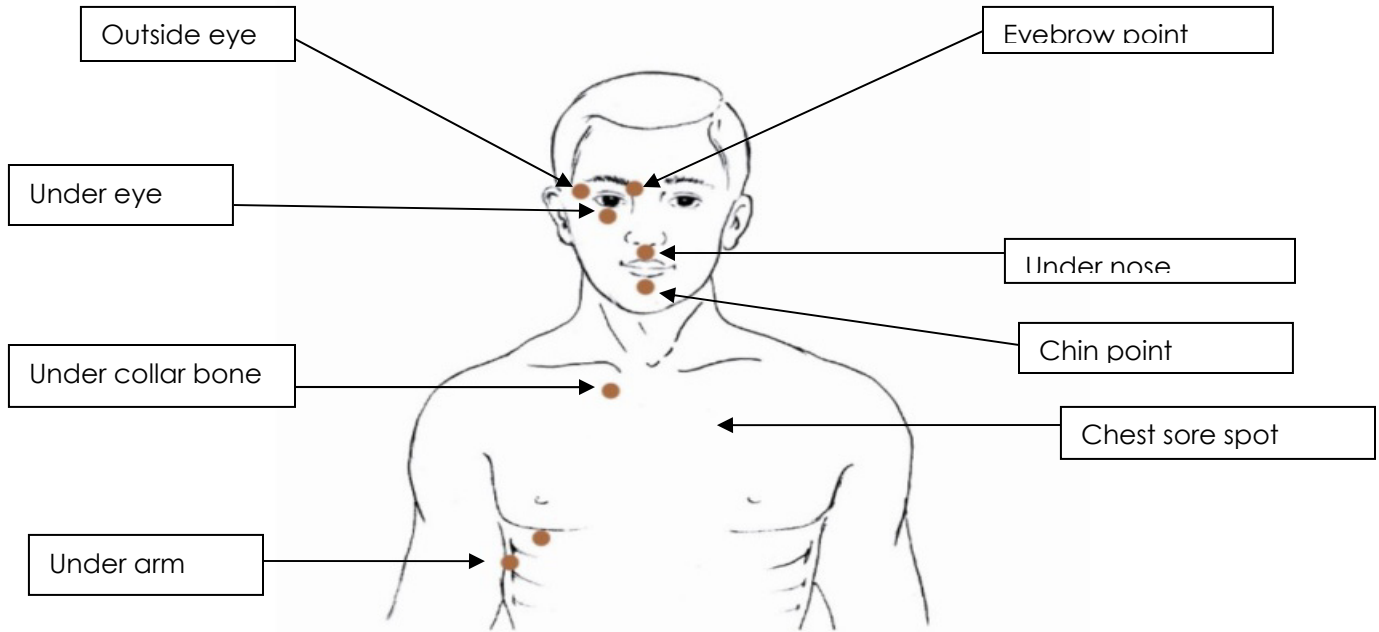
"This \_\_\_\_\_"

Adapted from: "Acupressure for the Emotions – Instant Emotional Healing" by Peter Lambrou, Ph.D. and George Pratt, Ph.D. Broadway Books, 2000 , ISBN 0-7679-0392-7

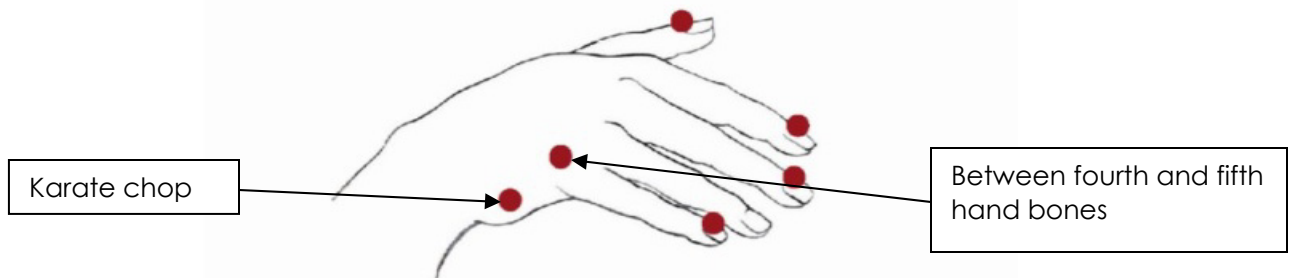
Reference:

[www.emofree.com](http://www.emofree.com) – you can download a free manual on beginner Emotional Freedom Technique

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This illustration is provided for your reference after you have learned the Basic EFT Recipe



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## Handout G: Reframing Scenarios

### **Scenario 1**

You wake up late one morning. You twist your ankle on the way to your car. While you are driving to your morning appointment that you hope you won't be late for, a tractor trailer turns onto your street in front of you. It is travelling at a snail's pace and there is no way you can get around it. You are already 10 minutes behind "schedule".

How does this scenario best serve you?

### **Scenario 2**

During this workshop, you intend to attract more money into your life. You are psyched about changing your non-supportive beliefs around money and wealth. Your boss calls you unexpectedly and tells you that you are being laid off Monday. Your mortgage is due next month and you were depending on your paycheck to cover it. How does this best serve you?

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## **Scenario 3**

You are married. You come home one day and you find your mate missing. On the kitchen table is a card that says, "I'm sorry. I have been having an affair. I can't stay in this marriage any longer. I hope you can forgive me". You knew there were problems, but this comes as a complete shock. A suitcase is missing and so are clothes from the closet.

How does this best serve you?

## **Scenario 4**

You are at your doctor's office for your annual physical. Your doctor feels a strange but small lump in your breast/chest. The mammogram and biopsy confirm a cancerous growth. You have three young children at home and a husband/wife that works 60 hours a week.

How does this best serve you?

# Law of Attraction Intensive Handouts

## Handout H: Making Space

Take the quiz below to determine the degree of “space” you currently have in your life now. There is no right or wrong answer. Every statement is just food for thought. You may get an “Aha!” at some point as you read these, so you’ll want to pay attention to them.

### Life Vacuum Quiz

Answer **True** or **False** to the following statements:

1. I spend a lot of time alone in silence, just relaxing, or without an agenda (no T.V.).
  2. I feel completely resolved regarding past relationships and don't have any left-over feelings of guilt, fear or anger.
  3. I feel free in my life and don't feel overwhelmed with work or family obligations.
  4. My friends support me, but they are not needy or smothering.
  5. My job has its place in my life, but I can easily separate from it when I have other plans or other priorities.
  6. I feel like I manage my work, play and relaxation time fairly well and feel like I can be flexible in my scheduling.
  7. I honor my commitments and don't often change my plans once I commit to something or someone.
- 
8. I often get lost thinking or reminiscing about the past and what “could have been.” I realize that I don't appreciate the present moment as much as I'd like.
  9. I am currently dating someone I am not really fond of, but I am not ready to let him/her go.
  10. I spend a significant amount of time with my former husband, wife, girlfriend, or boyfriend and still feel attached.
  11. I have multiple projects I'm working on and don't seem to make much headway on any of them.
  12. I often cancel my commitments with others because I life is too busy or crazy.
  13. My kids and husband are everything to me and I make my schedule according to their needs.
  14. I am out every evening at a social function and rarely have quiet time alone.

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15. I currently have a lot of family obligations that I need to tend to.
16. My job is really stressful and it takes a lot of energy from me.
17. I feel like I am running around taking care of my kids and driving them to various classes, social functions etc. and have no time for myself.
18. I really don't feel I have time to do a lot of personal growth work right now.
19. I don't feel like I have the time right now to devote to my health.

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## What A Wonderful World – Louis Armstrong

I see trees of green..... red roses too  
I see them bloom..... for me and you  
And I think to myself.... what a wonderful world.

I see skies of blue..... and clouds of white  
The bright blessed days....the dark sacred nights  
And I think to myself .....what a wonderful world.

The colors of the rainbow.....so pretty...in the sky  
Are also on the faces.....of people...going by  
I see friends shaking hands....sayin' ...how do you do?  
They're really sayin' .....I love you.

I hear babies cry..... I watch them grow  
They'll learn much more.....than I'll never know  
And I think to myself .....what a wonderful world  
I think to myself...what a wonderful world  
Ohhhh, yeah!