



BEYOND
THE
LAW
OF
ATTRACTION

by Kareem Maize

★★★★★
INSTANT
Download
★★★★★

“Confidence is having certainty in an uncertain world “ - Kareem Maize

To my readers,

Please enjoy the content of my first ebook!! There will be many more to come. I wrote this ebook to help give you a perspective on belief systems and the power of emotions behind them. I think you will find the the power of belief to a great asset in getting closer to your dreams!!! Enjoy the book and please visit me at <http://www.maizelawofattraction.com/>.

كل شيء ممكن

Beyond the Law of Attraction: Using the Unlimited Power of Belief to Create Your Dreams

Table of Content	3
Chapter One	4-5
Introduction	
Chapter Two	5-6
What is belief and why is it important?	
Chapter Three	6-7
How Belief Impacts your Daily Actions	
Chapter Four	8-9
The difference between Emotions, Feelings and Thoughts	
Chapter Five	9-10
Creating the Right Emotion Eventually Create the Right Belief	
Chapter Six	10-12
Suggested Methods to Create the Right Beliefs	
Chapter Seven	12-13
Conclusion of restating what belief is and why it is important	
Conclusion	13-14

CHAPTER ONE

INTRODUCTION

When it comes to having a fulfilled life, dreams play very important roles to help you climb to the zenith of life's success ladders. One thing about dreams and their actualization is that your beliefs will always play very important parts. Studies by respected self-improvement and life coaches have shown that what you believe will always determine what comes to you. This is what people call the law of attraction.

The law of attraction teaches that we have the power to attract both the good and the bad into our lives by what we think and believe. The most dominant thoughts in our minds always shape our beliefs, our beliefs shape our actions and our actions determine our results. This means thoughts and beliefs are important in shaping our life dreams and their actualizations.

One way to create realistic and feasible dreams that have the power to change your life for the best is through your beliefs. This important role your beliefs play in your dream formation and actualization makes it important that you must always pay special attention to the kind of thoughts that play out in your mind because they form your beliefs. The power of the human mind is such that we are able to let our imagination run wide with high and lofty dreams.

Thinking big is one mind game great achievers have always used to achieve whatever they set their minds on. It is rightly said that no man can ever grow beyond the power of his beliefs, which is why it is important that you should always be mindful of what you believe and think about. What you believe and dream about will always determine the level of your success in any venture. When you believe in your ability to achieve big dreams, only then will your mind be able to formulate big dreams. The size of your dreams is determined by the size of your beliefs. In like manner, the kind of energy you muster in the pursuit of your dreams depends on how big

those dreams are. One truth that never changes about dreaming big is that you will always achieve big. Thinking big leads to big beliefs, big beliefs lead to big dreams and big dreams in turn result in giant actions that bring about giant achievements. Someone rightly wrote that *success is in a fellows will; if you can believe it, you can dream it. If you can dream it; you can achieve it.*

CHAPTER TWO

WHAT IS BELIEF AND WHY IS IT IMPORTANT?

What Belief is

Belief has been defined by different people under different contexts to mean different things. The generally accepted definition of belief is that it is a state of mind or a mental state about the truthfulness or falsehood of a given notion. Belief has a lot to do with thinking and thought patterns. Links have been established between people's beliefs and their orientation about certain issues which shaped their thoughts. A belief is that mental attitude that a certain proposition is either true or false. One of the major factors that determine the beliefs of any individual are the kind of things he or she feeds his mind. Studies have shown that what you constantly expose your mind to has a way of sticking to it and becoming your beliefs about such notions. Belief can equally be said to mean your conviction about a certain issue. Beliefs can be positive or negative depending on the kind of action they inspire in you.

Positive beliefs have to do with looking on the bright side of life as well as always expecting things to get better. Negative beliefs on the other hand have to do with expecting life to deal you a harsh hand all the time. People who have negative beliefs always expect to get the worse of life treatments and results, while the positive minded beliefs the best will always come their way.

Why Belief is important

The importance of beliefs in the life of every human cannot be overemphasized. Belief is that state of mind that acts as a driving force for reaching your goals. Life coaches have established the link between beliefs and your level of success in life, which makes it a very vital aspect of life. The important role your beliefs play in your success actualization is one reason you should always make sure you believe in the right things. Having a positive mental attitude means you will always have positive beliefs and expect the best in all you do.

What you believe in has a way of affecting what you receive at the end of the day. It is important to pursue your dreams with the right beliefs to make sure your expectations tally with your quests for success. Just like having a positive belief will help you achieve positive results, negative beliefs will always bring about negative results. This is not a myth; it is only a natural law. Your state of mind will always affect your decisions, choices and actions on all issues. The best way to achieve whatever you have set out to achieve is by believing in the feasibility of your dreams and targets. If you believe you do not have what it takes to achieve your dreams, there is no point going after such dreams because by and by, the results will always justify your beliefs. Know the place of beliefs in your life success and achievements to make sure you believe in the right things.

CHAPTER THREE

HOW BELIEF IMPACTS YOUR DAILY ACTIONS

There is no gainsaying that what you believe in will always affect how you act on different issues that arise daily. There is a close link between our beliefs and our actions. This can be easily attributed to the fact that we depend on our mind to give us commands on the best approaches to follow when tackling life's daily tasks. The instructions you receive from your mind come from beliefs that have formed overtime. Everyman will always act in a way that justifies his strong beliefs. Belief has been treated and taught under different categories like culture, philosophy, psychology, religion, etc. but the impact it has on man's attitude still remains the same.

People all over the world are known to act in a way that supports what they believe in whether religious, political or cultural beliefs. Beliefs are very powerful and can lead to the formation of strong behaviors and traits in humans. If there is one power that directs your decisions and actions, it is the power of your thoughts. Your beliefs which are shaped by your most dominant thoughts are the main determinants of your actions. When you believe a certain notion is true, you will do everything to justify your belief at all times. This applies to all settings, whether religious, political or otherwise. People who have a certain belief which is rooted in their religious teachings always go out of their way to act out what they believe, even when every other person believes it is wrong or callous. This is the same effect your beliefs have on the daily actions that determine your success. Thinking the right thoughts will give rise to the right beliefs and having the right beliefs will ensure you make the right decisions and take the right actions at all times.

People who cultivate negative beliefs are known to act the way they think to justify their negative beliefs just as people with the positive kind of beliefs act positively at all times to portray the nature of their beliefs. Psychologists will always tell you that what a man does daily is a window to his world of beliefs. What a man believes in will always drive his actions so it is important to make sure the right beliefs that support the right results are nurtured and cultivated at all times. One way to change your actions is to change your beliefs. Any man who desires better results in life first works on his thought, which changes his beliefs to induce different kinds of actions from him. To change results, it is important to change the beliefs of the individual in question because that is where the actions that produce unsatisfactory results come from. Knowing the power of your beliefs is one way of knowing how best to change your life by ensuring you instill the right beliefs to get the right results always. Beliefs are precursors of every action including the words you speak. The mouth can hardly say what the heart does not think about or believe in.

CHAPTER FOUR

DIFFERENCES BETWEEN EMOTION, FEELING AND THOUGHT

These three terminologies all have something in common. They are all actions that take place in the subconscious mind. One other important characteristic these three states of mind share is the fact that they all affect our lives as humans one way or the other. There are however, certain factors that make each of these three important states of mind unique in its own way and different from the other two.

Emotion

Emotion can be defined as an affective state of consciousness in which love, joy, hate, sadness, fear and all other such strong feelings are experienced. Psychology and philosophy define emotion as a subjective conscious experience which is mainly characterized by mental states, biological reactions and psychophysiological expressions. Emotions play very vital roles in your mental dispositions and attitudes at all times as they go a long way to determine your response and action to events that occur around you. Emotions are intensely felt feelings; they are tied to our thoughts and still fight against those thoughts.

Feeling

Feeling can be said to be a state of consciousness or vague awareness of sensations such as warmth, touch, etc. Feeling can be either a perception or experience. We often feel before thinking, the feelings may either remain or dissipate depending on the complexity of the emotional mix charactering your feelings. We feel happy or sad, we feel hot or cold, we feel nervous or uncomfortable. We can have feelings about some things and feel emotional about them, at the same time, it is still possible to have feelings about something without any kind of emotional attachment to it.

Thought

Thought can be said to be a product of mental activity. It can equally be defined as the product or results of spontaneous acts of thinking. All ideas and arrangement of ideas that result from thinking are known as thoughts. Thoughts often generate emotions but emotions cannot generate thought. A young girl who nurtures the thought that her boyfriend has been unfaithful

to her is likely to experience emotions of hurt and anger. Thoughts don't go well with emotions; when you are battling some bouts of emotion fits like rage, or weeping, it is not always easy to have very clear thoughts. Thoughts are more dependent on facts, logics and their analyses. Thoughts are more easily understood than feelings and emotions. Your thoughts can help you understand your feelings and emotions to enable you let them go.

CHAPTER FIVE

CREATING THE RIGHT EMOTION EVENTUALLY CREATE THE RIGHT BELIEFS

Your emotions play very vital roles in the results you get in life. The kind of emotions you display has a way of influencing your life generally. Just like we talked about thoughts and beliefs, your emotions can either be positive or negative. Negative emotions can be things like pain, disappointments, sorrow, fears, etc. These negative emotions work by the law of attraction just like your thoughts and beliefs do. On the other hand, positive emotions can be love, faith, happiness, joy, enthusiasm, etc. Emotions are mental attitudes you display when faced with different challenges. The direction of your emotions will always control the direction of your beliefs. If you are often displaying negative emotions like fear and unbelief when pursuing some very important projects, chances are that you may never pull off such projects successfully. Pursuing such projects with positive convictions like faith and strong beliefs in your ability to pull off the project you have embarked upon will go a long way to help you achieve the most positive beliefs.

The best way to change your beliefs when they are not what they should be is to pay attention to your emotions. If you find your mind often dominated by negative beliefs, chances are that negative emotions have been playing out on your mind unchallenged. Creating the right emotions is easier than we may ever think possible. The first step towards the creation of the right emotions is to come to terms with the fact that you have been making do with very negative emotions. Since your emotions are responsible for the results you get in your daily life,

it is important to make sure you have the right emotions. The direct link your emotions have with your daily results and outputs makes creating the right emotions a matter of utmost importance and not an option. The most effective way to create the right emotions is to fill your mind with positive thoughts. Filling your mind with positive thoughts requires that you watch what you hear, think about, talk about and watch. The content you feed your mind daily has a way of influencing your thoughts, emotions, beliefs and results. According to philosophers, the mind of man is more or less a tabular slide, which means it is an empty slate that takes in whatever it is fed with. Always fill your mind with positive affirmations to make sure you create the right emotions and make room for the right beliefs.

CHAPTER SIX

SUGGESTED METHODS TO CREATE THE RIGHT EMOTIONS

Negative emotions don't go away completely, but they can always be controlled to make sure the right emotions are always displayed. Creating the right emotions requires a great deal of emotional intelligence. To create the right emotions that support the right beliefs and results, you must first master your emotions. Mastering your emotions will enable you know which ones to feed the most to help them dominate. Below are some very effective methods that can help us create the right emotions.

Think about the future

One thing with emotions that don't produce the right beliefs and results is that they tend to make you forget about the future you so much desire. Certain intense emotions like anger, pain, frustration, and depression can make you take some actions that may harm your future success. Imagine a situation where your boss gets you angry and in the heat of that flow of angry emotions, you decide to stick some ice cream cone in his face. Think about the harm this type of

emotion and its result can have on your job and finances in the future. The best way to control such emotions is to take your eyes off the present and focus on the big picture in the future.

Know yourself

Take time to know your emotional flows and directions. Find out things that trigger which emotions in you to enable you control them. To create the right emotions, you must be able to understand your emotional potentials. Knowing your emotions and why you feel them will help you replace the wrong emotions with the right ones.

Learn to always change your mood

Most people have this wrong belief about moods that they are like storms that will definitely pass on their own. The truth about moods is that you can actually influence or change them completely by taking some necessary steps. One way to easily switch moods is to quit whatever triggers a negative mood in you and go to something more interesting.

Work on your physical responses

Emotions do not always happen in the head, certain physical responses can affect your mood. To create the right emotions with physical activities you have to do the following;

- 🕒 Reset your breath by not breathing for about 5 seconds.
- 🕒 Breathe in slowly till you fill your lungs with air.
- 🕒 Breathe out even more slowly.

Take care of your needs

Everything that has life has needs. Meeting your physical and emotional needs will help you create the right emotions that support positive beliefs and results. When you have several

unmet needs in your life, it is easy to get depressed or moody, which will not help you attract the right environment and circumstances that support your success in life.

Following these methods will help you create the kind of positive emotions you need to achieve positive results in your life. It may not be very easy to get rid of wrong emotions since they are the ones that spring up so easily, paying attention and remaining focused will help you create the right emotions.

CHAPTER SEVEN

RECAP OF BELIEF AND ITS IMPORTANCE

We have already talked about what belief is and how it can be altered to enable you enjoy more positive results. As we mentioned earlier, one thing that help you succeed easily is your beliefs. Just like your beliefs help you achieve better success, they can equally make you fail. This means there are different types of believes; the positive and negative beliefs. People are known to have different beliefs on the same issues, which is one reason why they achieve different results when they embark on the same project. Your beliefs are either right or wrong. The kind of beliefs you have will always affect your morality. Beliefs are not always right, but it is important that you follow the right beliefs often to help you get the right results as they are closely interwoven. The quality of your beliefs goes a long way to define the content of your character and what the society should always expect from you. Believing in the right things will always help you make the right decisions and take the right actions, while a wrong belief will produce results that share common features. The importance of your beliefs is that they are the major factors that help shape your words and actions. What the mind does not believe, the mouth can hardly utter.

It is rightly said that out of the abundance of the heart, the mouth speaks. One very easy way to determine the kind of beliefs and individual has be it religious, or personal is through the words coming out of his or her mouth as well as the actions they take when certain issues crop

up. The way you handle matters in your daily life acts as a kind of window into your heart to know what you have decided to hold on to as truths. As humans, we will always believe in one thing or the other. As religious beings, we believe in the existence of God and in the powers he possess to help us come out of every difficult situation. This belief is the reason people pray to God for assistance whenever they experience any kind of obstacles in life. In some religions, people believe killing others who would not identify with their religion believing they are doing some service to God. Beliefs have the power to save and to destroy. The same way religious beliefs induce people into doing both right and the wrong things is equally the way your political or financial beliefs will help you record better success and achievements. Belief is important in every aspect of life, not just what we think about ourselves and. Your beliefs will always work to deliver those things whose mental image you carried about for long. Get rid of all negative beliefs and adopt the right beliefs known to be responsible for the kind of results produced through your endeavors. Studies have shown that people who take time to create the right thoughts, emotions and beliefs always double their productivity in less than a week.

Conclusion

If what you believe in determines your daily results in life, it is important to pay attention beliefs to make sure you believe in the right things which guarantee you the right results. Your beliefs can be modeled towards a certain direction, which means it is quite possible to create the kind of beliefs that will yield positive results. One way to shape your beliefs towards a desirable direction is to create the right thoughts and emotions since they affect and influence your beliefs directly. Therefore different factors that play important roles when it comes to molding your beliefs and some of them include what you expose your mind to daily. It has been found that getting negative and depressive information daily goes a long way to keep one in a very sad and moody mental state. The best way to stay out of the way of negative beliefs is to avoid all information and circumstances that can give rise to negative emotions. Some writers have written extensively on the law of attraction and how your thoughts attract the wrong beliefs into your life and how these wrong beliefs form the very core of your character, words,

decisions, choices, and actions. Understanding the enormous power your beliefs wield in your life is a step in the right direction to help you cultivate the right beliefs. Beliefs are so powerful that they have the power to make or mar your success, and must be given adequate attention to make sure only the right beliefs are allowed to dominate your mind. The unlimited power of beliefs is such that your beliefs can influence every decision you take, every choice you make, every word you utter, every action you take, and every result you get. The right beliefs will help you create the right environment for the right results.