



red dandelion  
COACHING

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## THE LAW OF ATTRACTION

Can you create the life you want? Can you live the life of your dreams? I believe you can – and one of the key elements to creating a great life is to use the Law of Attraction. Let me share with you how I understand this law and how to begin putting it into practice.

### The principles...

The Law of Attraction is one of the Universal Laws and it's already in your life – simply most people are not aware of it. This law creates your entire life experiences, and it does it through your thoughts. What you think about most you bring into your life – always and without exception.

Some of you will already be doubting this – but please read a bit more! This is a 'challenging' concept to get your head around. For example you might turn around to me and ask, "If I think about becoming very rich, you mean I can make this happen?" and I would reply yes – if you are also willing to do some work on yourself. You can also create anything else you can think about – finding your soul mate, doing the work you'd love to do, having multiple houses, having amazing holidays, have great health – anything that is humanly possible.

Let me explain a bit more. We are all made up of energy. Everything in the universe – including the chair you're sitting on – is made of energy even though it appears solid. Your thoughts are made up of energy too – and as you think about things, you send out vibrations of energy into the ether and as you do so, the Universe begins to orchestrate people and events to turn your thoughts into reality.

If this is so, why isn't everyone already living the life of their dreams? There are many reasons why, but the fundamental one is that most people have not learnt to focus our thoughts, nor realize just what we are doing when we think our thoughts. If you wish to be rich, but are not, then some thoughts will be on being rich (or at least richer than you are now!), but a whole mass of thoughts will be on the opposite – the lack of money in your bank account, the debt, the struggle because you haven't got enough money and so on. The Universe brings you what you think about the most. In this case the majority of thoughts are about your lack of money. So the Universe will kindly bring you more lack of money!

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## Tuning in to the Laws of Attraction

Monitoring your every thought is impossible – but you can take steps to that will bring you more and more into alignment, so you can start living the life you dream of.

- Start catching yourself – both in your thoughts and words. Are you sending out positive vibrations about what you want? Or are you moaning and focusing on what's not in your life?
- Start noticing how you are feeling. Your feelings are a barometer to the kind of thoughts you are having. What are you feeling right now? What do you wish you were feeling?
- You may think that you can't change how you are feeling – but this is not true. Whilst it's not possible to go from despondency to joy in an instant (at least for most of us!) you can take any feeling and make it better. Despondency can be coaxed into miserable, miserable can become 'a bit sad', sadness can be persuaded that life is OK. In this way, OK becomes good, then great, then amazing and then fantabulous! (Isn't 'fantabulous' a great word? It makes me feel better just thinking that I could say it next time someone asks me how I am!).
- What makes you feel good? Is it when you're in good company? Or perhaps walking in nature? Taking part in a hobby perhaps, or listening to music? Whatever makes you feel good, make sure you start incorporating into your life everyday. Feeling good is crucial to changing your life for the better.

## Getting clear on what you want

Mike Dooley of Notes from the Universe (see [www.tut.com](http://www.tut.com)) fame sums up the Law of Attraction as "Thoughts become Things". So if you want to start attracting to you the life you want, you need to get really clear on what it is you want. I want to be rich isn't specific enough, as for one man having £100 in his hand would make him feel rich, where another this would be small change. It's all in the detail.

- Start writing down exactly what it is you want in your life. So, it's not just I want to live in a nice house - describe that house as if you were an Estate Agent!

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- Create a montage of pictures (clippings from a magazine work well) that represent the life you would like to have. This helps you build the picture of where you're going.
- Start visualising your new life. Put yourself 'in' the vision – rather than looking at it through the window. Be the person you want to be in all the ways you can.

### Taking inspired actions

Focusing on your thoughts and emotions and visualizing your new life are the first steps in changing your life using the Law of Attraction – and these things alone will begin to make changes in your life. But to get the full affect you need to begin taking actions too. Here are a few ideas for this.

- Becoming really grateful for everything that you already have. Start a Gratitude Journal – write about all things that you love that is already in your life.
- Meditation. Relieves stress and negative thoughts. Allows you to see where you need to go. [Click here to read a past Tip on this.](#)
- Start taking full responsibility for everything. No more blaming anyone else. Even the yucky stuff – your thoughts brought it all to you. You have the power to change anything and everything, but it all starts with knowing it begins and ends with you.
- Read more about it! This Tip is a brief overview of a huge topic. A few of my favourite books on this are:
  - Ask and it is Given: by Esther & Jerry Hicks
  - SynchroDestiny: by Deepak Chopra
  - The Power of Intention: by Dr Wayne W. Dyer
  - The 7 Aha!s of Highly Enlightened Souls: by Mike George

### ...and finally

My coaching is based on this law: I help my clients get really clear on what they want from life, help them begin to look after themselves extremely well, and begin to take inspired actions. Are you ready to change your life? Try my coaching by booking a half price **Try-me-out session**. Call me on 01305 772220 or email me at [jennie@reddandelion.co.uk](mailto:jennie@reddandelion.co.uk).

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