

THE ALEMMIA COMPANION

a  
**LAW  
OF  
ATTRACTION**  
workbook



# Dear Alemmian,



This law of attraction workbook accompanies the novel, ***Alemmia***, whose heroine, Lucy Deverell, visits the Mediterranean island of Alemmia one fruitful summer.

During her stay, Lucy picks up many subtle techniques that help her attract her desires. The 11 worksheets in this collection guide you in implementing some of these techniques, but the story itself will show you how they appear in life.

**BOOKS ARE THE BEST AIDS TO MANIFESTING** (especially when they're about the law of attraction!) because they help to release you from your present "reality" in order to allow it an opportunity to change. When you return, you'll find it hard to disbelieve the power of your thoughts!

You are welcome to print out as many copies of this workbook as you wish, for personal or educational purposes. You can also write directly on the electronic copy using a PDF editing app such as Notability or GoodNotes.

There are extra sheets of note paper at the end of the workbook, for further rumination or impromptu scripting. You will also find some uplifting quotations that you can print out and hang on your wall.



**CLICK HERE TO  
READ ALEMMIA**

*Love,  
Eva.*







# 03 Friendship



Most of us, at some point in our lives, worry that we don't have enough friends, or that we're still waiting for that one *particular*, special friend.

We've also all experienced the synchronicity of bringing to mind someone we haven't seen or heard from in a long time, only to have them

appear in our lives soon after. Signorina Maria uses this phenomenon to her advantage, drawing to her the friend she wants to see by drinking from the teacup that symbolises them.

*Who will you invite to tea?*



In each teacup write down the names of friends you'd like to hear from, or the qualities or feelings that you would like to draw to you.



I love  
thinking  
about who  
I really  
am.

ABRAHAM HICKS



# 05 Feeling

Note down the things that make you feel good, so that reading this page puts you in a manifesting mind-frame.

Mina says she was a 'buoyant' baby. The truth is that all babies are born able to swim, and all humans are by nature, buoyant. It takes a special effort to sink. Allow yourself to be uplifted! Let the good feelings bubble up to the surface...



# Abundance

Lucy feels jealous of the number of friends Signorina has. Envy and jealousy are usually regarded as negative emotions, but in fact they can serve a positive purpose: they give us a very clear, concise, and emotionally-charged indication of what we want.

It isn't envy and jealousy that make us feel bad; it's the mistaken belief that we can't have what we admire in other people. Remember that we live in an abundant universe, and there is always enough to go around. If someone possesses something you want, allow it strengthen your belief that you can have it too!

Write about all the ways in which  
you're allowing abundance into your life...



# Attraction

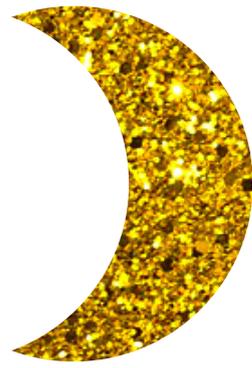
Lucy's attention is often caught by things that are bright and sparkling.

What do you think about the idea that when you need to pay attention to something, it appears more **attractive** to you? Perhaps it's brighter, more vibrant, in sharper contrast, or louder than everything else?

Note down any objects or ideas that have seemed particularly attractive to you recently.







“When you  
want something,  
all the universe  
conspires in  
helping you  
to achieve it.”



THE ALCHEMIST



# Clues

MY WISH:



Find clues that you already have what you wish for, or that what you desire is nearby.

Look closer...  
Uncover "misguises"...

Note down your discoveries inside the magnifying glasses.



# 10 Wishing

The wish jar that Lucy finds in the cupboard under the sink shapes the course of her magical summer holiday.

She isn't sure that the wish jar is a wish jar at all, and furthermore, she has no way of knowing whether or not the "wishes" have come true. Create this sort of uncertainty with your own wish jar, and you'll soon get out of your own way!



## INSTRUCTIONS

1. Find a jar. You can repurpose an old jar from the kitchen; no need to overthink it!
2. Label it, 'ME', or write your name or initials to show that the jar represents YOU.
3. You can decorate your jar with tinsel and glow-in-the-dark paint, like the one in the story, or leave it plain.
4. Cut a piece of paper into strips.
5. Write one wish on each strip. Formulate your wishes in **present tense**, and in their **positive aspect**. Don't be embarrassed to dream big. How can you attract something that would embarrass you?
6. Fold up your wishes and place them in your wish jar, and place your wish jar somewhere where you'll forget about it.

**'The rest,' as Alemmians say,  
'is island business.'**

# 11 Treasure



Ivan reminds Lucy that if she fails to find the treasure, *and* she fails to have fun hunting for it, then she loses twice.

If you don't enjoy the story that is bringing you the things you want,

then not only do you miss out on good feelings and valuable insights, you also delay the manifestation. The story helps to distract you from those feelings of lack that are borne of focusing on the things you feel have not manifested.



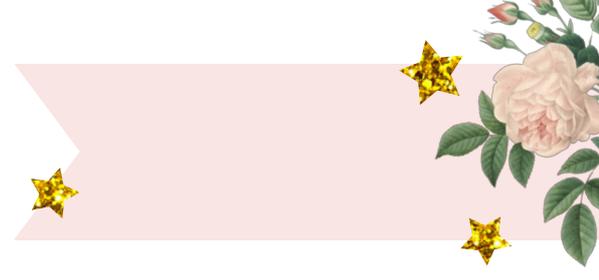
## MY TREASURE:

List the things the story has brought you so far. What have you learned, understood, realised, and acquired while you wait and prepare? Focus on the **manifesting** rather than the **non-manifested** state of your desire, and you will soon be able to enjoy it with *all* of your senses.

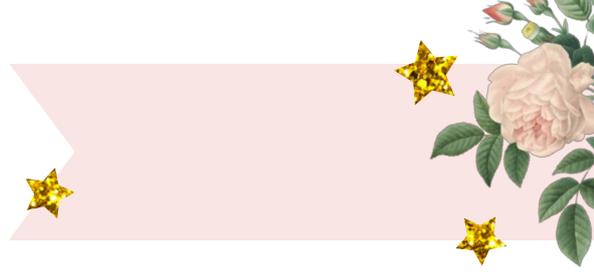


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You are  
always  
on the  
right path.





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