

How To Allow

Working with the
Law of Attraction to
Allow Your Natural Well-Being



SUSAN SHEARER YOUNG



How To Allow

TABLE OF CONTENTS

REVISED AND UPDATED INTRODUCTION	5
INTRODUCTION	10
WHY THIS COURSE WAS CREATED	16
HOW THIS COURSE CAME ABOUT	19
LAW OF ATTRACTION AND ALLOWING—THE BASIC PRINCIPLES ...	24
UNDERSTANDING THE CONCEPT OF ALLOWING	29
BEING AWARE OF YOUR VIBRATION - YOUR EMOTIONAL GUIDANCE SYSTEM ...	31
INTRODUCTION TO THE SYSTEM—THE DAILY TOOLS	37
LESSON ONE: MAKING ONE DECISION	38
LESSON TWO: SETTING YOUR INTENTIONS	50
LESSON THREE: LAYING YOUR FOUNDATION - MAKING PEACE WITH WHERE YOU ARE	62
LESSON FOUR: THE FIRST DAILY TOOL - TUNING UP YOUR VIBRATION	77
HOW THE PROCESS FOR TUNING UP YOUR VIBRATION WORKS	86
UNDERSTANDING THE GOAL OF THE TUNING UP PROCESS	91
TUNING UP YOUR VIBRATION—THE PROCESS!!	94
LESSON FIVE: THE SECOND DAILY TOOL - GOING WITHIN AND RELEASING RESISTANCE	123
LESSON SIX: ANY BLOCKS? - RELEASING FALSE BELIEFS	134
LESSON SEVEN: ALLOWING IMPROVED RELATIONSHIPS	154
LESSON EIGHT: HELPFUL TIPS FOR STAYING ON TRACK	164
LESSON NINE: INSPIRED ACTION - LIVING LIFE IN THE FIELD OF APPRECIATION	174
RECOMMENDED RESOURCES	183





How To Allow

Revised and Updated Introduction

When I sat down to begin writing *How to Allow*, I was filled with a sense of purpose, an overwhelming desire to share what I had learned about the Law of Attraction. I had known about the Law of Attraction for years; I was absolutely certain that I was creating my own reality with my thoughts. The whole concept of God and Universal Energy now made complete sense to me. It was such a relief to learn that we had been given the freedom to choose whatever we wanted in life, that nothing is being imposed upon us.

Although I was quickly reminded of that famous wisdom, “with great freedom comes great responsibility.” In this case, the freedom to choose exactly what we want in our lives had a bit of a Catch-22, or what seemed to me at the time to be a similar hurdle. While we live in a world where absolute Well-Being is intended to be the norm for us, and we have the ability to be, or do or have whatever we desire, we have to generate a vibration that matches our desires, the good feelings of already having what we want, before we can allow what we want into our lives. That purposeful creation of feelings matching the high vibration of our desires is what is known as “Allowing Your Natural Well-Being.”

When I learned this important piece of information about the Law of Attraction, I just did not find it easy to





How To Allow

consistently get myself into those good feeling vibrations that matched my desires before I had actually received the desires in my physical reality. It was to be an ongoing lesson, one at which I have become better and better. But, once you know this important information and are able to prove to yourself that you can create what you want, it can become very easy to be judgmental about yourself and your efforts. When things aren't going the way you want, it can become far too easy to feel discouraged, as if you just aren't good at deliberate creation, that you just can't manage your own vibration, that is, the thoughts and accompanying emotions you are feeling. I knew that I could find a way to get better at this and create more of the things I wanted in my life.

I received incredible intuitive guidance, which nearly knocked me over, that I was to write a book that provided a system of simple rituals that people could follow so that they would really understand how the Law of Attraction works and, most importantly, see the evidence of their efforts for themselves. This evidence would allow people to know that they could be good at deliberate creation. And, it would only get better from there. I knew that these rituals worked for me; I had stopped feeling like I was a sloppy creator (most of the time), and knew that this simple approach could help others to finally get a real handle on working with the Law of Attraction.

I imagined this book, of course, and felt the feeling of having created this book, before I brought it into





How To Allow

being. Otherwise this book would not exist. That's just the way the Laws of the Universe work. I imagined people buying this book and benefitting from this book because that is exactly what I desired. When I completed this book, I knew that in order for it to reach other people looking for this information, I needed to love my book, to believe it was the amazingly helpful guide that it was intended to be. And, as I re-read my book, I felt that incredible feeling that this book *is* really great. It *is* going to help lots of people. It really *is* the best book, or one of the best books, out there right now on the Law of Attraction. It's one of the few to focus on the Allowing part of the equation, which is really the only part of the process that is our work if we want to create the lives we want.

What I didn't imagine in exact form, but what resulted from this visualizing and imagining, was lots and lots of people writing to me and telling me that *How to Allow* had literally changed their lives for the better in some amazing ways. Even some Law of Attraction experts told me that they finally “got it” after reading this book, in a way they had never understood it before. One person contacted me to tell me that she wanted me to know that my book had saved the mother of two young children, as she had been so discouraged that she had considered taking “lots of pills” prior to listening to *How to Allow* on audio. She said the book had given her hope that happiness was possible. That was very unexpected and continues to be something I will never forget.





How To Allow

A prominent radio host told me, “You are so smart; you are the first person to be able to take all of that complex information and make it easy to understand.” She said she had finally really “gotten the Law of Attraction” for the first time. So that Harvard Law degree that was languishing while I was absorbed with this journey wasn't a wasted effort. All of that work to become more analytical was helpful in taking esoteric concepts and revealing them in a way that was easy to apply. It was all very gratifying to hear.

What I also had not visualized exactly, other than within the emotion of loving my book, was that *How to Allow* would win the award for “Best of Books on Law of Attraction for 2012.” I could not have imagined winning that award, as I hadn't known that it existed. It was wonderful to see that my efforts were being appreciated and that people were benefitting so much from my attempt to pass on what I had learned through my life experiences. Although the outcome of winning the award felt fantastic, I'm not sure that I didn't feel even more fantastic about seeing that my visualizing and focusing upon my book as “the best or, one of the best, books out there on the Law of Attraction” had worked so perfectly to create a book judged as Best of Books on Law of Attraction. How could there be a better example of how these principles really work? And, I continue to learn more about how the laws work every day and know that it can get better and better and better.





How To Allow

Although *How to Allow* was originally published as an e-book, a Kindle, Nook and Apple book, among others, and then an audio book, many people have asked for a copy of the book that they could hold in their hands. Some have asked for an autographed copy, which was impossible to pull off with an e-book. So, while *How to Allow* has helped so many and continues to help more people “get it” in it's current form, I received my marching orders from above to create an updated print version for those who are looking for and attracting that into their lives.

So, a huge thank you to the many, many people who have related their successes and improvements in their lives after reading this book. You have made me feel as if every bit of effort, which has been mostly a complete pleasure, has been worthwhile. Thank you for helping me to create exactly what I wanted to manifest into my life. I can't wait for the next chapter.

Susan Shearer Young





How To Allow

What kinds of things will you learn in this course to help you to Allow yourself to connect with the Infinite Intelligence of the Universe?

You'll learn to raise your vibration to a consistently higher level through the use of two simple daily rituals. You will actually raise your vibrational set point, the frequency you gravitate toward regularly.

You'll learn tools to help maintain your vibration throughout the day or when faced with challenging circumstances.

You'll learn to be aware of where you're vibrating and how to ramp up your vibration before undertaking tasks in your day, so that you'll have the outcome you're hoping for more often.

You'll also learn how to pay less attention to, and sometimes to ignore, your "reality" (if there's room for improvement) and to focus upon your desires so that they become your new reality.

And, what kinds of things can you expect to happen in your life when you Allow yourself to connect with Infinite Intelligence on a regular basis? Although this course will be filled with practical examples, I'll mention some of the results I've seen when people begin managing their vibration on purpose. When you make raising your vibration a top priority, you engage the resources of Infinite Intelligence, which go to work to fulfill your desires. Infinite Intelligence or Source

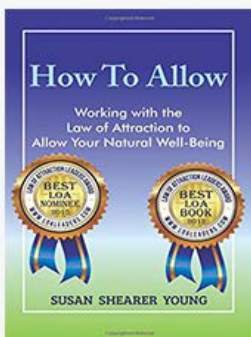




How To Allow

Energy brings together a cast of thousands to line up people, circumstances and events, which combine to deliver just what you've asked for. In my own life and that of my family, friends, and people I've counseled, I've seen miraculous results:

- Relationships that seemed beyond repair were mended.
- Illnesses have been healed.
- Money has arrived from unexpected sources.
- Long-awaited partners have been attracted.
- Objects and resources have materialized.
- Other family members have begun to thrive.
- Guidance has been received.
- “Coincidences” providing contacts, resources, or information have occurred.
- Small “everyday” miracles happen often.



**ENJOYED THIS SAMPLE?
GET YOUR COPY OF
*HOW TO ALLOW***

ADD TO CART