



ATTRACT ANYTHING FAST

THE ART OF MANIFESTING

K A Y S E R G E . C O M



ATTRACT ANYTHING FAST

We don't attract what we want, we attract what we are. This book will show you how to become what you want to attract.

K A Y S E R G E . C O M



KAY SERGE

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I was born in central africa in a country called Cameroon. My parents had 7 children and i am the first one. 7 is also my lucky number. I was born on march the 7th , i was born on the 7th day of the week. We had no running water, my brothers and i used to walk long hours to find potable water and we didn't have electricity neither. My parents used to tell me that if i want to have a great life, i must study hard. So i listen to them and i studied hard. At 20 years of age i got out of Africa and kept on stuying. I got university degrees but i was not experiencing great life. In fact i was behind my bills and my goals. I realised then that something was wrong with that system. That's when i decided understand what was not going right.

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INTRODUCTION

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YOU ARE NOT A VICTIM

The lack of understanding makes most people live their lives feeling hopeless, feeling powerless and live their lives as victims of their circumstances and victims of their environment and victim of other people. But the reality is totally different. Humans are the only creatures that are totally lost in their own environment. They don't know who they are, they don't know why they are here, they do not understand how their mind works.

Humans are spiritual beings living a physical experience. In fact we are vibrational beings living in a vibrational world. and we interact with the universe every single second. We are constantly sending and receiving signals into the universe. and this is how we create. The problem is that most people don't understand and are not even aware of the creation process that we have as humans and that's mainly why most people are struggling around the world.





CHAPTER 1

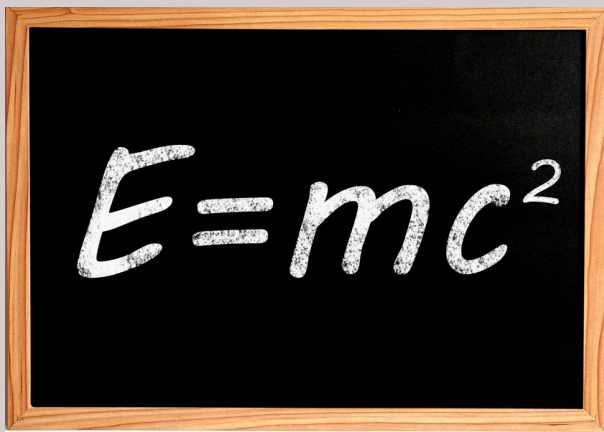
KNOWING WHO YOU ARE

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UNDERSTANDING WHO YOU ARE

The biggest part of you is invisible.

you are not a physical being living in a physical world. You are a vibrational being living in a vibrational world.



“Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.”

Albert Einstein

We are all a mass of energy and we are both an energy transmitter and an energy receiver. We send signals every single second into the universe and we receive signals every single second from the universe. Most people are not even aware of this fact.

This is who you are, more powerful than what you think. So we interact with the universe every day, every minute, every second, whether we know it or not. Humans are creators, we create our circumstances we create our lives every day.

- Every thought is a signal we send into the universe.
- Every emotion is a signal that we send into the universe
- Every feeling is a signal we send
- Every word we speak through our conversations with ourselves or with other people is a signal we send into the universe.

This is how humans create their circumstances and their world.

Most people are not aware of the tremendous power they have, that’s why they are struggling. Because having power and not knowing that you have one is exactly the same thing as not having it at all.

There is a miracle working power in each one of us and being aware of this will change your life.

UNDERSTANDING WHO YOU ARE

There is no limits on what we can do as human beings, no one knows your limits, even yourself.

The only limits we have are those we have put on ourselves and those we have let other people put on us.

The society raised us to believe that we are limited, to believe that we are small.

Here is the thing : **there is nothing small about a human being.**

“greater is he that’s in you than he that’s in the world” Never underestimate yourself. That’s why the book of life says

“ be not conformed to this world but be transformed by the renewing of your mind”



2

CHAPTER

MASTERING YOUR ENVIRONMENT

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MASTERING YOUR ENVIRONMENT

Nothing stands still in the universe. Everything you see around you is vibrating at a different speed.

So we are living in an ocean of vibrations, an ocean of energy and we are a mass of energy. This is something that you want to understand, this will totally change the way you look at yourself and at your environment and everything you do.

“If you change the way you look at something, the thing you are looking at will change”

Wayne Dyer

Keep in mind the followings :

- we are living in an abundant universe
- we are living in a loving universe
- everything in the universe operates by law
- everything you need is already here, nothing is created nor destroyed
- we are living in an impartial universe

MASTERING YOUR ENVIRONMENT

- we are living in an intelligent universe
- Everything you see in your outer world is a reflect of you inner world. This is where most people are falling short because they were raised to live the other way around.
- everything you send out into the universe comes back to you in one way or another with the same frequency, the same vibration in which it was sent out.
- when i talk about sending out something, i want you to understand that humans send things into the universe every single day. And the things that we send are called : thoughts, words, emotions, feelings.

MASTERING YOUR ENVIRONMENT



Your environment, in other words the universe is designed in such a way that you should have anything you want effortlessly.

There is no need to suffer, we are supposed to enjoy the beauty of the universe and use the abundance of the universe.

We are struggling only because we do not understand how our universe operates and we are trying to do it our way.

If we just learn and understand the laws of the universe and make a committed

MASTERING YOUR ENVIRONMENT



decision to live in harmony with them, the universe will always, i said always give us what we want.

Having what you want is not a matter of being a good or being a bad person, it is a matter of living in harmony with the laws.

Because the same causes always produce the same results. That's how this universe was created and that's how it works.

Our job as humans is to learn and to speak the universe language.



3

CHAPTER

WORKING WITH THE LAWS

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WORKING WITH THE LAWS

Everything in the universe operates by law and there are 12 main universal laws :

- 1- The law of vibration
- 2- The law of attraction
- 3- The law of cause and effect
- 4- The law of relativity
- 5- The law of compensation
- 6- The law of polarity
- 7- The law of gender
- 8- The law of rythm
- 9- The law of perpetual transmutation of energy
- 10- The law of devine oneness
- 11- The law of inspired action
- 12- The law of correspondence

We won't have time here to go in details of each one of those laws but i am going to give you the main, lines of every one of them so that you can start using them in your every day life.

WORKING WITH THE LAWS

THE LAW OF VIBRATION



States that everything vibrates , everything is in constant motion, nothing stands still.

In other words, we have our own frequency of vibration. And that frequency determines what we attract in our lives. And this happens at the subconscious level, meaning that we are not aware of our frequency but we can tell which vibration we are in through the results we get.

The good news is that you have the capacity to change your vibration.

You can raise your vibrations through different techniques such as meditation, mindfulness, walk in nature, sun bath, gratitude, positive thinking, practicing kindness...

WORKING WITH THE LAWS

THE LAW OF ATTRACTION



States that you get what you focus on the most and that like attract like.

In other words, we attract what we focus on and what we believe is true or what we believe we can have. Notice that the law of attraction is the secondary law because the primary law is the law of vibration. In order to attract you must raise your vibrations at the level of the things that you want to attract.

Here is something : we don't attract what we want but we attract what we are at the core level.

WORKING WITH THE LAWS

THE LAW OF CAUSE AND EFFECT



States that every cause has an effect.

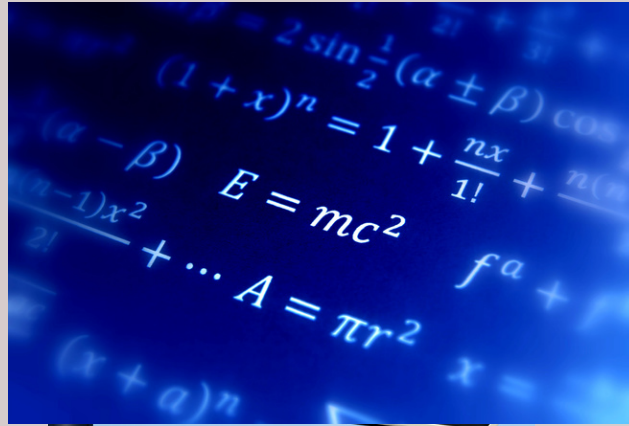
In other words, when we do something, even if we don't see the effect right away, it will come back to us in one way or another.

Every action we take, be it good or bad has a reaction.

That 's why we must grow in awareness and become an observer of ourselves.

WORKING WITH THE LAWS

THE LAW OF RELATIVITY



States that everything is neutral, things just are.

According to how we see and compare things in our world, the things change according to our perspection.

Sometimes we can feel bad about a situation only because we are comparing it to someone else's situation.

If we can just be grateful for what we have without comparing it to what someone else has, we will feel more better.

WORKING WITH THE LAWS

THE LAW OF COMPENSATION



States that as you sow so shall you reap.

It says that you will always be compensated for your efforts and for your contribution, whatever it is, however much or however little.

In other words by serving and helping others, you are serving and helping yourself. And there are many ways you can serve and help others.

WORKING WITH THE LAWS

THE LAW OF POLARITY



States that everything in life has an opposite; good and evil, love and hatred, warmth and cold north and south, east and west, tall and short, big and small...

To make it more clear for you, just keep in mind that if you are facing a challenge of anykind in your life, focus your attention on the other side, the opposite and you'll find a new perspective.

“When one door closes another door opens; but we often look so long and so regretfully upon the closed door that we do not see the ones which open for us.”

Alexander Graham Bell

WORKING WITH THE LAWS

THE LAW OF GENDER



States that there is a masculine energy and a feminine energy in all things.

We are living in a society that operates mostly out of masculine energy.

In order to achieve a more balanced life, you must learn to use both feminine and masculine energy.

**“Sexuality is who you want to be with.
Gender identity is who you want to be in the
world.”**

Hary Nef

WORKING WITH THE LAWS

THE LAW OF RYTHM



States that everything comes in cycles. Everything in the universe is a dance.

Cycles are a natural part of the universe. Seasons always come in cycles, ups and downs always come in cycles, planets always go round in cycles. And we are not different as humans. Our lives go in cycles, we have winter times in our lives : economic winter, relationship winter, health winter. When you face winter times just remind yourself that it doesn't stay always, this too shall pass.

After the winter, comes the spring, after the spring comes the summer. So tough times never last, but tough people do.

WORKING WITH THE LAWS

THE LAW OF PERPETUAL TRANSMUTATION OF ENERGY



States that energy is always moving from the non physical to the physical and from the physical to the non physical.

To give you an example let's take a glass of water. The glass is energy and water is also energy. Now if you heat that water it will start boiling and we'll call it steam and if we keep heating the steam it will turn into a gas. Same energy but in a different form. And we can do the same thing from non physical into the physical.

We can use this same law in our own life by changing our negative thoughts, feelings and emotions into positive ones.

WORKING WITH THE LAWS

THE LAW OF DIVINE ONENESS



States that all things in the universe are interconnected.

Our thoughts and actions are connected even if we cannot see it with our physical eyes.

When you start getting aware of this law you will understand that we are all one and that the differences that we can see with our physical eyes are only appearant.

WORKING WITH THE LAWS

THE LAW OF INSPIRED ACTION



States that in order to manifest what we want, we must take those little steps that are required in order to make our dream a reality.

Getting quiet, listen to our inner guidance, slowing down, being present, letting go of the need to control the process.

WORKING WITH THE LAWS

THE LAW OF CORRESPONDENCE



States that patterns repeat throughout the universe, and on a personal level, our reality is a mirror of what's happening inside us at that moment. Think "As above, so below. As within, so without.".

Just understand that everything that is happening in your life is not happening to you but it is happening for you. It's simple an indication of your inner state at that time. If you want to fix it just go within because there is nothing to fix in the outer world.



CHAPTER 4

RAISING YOUR VIBRATIONS

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RAISING YOUR VIBRATIONS

Because we don't attract what we want but we attract what we are, it is important to raise our vibrations and to stay in those high frequencies to make sure to attract in our lives the good things.

There are many ways to raise your vibrations and i am going to give the most practical ones:

- Know what you really really want
- visualize
- meditate
- eat healthy food
- practice gratitude
- practice positive thinking
- be kind to people and to yourself
- live a service centered life
- believe in the process
- and relax

No matter what happens in your life, you can still chose to stay in those high vibrations



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CHAPTER

GETTING WHAT YOU WANT

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GETTING WHAT YOU WANT



The first step here is to know what you really really want. You will be surprised because most people don't know what they want and that's one of the reasons they are not getting it.

You want to know what you want in details, be specific about it.

Here is the thing: humans are creatures of habits. We have created our habits and now our habits are controlling our lives.

GETTING WHAT YOU WANT

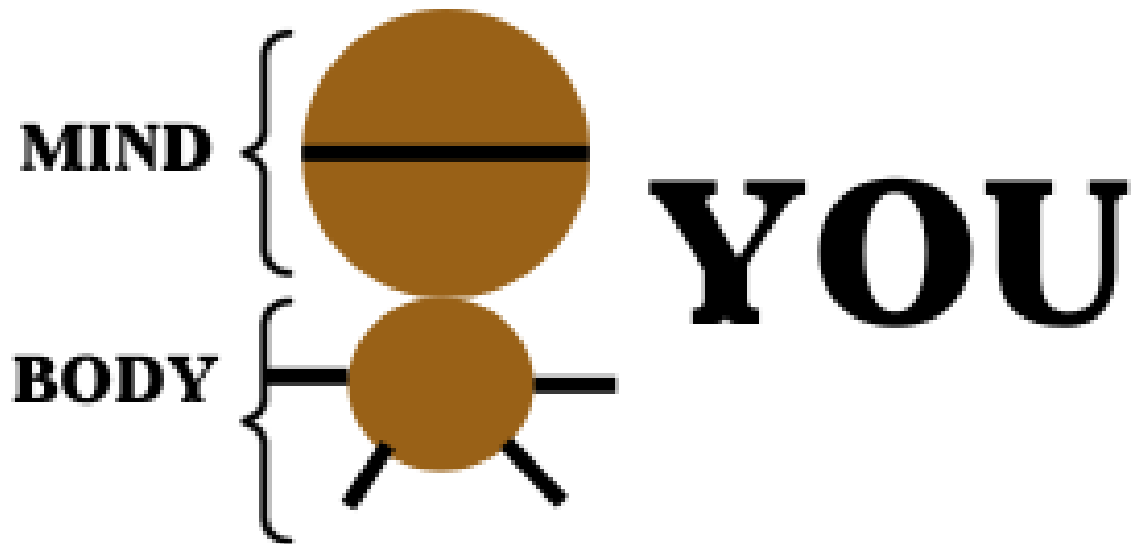
We have all being programed by life since our birth and most of these programs are negative and are preventing us from achieving greatness.

So in order to manifest what we want we must be willing to change our paradigm. A paradigm is a mental program that we have in our subconscious mind that controls our life.

If these paradigms stay in place, nothing changes.

And we reprogram our mind our subconscious mind through repetition.

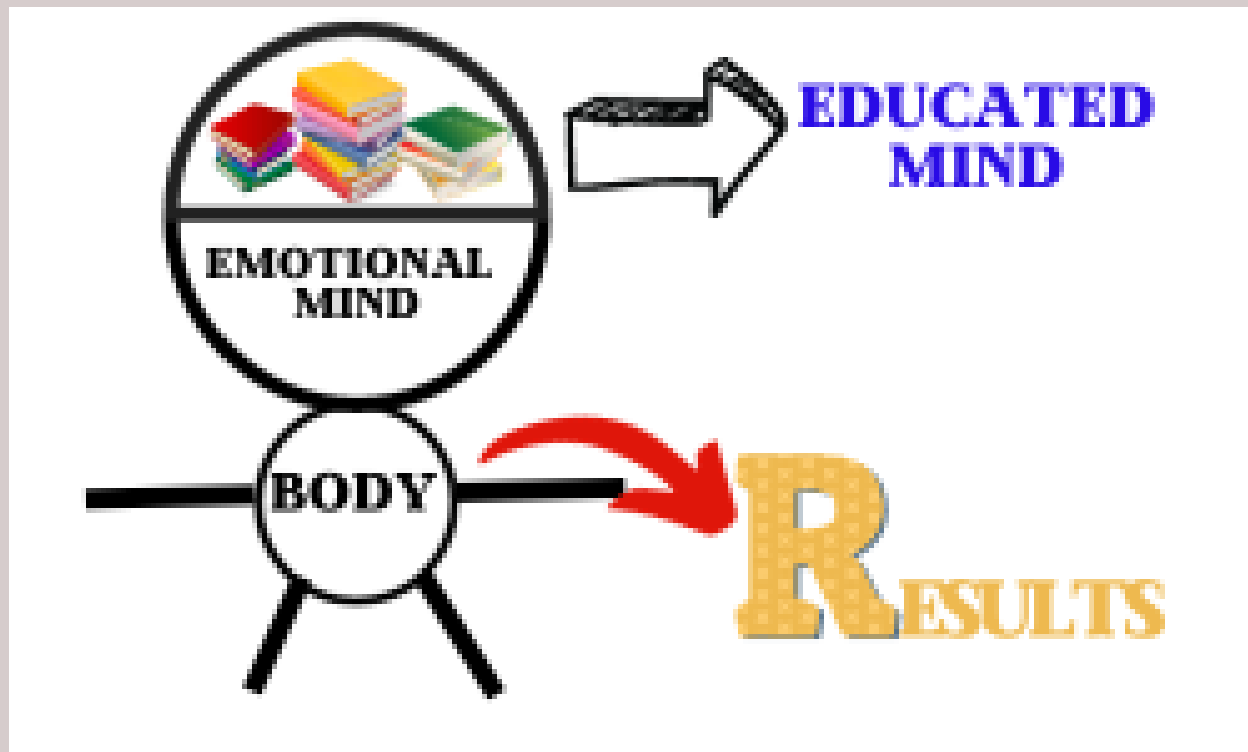
GETTING WHAT YOU WANT



This is you, your mind is divided into two parts:

- the top part is your conscious mind also called intellectual mind
- the lower part is your subconscious mind also called emotional mind
- and you have your body

GETTING WHAT YOU WANT



You think with your conscious mind. All your books all your degrees are also in your conscious mind.

But your results are controlled by your subconscious mind. That's why nothing changes if the paradigm stays in place.

To change our results, we must change the program or the paradigm on our subconscious mind through repetition.

This how we do that: we generate a new idea (what we want) in our conscious mind

GETTING WHAT YOU WANT

Then we start impressing that new idea on our subconscious mind through repetition. After a certain period of time, this new idea starts overwriting the old negative bad mental program.

Now by doing this over and over again we create a new paradigm that will produce the kind of results we want.



BECOME A PERPETUAL LEARNER

Life is always teaching us stuff so you want to become a perpetual student because life never stops teaching. School doesn't end after you have graduated, it just begins.

BE

Decide to be the person you want to become. Think and act like that person



DO

Take action, start doing the things that that person would do

HAVE

By being that person and by doing the things that that person would do, you will have what you want



A close-up photograph of an aloe vera plant with its characteristic thick, green, serrated leaves. The plant is positioned in the foreground, with some leaves extending towards the center of the frame. The background is a plain, light-colored wall. A large, white, rounded rectangular box is superimposed over the center of the image, containing text and a quote icon.

“

“All of this abundance begins to shine through a mind that is aware of its own infinite nature. There's enough for everyone. See it. Believe it. it will show up for you.”

Unknown author

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CONCLUSION

Life is not supposed to be a struggle and people are struggling because they don't know and they don't know that they don't know. they lack awareness. But we have the capacity as humans to create our lives, to create our world and live life on our terms.

S U B S C R I B E A T

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