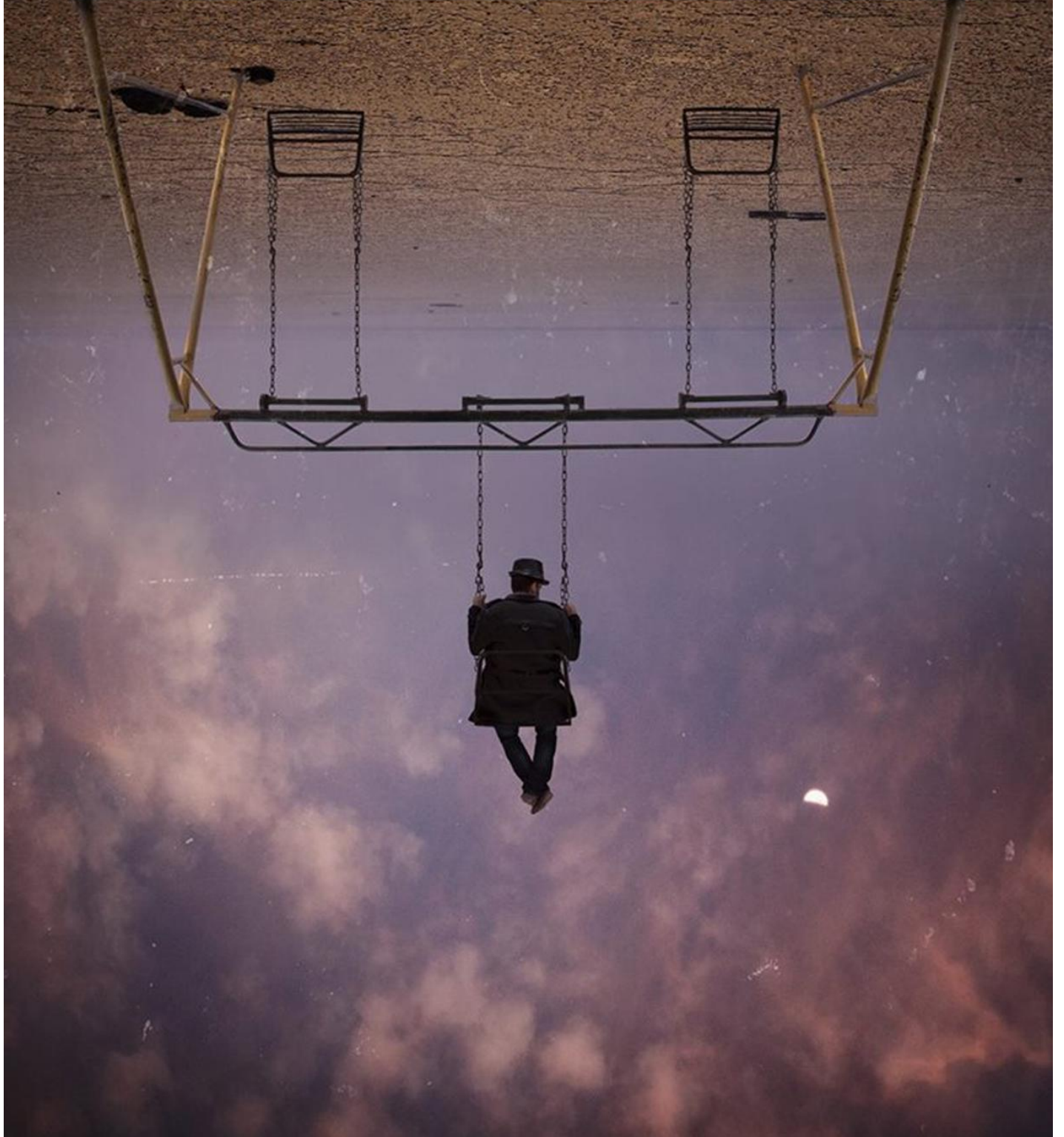


# The Fountain of Happiness



You can attract the ideal health condition with the Law of Attraction, because nothing is of greater value than to enjoy life at its fullest and feeling great at the same time.

Therefore, if you are experiencing any type of illness such as a common cold or even an incurable disease, all can be brought to normal by replacing the negative thoughts that you have about it with positive thinking

Your body and your general state of well-being are being affected by your negative view of the world and of yourself.

Should you have more cheerful and positive thoughts, the illness will not be able to conquer your organism, and you will be able to experience a growth in your health and good feeling.

Your organism is affected by your daily life and the periods of stress that you encounter.

Anxiety also plays a major role in deteriorating your health.

People who are fearful of contacting a disease are the people who are most likely to get them.

The body responds to your way of thinking and if it is positive, the response you will receive will be of the same nature.

That is why it is crucial for you to concentrate your thoughts on prosperity, love, joy, abundance and happiness to maintain your organism from ever getting disease.

If you are already suffering from an illness you will have to stop thinking about your problem and focus on how good it feels to get better and be healthy again.

However, when using and law of attraction, modern medicine still



has its role in improving the situation.

Almost every time we just hear about the Law of Attraction as a way to just get wealthier and even attract the loved ones.

However you can also use it for your health benefit as everything in the Universe is made of energy and attraction.

Every object that we come in contact with is made out of energy, just like your own body is and everything that surrounds you.

That is why the Law of Attraction easily applies to our well-being and general health and influences the way we attract either positive or negative outcomes for our bodies and minds.

Every time you have to take your medicine you have to take note of your spiritual side as well and send the Universe a positive signal filled with cheerful thoughts. The response will literally astound you.

I would like to present you with three simple steps you can take using the Law of Attraction to



improve your daily health and make sure that your well-being will never be a cause of concern again.

1. **Quality thoughts.** Many people who have practiced the LoA principles for their health have made it clear that if their thoughts were not completely convinced progress was not quite visible. Once they improved the essence of their feelings and way of thinking they got better and in a short period of time they got back on their feet.
2. **Disregard negativity.** The moment you feel depressed about your state of being,



that is when your situation will get even worse. Try your best toward those feelings away. Even when someone tries to be sympathetic about your health, try to avoid the subject and don't let them bring you down. When you will have 100% positive thoughts you will get better. The Universe will surely allow that.

**3. Take some time off.** Try to make a daily habit out of taking some time just for yourself. Use that time to think about the good things in your life, about how great it feels just to be alive. Even if you are completely healthy at the time, do not skip this exercise. Meditate about your battles with sickness and how strong the victories have made you. Do not consider that you will not be ill again, but rather think of the challenges that will come and how defeating those with positive attitude will improve you as a person.

You will soon discover that you cannot withhold stress and a positive attitude at the same time. One of them will have to go, and anxiety will soon pack its bags and leave as your cheerful world will not be a suitable place for its dark and nervous appearance.



Once you will have a lower stress degree, things will get brighter and easier for you. Therefore, you will be able to direct the Law of Attraction to other areas of your life.

Always make sure that you show gratitude for you have, instead of having bad thoughts about what makes you incomplete and what prevents you from becoming the better person that you wish to be.

Gratitude is essential when applying the Law of Attraction. It forces you to concentrate on the better aspects of your life and what needs to be improved and what works perfectly.



Just be thankful for the small things, like your ability to walk, see, taste the world around you; the blessing of hugging your loved ones and expressing your feelings. This is positive thinking, and it will bring you better health.



## *Happy Mind For A Healthy Body*

Most of us focus on our past failures. Instead of that, celebrate all successes, whether they are huge or small. Do not think horrible things about your body just because at the moment you are not happy with the way it looks. Give it time and with positive feelings you will see that in a small amount of time you will look and feel better.



If you stop and admit the great things that your body can do, you will soon recognize that your body is really a miracle just waiting to be celebrated.

Acknowledge your accomplishments and your small victories! Bring honor to yourself on a regular basis for everything that improves in your life.

Most people have learned that with the principles that form the Law of Attraction you can just tackle some positive thoughts and feelings and you will attract all the benefits



of a successful endeavor into your life.

The simple truth is that if you do not dedicate yourself completely to this exercise you will never experience its benefits.

### *Happy Mind For A Healthy Body*

Invest time into this practice and you will have no regrets in less than three months. If you find it hard at the beginning try to keep a journal in which to write every positive thing that you experience and how you will treat the negative aspects of daily living.



Make yourself small presents by periodically detaching from everything that means work, stress, social awkwardness. Given time, this

practice will bring you a lot of health benefits and general well-being. Have your own conscious choice to depart of any limiting beliefs convictions that do not nurture your soul and instead, all they do is bring in that horrible poison which is negative energy.

If you are feeling that a type of medicine is not very efficient do not exchange it for something stronger, just liberate yourself by using a lot of cheerful thinking and by embracing the good things that life has to offer.

Use your imagination! This advice will make you take control of this very powerful instrument that is directly connected to the Universal Laws of Attraction.

Try to think about the better side of your illness, no matter what it is. Replace the negative aspect with the difference between you and another suffering person and you will see how different your view will become.

If you have a tumor, think about the fact that a blind individual would appreciate to have your advantage of seeing his loved ones and see the



light of sun each and every day. If you happen to be blind, just think about the person suffering from cancer and how much would he want to just lose its eyesight than to follow an exhausting treatment which in the end could prove to be ineffective.

No matter what your illness is, try to see the better part that still allows you to function in a human way.



Even though this mechanism of self love will not improve your condition in a blink of an eye, given time it will help you see the world in a different and more positive way.

It will determine you to see the great opportunities that life has in store for you. You will be able to truly appreciate the benefits of the Law of Attraction and even share your results with other people who are suffering.



Let us go back to what I previously suggested: keeping a journal.

By writing each and every day all your thoughts, feelings and experiences, you will start to feel like a better and healthier person.

If one of your days falls in the category that comprises bad experiences, take your time to write about it and how exactly made you feel like it was a failure.

Treat yourself to meditation and find solutions to avert any other bad feelings or thoughts in the future just because you were left feeling high and dry after that day.

You can always go back to one of the good days and discover what was so great about that one. Take from the good energy that you experienced at that particular time and invest it into your present day. Good memories will always improve your current state of mind and even your health.

Write down short declarations of your current feeling each day and it will make all the difference in the world. Try writing:

- \* I feel really healthy and complete.
- \* The positive vibrations have brought me a lot of happiness
- \* I love my family and my life

Come back to the list of your declarations and to this course every time you will find yourself lost. The Law of Attraction will forever work in your favor if you allow it time and invest enough positive thoughts and feelings in it.

