

## **Interview with Aiman A AL-Maimani, author of *Law of Attraction Handbook: Revealing the Secrets to Manifest Your Desires Instantly to Success***

Today, Tyler R. Tichelaar of Reader Views is pleased to interview Aiman Al-Maimani, who is here to talk about his new book “Law of Attraction handbook: Revealing the Secrets to Manifest Your Desires Instantly to Success.”

*Aiman Al-Maimani has a wonderful wife, three phenomenal children, a great job and financial freedom. How did he do it? By diligently and consistently applying the principles of the Law of Attraction to his everyday life. Today he is here to share with us information from his new book and tell us how we can always have the lives we've always wanted.*

**Tyler:** Welcome, Aiman. I'm very excited to talk to you today since I have been trying to use the Law of Attraction in my own life for the last few years. To begin, will you give us a definition of the Law of Attraction?

**Aiman:** In simple terms, the Law of Attraction brings to you what you focus your attention on.

**Tyler:** What do you think is the most important point to make about how the Law of Attraction works?

**Aiman:** We are all using the Law of Attraction in our daily lives—every one of us, whether we know or understand the Law of Attraction or not. So it's important to become aware of our thoughts and feelings and how they contribute to what shows up. You have to be conscious of what you're putting out into the Universe.

**Tyler:** So, are you saying what we think determines what happens in our lives or what comes into our lives? How is this different from imagination or positive thinking?

**Aiman:** There is a “knowing” feeling that comes when you know you are in the flow with the Law of Attraction. When you have that feeling it seems people and circumstances also seem to be in the flow, meaning you are in vibrational harmony with all of the forces around you. Positive thinking and visualization/imagination are tools we can use to help us raise our vibrations—what we're putting out into the Universe. We not only have to watch what we're thinking—checking to see if it's positive or negative—but we also have to be clear about what we want. So when we're clear, positive and joyful, and deliberately sending out clear, positive and joyful vibrations—the Universe matches our vibrations and sends us what we desire.

**Tyler:** What would you say was your biggest struggle with using and understanding the law and how did you overcome it?

**Aiman:** I would say my biggest struggle was my self-talk. I was very negative about life and about my work and kept telling myself “I’ll never get ahead.” “I’m always in debt.” And those kinds of thoughts kept me stuck where I was and nothing changed. I could not see then how I was attracting the very situations I didn’t want to be in. Then a friend recommended the book *Create Your Own Future: How to Master the 12 Critical Factors of Unlimited Success* by Brian Tracy. And I learned that you can learn to change how you think, that you can be in charge of your life, and as long as you’re willing to take action and make changes, you really can attain your desires. Once my mind was open to this new way of thinking, I sought out other avenues of information and began reading more books like Michael Losier’s *Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don’t* and many other Law of Attraction books.

**Tyler:** Will you give us a specific example of one of the things that changed in your life, going from a negative to a positive experience, such as your finances or a relationship?

**Aiman:** A few years ago I was really struggling financially and when I found the Law of Attraction, I started applying the principles with the goal in mind to improve my finances. I took action by opening a new bank account that I could put money aside in and was determined to put as much as I could into it over time. Amazingly, while being focused, clear and working daily with the Law of Attraction, just a few short months later I was able to meet all my debts plus I even started investing! This all happened because I decided it was time to change my attitude about money and that I needed to create and cultivate a much healthier, life-affirming approach to money in my life. And money started attracting me!

**Tyler:** Aiman, part of the Law of Attraction as I understand it, is believing what you want can happen and “allowing” it to happen. Could you talk about “allowing” a little bit and how we often are the ones preventing ourselves from getting what we want?

**Aiman:** Basically, if we are lusting after an outcome or saying one thing “I’m attracting all that I need in my life; the people, circumstances and finances to attain my desire,” but thinking “Oh sure, I’ll never get what I want,” then we are sending out crossed signals and casting doubt. Unless we are very clear in what we want and our thoughts and feelings follow suit, the Universe will not know what to send our way. If we let negativity, doubt, fear rule our thoughts, we cannot be in a place of allowing. It takes conscious work to change how we think. And you don’t have to be overwhelmed. Just take it one thought at a time. When you feel yourself leaning toward doubt and negativity, just reach for a better thought.

**Tyler:** On your website, you reference “The Secret” which has recently made the Law of Attraction very popular, but I’m curious what other sources for the Law of Attraction you used when you were studying and trying to follow it?

**Aiman:** I have read many, many books by Esther and Jerry Hicks, Brian Tracy, Michael Losier, Jack Canfield, Louise Hay, Dwayne Dyer, Anthony Robbins, Norman Vincent Peale and so on. I’ve also been a participant in many seminars like the “Triple Fortune” seminar with Paul Scheele, Master Chunyi Lin, Marie Diamond and Jack Canfield. There I learned Spring Forest Qigong, Feng Shui, and Neuro-Linguistic Programming. I also attended the “Unleash the Power Within” seminar lead by Anthony Robbins, during which I participated in a life-altering walk-on-fire experience.

**Tyler:** Will you tell us more about the walk-on-fire experience? What was the point of it and how did it help you—what is the connection between it and practicing the Law of Attraction?

**Aiman:** I'll never forget that experience. Imagine what it was like just to be around Anthony Robbins never mind doing that! I learned through this experience how I was sabotaging my own success. I uncovered unconscious negative programming and limiting beliefs and I found the walk-on-fire exercise catapulted me into a new mental and physical energy—it's like I was lifted into a different realm of being. I truly felt like I could do anything, master anything and have anything I wanted. It was completely life-changing—a superb vehicle that helped me step into my own greatness. I took what I learned there and melded it with the Law of Attraction principles and things really took off for me. I have continually seen the benefits in my life and have been able to achieve a lot of things!

**Tyler:** Will you give us a personal example of how you used the Law of Attraction and acquired something you desired as a result?

**Aiman:** I use to worry a great deal, and was very negative about my life—and my job especially seemed to be going nowhere. Once I started applying the principles of the Law of Attraction, several changes took place. I was working hard to change the way I was thinking and my mind became more open and flexible. The way I did this was by affirming my goals by writing them down every day for twenty-one days and by visualizing what I wanted as if it was already in my life. I started eliminating negativity and doubt. People at work started to take notice—and soon I was promoted—this all happened in just one week! I am still enjoying the early results of using the Law of Attraction—and my job just keeps getting better and better!

**Tyler:** Aiman, your book contains many exercises. Will you give us an example of one?

**Aiman:** Okay. Meditation. I feel using meditation in combination with working on the principles of the Law of Attraction helps you get even clearer about what you want. Meditation takes you inside the core of who you are where you can connect with your higher self—the higher self knows what you want in your life and is always guiding you toward your purpose. So if you use this exercise daily, you will not only get clearer about what it is you desire, but you will help bring it to you that much quicker by having an open and clear mind and heart. For example, I recommend twenty to thirty minutes a day and using a life-affirming script and record it in your own voice. Always make sure you are in a quiet place with no distractions. Close your eyes, put your top 3 goals in your mind and start focusing on your breath. As you go along with the script, really allow yourself to relax, let go and breathe deeply. Imagine every cell in your body is deeply relaxed. Ask the creator of the Universe to help you get what you want. Follow the script through to the end and gently release yourself from the exercise. I go into more detail in the book, but this is generally how the process works.

**Tyler:** What made you decide to write “Law of Attraction handbook”?

**Aiman:** I wanted to write it because I have greatly benefited from working with the principles of the Law of Attraction, because I have been moved and inspired by all those whom I have studied, and because I want to share my teachings with others; to be a mentor, role model and guide. Finally, because I feel that writing about the Law of Attraction is something I am called to do.

**Tyler:** What have you found people most want and desire that makes them turn to the Law of Attraction?

**Aiman:** More joy, wealth, better relationships and finances—many of the main things in life we all desire. I believe that if we truly live in spirit, then we can have all we desire, but if we hunger after material possessions, wreak havoc with ourselves, either mentally or physically, or make our relationships difficult on purpose, we are not operating from a place of love, spirit, and right action. And I also believe once we connect to our higher self and diligently and consistently work the principles of the Law of Attraction, then everything in our lives change—on all levels and in all areas. But first you must be truly connected to yourself, understand how to open yourself to new possibilities, and to desire to live in the moment with absolute joy.

**Tyler:** Aiman, what do you think makes your book stand out from the other works out there, such as “The Secret” or the books published by Jerry and Esther Hicks on the Teachings of Abraham?

**Aiman:** I have a unique version of the Law of Attraction and how to work with it that comes from my own experiences as well as my studies. And that, in itself is unique. I’m sure thousands of people could write books (in addition to what’s already on the market) about the Law of Attraction and all would be distinctly unique because they would be written by distinctly unique individuals with distinct and unique personalities and experiences. The basics of the Law of Attraction can be universal, but how they are taught by each person is individual. I think that’s why each Law of Attraction teacher finds their own following—groups of individuals who find the teaching of a particular person resonates with them. They may read and follow other teachers, but there is probably one teacher they resonate with more than others. And since everything in the Universe is unlimited, there are enough teachers and followers to go around and around and around!

**Tyler:** Aiman, I understand “Law of Attraction handbook” is your second book. Will you tell us a little bit about your previous book?

**Aiman:** The emphasis with my first book, “*How to Attract Wealth, Health, Love and Luck into Your Life Immediately*,” was, among other things, to introduce my special 21-day exercise. The weekly exercises take you through determining your goal statement. Then I take you through a daily “tunnel experience” where I have you visualize your goal as if it’s already in your life, including how it feels for you, and finally I have you record and appreciate all the steps you’re taking toward that goal. As with any program, you only see results if you do the work, but I promise it’s not hard! And it doesn’t take much time to do each day, but it is important to do. As I mentioned, this type of 21-day program may resonate with some people and not with others. That’s fine. There is still plenty of information, tools and techniques included in the book.

**Tyler:** Thank you for joining me today, Aiman. Before we go, will you tell us about your website and what additional information we can find there about “Law of Attraction handbook: Revealing the Secrets to Manifest Your Desires Instantly to Success”?

**Aiman:** The website is at [www.lawofattractionhandbook.com](http://www.lawofattractionhandbook.com) and you will find an overview of the book as well as the table of contents and how to purchase it. I truly look forward to hearing from anyone who reads the book and invite them to contact me via my website.

Thank you so much for having me, Tyler.

**Tyler:** Thank you, Aiman, for the informative interview. I hope you keep helping people attract joy into their lives.

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