



Love Is The Law Workbook

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Chapter One

Applying THE LAW OF IMAGINATION To Your Life

1. Sit back in a comfortable position, and close your eyes. Think about your dreams. What is your biggest dream in this moment? Write down your dreams and let your imagination take over. Don't be afraid to allow yourself to dream big.

2. What's holding you back from fulfilling your dream? Are you afraid of what others will say about you?

3. Take some old magazines, a glue, scissors and create your vision board. Cut the images that resonate with you and give you a happy feeling. Those are the clues to your heart's desires.

4. Write down a step-by-step plan that will take you to your destination. Ask the Universe to assist you in this grand plan. Even if you don't know the next steps, it's okay. Wait for a clear sign (intuition, dream, advice from a friend, other synchronicity) from the Universe and write it down on paper.

*5. Do what the Universe tells you to do. Don't question yourself. Don't question the Universe!
Act!*

6. Feel the feeling as if the dream is already your reality. It doesn't matter if it's an illusion. All that matters is how you feel. Your feeling will take care of the rest.

** I am using the term 'Universe' in order to describe the Higher Power, God, the Source, and your Higher Self. My word is the Universe but it's essentially the same as God.*

Chapter Two

Applying THE LAW OF SELF-LOVE To Your Life

1. Am I ready for a better life? What's holding me back? Write down what comes to your mind.

Don't think just write.

2. Am I ready to fall in love with myself?

*3. What can I do today to love myself more? List things and activities that make your heart sing.
Go big.*

4. Do I trust my own intuition? And if not - why?

5. Am I looking for love outside of me (in all the wrong places) where I am continuously hurting myself and feeling rejected? What need am I trying to satisfy by doing so and why?

6. What motivates me in my search for a partner and a romantic relationship? Am I ready to give love or do I want to receive love instead?

7. Would I date myself?

8. If you answered NO to one of the previous questions try this meditation: “Meet your inner child”. Your inner child is the part of you that was left alone for many years and needs your attention. It’s YOU, 5 years old. When you close your eyes and go within, you will most likely discover that the pain is coming from your hurt inner child. In order to heal yourself, you need to start listening to your child and create a loving relationship with it. Close your eyes and imagine yourself 5 years old. Ask your child how it’s doing? What does it want to share with you? Then, listen and talk to your child. Make sure to promise it that you would never hurt it again. Write your thoughts.

Chapter Three

Applying THE LAW OF INTUITION To Your Life

1. Sit in silence and meditate for at least 10 minutes. Start by inhaling and exhaling deeply. Observe your own thoughts and feelings. Don't worry about your posture; just make sure that you feel comfortable. Try to listen to your inner voice. What is it saying?

2. Keep practicing this meditative state of mind every day for a month, until you feel ready to connect with your spirit guide. Every single person has a spirit guide. You will have an intuitive feeling and deep desire to make the connection, and you will know that you are ready when you feel curiosity and desire. All that is required is your patience and trust.

3. When you are ready to meet your spirit guide, put yourself into a meditative state and ask your guide to give you an answer to your question. Your spirit guide will guide you. Let your imagination run freely, and don't stop, even if it seems crazy. Continue imagining what feels right. Don't be scared. Imagine a door that is waiting for you. When you enter this door, you enter the kingdom of Love and Light where you meet with your guide. Don't force anything. Trust that your guide will be introduced to you when you are ready. It can be anything for example a white light, a pink light, an animal, a person, child, or you may have more than one guide. Stay open and be patient. Enjoy the conversation, and say "Thank You" for the connection.

4. From now on promise yourself to observe your intuitive feelings everyday life. Don't question the intuition, instead follow what it says. You can play with it and experiment. One day you may not follow your intuition and see what results you will experience. The other time purposely follow it and see what is going to happen.

Chapter Four

Applying THE LAW OF FLOW To Your Life

1. Sit back and close your eyes. Imagine that you are in the beautiful, peaceful place in nature (it could be a beach or a forest, whatever feels right for you), Breathe slowly in and out. Be aware of your breathing. Ask yourself these questions:

- Why did I choose to follow this career path?*
- What's my life purpose right now?*
- What excites me about my current job? What do I dislike about my current job?*
- Where do I see myself in 1 year? 5 years? How about 10 years?*
- If I had all the money in the world, what would I do?*

2. Write down all the answers. Don't think too much; just write everything that comes to your mind.

3. Take a look at your answers from a higher perspective. If you are not doing what you really want to do, ask yourself why that is so. If you happen to write down that your desire is something totally different than what you're doing, then you may want to rediscover and then follow your passion. If you don't follow your passion, you won't ever find the inner happiness that you are looking for.

4. If you couldn't answer to the questions 1-3, try the following questions:

- *Why do I feel stuck in my life?*
- *Should I take some time off?*
- *Should I completely change my job and my direction at work?*

Listen to your heart. Don't analyze the answers with your mind Write the answers down. Maybe it will take some time to receive the answers. You may have some serious blockages inside of you that won't allow you to hear the answers right away. This is normal. Let the wisdom flow through you. Let the answers come to you when the time is right. The Universe will always respond to your questions by sending you signs or answers through intuitive feelings or dreams, or through other people who are messengers.

Chapter Five

Applying THE LAW OF AUTHENTICITY To Your Life

1. Am I being myself? Am I being REAL? Who Am I? Be honest when answering these questions. Remember, be yourself unless you can be a unicorn. Then, please go ahead and be unicorn.

2. When do I feel really happy? If you don't know the answer to this question observe when you feel bliss in everyday life.

3. Why am I not already following my bliss? What's holding me back?

4. Am I being vulnerable? Am I expressing myself freely?

5. Describe your current relationship or the past relationship that caused you a pain.

6. What are the things that most bothered you about your current/previous partner? Write them down. Take a good look at the list of things that you just wrote down. Every relationship is a mirror. Now accept that your partner is not hurting you, but mirroring what needs to be healed inside of you. Whatever you wrote down that is pissing you off requires your attention. You are not a victim. Now that you see the situation clearly, be grateful because step # 1 is to recognize what's actually happening. BY recognizing it you are taking your power back, my dear. Step #2 is to understand what must be healed inside of you. Most likely you need to forgive yourself and heal your inner child. Write down everything what comes up.

7. Sit back and close your eyes. Play a relaxing music, and imagine that you take an elevator to a place, where you feel safe and happy. It can be anything from a garden full of flowers, to a beach, etc. When you arrive to this place, you will see a little child running around. It's you. Ask your child what it wants to share with you and listen. Thank your child for sharing this information and ask for the forgiveness. For example, your child might had been upset about you not allowing itself to express through creative writing or painting. Listen to your child's needs and promise that you do whatever it takes to fulfill its wishes. The point is to fulfill those wishes in your imagination. It's about the attention that you need to give to your inner child in order to release the pain from the past and forgive. After you done with this meditation, check back how you feel about your current/previous partner who was the actual trigger.
