

DON'T CHASE ATTRACT



PART 1

The Law of Attraction like
you've never seen it before

TABLE OF CONTENTS

Chapter 1: You've Been Manifesting All Along

A mind-blowing reminder that every thought, vibe, and belief was already creating your reality—before you even knew what manifesting was.

Chapter 2: Vibes Over Vision Boards

Why feeling good beats goal-setting. You don't need a cut-and-paste collage—you need to *embody the energy* of what you want.

Chapter 3: The 4-Step Manifesting Formula

The no-BS blueprint: Ask. Feel It Now. Let Go. Stay Ready. Learn it. Live it. Loop it.

Chapter 4: ASK

How to ask with clarity, not confusion. Featuring Nina's first intentional manifestation and how the universe *heard her loud and clear*.

Chapter 5: Feel It Now

Fake it 'til you *feel* it. Step into the emotion before the thing arrives. Nina learns how to embody the wish fulfilled.

Chapter 6: Letting Go Doesn't Mean Giving Up

Detach like a badass. This ain't about apathy—it's about trust. And Nina gets tested here. Big time.

Chapter 7: Stay Ready

How to stay in receiving mode without going back into panic. Nina starts preparing like it's already on the way—and spoiler alert: it is.

Chapter 8: The Shortcut Is Joy

The final (and most powerful) lesson. Joy speeds it all up. It's not just fun—it's frequency. End with the affirmation loop:

"The more fun I have, the faster it comes."

Chapter 1: You've Been Manifesting All Along

Here's the truth nobody told you:

You're not *starting* to manifest.

You've been doing it every single day of your life.

That shitty job you hated but stayed in out of fear?

You manifested that.

That unexpected blessing that showed up when you least expected it?

You manifested that too.

This isn't about blame. It's about power.

You are constantly broadcasting a signal — through your thoughts, your emotions, your expectations, your energy. That signal doesn't just disappear into the void. It gets matched.

The Law Doesn't Care if You're Aware

Just like gravity doesn't ask if you *believe in it*, the Law of Attraction doesn't care if you're skeptical. It's been responding to your vibration your entire life. If you've ever thought:

- “Why does this always happen to me?”
- “I just knew something was going to go wrong.”
- “Of course it didn't work out, that's just my luck.”

Then congratulations. You've manifested before. The difference is:

Up until now, you've been manifesting by default.

Now, you're going to learn how to manifest *on purpose*.

You Are Not Broken — You're Untrained

If your life feels like a mess right now, don't panic.

You're not “bad at manifesting.” You've just been **repeating old stories** and **running old emotional programs** that don't align with the life you actually want.

This book isn't about turning you into someone new.

It's about getting you to stop **blocking** who you already are.

You're a magnet. Always have been.

We're just gonna tweak the settings now.

Chapter 2: Vibes Over Vision Boards

Let's be real. You don't need a vision board. You don't need a crystal collection. You don't need 47 candles, a moon ritual, or to whisper affirmations into a jar of moon water (unless you want to then by all means, get witchy). What do you need?

A high-frequency emotional state. A vibe that says, "**It's already mine.**"

Energy > Effort

Manifestation doesn't respond to effort — it responds to emotion and not just any emotion — the **dominant emotion** you live in most of the time. That's why people say things like:

- "I visualized every day and nothing happened."
- "I made a vision board and still got fired."
- "I said my affirmations but I still feel like shit."

Because it's not about the tool. It's about the **energy you carry while using it**. You can have a vision board filled with million-dollar homes and luxury cars — but if your emotional baseline is lack, fear, and frustration? You're just magnetizing more lack, fear, and frustration.

Feel It First

Here's the real flex:

You don't manifest what you want.

You manifest what you believe you already *have access to*.

That's why **feeling good now** is the real cheat code. You have to become an energetic match for the thing you want — *before it shows up*.

But I Don't Feel Good Right Now

That's okay. You're not faking it. You're training it.

Raising your vibration doesn't mean slapping a smile on pain.

It means finding small moments of joy, peace, or gratitude **anyway** — and letting those moments stack.

Your job isn't to be happy all day, every day.

Your job is to reach for a slightly better thought. Then another. Then another.

Tiny vibe shifts = massive results.

Chapter 3: The 4-Step Manifesting Formula

Alright, enough theory. Let's talk mechanics. There are a million manifestation methods out there, but almost all of them boil down to this: **Ask. Feel. Let Go. Stay Ready.** That's the real formula. You master these four steps? You can manifest *anything* — from \$5 to a whole new life. Let's break it down:

Step 1: ASK

This one's easy. You want something? Declare it. Name it. Write it down. Visualize it. Pray on it. Whatever works for you. You're not *begging* the universe — you're placing an energetic order and guess what? The universe doesn't respond to mixed signals. If you ask for love but expect heartbreak... that's what shows up. If you ask for money but believe you don't deserve it... that's what blocks it. **Clarity is power.** Be specific. Be bold. Be unapologetic.

Step 2: FEEL IT NOW

This is where 99% of people mess up. You can ask all day long, but if you're not **feeling** it like it's already real? You're not attracting it. Emotions are the fuel. Your vibe is the magnet. Whatever you feel — you invite in. So how do you feel it when it's *not here yet*? You imagine it. You act "as if." You trick your nervous system into believing it's already yours. That's not a delusion. That's alignment. Start saying:

- "It's on its way."
- "I'm open to receiving."
- "I can already feel it."

Step 3: LET GO

Yeah, this one's hard. You want it so bad. You've been waiting so long but here's the trap: **Desperation is resistance.** When you *need* something to happen, you push it away. Letting go doesn't mean giving up. It means trusting that your request was heard and letting the delivery happen on divine time. Would you order food and chase the Uber driver every 3 minutes? No. You trust the process. Do the same here.

Step 4: STAY READY

The universe moves fast when your energy's aligned. That opportunity you want? It could knock tomorrow. But if you're still doubting, still scrolling, still "waiting for a sign" — you'll miss it. Stay ready. Stay open. Stay grateful like it's already done because on the energetic level... *it is.*

Chapter 4: ASK

Nina was exhausted. Not from work — though yeah, her job was draining. Not from people — though she had a long list of energy vampires in her life. She was exhausted from pretending she was fine with the crumbs life kept handing her. She journaled. She “practiced gratitude.” She read every spiritual book she could find but when it came time to ask for what she *really* wanted? She choked. Deep down, Nina didn’t believe she could have it. Not the real stuff. Not the “*damn, that’s too good to be true*” kind of life.

The Journal Entry That Changed Everything

One night, fed up with her own bullshit, Nina sat down and wrote:

“I’m tired of being vague.
I want a remote job that pays me enough to feel safe.
I want a quiet apartment with natural light and hardwood floors.
I want mornings that start in peace.
I want to wake up excited — not anxious.”

It wasn’t poetic. It wasn’t “high vibe.” It was **honest**. It was **clear** and for the first time, it felt like she *actually meant it*.

What Changed?

She didn’t just ask. She got specific. She got emotionally involved. She stopped asking for what she thought was “reasonable” and asked for what she *really* wanted. Within three weeks:

A remote freelance gig landed in her inbox through someone she hadn’t spoken to in months. Her friend’s roommate moved out suddenly — and the place had hardwood floors and morning sun. Her anxiety started lifting, not because of a miracle — but because she **let herself believe she could choose differently**.

What This Story Teaches:

The universe responds to clarity. If your request is fuzzy, so is your result. **Vague = delay.** **Specific = signal.** “I want more money” is not the same as “I’m ready for \$2,000 a week doing what I love.” **You don’t need to beg. You just need to be honest.** Say what you want like it’s already preparing itself for you.

Try This Now:

Grab your notes app or journal and finish this sentence: “I’m tired of settling. I want...” Write until it feels real. Not filtered. Not polite. Just *true* because when you finally ask like you mean it? The universe listens.

Chapter 5: Feel It Now

The apartment wasn't hers. Not yet. Nina walked past it every morning on her way to the train. A second-story unit with a little balcony and a ridiculous amount of sunlight pouring through the windows. She didn't know who lived there. She just knew — somehow — that place felt like *hers*. So she did something weird. She started pretending it already was.

Acting As If

Every day, Nina took a moment to pause outside the building. Not to stalk. Not to obsess. Just to *feel*.

"This is the part of the morning where I water my plants," she'd say in her mind.

"That smell? That's my coffee brewing."

She imagined unlocking the door. Dropping her bag. Exhaling. Peace. She didn't *hope*. She didn't *beg*. She just *played*. Like a kid using their imagination — no resistance, no pressure.

It Worked

Two weeks into her little ritual, Nina's friend texted:

"Hey, random — my roommate's moving out. Wanna come see the place?"

She did. You already know where this is going. Same street. Same building. Same second-story unit with the light and the balcony. Her *exact* place.

What This Story Teaches:

- **Emotion is the magnet.** Nina didn't force positive vibes. She tapped into *familiar* feelings: calm, gratitude, peace.
- **Imagination isn't fake — it's alignment.** When you *feel* something as if it's real, your vibration *matches* what you want.
- **Play > pressure.** When she stopped trying to "manifest perfectly" and just had fun with it — things started flowing.

Try This Now:

Think about your desire. Not the thing — the *feeling*. Then, ask:

"Where does this feeling already exist in my life?"

Even if it's tiny. A moment of joy. A second of peace. Tap in. Feel it now — and watch how reality shifts to match.

Chapter 6: Letting Go Doesn't Mean Giving Up

When Nina moved into the apartment, she thought she'd finally cracked the code. She had her list. She had her rituals. She was riding the high. So she decided to manifest the next thing: a job that didn't drain her soul. She asked. She visualized. She lit the damn candle and... nothing. Days passed. Then weeks and the longer it took, the louder the voice got:

"Maybe it's not working this time." "Maybe I did it wrong." "Maybe I don't deserve it."

The Moment She Released the Grip

One afternoon, while pacing her apartment and rereading old journal entries, Nina stopped and said out loud:

"You know what? Screw it. I'm good either way."

She meant it. Not out of defeat — but from a calm, grounded knowing. She already had peace. She already had light. She already had enough. She shut her laptop, made a smoothie, and binge-watched something stupid. That's when the email came.

"Hi Nina — we loved your portfolio. Are you available for a remote interview this week?"

What This Story Teaches:

- **Letting go doesn't mean giving up.** It means you stop choking the timeline.
- **Desperation creates static.** The more you obsess over "where is it," the more you delay the delivery.
- **Peace is the proof.** When you can chill without it, it's already on its way.

Try This Now:

Write this in your notes or speak it out loud:

"Even if it takes longer than I want, I trust it's working. I'm already blessed. I'm already on the path."

Take a walk. Take a breath. Take a nap. Your energy is your confirmation.

Chapter 7: Stay Ready

Nina got the job. Remote. Chill boss. Actual work-life balance. She lit the candle again — this time just to say thank you but something interesting happened. As soon as she started celebrating, **doubt snuck back in.**

“What if this doesn’t last?” “What if it’s a fluke?” “What if I lose it all?”

So she paused. Caught her breath. And remembered:

You don’t just align once.
You *keep* aligning.

Staying ready doesn’t mean being on edge. It means staying *available* for more.

What Nina Did Next

She kept doing what worked:

- She journaled what she was grateful for.
- She visualized what came next.
- She treated her peace like it was non-negotiable.

And then she started acting like this job was *just the beginning*. She didn’t wait to feel worthy. She didn’t wait to feel secure. She *decided* to. Every morning, she got up and said:

“What else is on the way?”

That’s staying ready. That’s receiving mode.

What This Story Teaches:

- **Manifestation doesn’t stop at arrival.** You keep watering what you’ve grown.
- **Fear of loss is just a test.** Shift your focus back to expansion.
- **Stay curious, not desperate.** The next blessing can’t come if you’re too scared to open the door.

Try This Now:

Say this out loud:

“I’m not done receiving. I’m just getting started.”

Visualize your next win like it’s already circling you. Because if you stay ready — you never have to get ready.

CHAPTER 8: THE SHORTCUT IS JOY

It wasn't the vision board that changed her life. It wasn't repeating her affirmations until her throat got sore. It wasn't meditating for hours or scripting every possible outcome. **It was joy.** Simple, light, electric joy. Nina figured it out while she was dancing in her kitchen, completely forgetting about the "how" and "when" of her manifestations. She was barefoot, blasting her favorite playlist, singing into a spoon like it was a Grammy mic. No vision board in sight. Just vibes and then her phone buzzed. It was the message. The dream offer. The call back. The opportunity she thought would take *months*. It showed up while she was *having fun*—not stressing, not trying, not chasing. That's when it hit her:

Joy is a signal. It's the frequency of YES. It means you're aligned, turned on, tuned in, tapped into Source.

The universe? It doesn't respond to grind. It responds to **vibration**. Joy is the **fastest goddamn WiFi connection** to your desires.

WHY JOY IS THE SHORTCUT

Joy puts you in a state of **receiving**. When you're genuinely having fun, your resistance drops. Your doubt disappears. Your vibration skyrockets. You're not thinking about what's missing—You're embodying the feeling of *having it already* and the universe? It doesn't need long explanations. It just responds to the vibe.

"Oh? You're vibin' like it's already done? Bet. Here it comes."

Nina used to manifest like this:

Ask. Stress about it. Wonder why it's not here yet. Scroll through Instagram comparing herself. Try again from a place of panic. Now? It looks like this:

Ask. FEEL GOOD. Follow her joy. Let it surprise her. Watching shit unfold like a Netflix plot twist. Joy isn't just a feeling—it's a magnet. It speeds up timelines, collapses doubt, and opens floodgates. Repeat this until you laugh out loud or tear up with how true it feels:

"The more fun I have, the faster it comes."

FINAL MESSAGE TO YOU, THE READER:

If you forget everything else. Forget the steps. Forget the scripts. Forget the strategies. **Remember the joy.** That's your true compass. That's your fastest route. That's the cheat code. When in doubt, dance. When you're stressed, play. When you're lost, laugh because joy isn't a reward for getting what you want. **It's the portal** and Nina? She doesn't wait anymore. She *celebrates early* because she knows—**The universe throws the best parties when you bring your own confetti.**