

WHY ME?



WHY DO BAD THINGS
HAPPEN TO GOOD PEOPLE?

ZEHRA
MAHOON

Why Me?

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good people?

Zehra Mahoon

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Why Me?

Why do bad things happen to
good people?

By Zehra Mahoon

There is much appreciation here for everything I have learnt from Abraham. Everything in this small book is based on the teachings of Abraham by Esther and Jerry Hicks.

Zehra

Why I wrote this book and why you should read it

Very long ago I was confronted with a situation in my life, that I didn't think I deserved at all. I was in an abusive relationship, and eventually ran away from home at two months pregnant. The recurring question in my mind was "what did I do to deserve this?"

I had always been a "good little girl" who always listened to mommy and did what was right from a societal point of view – so how could I end up in this situation – how could God put me through this?

I observed a disparity in many cases – it did appear to me that life wasn't fair, but God was always supposed to be fair – so it felt like there was a missing piece, because things really didn't make any sense.

I've spent a lot of time thinking and sorting it all out since then.

This little book is meant to give you a glimpse into what I've learnt and how since then I have turned my life around completely.

I have peace within. I have joy in everyday of my life. I have learnt how God's system of granting wishes works, and I want you to learn how to use too. It makes me happy to know that I have made a difference. So if you find benefit in this writing, remember to send me an email or simply write a comment about this book.

Much love and appreciation

Zehra

To find out more about Zehra and her work please visit her [website](#) at zmahoon.com.

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Natalie Flowers

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This picture reminded me of my loa journey, so I thought I would share some thoughts with all of you.

I discovered loa through the Secret in February of 2019, when I was going through a rough time in my life. When I read the Secret, something clicked, but something also felt like it was missing. These feelings caused a strong desire in me and a thirst for more knowledge about loa. I started searching, researching and reading everything and anything I could find about loa.

A couple months later, still having all hell breaking loose in my life, I came across Esther Hicks and Abraham and that's when things really began to click, but again, I still felt like something was missing or I wasn't totally grasping what I should be doing. I actually thought I was doing all the right things, but I still felt nothing was going my way.

Then, one day after watching an Abraham YouTube video, a suggestion popped up about a video from Zehra Mahoon. I watched it and immediately fell in love with Zehra and her teachings.

On June 25, 2019, I watched several of Zehra's videos. Luckily for me (yes, I asked and the universe delivered), one of those videos mentioned one of Zehra's books. I read it and then read all of her other books. I also joined the Unlimited Facebook Group that day after downloading the 40 day workbook. I will tell you I started seeing improvements on everything in my life. I have done the 40 day workout continuously since that day.

I have also participated in Zehra's other programs as well! I can definitely and 100% tell you everything Zehra offers will greatly benefit you and improve your life tremendously, especially the newest program which is the Mastermind Group – Unlimited 365.

The Mastermind – Unlimited 365 Group is absolutely amazing! This is such a major game changer and a true enhancement to the 40 day workout. This is 365 days of affirmations, daily teachings, daily live videos, weekly exercises, and an additional interactive q & a session on the weekend. You have even more support from Zehra and support from the Mastermind participants who are always cheering for you!

I am finding myself happier and more satisfied in all aspects of my life. I watch the morning video and find myself smiling afterwards and feeling such joy from Zehra's latest affirmation and explanation of such, along with the support and kind words from all the members of the group. I am truly getting more out of this everyday and truly know for sure that I am finally and currently on the right path in my life. Is my life perfect, no, but it is getting there and I am learning so much. I am so appreciative of finding Zehra and especially being part of this Mastermind group.

I strongly encourage everyone reading this to try it out. Everything you want is waiting for you in the Mastermind group along with even more support. Wouldn't you like to increase your happiness, your joy, your satisfaction, your harmony, your wealth, and/or your life? What are you waiting for, join the Masterminds and see for yourself.

Why Me?

Why do bad things happen to good people?

The Law of Attraction has an explanation for everything. Yesterday, I had lunch with a young friend who was full of questions. One of his questions was “if something bad happens – for example, someone gets a heart attack, when they had never ever thought about a heart attack and were perfectly healthy – how does the Law of Attraction explain that?”.

I thought that the discussion he and I had was quite useful so I wanted to share it with my readers. This question is one I have encountered many, many times, and I think it is important to understand the answer, because clarity on this subject leads to clarity on all things.

I am reminded of the question: **“why do bad things happen to good people?”** –

to me it is really the same question. I am going to attempt to answer this question with the help of concepts I have learnt from Abraham.

There are three factors that play a role in something unwanted happening seemingly out of the blue: beliefs, emotions, and habit of thought.

So how is it that these factors play together to produce unwanted manifestations or results?

Each of us has a number of beliefs that we have picked up along the way over the years. Some of these beliefs are empowering, eg., "I can have, be or do anything I want" if you really, truly believe it and live it, it is an empowering belief. A lot of us offer the words, and would like to believe this statement, but often times, we have a little voice inside that is saying things like "yeah sure! If you could have anything you wanted, would you be living in this house, driving this car, with this bank balance etc, etc, etc...".

There is a disconnect between the intellectual knowing and the emotional accepting of empowering statements.

These statements and whether we accept them is reflective of our underlying beliefs about life.

We accept things based on our own life experience and link events and results based on cause and effect – just like the popular Pavlov's experiment with dogs. One day I went fishing with a friend. I don't fish myself, but it is meditative to be out on the open waters so I love going anyway. He wore a very bright red shirt – I couldn't help remarking on the color. "You're going to scare the fish away with a bright color like that", I said meaning to poke fun at him. "I always have good luck fishing when I wear this shirt", he said, and then proceeded to tell me a couple of stories about the fish he had caught in the past. This was his "lucky fishing shirt" lucky only for fishing. Interesting how that belief got formed and then got reinforced? That's how it works every time.

There was a time a couple of years ago when I used to believe that I had to leave the house

exactly at 8 am in order to avoid peak commuter traffic. I had to work on letting that belief go consciously in order to change my driving experience. Have you noticed how the person who expects to find crazy people on the road is the one who always has the wildest stories to tell? In my experience, people are nice and courteous and everyone wants to be safe.

People who fuss and worry are always the ones who have lots to fuss and worry about.

They create the expectation, based on a belief they have constructed and they prove it to be true every time.

So if we see evidence supporting a correlation between two events, we accept it, and if we don't see evidence we tend to discard it. Sometimes, we accept and take ownership of beliefs other people have constructed – of course, this is typical of children as they accept many of the beliefs their parents offer. Anyone who has power of influence in our lives can communicate their beliefs to us – but we don't always have to accept them. Accepting someone else's belief is a decision we make – sometimes consciously and sometimes without thinking.

Over a period of time we create a framework about cause and effect in our personal space – and the world we live in conforms to the beliefs that we have picked up along the way. **Therefore we limit the possibilities and the probabilities that could come to play in our lives.** If we did not have a limiting belief system the possibilities and probabilities that could come into play in our lives at any point in time would be limitless. For example, if I truly believed that money could come to me from anywhere, then the possibility that it could drop from the sky would still be a possibility that could be probable in my universe, whereas for someone who absolutely does not believe in such things, the probability of such an event would be zero. They would have eliminated the probability of the event in their personal frame of reference based on their beliefs.

Similarly, we believe in health related statements such as “my mother had cancer, so I must be more susceptible to it”, or “people with a cold spread their germs – when you are exposed to the germs you get sick”, “diabetes runs in the family”. These are all examples of negative beliefs. A belief is a

thought you think repeatedly and you accept as being true. The fact, that you accept them as being true, is what matches you up with evidence to prove your belief. That is precisely why one set of medical research proves that a substance is good for you and another set of research proves exactly the opposite. Happens with food all the time. For every set of research that proves a certain food is good for you, there is an equally convincing research available to prove that it is bad! Which set of research you come across depends on your own belief systems. Which set of research you accept also depends on your overall belief system.

Any negative belief that you hold on any subject becomes a weak spot in your vibrational make-up, so that when you accumulate resistance on that subject or on any subject at all, it shows up through that weak spot. Similarly, positive empowering beliefs create a shield around us that helps us deflect unwanted things.

Let me explain with the help of a few examples.

First, I will use the example of a dear friend whom I will call Jeanie. Jeanie suffered from a stroke almost four years ago. It was pretty severe and she was totally paralyzed on one side of her body. She has recovered substantially now and has the full use of her body. She attended one of my workshops last month, and her question was, "Zehra, I had never thought of having a stroke, so how did I attract a stroke?".

Jeanie is the most fantastic looking 75 year old I have ever known. At the time when she had the stroke she was perfectly healthy, and really active, more energetic than many people much younger to her in years. But Jeanie had had a tough life. She had a lot of baggage from her early years. A sister who always picked on her and told her that she was ugly, the fact that she was widowed at a relatively young age, and a tight money situation that was created following the transition of her spouse. The problem was that Jeanie spoke of her past often. Everyone who knows her, knows her story. What do you think that did for her? Yes, it kept the negativity of all those past experiences alive and active inside her – accumulating resistance. After her 70th birthday, which was a big celebration, Jeanie started "realizing" or "feeling" the fact that

she was getting on in years. She also started noticing much more than she had done before that many people her age did not have good health. She heard of friends who had had difficult health situations to deal with, and more now than ever, she worried about maintaining good health. All it took was for her to hear of someone who had a stroke or cancer and say to herself "I don't want that" or "I hope I never get that", to accumulate resistance on the subject of health. These seem like the normal thing one would say. And even though the objective is to want a positive outcome, the thought is not a positive thought. In fact, it is a negative thought, because "I hope I never get that" is another way of saying "I am afraid of that". And fear is a negative emotion. Any thought that is connected to a negative emotion is not a positive thought. And so, unknowingly, or in her obliviousness of how the universe works, my friend Jeanie created a stroke.

**These thoughts created the weak spot,
and all the resistance that was
accumulated in the past, used that
outlet to release the pressure that had
accumulated over the years.**

The same question my young friend asked me yesterday “how do people attract negative events they have never thought about?”

We took the example of someone we both knew (I will call him Frank) who had broken his back during a holiday in Mexico, at the age of 35 or thereabouts. He was perfectly healthy, and seemingly happy prior to this event – so why did it happen?

Frank had told me himself that he always felt dominated by his father, and that he had low self-confidence. I also know that he was working very long hours in his business – a business that needed timely execution of orders received from clients – a business that operated on precision, where an ill executed order could potentially result in large losses. Frank continuously operated under the pressure of deadlines, and precision. Every order added to the accumulated pressure.

He told me once that it would take him a good couple of days just to shake off the tension and start enjoying his holiday, and then it would be time to go home. Just before he goes on this particular holiday, he puts into place a group health insurance plan for his employees. He doesn’t want to be included in the plan, because he never gets sick.

You think he spent some time thinking about and focusing on illness and what happens as a result of it as his insurance rep took him through the process of putting the insurance plan in place? With this back drop, on day two of his holiday, he decides to go surfing. He loves the water, and he is a strong swimmer. But the waves were really high that day, and the one he picked whipped him around and pinned him down – he broke his back. He does not understand why this happened – how did he create this?

First, I think that he already had some resistance accumulated from his childhood, but mostly I think that the tension from his business was still active in his mind – maybe there were orders from clients or other aspects of his business that he was still thinking about having left undone? 30 years later, he doesn't remember very clearly the specifics of the preceding events – what he does remember with extreme clarity is his journey through rehab and back to walking from a complete paralysis waist down. Given the fact that he himself stated that it took him several days to unwind – I'm going to say that the tension of the business was active on holiday day two. There had been some attention given to illness due to the process of putting the

insurance into place, creating the weak spot. So the resistance found a crack... It really is that simple.

When something huge like that happens, the tendency is for us to find a reason that is as big – but often times, it is the slow accumulation of tension, and worry on a daily basis, that is unresolved and unreleased that gushes out in the form of a large event.

My friend thought that breaking his back should have been the result of a huge worry, or some other severe mental tension – what he did not realize is that it was the accumulation of a lot of little things, but things/thoughts that occupied the major portion of his daily thoughts – his habit of thought was mostly of worry. He expected more things to go wrong than right, he expected more things to be hard than easy. He expected more people to be careless than careful. The balance of his habit of thought was on the negative side of the equation. My friend Jeanie, thought that she was doing everything to stay in good health and didn't seem to have any major worry in her life at this

stage. It wasn't a major worry that caused her stroke. It was the habit of thought of not wanting to be sick. You see, every time you think about not wanting to be sick you are activating the thought of sickness in your mind without realizing it. So in Jeanie's case she was activating a negative thought while wanting a positive result. A habit of thinking that is most destructive. And also one that is most common. If she would instead have just asked for good health and left it at that, she would not have created the stroke.

You see it's the amount of time you spend thinking negative thoughts and not the enormity of the issue you focus on that determines the momentum with which you are propelled towards the negative or the size and magnitude of the negativity that unfolds in your life.

Take my father. He had a massive heart attack in 1985 – he was just 53. He had always been extremely healthy. But there was a history of diabetes in his family, and at the time he was just a little bit over weight. My mother pointed these

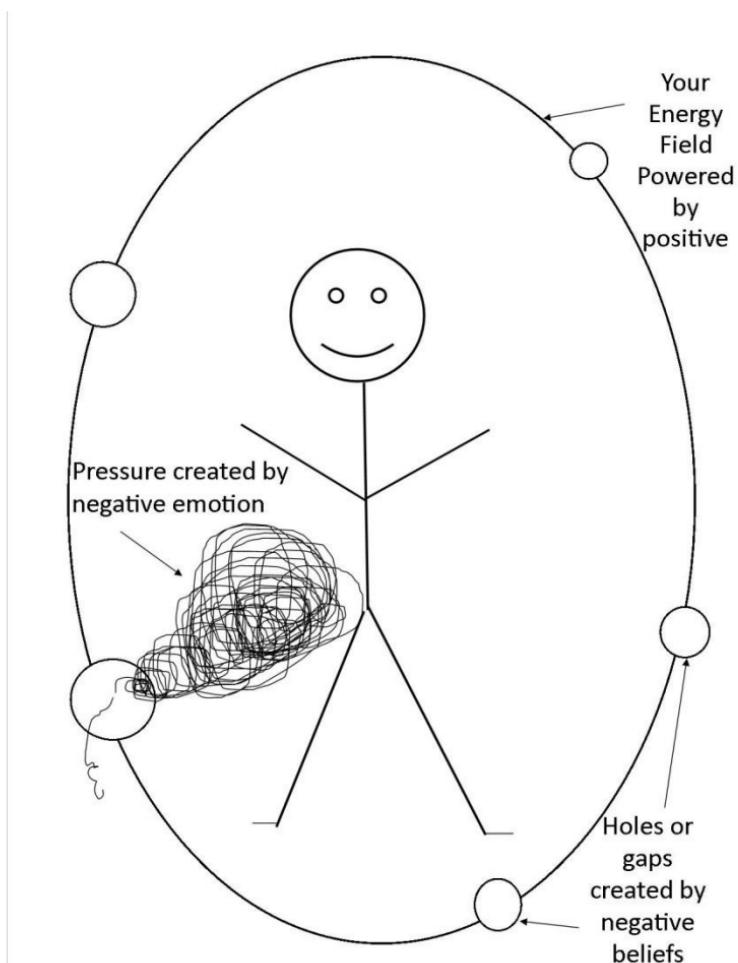
"facts" out to him as she tried to stir him towards what she considered healthy food choices. Those were the good old days when the media was full of the co-relation between body weight and heart disease. Did a heart attack need to happen? Probably not. I contend that there were many people with a history of diabetes in their family and a bigger weight problem compared to my father who never suffered from a heart attack.

Two things happened in my father's case. First, he had a weak spot, created by the belief that diabetes in the family made him vulnerable to heart disease and that being overweight did the same. Second, he had a spouse who was a worrier and insisted in keeping active in both their vibrations all the tension and worry of events and people under the category of "organizational politics". Was he thinking specifically about getting a heart attack? I don't think so – but the weak spot was there and the tension was there... and the rest as they say is history.

Things you don't want don't have to happen – there don't have to be any surprises in your life – if you stay in touch with your emotional guidance.

When we think a thought that is not in our best interest, for a split second we feel the tinge of emotion that lets us know that that thought carried resistance. Most people are so used to brushing away this vital information and moving on with other thoughts that they don't take notice. Over a period of time, we get so used to feeling negative emotion and brushing it away that it becomes habit to suppress negative emotion – creating a disconnect with our natural guidance system. It's never too late to mending the disconnect. Soon as you make the decision that you want to start paying attention to your emotional guidance – you will. If you continue to put forth your intention to listen to your emotional guidance over a period of time you will not only mend the disconnect, you will in fact make your ability to interpret that inner guidance much stronger.

My advice to all: clean up your vibration, and select your words and your thoughts carefully. **You are the one who picks the thoughts that you think – so do yourself a favor – think thoughts that will serve you well.**



If you don't mind my drawing, the diagram above illustrates what I want to share.

Our positive beliefs create a sort of force field around us that doesn't let bad stuff get into our personal vibrational space, or realm. When we hear someone say something that is less than empowering, such as, "research shows that the likelihood of getting allergies in the spring is higher because of pollen in the air", and we say "really? If research has proven it – it must be true". Now, we have accepted this as true and therefore it creates a crack (of least resistance), or hole in our force field.

Now let's say you go to a party and meet someone who says, "I have terrible allergies just now – it's all that pollen in the air". "Ah!" you say "that research must be right". Now you have made that crack in your force field a little bigger.

Every time you come across evidence that upholds the belief about pollen allergies (which of course you will, because the law of attraction will bring you more things that match up with what you believe), that little hole will keep getting bigger and bigger and bigger.

All the resistance that you have been accumulating, not just on one subject but a whole medley of things that have been minor every day irritancies for

you, will find release through the biggest hole in your force field. Make sense?

It is at this stage that my friends get confused. The confusion arises from the fact that they had never thought of themselves as negative thinkers. They have no idea how to start identifying which thoughts are negative and how to rephrase them. How to start using language that is empowering and positive. How to consciously give up beliefs that are negative.

Here is one way to identify your habit of thought.

When you think of something that you want or some event that you want to have happen, do you ask yourself: how is it going to ...? when is it going to...? who is going to...? where is it going to...? Do you use these questions as conversation starters with yourself and then paint endless scenarios in your mind about how things can work out? Do you ask the questions how? When? Who? Where? Repeatedly. If you answered "yes" then my dear friend, you have work to do, because this sort of thinking pattern is indicative of a self-sabotaging habit of thought.

Tension, worry, anxiety, fear are all negative emotions – don't brush them under the carpet. Acknowledge them. Acknowledge the guidance that is telling you that you have taken the wrong fork in the road, in terms of thinking and perhaps even in terms of doing.

When you catch yourself thinking this way – stop. Acknowledge that you do not have to think these thoughts right now, this red hot minute. In this minute "All is well". Trust that there are endless possibilities and many that you could not possibly be aware of. Admit that you do not have control over all the variables involved in things working out your way – but the one thing you do control is how you think your thoughts. Say to yourself, that you want to choose positive thoughts and develop an empowering habit of thought – and you will.

One of the things I like to do is to ask the question "Why?" Why do I want this thing that I want? Why do I want things to happen in a certain way. The answer to the question Why? always takes you to the positive side of the thinking equation.

The thinking equation:

Positive

Negative

Why do I want this? How? When? Who? Where?

Sometimes people want to change their habit of thought but they find that they can't control their way of thinking. This is simply because thoughts have momentum. **Once you get a sort of thinking habit going it gathers speed, and this makes it difficult to stop.**

It's Ok to keep working on it slowly, whenever you can, and you will notice that as you make the conscious effort to change, that change will come. It's like trying to turn an ocean liner around to make it go in another direction. First you have to bring it to a stop – slowly –then turn it around, and keep going until it starts gathering speed in the new direction. So be easy on yourself. If you want it – it will come.

**Thought always comes before action.
So there is no need to act, unless the**

action will bring you respite, and make you feel better.

When people start this work with me, often times they expect that they should go from a zero on the Happy Scale to a ten (ten being best), and then stay there. When that doesn't happen, they discard the law of attraction and the science of deliberate creation – because they don't see the evidence of it working.

What they do not know is that, feeling respite, feeling just a little bit better than before is in fact evidence that more good stuff is on its way. What they do not know is that hardly anyone can maintain a consistent 10 on the Happy Scale, every minute of the day, day in, day out. We all experience various levels on the Happy Scale during a day – success is in acknowledging when you are below 10 and then doing the work that makes you feel just a little bit better so that the direction in which you are travelling is upwards, towards joy.

In my book *The Prosperity Puzzle*, I teach a technique that helps to accelerate the process of bringing your habit of thought towards the positive side. In summary, this technique involves three steps:

First, state it the way it is. Second, find something about the way things are that is positive and absolutely true. Third, make a clear statement of improvement, not a drastic improvement, just a step or two towards getting to where you want to go. You can repeat this three step process as many times as you like. All we want to accomplish with this technique is to feel incrementally better. No need to look for physical evidence of improvement – just trust that if you are doing the work then the evidence will come. Make sense?

Everything that we want in life is because by the having of it we want to feel good.

Even when you want to help someone, you want it because through it you will feel good. When you make what you call a sacrifice, by giving up something that you have in order to help someone else, you do so because in the doing of it you will feel better than in the holding back of it. And it is so with everything in life.

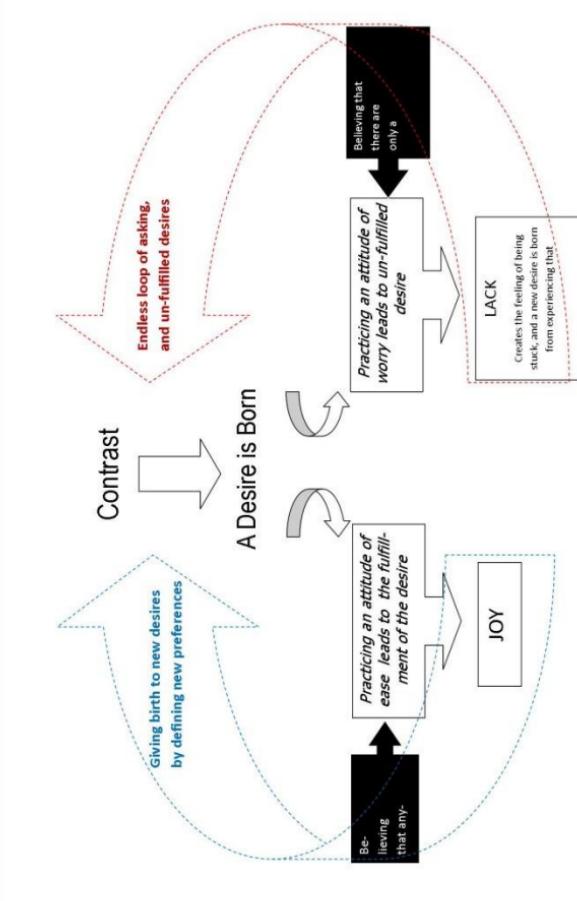
Therefore, the purpose of life is Joy, experiencing happiness.

Here is a little diagram to help illustrate how the science of deliberate creation works.

We experience the world and identify what we want. When we identify what we do not want – the flip side of it is always what we do want.

Not getting the object of our desire makes us feel the contrast of not having it more strongly and so another desire is born. In order for the desire to be fulfilled we must have an attitude of ease about it. An attitude of ease means that we are not thinking thoughts that put us on the negative side of the thinking equation. Being on the negative side of the equation leads to another unfulfilled desire, and so on. When this happens we get the feeling of being “stuck”.

Have you ever noticed how some couples try really hard to have a baby for many years. Then they “give-up” or they adopt – next thing you know they have a baby of their own on the way. A very dear colleague of mine and his wife were a prime example, and over the years I have heard of so many similar stories – I am sure you have too.



What is at work there? There is a desire for a child. The desire is not fulfilled. Every time the couple tries for a baby and is unsuccessful they give birth to a new desire. Then they give-up, which creates an attitude of ease and the desire is fulfilled.

But wait, the unanswered question here is what got in the way of allowing it the first time around?

Some people might have thought that conceiving a baby was not the easiest of things to do. But what if there was no such thought in the minds of Ray and Sue? If they had never had a negative thought about the subject – then what happened? As in the case of my friend Jeanie, my Father and my friend Frank, it wasn't a negative thought about the subject of having a baby itself, but negativity on other subjects that could have accumulated and found a weak spot in the emotional make-up of either one or both Ray and Sue.

Our discussion can evolve from here and go in so many other directions. But I think this is a good place to stop. I would like to encourage everyone reading this book to take a quick inventory of things you want that have been stuck and not happening for a while and decide to do one of two things about them. Either move on, give-up, make peace or work on creating ease and flow in your life with

respect to them. When you achieve a habit of thought that comes from a place of ease and flow your life becomes magical, and there is never any need to worry about anything ever again – and that is a very good place to be!

Blessings.

Zehra

About the author

Zehra Mahoon is a master mindset and law of attraction coach and manifesting expert. She is the author of twelve books on these subjects and the creator of the Unlimited 40 day law of attraction workout and the Unlimited 365 Manifesting Success Journey. After committing to completely transforming her self-worth in 2006, she went from being massively in debt to owning multiple properties and creating a thriving business, as well as healing her relationships.

Zehra's books are based on a visual, diagrammatic approach to law of attraction. She breaks down complicated concepts into small bite size pieces linked to analogies that make them easy to remember and apply.

Zehra's courses and programs helps individuals to identify the blockages that are keeping them from achieving success. She helps them to change their self-talk and develop new thinking habits that open up a world of new possibilities.

Zehra believes that all things are possible, and that you can start from where you are and create a better future once you start understanding how to use basic

law of attraction concepts. She is committed to making it easy for you to understand and apply the law of attraction.

To find out more about Zehra and her work please visit her [website](#) at zmahoon.com.

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One Last Thing...

If you enjoyed this book or found it useful I would truly appreciate it if you would post a short review on Amazon. Your support really does make a difference and I read all the reviews personally so I can get your feedback and make this book even better.

Much love and appreciation,

Zehra



Gianna Barry

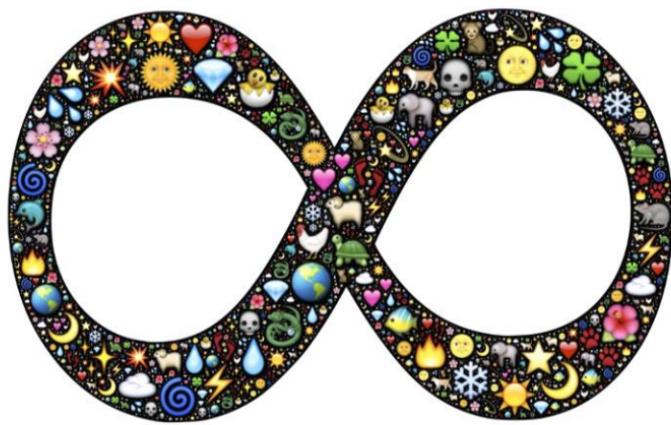
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THE LAW OF ATTRACTION REALLY WORKS!!!

On March 13, I got furloughed from my job of 7 years due to covid. On May 17 my employer closed the doors for good. I have been actively looking for a job ever since. When I was down the most in July, I heard about The Unicorn Club and Zehra and started taking her 40 day course. Thought it couldn't hurt! WOW!!! How this has turned my life around. I worked in a very negative environment at my last job but tried to be as positive as I could with the negativity around me. What a blessing losing my job was now looking back. I have changed the way I look at things and have worked on how to rephrase my thoughts and try and get rid of negative thoughts. I feel the best I have in years and have lost 45 pounds (need to do that!!!) with all these changes in my life. Yes I have been unemployed since May. You don't know how many interviews I have had since then and all kinds of rejection! I am in a profession that is highly regulated in Colorado due to the covid, and jobs are not plentiful. I applied for a job in July, wasn't thinking that I would want it. After the first interview, I knew I really wanted that job. The office was so positive and it was still going to be using my skills but with a different slant!!! After 3 interviews, and a presentation, I was waiting to find out if I got the job only to find out the company was getting acquired and a hiring freeze was on until the first part of October. During this time, I kept practicing not to dwell on the situation. I put out there what I wanted and the money I needed. I kept visualizing myself in that position and kept saying what I was grateful for, kept pushing negative thoughts out of my head. Looked at all the positives that had happened due to me losing my employment. Enjoying the time at home, having unemployment payments, spending time with my animals, destressing and telling myself that this job was going to come up in due time. Well today I got an offer letter for the position with the money I needed, which was at the top end of what they were offering with a chance of getting 3 different type of bonuses. Tonight I am grateful for The Unicorn Club, Zehra, all the blessing that this time has given me to reflect on my life and for getting a job I know that is better than the one I had. The positiveness that dwells in that office and within all the people around me that I have seen from the interviews and presentation, I know is going to be such a healthier environment to be in. I know now that my life and mindset has changed because of the Law of Attraction. Do I have all the answers yet, No but I am working on it each and every day. I encourage all of you to keep practicing the steps and guidance that Zehra is giving you, and you will be presented the right opportunities at the right time also. My life is so much better than it was 7 months ago all due to this process, practicing gratitude, putting out there what you want and not dwelling on it, keeping negative thought out of your mind and being happy!!! Good Luck to all of you Unicorns!!

UNLIMITED



A 40 DAY LAW OF ATTRACTION WORKBOOK TO ACCELERATE MANIFESTATION

ZEHRA MAHOON

Kimberly Clemens

August 12 at 12:30 PM

Testimonial for the Mind & Heart Alignment Method:
I have been studying the law of attraction, off and on, for about 10 years. I know it works and will continue working, so, I know it exists. I know my thoughts and feelings affect me, so, I am choosing to focus on it or not. When I decided that it was time to pay more attention to how I feel again, I was directed to Zehra's Mind & Heart Alignment Method and shortly thereafter to the Mind & Heart Alignment Method. This has helped me delve further into the four step process, as well as other things. I found great joy in the activities contained within the Q&A sessions. I found the ability to listen and remember everything as many times as I want, whenever I want. Miss Zehra's uncanny knack for making this make sense so quickly and easily is a definite plus. I am looking forward to getting back on track. The exercises within each session help me wade into deeper layers of understanding and knowing. I truly appreciate how many "aha" moments I had. I am really grateful that I took the opportunity to participate in the course and will continue to tell others about it. I am also grateful to see the group for reinforcement, to see the joy others find in their ability to be a part of this community of like minded folks.

Deepa Ramchandran

UNIDIST 15 at 12:39 AM

IMA testimonial: This course has completely changed the way I look at my life and deal with what I perceive as problems. Zehra gives you the tools you need to work on pretty much every aspect of your life. The processes are enlightening but you have to invest the time to do the work. The exercises are easy and fun to do so you won't feel like you are doing work. Each week builds beautifully upon the last and by the end of the course you realize that you have everything you need to help yourself. You have access to Zehra for all your questions (she answers every single question you have), plus there are fun, interactive webinars where you meet others who are like-minded and learning just like you. This course came to me at the most difficult time in my life (bar none) and I am deeply appreciative of how much it has/is helping me every day. Don't hesitate...take the course...put in the effort...have fun...enjoy the process and in one month you will have changed our life for the better!



Wasserman

I wanted to do a review and encourage anyone who would like to the *True Way of Life* or *Attraction* journeys of Zera as a Mastersin course Unleashed 365. About 3 years ago I started following the Law of Attraction teachings of Abraham and many authors, speakers and teachers. I couldn't understand what was missing, and I really felt something was... yet wasn't noticing a faster and more positive change in my business and finances.

A year and a half ago that was introduced to the *Zera, the Unleashed* workbook, and all the other books, which I have always been a fan of, I have done the 40 day continuity challenge with Zera. I have always been a positive and outgoing person, but noticed that, also learned my language of thinking was coming from a place of lack, though doing the work daily that I have always had everything I ever need. Little did I know I really needed the *Mastersin* Unleashed 365 to speed everything up on a timeline!!!!

I encourage everyone to try it, even for a little while and notice the huge shift that will actually occur even before you have any dietary changes! Every week we get several emails from people who tell us that Food or the Fast is changing their lives and the health of those around them is transformed.

Since starting the 365 MasterMind I have received things from amazing places and people, the families that surround me are daily and sometimes too numerous to count, and me and my family are right there with them and the shift is astronomical.

Appreciate my thanks to all who are working so hard to help us all be more healthy and happy. **WE** are working so hard to help us all be more healthy and happy. **WE** are working so hard to help us all be more healthy and happy.

I would rather speak from past experience, than present experience. I picked up your book while I was at rock bottom in a homeless shelter in 2017. I've known about LOA for a long time but really liked your pragmatic approach to it. Two months later I was contacted by my job through LinkedIn to come interview. A month after that I moved into my own apartment. A year after that I wanted a better apartment and I did another round with your book and manifested my current rent controlled apartment close to the train. I'm in sales and honestly have recommended to a lot of my friends and family but think it's notably very useful for a sales professional. I am now in the process of writing my own book about chronic lifelong homelessness and bad luck and coming back from that and have 100 pages so far and you were very much a part of my story before we even met. So if we could accomplish all of that through a book and no meetings I am sure what we could accomplish in a year would probably be atleast another book's worth.

THRIVE!



AN ILLUSTRATED LAW OF ATTRACTION
GUIDE TO REDUCING WORRY,
OVERCOMING FRUSTRATION
AND FREEING YOUR MIND

ZEHRA
MAHOON

Many books have been written about anger
management and over coming worry and anxiety and

about what to think and believe and how to act, but three things set this book apart from the rest:

1. The depiction of the thinking process in the form of illustrations that make it easy to understand how our thoughts impact our results;
2. A method that helps us to identify the beliefs that operate under the surface and control our lives without our knowing it; and
3. A simple four step process that helps to deactivate negative beliefs permanently so that we can thrive.

The end result: freedom from worry, anxiety, and anger and a set of thinking exercises that can be used in every situation you would ever encounter in life.

How to pray so that God listens – 100 prayers for ultimate joy & success in life

HOW TO PRAY SO THAT GOD LISTENS



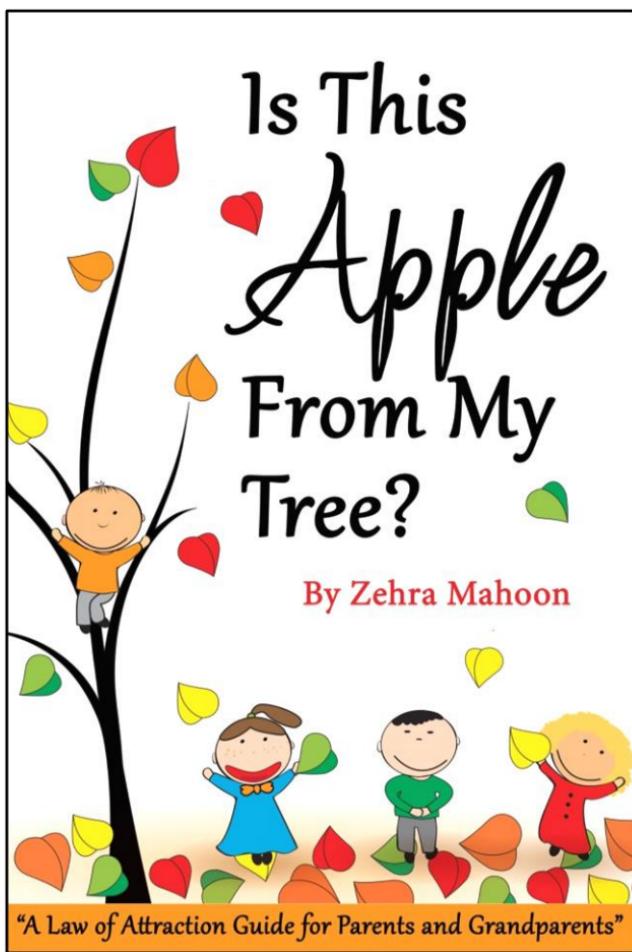
**100 PRAYERS FOR ULTIMATE
JOY & SUCCESS IN LIFE**

ZEHRA MAHOON

- What is a prayer?
- Is prayer a useless ritual?
- Why should I pray?
- Will I get all the things I want if I pray?
- Is there a right and wrong way to pray?
- Does God answer all prayers?
- Why do people who never pray get what they want, and those who pray don't?
- What does Ask and it is Given really mean?
- What should a prayer include?
- Is there a good or bad time to pray?
- Why are some prayers answered quickly and others take a long time?
- Why do some people get everything they want and others don't?
- Does religion make a difference to the effectiveness of prayer?
- Is God really fair?
- Does God really love me?
- Why do bad things happen to good people?
- Can I really put my trust in God?
- Can I control the outcomes in my life?
- Can I improve my life and be truly happy?
- Can I truly have, be and do anything I want?

These and many other questions are answered in these pages.

Is this Apple from my Tree? is a book about parenting.



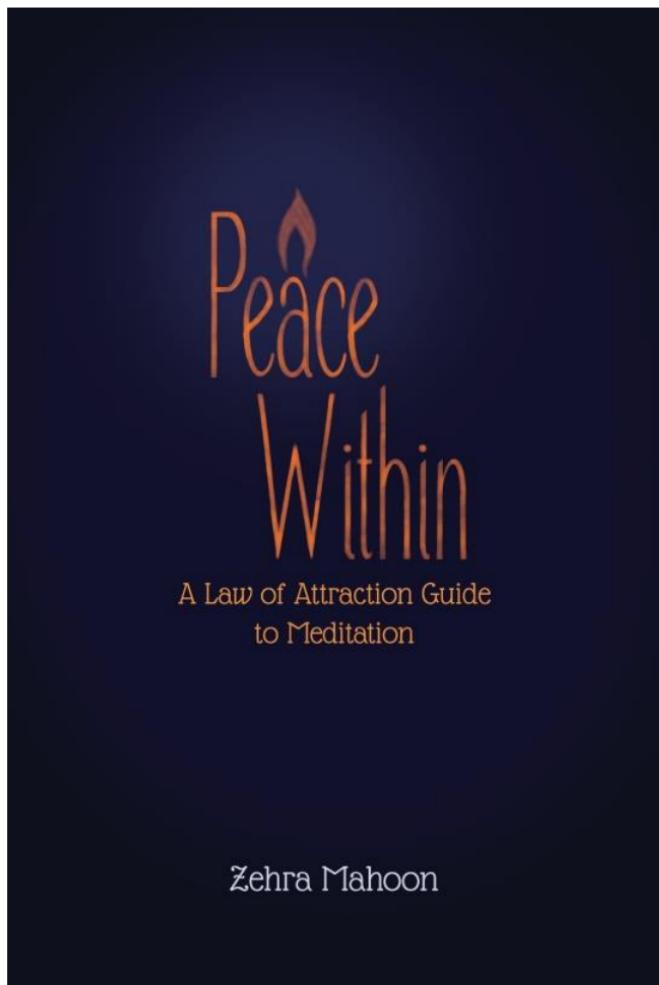
Being a good parent is as much about looking after yourself as it is about looking after your child.

This book will help you to:

1. Become a confident, relaxed and happy parent who enjoys every moment of having children.
2. Raise children with positive belief systems that enable them to be confident, happy, healthy, creative, and successful.

Zehra shares many practical examples of situation that she encountered with her own children how she dealt with them successfully to help you understand how your power of positive thinking impacts your children without ever having to tell them to change or do anything differently.

Peace Within is a book about meditation



Meditation is made out to be way more difficult than it truly is. One of the reasons for this is that there are so

many different ways being taught. The purpose of this little book is to dig down to the foundation of the process of meditation and talk about why things are done in various different ways. The fewer the rules and rituals the easier it is.

This book makes meditation easy.

If you have wanted to learn meditation and felt that you could not turn off your thoughts then this book is meant for you for you are about to learn that there is really no need for you to ever turn your thoughts off – in fact you can't – that's the equivalent of telling your heart to stop pumping blood!

**The Prosperity Puzzle: Your relationship
with money and how to improve it**

Prosperity Puzzle

“Your Relationship with Money
and How to Improve It.”



Zehra Mahoon

Have you ever wondered why some people who have the skills and the education and everything else they need to be successful aren't and others who have far less qualifications are?

Have you ever wondered why one business in the same industry with the same product succeeds and another doesn't?

That's what this book is all about – it explains how the way we think about money has an impact upon how much money flows into our lives.

It explains how to work on and remove the negative beliefs that are standing between you and prosperity. You deserve to be rich, and anything that you want is possible.

Win: a law of attraction guide to winning

WIN!



A LAW OF ATTRACTION
GUIDE TO WINNING
THE LOTTERY

ZEHRA
MAHOON

The Law of Attraction is always working, whether you use it consciously or not.

This powerful law is at the base of why things out the way they do.

This book will help you to improve your understanding of the nine important elements that contribute towards winning anything – especially the lottery, accompanied with step wise guide to making them work for you.

This book will give you an understanding of what you need to stop doing in order to start winning the lottery and so much more.

Zehra's books are available in digital and print formats through [Amazon.com](https://www.amazon.com)

