

# LAW OF ATTRACTION THE KITSCHCHAOS WAY!

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The Law of Attraction (LOA) is actually an idea first broadly popularized around the early 20<sup>th</sup> century, it has ancient sources, but the modern 'Secret' and so forth owe their pedigree to work a century earlier.

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For me personally, the Law of Attraction was something introduced to me as a foundation to magical practice (by professional Hoodoo authority, Dr. Kioni). I was directed to read, Science of getting Rich by Wally Wattles, it's actually one of the very best books on the subject. There's plenty of books and articles about the Law of Attraction, so why this one? Simply because in practice the Law of Attraction doesn't work for everyone and I believe I can help.

The Law of Attraction, it seems like 'positive thinking' rather than an occult practice, so it seems safe and it's not entirely unfamiliar. The idea is very simple: what you think about becomes real for you, your thoughts manifest reality!

The idea of LOA being an absolute concrete truth is responsible for almost everything negative that's sometimes associated with a Law of Attraction practice. Rather than taking responsibility for their own thinking, some practitioners find themselves blaming others for their negative thoughts, believing it's what is keeping them from being successful. Other practitioners may find themselves being cruel and insensitive to people in unfortunate circumstances - believing they created that circumstance themselves with negative thoughts.

To work with any metaphysical idea and get benefit from it definitely tempts a person to believe that metaphysical idea must be a concrete truth. But as Christians know that God works in mysterious ways, the reality of metaphysics lay outside human capacity to fully comprehend. Sometimes people get sick, are assaulted or raped - and it has nothing to do with their thoughts -they deserve our compassion and sympathy. If you must take the LOA to be very real - remember you don't live in a vacuum. If everybody is shaping reality with their thoughts, your thoughts have limited influence compared to the whole that is **everyone else**.

Importantly, it's well and good to tell people to manage their thoughts, its *another* to do it. So if you are intending to transform your life into one of wealth and luxury, and are concentrating on that being real, believing you are there and knowing what it is like in your empowering visualizations - this habit flies in the face of other popular habits - of complaining about how the world is going to hell, and all that agreement you have about how shitty your job is.

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Everyone complains, it's a foundation of relatedness for some people. And the more you complain about how shitty things are, the more you get to be right when things are shitty. And that's a problem 'cause as a human being few things are as good in life as **-being right!**

So other books on Law of Attraction, they tell you to shape your thoughts and why it's so useful and good to do so. They may even coach you on visualization and making the desire feel real. But if you're a human being - you're going to go to work the next day and people are going to relate to you through your complaints. And as you go throughout your life, the path of least resistance is driving you back to being powerless and helpless.

## **YOUR CHOICE**

To do this you must first make a decision. **Will you take responsibility for your life as it is right now?**

Because if you do, you no longer can blame the government, your job, your spouse, your parents or whoever you blame for making your life negative as it is now. Because if you're responsible, it's YOUR fault.

It's not an easy decision to make. People imagine they want power, but they know they do not want responsibility. And the two are the same. If you want power, you must take responsibility. Even if you can't know you have the power enough to be responsible - the choice to be responsible is required to unlock the power you do have.

Once you make that decision, you are living a life of being hard on yourself. Because in the Law of Attraction you are at fault if you get sick, can't find a job or start a business. Yes, this is double standard - if you choose power and responsibility, you sacrifice accepting pity and sympathy. The reason it's so wrong to fault others for their sad circumstances is because they never chose power!

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## Law of Attraction:

Is a principle that a person's thoughts powerfully shape that person's subjective and objective reality, 'attracting' to manifest the object of their thinking. For example, to become rich: believe that becoming rich is a moral good, believe that you will become rich, believe you will obtain those desires you clearly visualize and imagine owning already. Now structure your thinking to be consistent with these beliefs.

LOA, in a nutshell. So what problems occur?

So even though the Law of Attraction doesn't seem like an occult practice, it really is one. And the following distinctions from Chaos magic, they apply. Take them seriously.

**Duality of Desire:** Change is always threatening, be it for good or ill, and this fear is always in opposition to desire for change. Many people have turned being victims into being right, and that's a lot to give up. The promotion at work promises greater prestige and salary, but costs you camaraderie of those who now are co-workers but would become subordinates - not to mention the windfall of righteous love and support upon not getting the promotion - "you deserved it!".

**Lust for Result:** If your mental state is one of being anxious for the results of a LOA practice - this will sabotage any result. Typically results will manifest once you have stopped being anxious and have become indifferent about them. The ideal state for producing results is to be indifferent to begin with. The common suggestion of visualizing having your desires already, being sated with their reality - it's recommended for this reason.

**Psychic Censor:** The internal skeptic, that part of you that doesn't believe Magic is real, doesn't believe that LOA is real. Obviously it can prevent you from indulging the ideas and visualizations that are the stuff of LOA if it's too strong, if you feel humiliated at trying anything so silly. The Psychic Censor is also what keeps you sane. But you shouldn't be ruled by it. A wise person knows little or nothing because mystery outweighs all else.

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## A law of Attraction Practice:

Okay, so now that I've laid out what Law of Attraction is, and what the challenges are - do you think you can do it? Can you keep that positive idea in your head no matter how much you want the desire NOW? No matter how much you fear change? No matter how silly it seems? No matter how much fun it is to be negative with your friends and co-workers?

Now you know just why there's no end to the books and programs you can buy that are related to The Law of Attraction. It fails to work for so many people, but they have hope the next book or program will give them the answer they need!

Well, I have some good news for you, **I have an answer!**

The problem is not having the capacity to manage your thoughts. Why, there's an entire cottage industry of Law of Attraction books and no one distinguished this obvious thing ...?

So, how do you get the capacity to manage your thoughts?

Here's the bad news - **it takes work!** It's not easy. But you can do it if you simply put forth the effort!

So what am I talking about? -**Concentration!** Sitting, and concentrating! You can call it meditation if you want - but the relevant thing is the concentration. And think of it like exercise you would do for your body, but this is for your mind.

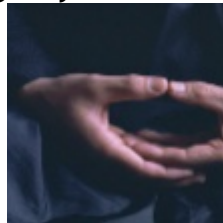
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## How to Concentrate, in the Zen tradition:

These are instructions from the Zen Buddhist tradition. It's been proven that Zen practitioners have developed a part of their brain that allows them to mitigate pain, so look forward to that very positive side effect if you can manage a regular practice.

- Sit bolt upright, with a straight spine, the position, on chair, on floor, kneeling, lotus..etc. is less important. Uncomfortable positions such as the lotus is for some people, they are meant to test concentration with the distraction of pain, obviously for advanced practitioners only (unless your health has you already in pain).
- In front of you, place the back of your left hand in the palm of your right hand, thumbs up and **almost touching**. If you lose concentration, the thumbs will meet.



This practitioner lost concentration! The thumbs meet!

- Breathe deeply and from your stomach, the stomach will rise and fall with every breath if you're doing it properly.
- You can close your eyes, or keep them barely open if that helps you maintain concentration.
- What you are doing is counting your breathes, one to ten.
- On the first breath, think 'one' allow the number to consume your thoughts until you exhale and then inhale the next number which similarly consumes your consciousness.
- When your mind wanders during this process, you must restart your count and begin with 'one' once again.
- Beginning this meditation, it is unlikely you will ever reach the number '10', you will understand the unruliness of your own mind. But! You will learn 2 critically important things: your capacity to concentrate **improves** with practice, You are able to **return your mind to any focus** at will.

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Now the capacity concentration develops relates directly to Law of Attraction. When you are attempting your count and you mind wanders, what do you do? You **return to your count**, starting from the beginning!

If you want to keep your mind positive focused on what you want in life - any time your mind wanders - you can **return to your focus!** If you practice concentration you'll get very good at this. No one else's negative attitude will ever have power over you again! You can actually take responsibility for your thoughts!

Now, once you manage in your concentration practice to reach the number ten (and this may take months or even years, the important thing is to keep trying) you may want to move on to something else. Even if you can't quite reach '10' you may want to try something else. Using mindfulness, anything can be the focus of attention for a concentration practice.

If you are Christian, you can concentrate as you pray the rosary out loud, or another prayer as a mantra to concentrate on and repeat.

If you are not religious or want a magical option: A simple sigil / mantra: **I will master my thinking** :IWLMASTERYHNKG (unique letters): **Wasg Linek Myrth**

If you repeat the mantra of “**Wasg Linek myrth**” while concentrating on the sound and beginning the mantra again when your mind wanders will be a an excellent concentration practice. Sigil magic theory suggests the intent “I will master my thinking” from which the mantra is derived, will drill itself into your subconscious and help you achieve mastery of your thinking.

### **A helpful technique:**

Here's a helpful technique. If you are finding yourself being negative, try raising your head and straightening your shoulders. Mood affects posture - but you can work this in reverse to use posture to effect mood!

If you begin a practice of physically grinning broadly 20 times a day - it's highly likely you will find yourself taking life less seriously and having more fun.

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## Caveat:

I've covered this before but those other negative people in your life ... a problem because they are sabotaging your thinking with 'negativity' so the LOA works against you. It's very common to find yourself feeling this way. Realize how selfish this attitude is," the problem is MY results - how dare they sabotage me!". And notice that while that condemning thought is in your head, what is missing is **the thing you want to manifest** ! Be generous, let people be. Think instead of the benefit to others the example of your success *will make possible for them*.

It is possible with a concentration practice to focus your thoughts where you want them to be. There's no need to involve anyone else.

## The art of expectation, how to use LOA to influence others:

When you expect something from someone, it creates a space for that behavior , encouragement that it's possible for them and encouragement to do so. This is not to suggest the practice is more than an invitation, but it makes it easier to do what is expected. This is using the law of attraction interpersonally, and it's often not easy. You may already have people pigeon-holed in various ways, and you'll have to forgive, give up those expectations in order to manifest new ones.

As an example, the child that is always late, simply expecting them to show up on time is divorced from what was true - but you can start by believing the child **can show up on time**, and express this to the child with sincerity. Instead of using the belief to get angry, simply expect that child to be on time - be surprised if it doesn't happen. You'll be surprised how well this can work.

Understand that you already are shaped by other's expectations too. You don't behave the same in a bank as you do in a bar. If you are a straight man you're not the same person with your wife or girlfriend that you are at a strip club with your friends. As a child who you were at school was different from who



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you were at home. And you are different people in different contexts because there's a different space, expectation, for you to be in every context.

So if you need to influence people - create the space for them to be as you want them to be. Expect that behavior. No, it's not going to work all the time, there are sexual infidelities at a Church, it happens. But the path of least resistance, it is paved with expectations and those include **your expectations**.

### **Knowing what you want.**

Now the other challenge that is common to magic, to Law of Attraction, is **knowing what you want**. The reason this is a challenge is because we're hypnotized by the culture to believe we want **things**. But look at the advertising! They use what you really want to sell you a **thing**!

Now what I'm getting at, is that what people want are great experiences. That's all life is, is a bunch of experiences. Money, things - those are just a means to have certain **experiences**. Cars are sold by telling you that you can have the experience of being envied, of being sexy and attracting sex if only you owned **this car**! But what you want - to be envied, to be sexy - and maybe you're happy riding the bus! So it is important to distinguish what you really want from the things you might think you want, but won't really deliver what you really want.

Change you life! On the next page!

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So, here's an exercise, it might change your life!

Answer this question as completely as possible:

Without any **limitations or consequences** - what would your *ideal typical average day* be like?

The answer to this question may take many many pages, you need to express this day in detail while being very complete.

Who do you wake with? Where do you wake? What are you wearing? What is your bathroom like? What kind of tooth brush? What kind of toothpaste? Do you floss, what kind of floss? What do you eat for breakfast? At what kind of table? With who do you eat breakfast, what do you talk about? What do you drink..What do you do with your day? In detail, the day that would give you pleasure to repeat again and again and again. In as much detail as possible.

Do it today. This is the basis of who you can be, the foundation of your Law of Attraction practice, the foundation of hacking life to work for you!

## **Your Pathway!**

The pathway is simply the work you are doing to produce the result. The law of Attraction is a form of occult magic and any magic done properly is not merely a mental act, but an act of deeds as well. Now you know what you want, determine what you must do - in steps that are easy enough they are no challenge to accomplish.

Give yourself a deadline for each and every step. Be in action!

Start by writing down steps you can take and give yourself a firm deadline for each one!

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## Be Happy Now!

The Law of Attraction is most powerful if you know what you want, but are not attached to that desire. Focus on the now, what you are doing, what your next deadline is. And be happy now.

Happiness is a choice, often we deny ourselves happiness - I'll be happy when I get married, when I have my first baby, when I've made my first million...etc. But in reality, if you cannot be happy now - no new circumstance can make you happy. To know what you want and not be attached to it with lust for result or with the grasping need of an addict - be happy now. Be thankful for your blessings, and own that you are blessed. Appreciate your friends, your family, your pets. Enjoy your food, your entertainment.

Being present to what is so right now, in this moment, is key to really appreciating what life has to offer. And if you practice concentration, you will find that you are able to return your focus to what you are doing or experiencing right now.

## The Power of Intentionality

Now all this stuff about being happy, being present in the now - I know it can sound saccharine, your psychic censor may be crying "bullshit!". But this is where your power lies. Being present to the now, being happy now - and there is no lust for result, no duality of desire, nothing to stop you.

And you can test it when you drive, or anything else where you might need a little luck. Need a parking space? simply intend for there to be a parking space when you need one - and if you intend it while being happy, while being present and with no attachment - almost always when you need it, there's your parking space!

In fact, the practice of intentionality works so well, you can actually use it to get feedback on your personal mental state, usually there's no parking spot it means your mind wasn't present or happy - it was off nursing a resentment.

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## Hypnosis can empower your Law of Attraction practice!

Conversational hypnosis can allow you to influence people in profound ways without their being aware of what you are doing! Self hypnosis can help you become that master of yourself!

Until now, the famous conversational hypnosis techniques of Milton Erickson, who as a therapist was able to use those techniques to cure severe phobias and even everyday smoking and nail biting habits, have been taught *exclusively* to people in the medical and psychology field.

Igor Ledochowski is a world renowned hypnotist, an expert in Ericksonian (conversational) hypnosis, and he's been dedicating himself to teaching others these coveted hypnosis techniques.

The link below will take you to an opportunity to buy a complete hypnosis course by Igor Ledochowski. When you visit, you can register for many **free hypnosis books**.

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