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November 2006 Newsletter

The Law of Attraction

We are all governed by universal **laws** that have been understood ever since the dawn of civilisation. Unfortunately, many people today don't understand these laws, which doesn't mean they no longer apply. They will influence you whether or not you are aware of them just as gravity will pull you to the ground whether or not you have heard of it. In past newsletters we have looked at **The Law of Cause > Effect** and the **Law of Projection**. So let's now have a look at the **Law of Attraction**.



The Law of Attraction. Whatever you dwell upon, you will attract into your life. The thoughts and images you hold in your mind will eventually become your reality. Once you grasp the significance of this universal law, you will understand the importance of consistently holding clear, positive words and pictures in your mind. ***Then, and only then, will your unconscious set to work to help you achieve what you want.***

If you really think that things come to you by some stroke of good or bad luck, or by accident, or coincidence, or by banging your head against a very unsympathetic brick wall - ***think again!***

If you have attended the workshops, and the seminars, read the books and are still not being as successful as you would like to be at setting goals there is a simple explanation. Every one of those books left out the most important key of all time to life and living:

We create by feeling, rather than by thought!

That's it! That's the secret! We get what we get by the way we feel.

It's the most elementary law of physics - like attracts like.

It's up to you to decide where and what to focus on and how to guide your mind so that you attract or bring more of whatever you want into your life. **Your** focus is **your** choice; no one else is responsible for making you have a bad day. We live in a world of **magnetic attraction**;

we just don't make the most of it.

Did I say **magnetic attraction**??? **YES!** Our thoughts cause a **vibration** and our **vibration** emits a signal, and anything similar to that signal is drawn to us **as if by a magnet**.

If there is something that you really desire start putting your attention on it. Imagine what it is like having this thing. Ask yourself, "**What will my evidence be that I have gained this thing?**" and "**How will the effects of having this thing make me feel?**" Pretend (act as if) it is already in your experience. Imagine you have the thing you desire. Focus your thoughts towards the enjoyment of the experience and feel the positive emotions of joy, delight, gratitude, appreciation, passion and love. When you delete negative beliefs and **raise your vibration, you attract more of your desires into your life.**

So, beware, if there is something that you desire in your life, that currently you do not have, and you put your attention on your current state of not having it, then the **Law of Attraction** will continue to match your "not having it" vibration, and so you will continue to not have the thing that you desire. If you dwell on your negative emotions of fear, helplessness, resentment/anger, hatred, jealousy, envy, irritation and shame, then that is what you will attract to you. It is **Law**.

Countless people throughout history have been aware of the **Law**.

"As a man thinketh in his heart then so is he."
The Bible.

"Nothing is either good or bad, but thinking makes it so."
William Shakespeare.

"We are what we think; all that we are arises with our thoughts. With our thoughts we make our world."
The Buddha.

"A man's life is what his thoughts make of it."
Marcus Aurelius.

Stop Press!

We are running a one day "**Introduction to Emotional Freedom Techniques (EFT)**" course on Friday 3 November 2006. If you really want to achieve **independence** and **freedom** - and I really do mean **freedom** - from years of self doubt, or grief over the loss of a loved one, or negative memories, or fears and phobias, then contact Sheena as she also does one on one sessions using these techniques. The next public course will be in March 2007.

Back issues of the Newsletter will be available on line as of next week. So spread the word to your friends and colleagues.

NLP PRACTITIONER TRAINING IN EDINBURGH.

We are proposing to run an NLP Practitioner Course over four week-ends at the end of each of February, March, April and May of next year. Because of the preparation work that candidates require to do before attending the training, bookings for the course have to be made by the middle of December. So if you are interested get in touch with us quickly. A deposit of £500.00 will secure your place on the course and will get you your manual and a set of training CDs and a DVD.

Thank for your interest, we hope you have found this newsletter interesting.

Sincerely,

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