In this short worksheet, we are going to talk about some basics of the Laws Of Mind® System. We will also talk about how it is different from the law of attraction and explains things in a different way, so you can get a way more comprehensive manifestation system that gets you results fast.

The Laws Of Mind® Summarised

Lesson 1: A strong mind creates manifestation. A weak mind does not.

Lesson 2: You build the strength of your mind by improving your lifestyle and doing things differently.

A strong mind is a mind that:

A. Does not have wandering thoughts or is easily distracted (i.e. it has strong concentration)
B. Can interpret and understand things in a clear way (i.e. there is no mental fog)
C. Is highly flexible, dynamic and quick (i.e. you are a quick decision maker, and make good decisions)

This is the grand-daddy secret of all manifestation. It’s deceptively simple, but that’s exactly why it’s a secret!
You will find that all successful people from all walks of life have these qualities, and this is why they are achieving amazing things in their life. They are in control of their lives, instead of letting outside things control them.

**Just think about it this way:** Can you imagine the basketball player Michael Jordan or a gold medal Olympic athlete being unfocused, having mental fog and being slow and inflexible in their minds? Not a chance.

**To be the best, and to manifest the best, you need to be focused, have no mental fog and be flexible and quick in your mind.**

The fact is, if you are NOT manifesting, it’s because you are unfocused, have mental fog and are slow and inflexible in your mind. Full stop.

In practical terms, what you are doing here is changing your lifestyle so that you’re automatically making your mind stronger. This way, you automatically manifest.
Quick Question And Answers Session

Q. What do you mean by "laws" when you say "laws of mind"?

A. By "laws" we mean the rules, principles and methods by how your mind operates. If you understand those and use them effectively, you can strengthen the mind.

Q. What do I need to do to manifest?

A. You need to change your lifestyle. That means when you wake up in the morning, what you do every day, what you put your priority on, who you hang about with, what environment you are in and everything else.

Q. Do I need to do "exercises" like visualisations, vision boards etc like the law of attraction says?

A. No. You don't need to do these at all. Visualisation is a double-edged sword that normally works against people because they don't have the basics in place. Vision boards also violate the law of detachment in making you too attached to the outcome of manifestation. This also works against you.

The basics are to have a strong mind to begin with (i.e. high concentration) and then everything else falls into place from that. If you don't have a strong mind, then nothing else will work as consistently for you as you would have hoped.
How To Practically Apply The Laws Of Mind® System In Your Life

To practically apply the Laws Of Mind® System, as we said, you need to change your lifestyle. You are doing that to make your mind stronger. When your mind is strong (because it has strong concentration, is focused, has no mental fog and is quick and flexible), the manifestation will happen all around.

Specifically, lifestyle changes and considerations mean:

1. What time you go to bed and what time you wake up

2. What you do in the first 30-60 minutes of your waking day and how you do it

3. What you do for the rest of the day

4. Considering how goal and action orientated you are overall

5. Considering who you associate with and what environment you are in

If you sort these practical things out and do them correctly, you will manifest. To understand what to do for each of these things, you can start your $1 trial here.
Let's Talk About The Law Of Attraction

The law of attraction can be summarised into one key point:

"What you think about most of the time, you bring about in your life"

Or

"You will draw into your life, what you think about most of the time."

The law of attraction is 100% real and has real power. However, the law of attraction is an EFFECT and not the CAUSE.

If you want to activate and create law of attraction EFFECTS, you need to have the right CAUSE, which is a strong mind.

In very simple terms, if you want the law of attraction to work for you, you need to have a strong mind, and be increasing the strength of your mind. The stronger the mind you have, the more the law of attraction will work for you. Otherwise it won't.

Let's think about it a different way and ask yourself this question -

"How do I go about thinking what I want most of the time, to therefore activate the law of
attraction?"

The HOW to go about is to strengthen the mind, so that you end up thinking about what you want most of the time, and therefore activate the law of attraction. This is how it works!

**The Law Of Cause And Effect In A Nutshell**

To get the right effect, you need to have the right causes. The right causes to create law of attraction effects (and many other effects) is in strengthening the mind and doing things in your life that help to keep the strength of your mind going.

*An organised, clear, efficient, focused mind is the cause that creates law of attraction effects.*

The law of attraction cannot be used in your favour if your mind is weak. The mind needs to be strong and increasing in its strength.
Conclusion

We hope you have learned a few things about manifestation and success from this paper. The full Laws Of Mind system will give you all the specific lifestyle steps and what you need to specifically change in your life so that you grow the strength of your mind.

The stronger the mind you have, the more successful manifestations you will have. It is the law

To Your Manifestation Intelligence!

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