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## Before You Start

We all have dreams and desires in childhood, but as we grow up, we often forget them and begin living according to society's expectations. We are not truly living — we are just surviving.

One day, when we look back after many years, we may realize that our life feels unfulfilled, with many unexpressed emotions buried deep within us.

Do you want to live like that?

Or do you want to fulfill your dreams and feel truly satisfied in your final moments?

Why does this happen?

It happens because of limiting beliefs formed by our environment — beliefs that are not true.

You already have the power within you to live your dream life. You already have everything required to fulfill your desires.

This book is here to guide you completely toward your dreams.  
Follow the practices sincerely, and transformation will happen.

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## Dedication

This book is dedicated to me.

**In this universe, everyone exists within me.  
I exist within everyone.**

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## Introduction

Why isn't your manifestation happening yet? What is stopping it?

You may be following all the practices, yet something still feels blocked. That does not mean it will not happen. It only means that something needs to shift.

Let us step back and analyze where the block is.

Ask yourself:

- Am I doing the practice with complete belief?
- What kind of self-talk do I have?
- Do I truly believe in my subconscious mind?
- What is my level of consciousness (Vilipunarvu)?
- Am I visualizing correctly?
- Etc....

This program is designed to help you identify the missing piece and correct it.

Once the block is removed, manifestation flows naturally.

Important Note:

Read **one chapter (one day)** per day.

On Day 2, practice both Day 1 and Day 2 together.

Continue adding each day's practice as you move forward.

— THE KEY TO —

# UNLOCK YOUR SOUL



21 DAYS STEP BY STEP  
LAW OF ATTRACTION GUIDANCE

STANLEE VARUN 

# **Day 1 – Gratitude Practice (Morning and Night)**

Compulsory for beginners – 2 minutes only Morning Gratitude Practice

When:

Immediately after waking up.

How:

- Sit comfortably in a cross-legged position.
- Place your hand on your heart.
- Close your eyes.
- Silently say “Thank you” in your mind.

Express gratitude for:

- Your health
- Every part of your body
- Your family
- Your friends
- Your work and income
- Your home

Important Rule:

Do not touch your phone for the first 30 minutes after waking up.

Why this practice matters:

Practicing gratitude for 21 days supports physical, mental, and emotional well-being.

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## Night Gratitude Practice

### Before Sleep Ritual

1. Switch off your phone at least 30 minutes before sleep.
2. Sit comfortably in a quiet place.
3. Place both hands gently on your heart.
4. Close your eyes and take a few deep breaths.

Step 1 (2 minutes):

Express gratitude for the good things that happened today — small or big.

Step 2 (2 minutes):

Give thanks for the blessings you already have, the same ones acknowledged in the morning.

Final Step:

Go to sleep feeling peaceful, content, and grateful.

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## **Day 2 – Meditation Practice (2 Minutes for Beginners)**

What is Meditation?

Meditation means doing nothing — simply sitting still and focusing on your breath.

Allow thoughts to come and go without reacting to them. Each time your mind wanders, gently bring your attention back to your breathing.

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Why is Meditation Important?

Before manifesting your desires, you must stop unwanted manifestations.

Unconscious negative thoughts create unwanted results in life. Meditation helps you become aware of these thoughts and slowly reduce them.

This is the foundation for conscious manifestation.

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When to Meditate

- After completing your morning gratitude practice
  - After taking a shower
  - In the evening at any time or before sleep
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How to Meditate

- Sit in a cross-legged position
- Place your hands facing upward
- Close your eyes gently
- Focus only on your breath
- Let thoughts pass without engagement

Remain calm, breathe deeply, and simply be present.

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## **Day 3 – Intention Writing Practice**

Before you begin manifesting, you must be completely clear about what you truly desire.

Spend one full day reflecting and deciding exactly what your heart wants. Clarity is power.

**Instructions:**

- Write your intention clearly
- Use a fresh notebook only for this purpose
- Keep it private
- Use different colored pens if you prefer

The mind processes thousands of thoughts daily. Writing brings focus and direction to your subconscious mind.

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### How to Write Your Intention

- Write in the **present tense**
- The emotion should feel like it has already happened
- Feel joy, gratitude, and fulfillment while reading

Examples:

- I am driving my car, and it feels wonderful.
- I am enjoying dinner with my lover.

Do not write intentions as future events.

Your emotions must say: "*It has already happened.*"

Read your intention every morning and night.

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## Day 4 – Train Your Subconscious Mind

### Why This Practice Matters

Your subconscious mind creates your reality.

Your current life is the result of your inner world.

To change the outer world, you must change the inner world first.

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### How It Works

- The mind cannot differentiate between real and imagined experiences
  - Visualization is accepted as reality by the subconscious
  - Repeated visualization becomes belief
  - Belief eventually becomes experience
- 

### Practice Instructions

1. Go to a quiet place and switch off your phone
  2. Sit comfortably and close your eyes
  3. Take a few deep breaths
  4. Visualize your desire as already achieved
  5. Use all five senses to feel the experience
-

## Important Note

Always follow this order:

1. Meditation
2. Visualization

Do not reverse the sequence.

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## Day 5 – Self-Love Practice (2 Minutes)

### What is Self-Love?

True love begins with loving yourself. When you love yourself, life, God, and the universe respond positively to you.

Self-love is deeply connected to your life energy. The way you think and feel about yourself reflects in how others and the world treat you.

You cannot change people or situations directly. They are mirrors of your inner beliefs, thoughts, and emotions. Real change always begins within.

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### How to Practice Self-Love

1. Stand or sit in front of a mirror.
2. Look into your eyes and say the following affirmations aloud:
  - I love myself
  - I accept myself
  - I am confident
  - I am beautiful and attractive
  - I am unique and wonderful
  - I am kind and respectful

### When to Practice:

Anytime in the morning.

Practice for 21 days consistently.

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## Day 6 – Affirmations Practice (2 Minutes)

### What Are Affirmations?

Affirmations are positive statements that help reprogram the subconscious mind. Money affirmations replace limiting beliefs about wealth. Relationship affirmations heal negative emotional patterns.

Your thoughts create your reality. Choose your words consciously.

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### How to Practice Affirmations

- Write them down
- Speak them aloud or mentally
- Listen to affirmation audio

#### Important:

Do not practice affirmations while cooking, driving, eating, bathing, or exercising. Full focus is required.

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### Best Times to Practice

- Early morning
  - Before sleep
- 

## Day 7 – Increase Your Practice Time

Over the past few days, you have practiced gratitude, meditation, intention writing, visualization, affirmations, and self-love.

Until now, each practice was done for 2 minutes to build consistency.

From today onward:

- Increase each practice to **5 minutes**
- Practice both **morning and evening**

This extended time helps reprogram the subconscious mind more effectively.

Stay committed. Transformation is already in progress.

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## Day 8 – Consciousness Practice

Most Law of Attraction teachings focus only on reprogramming the subconscious mind.

Subconscious reprogramming accounts for only a small part. True change happens through **consciousness (Vilipunarvu)**.

Everything begins with awareness.

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## Practice: Conscious Brushing

Brush your teeth with full consciousness twice a day.

### How to Practice:

- Listen to the sound of brushing
- Feel the taste of the toothpaste
- Observe the sensation of water

Within a few days, this practice will feel natural.

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## Day 9 – Conscious Bathing

Consciousness is not a concept; it is a daily practice.

Today's habit is bathing with awareness.

### How to Practice:

- Feel the temperature of the water
- Listen to the sound of flowing water
- Observe hand movements
- Notice the fragrance of soap or shampoo
- Remain fully present

Bathing consciously clears both body and energy.

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## Day 10 – Conscious Eating

True transformation begins with awareness in daily actions  
Bringing consciousness to eating improves not only physical health, but also emotional balance and energy.

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## Practice: Eat with Awareness

- Pause before eating and take a deep breath
- Feel gratitude for the food
- Observe the color, texture, and aroma
- Chew slowly and taste each bite
- Avoid phone and distractions
- Stay fully present with every mouthful

Mindful eating improves digestion, calmness, and satisfaction.

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## **Day 11 – Conscious Drinking**

Every sip can become a moment of awareness.

Drinking consciously refreshes the body, calms the mind, and balances energy.

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Practice: Drink with Awareness

- Pause before drinking
- Take a deep breath
- Feel gratitude for the drink
- Observe temperature and sensation
- Sip slowly
- Remain present without distractions

Conscious drinking invites stillness into your day.

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## **Day 12 – Hourly Conscious Breathing**

Every hour, pause for a moment.

Take three deep, conscious breaths

Bring awareness to your breath and

body. Observe how you feel.

This simple practice breaks unconscious negative patterns and returns you to the present moment.

It reduces emotional reactivity and supports conscious living.

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## **Day 13 – Gratitude While Eating and Drinking**

Express gratitude while eating food and drinking water.

Food and water nourish your body and sustain life.

Gratitude improves the quality of what you attract into your life and keeps your awareness in the present moment.

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## Day 14 – Conscious Decision Practice

Decide to be fully conscious during your next activity.

This may be brushing, bathing, or eating.

Stay mindful throughout the activity.

At the end, pause and reflect:

“Was I truly conscious during this activity?”

This habit gradually increases awareness and clarity in daily life.

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## Day 15 – Increase Inner Power

Over the past two weeks, you have consistently practiced gratitude, meditation, intention writing, visualization, affirmations, self-love, and consciousness practice

Now it is time to take everything to the next level.

From today onward:

- Increase each practice to **10 minutes**
- Practice both **morning and evening**

Deeper engagement strengthens subconscious reprogramming and accelerates transformation.

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## Day 16 – Live as If It Has Already Happened

Set your mindset as if your manifestation has already come true.

Feel joy, excitement, gratitude, and fulfillment throughout the day.

Do not ask **how** or **when** it will happen.

Doubt creates resistance and blocks manifestation.

Trust the universe completely and surrender with full faith.

Your belief is your greatest power.

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## **Day 17 – Inner World Focus**

Your inner world shapes your outer reality.

Everything you experience externally is a reflection of your inner state.

Do not dwell on the outer world — it represents the past.

Focus on creating internally.

Even if your manifestation has not appeared yet, continue creating it within.

When it becomes real inside you, it will soon become real outside.

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### Day 18 – Acceptance Practice

Everything happens for a reason.

Each event follows universal law.

Your thoughts emit energy, and the universe responds with matching people, situations, and experiences.

Resistance creates suffering.

Acceptance creates alignment.

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### Practice

For the next 24 hours:

- Accept everything as it is
- Do not judge
- Do not complain
- Do not get angry
- Do not feel victimized

Remain in acceptance and flow with the universe.

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## **Day 19 – Non-Judgment Practice**

Do not judge anything — simply accept.

Judgment, especially negative judgment, strengthens unwanted experiences.

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#### Affirmation

Today, I observe everything without judgment.

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## Day 20 – Managing Negativity

Feeling negative sometimes is natural.

Remaining negative is the real problem.

Whenever negativity arises:

- Pause
- Take three deep conscious breaths
- Return to the present moment
- Replace negativity with positive thoughts for one minute

Do not allow negativity to spread throughout your day.

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## Day 21 – Observation and Affirmations

When negative thoughts or emotions arise:

- Observe them without reacting
- Focus on your breath
- Allow thoughts to come and go

Understand this truth:

“These thoughts are not me.”

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#### Practical Steps

1. Observe the thought
  2. Allow it without judgment
  3. Take three conscious breaths
  4. Return to the present moment
- 

#### Affirmations

- I am safe
- I am happy
- I am healthy
- I am rich
- I am love

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Worksheet **Worksheet** ( download worksheet from this link:  
[ <https://www.spritualhometamil.com/> ] )

Use the worksheet to:

- Track daily practices
- Note emotional shifts
- Observe patterns
- Record insights

Consistency creates transformation.

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## ❖ This Is Not the End — It Is a Signal

If you have sincerely practiced even a few days from this book,  
you may already feel something changing.

A slight shift.

More awareness.

More questions.

More sensitivity to your inner world.

This is not coincidence.

This is the **universe responding**.

When awareness increases, life begins to call you forward.

Some people stop here — and that is okay.

Some feel a deeper pull — and that is not accidental.

If you are reading this with curiosity, emotion, or inner resonance,  
it may not be the mind reading anymore.

It may be your **soul calling for expansion**.

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## ❖ When the Universe Calls, You Have a Choice

You can continue alone,  
or you can walk with **structured guidance**.

You can keep practicing occasionally,  
or you can **commit to real inner change**  
Manifestation is not about wishing.  
It is about **alignment, consistency, and consciousness.**

To support those who feel ready for the next step,  
I have created **free and advanced guided programs.**

Choose only if it feels right.  
There is no pressure.  
Only readiness.

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## ❖ Free Courses (Foundation Support)

These free courses are created to help you **experience guidance** before choosing anything deeper.

They are simple, practical, and aligned with this eBook.

### ⌚ Free Course 1

Law of Attraction – Basics with Understanding

- How manifestation really works
- Common mistakes people make
- How to practice correctly without confusion
- Realistic and grounded explanation

### ⌚ Free Course 2

Daily Practices for Inner Alignment

- Simple awareness practices
- Emotional balance
- Building consistency
- Living consciously in daily life

These courses help you **strengthen the foundation** and understand whether this path truly resonates with you.

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## ⌚ If You Feel Ready to Go Deeper

Some transformations need more than information.  
They need **guided structure.**

For those who feel ready to change money patterns, relationships, career direction, and inner purpose, the following programs are available

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## Standard Program

Step-by-Step Manifestation with Inner Balance

This program is designed for those who want **clear direction and structured practice.**

Focus Areas:

- Money manifestation
- Love and relationship alignment
- Job and career clarity
- Step-by-step manifestation process
- Passion discovery & spiritual awakening

Includes:

- Guided audio affirmations
- Guided visualization practices
- Subliminal audios
- Clear daily process

This program is suitable if you want to **transform life areas** while staying self-driven with guidance.

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## Premium Program

Deep Inner Transformation & Conscious Living

This program is for those who feel a **strong inner call** and want deep, lasting change.

Includes:

- 30 days recorded full Law of Attraction program
- 21 days consciousness and awareness training

This is not just about manifestation.

It is about **changing how you think, feel, and live.**

Best suited if you want:

- Deep subconscious transformation
  - Strong consciousness development
  - Inner clarity and emotional mastery
  - Living aligned with universal laws
- 

## A Gentle Reminder

Do not choose from excitement.

Do not choose from fear.

Choose only if something inside you says:  
“It’s time.”

When the soul is ready,  
the universe always provides the path.

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## ☞ **Next Step**

To learn more about the free courses or guided programs,  
visit the official page below:

[ <https://www.spiritualhometamil.com/> ]

Email id: [stanleevarun003@gamil.com](mailto:stanleevarun003@gamil.com) share your reviews

## **WHY I AM MANIFESTING?**

- ✓ I REALLY WANT THIS MANIFESTATION?**
- ✓ WHAT I REALLY WANT?**
- ✓ WILL I DO ANYTHING FOR MY MANIFESTATION 100 OUT OF 100?**
- ✓ IF ANSWER IS YES THEN ARE YOU READY TO DO ALL PRACTICE FOR NEXT 22 TO 66 DAYS?**

**IF I WANT I WILL PRACTICE**

**IF I DON'T WANT I WILL NOT PRACTICE**





## DAILY MIND & CONSCIOUSNESS PRACTICE

### Subconscious Mind Reprogramming

(Practice twice a day)

- ♥ Gratitude – 10 minutes (After waking up & before sleep)
  - ⌚ Intention Reading – 1 minute
  - 💧 Fresh Up
  - 🧘 Meditation
  - 👁 Visualization
  - ❤ Self-Love Practice
  - ❝❞ Affirmations
- } 2 times a day  
(morning and evening)

### Consciousness Practice

(Throughout the day)



While you brush, bath, eat, drink,  
Pause and take 3 slow, conscious deep breaths  
(At least once in each activity)

### Daily Affirmations

#### ♥ In free time:

- I am safe.
- I love and accept myself.
- I trust life.

#### ♥ When facing challenges:

- All is well.
- Everything is working out for my highest good.
- Out of this experience, only good will come.
- I am safe.

Consistency creates clarity. Awareness creates change.

## **ASK THIS 2 QUESTION DAILY MORNING**

### **MORNING**



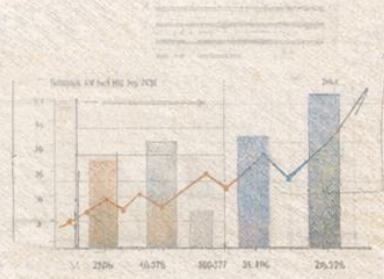
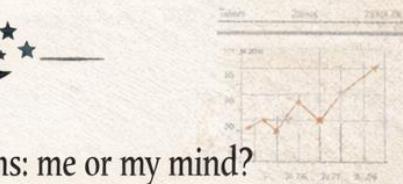
1. Today I'm going to control my mind or my mind going to control me?
2. Why I'm waking up today? Why I'm here?

### **NIGHT**



1. Today which one wins: me or my mind?
2. "Did I do the work for which I woke up today, or not?"

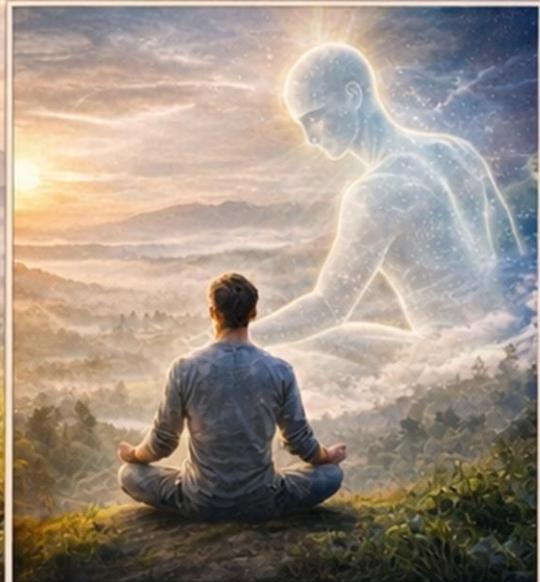
Top 500 by Day 10 - Interviews  
Interviews 1000+ - Interviewed 1000+  
Interviews 1000+ - Interviewed 1000+  
Interviews 1000+ - Interviewed 1000+  
Interviews 1000+ - Interviewed 1000+



## — THIS BOOK ABOUT —

This book helps you to learn the Law of Attraction in a spiritual way, with practical steps to apply in day-to-day life. It shows how our inner world shapes outer reality and how to realize our soul and its purpose. When one applies the practice for six months, their life could be transformed.

**READ NOW AND START YOUR PRACTICE TODAY**



YOUR SOCIAL MEDIA LINKS HERE