



The Law of Attraction

~ or I'll see it when I believe it.

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Come as you are.....in 2015!

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“If you choose unconsciously, you evolve unconsciously.
If you choose consciously, you evolve consciously. ”

– Gary Zukav

“**Feeling** is the key to our prayer. For it is our *feeling* world
to which creation responds.” – Gregg Brayden

I will not march *against* war, I will march *for* peace.”

– Mother Teresa

The Law of Attraction / Goal Setting

Universal Law states that *like attracts like*. What you think about, you attract. It's vibratory...your thoughts attract other thoughts of similar *vibrations*.

Whether you believe in it or not, it's at work in your life (like gravity).

Most of us create unconsciously or by default. *Hence, if you keep doing what you're doing, you get what you get.* We need to become conscious.

You are always creating. We can't not create. As humans, that's our natural state.

If we don't consciously change (choose) our thoughts, the Universe will fill it in with what you've had in the past (Vacuum Theory).

The magnitude of our thoughts showing up is not in how often you think about it, but in its emotional response (EGS). It's a *feeling Universe*.

We attract what we want, and, *we attract what we don't want*.

What do YOU Really Want?

- Think of 2-5 things that you want to be / do / have in 2015.
- Write them down here....

1.
2.
3.
4.
5.

Are you on the Right Track?

- Are you excited by it? Or does it seem like another ‘duty’ or responsibility?
- Check in with your **EGS** (Emotional Guidance System) – is your goal creating a positive response? Does it pass the *Goose bump* theory.
- Is it time-bound?
- Can you see - and feel - the end result?

Tips on The Law and bringing vision to reality

- **Write** your goals down: in present tense, use action-oriented adjectives, make them time-bound.
- Use **talismans** (props) to strengthen the – vision board, crystals, scents, rock, walking stick.
- Get **momentum** –meet the Universe ½ way (bike theory).
- **Arms Wide Open** – change your physiology, welcome it and be grateful.
- **Stay open** to all possibilities.
- Keep them to yourself.

Do your daily homework...

In the morning

- Close your eyes.
- Breathe deep for 10 seconds.
- Envision your goal – what is it that you desire. Do one at a time, or if there are a bunch woven together, take the end picture.
- Make sure you're at the **end** of the story, can you see it?
- Get into the details of your vision / goal! (Do your lemon exercise!)
- Get all your sense on board. Smell it, taste it, hear it. **Feel it. Pray rain!**
- Now, gather it up and put it in your **3rd eye**....
- Now, keep it there.....
- Are you letting go of How / doubts / fears / tiny voices?

What if it's *still* not happening?.....check in....

- **Old beliefs** run deep – patterns of thinking. Check in.
- **Change your story.** These are likely keeping your negative beliefs intact, and you don't even know it.
- You **stopped watering** the plant before it broke the surface
- Focus was **muddled**, confusing.
- You're not really excited by it, you have **ulterior** motives.
- You're in a **downward spiral** – use *distraction* to change the thought rather than trying to change it all together
- Quantum leap was too much for you...take **baby steps**....
- **Tiny voice** creeps in: “I am excited about owning and driving that beautiful red car next summer.....but it's just too darned expensive”.

How to Uplift Others (and help *them* Create effectively)

- You will not uplift others through your words of sorrow. You will not uplift others through your recognition that what we have is not what they have.
- You will uplift them through the power and clarity of your own personal example.
- As you are healthy, you may stimulate their desire for health. As you are prosperous, you may stimulate their desire for prosperity. ***Let your example uplift them.*** Let what is in your heart uplift them.
- You will uplift others when your thoughts feel good to you. You will depress others, or add to their negative creating, when your thoughts make you feel bad. That is how you will know whether or not you are uplifting.

“Live by example” – Karen McCoy