In this short worksheet, we're going to talk about some basics of the Laws Of Mind® System. We're also going to talk about how it's different from the law of attraction and explains things in a new way.

THE LAWS OF MIND® SUMMARISED

The Laws of Mind® is a system of manifesting which says that your mind and using it the right way is how you're able to manifest.

There's 2 main lessons that are useful to know. Here they are:

Lesson 1: To unlock your manifestation energies and achieve anything you want, like more wealth, better relationships, health, confidence and so on, you need to build the power of your intent.

Lesson 2: To build your intent, you need to make changes in your lifestyle.

If you start to apply these 2 lessons in your life, things like the law of attraction and all other manifestation laws will start to truly work for you. Otherwise they won't work and you'll be left
wondering why sometimes good things happen in your life, and why sometimes they don't.

What Is Intent Anyway?

Intent sounds like a fancy name but all it really means is your ability to concentrate and focus your mind. The more your mind is calm, restful, peaceful and strong, the more you will manifest.

That in turn means that you don't have too many wandering thoughts in your mind and don't get distracted too easily (In other words, that your mind has strong concentration).

For example, when doing day to day things like washing the dishes, does your mind wander off sometimes and you get distracted by something else? If so, it means your intent is weak and is stopping you from achieving the things you want, even when you're trying to achieve them.

Essentially, when you build your intent, you're accessing all of the creative manifesting energy which rests inside your subconscious mind. As you may know, your subconscious mind is incredibly powerful and learning to release its power is how you can get more of what you want in your life.

**Building your intent is the grand-daddy secret of all manifestation.** It's deceptively simple, but that's exactly why it's a secret!

If you've looked at people who have amazing lives and everything they ever wanted, you'll find one common theme that unites them all - they all are able to focus when they need it and have a strong intent - no exceptions!
Q. What do you mean by "laws" when you say "laws of mind"?

A. By "laws" we mean the laws of how your mind really works. If you understand those laws and use them the right way, you can strengthen your intent and manifest more.

Q. What do I need to do to manifest?

A. You need to unlock the power inside your mind. You do that by building your intent so that your creative manifesting energy gets released and manifests the thing you want.

To build intent, you need to make the changes in your lifestyle that we explain to you. You don't need to do strange "mind techniques" or anything abnormal to build intent.
Q. Do I need to do "exercises" like visualisations, vision boards etc like the law of attraction says to manifest?

A. No. Visualisation isn't required to manifest because all that's doing is you seeing an image in your mind. That doesn't automatically create a miracle out of the blue. A much more effective tool than visualising that actually does work is imaginising, which is imagining a new reality as if it was real. This is totally different from visualisation and has a completely different emphasis. We talk about that more in our system.

As for vision boards, unfortunately this can make you violate the law of detachment, which is one of the key manifestation laws. Though vision boards might seem helpful, there are more effective manifesting tools out there that can give even bigger results.

Q. What other keys are there in the Laws Of Mind® System?

A. One other main key is Energy. Energy is all about the hidden, subtle energies that are all around is in our lives, but we don't notice them. For example, the energy in your house, office, car, the people you associate with and so on. All of this energy has an effect on your manifestations and your ability to attract wealth, health, happiness and everything else you want.

For example, if you live in a house where there's a lot of clutter, that energy will affect your manifestations negatively, meaning less money comes to you, you have less confidence, relationships aren't as strong, health is weaker and so on.

To manifest, you need to strengthen intent but also improve the energy around you, so the two definitely go hand in hand.

Q. I'm aware I have some limiting beliefs and I'm trying to figure out how to remove them. How can the Laws Of Mind® help with that?

A. If you've tried to remove limiting beliefs in the past but only got half-results, the reason is because you’re using a blunt knife. If you were to try to cut a block of wood with a blunt knife, it wouldn't get very far because the knife isn't sharp. In the same way, you can't change limiting beliefs if your knife is blunt, where the knife here is your intent ability.

If you have a strong intent, you can change your limiting beliefs easily. It's as simple as that. You don't need to spend weeks or months or even years trying to overcome limiting beliefs. It can be done very quickly and simply.

This is exactly why some people can come from very tough backgrounds and make amazing turnarounds in their lives very quickly.
CONCLUSION

We hope you have learned a few basics about true manifestation and how to get more of what you want in your life. The full Laws Of Mind® system will give you a very detailed course that gives you everything you need to manifest, including money, health, wealth, better relationships and confidence.

You can get details of that here.

To Your Manifestation Intelligence!

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