
Move on FAST:

10 Simple Law of Attraction Tips

Andrea Schulman



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INTRODUCTION

Heartbreak. is. the. absolute. worst.

Trust me, I know!

Back before I met my now-husband, I had been in a relationship with someone I was head-over-heels for. We had met at work and I had fallen hard and fallen fast.

It started off as the perfect relationship.

We spent all of our time together. He treated me like a princess. The way he looked at me melted my heart and made me feel incredibly special.

We drove everyone at work insane with our over-the-top (and in retrospect, completely unprofessional) PDA.

However, what my coworkers thought didn't bother me because I was certain we'd be together forever. I thought I'd found true love.

But then one day something changed.

My boyfriend pulled back and became more distant. He became less interested in talking to me, and less interested in spending time with me. He was suddenly always busy with friends, hobbies and work.

He started getting irritated with me over little things and very quickly we went from having a blissful relationship to a stormy one filled with fights and arguments.

It got messy, and I found the more I fought to regain his love, the more he fought to push me away.

I tried every trick in the book to get his affections back but it was all in vain. He had mentally and emotionally checked out of the relationship.

This kept up for about a month, and then one day, he cut ties and officially broke up with me.

To my horror, just a few weeks later he started dating another coworker of ours.

After a few months of working with the new happy couple, I quit my job without even having another job lined up. I just couldn't deal with the pain.

I was devastated.

Scratch that. I was beyond devastated. My life had completely fallen apart!

In fact, I was so devastated that it literally took me YEARS to fully recover from the heartache.

I wish I would have known about the Law of Attraction back in those days. I wish I had known that you can direct your thoughts to find your way back to happiness.

Knowing what I know now, I am certain that those years of sadness and emptiness could have dwindled down to months, weeks, or even just days!

Today, fortunately, I am fully recovered and I've moved on to bigger and *much* better.

I am happily married to my soulmate (10 years in November!), and we have two beautiful children together.

I have to say, today I'm thrilled that things didn't work out with my ex. My husband is a far better match for me in every single way imaginable. Our love is something magical, and lightyears beyond the feelings I used to have for my ex.

In addition to finding love, I'm also now a Law of Attraction coach who works with people around the world, many of whom have come to me for help in times of heartache.

So in my career, I've developed plenty of strategies to help these people recover from heartbreak and loneliness, so they can move on to find true love just like me.

I would stake my reputation on the advice in this manual because I know it works. Not only have I seen these tips work their magic with my clients, but I've even tested it out myself for another kind of heartache: the "friendship breakup."

As it turns out, not only do these tips work on romantic relationships, but you can also use them on platonic relationships!

Not too long ago, I had a falling out with one of my very best friends. As anyone who has lost a close friend will tell you, losing a friend can

be just as devastating as losing a lover, especially when you're as close as we were.

However, knowing what I know now about relationships and the Law of Attraction, I very quickly started to apply the techniques in this guide.

The end result? We're back in business again, and stronger than ever. In fact, we've got plans to hang out tonight, and spent most of last weekend together.

Even more more importantly, throughout our "break up" I still felt pretty good and I kept it together emotionally. Instead of spiraling down into depression, I was able to cope much more effectively, and this had a profound effect on my ability to repair the relationship.

Ultimately, through working on my happiness and adjusting my focus, I was able to get my bestie back with the Law of Attraction.

So this guide is for anyone who is suffering from heartache today. I want you to know that you don't have to feel empty inside. You don't have to cry yourself to sleep. You don't have to worry about being alone and miserable.

You can get back to feeling alive again and you can become hopeful and optimistic about the future. Even better, you can **absolutely** find love, and with the tips in this guide the process will be much shorter and far more enjoyable.

Now, I can't promise you that your life will be perfect, your ex will come back to you or you will find your soulmate after working through this list. However, ***I will absolutely guarantee that if you follow these tips, you WILL start to feel better today.***

Keep up with these techniques and before you know it, you'll be back to feeling like your old self again (or even better, a new and improved self!). From a higher emotional state you will become a much better match to the love you seek.

I feel your pain and I want to help. Let's get you on the path to greater happiness right now.

XO, Andrea

10 LOA TIPS TO MOVE ON FAST

Please note: This guide has been written with the understanding that you have some knowledge of the Law of Attraction.

However, if the Law of Attraction is new to you, it's no problem! Just check out the introductory Law of Attraction tutorial on the homepage of my website (RaiseYourVibrationToday.com) if you'd like a little clarity on the Law of Attraction before you dive in.

Tip 1: Turn off the sad music.

Music has an uncanny ability to evoke strong emotional reactions in us. When we are particularly sad, sad music resonates very strongly with us and keep us trapped in these lower emotions.

Do yourself a favor, pick songs that evoke more pleasant emotions from you.

To find better music to listen to, pick songs that have a fast tempo, a relatively high pitch and a positive or uplifting message. Music with these three factors has the capacity to elevate your feelings and emotions.

Keep your radio on upbeat stations, and change the channel when the sad songs come on. Although it's tempting to cry along with Adele, keep her put away until you're in safer emotional waters.

Tip 2: Distract yourself.

When we suffer from a breakup or heartache it can become all-consuming. We spend countless hours thinking about everything that went wrong and strategizing a plan to fix it.

However, focusing on the problem only keeps the problem active in your life through the Law of Attraction.

So instead, do your best to keep yourself as distracted as possible. Keep yourself busy and keep your mind on other topics as often as possible. The less you focus on the heartache the sooner you will get your happy back.

Now, naturally thoughts of sadness will still pop up, and that's ok. You won't be able to be 100% distracted, especially at the start. Go easy on yourself if your thoughts drift back to the heartache periodically. It's very important that you be kind to yourself about your moments of sadness.

Just aim to think about the heartbreak less and less and the pain will begin to evaporate. The less you focus on the pain, the less present it will become in your life.

As was once famously said: *“Energy flows where attention goes.”*

Tip 3: Talk about something else.

I know. It's just *too easy* to call your best friend and tell her all of the things your ex did wrong. It's just *too tempting* to complain to your buddies about your ex-wife.

However, every time you bring up the bad in conversation, you keep yourself firmly rooted in the pain.

We get what we focus on with the Law of Attraction, so focusing our conversations on how someone did us wrong, how sad we are or how bad our breakup was will only draw more of this pain and sadness into our lives.

I know in times of heartache it's hard to be happy and focus on the positive. So if it's too hard to be positive, just hold your tongue and talk about something else.

The urge to vent will pass, I promise!

Tip 4: New look, new you.

Times of heartache are great times to try out a new look! Get that new haircut you've been thinking about, grow out a beard, get a new outfit or get your nails done.

Trying out a new look is great because it **immediately** makes you feel like you have moved on to a new chapter in your life. Instead of feeling like the old you who loved and lost, you will feel more like a new person who has a blank slate of opportunity in front of him or her.

With the Law of Attraction, it's all about harnessing the energy of the way you *want* to feel. It's easier to envision happiness for the person you've never been before than it is to envision happiness for the person you've grown to expect sadness from.

Tip 5: Get things clean and tidy.

Have you ever noticed that when you are down and depressed your home is often a little messier and you're frequently a little more disheveled?

We tend to let go of organization and cleanliness in our sadder moments. This is because *our reality is a reflection of what is going on inside of us*. When we feel bad on the inside, our reality starts to look bad on the outside.

However, did you know that by changing what's going on on the outside, you can manipulate how you feel on the inside?

By keeping your environment tidy, clean and presentable, you will naturally feel a little better. Your feelings on the inside will begin to mirror the look of the outside.

Keeping things clean and tidy is also a great way to distract yourself (as explained in #1). So even if you're not much of a neat-freak, take a little time each day to put things away and *make your environment feel the way you want to feel inside*.

Tip 6: Check off the old bucket list.

I firmly believe that times of heartache are the BEST times to cross a few things off of your bucket list.

Instead of feeling like the sad shell of a person who has loved and lost, trying something new and exciting will give you some of your power back!

I have a great friend who went skydiving as she was in the process of getting divorced, and it was such a cathartic and empowering experience for her. She looks back on that moment in time with great pride and accomplishment, and these were feelings that really gave her a boost during one of her darkest times.

Now, you don't have to jump out of a plane to feel a little better, but definitely spend a few minutes outlining a some things you've been

wanting to do in your life. Once you have your list together, pick one or two that sound like things you could actually swing right now.

It could be something as big as a trip around the world, or something as small as trying sushi for the first time. Just pick something intriguing and go with it!

Tip 7: Try meditation.

Meditation is an excellent tool to help you release racing negative thoughts. Meditation can especially helpful when you find yourself overly focused on the pain of heartache.

Sit down for 10-15 minutes each morning and simply breathe in and out, keeping your focus on something simple, like your breath or the sound of the air conditioning.

When thoughts enter your mind (and they will, especially at first!) imagine them being erased, or imagine them floating away. With practice, meditation will make it easier to release negative thoughts about the breakup, even when you aren't meditating!

Tip 8: Visualize Your Happiness.

Visualization can be so powerful when it evokes good feelings. When we focus on a positive emotion, we attract more of that positive emotion into our lives.

Spend a few minutes every day remembering a time when you were truly happy, or imagining how you'll feel on a future occasion you are looking forward to (like a fun vacation, a promotion or a birthday party).

Just be sure to avoid visualizations that center around love and romantic relationships, because visualizations like these may trigger unhappy feelings while you are in heartbreak recovery. Stick to happy times in other areas in your life to keep the visualization emotion fully positive, and clear of any negative emotion.

The more you can focus on your capacity to be happy, the happier you will become through the Law of Attraction.

Tip 9: Love yourself.

This is so important it cannot be overstated.

People treat us the way we treat ourselves, so when we beat up on ourselves we attract more interactions with others that make us feel unloved (like those with our ex).

Every single morning, spend a few minutes at the mirror reminding yourself of all of the good things about you and all of the things you love about yourself. Review your most attractive qualities and your greatest achievements. Amplify your focus on the things you like about yourself.

Avoid self-criticism as much as possible, and vow to become your greatest cheerleader. Placing your focus on self-love will not only help you recover quickly, but it will also cause you to become a magnet for more people who love you too!

Tip 10: Make relief your #1 priority.

The Law of Attraction brings us more of whatever will cause us to feel the way we feel. This means that when we feel happy, more things happen to us that evoke greater happiness. When we feel sad, we attract more things into our reality that evoke sadness. For this

reason, minding our emotions is critically important when it comes to creating our realities with intention.

However, after a bad break it can feel completely impossible to be happy! So what are you supposed to do when happiness feels so far away? How are you supposed to project positive feelings when you feel stuck in despair?

Well, first of all, remind yourself that it's OK to be down sometimes. Be kind to yourself when you are sad, just as you would be kind to a child who just got hurt.

Then, instead of reaching for happiness, *just reach for a little relief.*

To reach for relief in moments of sadness, ask yourself “what would make me feel a little better right now?” and then go do that. That's it.

Maybe it would help if you changed the topic of conversation, took a nap or worked on a different project. Whatever feels like the most comfortable and satisfying thing to do, go do that.

Just keep making relief your #1 priority whenever sadness creeps in. The Law of Attraction will build more momentum to whatever emotion you are projecting, so finding relief will in turn bring you more relief.

In time, relief will become your dominant emotion, and once this happens you will be ready to reach for true happiness in the same exact way. Happiness is much easier to reach from a place of relief than it is from a place of despair.

So make it your goal for now to find relief, take your time with it, and let your emotions guide you. Ultimately, this strategy will help you

learn how to listen to (and follow) your intuition to help you improve your emotional state.

Remember to go easy on yourself when you have a sad moments, because these will happen here and there (especially in the beginning). Keep in mind that the more you can accept yourself for where you are in sadness, the easier it will be for you to transition to the emotional state you prefer.

Be kind to yourself, be patient with your progress, and reach for relief as often as you can. Once relief is dominant, happiness is just around the corner!

CONCLUSION

Your journey back to happiness starts right now. You deserve to enjoy your life and you deserve to feel good every step along the way. Believe me, you CAN feel better when you use the Law of Attraction to your advantage.

Try out these tips to get your energy back on track. By focusing on yourself and your personal happiness you will find it easier to move on fast, and even more importantly, easier to find the love you've been looking for!

I wish you all the happiness in the universe. If you have questions about love and the Law of Attraction, feel free to contact me at Raise Your Vibration Today and let me know how I can help!

XO, Andrea

Founder-Raise Your Vibration Today