

# The Transformer



A Publication of Energetic Transformations, Inc.  
Applying the Laws of Metaphysics in Everyday Life ®



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## The Law of Attraction

Since the release of the movie *The Secret* it seems everyone has been talking about the power of the Law of Attraction. But, although the principles of attraction appear in every volume of sacred law on the planet, most folks still don't understand the basic principles of how to work with attraction. So, here are a few simple guidelines:

1. Energy follows *intention*. If you intend something you are notifying the Universe of your desires and invoking the Law of Attraction.
2. Your *attention* becomes your *intention*. You get what you think about...even if you don't want it! This point is critical. If you want to lose weight, focus on being thinner. If you focus on being too fat, you'll just attract more "being too fat." In other words, focus on what you want while ignoring what you don't want. "As you think, so shall you be."
3. The Universe does not understand negative language. If you want to pay your bills, don't focus on "no more debit" (eliminating what you don't want), focus on unlimited prosperity (attracting what you do want). This may seem much like guideline two, but there is a difference.
4. The Universe hears and answers your request immediately. If what you desire does not manifest, then you need to examine yourself to find why you are resisting. Your resistance is the only thing that inhibits manifestation of your intentions.

## Share Your Light

Everyone has valuable insights but many of us don't share what we know because we don't know why we know it! In the overly academic

world of the 21st Century many folks feel that if they can't reference or justify their inner knowledge they shouldn't share it. To that I say "take a chance! Share what you know." Inspiration doesn't come with footnotes. If the Universe speaks to you, share it! If you don't know where to share your insights send them to me and I'll put them right here. You can also attend one of our meetings or events and share in person.

## Meetings & Events

Body, Mind, & Spirit Life Makeover Group  
Saturday May 17th & 31st, 9 A.M.  
Market Street Coffee, 19 West Market St  
Leesburg, VA  
[www.marketstreetcoffee.com](http://www.marketstreetcoffee.com)

## On-Line Discussions

We have a wonderful on-line discussion board at [www.metaphysicalmind.net](http://www.metaphysicalmind.net). Please join in the discussion and share your Light!

## Yahoo! Group

Join our private Yahoo! Group!  
Just send an e-mail to:  
[Energetic\\_Transformations-subscribe@yahoo.com](mailto:Energetic_Transformations-subscribe@yahoo.com). In addition to e-mail messaging, Yahoo! members can also access the group's archive and on-line files area.

## Contact Information

We welcome your articles, ideas, and insights so feel free to contact us.

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Note: all events and services listed in this newsletter are completely free of charge or obligation. Share your Light!