

Want A Great Life?

Practice The Law of Attraction

By Karen McCoy



I'm going to let you in on a little secret. And once you learn this secret, your life will be forever transformed. You'll be thin, healthy, happy, energized and wealthy beyond your wildest dreams. Are you ready?

You can have anything in life you want!

That's it. That's the secret! I know, you were expecting more, yes? Here's another secret, just to get you really upset with me!

Everything you have up to this point is because you willed it into existence!

Have I got your attention yet? Now I know many of you have heard of such things before, especially with the blockbuster movie and book, ***The Secret*** that came out a few years ago. But I'm here to tell you that this was something many of us knew about (me included) many years prior to it being discovered by the masses.

You see, this is the **Law of Attraction** in action, and anyone into spirituality recognizes this as one of several *Universal Principals*. These are all-encompassing rules of the world that, regardless of whether you believe in them or not, they operate to run our world (kind of like gravity—you may not believe in it, but it still affects you.)

I know what you're thinking, you didn't attract that ^&\$%* boss into your life, or that abusive person, or that ill-health. But I'm here to tell you, you did, on some level. Take it or leave it (believe it or not, like gravity), it's still operating in your life. A hard pill to swallow, I know. But own it and let's move forward. The past is the past.

So let's learn how to harness this **Universal Principal** to work for us!

My story: I've had countless examples of the **Law of Attraction** in action, and while I didn't notice it when I wasn't in control of it (when I was letting life steer me instead of purposely visualizing and creating good in my life), but let me give you an example.

While training for my first bodybuilding show, I practiced an old trick I learned many years prior—every night before going to bed, I would imagine myself on stage, going thru my routine. I got so good at it, I could even hear the music, smell the oil and feel the hot lights on my body. My heart was pounding from the excitement of it all. It was so real, it was like I was there.

The day of the contest came, and I stood up in front of 800 people and did my routine flawlessly, and I won the entire show! When someone asked me how I did it, I said, "*Oh, I've won it a thousand times in my head already.*" It was the Law of Attraction in action. In fact, I've used the Law of Attraction in career, money, health, and relationships. I even used it to attract the man of my dreams...my hubby!

A Few Pointers to set the Law of Attraction in Action!:

#1—Start with the end in mind. See what you want to be like (wealthier, thinner, a world-traveler) and live that in your head for a few minutes every day, in quiet meditation. Really get into the imagination here! You'll find everything will change – how you walk, how you relate, even how you eat.

Side note: *Meditation is key, but it doesn't have to be fancy. Pick a quiet place (same place works well, to get you into the mindset), close your eyes, breathe slowly for 10 breaths, let your mind still, and then start your visualization process. There! You're meditating!*

#2—Feel it! This is key, and where affirmations fall down in their applications—mere words don't carry a celestial charge, but feelings do! Feel what it's like to be thin, or to be on that yacht travelling the world. Smell the ocean air, hear the sounds of the locals. This is KEY to everything. You gotta feel it in your bones! Make it visceral!

#3—Walk 'as if'—Throughout the day, walk as if you already attained that which you seek—walk as if you were wealthy, thin, a world-class speaker. With practice this becomes easier, and is one of the strongest ways of attracting something to you!



Me and my hubby Neil. I created a written list of qualities in a partner, and 6 months later we met!

#4—Meet the Universe half way. I love the movie *The Secret*, but when they showed the boy wishing for a bike, then it materializes a few months later, it never showed the boy doing the work—doing a paper route or some other job to help bring his wish to him. Any manifestation requires momentum, and that's where you come in.

You can't just make a wish and sit on your laurels and expect the universe to send it your way. You gotta state your case, as clearly and with as much feeling as you can, then you gotta put in some leg work here! This is not wishful thinking, this is **creation in motion!**

And don't bother trying to direct it. It doesn't work. In my life, I've focused on some real big things, and it seemed like they were totally derailed and were going the other way into disaster. But this is where you have to stay firm in your focus and your resolve. In the end, I got my reward, but not delivered in the way I thought it should be (in fact, at one point, I thought it took a hard-left toward disaster!). But I held tight to my focus and never swayed, focusing on the outcome every day. It worked!. This is where faith and razor-sharp focus are required. (This is also where most people abandon their quest, right before the seedling breaks through the soil....'be patient grasshopper!')

The Universe works it through in its own language, which may not be our language. Which just goes to show that there is so much more out there we can't even begin to understand.

Start with one thing, and apply the Law of Attraction. Be razor-sharp. Be clear and precise, and walk as if. Truly, once this creative power is in motion, the Universe *has* to serve it up to you. It knows no other way.
