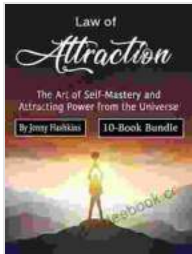


The Art of Self Mastery and Attracting Power from the Universe



Law of Attraction: The Art of Self-Mastery and Attracting Power from the Universe by Michael Aklin

★★★★★ 5 out of 5

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File size : 249 KB
Text-to-Speech : Enabled
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Word Wise : Enabled
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Print length : 256 pages



Self mastery is the key to unlocking your full potential and attracting power from the universe. When you have mastered yourself, you become a magnet for success, abundance, and happiness.

The good news is that self mastery is a skill that can be learned and developed. By following the principles outlined in this article, you can begin to transform your life and create the reality you desire.

The 7 Principles of Self Mastery

1. **Self-awareness:** The first step to self mastery is to become aware of your thoughts, feelings, and actions. This means paying attention to your inner world without judgment or criticism.

2. **Self-acceptance:** Once you have become aware of your inner world, the next step is to accept yourself unconditionally. This means accepting both your strengths and weaknesses, and seeing yourself as a worthy and valuable person.
3. **Self-discipline:** Self-discipline is the ability to control your thoughts, feelings, and actions in order to achieve your goals. This means developing the willpower to do what needs to be done, even when it is difficult.
4. **Self-confidence:** Self-confidence is the belief in your ability to achieve your goals. It is based on a foundation of self-awareness, self-acceptance, and self-discipline. When you have self-confidence, you are more likely to take risks and try new things.
5. **Self-motivation:** Self-motivation is the drive to achieve your goals without external rewards or punishments. It comes from within, and it is based on your values and beliefs. When you are self-motivated, you are more likely to persist in the face of challenges.
6. **Self-regulation:** Self-regulation is the ability to manage your emotions and impulses. This means being able to stay calm and focused under pressure, and to make rational decisions.
7. **Self-transcendence:** Self-transcendence is the ability to see beyond your own ego and to connect with something greater than yourself. This could be a higher power, a spiritual practice, or a cause that you are passionate about. When you are self-transcendent, you are more likely to experience love, compassion, and forgiveness.

How to Apply the Principles of Self Mastery

The principles of self mastery can be applied to all areas of your life. Here are a few tips on how to get started:

- **Start by focusing on one principle at a time.** Don't try to change everything all at once. Pick one principle that you want to work on, and focus on applying it to your life for a few weeks.
- **Set realistic goals.** Don't try to become a master of self overnight. Start by setting small, achievable goals that you can build on over time.
- **Be patient.** Self mastery is a journey, not a destination. It takes time and effort to develop the skills and habits you need to master yourself.
- **Don't give up.** There will be times when you feel discouraged. But don't give up on yourself. Keep practicing the principles of self mastery, and you will eventually see results.

The Benefits of Self Mastery

The benefits of self mastery are numerous. When you master yourself, you become:

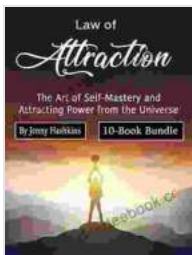
- More successful in all areas of your life
- More abundant and prosperous
- Happier and more fulfilled
- More resilient in the face of challenges
- A more positive and inspiring influence on others

Self mastery is the key to a more successful, abundant, and happy life. By following the principles outlined in this article, you can begin to transform

your life and create the reality you desire.

Remember, self mastery is a journey, not a destination. It takes time and effort to develop the skills and habits you need to master yourself. But the rewards are worth it. When you master yourself, you become a magnet for success, abundance, and happiness.

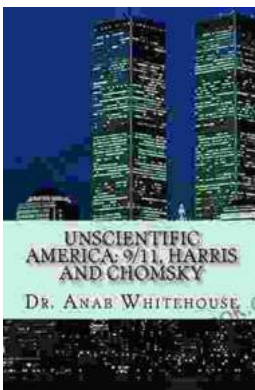
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