


"DRAWING"
the
Law
of
Attraction
Into
YOUR
Life



“DRAWING” the Law of Attraction into Your Life

A **Self-Empowerment Workshop** Created by Carolyn Shannon

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Introduction

What is the “Law” of Attraction?

*Simply put it is the universal law which not only states but demonstrates that what **you** focus on comes to you. It can be a positive or negative experience depending on where you are focusing the majority of your thoughts. It is different than intuition which comes to you in a thought, feeling sense or visual image. This is more like visualizing an outcome, good or bad depending on **your** focus.*

Feelings you experience while focusing on this outcome are very much a part of it's manifestation. If you focus on a desired outcome full of fear and dread about all the negatives that will accompany your desire, they will indeed be part of your outcome. Subconscious thoughts have as much power to create outcomes as conscious thoughts so it is very important to focus on canceling your internal dialogue before and during the creation of your new thoughts and desired outcomes.

How do we do that? Very simply!

1. Investigate, Acknowledge and Honor your fears, doubts and anxieties. Awareness is the most crucial step!

2. Release them by removing them from your Focus Field and Canceling them out if they try to resurface.

3. Visualize, Affirm, Refocus, Re-create & then Revisit these Desired Outcomes daily in a healthy way.

*What do we mean by “**healthy**”? A few minutes through out the day versus 24 hours, 7 days a week, etc. of obsessive begging. Clearly let the universe know your desired outcome, then get out of its way & trust that it will bring you the people, situations and opportunities, etc. to make it happen. Even what seems to be a difficult person, or situation may indeed be part of the plan so it is imperative that you keep the faith.*

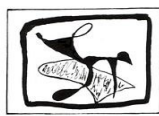
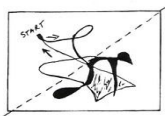
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Part 1: Weeding Out What You don’t Want:

Step 1: In the area below or on a separate piece of paper release your conscious & subconscious Fear / Fears of Failure in the following way:

1. With the Black Marker in hand, **Close your Eyes** and **Revisit** a Time of **Failure** in your life.
2. Put the Marker on the Page, then **Draw Freely** yet **Firmly** **without** lifting the marker off the paper to Create an Outline.
3. **Open** your Eyes and Join your Start and End Points.
4. **Close** your Eyes, to Pick Colored Marker, then **Open** Eyes to Color in some areas. Repeat with 2 or more colors.
5. Use your Black Marker to Add a Thick Outline or Box around the whole drawing to **Lock In** your **Fear** (no gaps or spaces).
6. **Name** (add keyword if like) **Date & Sign** Your “*Heartwork*”
7. Look at your creation from all 4 views making note of discoveries made. (See examples of steps in diagrams below)

Step 2,3 & 4 Step 5 Steps 5 & 6 Step 7.....



Step 2: Investigate which feelings, situations, influences tend to be holding you back from joyful fulfillment at this moment.

List The Top Ten Weeds in You Life:

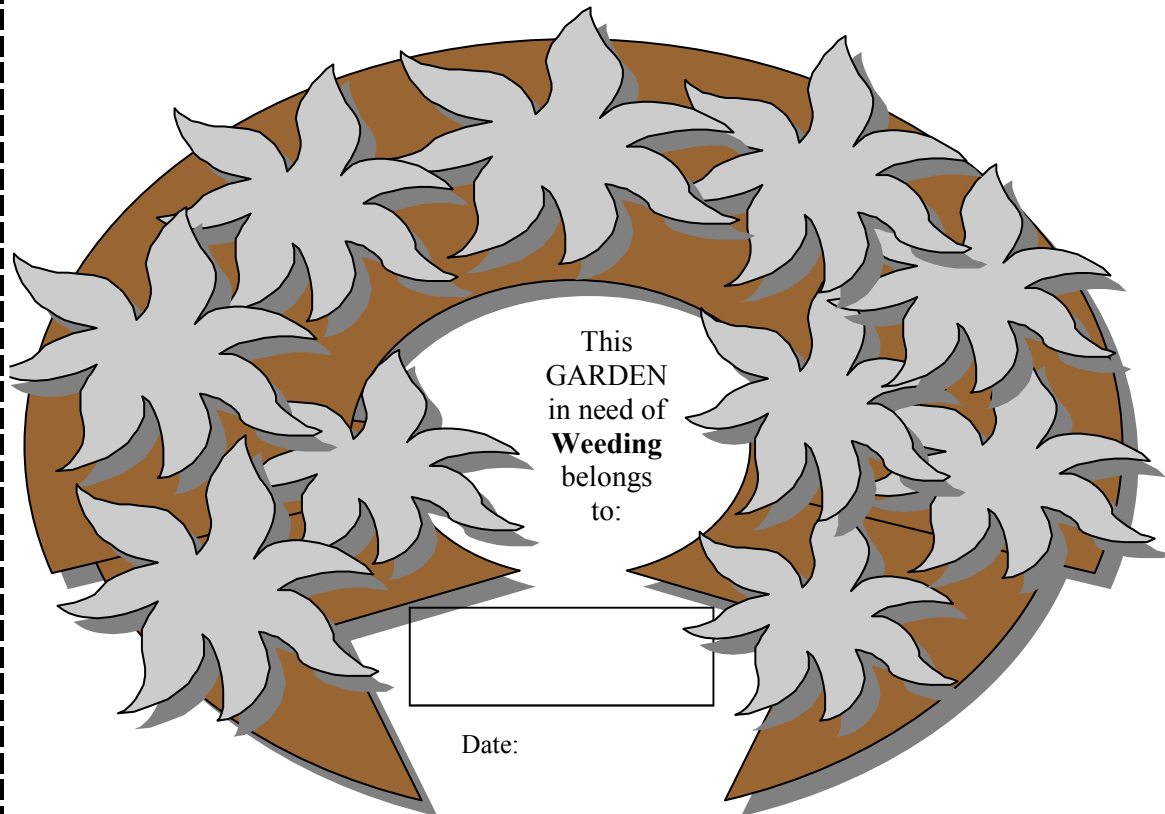
Then number them in order of degree of holding you back
(1 = Most)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Step 3: Either draw a garden full of weeds, then a second showing the weeds cleared (*with your help*) or use the drawing supplied on page 7 to acknowledge the presence of Your **Top 10** “*Weeds*” by labeling each weed with a name or number.

Step 4 will guide you to removal. If you choose to draw your own be sure you name, date & sign each one.

My Life Garden's Weeds



Step 4: Honor the above by thanking them for bring a part of your life until now. Tell them that you are **NOW** ready to let them go by removing them from your **Life's Garden** (Focus Field) so that you may focus on planting new seeds while cultivating and nurturing other plants that have been often overshadowed or drained of nutrients because of your focus on the above.

Step 5: Fully Release these weeds further by either drawing another picture with your garden cleared out, the weeds in a waste receptacle, wilting and weak from the loss of energy. **OR** Label the weeds above in Pencil then erase each consciously letting each go and then MARK A LARGE, DARK "X" over the **whole weed garden**. **OR** MARK AN "X" across each weed to symbolize YOU are ready to let them go.

(FOR REFERENCE IF DRAWING YOUR OWN SEE MY EARLY 2007 GARDES ON PAGE 10)

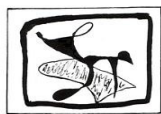
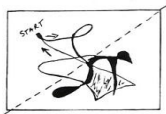
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Part 2: Getting Clear on What You DO Want:

Step 1: In the area below or on a separate piece of paper release your conscious & subconscious Fear / Fears of Success in the following way:

1. With the Black Marker in hand, **Close your Eyes** and **Revisit** a Time of **Success** in your life that didn't bear fruit or happiness.
2. Put the Marker on the Page, then **Draw Freely** yet **Firmly** **without** lifting the marker off the paper to Create an Outline.
3. **Open** your Eyes and Join your Start and End Points.
4. **Close** your Eyes, to Pick Colored Marker, then **Open** Eyes to Color in some areas. Repeat with 2 or more colors.
5. Use your Black Marker to **Add a Thick Outline or Box** around the whole drawing to **Lock In** your **Fear** (no gaps or spaces).
6. **Name** (add keyword if like) **Date & Sign** Your “*Heartwork*”
7. Look at your creation from **all 4 views** making note of discoveries made. (See examples of steps in diagrams below)

Step 2,3 & 4 Step 5 Steps 5 & 6 Step 7.....



Step2: Take a moment to become centered. Then ask yourself what you truly want, need and desire in your life from this moment on. What will bring you security, peace of mind, fulfillment or excitement? Simply let your mind play! When you have come up with as many as you can think of write the 10 most important ones in the space below.

List The Top Ten in the Space Below:

Then number them in order of degree priority/importance.

(1 = Most)

Step 3: Either **Draw** your own garden or **Label & Color** the one on page 11. Use the following as a guide if you like:

Evergreen(s): Secure/Long term eg. Homes, Financial Security, Health

Shrubs: Short/Long Term Desires eg. Autos, Computers, etc

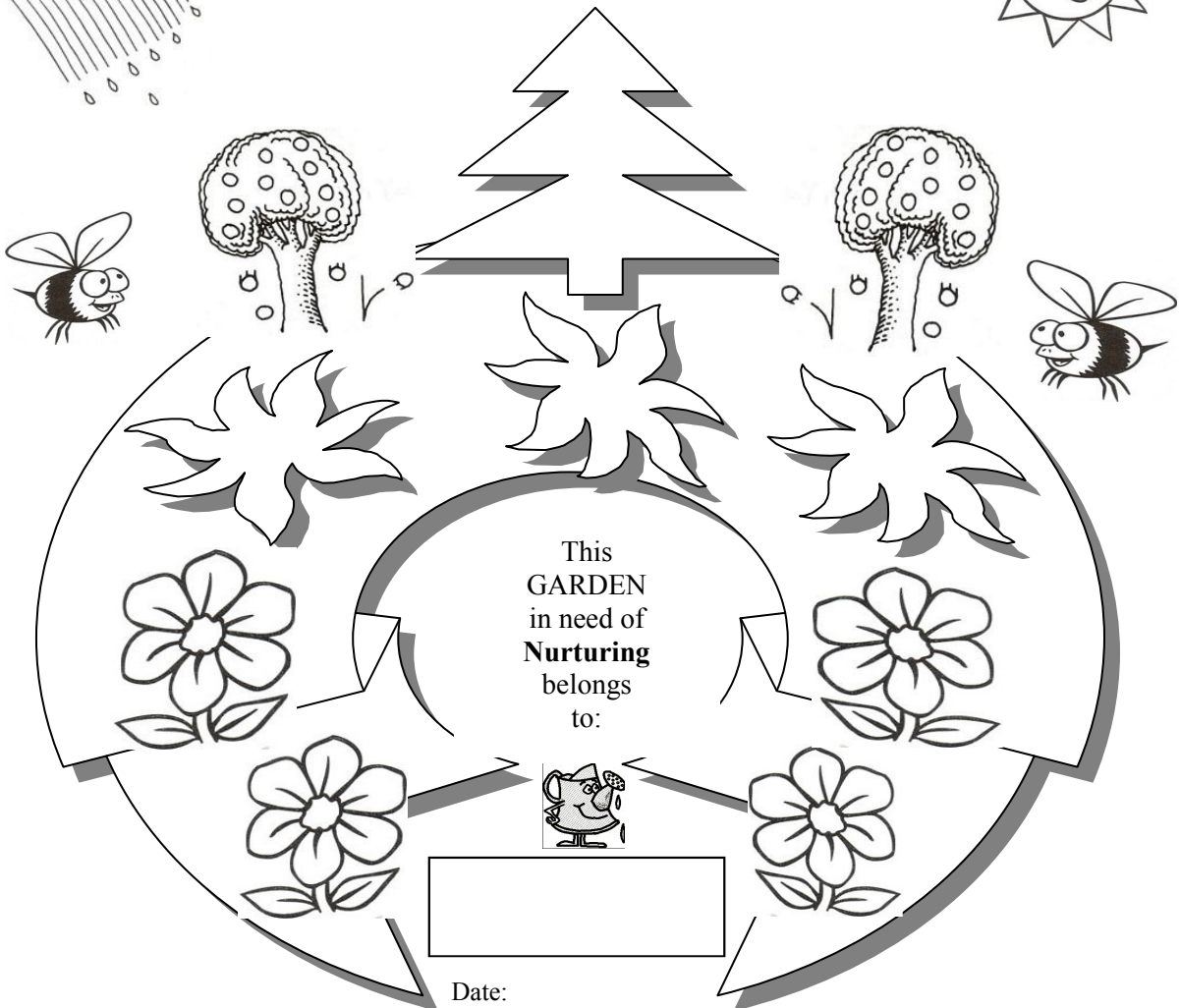
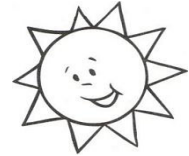
Fruit Trees: Bring Harvest if well tended eg. Relationships, Spirituality

Flowers: Fun &/or Frivolous eg. Vacations, Accessories, Hobbies.

You May Wish to Place Items in Different Categories! That's Okay!



Creating Your New Garden of Riches



Step 4: Color Your Garden. Don't forget to color the earth! Also color the Nurturing Necessities of Your Garden, eg. Bees to pollinate and assist in the reproduction of your desires; Universal Influences which assist in the growth and harvest of your desires, eg. the Sun and Rain Water; Your Own Conscious Contribution to the growth and harvest of your new garden by being aware of the need for extra water and / or fertilizer when necessary. The Universe will bring you the Insights, People, Situations, Opportunities to Create this Garden to the Fullest. You will need to **Recognize, Be Open and Willing to Act when guided** so that your plants don't die before they are ready to be harvested. We tend to be given signs & opportunities in 3 set of 3 before it passes us by for good to be offered up to another who proves more willing to receive them.

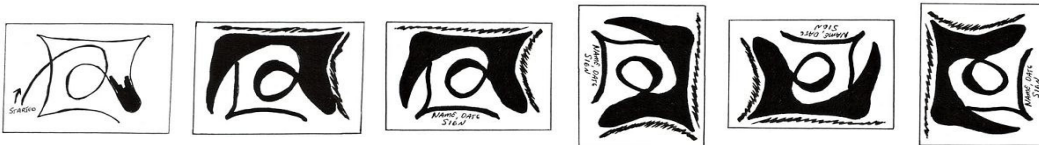
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Part 3: Manifesting What You DO Want:

Step 1: In the area below or on a separate piece of paper revisit your **Initial Joyful Feelings** of Achieving Success in the following way:

1. **Close your Eyes to pick a Colored Marker** and **Revisit** a Time of **Success** in your life that bore fruit or led to happiness.
2. **Put the Marker on the Page**, then **Draw Freely yet Firmly without** lifting the marker off the paper **to Create an Outline**.
3. **Open** your Eyes, **Only** Join your Start & End Points if want to.
4. **Use This Same Marker** to fill in any area you feel needs it
5. **Close** your Eyes, **to Pick Another Colored Marker**, then **Open** Eyes to **Color** in some areas. Repeat with 2 or more colors.
YES! You **may color outside** your outline if guided to!
6. **Name** (add keyword if like) **Date & Sign** Your “*Heartwork*”
7. **Look at your creation from all 4 views** making note of discoveries made. (See examples of steps in diagrams below)

Step 2 Step 3,4 & 5 Steps 6 Step 7.....



Part 3: Manifesting What You DO Want:

Step 2: It is time to give extra energy to Top 10 Desires.

List 10 Things That Might Assist You in Manifesting Some or All of Your
Top Ten Desires:
Then number them in order of degree priority/importance.
(1 = Most)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Step 3: Pencil in a scenario to represent the objects, situations, people or actions from above. **Nothing fancy.** Stick people are okay. However, it is **imperative** that you get them all sketched **ASAP.** Then, **label each with a statement of action, date it and sign it.** I always add “**Thank you for this or something better!**” before I sign mine. While it is important to get your list into sketch form, It is best to adapt or perfect each, outlining and coloring it as an active meditation or by recreating each in its completed form on a separate sheet of paper. Completion of this step subconsciously creates an action plan you give to the universe to work its magic.

However, Faith, Trust, Awareness and Willingness to Act remain **your** responsibilities.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



★ **Step 3: Revisit Your New Desires on a Daily Basis**

★ It adds **positive energy** to the **manifestation of your desires** when you give it
★ **loving energy on a daily basis**. Nurturing your garden can be done in a number of
★ ways. You can use one or more of the suggested methods below and I highly
★ recommend the people &/or resources listed on page 14 for added insight, info &
★ implementation of the **Law of Attraction Principles**. Whatever method you choose
★ **must resonate within** you for the best effect.

★ **Daily Practices For Manifesting Your 10 Desires:**

★ **State Your Intentions with Affirmations/Declarations/Prayer:**

★ Create your own manifesting statement. It can be as simple as, “I love to see my
★ garden grow.” You will be more consistent if it is concise & easy to remember.
★ Choose something which will keep your focus on being open to the gifts &
★ opportunities being sent your way. Not a lot of time? Keep it in your pocket and
★ read it while *sitting* in the washroom. Or put it up on your mirror to read while you
★ are brushing your teeth

★ **Refocus with Vision Boards/Albums/Power Point Presentations**

★ Put your new garden along with pictures, symbols and words up where you can see
★ them. Or in a book you can carry with you to spend a few minutes a day visualizing
★ and feeling that one or all are already here. Really **FEEL** you have it! For the
★ computer savvy you can create a PowerPoint Presentation tribute to your desires. I
★ play mine each time I turn on my computer along with a group of songs I entitled,
★ **Inspire Me Now!** It really gets the creative juices flowing and makes me feel that
★ anything is possible.

★ **Take One Step Towards a Desire**

★ This can simply be researching, reading, making an overdue call, visit,
★ appointment or clearing a little clutter (weeds)

★ **Acknowledge it’s Already Working with an Attitude of Gratitude**

★ After each affirmation, declaration, prayer or visualization Thank God / Universe
★ for **nurturing and fulfilling** each or all of your new plants. Give ongoing **special**
★ **thanks** by acknowledging each person, situation or opportunity being sent your way
★ to **fertilize** your garden **when** it happens. Say or log 5 things you were most
★ grateful for each day. **Be aware** of the good coming your way and grateful for the
★ change of plans that led you to a better place than your own would have taken you.
★ My favorite fridge magnet says “*People Plan; God Laughs*”. To me this means not
★ to hold on too tight to Plan A; The universe may prefer Plan “B”.





Refocusing Prayer

Dear God/ Universe: (*Or Fill in Your Source*)

Being True to Me
& The Me I AM & Continually Grow To Be -
I AM Now & Forevermore Totally Free

Of My Past's Debris:

Pain & Anger Free;

Fear & Worry Free;

Debt Free;

& Sabotage Free.

I Live My Life Authentically:

Peacefully;

Trustingly;

& Deliberately.

I Open Myself to See

Opportunity All Around Me;

People to Help & Guide Me;

Situations That Strengthen Me;

Unconditional Love to Heal Me;

& Self Love Opening Me To Serve Thee

By Responding Accordingly;

Faithfully;

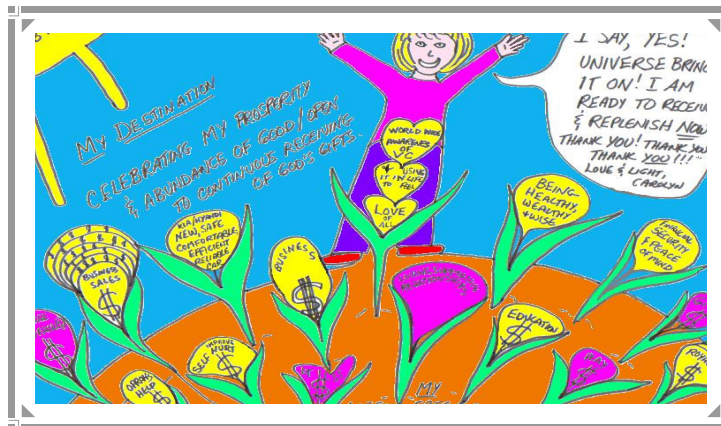
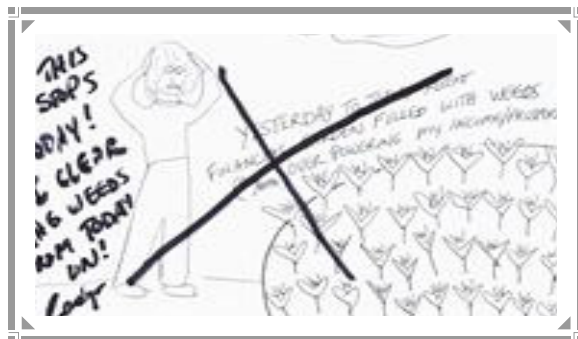
Endlessly;

& Freely.

So Mote It Be.

Thank you, Love & Light, _____

As promised here are my early 2007 Gardens
 (Started shredding old papers non stop as soon
 as I finished drawing them.)



Recommended Resources

Debt-Free & Prosperous Living Book /Course
by John M. Cummuta (Best Course I have ever taken!)

Millionaire Mind Book / Seminars/ Meditations by T. Harv Eker
www.millionairemind.com (Life Changing Info, Declarations & Methods)

Effortless Prosperity Book / Seminars / Meditations by Bijan
www.effortlessprosperity.com (Daily Lessons/Insight into Life's Miracles)

The Power Within Seminars / Speakers / Books
www.powerwithin.com (Inspirational)

40 Days to Prosperity Book / Meditation by John Randolph Price
(Excellent Insight into Money as God / Universal flow)

The Secret Door to Success by Florence Scovel Shinn
(My All Time Personal Favorite)

All Books / Meditations by Louise Hay
(Excellent & Effective for Healing!)

The Sacred Self Book by Dr. Wayne Dyer
(Great Self Discover & Empowerment Book)

Feel the Fear And Do It Anyway Book by Susan Jeffers, PhD (Says it all in the Title)

Colour of Trust Meditation by Douglas Stuve
(Great when going through difficult situations)

The Avatar Course www.avatarnorth.com
Giovanni (John) Ruicci Teaches the How of the L of A

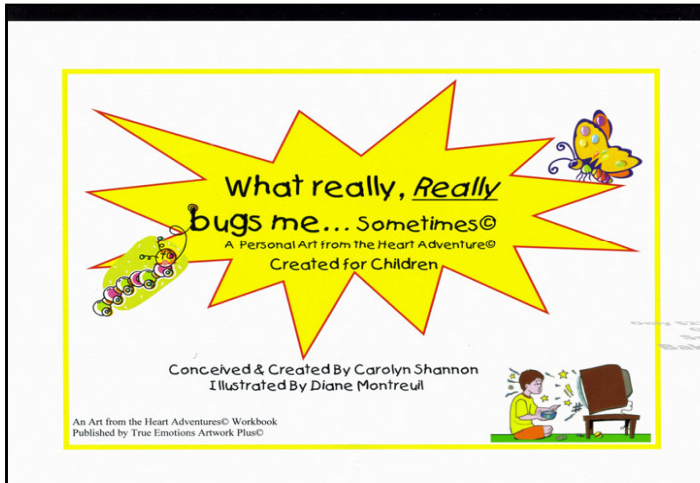
Prosperity Blessing by Veronica Hay
A Magazine of People & Possibilities (Inspirational)

A Prosperity State of Consciousness Meditation from **On Wings You Connect Cd**
by the Angel Messenger Gloria@gloriamessenger.com
(Discover the place where your prosperity thrives)

Venting Creatively /formerly Art from the Heart Adventures (Excellent Releasing & Manifesting Techniques) www.ventingcreatively.com

Fastrac Coaching & Leadership
Certified Power Coaches & Creators of Heart Goals & Project Progress Programs
www.ml-ideas.com

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At long last, children from ages 3-12 or older can easily experience the wonderful benefits of releasing their anger and frustration in a fun, creative, healthy way

"What really, *Really* bugs me...sometimes©" is a charming new personal journal that sets your child on a remarkable path of letting go of the upsets and frustrations of life. It's fun to do, easy, and best of all, the drawings your child makes can be very insightful for you as a parent

It is never too early for your child to look at daily life situations from a new perspective while learning skills for venting unhealthy negative emotions. This is an extraordinary tool to dissipate those emotions so your child will not keep their damaging feelings bottled up or express them in aggressive ways. It is an invaluable tool that supports your child's emotional wellbeing.

Children will benefit from "What really, *Really* bugs me...sometimes©" for the rest of their lives.



BACK COVER

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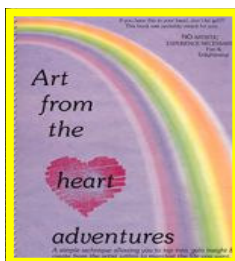
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Art from the Heart Adventures Book

An Excellent Book on its own or as a Valuable Resource for Parents, Guardians, or Teachers of Children using Our What Really, REALLY Bugs Me...sometimes© Creative Journal.

An Art from the Heart Adventure© is a Uniquely Interactive Book that will Change Your Life By Teaching You How to Look at Yours from... a "Different View".

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“DRAWING” The Law of Attraction into Your Life©
 A Self-Empowerment Workshop created by Carolyn Shannon

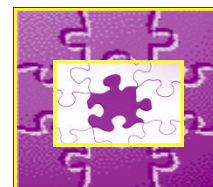
In the late 90’s when Carolyn attended a seminar about becoming debt free she believed that the possibility of her owning another home would never be part of her future, especially since she desperately wished to retire from her fulltime teaching position to pursue her new passion, empowering others to vent their emotions creatively. The little time & energy she had left over from her day job she spent focusing on her dreams. In the process of creating workshops, books & Cds to help others, she realized the power of manifestation was becoming more frequent as she continued to not only think, speak and write but also draw her desires. After offering them up to the universe, many were becoming real. By 2001 she became debt free! In 2003 she had manifested a huge down payment for her new home! Soon after that year she retired from teaching at the age of 50 on a special offer only a few were eligible to take advantage of. **WOW!**



One of the “heartworks” created by Carolyn with the intention of becoming debt free./ new abundance

The Power of Intention is an amazing tool! However the most crucial part of manifesting is to release and refocus on what you wish to manifest in order to recreate your life to reflect one that resonates your deepest desires at each stage of your life.

**Just one more
 jigsaw piece in
 the puzzle of life.**



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