

Sex And The Law Of Attraction

Shay Ben Dor



How To Use Your Mind
To Attract Sex Into
Your Life

Before We Get Started

Disclaimer and Copyright

Disclaimer

This book was written with the best of efforts to share the most valuable insights and processes that were learned, honed and developed with time, with that said it should be stated that this book is in no way meant to provide professional counseling of any kind, nor is it meant or claim to provide or be a substitute for any sort of professional therapy.

Copyright

This book is the author's original work

All Copy Rights Reserved To Shay Ben Dor 2016 ©

Gratefulness

Expressing , or feeling gratitude is mentioned so often in various resources that talk about the law of attraction , I find it such key that I had to make a chapter on it and share with you my view on this concept in a way that makes it both simple as well as relevant specifically to matters that relate to intimacy and sexual experiences .

Imagine you gave someone a gift . That someone , looks at this gift and says : "Nah don't like it ... that's a lousy gift" , what are the odds you would do the same thing again ? Would you even consider giving such an ungrateful person another gift ?

Now imagine the opposite , imagine that this person is all enjoying the gift , appreciating and being grateful , wouldn't you agree that this type of reaction is likely to make you want to give more ?

Same thing on the energy plane , being grateful for the sex you either have or had , and if you didn't have then even finding a smile , a touch or a compliment you received from a member of the opposite sex to be grateful for , can steer the flow of energy in a way of expansion .

On the opposite side , being ungrateful can act to slow and impede the flow of energy in that regard .

This is such key that I have included it in the daily routine which you can find in the workbook as a part of the "Guided Visualization List" .

Taking the time to send out this grateful vibe not only allows you to attract more of the same meaning more wonderful things to be grateful for , it can also allow you to heighten your vibration . Being grateful in general as well as specifically in regards to your interactions with members of the opposite sex , Is like sending out the message of how you value others who might have been part of your journey and added beauty to your experience , and so presents you as someone who welcomes more such experiences .

At the same time it puts you in a vibration of being someone that has what to be thankful for which can assist to both stir you away from the unwanted reality of lack and allow you to more easily resonate , with the reality of abundance and of having .

Have you ever found yourself in a dry spell as they call it ? A time where it just seems like the possibility of sex is not even remotely available ? I know I have , and I was asking myself what can be possibly done to get out of such a scenario , to find a pond in the desert of a sexless period , be it a month few months or more ...

Thoughts of gratitude were a main part of what I applied , and cultivating a grateful state of mind played a key role in my way of addressing this situation , and it definitely produced wonderful and tangible results , as well as contributed to an improved state of mind , which in my opinion is also a worthy result on its own .

6 Minutes Of Gratitude :

Using this simple way of incorporating gratitude can allow you to shift your vibration and begin to see positive things in that area ... The guidelines are very simple , take 6 minutes and find things to be grateful for in regards to intimacy and your interactions with members of the opposite sex , You can say them in your mind or out loud whatever feels comfortable , the important thing is that you also allow for this feeling of gratitude to be experienced and as best as you can be focused on that for these 6 minutes .

If you find it difficult to find things to be grateful for , note that it can also be something that happened long ago , and even if you never had sex you can still be creative enough to find things for which you can be grateful , such as the possibility of sex manifesting sometime in the future , or the fact that you have a bed where potentially you can experience sex , or for the fact that a member of the opposite sex once listened to something you had to say ...

In other words , regardless of where you are at as far as things that you have or have yet to manifest concerns , you can start from wherever you are and allow yourself to bask in this grateful vibration and begin to see a positive shift .

I suggest you try out this 6 Minutes Of Gratitude and apply it daily for at least a few weeks if you find yourself in a dry period or if you are simply interested in trying it out of curiosity ...

And after a few weeks of using this , take note of any signs of improvement in this area , be it a text message , a nice conversation or a sexual experience , When you find that such things have manifested it is then recommended to add them to your list of things to be grateful for , it can be an actual written list or simply a mental one ...

I have personally used this 6 minutes of gratitude or more as part of my daily visualization routine as well as in other instances during the day if it came to mind , Even if I was repeating the same things to be grateful for , over and over again until new ones were remembered .

This was my approach to moving away from that unwanted reality of lack and proved itself to be effective as a way to gradually cultivate such a state , and allow for new wonderful experiences to manifest ... In other words after a while I found myself having new experiences to be grateful for ... And the dry period was over ...

Eventually it became a habit , to be grateful , either after sex was manifested , or even for smaller steps or signs along the way , such as getting a 'like' on a dating app or if a girl was showing interest in any way .

I truly find that developing such a habit of being grateful can contribute to a meaningful change in regards to moving away from a reality of lack as being grateful resonates with a reality of having , and it also facilitates having a welcoming and appreciative attitude towards members of the opposite sex , so as far as "Mental Communication" concerns this is a wonderful state of mind to cultivate . And as far as the law of attraction concerns , puts you in a vibration that attracts more sex to be grateful for , Which would probably mean you might find yourself being more grateful for the sex manifested which will probably contribute to manifesting more sex ... which will ... O.K , I am guessing you probably got the point by now ...