

Getting In the Flow -- Using The Law Of Attraction

The Law of Attraction is a powerful philosophy to create your world any way you want it. A basic tenant of this philosophy is "like attracts like," and because of this, it is really important that you feel good as much as possible in your day-today life if you want to attract more good things into your life.

But even a Law of Attraction coach such as myself can lose site of the "big picture" now and then, as the following true story illustrates:

A few days ago I was working on a video for a new project I am involved with. There was no real rush on the project, so I had the luxury of taking all the time I needed. And to be honest, I wasn't really feeling "in the mood" to do the project on that particular day, and yet, for some reason, I found myself feeling pressured to get something productive accomplished. There was no outside pressure to do this, so obviously, it was all coming from within! I was putting pressure on myself!

I was in effect trying to "force" things to go well and to get a lot done, even though I knew I was not really "feeling" it.

Sometimes even the coach needs a coach, and luckily my partner Elisabeth is usually there to fit the bill. on this occasion she spoke up with a very appropriate comment, "don't sweat it so much--it's not supposed to be hard work." It was as if a 500 watt light bulb came on above my head...

I'm constantly amazed how often people need to be reminded of things they already know (and by "people" I mean "me").

The moral of the story? If you find that anything you are trying to do in life is really hard work, it's an excellent idea to ask yourself, "am I going with the flow here, or am I going against the flow?" For example, if you are trying to improve your life in any way (lose weight, make more money, attract a perfect partner, etc.), it has been my experience that trying too hard is usually counterproductive. In other words, you want to be serious about your intention to change, but you don't want to take anything too seriously. It's just not productive.

A great way to ensure that you're not taking things too seriously is to look for the humor in your situation. Even in the bad things, the things you want to change. Because let's face it, when you really think about it, most of our failings and imperfections are pretty funny. Seeing the humor in your "flaws" is actually a way accepting yourself. This type of acceptance is the ideal place to start from when you wish to improve your life.

Carlos Mencia is famous for saying, "if you're not laughing, you're not living," and that's pretty accurate. As long as you can laugh at yourself and your imperfections, you are on the right track and improvement is within site. Keep laughing, and you are sure keep progressing.

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About the Author

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