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## **WHAT IS THE LAW OF ATTRACTION AND HOW WILL IT HELP ME LIVE THE LIFE THAT I DESIRE?**

The Law of Attraction (LOA) is called many things such as 'being in the zone', answered prayer, serendipity, coincidence, luck, and 'meant to be' to name a few.

There are many quotes that reflect LOA like "What you believe, you can achieve" – Mary Kay Ash; "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" – Bible – Matthew 7:7; and "Whether you believe you can do a thing or not, you are right" – Henry Ford.

There are movies and books about LOA. Movie examples are "The Secret", "What the Bleep Do We Know?", and "The Chronicles of Narnia". A few books illustrating it are "The Law of Attraction – Michael J. Losier, "The Bible", "Ask & It Is Given" – Esther & Jerry Hicks.

Client beliefs around attracting what they want are important to their success. To believe that we are indeed co-creators and attract to us our life experiences is important in drawing to us that which we desire.

There are 2 simple truths about LOA ("The Secret"):

1. We attract what we think and feel about.
2. We need to feel good about what we want – be it a state of being, a thing, or an experience - to attract it into our lives, understanding that our present is perfect.

To apply LOA:

1. Know what you truly want in living colour. Make a collage, journal, paint or, in some other creative way, illustrate it.
2. Envision what you want as though you are already there. In one of Cheryl Richardson's books is an exercise of how focus brings things into our awareness. Imagine an object, focus on it in your mind's eye for five minutes and, then, see how many times that object shows up to you over the next week. What we are aware of and focus on often becomes our reality.
3. Make a plan to get there building on your strengths, learning new skills, securing new tools and resources, and planning for potential obstacles.
4. Get into action and find a way to keep your focus daily.
5. Evaluate your progress and celebrate successes. Ask yourself how you could fine tune your strengths, challenge your perspectives and self limiting beliefs, stay in a place of gratitude, and keep your focus.
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A coach can provide support and tools to put LOA into practice.

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