

FOOD FOR THOUGHT

August 2006

Greetings!

I hope you are enjoying these final few weeks of summer. This month I've been working with a new theme - the Law of Attraction. Although I've been aware of and used this concept for several years, I've had lingering questions about how it seems to work sometimes, but not other times, in my life. These last few weeks I listened to a powerful presentation by Esther and Jerry Hicks from the *I Can Do It Conference* last spring in Las Vegas. Many pieces of the puzzle fell into place for me, and I share some of these with you in this newsletter.

Trust Your Intentions To Arrive on Schedule

The only reason that you could ever experience something other than what you desire is because you are giving the majority of your attention to something other than what you desire.

- Ask and It Is Given by Esther and Jerry Hicks

Have you ever found yourself in the place of having a good day spending quality time focusing on your dreams and desires, only to wake up the next day feeling frustrated because your life does not appear to be any different? I know I certainly have. I often find myself doubting that my intentions and desires are coming to me because I don't see the immediate physical manifestation of them. This is the exact dilemma discussed in the presentation of Esther and Jerry Hicks that I listened to recently. Their answer actually came by way of a story they told, so let me recap that for you.

Suppose you set out on a road trip from Phoenix to San Diego. You know that it would be about a 400-mile journey and would take about eight hours. You wouldn't doubt your reaching San Diego, and this confidence in your arrival would allow you to relax and enjoy the scenery along the way. When you had to stop in Yuma to put gas in your car and get lunch, you would not become frustrated because you could not see San Diego. You would know you are all set to arrive in San Diego on schedule, and you would not spend a lot of time fretting and worrying about the fact that you could not yet experience the sights and sounds of San Diego.

Now apply this story to your life journey. You get clear on your heartfelt desires, and for a few hours you feel pretty confident about receiving them. However, after a bit more time has passed, you often find yourself in Yuma. You cannot see the physical manifestation of what you long for - your San Diego - so you throw up your hands and head back to Phoenix. You spend months, if not years, going between Phoenix and Yuma, all the while bemoaning the fact that you cannot get to San Diego.

The ironic thing is the Universe heard your request and set about to make it happen. Granted, you did not see the instantaneous physical evidence of that request, but it was arranged and on its way. Then you cancelled that request and submitted a more powerful request of doubt and fear. This caused the Universe, which always says YES, to set about to give you those fearful and doubting thoughts. Since you fed them generous helpings of your time and energy, they are what you actually manifested. After hearing this story, I realized an important concept about the Law of Attraction.

Once you send out intentions and desires, you can rest in the knowing that your requests were heard and answered. The manifestation is on its way. When your mind wants to wander into fear and doubt, trying to take you back to Phoenix, you can remind myself that although you cannot see your San Diego, it is there and will arrive right on schedule. Focus on what it will feel like, how much you will enjoy it, and how you will share your joy with others. If people ask about how things are going, you can respond that everything is taken care of and developing right on time. This will put you in a calm, relaxed state of mind, and you can enjoy the unfolding of your desires.

So watch out for claiming you want to arrive in San Diego yet spending the majority of your time traveling between Phoenix and Yuma. Know that the Universe wants you to arrive in San Diego and stands ready, willing, and able to guide you there. If you let go of getting lost in doubt, fear, and worry, you will enjoy the journey and arrive wherever you want to go right on schedule.

Inspiration Corner

Life is not a journey to the grave with the intention of arriving safely in a pretty well prepared body, but rather, to skid in broadside thoroughly used up and worn out and loudly proclaiming "WOW, WHAT A RIDE."

- Quote from somewhere in Death Valley

There's no such thing as ruining your life. Life's a pretty resilient thing, it turns out.

- from The Undomestic Goddess by Sophie Kinsella.

Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.

-Ralph Waldo Emerson

Recommended Resources

* Books *

- *Ask and It Is Given: Learning to Manifest Your Desires* by Esther and Jerry Hicks

If you are ready to really explore the idea of Well- Being as your natural birthright and how to manifest your desires so you are living the joyous and fulfilling life you deserve, this is the book for you. Because I heard about this book three different times in a couple of weeks, I decided to follow the rule of three and pick up a copy. Wow! It has definitely answered my questions about why I can manifest my desires in some areas of my life but not in others. The first half of the book is the basic teaching on the Law of Attraction as delivered to Esther from the non-physical entity, Abraham, and the second half contains the tools and processes to use for various life situations. You can find this book at all the major bookstores and at Amazon.

- *Camino Chronicle: Walking to Santiago* by Susan Alcorn (whom I met at Red Mountain Spa)

In September 2001, Susan Alcorn (and her husband Ralph) set out to hike across northern Spain on the ancient pilgrimage trail known as the Camino de Santiago, and from that adventure came Alcorn's latest book. In *Camino Chronicle* readers accompany the author on her 500-mile journey through Spain's fascinating countryside while enjoying the excellent wine and food, experiencing the intriguing cultures, and learning about the rich history of the ancient pilgrimage trail. You'll also gain insight into why Alcorn (like countless numbers before her) describes her hike as a "life-changing" experience. *Camino Chronicle* may be ordered at independent bookstores as well as at Amazon.

* Websites *

- www.vocationvacations.com - This site will help you spend some vacation time test-driving a new job possibility. It is also a good resource for looking at various new job possibilities.
- www.abraham-hicks.com - If you are intrigued with the idea of the Law of Attraction and want to learn more about what Esther and Jerry Hicks have learned from their spiritual guide, Abraham, this site has lots of information. Especially helpful is the introduction CD, which you can order by mail (for a \$5.00 shipping and handling fee) or download for free at the site.

Upcoming Events

*** Fall Teleclass Programs**

How to Self-Publish Your Book (4-week program on September 20 and 27 and October 4 and 11, 2006; cost is \$69 and includes detailed e-mail handouts each week)

Energy for Life (3- week program on October 18, 25, and November 1; cost is \$49 and includes detailed e-mail handouts each week)

Space is limited, so if you are interested in either of these Teleclass Programs, please send me an e-mail and let me know you'd like to reserve a space.

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