

Lesson 009 Workbook

The Hidden Laws of Attraction, Explained

WHAT THIS LESSON IS ABOUT

Hidden Laws of Attraction & Manifestation Explained

Most people think the Law of Attraction is about positive thinking.

It isn't.

KEY TAKEAWAYS

- The Law of Attraction operates through dominant emotional states, not just thoughts.
- Your brain filters reality based on beliefs, physiology, and identity.
- What you perceive as opportunity is determined by your perceptual filters.
- Emotional states create feedback loops that reinforce what you notice and experience.
- Changing physiology can instantly change emotional states.
- Attraction works through awareness and behavioral response, not mystical thinking.
- The fastest way to change your results is to change your state.

PRACTICE ASSIGNMENT

1. Today's exercise is about becoming aware of how your state influences perception.
2. Step 1 Think of something you want to accomplish or experience in your life.
3. Step 2 Recall a time when you felt completely confident, successful, or powerful.
4. Step 3 Recreate that moment:
5. stand the way you stood then
6. breathe the way you breathed then
7. remember what you saw and heard
8. Step 4 Notice how your body posture, breathing, and focus change your emotional state.
9. Step 5 While holding that state, think about your goal again.
10. Observe what ideas, opportunities, or actions come to mind that weren't visible before.
11. Practice this exercise daily for several minutes.
12. You're training your brain to shift perceptual filters intentionally.

INSTRUCTOR NOTE

Most people try to change their lives by changing their thoughts.

That's backwards.

Your thoughts follow your state.

If you want to change what you attract, change your physiology, emotional intensity, and internal focus first.

When your state changes, your brain begins filtering reality differently — and suddenly new opportunities appear that were there the whole time.

— David

NEXT STEP

Now that you understand how perception and emotional states shape what you attract, the next lesson will show you how to deliberately install powerful internal states in yourself and others using hypnotic techniques.

Continue to the next lesson to deepen your ability to influence internal experience.

Review this video at least three times, practice with at least three different people this week, or before you begin your next lesson.

Your next lesson is on its way!

Practice log — Lesson 009

What you did, what you noticed, what changed. Write it down while it is fresh.