



YOUR JOURNEY SO FAR

Psychology and Science

Now, not only do you have more LOA tools in your toolbox, you've got scientific understanding to reinforce what you're learning (plus new terminology for discussing these amazing powers of the mind with others). Now let's summarize the main take-aways from the Psychology and Science of the Law of Attraction section.

- You get what you FOCUS on because your Reticular Activation System (RAS) filters through the millions of bits of information going on around you all the time and focuses the 2,000 bits you're capable of handling on the topic or belief you've chosen to focus on.
- When repeating positive AFFIRMATIONS or incantations, use emotion and repeat them regularly! This helps your brain literally rewire your automatic reactions and your belief systems.
- Professional athletes, scientists, and leading-edge thought and business leaders use VISUALIZATION because it is PROVEN to produce positive outcomes, even though it's ultimately imaginary, because the brain doesn't know the difference between what is happening in real 3D life and what's happening in your visual imagination!
- Choosing a POSITIVE attitude or perspective has been proven to increase happiness, with multiple studies to back it up! So keep reaching for that silver lining, gratitude, and the blessings hidden within the curses.
- Your EXPECTATIONS are your most powerful vibration because you believe them due to overwhelming evidence! When you expect something to be a certain way, you SELF-FULFIL by acting in a way that brings about what you expect (whether you want it or not). So, question your negative

expectations by finding evidence they're WRONG and strengthen your positive expectations by searching for evidence that backs them up!

- Your thoughts create your EMOTIONS and, ultimately, things! Because you can improve at choosing and directing your thoughts, you therefore have control over your emotions. The good news is you train yourself to stop negative thoughts and emotions by whacking your “Bob”! Bad Bob! This silly and light-hearted mental game can help you keep negative thoughts in check and choose a better feeling thought instead.
- Negative emotions are a GOOD THING—they were designed to keep you alive! Don't add another layer of stress by judging yourself for feeling anxious, sad, or angry. Remember that all emotions will pass and that unless you're being chased by a saber-toothed tiger, your fear is IMAGINARY. With practice you can de-escalate your emotions before they get out of control.
- Catch NEGATIVE EMOTIONS before they start and de-escalate using the hand-over-the-heart method. Also, learn to recognize the symptoms and changes in your body when your emotions are escalating so that you can prevent your amygdalae from kicking into high-gear and shutting down your prefrontal cortex (and therefore your rational thinking!)
- Because of your MIRROR NEURONS, emotions are contagious. Your brain reflects the emotional state of the people you interact with or observe. How you feel matters. So, it's important to minimize the impact that negative people have on you by limiting your exposure to them!

Above all else, we hope you're starting to see how powerful you truly are! As you practice and master your ability to consciously direct the content of your mind, like a captain of a ship, you'll keep your crew (such as your RAS and amygdalae) running a tight ship and you'll sail ever more smoothly toward whatever it is that your heart desires beyond the horizon.