

Newsletter Volume I, (6) November 16, 2007

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Topic: Law of Attraction: “Like attracts Like”

“Never expect a thing you do not want, and never desire a thing you do not expect.” – Raymond Holliwell

Have you heard *The Secret*? The recent book, DVD, and CD series, *The Secret* (by Rhonda Byrne) has popularized ancient principles for living based on the law of attraction. The principles are simple, but challenging to follow. How much energy do you give to what you do not want? Our natural inclination is to focus our attention on what we do not want; we say to ourselves, “I don’t want to be late. I hope I don’t get sick. I don’t like...” We review our unpleasant experiences by replaying them in our minds and talking about them with our friends. This habit increases our feelings of dissatisfaction and draws more negativity to us. The ability to get more of what we want is a result of developing a habit of repeating over and over in our minds and conversations what we **do want**: “I want to be on time. I want to be healthy. I like...” Communication internally and externally regarding our desires effectively utilizes our energy, attention, and focus to bring circumstances, people, and things that we want into our lives. Next time you catch yourself focusing on what you don’t want quickly “flip it” to what you intend for yourself by stating your wants in clear, specific words. Our words are powerful; they become our habitual beliefs that send out messages to the world and impact our experience. Jack Canfield says, “What we think about, we bring about.” With or without our understanding the law of attraction is at work. When we embrace the truth that we are co-creators of our every experience we become selective about what we “order” from the universe. At a restaurant if you order chicken, chicken is what the waitress will bring. If you want filet mignon you will need to be clear about this intention by thinking and speaking only of what you wish to receive. The experience you are now having is a direct response to what you “ordered” previously by your internal and external communication. Be as confident of receiving your desired outcome as you are about receiving a meal you ordered at a restaurant. If you ordered filet mignon you would reject the chicken special; it is not what you ordered and therefore it must belong to someone else. Allow the feelings of anticipating the arrival of what you most want to generate “as if” you already were experiencing the result of your intended desire. What will it be like when you have completed your degree: imagine every sensory detail of your graduation day. What qualities of an ideal relationship would you like to experience? Intend to attract the person to whom you can give and receive with equal benefit to you both. What job would you like? How will you feel being able to use your interests and skills to make a living? The world needs the gifts you have to offer. **Remind yourself many times each day of these intentions with a full mental snap shot including the feelings and sensations of experiencing your ideal situation.** The energy we emit when we are jazzed about something is powerful. Every dominant thought is accompanied by a visceral emotional and physical sensation that circulates out from us like a boomerang bringing back to us whatever energy we send out. **This moment is the moment of creation.** Use the power of your thoughts in this present moment to bring good to yourself and others. There are several helpful strategies you can use to shift your words, thoughts, and feelings to a positive frequency. First, does what brings you joy: step outside and breath, laugh, listen to music you are passionate about, connect with your pet or loved one. Second, pay attention to where you are going, not where you have been. Third, take an inspired action to move one step closer to your desired intention.

Use symbols as reminders that generate good feelings and intentions: a picture of serenity, a renovated kitchen, a check with the amount of money you would like to have in the bank. Keep these reminders near by so that they are influencing your positive intention continually. The most important principle of the law of attraction is “allowing”. When we expect good to come then we are open to receiving and don’t miss the “good” when it arrives. A few helpful strategies for allowing more good in your life include keeping track of the good that comes each day by writing it down, doing your part to maintain the flow of good in the world by contributing to others and receiving from others, creating space in your life for the good you wish to come (unclutter your time and space). When we are already aware and grateful for what we have, we are more receptive to attracting more. When we are actively involved in the cycle of good flow by making regular contributions to others of kind deeds, money, and positive words, we put ourselves in the path of a universal natural cycle of how life is meant to be: good for all and all for good. Begin today to emit the frequency of positive intention through your thoughts, conversations and actions, and watch how your positive intention brings to you more of what you long for and keeps away that which you wish to prevent.

1. Do something you love each day.
2. Focus on what you intend.
3. Take inspired action.
4. Allow for good things to come.

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If you would like one on one assistance in Life Coaching or Counseling please call for an appointment, and I will return your call the same day.

Calendar of Next Training:

January 10th : Check in for all who attended the Oct 25th, Nov 1st Law of Attraction Training: Please call or email to register: Heather Lagace, Lagace@hartford.edu or 653-9755.

January 17th and 24th

Law of Attraction: How to Get More of What You Long For and Less of What You Don’t. Two Session Life Coaching Seminar: 6:30-8:00; \$30. Begin 2008 by acting on your best intentions. **The two evening seminar is a practical guide filled with easy to follow strategies for consciously living the law of attraction.** Heather is an energetic presenter with 23 years of teaching experience. Call or email to register: Heather Lagace, Certified Professional Coach and Licensed Professional Counselor; 653-9755 or Lagace@hartford.edu.