



# reality school *contemplation sheet*

## *Successfully using the Law of Attraction*

by Story Waters

### Questions to ask your heart

*With anything you are exploring it is important to start with self-awareness and honest answers. To transform any block, fear or wound you must first acknowledge that it exists; even if it makes you feel bad to do so. This is not contrary to the teaching; it is reversing out a dead end in order to flow forwards.*

Do you totally believe the *law of attraction* is real? Be honest with yourself to know where you are starting from. How would your energy field (your inner feeling) respond to someone mocking you for believing your inner feeling changes outer reality?

What have your personal experiences of actively using the law of attraction been? How successful were they? Has that left you with any negative residual feelings/beliefs?

Do you believe that in the core of your being that you are unlimited, abundant, flowing and free?

What inner battles are active in your energy field that cloud your perception of yourself? *It does not matter if don't know how they cloud; start with simply recognizing their presence.*

What knocks you out of feeling good in your life? What is it in particular about it that allows this? What is the message of it? Why are you choosing it?

If something is happening to you that is not what you desire, instead of resisting it, how do you feel about trusting it is not a mistake? Do you see how this is the path to hearing its message?

In what ways are the fears in your life serving you? Answer the same for pessimism.

How much do you live in the experience of comparing what you have with what you want?

Look at your life and imagine that it is not going to change. What most jumps out at you as being unacceptable? Now ask why have you chosen it? What is its message?

What are the feelings you want more of in your life? *Do not answer in abstraction: look at the feelings that are currently present in your life and choose which you want to turn the volume up on.*

Have you accepted the invitation to actively engage the one month exercise? If not, why not? *Be aware of any judgment in your energy field.*

### Resource

[LawOfAttraction.mp3](#)



Welcome to this reality school contemplation sheet for the mp3 listed above. It is recommended that you listen to the recording on its own before reading this sheet so that you can fully immerse yourself in its journey. You can then use the questions on this sheet to explore the themes of the recording in more depth. The more you put in to answering these questions in an entirely honest and vulnerable way, the more you will benefit.

Download the mp3 at : [realityschool.org](http://realityschool.org)

**Additional exercise:** bring to the forefront of your consciousness how you are the determinant of what you focus upon.

**Want more?** Get the unabridged 105 min **Law of Attraction 101** recording, from which the mp3 was created, in the reality school store.

[www.realityschool.org](http://www.realityschool.org)  
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