

# *Clicker Training the Law of Attraction*

HOW TO TREAT THE UNIVERSE LIKE A DOG



**By Anna G. Shiney**



*Clicker Training the Law of Attraction*

*or*

*How to treat the Universe like a Dog*

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**AdLA**

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ISBN-13 for epub edition: 978-3-939770-25-1

Layout: Anna G. Shiney  
Front cover: [Annie Anderson](#)  
Back cover: [Annie Anderson](#) / [Anna G. Shiney](#)  
Clipart: [www.karenswhimsy.com](http://www.karenswhimsy.com), [www.webweaver.nu](http://www.webweaver.nu)

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# 1. *Preamble*



The law of attraction promises to turn your life into a magical fulfillment of your wildest dreams. If you could only do it. In spite of abundant literature, CDs and DVDs on the subject, the reality for many of us is that our manifestation results leave a lot to be desired. And so it was for me.

A big part of the problem was that the materials I reviewed were vague in their instructions or terribly complicated or both. They told me „what“ I needed to do, but failed to enlighten me on the „how“. In addition, the „what“ seemed rather impossible to me, as well. According to the materials, manifestation required the total control of my mind: control of what I was thinking and feeling - and even what my sub-

conscious was thinking and feeling. My reality, however, was that most of the time I didn't even know what I was thinking or feeling, let alone being able to control it. While these instructions seemed to work for those people who were selling the programs, as evidenced by photos of them in front of big houses, big cars or aboard yachts, this certainly did not work for me. It just made me feel frustrated, incapable and inadequate. Consequently, my manifestation results were awful. My desires, however, remained big. My life was a mess. Everything that could go wrong did go wrong. I was non-stop busy, overwhelmed and exhausted trying to beat out the latest fire, reacting, as one problem after another slugged me. Everytime I thought, „it can't get worse than this“, it did. I was despairing.

But then my personal breakthrough came: I was driving home from grocery shopping listening to an audiobook on manifesting, when it suddenly occurred to me that the message I heard over and over in all those programs reminded me strongly of clicker training, an animal training method I was well familiar with from practicing and teaching it for many years. All of a sudden, what I had to do became completely clear to me. The universe wanted - no needed - to be treated like a dog. To train it, I only needed to lavish attention on what I wanted and ignore the unwanted.

Could it really be this easy? I started to pay attention to the many good things the universe was giving me every day and reinforced this by thanking and loving the universe for them. At the same time, I completely ignored the monkey wrenches



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in my life. After a while this became second nature to me. It certainly made me feel much happier. But, even better, it worked! It really, really worked! At last, I was manifesting successfully. Step by step I clicker trained the universe out of the mess my life was and transformed it to consist increasingly of beautiful circumstances in which I felt peaceful, happy and in control.

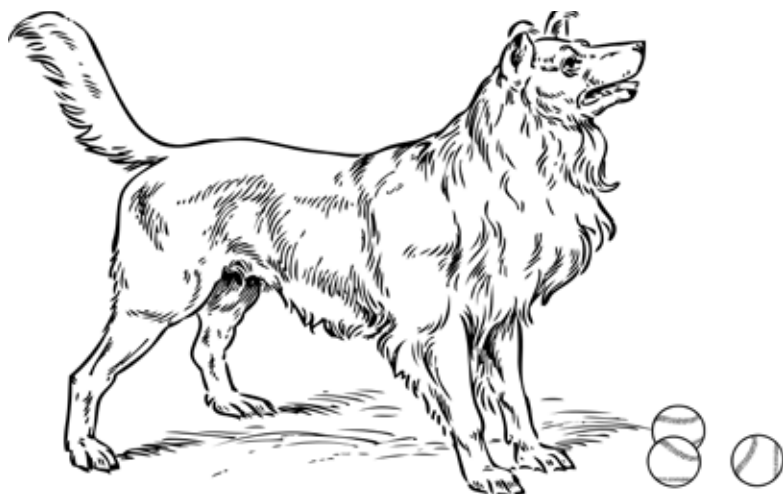
Clicker training the universe was my personal breakthrough to implementing the law of attraction in my life and become a successful manifester. Maybe, hopefully, it will be yours, too. Clicker training the universe is as easy as clicker training any animal. If you have ever trained an animal, this will be easy for you. But even if you have not, don't despair. Clicker training is so easy to learn. In this book I will show you exactly what to do and how to do it.

Enjoy and have fun training,

Anna Shiney.



## *2. Behaviour, training and the law of attraction*



Before we can begin with training, you need to have a basic understanding about how behavior is formed. With this knowledge, the principles and applications of clicker training may be more easily grasped and applied.

### *Behavior and how it is formed*

Every living being, regardless of whether it is wild or tame, human, animal or even the universe, will over time exhibit

only behaviors that are in one way or another rewarding to it. For example, you keep going to work only if you get paid with money or some other reward, like appreciation. If your employer fails to pay you month after month, you will eventually stop working for him. Your behavior - going to work - was not being reinforced, so after a while you stopped showing it. If, on the other hand, your employer was rewarding you for sitting at your desk, but did not reward you for time spent visiting customers, you would spend a lot more time sitting at your desk and minimize customer visits. Thus, behavior is formed by the way rewards are given.

Your dog behaves the same way. She will retrieve objects, for example, for treats or praise and will stop retrieving if your reactions are not worthwhile to her. If you want her to retrieve only a particular item, it gets even more tricky. Say you want her to bring you a yellow ball. She runs off and brings you a green ball. You do not reward her for this - after all you wanted a yellow ball. Maybe, you will even scold her. Confused, your dog runs off and brings you a blue ball. Again - no reward. After all, you wanted her to bring you the yellow ball. She then runs and gets you the red ball. Again, you ignore her. It is the yellow ball, you want. Confused and frustrated your dog gives up and goes for a nap. Now it is your turn to be really frustrated. Stupid, stupid dog. She is so stubborn, never listens, never brings you what you want. You'll just stop asking her to do anything for you at all. Maybe you should just give her away. No one can live with a dog that does not listen.

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A few weeks later you bump into your former dog and her new owner in the park. You cannot believe your eyes. She retrieves upon command not only the yellow ball, but also the blue ball and the red ball. This is so unfair! After all, you tried so hard to train her. And her new owner, seemingly without effort, can make her do anything he wants.

Oh no, this probably means that you are a bad person and just don't deserve to have an obedient dog. Or you are just too stupid to train a dumb dog.

You are laughing? Yet, this is - unfortunately - exactly the way many of us are dealing with the universe. Should it be surprising then that we don't manifest?

Had you been an experienced trainer, the story between you and your dog would have unfolded completely different and more joyful for both of you. A good trainer sets his pupil up for success. A good trainer will catch his dog whenever she does anything right and rewards that. Over time, the animal does more and more things right and becomes a sheer joy to live with. It is then fairly easy to shape her towards specific goals.

Had you rewarded your dog for bringing you any of the balls, she would have learned to happily retrieve for you anytime you asked. Once she had learned this, you would acknowledge your dog bringing any ball. But, if she retrieved the yellow ball for you, she'd be celebrated like a star and been given a jackpot of treats. Now, how long do you think it would have taken for her to learn to bring you the yellow ball more often?

Like a dog, the universe will joyfully retrieve for you whatever you want, whenever you want, if you treat it like a good trainer should.

## *What is clicker training?*

Training is most successful when you are able to reinforce exactly the behavior that you want your dog to show more often. The more precise the timing of your rewards is, the faster the animal will learn the wanted behavior. In real life, however, it is often impossible to give a reward at exactly the same time that a behavior is shown. This impedes learning, as the animal does not know what he is being rewarded for when the treat does not coincide with the desired behavior. Here is where the clicker comes to the rescue.

The clicker is a little tool that makes a click sound when activated. In a process, called conditioning, the clicker is linked to a reward. The animal learns that upon the sound of the click it will receive a treat. Once the clicker has been thus conditioned, the trainer can use it to mark the wanted behavior precisely when it happens while having a few seconds time afterward to actually deliver the reward. Due to this precision, the trainer can clearly communicate to the animal which one of its behaviors garnered the reward. Thus, training results are achieved more quickly and easily with clicker training than with any other training method.

## *Why no punishment?*

In clicker training we focus on positive reinforcement of desired behavior. Unwanted behavior is ignored instead of punished. Punishment is avoided, as it may inadvertently act as a reinforcer of unwanted behaviors (apart from the ethical implications, of course). For example, imagine a dog sitting outside the door. When it scratches and whines, you yell: „No! Shut up“. Will this stop the dog from scratching the door and whining? Not at all. The reality is that to the dog even negative attention is better than being ignored. It just learned, „I only need to scratch and whine, to get some attention!“

The universe behaves the same way. You can often see this when people are worried about a situation. They go „no, no, no, I don't want this“ in their minds. Usually, this „no“ is attached to strong emotions, such as fear. And guess what happens? Yep, the universe delivers the unwanted situation right to their doorstep, without fail, each time. So, don't do it. Don't pay any attention to unwanted situations or outcomes. Don't even think about them. It will just make it worse and manifest for you exactly what you do not want.

## *Substitution*

„Don't do this!“, „Don't do that!“ I know! Not doing or not thinking about something is the hardest thing to do. Thus, we

use a little trick. Instead of not thinking about an unwanted issue or outcome, we think of an outcome that we do want and that makes us feel good. Ideally, this would be an outcome that makes the undesired outcome impossible to happen. This is called substitution and is frequently used in animal training to alleviate behavior issues.

One example would be a dog barking like crazy whenever someone comes to your door. This is, of course, awfully annoying, not only to you, but also to your neighbours. If you are really unlucky, it could also get you evicted from your home. Thus, most dog owners try to shush their dogs. The dog receives a lot of attention for going ballistic when someone comes to your door. This reinforces the unwanted behaviour.

A much better approach would be, for example, to teach your dog to retrieve a toy for you whenever the front door bell rings. It is impossible for him to bark at the same time, as he is carrying a toy in his snout. Problem solved.

With the universe we do the same thing. Imagine you have a rather decrepid car, but desperately need to arrive at an important appointment on time. Normally, you would worry incessantly about being late, what excuses you would make, etc. etc. What you should do instead is to imagine that you arrive fifteen minutes early in a happy and totally relaxed state of mind. Make it vivid. In your mind you could tell the receptionist, while you are waiting for your appointment to begin, about the traffic being really smooth. Talk to her about how



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much you love your little old beat-up car that has served you so reliable over so many years.

This is, of course, a substitution to the outcome of your car breaking down which makes that happening simply impossible. At the same time, you are also sending loads of happy energy about your car and your trip to the universe. No energy is being sent to the unwanted outcome, anymore. It really is that easy.



### *3. Before we begin*



In order to achieve the best success in manifesting, there are several important issues we need to address before we - finally - begin with the actual clicker training of the universe.

#### *Practice makes perfect*

Manifesting is not magic. It is not reserved for some gurus. It is just another skill to learn. Like all skills, learning will be a little easier for some of you and a little harder for others. But it can be learned by all of you. Manifesting will not come to you magically just by reading a book. Like all skills, it will

have to be learned by practicing. You just have to stick with this method and practice it, until it has been mastered by you.

## *Fear of failure*

The worst thing you can do while learning to manifest, is not to do anything at all. Yet, a lot of beginners make this mistake. They want to be perfect before they even begin. Sadly, too often this means that they never begin. Another variation of this theme is beginners who start to manifest and give up when it is not working perfectly right the first time.

This is wrong! Like any skill you have to practice to learn it. You have to fall off the bicycle many times before you can ride it without training wheels. It will then take even more practice and falls before you can freestyle it. So do not give up! If your manifestations don't work at first or work differently from what you had expected, keep on trying. Clicker training the universe is an incredibly forgiving method and very effective once it has been learned. But you have to stick with it.

## *How to use this book*

When you work with this book, please go through the chapters and exercises in the order given. The exercises build on one another. You need to practice each exercise thoroughly,

before you move on to the next. If you rush through the basic exercises, you will have problems with the more advanced ones, later on, because you are lacking the solid manifestation foundation that would have been built by thoroughly practicing the preceding exercises.

Whenever you move to a new exercise and find it is not working for you, there is a good chance that you moved forward too quickly. In that case, go back one step in your training and practice the previously achieved level more intensively, until you have become fully proficient at it. Only then should you attempt to move on to the next exercise level.

### *Trainer's mood*

In animal training it is a well known phenomenon that animals mirror our emotions. If you are in a bad mood and try to train animals, at best it won't work. At worst you'll get bitten. The universe is the same way. If you are upset, nothing will go right. We all know about days that start out wrong and proceed to get worse during their course. Thus, if you want to train the universe, you better get yourself centered and feeling good first. Else, you might as well not bother for all the good it is going to do. To this purpose, I recommend that you do some warm-up exercises before training, just like any athlete would. Great warm-up exercises are the love and gratitude exercises outlined in the next chapter.

## *Fun & playfulness*

In manifesting you will receive the best results - or even any results at all - when you approach the exercises with happiness in your heart. Every exercise session should, therefore, be approached with an attitude of fun and playfulness.

Putting your nose to the grindstone and pushing on, even though you don't feel like it, are tired or frustrated, may be a great strategem to study for exams. It definitely does not work in training the universe. The whole book and its exercises are meant to be fun for you. They have to be fun for them to work! Any discomfort, tiredness, frustration or any other negative feelings that may crop up during training are indicators that you should take a break. Go for a walk, watch a funny movie, bake some bread, meditate. Do whatever is needed to get you into a light and positive state of mind. Only then should you continue training.

## *Resistance*

Often when we start working with the law of attraction, we have inner resistance that sabotages our attempts at manifesting. This resistance might present itself to you as a nagging voice telling you that manifesting will not work. It might show up as a distraction every time you want to sit down to practice

manifesting. Or it may lead you to forget to do your manifesting exercises, altogether. Regardless of the form in which resistance presents itself, its goal is to protect us by stopping us from even attempting to manifest. I call that resistance my inner police officer, because he wants me to stick to all the rules accumulated over time, regardless of whether they make sense or not in my present life.

Our inner police officer is not a mean guy. He is trying to protect us. Unfortunately, though, he perceives all change as being dangerous. After all, if we become rich and happy we may lose our friends, be kidnapped, become victims to fraudsters, turn into horrible persons or whatever other horror scenario our inner police officer can imagine. He is also trying to save us from disappointment should we not succeed. To him our happy self that wants to manifest is deluded, losing grip on reality and altogether too much like a hippie that will start doing drugs, join a sect or end up in prison.

Regardless of whether our inner police officer is mean or not, though, he is definitely in the way of our manifesting efforts.

Very often, he is successful, too. Beginner manifestors may easily succumb to his interferences and their manifesting efforts are failures. From this they conclude that manifesting does not work and stop. Mission accomplished for the inner police officer. If we don't want to fall into the same trap, we need to make manifesting non-threatening for our inner police officer.

Thus, we will start with tiny steps and easy topics which are non-threatening to even the most diligent inner police officer. That way we can slip right under his watchful eye. We will start out learning to get more of the good things we already have.

This is familiar territory for our inner police officers, known to be safe and not scary at all. Next, we will manifest little, unimportant things, such as a five dollar bill or a good parking spot. This too serves to relax our inner police officer. After that, we will gradually inch up to increasingly dramatic changes in our lives. Hold on tight and enjoy the ride!

### *You are worth it!*

Please! Do not feel guilty about manifesting too much or asking for too much. First of all, you, just like any other living being, are worth it. Second of all, you are manifesting every second of your life, anyways. The only difference is that you are now doing it consciously. You are finally putting some thought into your manifestations.

Instead of allowing your thoughts and feelings to flit all over the place like a loose cannon, never knowing where the next impact may end up, you are giving them direction. I believe it is vastly preferable to utilize your manifesting potential, rather than to squander it senselessly, like most of us are still doing.



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# *Clicker Training the Law of Attraction*

HOW TO TREAT THE UNIVERSE LIKE A DOG

- **Would you like** the law of attraction to finally work for you?
- **Would you like** to manifest the life you desire with fun and ease?
- **Would you like** to be happier in your everyday life?

## **THEN THIS BOOK IS PERFECT FOR YOU**

Clicker training is a well established method of behavior modification in animals. In this book animal behavior consultant Anna Shiney shows you how to use clicker training to modify your life. Using the same principles that are used in animal training Anna Shiney teaches you step by step how to successfully manifest the life you desire.

**Anna G. Shiney** is an animal behavior consultant who has been using the law of attraction and manifesting for decades. After publishing (under a different name) several books on animals, this is her first book in the LOA space. The author is fully committed to bringing the ease of manifesting to you in order to create a better life. She is available for personal life coaching consultations utilizing an integrated LOA and EFT approach. Anna may be reached at [www.annashiney.com](http://www.annashiney.com)

**By Anna G. Shiney**