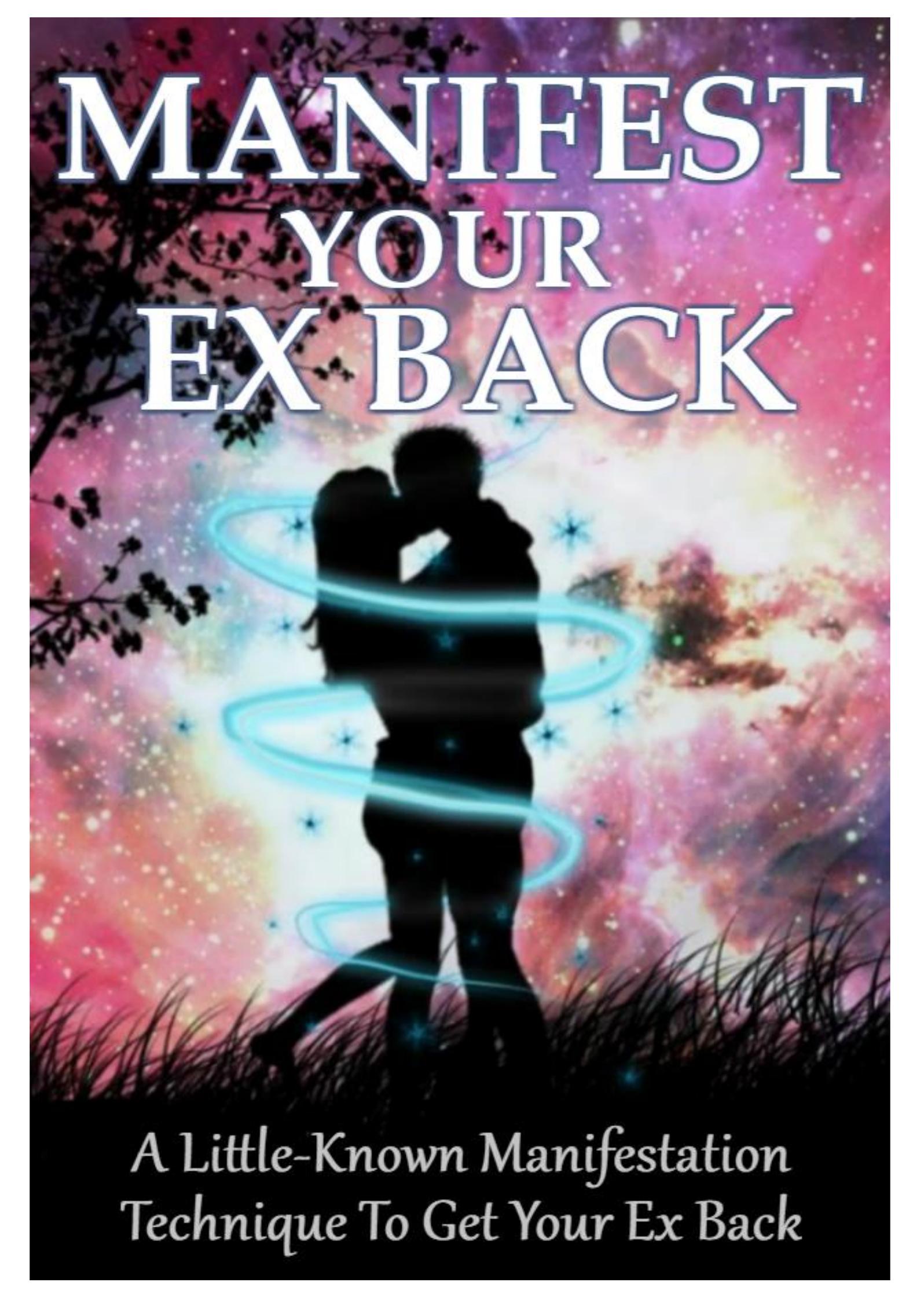


MANIFEST YOUR EX BACK

The background of the entire image is a vibrant, multi-colored night sky with shades of pink, purple, and blue, filled with stars and nebulae. In the foreground, the silhouettes of a man and a woman are shown embracing in a field of tall grass. Several glowing blue energy lines or rings swirl around the couple, suggesting a magical or spiritual process. The overall mood is romantic and mystical.

*A Little-Known Manifestation
Technique To Get Your Ex Back*

Introduction

Right now, you are about to embark on the journey of a lifetime. You hold in your hands everything you will ever need to manifest your dream relationship, attract love into your life and get your ex to come back.

What you are about to learn isn't wishful thinking or new age mumbo-jumbo. In fact, I hope that as you make your way through these chapters and read the steps you need to take in order to draw your ex back like a magnet, you will feel a sense of familiarity.

After all, each of us is born with an innate understanding of how the world works and the laws that dictate how the universe functions. The trouble is, over time we can become so bogged down in the mundane stuff of everyday life that we forget how to access our inner reserves of positivity. The part of us that believes anything is possible quickly becomes muffled as we struggle to get to grips with the pressures and responsibilities of adulthood.

Too many of us also develop the habit of looking to one person for our happiness. When this person leaves or breaks up with us, it can feel as though the world is ending.

At the moment, you may be feeling traumatized as a result of your breakup. You may feel as though you'd give anything to get back together with your ex. Take a moment to breathe, because I have two great pieces of news for you!

First, these feelings will pass. Like everything else in the universe, even your deepest grief and worry is transient. One day in the future, you will wake up in the morning and not give your current situation even a moment's thought! How liberating is that?

Second, you can use the tools and techniques in this book to attract your ex back. You are going to learn how to take your feelings of anger, regret, jealousy, panic, insecurity and any other post-breakup feelings and use them as fuel for your unique personal

transformation. You will become one of those women who effortlessly attract any man and enjoy years of mutually fulfilling love. That dream relationship you've always wanted? It can and will be yours.

Life is for living with love and enthusiasm. It's the most natural thing in the world to want your ex to come back, especially if you have shared many good times together. However, he isn't your only chance at happiness. When you take the advice contained within this book on board, you will soon realize that happiness originates from YOU! Once you realize this at a deep level, you will no longer be quite so desperate to get your ex back. For reasons you will soon discover, this acceptance actually increases the chances that the two of you will be reunited!

A moment from now, you will have a complete game plan that will allow you to live the love-filled and abundant life of your dreams. Well done for getting this book – it's a positive step which will pay off for many years to come.

Chapter 1: The First Step To Getting Your Ex Back

We all know that breakups suck. But it doesn't have to be the end of your relationship. Every day, thousands of women get their exes to come back to them. Not only that, but their relationships are often better than ever before – full of love, attraction, and excitement.

What's the difference between these women and those who never get to see their exes again? That's what you're about to discover in this book.

If you are willing to put in just a little work and challenge everything you thought you knew about relationships, love and attracting a man, you will quickly see results. Not only will your ex be drawn back to you like a magnet, but every area of your life will begin to improve. That's right – this information isn't just going to help you supercharge your love life and finally let you enjoy the relationship of your dreams. You will also learn the secret to success

in your work, studies, friendships, or whatever else is most important to you. Other people will start to ask, “What’s your secret?”

Let’s get straight to the point. If you are panicking about the end of your relationship and desperate to get your ex back, you don’t want to wade through pages and pages of waffle. You need a comprehensive plan to start the reconciliation process right now. So here’s your first step, in one single sentence: *Learn to let go.* That’s right – release your emotional attachment to your ex. Stop obsessing over your relationship. Stop giving any credit to the thought that without him, you are lost.

At this point, you might feel confused – why are you supposed to “let go” of someone you love so much? Isn’t it only natural to think about them, to hope that they are thinking of you, and to plead with the universe for their quick return? Most women fall into this trap, and as a result they never get the reunion they long for. Why? To understand why negativity will kill any chance of you getting back together with your ex, you need to understand how the universe

works. Specifically, you need to understand **the Law Of Attraction**. Don't worry, it's not complicated. In fact, most people find that this Law makes complete intuitive sense once they stop and think about it for a few minutes.

The first idea you need to grasp is this: We live in a world of vibrations. You'd be forgiven for thinking that everything around you is solid – after all, you can't put your hand through your car, and when you see yourself in the mirror a solid individual of flesh and bone stares back at you. But in fact science has proven that absolutely everything in the universe is made up of vibrating molecules. We just perceive objects to be solid because their molecules happen to vibrate at the same frequency. You will already know this if you paid attention in Physics class.

When you start to see the world around you in this way, the universe appears much more dynamic, alive and exciting. A boring object like a mug or a table isn't just a basic everyday item – it is a collection of vibrations working together to produce the illusion of a

solid mass that just so happens to resemble a mug or a table. This doesn't just apply to inanimate objects. Every single person and animal also vibrates at a particular frequency.

The second key concept you need to appreciate in order to take full advantage of the Law Of Attraction is that objects and people of similar frequencies will be drawn to one another. To summarize this idea in three words, **like attracts like.**

There is nothing magical, spooky or supernatural about the Law Of Attraction. A moment's thought will prove how consistently it works. Consider the most positive, outgoing person you know. Chances are that he or she is regularly surrounded by a great group of friends, enjoys their work, and pursues fun hobbies on the side. This is the Law Of Attraction in action – because your friend operates at a high frequency and exudes positive energy, great things automatically come into his or her life.

Now think about the most negative person in your social circle. This might be the friend who never stops complaining about her life, or the guy who never seems to get a lucky break. They make you feel drained of energy when you hang out with them. As they never tire of reminding you, nothing good ever seems to happen for them. They operate at a low frequency, emit only negative energy into the world, and as a result only attract negative situations and people.

Have you ever noticed that some individuals seem to lurch from one bad relationship to another? This is the Law Of Attraction in action. Once you are accustomed to negativity, it's easy to attract it over and over again in a variety of unhealthy partners!

In the same way that the laws of gravity determine how an object will fall to the ground when it is dropped, the Law Of Attraction always determines what and who we attract into our lives. There is no way to bend the rules of the universe. However, here's the great news: **You can always decide to change your frequency.**

What does this have to do with getting your ex back? In essence, your thoughts and vibrations have the power to bring him back. You need to make a choice between remaining stuck in negativity and taking active steps towards **cultivating a more positive frame of mind**. The former will drive your ex away forever, whereas the latter **will rapidly draw him back to you**.

It's all too easy to sink into despair and regret after a breakup. If you give into your negative and needy thoughts such as "*I am desperate to get my ex back*" and "*I'll never make it on my own,*" you are only feeding the negativity and pushing your ex further away into the bargain. On the other hand, if you take charge of your feelings and make a conscious decision to think and act in a more positive fashion, your energy will draw him back to you.

It's true that men are visual creatures and that many of their relationship decisions are based on whether they feel physical chemistry, but the Law Of Attraction dictates that your energy is a

major factor in whether they feel compelled to spend time around you.

You will have noticed that the most conventionally pretty girls don't necessarily get the man or relationship of their dreams if they take a negative approach to life. Equally, you will have met women who are not particularly "hot" by most people's standards yet nevertheless always seem to have men chasing after them. The techniques in this book will teach you exactly how to raise your vibrational level and make you irresistible both to your ex and to men in general.

Chapter 2: Harnessing The Power Of No Contact

Are you thinking of texting your ex, calling him, or even trying to show up at his home or place of work in a bid to “work things out”?

Stop! This is the worst mistake you can make.

From now on, you are never going to be one of those women who desperately tries everything she can think of to win her ex’s attention. So put down your phone, and don’t even think of stalking him on social media! Every time you drop him a casual text or arrange to “accidentally” bump into him in the street you are sending a clear message to both him and the universe. In acting like a woman who cannot manage alone and who is longing for any scrap of attention, you are sending out negative energy and making yourself look needy.

Complete No Contact is the best approach if you are serious about getting your ex back. **Stick to No Contact for 21 days.**

Do not even talk about your ex with your friends. Do not allow yourself to dwell on the relationship, or to worry about what he is doing or who he may or may not be seeing. These activities are a waste of your precious energy, and they encourage you to think about what you have lost rather than the exciting possibilities that lie ahead of you.

Instead, you are going to use this time to **focus on yourself**. Implement the tools in this guide and you will start seeing real results within days.

What if you've been texting and calling him at all hours of the day and night in a desperate attempt to talk about what went wrong?

Don't worry, this technique will still work for you. There's no need to beat yourself up for being in love and wanting to reach out to someone who means a lot to you. In fact, No Contact may work especially well for you because your ex will notice the sudden difference in your behavior. He'll start to wonder what could have

possibly made you find the strength and determination to move on after so many days or even weeks of relentless texts or calls.

Immediately he'll become intrigued, and this will increase his attraction to you. He will remember how fun you are, and worry that he might lose you forever.

However, if you are in this situation and **only** if you've been in recent contact with your ex, I want you to do something very important right now... Wait exactly 2 days from now and send to him this simple and short email:

Hey! I know this is a bit random, but I just wanted to say thanks for all the great times we spent together. I've learned a lot from our relationship, and I'm moving on. I hope we can still be friends down the road, though. Anyway, hope all is well with you. :-)

Regardless of whether your ex reply to this email or not, you should engage in No Contact directly after sending this. Don't start arguing with him if he reply the email. The idea is to have the power in your side and along with the manifestation technique you will have him begging for your love in less than you can imagine.

If you've already cut all communication and made a resolution to avoid getting in touch with your ex – well done! You have made the crucial first step.

Now you need to work on implementing the rest of the techniques and tricks in this book to make the next 21 days work in your favor. You are going to regain absolute power over your ex and draw him back in to make your relationship stronger than ever!

So What Should You Do During The 21 Days?

Your 21 days of No Contact will be a time of complete transformation. You will stop pining for your ex and you will stop

believing that your life is over just because the two of you are no longer together. Using the manifestation techniques in this book, you will learn how to raise your vibration, emit confidence, and guarantee you get your ex back in your arms for good. You don't need to believe in magic, you don't need to invest heavily in any special equipment or change your religious beliefs. All you need to do is understand the Law Of Attraction and be willing to apply the principles to your day-to-day life.

You will soon find that using the Law Of Attraction becomes easier with time. At first, it may feel strange to think of your thoughts, feelings and actions as working at particular vibrations. Your attitude will soon change once you start seeing the results for yourself. This is not merely an exercise in wishful thinking – you are not going to see the results you want simply by thinking about him and hoping that your dreams will come true. Instead, you need to understand that you must be proactive in raising your vibration level and releasing positive energy. This will require you to examine how you are currently living your life and making a commitment to living in a

more positive way. If you want to draw your ex – and life-enhancing love in general – into your life, you must first create the right conditions.

Luckily, the effort is well worth it. Imagine waking up in the morning thinking about all that is good in your life and feeling genuinely excited to manifest the reality you desire. Anyone can make this Law work for them, provided that they have the proper guidance and determination.

Chapter 3: Why Your Feelings Are So Important To Manifest Your Ex Back

It is extremely important to pay close attention to how you feel. If your emotional energy is low and you tend to spend a lot of time in a bad mood, you won't be able to attract your ex back into your life.

As like attracts like and love is a positive feeling, you need to spend as much time as possible in an upbeat frame of mind if you want to manifest your ex back.

People often talk about “manifestation” in relation to the Law Of Attraction. Much has been written about precisely what it takes to manifest the outcome you want most, but in the end it's a very simple equation. The combination of clear visualisation plus positive feelings equals manifestation of your ideal outcomes!

When you start tapping into your positive energy, suddenly a whole host of positive people and situations will come into your life.

This can be disconcerting, but you will quickly become used to living a much more exciting life! You will also find that your ex becomes much more interested in you. Even if he doesn't see in you in person over the coming days, the very fact that you are maintaining No Contact whilst leading a fabulous, positive life without him will be enough to bring him back.

You should also be prepared to receive a lot more male attention in general. Don't be surprised if men approach you in a way they never have before. Positive energy is extremely attractive. Better yet, because like attracts like, the kind of men who will be drawn to you will typically be happy and well-adjusted. This will boost your confidence even further, because it will prove to you that although you want your ex to come back, you are an attractive woman who will always be able to secure a date.

Remember, this isn't magic. It's just the way the universe works. I'm going to tell you exactly what you need to do right now to increase your vibration. Put this advice into practice and your energy levels will soar. Your friends will wonder how you are managing to stay so positive despite your recent breakup. Feel free to tell them what you are doing, because if they also start applying the Law Of Attraction then everyone in your social circle will become even better company. It's a win-win situation.

Remember, you should aim to operate at a high frequency every day. Consistency will yield the best results.

This may seem like a lot to ask. Happiness can be elusive sometimes – life can be hard, and the world can seem a dark place. This is especially true when you have been going through a period of misfortune, such as your break up with the love of your life. Fortunately, you can lift yourself up and supercharge your happiness using the steps below. They cost little or nothing in terms of time and

money. The warm feeling you will get lifts your vibrations and will guarantee that you attract your ex back.

The 5 Simple Steps

Step 1: Write a Gratitude List

Give yourself few minutes to think of as many things as you can to be grateful about, from the fact you have a bed to sleep and a roof over your head. If you live in a developed country, you probably take basics such as clean water and plentiful food for granted. There is no need to make yourself feel guilty – most of us are so caught up in our lives and the negatives thoughts inside our heads that we fail to appreciate what is right under our noses. Take this opportunity to treasure what you have.

Ideally, you will be able to make a list with a piece of paper and a pen. However, gratitude works well when you're on the move as well. It can turn a stressful afternoon into one of peace and joy. For

example, if you are having a tough day at work you can choose to spend one minute in every hour contemplating everything you have that brings you joy. Gratitude might not make your problems vanish, but it certainly improves your mood.

Not only can you gain a lot of happiness through appreciating the material possessions and services you enjoy, but taking an inventory of your best traits will also lift your spirits. Make a list of your most positive qualities. You might not think you are anyone special, but in fact you are a unique individual with your own set of talents and abilities. Are you polite, caring, dependable, smart, creative? You don't have to show this list to anyone else, so there is no need to hold back or be modest!

Use this list of traits and qualities as the basis for **affirmations**. Turn them into short, simple statements written in the present tense. For example, your set of affirmations may include "I am kind," "I am positive," "I am hardworking," and "I am grateful for." Repeat them out loud whenever you need a happiness boost. They not only remind

you to be grateful of your best traits, but they also grow your intention to build on them still further! This will greatly benefit your love life, because in celebrating and developing your best traits you will attract others who also value the same characteristics.

Affirmations work because the way we talk to ourselves and to others sends powerful signals about our personality and ability. It isn't just actions that alter our vibrations – language also plays a key role. The affirming words “I am” signifies positive identity and serve to ground you in the present. You can also use “I love” and “I have” in a similar way to remind yourself of all the wonderful things in your life.

Step 2: The Activities List

Write down all the things that give you a warm fuzzy feeling and restore your faith in the universe, if only briefly. This might include exercise, yoga or dance classes, spending time with positive people, watching funny movies, being creative, or reading uplifting books.

Allow yourself five minutes and make a list.

Now schedule in at least three of these activities for the upcoming days. So often we know what makes us feel more positive yet we don't make time to actually do them! Take every possible chance to make yourself feel happy and raise your vibration. If it's been a long time since you actively made an effort to do things that make you smile, this may feel alien or even selfish. Nevertheless, it's an essential step if you want to manifest your ex back. It will remind you that even though your ex made you happy, you aren't reliant on him for happiness. Lots of other people and activities also have the power to make you feel good! Once this realization hits you, the feeling of needing and missing your ex will begin to fade. In its place will come a highly attractive self-sufficiency.

Step 3: Exercise!

You already know that exercise is good for your physical health. It keeps your heart healthy, regulates blood sugar and can help keep your weight under control. But exercise is also great if you want to raise your vibration and exude positivity. As you know, everything in

the universe is literally alive, buzzing with vibrations. When you move vigorously, taking in deep breaths of oxygen, you are re-energizing your body with precious energy from your surroundings.

To gain even more from your exercise sessions, do it outside. Despite our modern lifestyles, we are all creatures of nature and so it isn't surprising that merely being outside is enough to make us feel more vibrant and alive.

These steps seem so simple, don't they? Yet if you use them consistently, you are bound to see brilliant results. Each will raise your vibration, help you feel much more positive about yourself and life in general, and set you up to attract the relationship and partner that will make you truly happy.

Step 4: Deep Breathing

It may sound strange, but many of us don't breathe properly. Most of us are in such a state of tension and negativity that much of the time that we don't take full, easy, deep breaths. Over time this leads

to troublesome symptoms such as hyperventilation and panic attacks as the body fights to regain its oxygen balance.

Take a moment to notice how you are breathing at this very moment. Is your breath measured and full, or are you taking in short gasps of air? The following exercises will give you back control over your breathing and, by extension, how you respond to even the toughest situations in your life. We cannot always avoid disasters and unfortunate events, but we can control how we react to them. If you can teach yourself to remain calm even when things do not go your way, you will save yourself much unnecessary distress and safeguard your happiness and positive energy.

How to Improve your Breathing

Begin by standing, sitting or lying down in a comfortable position. If you are wearing tight or restrictive clothing, loosen them if possible. If you are sitting or standing, you should make sure that your feet are shoulder-width apart. This will improve your stability and help you feel “grounded.”

Notice how the air flows in and out of your body. Now start making a conscious effort to breathe in through your nose and then out through your mouth. Aim to breathe in a controlled, smooth manner. Take deep breaths in through your nose, counting to four as you do so, and then release the air through your mouth. This helps regulate your breathing pattern and promotes healthy distribution of oxygen and energy around your body. You only need to do this for a few minutes to feel the benefits.

Mentally recite some of your most calming affirmations at the same time for an additional shot of relaxation.

Step 5: Allow The Positive Energy To Flow

Have you ever entered a messy or cluttered room and felt somehow “choked” or even a little panicked? Too much “stuff” in your immediate environment prevents the free flow of energy. Those who practice the ancient Chinese art of Feng Shui adhere by this principle, and you too can improve your state of mind by removing all

unnecessary objects from your home or office. Set aside an hour to clean up the main living space in your home, and you will be amazed at how quickly your mood will lift.

If you have been meaning to have a clear-out of all the old and unwanted possessions that might be cluttering up your living space, this is the perfect opportunity to shift it. Remember too that it isn't just physical clutter that can drag your energy level down and drain your positivity. Too many of us have impossibly long to-do lists, and a vicious cycle is set in motion – you feel bogged down by the amount of work you need to do, which makes you feel tired and negative, which makes it even less likely that you will get everything done, and so on. Tackle this problem at the source by taking a long hard look at your To-Do list and assessing which tasks are truly necessary. This is also a great habit to carry into your romantic relationships. In saying “No” to that which isn't right for you, you leave room for much better people and opportunities.

If you don't have time to de-clutter your living space right now, at least go outside for a few minutes. Spending time in nature allows you feel closer to the natural vibrations of the universe. Living plants and trees are great sources of positive energy. Just spending a few minutes sitting under a tree or walking through a park will raise your vibration. Light from the sun is energy in pure form, so make sure you get outside every day for at least half an hour if possible. If your job or lifestyle makes this difficult, at least invest in a few houseplants to give you a nature fix. Time in the natural world can also be a gentle reminder that in the grand scheme of the universe, your problems are inconsequential. This realization can be grounding, and automatically draw your attention away from any obsessive or negative thoughts you have been having about your former relationship.

Once you get into the habit of raising your vibration via deliberate action, you'll gain more of an insight into your own behaviors than ever before. Self-awareness is one of the most valuable tools you can develop. You can't hope to fix a problem unless you

realise it exists! Every hour, check in with yourself. How do you feel? Do you feel positive and open to new possibilities, or are you indulging in negative thoughts? When we are operating at higher vibrations, we tend to feel healthier and more energetic.

Step 6: Watch Your Food!

Eating a good diet will help too. Remember, everything in the universe vibrates at a particular frequency. This includes the food you eat. Natural, fresh food and animal food produced in accordance with high welfare standards vibrates at a much higher frequency compared to highly-processed junk food. Make it a priority to stock up with fruit, vegetables, and high-quality proteins. Do not overeat, as the excess mass will weigh you down and make you feel sluggish. This in turn will lower your vibration. At the same time, eat enough to keep your energy steady throughout the day. Low blood sugar can result in fatigue, which will make it hard to keep your vibration high.

If you catch yourself wallowing in negative thoughts and feelings, remind yourself that you are in charge of your vibration you

can choose to change it at any time. If all else fails, visit or phone one of your favorite positive people. You know the type of person I'm talking about. They tend to be the friends who lift you up in times of need, colleagues who are always willing to lend a hand on a difficult project, and relatives who show you unconditional love. These people operate at a high vibration and will in turn cause your own to rise.

When you feel more positive, you will feel more inclined to reach out to friends who are vibrating at a similar frequency and develop a healthy social life as a result. The energy from other people has such a powerful impact that I've dedicated a whole chapter later in the book to techniques you must use to defend yourself from negative folk who can bring you down.

One reason why hanging out with positive people is so great is that they are unafraid to give you compliments and encourage you to be the best you can be. However, you don't have to wait until your friends or family have a free evening to feel great about yourself! Learn to generate your own inner cheerleader and you will never be far away from a great food. Your self-esteem will soar, and other

people will start to believe in you more than ever before. This will include your ex. Praising yourself and recognising your own achievements does not make you an arrogant or selfish person. In fact, it's more selfish to dwell on your faults and bring everyone else around you down by talking about them! When you can accept yourself – flaws and all – the positivity you will exude will lift up everyone around you.

The next time you complete a project or achieve a goal, take a moment to appreciate what you have done. Self-deprecation might be common, but is isn't attractive. You need copious amounts of self-love and self-appreciation to attract a healthy relationship into your life.

A strange but wonderful thing happens when you start to appreciate yourself more – you will also begin to find beauty in ordinary everyday situations. You know that feeling of excitement and pure joy you get when you stumble across something or someone truly beautiful? That feeling is a sign that your vibration is rising.

When we are in the presence of beauty, we can't help but feel more positive about the world and life in general. Be proactive in seeking out beauty every day. Change your phone or computer wallpaper to a scene that you find attractive. Buy an inexpensive but aesthetically pleasing ornament, and place it somewhere you can appreciate it every day. Take photos of your favorite people and places, and create a collage that makes you happy whenever you look at it.

When you are next stuck waiting in a line, perhaps for a lift or a bus, challenge yourself to find five sources of beauty in your immediate environment. Even the most mundane of situations contain beauty – the smile on a child's face, a few flowers growing at the side of the road, an intriguing pattern in the clouds, and so on. If you can get into the habit of finding beauty wherever you are, you will feel much more positive. Needless to say, this will only make you a more attractive person.

Chapter 4: Getting Love and Abundance Into Your Life

One of the most damaging beliefs you can hold is that the universe holds only a limited supply of love, luck and general abundance. When you adopt a scarcity mindset, you literally cannot see the opportunities in front of you. You feel stuck, oppressed, and helpless, fixated on one particular outcome even when getting what you want isn't in your best interests. Have you ever witnessed someone else, perhaps a friend or family member, obsess about a particular goal or desire to the detriment of their mental and physical health? It's painful to watch, isn't it? Worse of all, they may have missed out on countless opportunities to enjoy themselves as they worked themselves half to death, only to then discover that they had been looking for happiness in the wrong place all along!

Do not fall into this trap. It is fine to have goals and dreams, but the trick to a truly fulfilling life is to learn how the Law Of Attraction

works and make your intentions noble and positive. To give into a scarcity mindset is to not only deny yourself the best of what life has to offer, but it also places you at risk of depression and anxiety.

This may sound dramatic, but think about the people you know who are stuck in a psychological rut. When you start viewing life as one source of stress after another and automatically look for the worst in everything, it's inevitable that your mental health will suffer. It isn't surprising that research has uncovered links between a negative mental attitude, increased risk of health problems and even an early death! We now know that the mind and body are intimately connected. This is obvious to anyone who understands the Law Of Attraction – a healthy mind and healthy body both operate at a high vibration, and support one another. It's a positive feedback loop.

There is even a whole school of therapy called Cognitive Behavioral Therapy (CBT) that works on the premise that it isn't what happens to us that determines our happiness, but how we react. In other words, it is our thoughts that ultimately dictate our reality. Two

people can experience the exact same traumatic experience, but one may use it as a springboard for personal growth whilst the other wastes precious time on becoming angry at the universe. Who do you think will attract positive outcomes into their life? The Law Of Attraction is inescapable. Your thoughts directly affect your vibration, and this in turn shapes your life.

To attract your ex back into your life, it's vital that you don't allow yourself to indulge in negative thinking or thoughts that are rooted in a sense of scarcity. Don't get me wrong – I understand that this isn't easy to do at first! After a breakup, it is completely normal to feel that your world has shrunk, that life is unfair, that you will forever be alone, and that you will never experience love again. At the same, it is crucial to change your mindset if you are serious about attracting a healthy relationship back into your life. If you remain mired in negativity your vibration will be low and you will stand little chance of attracting healthy, vibrant love.

You have already seen how to raise your vibration in the previous chapter. Now we're going to take it one step further. Below are a couple of exercises which will not only raise your vibration and make you feel much more positive, but also effortlessly draw love and abundance into your life. This won't just bring your ex back. These exercises will let the universe know that you are ready and willing to accept the very best it has to offer. This includes a more satisfying career, more balanced friendships, better health, more financial wealth, and richer relationships with members of your family.

Remember that like attracts like. When we focus on what we have and love, rather than what we are lacking, we draw in even more positive experiences and opportunities. One of the most important skills you can develop in life is the ability to send out positive energy into the universe so that you can attract even more of the good stuff.

Exercise 1: Practice Acts Of Kindness

When you do a good deed with no immediate expectation of reward, you raise your vibration. Not only that, but you are sending a

clear message to the universe: “I am willing to be a vessel for love, generosity, and abundance.” Soon, kindness and unexpected help will start to flow back in your general direction! “What goes around, comes around” isn’t just a cliché – it makes complete sense once you understand the Law Of Attraction. Perform at least three unsolicited, positive acts of kindness every single day. These do not have to take the form of grand or expensive gestures. You could put in a call to an older relative who doesn’t get many visitors, compliment a colleague on their new haircut, or put a few coins in a charity collection tin. If you feel a warm glow afterwards, know that you’re on the right track!

Exercise 2: Create a “Possibilities List”

During hard times, our vision tends to become tunnel-like. We become so obsessed with solving a particular problem or ruminating over a certain situation that the world seems a dark place with few opportunities for happiness or growth. Stop yourself falling into this trap by creating a Possibilities List. Use this list to write down everything and anything positive that could happen if you chose to make it so. For example, you could decide to take up a new hobby

and give yourself the chance to meet new people. You could get your paints or pencils out of the cupboard again and create art for the first time in years. The purpose of this list isn't to beat yourself up over everything you aren't doing. Its purpose is to remind you that the universe is truly huge and that there are always openings and opportunities. When you start to think in terms of all the possibilities your life holds, both now and in the future, you won't feel so tightly bound to your ex. You will naturally begin to detach, which will raise your vibration and make you more attractive than ever!

These exercises will attract more abundance into your life, but there's one more factor to take into account. Ask yourself this question: "Do I really feel worthy of good things?" So many of us are plagued by self-doubt. This can block positive energy and lower your vibration.

You may have been raised to believe that you are somehow less worthy than other people of love, wealth and success. Perhaps you were bullied by your parents or siblings and were told in no uncertain

terms that you were inadequate. Maybe your parents were well-meaning enough, but tended to adopt a negative or fatalistic approach to life. For instance, they may have been fond of reminding you that life is tough, that you should expect to be bored or frustrated for much of your working life, or that relationships aren't worth the effort. By the time you reached adulthood, these messages may have become so engrained in your subconscious mind that operating at a low vibration became your default, even your comfort zone.

It's not easy to just detach yourself from your upbringing. It's natural to look to your family for guidance when you are young, which is why most people carry their family's values with them for life. However, you need to realize that as an adult you can choose to adopt a different approach to life. Your parents may have been a major influence on your psychological development, but if they were negative people then chances are that following in their footsteps isn't going to do you any favors. Internalizing their values hasn't gotten you where you want to be this far, so why not try something new? Be prepared for some pushback – after all, most people are resistant to

change and not willing to let new opportunities enter their lives – but living in accordance with the Law Of Attraction will produce such great results that once you begin, you won't look back!

Make sure that your new mindset is reflected in your appearance and posture. When you look in the mirror, do you see someone who appears upbeat, confident and secure that they can attract great things into their life? If not, it's time for a change! You don't have to spend a lot of money or completely overhaul your style, but making the effort to dress nicely, stand up straight and move through the world as though you are content within yourself will do wonders for your vibration and attitude. When you carry yourself with dignity and style, you will start to attract successful, happy people who operate at the same frequency.

Think of all the fabulous new people you could meet once you change your vibration! Your new acquaintances may not even realise it, but they will be drawn to you because like attracts like and on some level they will sense that you share their approach to life. The

universe loves to throw similar people together and help them enjoy mutual growth. An added bonus of this exercise is that you will start appreciating your own beauty for its own sake, rather than as an asset for attracting men. You will no longer need your ex or any other man to make you feel good about yourself. You will feel confident in the knowledge that you are a beautiful, powerful woman whether you are single or in a relationship.

The key takeaway from this chapter is that the love you receive will reflect the quality of the love you give, and that the universe has more than enough of everything to go around. You just have to raise your vibration, remain positive and watch as your life changes before your eyes. As odd as it may sound, you will start to give less attention to your ex once you start experiencing for yourself the sheer amount of love the universe has to offer. You will no longer feel lonely or unwanted – as a vibrating and thriving being, you will know that whatever happens you will always be surrounded by love.

Chapter 5: Manifest Your Ex Back Using The Power Of Visualisation

Now that you know how to raise your vibration and how important it's to feel good to manifest your ex back. Let's focus in a powerful technique used with great success by the world's finest athletes, businesspeople, spiritual leaders, artists and performers. It costs nothing and can be mastered in just few days. It will put you firmly in control of your future, and draw your ex back to you faster than you thought possible. The name of this technique? Visualisation.

If you are skeptical about the power of visualisation, consider the last time you were really, really worried about a particular outcome. Perhaps you had to give a big presentation at work, sit an important exam, or attend a big party where you knew no-one. In the run-up to this worrying event, what kind of thoughts went through your head? Chances are that you spent a lot of time vividly imagining everything that could possibly have gone wrong. Maybe you imagined that you

would stutter during your presentation, suddenly forget all the material during the exam, or suffer a massive panic attack at the party.

Now think back and reflect on how these thoughts made you feel. Pretty lousy, right? When you can imagine a certain outcome, your body doesn't know that it isn't really happening. This is why merely imagining a doomsday scenario can be enough to get your heart racing and your palms clammy.

This would be bad enough, but it gets worse. Not only does picturing the worst-case scenario do nothing to alleviate your anxiety, it also lowers your vibration and actually makes it more likely to come true! When you pour your energy into visualizing a terrible outcome, you are sending out a clear signal to the universe: "This is what I expect to happen, and this is how I think the situation will play out." Your negativity will attract negative outcomes.

Again, your past experiences will support this theory. How many times have you allowed yourself to become worked up into a state of

high anxiety and tension, and as a result made things much worse than they need to be? For example, worrying about an exam may cause your hands to become sweaty, which will prevent you from holding your pen or pencil properly. Or perhaps you know what it's like to be so worried about stuttering during your presentation that anxiety makes you less coherent? It's a self-fulfilling prophecy, and it's a great example of the Law Of Attraction in action.

So what does this mean when it comes to getting your ex back? In short, if you imagine the worst-case scenario then your chances of attracting him back are slim to none. Immediately following a breakup, all you may want to do is sit around all day coming up with unpleasant mental images – images of your ex talking badly of you, images of you dying single, images of the two of you never speaking for the rest of your lives, images of your ex seeing other girls, and so on. **STOP!**

This is completely counterproductive. Not only you are putting yourself through mental torture for no good reason, you are also actively repelling your ex with the sheer power of your negative

thoughts. You are in effect saying to the universe, “Okay, I accept that he’s never coming back and I’m going to let myself be miserable!”

This isn’t going to work. Operating at such a low vibration will do nothing to attract him back. You need an alternative strategy. Use the two exercises below to send loving vibrations to your ex and to visualize the best possible outcome that will get him back once and for all.

Exercise 1: Visualize Your Ex As Happy, Healthy And Peaceful

Sit or lie down somewhere comfortable, and make sure you will not be disturbed for at least 15 to 20mins. Conjure up a mental image of your ex. What are they doing? What do they look like? Imagine them in a setting you know well, such as their front room. Visualize them as sitting by themselves on a chair or couch.

Now use your imagination to make your ex look happy. Imagine him relaxing, sitting back in his seat without a care in the world.

Notice how he smile and occasionally laugh. Make him look as happy

and healthy as possible. After a couple of minutes, you will automatically find yourself smiling too. Remember, your body struggles to tell what is real from what is conjured up by your imagination!

Visualize a soft warm light surrounding your ex, removing all his mental and physical pain. Picture his face as he realize how safe and loved he is. Hold onto this image for several minutes, take a few deep breaths, and then open your eyes.

Every time you do this exercise, you are sending positive energy in your ex's direction. The loving, kind part of him that longs to get back together with you will be deeply touched by your vibrations, even if you are not in the same building. As like attracts like, your love for him and his love for you will act like two magnets that want to come together. Distance is of no concern when you are using the Law Of Attraction. When you use the above Visualisation, you are telling the universe that you want the very best for your ex and that your reunion would be best for both of you.

Exercise 2: Visualize Meeting Your Ex

This is another Visualisation technique that is best done immediately following Exercise 1, which will already have you vibrating at a high frequency.

Visualize your ex waiting for you in a neutral area – that is, not at your home or his. This could be in your local park or at a table in a quiet coffee shop. Visualize him looking content, waiting for you in quiet but excited anticipation. You walk up to him, sit down close by, and smile. Feel the warm energy flowing between the two of you. Visualize the two of you engaging in small talk, leaning close together when you laugh or share a joke. Don't worry too much about the content of your conversation. Focus on the overall feeling of hope, comfort and the connection you feel when you are with someone who is operating at the same frequency.

Note that these exercises are not excuses to ruminate about what has gone wrong in the past, or beat yourself up over any mistakes you may have made in the relationship. Don't dwell on the negative.

Remember: **What you hold in your mind become your reality.** The Law Of Attraction will always work if you really believe in the possibilities you are creating in your imagination.

These exercises will be especially effective if you can make use of all your senses. For example, suppose you are visualizing a meeting with your ex in a coffee shop. Don't just visualize what you can see. Go further. Visualize smelling the scent of freshly-brewed coffee wafting through the air. Hear the sound of cups on saucers and the clink of change in the cash register. Draw on every part of your imagination and you will be one step closer to your ideal reality.

Chapter 6: Manifest Your Dream Relationship

Now you know how the Law Of Attraction works, you will be able to appreciate just how important it is to work on your intentions and desires. When you know what you want from a relationship and fully expect it to manifest, the love you have been looking for will finally appear. You will have the relationship of your dreams, and build the love of a lifetime. Whether your dream relationship is with your ex or someone you have yet to meet, you have everything you need to make it happen.

In the previous chapter, you harnessed the power of Visualisation to attract your ex. The following exercise is designed to attract not only your ex, but the exact kind of relationship you would most like to have.

Exercise 1: Describe Your Perfect Relationship

Take a piece of paper and a pen. Give yourself three minutes to write down everything you want from your relationship with your ex.

For example, if you want him to call you every evening to say goodnight just before he goes to bed, write that down. If you want him to cook your dinner three nights a week, make a note of that. If you want him to initiate conversation more often, add it to the list. You get the idea. Don't hold back – this is your life we're talking about. Take yourself seriously, otherwise you won't be able to send a clear message to the universe and attract exactly what you want.

Now here's the magical part! We're going to turn your model of a perfect relationship into a reality. Go through each item on your list and turn it into a single sentence written in the present tense, and make sure it's written in a positive way. For example, suppose you've written "I want my ex to give me a nice kiss before he goes to work each morning." Re-write it in the present tense, add in a bit of gratitude, and you've got "I love how [Ex's Name] kisses me romantically just before he leaves for work in the morning." As you make this list, take a moment to visualize how every aspect of your dream relationship will unfold. You will start feeling more optimistic within minutes, and this will raise your vibration. You have set the

stage for your perfect relationship, sending your intentions into the universe and drawing in other people who operate at the same frequency.

This list gives you a positive focus – rather than dwelling on what you don't have and causing you to feel badly about your current situation, it will allow you to feel excited about what is about to be manifested!

As you reflect on your list, take a moment to feel proud of your values. Appreciate yourself for having a strong set of morals and principles that you use on a day-to-day basis for making decisions. Commend yourself for the self-development you have undertaken over the years. You have probably endured many hard times which have shaped you into the person you are today. Be thankful for those times in which you have been tested, because otherwise you wouldn't have your present strength and wisdom.

Chapter 7: How to Manifest Your Ex Back

Now you have read this far, you have several powerful tools at your disposal: Gratitude and Affirmations list, Visualisation technique and your Dream Relationship list. When combined all these tools they will make you unstoppable and will help you manifest love with your ex or with whoever you wish for. In this chapter, I'll show you how to put all the puzzle pieces together and reignite your relationship with your ex.

To get the very best from your new tools, you are going to put them all together in a 15-20 minute ritual. You can do this ritual first thing upon waking or last thing at night. Experiment and see which works best for you. Some people find that they naturally have more energy at certain times of the day.

First, read over your gratitude list slowly and carefully. Feel the happiness and warmth spread throughout your body as you realize how much you already have, and appreciate how good the universe

has been to you. Allow yourself to feel joyful, knowing that there is plenty of abundance in your life.

Second, use your affirmations to manifest your ideal reality. Remember, these should be positive and in the present tense. Repeat them several times aloud and with conviction. As you recite each affirmation, conjure up a relevant mental image to heighten your positivity even further.

Now that you have raised your vibration and established a positive mood, get visualizing! First, visualize your ex as happy, loving and peaceful. As you hold onto the wonderful, contented feeling this Visualisation will trigger in you, read through the list of everything you want and deserve from your dream relationship.

Remember to breathe deeply and evenly as you undertake the steps above. This will calm your mind, allowing you to keep your intentions sharp and clear. When you specify exactly what you want, the universe will oblige.

To further set the right mood for this exercise, you can play some calming background music or another suitable sound. Do not use music with vocals, as the words and messages will distract you from your true purpose. Try an instrumental track, white noise or natural sounds such as a recording of raindrops falling against a window.

The first few times you try this ritual, you may feel self-conscious or even slightly silly. If you have no previous experience with the Law Of Attraction, you may start to question whether it will “really work” or even wonder whether you can skip a day here or there.

Don't cheat yourself. To get the most from this ritual, you need to do it every day without fail. If you are serious about getting your ex back, 15-20 minutes really isn't too much to ask, is it? You don't even have to tell anyone what you are doing, although once you start seeing the results you will have a hard time keeping quiet!

Your mind may start to wander after a few minutes, especially the first few days you use the ritual. This is completely normal – most of us in western societies literally don't know how to sit still for 15 minutes and focus on a single thought or idea. We live in a culture of non-stop entertainment and media overload. Being so used to multi-tasking, the concept of stopping and focusing your attention on a single objective may be challenging at first. That's okay – forgive yourself and gently bring your mind back to the ritual as quickly as possible.

Grant yourself permission to fully believe in what you are doing. Know that it is fully possible to attract a specific person into your life. Not only that, but you can attract the relationship you really want. It's important to be clear on this point – you aren't just sitting around thinking about your ex. You need to fully believe that you are going to be in a happy, healthy, loving relationship with him. The universe appreciates specific instructions. When you focus on precisely what you want, your vibrational level will attract your ideal outcome.

This is why you mustn't waste time merely obsessing over your ex. When you've lost someone important to you, it's natural to think about them. It's also normal to worry about what they are doing, and who they might be seeing. But when you are working with the Law Of Attraction, you cannot afford to concentrate on anything but your own relationship with that person. You will get that which you focus on most, so if you visualize the relationship of your dreams with the specific person you want most in the world, this is what you will manifest. Once you raise your vibration to a level that is in tune with your ideal relationship that is exactly what you will attract into your life.

Once you are back together with your ex, this ritual will ensure that your relationship will be better than ever before. These techniques will manifest a strong, loving bond between the two of you. He will wonder how he could ever have been such a fool to let you go in the first place, and will vow never to break up with you again.

Chapter 9: Make Yourself Notice!

By now, you'll have raised your vibration and have gotten into the habit of using the ritual described in the previous chapter. Now for the next step! Once you have been following this routine for at least 10 days, it's time to share your newfound energy with the world and grab your ex's attention. The following chapters contain detailed tips, tricks and rituals that will soon have him back in your arms for good.

Your No Contact period might just be the most fun you have had in a long time! This is because you will automatically feel lighter, brighter and more inclined to go out and have a good time once you start following the advice in this book. The great news is that the more fun you have, the more magnetic you will be to your ex.

Don't keep the good times to yourself, either. Every few days, update your social media pages with photos and statuses that show the world that you are busy undertaking new activities and experiences. Even though you are not in contact with your ex, there's a good

chance he is checking up on you via social media. When he sees that you are managing just fine without him, his interest will be piqued and he will long to get back in touch with you.

Use this technique with care. Do not post multiple times per day, or your ex might deduce that you are trying to show off or impress him. Men are not attracted to women who try too hard to prove that they are desirable. A truly confident woman likes to look her best and even enjoys occasional compliments from strangers.

A happy group shot of you with your some friends will send a clear message to your ex – despite the breakup, you are a positive woman who draws others to you like a magnet. He won't be able to help but remember how much fun you are. He'll start wishing that he could go out with you again as you used to. Within a few days, he'll be itching to pick up the phone or send you a text.

Keep your photos classy. Avoid posting anything that makes you look drunk or crazy. You want to communicate to him that you know

how to have fun and you are moving on without him, but at the same time you don't want your ex to think that you have gone off the rails or are partying like mad in order to distract yourself from a broken heart.

There's nothing wrong with using a few photo filters either. If a couple of adjustments make all the difference between a photo in which you look good and a photo in which you look hot, go for it! You know that you're attractive, so there's no harm in reminding him of what he's missing. Just don't go overboard with the Photoshop.

So what exactly should you post? Keep it light, simple and descriptive. Under no account should you fabricate events in an attempt to make him jealous. Not only do you run the risk of being found out and looking thoroughly ridiculous later, but lying is a negative act that lowers your vibration. It's much better to plan out a few activities and post about those than making up an implausible string of wild nights out and expensive new hobbies.

Facebook and Instagram are excellent tools for showing your ex how much you are enjoying yourself without him. Post two or three photos that show you taking part in a sport or hobby, preferably with your friends. Write short but positive Facebook posts that make no reference to your ex or former relationship, but instead focus on the great times you've had that day. Keep things slightly ambiguous by referring to your "amazing weekend" without actually giving away all the details. Your ex will not only wonder what you've been up to, but your partial disclosure will give him the perfect excuse to get in touch. For example, don't be surprised if you get a text saying something like, "What exactly was so amazing about your weekend? I'm curious!" When he does this, follow the steps outlined in the next chapter.

When it comes to WhatsApp, your approach needs to be slightly different. You can only use a single profile photo and one status. Most people rarely change either, so switching it up multiple times a day will look strange and may lead your ex to suspect that you are trying to grab his attention.

The best approach is to limit yourself to changing both once per week. Make your profile photo a picture in which you are smiling – this sends a clear message. Your status should be truthful but also carry a slight air of mystery. For example, “Tired after a busy day at the lake with Jo and Emma” is good, but “So worn out after the busiest day of my week!” is even better.

Chapter 10: Protecting Yourself Against Toxic People

So far, the focus of this book has been firmly on YOU. We've looked in detail at how you can become a more positive person and harness the Law Of Attraction to draw in not only your ex, but greater success in every area of your life. There's a good reason for this – you cannot control what other people do in the same way that you can control your own thoughts and actions.

However, there's another piece of the puzzle you need to take into consideration, and that's the energy of other people. Although you cannot change another person's vibration, you can definitely feel it lifting you up or dragging you down! In this chapter, we will look at why toxic people should be avoided, how to identify them, and how to protect yourself from their negative influence even when you have to face them on a daily basis.

A toxic person will interfere with your efforts to live in a positive fashion. They are usually the first to point out all the ways in which your plans could do wrong, how awful life is, and how badly other people have treated them. Not only are these people dull in conversation, but over time they can make you feel as though life is hardly worth living. The tragedy is that often, these people don't even realize just how negative and defeatist they sound. Many have been stuck in a rut of negativity for so long that it wouldn't even occur to them that adopting a more positive approach to life might work in their favor. Others have experienced trauma that they have never managed to process, or have been told by parents or other influential figures from a young age that life is to be endured rather than enjoyed.

These people can have such a draining effect on those around them that they are sometimes referred to as "energy vampires." Just as vampires of folklore and mythology suck their victims' blood, leaving them feeling weak and defeated, energy vampires feed off the positive

energy of others. They may not leave bite marks, but their effects are real and they can be devastating.

For example, suppose you are experiencing great success in putting the Law Of Attraction into effect. Everyone around you is noticing that you seem brighter and more engaged with life. Your energy vampire co-worker asks you what you've been doing to get such good results. However, this is a trap! The most likely outcome is that if you tell them the truth, you will be on the receiving end of a cynical monologue about how positive thinking doesn't work, that the Law Of Attraction is New Age nonsense, and so forth. This kind of response can easily drag your energy levels down. The energy vampire has achieved exactly what they want – an energy “feed” at your expense. Your upset reaction actually makes them feel alive. It's disturbing, but it's true.

Once you learn how to identify energy vampires, you'll soon discover that they are pretty common. You probably have a couple in your family, and one or two at your place of work. Maybe you even

recognize this tendency towards negativity in yourself! If so, don't worry. Within a few days of putting the Law Of Attraction in practice, everyone around you will notice that you appear happier, friendlier and more easy-going. Yes, they might be surprised and even suspicious at first but they will soon get used to it!

So how can you spot toxic individuals? Everyone has a bad day from time to time, so don't be too quick to label someone as toxic on the basis of a couple of bad moods. When you meet someone new, give them a few chances to demonstrate their character. Lots of people are nervous when making new acquaintances, so try not to make snap judgements.

That being said, there are certain clues that indicate from the outset that you might be dealing with a low-energy, negative person who has the potential to make your life a misery. Look at their posture and facial expression. Are they smiling, or at least not appearing angry or irritated? Is their posture relaxed yet upright, or are they hunched over in defeat or submission? Someone who lacks the energy

or will to confront life head-on will often slouch around with their head down, speak in a low voice or even monotone and generally give the impression that nothing in the world is capable of making them happy.

Pay attention to how a possible energy vampire talks. Do they use an even tone of voice, speak in a positive way, and emphasise the best possible outcome rather than the possibility of defeat? These are signs of a positive person who operates at a high level of vibration. An energy vampire, on the other hand, will focus on the worst thing that has happened to them that day, week, or year. When you ask someone like this how life is going they usually sigh before launching into a tedious anecdote about how their car broke down last Tuesday, how the photocopier got jammed at lunchtime, or how their kid won't go to bed before 9pm on school nights.

Don't get me wrong – it's not a bad thing to share our problems with other people. Humans are social creatures, and we gain so much support and morale from talking over our difficulties. However,

healthy people know how to strike the balance between reaching out to others in times of need and feeding off the energy of others. An energy vampire often lacks the ability to make themselves happy, so they are eager to gain psychic energy from others. When two or more of these people get together – watch out! Soon you will be witnessing a manifest of epic proportions, not to mention endless interpersonal drama as each tries to compete for the title of Who Has Suffered The Most.

The final and perhaps best clue of all that you are dealing with an energy vampire will come from your intuition. If your gut is screaming “No! Run away!” when you interact with someone who seems fairly harmless, pay attention. Some energy vampires can, on occasion, turn on the charm and even make you feel special. However, your gut instinct is not easily fooled and so you’d be wise to trust it. This type of energy vampire works by winning over the trust of their victims before proceeding to feed off their psychic energy.

How To Stop Energy Vampires Sucking You Dry

So how should you defend yourself against energy vampires?

They can undo all your hard work unless you are well-prepared.

Fortunately, there are four techniques you can use to avoid becoming their victim!

The first strategy entails simple avoidance. If you have a choice, then opt out! Cut back on the amount of time you spend with friends who bring you down or co-workers who are bitter all the time for no good reason. You will start to feel better immediately.

The second tactic is non-response. Remember, energy vampires thrive on getting a psychological “rise” out of you. If you choose not to engage with them, they will become frustrated and seek out another victim instead. Playing dumb is a great, non-confrontational way of doing this. For example, suppose you are talking to a negative family member and they begin gossiping about another relative in an unkind way. The best way to shut down this situation and remain positive is

to wait until they have finished rambling on, nod, smile politely and say “You may have a point.” Then change the subject. Repeat as many times as necessary.

You can also bring attention to an energy vampire’s ways via light teasing. Not all energy vampires are humorless, so if you know they can take a joke then this technique might work well. When they begin to moan, interject and playfully ask them whether they would mind at least pretending to be cheerful for a few minutes so that both of you can feel better. You could even ask them whether they would mind role-playing the part of a cheerful conversation partner!

You can also use an advanced Visualisation technique to defend yourself against the negative energy of others as described below. This is invaluable if you are forced to spend time with an energy vampire.

Use Visualisation To Defend Against Negative Energy

You have already seen how Visualisation can manifest your ideal outcomes. Did you also know that it can be used to defend yourself against negative energy? This is a great tool to use with negative people you cannot avoid. For example, you may have to face a particularly draining co-worker five days a week, or have to interact with an energy vampire who has somehow been admitted into your extended friendship group.

Practice this exercise alone first, so that you can easily use it when necessary. Start by paying attention to the way your body feels. Do you feel heavy or light? Happy or miserable? Carefree or weighed down by various concerns? Now visualize a rising tide of positive, bright energy radiating from your chest. Visualize this pure white energy spreading upwards to your head and downwards towards your feet. Visualize this light as it encompasses your entire body. Notice how warm and relaxed you feel. Your vibration is high. You feel safe and positive, as though nothing could ever hurt you.

Now take this a step further and visualize the energy forming a white shield directly in front of your body. Use your imagination to make this shield as big, strong and thick as possible. This shield has the power to absorb negative energy from other people and neutralize it so that you remain unharmed. Think of it as your personal protection device. Visualize the shield effortlessly absorbing dark, heavy energy from the environment. Spend a few minutes on this exercise, and repeat it several times over the next few days. Do not visualize a shield that deflects energy, as this will simply send it away to harm someone else! When you are working with the Law Of Attraction, you should always aim to work for the highest good.

Once you can easily conjure up this mental image, you are ready to use your white energy shield in real-world situations! The next time you are interacting with an energy vampire and feel their words or actions begin to take their toll, visualize brilliant white energy coursing through your body and then taking the form of a shield. You

will still be able to hear the person talk and take note of what they are doing, but your energy levels will be preserved.

This technique isn't just useful for those times when you need to defend yourself against negative people, but also when you find yourself in a situation that just doesn't feel quite "right." For example, suppose you miss the last bus home and have to walk through the streets late at night. By sending out positive energy using the shield technique, you repel those who would wish you harm.

Finally, another bonus tip: If you struggle to sleep or suffer with nightmares, visualize a large white shield around your bed as you drift off last thing at night. The positive energy will promote good dreams and give you a sense of security through the night.

Chapter 10: What To Do When Your Ex Contact You Again

By the time your 21 days of No Contact have passed, your ex will have started to see you in a new light. He will be wondering what you are doing, who you are seeing, and how you are feeling. Being apart from you will in itself allow him to realize what he's been missing. He may also have heard via mutual friends or acquaintances how well you're looking and how positive you seem. This will pique his interest still further. You aren't desperately clinging onto him; in fact, you're managing just fine as a woman in your own right. There is every chance that he will reach out and make contact with you. This chapter will tell you exactly what you need to do to turn his text or call into a renewed relationship full of love.

Step 1: Engage In Light Contact and Conversation

The main rule is that when you respond to your ex, you must do so using positive and casual language that gives no hint that you are

interested in dissecting the relationship. In addition, you should always be the one to close the conversation whether it takes place on the phone or via text. This will make him think that you have much better things to do than merely sit around waiting for his call or ruminating about your former relationship. (And you DO have better things to do, right? You're living a life of abundance, and your schedule is as packed as you want it to be.)

For example, let's say he calls you during the evening. After a few minutes of casual conversation, you should mention that although you've enjoyed talking to him you have other plans and have to go. Don't invent fictitious dates in an attempt to make him jealous – this is a negative tactic and demeans both of you. He'll be driving himself mad anyway, imagining that you are embarking on an exciting new relationship without him! Simply tell him that you are busy but would love to catch up with him soon and get together as friends. Note those last two words – “as friends.” You don't want to convey any hint of desperation, sadness, or negative emotion of any sort. Remember, you

need to operate at a positive frequency to secure his attention and affection.

It will be easy for you to convey happiness and positivity provided you have implemented the tips and tricks in this book. This tips the balance of power in your favor and stimulates his chase instinct. Men like to play and win, and as a highly attractive woman you know that the smartest move you can make is to accept his masculine nature for what it is. Don't reveal that you care too much about what he has or has not been doing. Do not engage if he tries to talk about the relationship. Tell him that you might talk about what happened between the two of you "sometime in the future" but that the time isn't now. Stick to light topics – the weather, the news, your favorite TV show, and the films you've seen recently.

What If He Hasn't Made The First Move?

I know what you're thinking – "What if he hasn't made contact?" Not to worry. If he hasn't made contact with you by the end of the 21-

day period, it's safe to reach out with a neutral email or text. Even though you are the one taking the initiative, three weeks is still long enough for you to prove that you are not dependent on him for your sense of self-worth. Keep your message short and light. Tell him that you are thankful for the relationship you had, and that you want to be friends. When you send him a nice friendly message, he won't feel as though he has to justify or explain any of his past behaviors in the same way he would had you fired off a lengthy email outlining all your post-breakup feelings. In adopting an easy-going attitude, you will catch him off guard. As a result, he will be more likely to agree to a meetup, which is the next step. One meeting is all you need to seduce him all over again.

Step 2: Engineer A Meeting

Whether he contacts you or you contact him, you need to make sure that you arrange to spend some time with him in a social setting that is within easy travelling distance of your home. Do this within a week of re-establishing contact so that you can remind him as soon as

possible what he's been missing, and give him less time to potentially start dating other women. (Note that even if he has been dating other people, the techniques in this book will still work. However, adding more people into the equation always makes things complicated, so don't give him too much of a chance to try and move on!)

If your ex has been initiating contact with you and likes the idea of the two of you remaining friends, he may well suggest that the two of you hang out one day. If he hasn't, you will need to come up with a plausible excuse for getting together in person. This doesn't have to be anything too elaborate – in fact, the simpler and more sincere the better. For example, you could tell him that even though you are no longer together, you'd love to get together for coffee as friends because you'd like his opinion on a few problems you've been having. Men like to feel helpful and prove their self-worth through problem-solving, so if he still feels any degree of attraction towards you he won't take much convincing. If your breakup was particularly amicable, you could simply tell him that you would like to hang out as buddies and have a good catch-up.

Step 3: Use The Meeting To Flirt With Him

Once you have secured a meeting, you have the perfect opportunity to seduce him all over again. Your aim is to demonstrate that you are comfortable in yourself and have moved on, thus making yourself appear more attractive than ever. Your ex will be astonished at how much you have changed, and may be disconcerted by how independent, happy and self-assured you seem. His competitive instinct will kick in and he will wonder whether you are seeing any other men.

Because you will be operating from a place of positivity and confidence, he is likely to find you highly attractive. Build on this by proactively flirting with him. Remember how you used to act around him in the early days of your relationship? You probably laughed loudly at his jokes, took every opportunity to touch him, smiled, complimented him, and made frequent eye contact. Now's the time to re-enact those early days all over again! This will trigger in him

memories of how the two of you interacted when everything was happy and easy at the start of your relationship. Even if he doesn't realize on a conscious level what is happening, his subconscious mind will kick in and trigger those contented, exciting feelings from your early courtship.

Just as you did via text or over the phone, keep the conversation light. You are hanging out as friends who have great chemistry, not as boyfriend and girlfriend. Unless he asks you directly to resume the relationship, avoid talking about what is happening between the two of you or what may happen in the future. Let him relax, be himself, and marvel at how far you've come in the time you've been apart.

You can also use the power of conditioning to help him experience positive emotions whenever you are around. During conversation, make sure you are sitting close enough to touch him in a casual manner, for example on his forearm. Whenever the conversation takes a light-hearted or amusing turn, touch him lightly. This will train his brain to associate "her touching me" with positive

emotions. Once you have done this several times, the mere act of touching him will be enough to improve his mood. Men like woman who make them feel happy, so this is a sure-fire trick for making you appear more attractive.

Step 4: Invite Him Back To Your Home Or Another Place Where Sex Is A Possibility

If your flirting has been successful, you can move onto the next step. You need to ensure that the two of you are alone together in a place in which sex is theoretically a possibility. Note that I said “theoretically” – you are not going to sleep with him! Doing so opens you to being demoted to “friends with benefits” and communicates to him that you are so desperate for any affection he is willing to give you that you’ll accept meaningless sex. However, you are going to take him halfway there, and this will drive him wild.

Think of an innocent, plausible reason why the two of you should go back to your place. For example, if you have recently started

watching a new series or playing a new game you think or know he would like, this could be a good reason for inviting him home. Once you are home, keep on acting as though the two of you are just hanging out as friends. Relax, have fun, and flirt with him. Depending on the situation, you could also go back to his house, but staying in your own home keeps the balance of power in your favor.

Assuming that you have been enjoying one another's company for a couple of hours, you will probably find that your flirting becomes more intense. There is every chance that your ex, remembering how attractive he found you and drawn in by your new positive vibration, will try to sleep with you. At this point, you need to be strong and remember your ultimate aim – to be in a committed relationship with this guy, not just a casual partner! Tell him that although you've missed him in bed, sleeping together wouldn't be appropriate or "feel right" because now you are just friends. Keep your mood light and upbeat. After you have been hanging out for a few hours, tell him that you have plans later in the evening. Again,

this sends a clear message that whilst you enjoy time in his company, you are happy to live life without him.

Step 5: Engage In The Meeting-Seducing-Pulling Away Pattern

Now for the part that requires some real patience. You need to keep up the above pattern for three weeks, assuming that you are able to see him in person at least once every seven days. Remember – keep it friendly, keep it flirty, keep it light, but do not give into your desires (or his) by sleeping with him outside of a committed relationship.

By the time three weeks have elapsed, one of two things will have happened. The first possibility is that your ex will have raised the topic of your relationship and tell you that he wants to try again, in which case you can simply agree to get back together. At this point, feel free to have sex with him so that he knows once and for all that he's made the right decision!

If he hasn't raised the topic, you need to approach the issue and find out what he's thinking. A non-threatening way of doing this is by pointing out that you have been hanging out and he seems happy. If he agrees, you can then venture to say that from his behavior, it seems like he misses what the two of you had. This gives him the perfect opportunity to ask that the two of you get back together.

Don't Stop Working On Yourself!

Whilst you are following all the steps above, you should continue to work on yourself using the ideas outlined in this book. Keep raising your vibration and demonstrate that you have a full, happy life. This will make him more likely to want you back, and want to be in your life. After all, most men can't resist a woman who can make their lives even better and give them a reason to smile every day.

Chapter 11: Saying “YES!” To The Universe

What if, despite following all the advice in this book and working your way through each of the steps to Chapter 11, your ex hasn't come back to you?

Here's a mind-blowing idea that you wouldn't have entertained at the beginning of your journey with the Law Of Attraction, but are bound to understand now: Your objective throughout this book has been to attract the ideal man and relationship for you. You have assumed that this man is your ex. However, what if you've outgrown him? Remember, like attracts like. It's entirely possible that the two of you no longer vibrate at the same frequency – or perhaps you never did in the first place.

Think about it. Do you really want to get back together with someone who isn't a good fit for you anyway? I don't think so. You deserve better than that, and if you have been following the exercises and advice I've laid out in this book, you'll believe it. When the two

of you first broke up, you may have adopted a scarcity mindset, telling yourself that you have lost your one true love, that no man could ever replace him, and that he represents your last shot at happiness.

You now know that these thoughts are pure nonsense, and will do nothing to help you attract real love and high-quality men into your life. You need to accept the possibility that in removing your ex from your life, the universe is making way for something (and somebody!) even better, who is a great fit for you. The exercise below will help you begin to say “YES!” to whatever the universe has in store.

Exercise 1: What Have You Had To Let Go?

Think back over the major events in your life this far. Make a note of those times when you’ve had to let go of something to make space for something even better. For example, you may have had to move away from your beloved hometown to follow your dream career in another city. Although in this example it would have been hard to

leave behind a familiar place and situation, the adventures and professional opportunities that awaited you in a new city would have made it all worthwhile. Or perhaps at some point in your life you had to stop associating with old friends because their negativity, bad reputation or habits were starting to affect your own quality of life. Again, such a big change isn't easy, but the results are well worth it.

Try to think of at least three such occasions. For each instance, write down what you have gained as a result of staying open to change and actively embracing what the universe has offered you. Spend a few moments feeling grateful for these opportunities.

One of the few constants in life is change. Even if you try and live the same lifestyle indefinitely – by sticking with the same job, the same house, the same circle of friends, and the same interests – you will still come up against change. People will get sick, they will move, they will experience triumphs and setbacks, and eventually they will die. One of the most liberating decisions you can ever make is to accept change as an inevitability. The good news is that whilst

most things are out of your control, you can still shape your own destiny using the Law Of Attraction. The exercise below will help you get excited about the changes that could happen in your own life, including your relationships.

Exercise 2: What Could Happen Next?

Pretend that you are a scriptwriter for a television drama in which the main character (that's you!) is in a tough romantic situation. She is currently single and wishes to attract a great man and relationship into her life. How might this happen? Let your imagination run free and make a list of all the possibilities. Perhaps you might make a connection with an old school friend, allow yourself to be set up on a blind date by a family member, strike lucky on an online dating site, run into a handsome stranger when walking your dog in the park, or find a strong rapport with a new co-worker.

Remember, the universe is huge! Just because your ex hasn't proven himself to be a suitable match for you doesn't mean that you

won't get to meet someone else who operates at your frequency. A year or two from now, you could be breathing a sigh of relief that your old relationship is over. Have faith in yourself and in the Law Of Attraction. It will get you exactly where you want – and need – to be. You deserve someone who is going to love and appreciate you in the same way you love and appreciate them. Any other kind of relationship is just a waste of time and a drain on your precious energy. So far as anyone can tell, we only get one chance at life on earth. You don't want to waste it worrying about your ex. A better life awaits you!

Conclusion

Right now, you should be feeling far more positive than you did an hour ago. Isn't it amazing how it only takes a little while to gain a completely new perspective on life? Now that you understand how the Law Of Attraction works, you will realize that you didn't stumble across this book by mistake. It fitted precisely with your vibration and need at the time, and now you have everything you need to get your ex back and find happiness in the relationship of your dreams.

Whether you find love with your ex or with someone else, you are bound to find a great relationship provided you have followed all the instructions in this book exactly as they are written.

I would say that the work doesn't stop here, but harnessing the Law Of Attraction and building the conditions necessary for your own happiness isn't really work at all! After all, what could be more enjoyable than feeling positive and growing happier and more self-assured by the day? The best news of all is that it gets easier over

time. When you practice gratitude, for example, you soon notice more and more things to be thankful for. It becomes a habit. When you start deliberately raising your vibration by hanging out with positive people, soon you won't want to bother with the negative folk you used to talk to. They will no longer fit in with your way of life.

This is totally natural. In nature, trees have to shed their leaves, snakes have to shed their skins, and everything is in a constant state of renewal. You are not exempt! See this period of your life as an opportunity to release years or even decades of negative thinking and get ready to join the ranks of those who really understand how the universe works. Should you ever begin to doubt yourself, remember that you are unique, you are special, and that you have the power to attract as much love and abundance as you can handle.

Wishing you all the luck and love in the world,

Amanda Walters

