

Super Attractor Summary



1-Sentence-Summary: *Super Attractor* will help you become happier, find your purpose, overcome your fears, and begin living the life you've always wanted by identifying the steps you need to take to connect with a higher spiritual power.

Read in: 4 minutes

Favorite quote from the author:



Look at your life and ask yourself “Is this what I really want for myself?” Somewhere between college and starting work, you lost sight of your dreams. You also became cynical along the way, which makes life even more dreary.

But you don’t have to be stuck in a life that makes you miserable. You can escape, you just need the right tools. And that’s just what Gabrielle Bernstein can give you.

Her book *Super Attractor: Methods for Manifesting a Life Beyond Your Wildest Dreams* gives you the path to tapping into the powers of the Universe for success beyond your wildest dreams. There are invisible powers that can help you skyrocket your way to a life you love, and you’re about to find out how to connect with them.

These are my 3 favorite lessons from this book:

1. Every thought you have sends vibes out to the universe, the only question is whether they’re good or bad and which they’re bringing back to you.
2. It’s okay to want to feel good and admitting this is the first step to making positive energy a habit.
3. Appreciation is the best way to make your dreams become reality.

Are you ready to discover the power of being a spiritual being having a human experience?
Let's figure this out!

Lesson 1: None of your thoughts are useless, each one has either a positive or negative energy and brings the same back to you.

If you feel constantly unmotivated, tired, or afraid of the future, you're not alone. These feelings are completely normal and all too common. But they aren't permanent. You can change them if you align your energy with the Universe.

The first step to doing this is to understand how powerful your own brain is. In A Course in Miracles, author and clinical psychologist Helen Schucman identifies that "idle thoughts" don't exist.

In other words, every thought you have has an effect, either for positive or negative, on your life. **Everything you think sends energy out into the Universe, which responds according to what type you're sending out.**

So you're already putting vibes out to the Universe, but how do you make them good? Bernstein teaches the Choose Again method to make positive thinking a habit.

First, recognize your thought patterns and the feelings that come with them. Ask yourself what feelings you're having in each moment. As you consider these emotions you can see what kind of energy you're sending out.

Then, you need to forgive and thank your thoughts. The feelings that come with negative thinking might not be fun, but they give you valuable information about where to focus your attention. Express gratitude toward your thoughts for this.

And finally, choose again by asking the Universe to direct you to happier thoughts. Open your mind to new ideas about how to solve your problems.

Lesson 2: If you want to make having positive energy a habit, begin by admitting that you want to feel good.

Happiness is something we all want, but the more we chase it by striving for success, the harder it is to get. In the philosophy of spiritual leader Deepa Chopra, happiness for a reason is still misery because you can lose that reason at any time.

If you want to become a Super Attractor, you've got to learn how to choose to feel good just for the sake of it.

All your life you've been fed this idea that happiness comes from hard work, that you can't have it without suffering. This destructive thinking makes you believe that it's not okay to feel good, you need to work harder if you want to earn happiness. The truth is that you are worthy of good things and they can come easily.

To take advantage of this principle, use "think it to feel it." **The first step is to remember a past event that made you feel a positive emotion that you want to have again.** If you want to be happy, for example, think back to an experience that made you feel that way.

Next, declare how you'd like to feel. It's okay to want to have good things in your life, including emotions. Pick a mantra to match those feelings, write it down, and say it out loud every time you fall into negative thinking patterns.

Make sure to take the time you need to meditate and journal about these thoughts and how you're doing at sticking to what you want.

Lesson 3: If you want your dreams to happen, learn the power of appreciating where you're at and what you have now.

Life is constantly bombarding you with reasons to lower your positive frequency. It's easy when you get a flat tire or lose your wallet to become frustrated. But if you want to stay consistently at a high energy level, you must develop the habit of appreciation.

The author's project manager Jessica is one with whom she's experienced mutual gratitude that has helped both of them make their dreams happen. Their recognition of each other's strengths, skills, and energy lifted both of them higher.

Sometimes it's not so easy, however, when we have negative experiences that do benefit us but the good we gain from it is hard to see. Bernstein's friend Alex, for example, had a hard time with fixating on a bad business decision.

He remained anxious for months until he began to appreciate what he learned from it. Immediately, he began to see a way to move forward and leave the negativity behind.

You can start doing the same today. Even if it seems impossible to find the good in your difficulties, you can begin by focusing on what you have to be grateful for.

One thing that helps me is to look at the hidden benefit in frustrating situations. When my kids track dirt into my house, for example, the mess is just evidence that I get to have kids.

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Super Attractor Review

Super Attractor is great and reminded me a lot of Rhonda Byrne's *The Secret*. I wasn't the biggest fan of the mystical stuff in it or the way it treated negative emotions like they were to be avoided. Overall though it's an excellent book and I think that it will help you tap into a higher power for help achieving your goals!

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Who would I recommend the Super Attractor summary to?

The 34-year-old who is always negative and wonders why her life is so hard, the 59-year-old who feels anxious because they talk about news and politics too much, and anyone that wants simple ways to get a lot of help with making their dream life a reality!