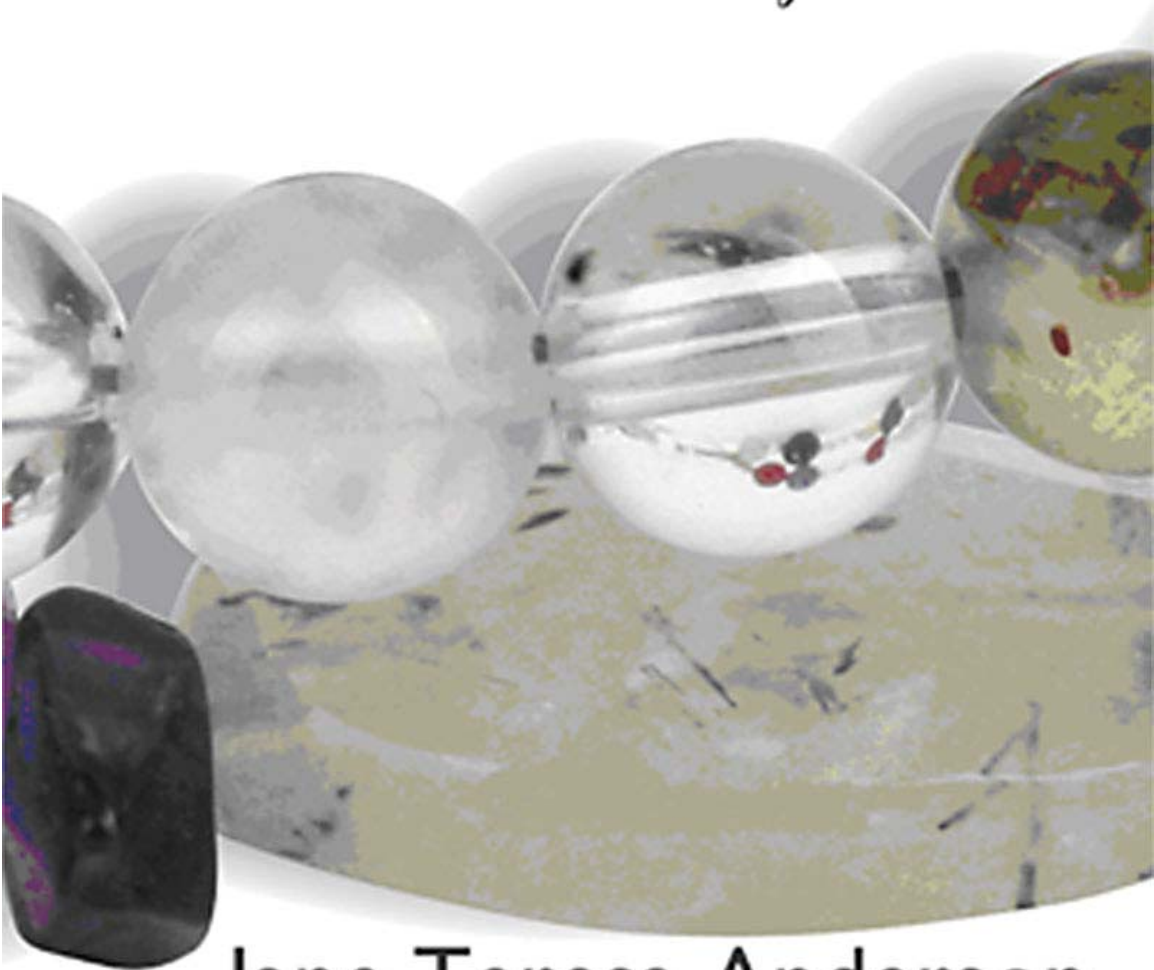


Make the Law of Attraction work for you

*Add the secret **dream** ingredient*



Jane Teresa Anderson

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About the author

Jane Teresa Anderson BSc Hons is an internationally acclaimed dream analyst, dream therapist, and dream alchemist living in Brisbane, Australia, consulting worldwide through her website at www.dream.net.au and blogging at www.JaneTeresa.com.

Published by Hachette, Random House, and Harper Collins, Jane Teresa is the author of six books including *Dream Alchemy*, a frequent guest on national television, and an accomplished radio dream talk-back expert, interpreting callers' dreams for more than 1,500 shows across. She also hosts a monthly podcast series, *The Dream Show*, at TheDreamShow.TV

With an Honours degree in Zoology specialising in neurophysiology from the University of Glasgow, (graduating as Jane Teresa Newton), Jane Teresa has been researching dreams since 1992, and developing and teaching dream alchemy practices (exercises) that transform unconscious limiting beliefs.

As a dream analyst, Jane Teresa is able to reveal a dreamer's unconscious mindset and show how this is affecting the dreamer's waking life. As a dream alchemist and dream therapist, she is able to create exercises based on this insight - simple exercises using the dreamer's personal dream symbols – to help transform the dreamer's mindset for more enriching outcomes.

About this book

Not getting results? Feel you're missing a vital ingredient? Discover the secret behind the secret of The Law of Attraction (LOA). It's a secret revealed every night in your dreams. It's the secret to making the LOA work for you. So if you're serious about attracting what you really want into your life, start today by reading this book. According to the Law of Attraction, you attract the vibe you emanate. But did you know that you emanate your unconscious vibes more powerfully than your conscious ones? Discover how to look into your dreams to identify your unconscious negative vibes and how to transform these into positive vibes that bring you positive results.

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CHAPTER ONE

Dream vibrations & the law of attraction

I am often asked about the Law of Attraction, and whether nightmares and dreams with negative vibes attract negative people and events into our lives. It's a good question. So, let's explore:

Books about the Law of Attraction have enjoyed waves of popularity since the early 1900s, with a recent resurgence in the early 1990s and a deluge of interest since 2000. Rhonda Byrne's 'The Secret' DVD and book, published in 2006, repackaged the Law of Attraction in a way that inspired millions of people to start making the LOA – as it is now commonly known – help them achieve their goals. So, what is the LOA, exactly?

According to the LOA, you receive according to the vibe you give out. Like vibes attract like vibes. If your focus on money is all positive you attract plenty of it into your life, whereas if your focus on money is negative (for example, if you focus on debt or lack of money), then you attract debt or lack into your life. According to the law, whatever you focus on, you get more of the same.

The LOA is working all the time, whether you believe in it or not. I know this to be true. The secret everyone is searching for is how to become an active participant in the process – how to create and maintain the vibe that brings you what you want.

Imagine you know that secret, and you put all your waking hours into maintaining the vibe that will bring you what you want, and then you go to sleep and have a dream brimming with negative emotions, perhaps grief, anger or loss of confidence. Does the negative vibe of your dream beam out into the universe and undo all that daytime work?

Here's where the magic of working with your dreams comes in. If you really want the LOA to work for you, then pay attention to your dreams.

First up, there are a few basics you need to know:

One

Remember that dreams are symbolic, not literal. So if you dream that someone you know dies, your dream is NOT predicting that person's death. The dream is symbolic and it is about something that is ending (dying off) in your life. Dreams of death are very common, and many people are frightened to mention them because they fear that putting the dream into words, or paying it attention, will cause it to happen. Please be assured that this is not the way it works. In fact, *not* talking about a worrying dream increases your waking life anxiety – and this affects your vibe. It's better to talk about a worrying dream, interpret it, understand more about yourself as a result, and move on, free of any negative vibe. In this example, once you understand what is coming to an end in your

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life, you can decide to bring it back to life or to let it go and move on to something better. Interpretation brings you self understanding and choice.

Two

The emotions you feel in your dreams are emotions that belong to you. Sometimes they're emotions you're aware of; most often they're unconscious emotions that you've buried long ago, or emotions you've repressed because you can't acknowledge them in your waking life.

Three

In the same way, the beliefs and limitations (blocks) you encounter in your dreams are your own unconscious beliefs and limitations (also known as blocks, or limiting beliefs).

Four

So, when you interpret a dream, you discover your unconscious emotions, beliefs and limiting beliefs (blocks).

Now here's the most important thing to understand. Whether you're awake or asleep, your unconscious mind continuously sends out its vibe. And your unconscious mind is far more powerful than your conscious mind.

For example, you might choose to focus on sending out a positive vibe about money all day. You spend all day doing this, feeling totally positive and good about it. As far as you are aware, you have absolutely no block to having vast amounts of money in your life. However, your unconscious mind may have a different agenda. You may have unconscious doubts and limiting beliefs (blocks) about having so much money. Because your unconscious mind is stronger than your conscious mind, it wins in the battle of the vibes. You don't see the results you wanted and you declare the LOA to be a crock. But it isn't! The LOA is working for you perfectly. Your overall vibe, dictated by your unconscious mind, is attracting according to the law. You are receiving according to the vibe you are giving out.

The real secret to getting the Law of Attraction to bring you what you consciously want is to get your unconscious mind on side.

So rather than ask if a worrying dream is sending out a negative vibe, attracting negative things to you, celebrate the fact that being able to remember your dream is the first step to identifying a negative vibe that your unconscious mind is sending out while you are awake, a negative vibe of which you are oblivious, a negative vibe that is attracting negative stuff to you.

You dream every night, and a dream has a vibe whether or not you remember it. Learning to remember your dreams and interpret them is an empowering step to take if you're serious about attracting what you want into your life.

Dream interpretation identifies your unconscious beliefs, so you can easily pick the ones that are working against your conscious wishes. The next question is how do you change those unconscious beliefs to align them to your conscious wishes?

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This is done through the process of [dream alchemy](#). These are simple exercises such as visualizations and affirmations that reprogram your unconscious beliefs. Here's an example:

You dream you are driving a car but you can't see ahead clearly because the windscreen is dark. This is a common dream indicating that you are unclear about your vision for your future. This lack of clarity is the work of an unconscious limiting belief (block) sabotaging your vision. To apply dream alchemy when you wake up, visualize yourself back in the dream only this time the windscreen is exceptionally clear and you can see your way. Visualize yourself driving well, and add in all the positive emotions you associate with achieving your goal. Doing the dream alchemy practice – the visualization – undoes the block and reprograms the associated unconscious limiting belief in alignment with your conscious intention. (Do a dream alchemy visualization 20 times a day for a week, ten times a day for the second week and twice a day for the next month.)

So tune into your dreams to tune those unconscious negative vibes that you are beaming out 24/7 into positive vibes that ensure that the Law of Attraction fulfils your conscious desires.

Summary

- According to the Law of Attraction (LOA), you receive according to the vibe you give out. Like attracts like.
- According to the LOA, whatever you focus on, you get more of the same. If you focus on debt, you attract debt. If you focus on wealth, you get wealth.
- The LOA works for everyone, all the time, even if you've never heard of it.
- The secret everyone is searching for is how to be an active participant – how to create and maintain the vibe that brings you what you want.
- People worry that dreams with bad vibes will attract bad vibes into their lives.
- People worry that talking about dreams with bad vibes will make matters worse – perhaps even make the dreamed event happen.
- But the dreamed event will not happen. All dreams are symbolic.
- *NOT* talking about a worrying dream increases your waking life anxiety, and this affects your vibe.

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- Everyone dreams, but not everyone remembers their dreams. A bad vibe dream is a bad vibe dream whether you remember it or not.
- It's better to talk about a worrying dream, interpret it, understand more about yourself as a result, and move on, free of the negative vibe.
- The emotions, beliefs, limitations and blocks you encounter in your dreams are your own unconscious emotions, beliefs and limiting beliefs (blocks).
- When you interpret a dream, you discover your unconscious emotions, beliefs and limiting beliefs (blocks).
- **Key fact:** your unconscious mind is more powerful than your conscious mind, and whether you are asleep and dreaming or wide awake, those unconscious emotions and limiting beliefs (blocks) keep on beaming out their negative vibe, attracting like vibes into your life.
- The real secret to getting the LOA to bring you what you consciously want is to get your unconscious mind on side.
- Interpreting your dreams enables you to identify your unconscious bad vibes.
- Doing dream alchemy (exercises such as visualizations) reprograms your unconscious bad vibe beliefs into good vibe beliefs in alignment with your conscious wishes. It's the magic that gets your unconscious mind on side.
- So tune into your dreams to tune those unconscious negative vibes that you are beaming out 24/7 into positive vibes that ensure that the LOA fulfils your conscious desires.

Dreams mentioned in this chapter

- *death*
- *driving a car but unable to see the road ahead*

*** END OF SAMPLE ***

Enjoying this book?



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