

Using the Law of Attraction to Live the Life You Were Meant to Live

You may have heard about it on Oprah or Larry King. It's been featured on 20/20, The Today Show, and even Saturday Night Live. Everyone seems to be talking about the best-selling novel, "The Secret." But what is this Secret? It's the Law of Attraction, and it is a red-hot topic in the popular media these days.

So what, exactly, is it? The Law of Attraction, or LOA, as it is now commonly referred to, is one of the most powerful Law in the universe, and a key component in some of the greatest universal teachings in the world going back thousands of years. It is only in the past few years that LOA has become main-stream. When applied to everyday living, it is said to be the key to wealth, health, success, love, confidence, respect, admiration and a host of other positive outcomes. LOA is something that is all around us and something we can master once we understand just how powerful our thoughts are and learn to harness them.

Achieve the Life of Your Dreams

LOA can be the key to opening new doors of prosperity in your life. By simply applying the LOA, events in your life can unfold that seem almost magical and mysterious – but that is only the beginning. LOA is simple in concept but practice is necessary. However, once you "get it", there is no looking back. It will be part of you forever. The simplest definition of this law is "like attracts like." What are you attracting into your life? Anything you like? Do you want to attract more of what you want, and less of what you don't?

There are some well-documented success stories of individuals whose names you will recognize who have used LOA to achieve great heights:

- In his book *Beneath the Surface*, eight-time Olympic gold medalist Michael Phelps writes, "When I'm about to fall asleep, I visualize to the point that I know exactly what I want to do: dive, glide, stroke, flip, reach the wall, hit the split time to the hundredth, then swim back again for as many times as I need to finish the race."
- At age 13, Tiger Woods began working with psychologist Dr. Jay Brunza. Dr. Brunza coached Tiger on techniques for relaxation, visualization, and focusing. "It's all mental discipline," Brunza says, "and Tiger worked hard to master it at an early age and absorb it into his technical excellence."
- Actor Jim Carey has been quoted as saying: "I've always believed in magic. When I wasn't doing anything in this town, I'd go up every night, sit on Mulholland Drive, look out at the city, stretch out my arms, and say, 'Everyone wants to work with me. I'm a really good actor. I have all kinds of great movie offers.' I'd just repeat these things over and over, literally convincing myself that I had a couple of movies lined up. I'd drive that hill, ready to take the world on, going, 'Movie offers are out there for me, I just don't hear them yet.' It was like total affirmations, antidotes to the stuff that stems from my family background".

All of these very successful individuals are describing, in different ways, the very same thing: using their minds to create desired outcomes. This forms the basis of LOA.

Interested in Learning More?

Don't let your lack of knowledge about how LOA works hold you back. The Acton/Boxborough Community Education center is offering a workshop series on the principles of LOA beginning on September 21st that can help you get started.

You might also consider reaching out to The Metro West Chamber of Commerce (<http://www.mwcc.com/>), and working with one of their professional life coaches. Working with a professional coach can provide the guidance, accountability, motivation and support that you need to achieve breakthrough results.

What's stopping you from living your best life now? As Albert Einstein once said "Imagination is everything - it is the preview of life's coming attractions."

Fran Spayne, M.A., Life Coach /Therapist, Reiki Master & Psychological Intuit: Fran's Psychological Intuiting skills connect to your past to help you identify pre-verbal blocks which saves time and money. Fran teaches workshops all over New England on the power of the mind, the mind body connection, Law of Attraction/ Universal Spiritual Principles (ACIM) and much more. She is currently teaching a Law of Attraction/Power of the Mind class at A/B Adult Ed. Fran is committed to helping you create the life you were meant to live as well as creating more peace in the world. All proceeds from workshops are donated to peace organizations. In addition to her private practice, Fran is a member of Emerson Hospital's Reiki & Integrative Medicine Teams, Concord Prison Outreach, Concord/Carlisle Restorative Justice, as well a Coach/Counselor for a local state agency. 978-568-1201 or www.MiracleWork.org