



The Secret ~ The Law of Attraction

What if the best days of your life haven't happened yet? I know you've already had lots of amazing experiences, but imagine if there are some coming that will be even better? If you think it isn't possible, this means your mindset is in a negative place, and your brain will come up with all kinds of reasons why this can't happen.

If you open your imagination to what you desire the most in life, or to the possibilities that you maybe haven't even thought of, some pretty cool things will start to happen in your life. We are all energy, and when we emit positive energy and positive thoughts, these things are magnified in our lives.

I know it sounds confusing, so the best way to understand this is to TRY IT.

Start small. 😊

Picture something you desire to have happen that isn't already a regular occurrence. (Otherwise it'll be hard to convince you that visualization works).

Maybe you'd like to reconnect with an old friend who you haven't heard from in a while. Think about all the reasons you enjoy their company; reminisce about some fond memories with this person and imagine what you will talk about when you get together again (whether by phone or in person). Maybe you even had some project plans brewing a long time ago that you really would love to take action on and you know she's the perfect person for this and you'd love to be able to create this together. (or whatever the scenario is that you desire... get detailed with it! Imagine ALL the tasks and activities, what you would say, what the other person would say, and how you would act and feel.)

Visualize the exact scenario that you desire to experience, and allow yourself to be in the moment and actually feel the feelings you will have when you can talk again or revitalize your plans together.

If this is a bigger goal or outcome, like a job offer perhaps, picture yourself in the moment you achieve it (get offered the position). Close your eyes and FEEL what that feeling would be like.

Now write on a sticky note “I am so happy and grateful now that I”

- have reconnected with/ have started this project with _____
- am working at XYZ company (or working at home, or whatever the outcome is that you want to have happen.)

Another way to write manifesting a goal/outcome would be: “My new career as a _____ comes to me quickly and easily.”

I have done this for myself more times than I can remember.

One of these examples is when Mike & I needed a new place to live because our landlords at the time were having their adult son move back home and he got first dibs on the cabin we were living in. We had a large dog and a horse at the time and had already made arrangements to acquire a 2nd horse. So now suddenly had nowhere to live, and had all these animals which most landlords won't allow. As time grew closer to our move-out date, and the Cowichan Valley, BC rental market being as ridiculously tight as it was, we decided we needed acreage which was so hard to find, and so we began to make plans to move off Vancouver Island. A few days later we came across a listing for just a “house” for rent in Cobble Hill (in the general area of Vancouver Island where we had wanted to live if we could stay.)

No mention of acreage was in the ad, but we went to look anyway, and took our dog, hoping the landlord would meet him, see how cool he was (and say yes to having him there), and we could maybe board the horses with a friend. My gut was telling me I needed to keep Kazan (my horse) with me, and that somehow I would find a way. He was a great motivation for me to get outside and do physical activity every single day, 365 days a year, which was important for me because I have Lupus and on many days back then I would have rather just stayed in bed. But we were running out of time and had to do something.

When we pulled into the driveway, we realized it was a farm. A 3-acre, fully fenced acreage with a cow already there, and the landlord immediately bonded with not just Mike but also our bouncy 1-year old Boxer! 2 other families were on

site looking at the house too, but we were immediately offered a 1-year lease, told we could bring the horses, and we signed then and there.

If you don't understand HOW your manifestations will happen, that's completely normal and expected.

Don't even try to figure out the HOW. Just decide what it is you want, and visualize it being real.

Post your sticky note on your bathroom mirror and read it out loud several times a day. Don't give up after just a few days. Sometimes these goals can take a while to manifest and the KEY is that YOU have to really, really want them and keep them front and centre in your everyday thoughts.

Post your sticky note goal in more locations if you wish! Try to resist the urge to write out multiple desires, because your energy is best utilized when you are 100% focused.

Manifest the feelings that result from your desired "thing"/achievement/outcome coming to fruition, as many times every day as you can. While you are working on other things. While you are driving (don't close your eyes though! ☺) While you are waiting to pick up the kids. While you are doing laundry.

Imagine all the details of what your daily life will feel like when your desired outcome happens.

Visualization is often used by hockey teams and other sports teams and athletes to help them perform better. You may have already read the other piece in this unit where Conor McGregor (UFC fighter) attributes his success to this concept.

The first time I watched the movie "The Secret" I didn't understand it. At all. I was confused after I saw it, and really had thought I would be handed "the answer" by the end of the film. Let me shed some light on this a little in case this is the first time you are hearing about this film. The concept of "The Secret" comes from the theory of the Law of Attraction, the belief that positive or negative thoughts bring positive or negative experiences into a person's life.

The film feels very vague and abstract, so be ready for that. Just keep an open mind and let it sink in for the next several days or weeks while you start to learn more about the Law of Attraction.

I have watched this film probably 50 times by now, and I get something more out of it every time I see it. When I feel myself losing motivation for achieving goals, The Secret helps me remember ways to *live my life by design*. And you can too!

When it comes to manifesting and visualization, vision boards are something else I strongly believe in. If you are intrigued about how a positive mindset can bring positive things into your life, and if haven't heard my vision board story, you're going to want to check that out. ~ Jo

Activity:

If you have Netflix, I think it's still available there. If not, there are lots of Youtube links for the film, this being one of many:

<https://youtu.be/dfGgUww6uFU> (Approx 1.5 hours)

