



**Your Host**  
Cynthia Mitchell



**AFFIRM LIFE DAILY NATURAL LAW PODCAST**

# **Law Of Attraction**

**Understanding the Real Law of Attraction and the  
Principles Behind Manifestation.**

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# Topics That Will Be Covered In This Series

## KEY ASPECTS OF NATURAL LAW

1. [Love & Truth](#) are synonymous terms.
2. [Authority is an illusion](#) and will always lead to slavery. Natural law is not man-made. No person or entity should infringe on another's rights.
3. [Fear is an illusion](#) and will keep you permanently imprisoned if the illusion is not recognized.
4. There are immutable [karmic consequences](#) to not following Natural Law.
5. Each adult person is [responsible and accountable](#) for self.
6. [We are sacred, divine, eternal](#) energy having a human experience and must **embody our divine masculine and feminine** with authenticity and balance.
7. [Trying to escape](#) or avoid Love/Truth will always lead to suffering.
8. We are [collectively manifesting](#) our reality. We must collectively **oppose evil**.
9. [Do not lie](#) to yourself or others. Lying to others is stealing their ability to discern the Truth and **never steal** anything from another, including property, physical well-being, and sexual contact.
10. [Never harm or commit an act of violence](#) against another. Self-defense is not violence.
11. [Your Inherent Rights](#) (to live freely as long as you are not in violation of Natural Law) are never to be surrendered or should never be allowed to be taken away by any person or entity.
12. [Learn and unlearn what is necessary](#) using methodologies like the Trivium and the foundational Hermetic Principles as a guide.
- ★ 13. [Knowledge of etymology & symbols](#) deepens understanding of the world and control systems around you.
- ★ 14. **Understand the real law of attraction** and align your frequency and energy with what you want to attract.
15. **Do the Great Work**. Develop **True Care** and do what is right. We must abandon moral relativism.
16. You are **Divine By Design** and this must be recognized, embraced, and acted upon. "To know and not to act is not to know." - Wang Yangming

## **What is the law of attraction and manifestation?**

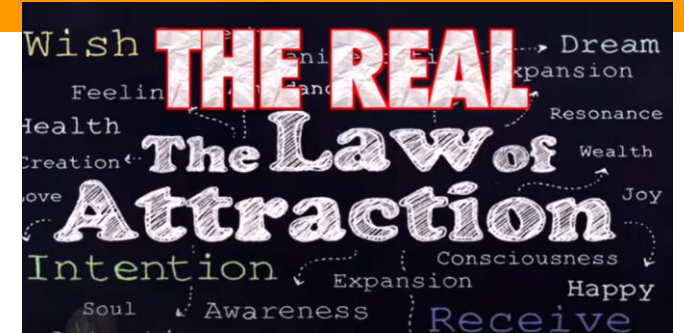
### **What are the underlying principles of the law of attraction?**

1. Surrender & Truth
2. Self-Love & Gratitude
3. Frequency & Focus
4. Supporting Techniques
5. Real Authentic Action & Service

The  
Questions  
We Will  
Explore:

# What is The Law of Attraction & Manifestation?

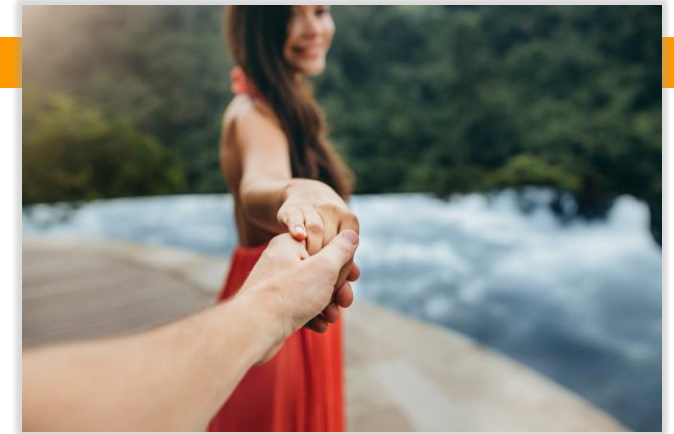
- ❖ The law of attraction is the law governing how beings attract what they want to manifest in this realm.
- ❖ Manifestation is what we bring about into our reality. It is a process of creation.



These concepts apply to both the Individual and the Collective...  
**We Create Our Reality on Both Levels**

# What Are the Underlying Principles of the Law of Attraction?

- ❖ Surrender & Truth
- ❖ Self-Love & Gratitude
- ❖ Frequency & Focus
- ❖ Supporting Techniques
- ❖ Real Authentic Action & Service



REAL CHANGE WILL ALWAYS REQUIRES KNOWLEDGE, WISDOM, & ACTION

# We Must Embrace Surrender

## WHAT IS SURRENDER?

When speaking about surrender in this context, we are not talking about relinquishing our responsibility, giving up, or falling into apathy.

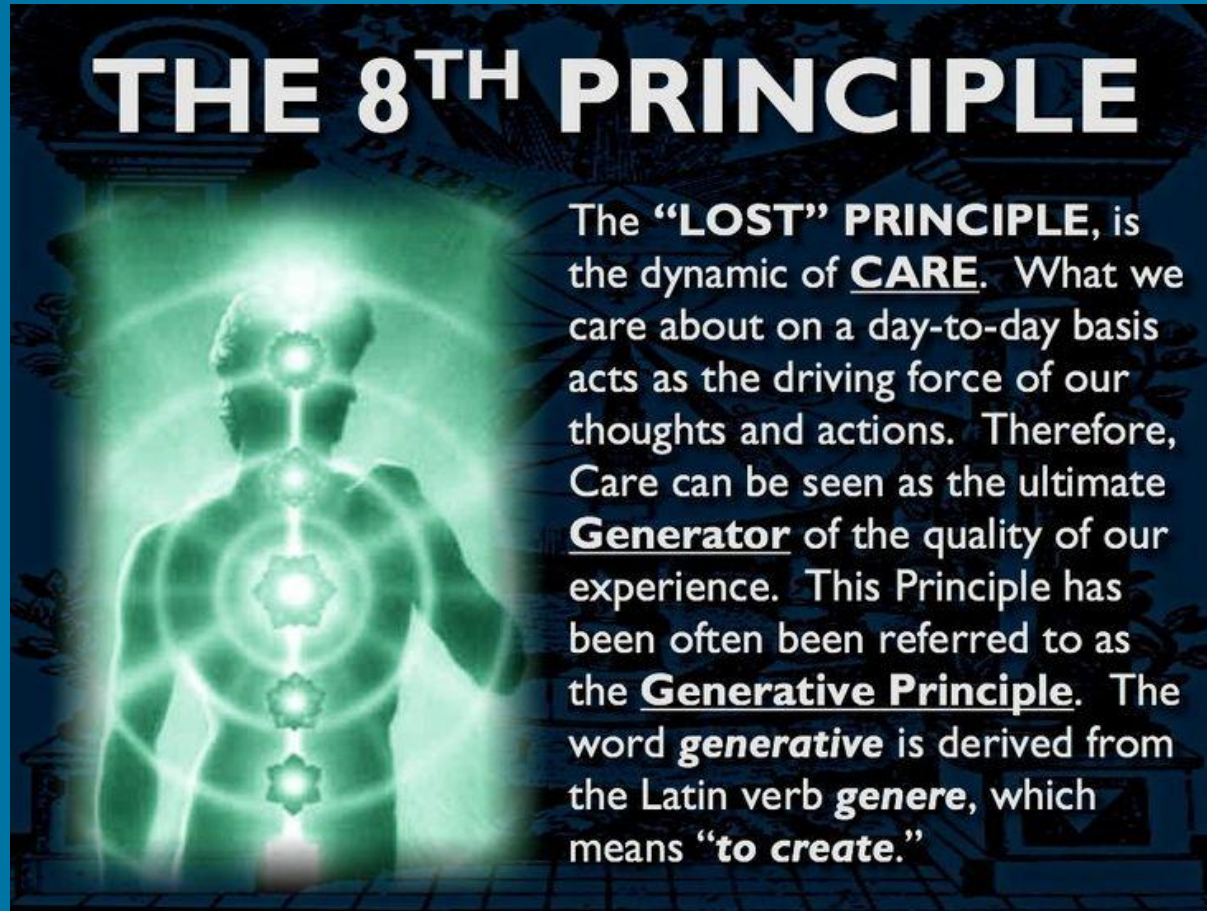
We are referring to surrendering our desire and efforts to control that which we cannot control. We accept and embrace the **UNIVERSAL LAWS** of this realm and go with the flow of the universe. We allow ourselves to be guided by **Natural Law** and **TRUE CARE**. This surrendering will allow us to live in harmony with Nature and the world around us.





# True Care Is The Lost Principle

## THE 8<sup>TH</sup> PRINCIPLE



The “**LOST**” **PRINCIPLE**, is the dynamic of **CARE**. What we care about on a day-to-day basis acts as the driving force of our thoughts and actions. Therefore, Care can be seen as the ultimate **Generator** of the quality of our experience. This Principle has been often been referred to as the **Generative Principle**. The word *generative* is derived from the Latin verb *genere*, which means “to create.”

Courtesy of Mark Passio  
[www.whatonearthishappening.com](http://www.whatonearthishappening.com)

Julia Cameron  
QUOTE

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“The creative process is a process of surrender, not control.”





# Living In Truth is Key

## WHAT IS TRUTH?

Truth is simply what is. It is **REALITY**. Though this concept seems simple, the TRUTH is difficult, nearly impossible, for many to accept. Many, maybe even most, do not even seek Truth. Many run from and deny the Truth at every turn. We must stay in alignment with **TRUTH** for **REAL MANIFESTATION** to occur.

How can you create or manifest what you want if you are not even in touch with the world and the reality around you? It's simple...

**YOU CAN'T.**



# Love Of Self Is The Foundation

## WHAT IS SELF-LOVE?

Self-love is a deep love of **SELF** that is rooted in integrity, respect for self and others, authenticity, and the awareness that **ALL IS ONE**. Self-love is the basis for all other relationships we encounter. This is why shadow work, introspection, self-improvement, and self-acceptance is so crucial. This process of **HEALING** will allow us to literally fall in love with ourselves.

Love has several levels and planes of existence. At its foundation, **LOVE** is inherent to **TRUTH** and **BALANCE**. Love is the energy of this universe in perfect balance. The theme of balance permeates through so many aspects of our existence and our guiding principles.

(Example: The Hermetic Principles of Correspondence, Rhythm, Cause and Effect, etc.)



# *Self Love...*

When you love yourself,  
you glow from the inside.  
You attract people who love,  
respect, and appreciate your energy.

BY @VYBESOURCE. @MINDSETOFGREATNESS

Everything starts with and how you  
feel about yourself. Start feeling worthy,  
valuable and deserving of receiving  
the best life has to offer. Be magnetic.

# A Grateful Heart Is Powerful

## WHAT IS GRATITUDE?

Gratitude is a state of genuine appreciation and thankfulness for what you have and what you will receive in the future. Gratitude is one of the **HIGHEST VIBRATIONAL STATES** that you can be in.

It is not hard to understand why the Universe will not give more to someone who does not have any gratitude for what they already have. Opening and activating our **HEART CENTERS** will assist us in existing in a state of gratitude which is essential for attracting what you want and bringing it into your reality.

(see Natural Law Presentation 6)








## Jen Sincero

### QUOTE

“Gratitude is one of the strongest and most transformative states of being. It shifts your perspective from lack to abundance and allows you to focus on the good in your life, which in turn pulls more goodness into your reality.”





when  
*Gratitude*  
becomes an essential  
foundation in our lives,  
miracles start to  
appear everywhere.

[emmanueldogher.com](http://emmanueldogher.com)

# Elevating Your Frequency

## How Do You Raise Your Frequency?

Your **FREQUENCY** sends out a vibration and the Universe will respond to the frequency of that vibration. Your emotions, thoughts, and actions all impact your frequency, and so does your **FOCUS**. Matching the frequency of what you are trying to manifest is critical.

Your emotions are “energy in motion”. So, it is crucial to allow our emotions to be acknowledged and processed, but to not confuse Self with the emotion (or with your thoughts). Decipher the messages your emotions and thoughts are trying to relay, but keep in mind that they are not **YOU** and don’t want to let them lower your frequency. Honor them, but do not hold them or allow them to dictate your actions without applying discernment, wisdom, and **TRUE CARE**.

# Focus, Focus, Focus

## Where Is Your Time & Energy Focused?

Where we focus our time and energy is pivotal. You are literally telling the Universe what you **VALUE** and what you want more of. This, of course, does not mean that you should live outside of reality and ignore **REAL WORLD PROBLEMS AND SUFFERING**. It is all about how much of your energy you focus on what we consider to be “negative” things and **HOW** the energy is focused there. Is it focused from a victim mentality or a mentality of Solutions, Truth, and Self-Empowerment?





# Philosophical Essence QUOTE

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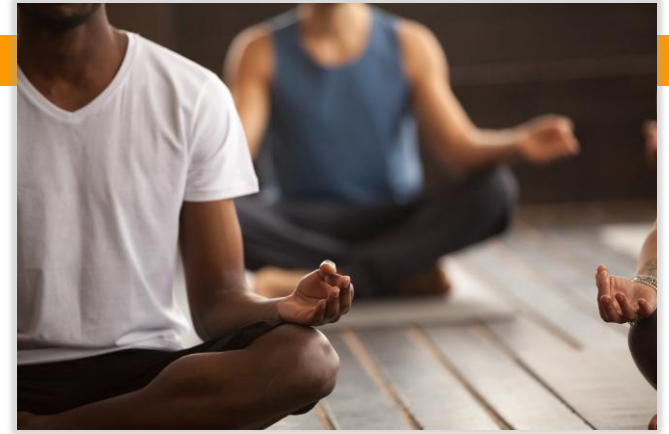
“Your brain is like a spotlight, wherever you shine it, that’s what you’ll see.”

**Recommended Reading:** E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality  
*by Pam Grout*



# What Techniques Can We Use To Assist In Manifestation?

- ❖ Meditation
- ❖ Visualization
- ❖ Affirmations
- ❖ Grounding
- ❖ Connecting With Nature



**REAL CHANGE WILL ALWAYS REQUIRE KNOWLEDGE, WISDOM, & ACTION**

# **REAL ACTION**

## **Is Required For Manifestation**

### **Are Your Actions & Values Aligned?**

We must take **REAL-WORLD CONCRETE** actions towards what we want to manifest. The Universe responds strongly to **AUTHENTICITY** and **INTEGRITY** when it comes to our actions. When our actions are aligned with our **Values**, then we are acting in **Integrity**. When we are **True** to ourselves, then we are acting in **Authenticity**.

Our actions also need to be rooted in Accountability, Service, Truth, True Care, Sovereignty, and Wisdom. This brings our actions into alignment with **Natural Law** and the Universe. Real Manifestation requires **ACTION**, not just wishing or repetitive thoughts and words.



# REQUIREMENTS

Human beings **SAY** that they want certain conditions to be present for both themselves and their species as whole, such as happiness, health, peace, freedom, prosperity, etc. However, specific **REQUIREMENTS** exist in order for human beings to obtain those conditions. If the **REQUIREMENTS** for obtaining those conditions are **NOT** met, those conditions do **NOT** just manifest automatically, by “magical” means.

Courtesy of Mark Passio  
[www.whatonearthishappening.com](http://www.whatonearthishappening.com)



We Must Bring Our **Inner**  
and **Outer** World Into  
Alignment for Manifestation

**Integrity means our  
outward life is consistent  
with our inner convictions.**

Billy Graham

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When Service to Others and True Care  
are at the forefront of our thoughts  
and actions it increases our magnetism  
for harmony, love, peace, and joy.

To give real service you must add  
something which cannot be  
bought or measured with money,  
and that is sincerity and integrity.

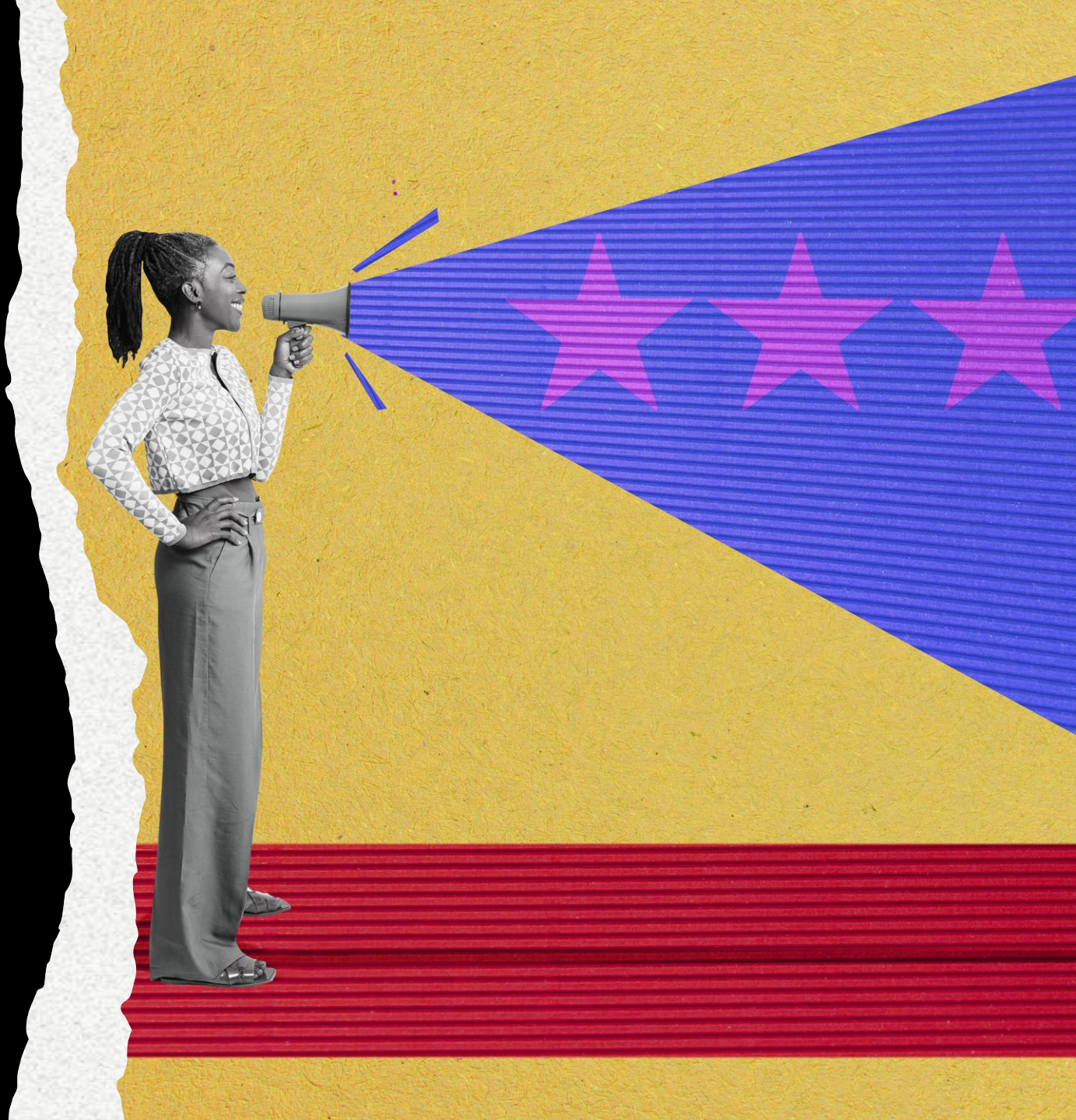
Douglas Adams

 quote fancy



QUESTIONS,  
COMMENTS,  
FEEDBACK???

**Let's Talk...**



NATURAL

LAW

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## Releasing Control Affirmation

**I release the need for hyper-control.**

**I allow my life journey to unfold naturally and organically.**

**I leave myself open to receive the beautiful gifts and experiences the universe has to offer me.**

**I no longer need my future to look like my past.**

**I no longer reject the unfamiliar and the unseen.**

**I will openly embrace new experiences and allow them to enhance my spiritual growth.**

**I innerstand that releasing hyper-control brings me into deeper alignment with the universe and my higher self.**

**With joy, gratitude, and abandon, I will allow my life to transform.**

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**March 26th @ 7:30pm EST**

**Bringing in the Spring with Balance, Harmony, & Healing  
with Special Guests Tiffany Monroe of Healing Hands Reiki & Spiritual  
Development and Coach Tenci of Ufulu Child**

**March 19th @ 7pm EST**

**The Power of Community  
with Special Guest Dr. Sundiata Soon-Jahta**



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