

# **LIVING BY DESIGN**

**Your law of Attraction.**

**12 Principles to Live a  
Healthy,  
Prosperous  
and Joyous Life.**

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e-book edition (excerpts)

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## Prologue

I was 17 years old when I started listening and appreciating classical music. We had a lady in the church teaching how to sing in the chorus following the notes, solfege ( the application of the sol-fa syllables to a musical scale or to a melody) etc.

Then I bought the partiture (sheet music) of Beethoven's Moonlight Sonata, I even didn't know what that "for the 8th year" meant, so I started "wood pecking" the song. One day by chance or "divine appointment" I heard someone playing a beautiful, wonderful, melodious song, for my dismay there was a young lady practicing in the church grand piano for her recital that night no other song than the moonlight sonata. After that the little parts that I was trying to play came together in a wonderful symphony. This book is about this great symphony of life when all instruments come together in harmony. Now I see the creation with a clear purpose, life was meant to be abundant, prosperity as the fruit of righteousness, blessed to be a blessing, the dominion of the earth, walking by faith, the transfer of riches, the heaven on earth, the power of visualization and confession, the work of the subconscious mind and so many others aspects of heaven among us.

This book is about the revelation of a new view of life, an explosive view that walking by faith means walking in health, in abundance and in joy. And all start in our mind. After reading the principles exposed in this book and let them sink in the subconscious mind we will understand what mean. "Welcome to Heaven on Earth".

## Introduction

We all try to understand life. Why we are here, what's the purpose of life, etc. And most of us have our own point-of-view of the meaning of life. Our point-of-view determines how our life can be. Some people say life is hard and to them life is very hard, others say life is a mystery and they wonder through life, others say “well life is just life”, so life is just “wherever”.

There is an interesting interaction between our attitude about life and our circumstances, we may influence our circumstances through our attitudes or we may be influenced by the circumstance according to our view of life. If everything is going smoothly, we tend to say life is beautiful. When things change, become harsh we tend to complain and

see life as not so wonderful. What we hear and what we experience create in us a perception of the world, of life itself, influencing our interpretation of the circumstances around us. The way you see life will determine your level of happiness. So, what is life? how should we see it?

Reading books about the mind and the laws that govern success we find many principles that have been created by God for our good. Principles that have been in His Word written thousands of years ago and in the human mind since the creation.

Here 12 easy principles that if we understand well, will enhance our lives to live the full potential we were designed to live for.

## Chapter 1

### First Principle

#### We are what we think the most

Every successful person in this world will say that they had something that drove them to the place where they are now. When we read their biographies, we can identify that there was a dominant thought that brought circumstances, events or people in the direction they had in mind. From this finding we derive the first principle of the law of attraction. Our dominant thoughts bring about actions, events and circumstances.

Wherever we think, negative or positive, this continuous thought will bring negative or positive results in our life. The bible tells us the story-drama of a man that, although he was a good man, because he harbored a wrong thought in his mind, he brought disastrous results to himself. We read the drama of Job.

"There was a man in the land of Uz, whose name was Job; and that man was blameless and upright, and one who feared God and shunned evil". Job 1:1

But, although he was a good man, one day he lost everything he had. His friends could not understand how in this world this good man could lose family, goods, everything. For the most part of the book his friends try to find one fault in him that could explain the reason of his suffering. But he, himself, gave us the reason of his "misfortune".

"...the thing I greatly feared has come upon me, And what I dreaded has happened to me." Job 3:25

Every time his sons and daughters had a party, a feast in their home, he immediately ran to offer sacrifices because he thought, they could have done something wrong. His fear that something bad could happen to them broke the fence he had around him and brought what he feared the most. His dominant thought operated in his life. In the book of Proverbs we read.

"For as he thinks in his heart, so is he." Proverbs 23:7

Our thinking has a tremendous power that most of the times we don't consider. Lynne

McTaggart in the book "The Field" writes; "We live in a zero-field ocean of energy where subatomic particles move, coming into and disappearing of existence." Quantum science has been marveled about this phenomenon in the subatomic level. The "space" between atoms and electrons is composed of vibrating energy where all things move.

Reading the Greek philosophers of his time, the apostle Paul in Athens quoted:

"for in Him we live and move and have our being, as also some of your own poets have said, 'For we are also His offspring.' Therefore, since we are the offspring of God, we ought not to think that the Divine Nature is like gold or silver ..."

Acts 17:28,29

The poets or philosophers, one of them probably Plato, who wrote in "timeus" that God through demiurgos created the humankind. Paul goes along with the line that God created man, mankind are offspring from God. And Paul, by the Holy Spirit, adds mankind lives in God. "... in Him we live, we move and have our being"

That is why it doesn't matter where we are, God is there, because we move in the spiritual realm, we move in Him. It is in this ocean of invisible subatomic particles/waves, created by God and an extension of God that we and the whole universe live. This ocean of energy is the medium where waves of electricity, magnet or sounds move in. In this ocean our minds are sending out waves. Each thought is not just the passage of chemical/electrical signals between neurons but the emission of frequencies. Looking at an EEG, the electroencephalogram device that registers the electrical waves that come from our mind. We see how many frequencies are going out of our mind at any given time.

Those waves go throughout the universe and can resonate with similar frequencies creating harmony or disharmony, bringing results that is still a vast science field that we are just tapping into.

You influence your body by your thoughts. After a nightmare you may wake up sweating and your heart maybe beating faster. Your mind is creating your universe. You have the power to design your destiny. All starts in your thinking.

Chapter 2  
Second Principle.

**We must guide our thoughts to achieve the best outcome**

The Bible says: "casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ," 2 Corinthians 10:5

The word "captivity" in the Greek text is used for "going to the enemy's camp, sizing them and bringing them captive". In every thought that comes to my mind I have the power and duty to analyze it to determine if they are convenient or not, if this thought is good or a waste of time, or worse, can this thought drive me down to harmful things. I must capture it and bring it under obedience to the good things God wants in my life.

Many people think they are guided or misguided by their emotions. We heard about "crime of passion", the ones committed under an uncontrollable emotion. We understand that emotions are powerful, but emotions are caused by thoughts, when we let one thought come in and we nurture that thought it will cause emotions and then by continuing that thought we empower the emotion to the point that the emotion grows disproportionately and begins to "control" us.

The first thing we need to do is not to invite or not to let uninvited thoughts dwell in our minds. We control our thoughts and we direct them to where we want to go.

We read about Cain how he was misguided by a strong emotion against his brother, and ended up killing him.

Your dominant thoughts will bring circumstances, so you better direct your thoughts to the things, emotions and outcome that you want. Thinking by default is when we do not focus on the things we want. Then our mind wanders from here to there, without any objective, we are living adrift.

When people say: "I don't care, whatever happens, just happens", they are thinking by default, and default is dangerous. You don't have to think hard or monitor your thoughts all the time. There is an easy way to keep your thoughts in the right direction. Our Emotional Guide System.

### Chapter 3

#### Third Principle

#### **Our Emotions tell us if we are going in the right direction**

The best way to know that we are thinking right is when we feel peace inside of ourselves, peace with God. That is one of the reasons we must choose joyful thoughts. be thankful for the things we have and for the good things that are coming. It is very important, it is crucial to keep our mind focused on joyful thoughts, because thoughts bring emotions. Negative emotions such as sadness, anger, jealousy, depression, etc. are the result of something we were thinking. We need to go back to the source of that thought and make a decision. If there is something that we need to do now, we need to take action, but if the feeling is because of wrong thinking, we must change the line of our thoughts immediately.

We need to meditate always on good things.:

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy —meditate on these things." Philippians 4:8.

The beautiful thing about our mind is that we tend to get use to the things we think the most. So, let us think about edification, our edification and everybody else's edification. "Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers." Ephesians 4:29.

One way to reach a life full of joy and contentment is to be thankful for the many

things we have received; we need to count our blessings. When people look and talk about lack, they are attracting more lack. Think about abundance of joy, abundance of provision. God is faithful. He rewards the thoughts of our mind. That's why "in everything give thanks; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18. In everything, give thanks. And: "Rejoice in the Lord always. Again I say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:4-7

If you say to yourself, be anxious for nothing, and repeat that again and again, that shows that you are anxious. What you are trying to avoid is what you are thinking the most. The more you think the more you attract it, thus The Law of Attraction. Paul is saying, if you "feel" anxious... feeling is the result of thoughts, you are not putting your trust in the provision of God and you are not exercising faith. Change your thought immediately, go to God in prayer and meditation with thanksgiving... the key of a joyful life. Thanksgiving. If we have a son that is constantly complaining that he does not have this or that, and never acknowledge the things he already has, how do we feel? Likewise our heavenly Father has given us so much, we need to acknowledge and be thankful for whatever we have, and in doing this we are making room for more in our lives.

We do not need to monitor our thoughts. We just need to watch our feelings. When we feel something different from joy, we need to look at the thoughts that brought us those feelings and take the appropriate action. Think about happiness because that is the reason we are born. This is our next principle.

CHAPTER 4  
The Fourth Principle  
**We are born to enjoy life.**

“I have come that you may have life and life in abundance”

John 10:10

We read in Genesis 1:31 "God saw all that He had made, and it was very good". If you read the whole first chapter of Genesis you will see at least 5 times, "God saw, it was good" in Hebrew, va'iar Elohim, ki tov. And saw God, that's good!!!, and in the last verse we read. He saw it was tov m(e)'od, very good. That tells me the sense of joy God had when He finished the creation, including the human kind. It was Very Good.

Creation is good, mankind is good. Verse 27 "So God created man in his own image... 28, God blessed them" God is love and justice. We see inside of us this sense of love and justice. We rage when we see injustice, but we feel mercy when someone is in need. That is the God image inside of us. God is a good God, full of contentment, joy, and happiness. He created the humankind in His image to be happy and full of contentment.

We see this happiness in the natural world. Have you seen how our pets show happiness? How they are playful? Puppies chase one another, hide, run, bark and wag their tails to show how "happy" they are. Is it not the same with babies? Of course not barking or wagging...but we still have games in our adult life that resemble our toys and moods of infancy.

Happiness is inside all of us.

Chapter 5  
The Fifth Principle  
**Our Inner Being Is Immanently Good**

The prayer of Paul to the early Christian was "that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man " Ephesians 3:16

Our inner man is our soul, our spiritual side, the real "us". It is said today that soul and body are one and the same thing, that we are energy and our soul is our mind, our thoughts. The Bible says our body is the temple of the Spirit. God created man from the dust and then He breathed His Spirit, His breath and man was made "nephesh", soul.

Our soul is part of God in us. "Then God said, "Let us make man in Our image, according to Our likeness;", "Then God saw everything that He had made, and indeed it was very good",

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being." Genesis 1:26,31 and 2:7

God breathed on man, this is our likeness to God, His breath on us. The knowledge of good and evil was at the reach of the hand. Man was innocent, his soul and mind were working together, what he was learning was in agreement with his good inner soul. There was peace, joy, harmony.

We have peace inside when we are reconciled with God; we are in harmony, mind and soul. "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation." II Corinthians 5:17-19

Do not give harbor to evil thoughts. "take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one." Ephesians 6:16. Flaming arrows are malevolent thoughts that are thrown into our mind, we may let them intrude and stay in our thoughts or we can extinguish them with the shield of trust and faith.

Our Inner Being is good, in Christ we are a new creation, we have new life, and we need to walk in this spirit, in peace with God and with ourselves, in harmonious thoughts and soul.

When we feel depression, rage, anguish, anxiety, or any negative emotion it is because our thoughts are not in line with our soul. Walking in a negative mood or in

abundance is a daily decision that becomes a habit. The old nature died on the cross with Christ, but the evil one will try to bring old habits and thoughts to disturb our inner peace, our communion with God. The renewing of the mind is to rid our mind of the old habits; the shield of faith is our trust in the Almighty that we can live in total inner harmony, in peace and joy.

Follow your inner man, your spiritual soul, walk in newness of life, in abundance of love, peace and joy. Walk in confidence that God cares about you; He has provision for whatever you need. That is our next principle. Ask and will be given to you.

## Chapter 6

### The Sixth Principle

#### **Believe that you have received the things you ask for.**

“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” Mark 11:24.

We can look at many translations of this verse, but the Greek has no variation on the past tense of receive.. Christ said, Ask, the Greek word aiteo, means to request or even demand, believing that you have already received, and then it will be (future) yours. There is a buffer of time between the asking and receiving. But during this time, you have the image in your mind that you have already received. The manifestation of what you requested can take seconds or years. You have the image that it is already yours, without a doubt. Doubt is negative, belief is positive. You ask, you believe, you hold the image of already having, leave the image there, enjoy the thing you asked for, and then, voilà it will manifest in due time.

I just listened about this man that was making \$11.00 an hour in a mill and retired with \$3,000,000 dollars in his account. He gave \$2,000,000 to the local school and hospital. There are thousands of people that reached a better place in life; they

discovered "the secret". They are a living proof that what you have in your mind that is what you get.

Unfortunately many people do not believe they can accomplish something. For them it looks impossible. But you are here, reading, meditating, and incorporating those principles in your life. You know that you can because you believe. So ask, believing and enjoy what you are going to receive as if you have already received and allow time for the manifestation. This is our next principle.

## Chapter 7

### The Seventh Principle

#### **Allowing time between the thought and its manifestation**

The seed is a good example how thoughts grow and manifest in the physical world. We must plant good thoughts to have a good harvest. "

Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness," 2 Corinthians 9:10.

Thoughts are seeds that at the proper time will bloom, and bring fruits.

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Galatians 6:9.

In due time means that your laws of attraction work on their own. If you have a thought about something but you are not sure if you should have it or not, it is like a seed in a dry land and it may never manifest. You may see a thought manifest more quickly depending on the belief you have and you show your belief by the joy you have in thinking about what you have asked for. Time is accelerated by joyful thoughts.

"Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full." John 16:24.

Ask for more joy in your life, more health, and more wealth. Ask believing, and let the thought of having it be in your mind in joy. If any thought of doubt comes, do not fight against the thought of doubt, just re-focus on the thing you want and rejoice in receiving it. In due time, it will manifest on its own so your joy will be full and

complete.

How do I reach what I want quicker?

My daughters, early in life decided what they wanted to be. One started playing the guitar at 5 years old. I was teaching the basics to a group in our church and she was just watching, after the class she got the guitar and start putting her fingers in D plus position. I asked who had taught her and she just said "I saw you doing it", then I showed her how to do the other two chords. In two weeks we had a service in the local school, guess who played the guitar? Of course we sang slowly to give her time to change the chords, it was a memorable date. At 9 she decided to go to the conservatory and learn piano. I never had to ask her to go nor if she had done her home work. She just loved it. She finished the conservatory and some years later she started giving classes at home, at that time she wasn't making enough money. She decided to find a job somewhere else then she was not happy with the job. She decided to go back to music and applied for a school where she was hired as a choir director. She became the supervisor, but she was not happy supervising chorus. She quit and went back to choir director and then she decided to learn to sing opera. Finally she applied for singing in the Philharmonic Choral and Orchestra of Sao Paulo State. And that is what she does now, singing from her soul, "happy as a lark in the meadow", North Carolinians would say, doing what she loves and getting paid to do it.

## Chapter 8

### The Eighth Principle

#### "Visualization"

**The things that you envision are what you get.**

"Then He (God) brought him (Abraham) outside and said, "Look now toward heaven, and count the stars if you are able to number them." And He said to him, "So shall your descendants be." Genesis 15:5.

The image of the stars; when Abraham was shepherding his flocks at the end of the day, he could look at the stars, his vision board, and could see the thousands of descendants he would have, even when he didn't have a son yet. The power of visualization kept Abraham looking for the future with joy. We all have dreams and things we would like to achieve. Make a board and put on it the images of things you want to reach out. Put the board in a visible location so you can keep looking to the things you want to have.

Some people may have problems accepting the laws of the mind, your law of attraction. Say we could go back in history maybe 100 years, and we could say to a group of folks, "hey I can talk in this little box here and someone on the other side of the world will respond to me". People would have said we were madmen, crazy or we were dealing with witchcraft. We could have been stoned. Today radio, TV, and cellular are so common we never think about how "miraculous" they are.

"Write the vision, and make it plain on tablets," Habakkuk 2:2

Write your vision on tablets, on a board, make it plain. Write a clear, simple vision, an image of the things you want and you are on your way. After you write the vision, or choose the image, start declaring what you see. Declarations of your vision are powerful words that create reality. This is our next principle.

## Chapter 9

### The Ninth Principle

#### **Declarations, concise confessions that summarize your beliefs.**

According to the goals you have, you may design your daily confession, or goals for parts of the day or for special occasions. If you have in your mind the image of a great relationship, in love, in truth, in openness, in respect for one another's opinion, etc. then the image is accompanied with the following declaration. That is your confession about your relationship.

I am thankful for this day, thankful for my spouse, thankful because our marriage

grows stronger day by day in the bond of unity because it is founded on the Word and rooted and grounded in God's love. We decree this day, we have a marriage made in heaven! and it is getting better and better everyday.

You may word it differently every time. The point is to have good thoughts in every stage of the day. That way you are preparing your day, paving it with images and words of grace.

We do not monitor our thoughts but our emotions. Declarations or confession help us to keep focused on the good things we are expecting from life. We must remember this because many times in the past we didn't prepare the day, we took many decisions that brought us to where we are. In order to go where we want, we must design and keep the course of our destination, enjoying the trip. This is our next principle.

## Chapter 10

### The Tenth Principle

#### **Our way of thinking brought us to the present circumstance,**

A new way of think will take us far beyond. It is normal to question "why I am going through circumstances that I didn't ask for". I didn't ask for some of the circumstances I am now living. Well, we reap what we sow. We have received so many wrong ideas and concepts that by default we tend to think, negatively.

In order to change the present we have to change our way of thinking. We must accept responsibility for our lives; we can't blame others for the situations we are now in. If someone treated us wrong, our part is that we took it. Going back and blaming people or circumstances does not help. We learn the lessons on the things that happened take the good, trash the bad and pave the future for good and great things.

Paul said "but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize"  
Philippians 3:13, 14.

We cannot live in the past. Whatever happened has gone; we learn lessons, shake it off and move on.

Another trapping thought is "what if". That is a nonexistence concept; it is like saying, what if there was no water on the planet!!! Life would not be as it is, if it was possible any how. What if I had married so and so. So what? That is just fantasy; it does not bring any improvement to our lives now. What if I had turned to the right instead of to the left on that street? It is totally a waste of time. So lets get rid of fantasies and let the past stay in the past.

My wife's friend had a terrible accident, in the wreckage she prayed to God to keep her alive; to her amazement she heard the answer of her prayer. "It depends on you". As Christians we are called "God's fellow workers" (I Corinthians 3:9). The Greek uses , sunergoy, ergos = συνεργοι work, sun = together (pronounced sin), from there we have the word synergy, working together. "And we know that all things work together for good to those who love God," Romans 8:28 God's will is for our good.

"For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Jeremiah 29:11.

We are called to work in synergy with God. He has thoughts of good, now we have to have thoughts of good and then we work together.

A better life is before us and we are going full force, enjoying the ride, knowing that we have been created to live in joy and abundance. And abundance is for everyone. This is the next principle...

I hope you have enjoyed this small display of our book "Living by Design, Your Law of Attraction" , to have the full version visit [wwwcreatespace.com/3340299](http://wwwcreatespace.com/3340299) and apply the 20% Discount Code 756D89M9.

" Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, " Ephesians 3:20