

My Top 5
Law of Attraction

Mindsets for New Beginnings

Including powerful "I Am" affirmations

By RJ Banks

www.loaaffirmations.com

From the author of the best selling book
The Power of I Am and the Law of Attraction



My Top 5

Law of Attraction and

Affirmation Mindsets for a

“New Beginning”

By RJ Banks

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Written by RJ Banks
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Greetings, I am very happy and excited for this opportunity to share with you the top 5 mindsets I used, and still do, that helped me turn my life back around, or “back to happy.” To recap five years ago, I was happily married, raising our son, enjoying my career in Medical Diagnostic Imaging (the “new” name for Radiology), relishing a nice six figure income which granted me the opportunity to enjoy many nice things in my life. A beautiful house on the 11th fairway at the local country club, four car garage loaded with my Mercedes-Benz, and Jaguars, Cruises, trips to Hawaii, the list goes on. In addition to being blessed with many wonderful material things, I was also able to give generously to my church, my son’s school, and one of my very favorite traditions was during the Christmas season to purchase as many coats as could fit into my SUV. (And that was a lot of coats... well over one hundred in fact), and deliver them to the local missions and shelters. At this point in my life, I was happy and enjoying the many blessings I had been bestowed with.

Then one day I woke up not feeling very well. I had a brain tumor! Long story short, I lost most everything! The career in radiology, the wife, the house, the cars, the money, vacations Pretty much everything in my material world, not to mention my health. Well, I am happy to say that even though I am blind or “visually impaired” now, I survived the brain surgery!

So there I was jobless, close to homeless, recovering from brain surgery, learning “how” to live as a blind person, fighting with social security for “my” hard earned money they were so graciously holding for me until I retired or became disabled, and wondering what in the world happened and how can I get back to living a more desirable life! Don’t get me wrong, I was, and am very grateful that I survived this devastating and life altering ordeal, but it was time to start a new chapter in my crazy life.

Here are the top 5 Law of Attraction and affirmation mindsets that I did, and still do, that were integral in my recovery and manifestation of the now blissful, joyful, exciting and fulfilling life I have.

I am happy to share them with you and honored to be on your team as you begin your transformational journey to your wonderful and desirable life. Let's get started. ~RJ Banks

Here is the list:

1 Resilience

The capacity to recover quickly from difficulties; toughness.

2 Worthiness

The quality of being good enough and deserving

.

3 Forgiveness.

The action or process of forgiving or being forgiven

.

4 Gratitude

To be, feel, and show thankfulness for something or someone.

5 Faith

The firm belief in something for which there is no proof, and living "as if."

1 Resilience

The capacity to recover quickly from difficulties

Here are a few of my favorite quotes about resilience

Resilience is all about being able to overcome the unexpected. The goal of resilience is to thrive.

~Jamais Cascio

Resilience only come from having been given the chance to work through difficult problems.

~Gever Tulley

Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.

~Jean Chatzky

When we tackle obstacles, we find hidden reserves of courage and resilience we did not know we had. And it is only when we are faced with failure do we realize that these resources were always there within us. We only need to find them and move on with our lives.

~A. P. J. Abdul Kalam

I have always been intrigued with human behavior. What makes us “tick” and what motivates us to do the things we do. While pursuing my degree in Behavioral Science, I became fascinated with resilience. Why and how certain events or experiences in life effect different people. What motivates one person to give up, and someone else to get up?

We all experience traumatic events throughout life and challenging life experiences. It is in evadible. BUT, is it also a choice with how one chooses to react to these events or situations. Emotions play a key role in one’s knee jerk responses to various situations. In our developmental years we were taught mainly by example by our parents or elders as to how to react to the various circumstances that occur throughout life. As I stated in my book: *The Power of I Am and the Law of Attraction*, “emotions or healthy. They serve as a barometer to what’s happening in our lives and how we are feeling about them. It is the **out of control** emotions that are not so healthy.” Remember, they are your emotions, you have a choice to either control them, or let them control you. I have found that many people allow their ego and emotions control them instead of the other way around. Fear, ignorance and embarrassment (your ego) are the leading causes for what most classify as failure. These are the exact feelings and emotions that create and cause the failure! This is actually a strong example of the law of attraction. Where your attention goes, energy flows. In my and many others opinion, failure is allowing one’s out of control ego emotions to dictate ones decisions. When pioneering into new areas of discovery, we often runs into dead end, improbabilities and setbacks. This is NOT failure!!! I call it my R&D department. Research and development is necessary for growth and is not failure!

When it comes to failures, my ultimate hero is Thomas Edison. My favorite quote while he was inventing the lightbulb is: “I have not failed. I’ve just found 10,000 ways that won’t work.” Dyson made over 5,000 design prototypes before he came up with the bag less vacuum cleaner. My point here is, No great achievement or advancement was ever made without failure. Resilience is the key. The self-inspired motivation to reach ones goal. What most call “failures” to me, are just learning and training lessons. They are

part of your growth. Look at them with gratitude.... Yes, with gratitude. This education will pay off. Maybe not today or tomorrow, but it will have dividends in the long run.

Resilience.... The art of getting back up after one has been knocked down. In the sports world how many times have you seen or heard of the seemingly impossible comeback victory with only seconds on the clock? That my friend, is resilience!

While living in Las Vegas, my girlfriend worked at a big casino. I was waiting for her to clock out when I heard the crowd roar! A man just won ONE MILLION DOLLARS on a slot machine! Knowing most of the staff there, one of my friend's co-worker's came up and told me that another man had been playing that same machine for hours and spent quite a bit of money feeding it. He finally gave up and walked away. The million dollar winner walked up to the slot machine and became a millionaire on just two or three pulls. Now I am not saying go gamble your life savings away, my point is to have the resilience and faith in yourself to keep going. Yes in this scenario we don't know why the man walked away. Probably ran out of money. But, the cool thing is you don't have to play a slot machine to enjoy a happy and fulfilling life. You just need to start off with tenacity and resilience to keep going until you achieve your desired results.

The key for me is to stay focused on success not failure. Remember, we are, and attract into our lives, what we choose to think, say and believe about ourselves and our perceived reality. My favorite way to stay focused on a desirable outcome is to create and recite "I am" affirmations. These affirmations should always focus on what you want.... NOT what you don't want, or what you are avoiding. So in this situation, focus your affirmations on Success instead of Failure. Avoid negative or low vibrational words such as: Not, No, No longer, Quit. Stop. Lose. Use only positive or desirable words to attract what you desire. On the following page are 12 great affirmations for you. Read these outloud every day, multiple times per day. Soon you will find yourself in a much higher vibrational plane, more joyful and manifesting your desires into the physical.

Here are some affirmations to help you focus on developing and enhancing your resilience.

Affirmations for Resilience

I am resilient

I am persistent

I am an action taker

I am always learning from every situation

I am able to keep going no matter what

I am more and more focused and driven every day on success

I am more courageous about success every day

I am someone who pushes through anything and keeps on going until I've succeeded

I am always aware of the lessons learned through these experiences

I am confident and believe in myself, therefore I keep going

I am persistent, and resilience comes naturally to me

I am success

2 Worthiness

The quality of being good enough and deserving

Here are a few of my favorite quotes about Worthiness

“To establish true self-esteem we must concentrate on our successes and forget about the failures and the negatives in our lives.”

~ ***Denis Waitley***

“You yourself, as much as anybody in the entire universe, deserve your love and affection”

~ ***Buddha***

“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.”

~ ***Lucille Ball***

“Don’t rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can’t love and respect yourself – no one else will be able to make that happen. Accept who you are – completely; the good and the bad – and make changes as YOU see fit – not because you think someone else wants you to be

different.”

~ **Stacey Charter**

The next important step you must take, before anything else is: ***You must have a rock solid, indestructible, unshakable and secure self-worth. Your own self-worth will determine whether you will succeed or fail in creating your desires in life.***

Your true beliefs about yourself are nestled deep within your subconscious mind and are developed over time. Henry Ford stated “*Whether you think you can or think you can’t, you’re absolutely right.*” Thinking you can’t is, in my opinion, the purest and truest form of self-imposed limitations, and is caused by your lack of worthiness. It is the only thing that can and will hold you back. Self-imposed limitation is only caused by a lack of self-worth, self-esteem, self-image, self-confidence or however you want to label it. The bottom line is: How you feel about yourself is a choice, although it often doesn’t feel that way.

If you believe yourself to be unworthy, then somewhere in your life you were presented with the idea that you are. Eventually this idea became a belief. Although it was a lie, perhaps you were convinced because people you trusted told you so, or perhaps circumstances confirmed it to you. Regardless, the belief that you are unworthy was stored away in your subconscious as a truth. Now, your subconscious causes you to live in a way that confirms your lack of self-worthiness to be true. The power of your subconscious mind is why low self-worth can have such a destructive hold on you. It’s something so ingrained in you that you unknowingly make decisions limited by the self-sabotaging deceptions of your subconscious.

You must now decide to change any and all negative thought patterns to positive thoughts and emotions about yourself and your reality. The change from undesirable or low vibrational thinking to desirable, high vibrational thinking starts by you making a conscious decision to do so, and work these new positive self-beliefs deep down into your subconscious mind. You must consciously work on this until these positive self-worthiness emotions are engrained as your true and honest opinion. If not, the law of attraction will stay busy at work creating your unworthy life.

Focus = Fuel. The more you focus on emotions such as: anxiety, worry, stress, fear, hopelessness, frustration, jealousy, criticism, judgment, doubt etc., the more you create more of these negative emotions, and the problem just keeps gaining momentum. It's a catch-22, a self-fulfilling prophecy of disaster unless you STOP this negative thought process.

It matters not, even if you are in fact sending out the exact thought frequency vibrations needed to attract something you desire, an often unknowing subconscious belief that tells you you don't deserve what you are attempting to manifest will be enough to block it from arriving. You can go through the entire process of attempting to attract and create your desires, but if you don't believe yourself worthy, both consciously and especially subconsciously, you will attract nothing but disappointment. Why, because your deep seeded emotional beliefs are those of unworthiness. There may be several self-inflicting negative behaviors and beliefs you have that will prevent you from achieving your desired life. So how do you change this? You have to affirm and truly believe emotionally and deeply in your subconscious mind that you are in fact worthy and deserving of a wonderful life.

The process begins by you accepting you as who you are, your "true" self, and maximizing on the gifts you are blessed with. Stop being angry, resentful, jealous or feeling dejected for what you don't have. Our modern world has brainwashed us so intensely through marketing that we've been brought up being told and believing that we are NOT good enough until we buy their products. The truth is, none of these things matter and they have absolutely no value related to your self-worth. STOP believing these brainwashing lies that are nothing but marketing tactics telling you (your ego you) what you should look like, act like and sound like in order to be acceptable. They simply are not true.

The truth is, your entire existence is one of worthiness. You are a perfect child of God and are deserving of a beautiful life, simply because you're a human being who has the ability to do good in the world. Be happy, thankful and proud for who you are, your "true" self, and what you do have. We've all had our struggles in life and it doesn't matter what has happened in your past. The past is behind you. It is your choice to move forward and reprogram your subconscious to rid yourself of these thoughts and behaviors of low

self-worth. As I mentioned at the beginning of this chapter, a strong, unshakable and indestructible high self-worth is the foundation of creating, and building your desired life.

Here are some affirmations to help you focus on developing and enhancing your
Worthiness

Affirmations for Worthiness

I am worthy of all desirable things in my life

I am always loving myself

I am deserving of a life full of achievement, love, success and happiness

I am unconditionally in acceptance of who I am

I am in approval of myself and feel great about myself

I am a unique and a very special person and worthy of anything

I am worthy of all the blessings I receive every day

I am confident in all of my abilities

I am worthy of anything and everything I desire

I am confident and believe in myself

I am a great person and respect myself deeply

I am a wonderful human being worthy of anything I desire

3 Forgiveness

The action or process of forgiving or being forgiven

Here are a few of my favorite quotes about Forgiveness

To forgive is to set a prisoner free and discover that the prisoner was you.

~Lewis B. Smedes

The weak can never forgive. Forgiveness is the attribute of the strong.

~Mahatma Gandhi

It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody.

~Maya Angelou

It's the most amazing thing to be able to forgive.

~Carrie Fisher

This section is short and sweet. Forgiveness is for YOU YOU YOU! It may be one of the most challenging things in life to do, to forgive someone that has hurt you, or even to forgive yourself. As stated in Lewis B. Smedes' quote at the beginning of this section: "To forgive is to set a prisoner free and discover that the prisoner was you." The act of forgiving one's self as well as all others, (and I do mean ALL others) is in my opinion, one of the purest, truest, and most noble acts of self-love one can impose upon for one's self. For me, true growth, development and manifestation are liberating and refreshing and can only start manifesting into your life after you have cleared yourself of all this undesirable energy. Yes I know and understand the challenges, but as you are learning, "We are and attract into your life, what you choose to think, say, and believe about ourselves and our perceived reality."

Once you begin feeling those undesirable emotions of hurt, annoyance, betrayal that can very easily turn into out of control emotions, Marianne Williamson, in her book "A Return to Love" suggest that you immediately begin the forgiveness process by creating one affirmation and repeating it over and over and over and over until you feel a release. You may need to do it for a few minutes, a few hours, a few days, weeks, months, and years, however long it takes. If the emotion pops back up again, start chanting your affirmation of forgiveness again. I learned of this little technique many many years ago, and I must say it is a game changer. I have used this method countless times over the years forgiving many family members, including parents, siblings, ex-wives and my own children. I say my Forgiveness Affirmation quite often and it really helps me. And yes, again, I know and understand it can be very challenging but you will soon realize the results of destressing yourself with the simple act of forgiving someone. You can also use this forgiveness method on yourself. There are many times in life that we disappoint no one but ourselves and this cultivates and breeds self-doubt, shame, guilt and a low self-worth. Stop this process and self-destructing behavior! Forgive yourself!

Here is Marianne Williamson's method: This is a simple yet very effective affirmation: "I forgive you (person's name), and I release you to my higher source.... Or to God, or the Holy Spirit, or your creator. It's your choice who you release it to. As I mentioned earlier, repeat this affirmation over and over and over until you feel the inner release. I personally

have chanted this affirmation for hours and hours for weeks and even months. I have also had to return to this method years later for the same reason for the same person if something triggered an undesirable memory. It works, it really really does. If you have not yet reached a point where you are ready to actually forgive, you may change the affirmation to state that you are willing to forgive, or you are working on forgiving. This tells the universe that you want to forgive and that you are working on it. Ask for their help, they'll be glad to assist. I also like what Super Blogger Kris Carr's post titled: "How to Forgive When You Just Can't Let Go" This article really help to understand the process as well as why you need to forgive both yourself and others

Here is the website: <http://kriscarr.com/blog/forgiveness-how-to-forgive/>

Here are some affirmations to help you focus on forgiveness

Affirmations for Forgiveness

I am easily forgiving of myself and of all others

I am understanding of the benefits of forgiveness and always choose to forgive

I am willing to work on letting go and forgiving

I am happy to offer forgiveness

I am forgiving, it is a part of my nature

I am now releasing all past, and unforgiven hatreds and undesirable feelings

I am grateful for the ability to forgive myself and all others

I am in acceptance of the forgiveness of others

I am forgiving of my mistakes and the mistakes of others

I am allowing myself to choose forgiveness

I am forgiving and forgiven

I am aware that forgiveness is for me

4 Gratitude

To be, feel, and show thankfulness for something or someone.

Here are a few of my favorite quotes about Gratitude

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

~ ***Eckhart Tolle***

“Some people grumble that roses have thorns; I am grateful that thorns have roses.”

~***Alphonse Karr***

“When you are grateful, fear disappears and abundance appears.”

~ ***Anthony Robbins***

“Whatever you appreciate and give thanks for will increase in your life.”

— ***Sanaya Roman***

I've heard it, read it and one hundred percent believe it, that gratitude is the shortest path to happiness. The more grateful you are, the happier you will feel, and sincere gratitude also opens the door to abundance! If you want to attract incredibly desirable things into your life, start by showing your gratitude, love and appreciation to all the people and things you already have around you. This is not a one time "thanks", or a weekly, monthly or annual "Thanksgiving" appreciation speech or acknowledgement list. It is a daily, hourly, minute-(ly)...ok that's not a real word but you get my point.... thing. Your display of gratitude is a constant, an ongoing continual way of life.

Dr. Robert Emmons, UC Davis is on the cutting edge of gratitude's scientific research. He states that gratitude is the "forgotten factor" in happiness research. Dr. Emmons and his "Gratitude" research partner Michael McCullough, at the University of Miami, has led to several important findings about gratitude. They've discovered scientific proof that when people regularly cultivate gratitude, they experience a variety of measurable benefits: psychological, physical, and social. In some cases, people have reported that gratitude led to transformative life changes. And even more importantly, the family, friends, partners, and others who surround them consistently report that people who practice gratitude seem measurably happier and are more pleasant to be around. Doctors Emmons and McCollough concluded that gratitude is one of the few attitudes that can measurably change people's lives. Grateful people experience fewer physical ailments such as headaches, stomachaches, nausea, and even acne. They report being less lonely, stressed, anxious and depressed.

There is nothing that amplifies your vibration and lifts your spirits faster than gratitude.

Health and Wellness Coach Ellen G. Goldman states: "Although we may acknowledge gratitude's benefits, it can still feel difficult to feel grateful when we are going through a difficult time. That's why it makes so much sense to *practice* gratitude, in good times and bad. It may be human nature to notice all that is wrong or that we lack, but if we give ourselves the chance on a regular basis to notice all of life's gifts and blessings, we can increase our sense of well-being, and create hope and optimism for the future—no matter what is going on."

Here are some ways to start practicing gratitude to improve your well-being:

1. **Keep a gratitude journal.** At the beginning and end of each day, write down 3-5 things from the day you feel grateful for. Simplicity is key. Your baby's smile, a perfect sunset, the train arriving on time, or your best friend's laughter. Relish the feeling you get when remembering and writing it down.
2. **Express your gratitude.** Take the time to share your feelings. Not the simple polite thank you, but the heartfelt emotions. Tell your friend how her support and sense of humor helps you get through tough times, and how much it means to you. Don't take your loved ones for granted. Let them know how much you love them and why.
3. **Look for what is right about a situation, not what's wrong.** Sure you're frustrated by the bus being late, but thankfully you have an understanding boss. Service at the restaurant is poor, but you are lucky to afford an evening out surrounded by good friends.
4. **Practice gratitude with your family and friends.** Although you may not say grace before a meal, encourage each family member to report one thing that happened that day that they feel grateful for. When you hear a friend moaning and complaining, challenge him or her to find the hidden opportunity or silver lining to the situation.

So even on your most challenging days, you need to show gratitude for the pleasant things around you. When challenged, go back to the most basic or generalized statements such as "I am grateful to breathe without having to think about it", or something along those lines.

Once you get into the routine of finding and showing gratitude for everything, it really does become a "life changing" way of life. Start your gratitude journal today and keep it going no matter what. Find a way to remind yourself in the morning, such as put a yellow sticky pad reminder next to your coffee pot and one on the bathroom mirror. You can even keep your journal next to your bed and put a yellow sticky on your alarm clock. This way it will be the first and last thing you do every day. It really, really works!

Here are some affirmations to help you focus on forgiveness

Affirmations for Gratitude

I am grateful for my life

I am grateful for all desirable things in my life

I am grateful for all the opportunities I am blessed with

I am grateful that my abundance and prosperity grows each day

I am grateful for the strength I receive to keep going

I am grateful for the guidance I receive to keep going

I am grateful to be worthy of abundance and prosperity

I am grateful for my creativity and resilience to bounce back from anything

I am grateful for the desirable people in my life

I am grateful the strength and guidance from the universe

I am grateful for the opportunity to be a blessing to others

I am grateful for everything, everyone and every event or situation, as I either prosper, learn, or both from them all

5 Faith

*The firm belief in something for which there is no proof,
and living “as if.”*

Here are a few of my favorite quotes about Gratitude

Faith is taking the first step even when you don't see the
whole staircase.

~Martin Luther King Jr.

Optimism is the faith that leads to achievement. Nothing
can be done without hope and confidence.

~Helen Keller

Believe in yourself! Have faith in your abilities! Without a
humble but reasonable confidence in your own powers you
cannot be successful or happy.

~Norman Vincent Peale

By living with the “as if” or “from the end” I refer to doing so in order to stay focused on your desire. Mentally living “as if” helps develop and maintain your high vibrational energy. There are several techniques and methods available that I have found to be very effective in maintaining my “as if” energy. Here are some that have worked great for myself as well as many others.

Aside from journaling and goal setting, vision boards are all very effective with subliminally programming your subconscious mind. In fact subliminal marketing is incredibly effective and used extensively throughout the world of advertising. Why not create your very own ads and market your desires to your inner, subconscious audience. Vision boards are fun to make and fun to use. You can make them out of poster boards, and glue pictures and sayings to them. You can also create them with your computer. However you choose to make your vision boards, make sure they are visible and looked at often. I always write “I am” affirmations on all of my vision boards. These really help boost my faith and belief and keeps me focused. If I am desiring a material item, say a car for example, I have many choices of manufacturers, styles and price ranges. All too often we find something we like and the first thing that pops into our mind is that it’s too expensive or out of your price range. Now stop for a second and think what you just affirmed. You just declared a very low vibrational emotion of lack and unworthiness. As like attracts like, you now are in the process of creating or co-creating an environment or reality that will support your lack and unworthiness. Ah the law of attraction hard at work for you.

On your vision boards, affirm “I am always blessed with more than enough money to purchase anything I truly desire.” I learned this little trick from my friend David Hooper. You can adjust and adapt this affirmation for any desired situation. I absolutely love what Rhonda Byrne, in her book *The Secret* suggests! She says whenever you see something you like, say to yourself “I can afford that _____!” You can say this whenever you see a car that you like, or a house, a pair of shoes, the biggest latest and greatest whatever. The point here is that you are attaching an emotion to a vision by affirming a desirable statement with the sight of your desire. You can add any affirmations to your vision boards that will help you stay focused on the high vibrational plain.

There are many stories of people arranging their physical realities in order to accommodate their visionary or vibrational reality. Remember everything in the physical is manifested from someone's vibrational reality. One of these stories include one of a lady who desired a husband so she arranged her home to be "their" home. She divided closet space, bathroom space, bought him a recliner, cleared out the garage so there was room for his car, and for over three years, she would set two place settings at the dinner table. And yes, she / they have been happily married for over thirty years now.

Living "as if" strengthens your faith and your belief and keeps making it stronger and stronger. Living "as if" allows you to feel and express all of the fantastic and joyous emotions your desire enhances.

The idea of living as if is the same as living with expectancy. When you are expecting a baby, you prepare for his or her arrival. You get all the necessary items needed to care for your baby and you excitedly await for the special day! Before the baby is born, you are living as if!

Before you go on vacation, you visualize about how fun your adventure is going to be. In your mind, you are already laying on the beach in Hawaii, or screaming down the Matterhorn at Disneyworld! This is living "As if!" You see it, feel it, live it and enjoy it, all while it is in your imagination, a.k.a, your visionary or vibrational reality.

It's the feeling of expectancy, knowing that it is already yours. Just like when you gaze at your presents under the Christmas tree or on the gift table at your birthday party.

Remember, picture yourself in your imagination as having already achieved this desire. See yourself doing the things you'll be doing when it physically manifests, feel and enjoy the emotion. Lock in that feeling and enjoy it every time you think about your desire.

Here are some affirmations to help you focus on faith

Affirmations for Faith

I am now living my desires

I am happy to have attracted a better more fulfilling life

I am now blessed with more than enough money for everything I truly desire

I am enjoying this wonderful life I have manifested with all the things I desire

I am now living my dream life

I am happy that my life is so fun and fulfilling

I am sharing my blessings of abundance with many others

I am now and always will live here on my high vibrational plane

I am an awesome manifester

I am loving this wonderful, prosperous and abundant life I created

I am enjoying everything my life has to offer and more

I am happy to be blessed with this amazing life

You're Now Ready

And there you have it, the top 5 Law of Attraction and Affirmations mindsets I used, and still use, to turn my life around and get back on track with a life I truly desire. I know it may seem overwhelming right now, but hear me now, believe me later, it is well worth the effort! I am the happiest I have ever been... and I'm blind now! But it doesn't matter. Why? Because I have chosen to be happy, enjoy my life, and most importantly, stay happy!

You have the exact same opportunity as I, or anyone else has. It really is your choice to live a desirable or undesirable life. Good ole Murphy's Law: "Whatever can go wrong will go wrong"... is alive and well in the hearts and minds of many. Now if you really think about it Murphy's Law is just another name for the law of attraction. Focus equals fuel, where your attention goes energy flows. Murphy's Law only focuses on the negative or undesirable. So the more you think about how everything is going wrong, the more going wrong you attract into your life. We are all familiar with the term Cause & Effect... or as Sir Isic Newton put it: "For every action, there is an **equal and opposite reaction.**" **So that means that** "Whatever can go right... WILL GO RIGHT.... IF you choose." We'll call this RJ's LAW.....LOL. The same as Murphy's Law, but with a desirable result. And the cool thing is, you can choose which law you want to govern your life..... Murphy's undesirable law or RJ's desirable law?

Come join our LOA Affirmations family and learn more about transforming your life to the desirable. Please visit us online at www.facebook.com/loaaffirmations

I leave you with a quote from Nelson Mandela:

“One cannot be prepared for something while secretly believing it will not happen.”