

The Law of Attraction and why it doesn't work

Part I

I had a client recently who was incredibly worried about her 44 year old son. With her permission, I did my thing and tuned into her lovely sons energy and saw that he was filled with fear and decided to resign to a state of apathy towards life. He felt that life had let him down and no matter what he did this wasn't going to change, so why should he try to change himself. I didn't feel it was a state of hopelessness, but rather, a stubbornness that held him trapped in deliberate arrogance. He had no job, apparently he couldn't work, no relationship, he had no means of transport and very little social life. His resignation to apathy and ignorance was a self-protection technique to keep him in a comfort zone where he knew what to expect. Albeit, not a healthy comfort zone (if there is such a thing) he felt that life had hurt him deeply and let him down, so he told himself not to try and that way he will stay 'safe'. When I asked my client has he done anything to help himself in the past, she replied 'Hilary, he has read all the books, he knows all the Spiritual Laws, he even practiced them for a while and then decided to give up. He even writes too and he is really good at it. He is extremely philosophical too'. Ok at this point I felt like crying. Because it is similar stories like this wonderful man that I hear all of the time.

Let's put it this way.

Imagine you booked the most amazing holiday, you save your money, look forward to it for months, you buy the shorts, shades and everything else you're going to need and the excitement for the holiday is in your heart and mind every day. When it comes to departure day, what you do? You get in your car or taxi, with your suitcases, head off to the airport/ferry and GO ON YOUR HOLIDAY. Right?

I have always come at life from a Spiritual perspective, even before I knew there was such a thing. At 28 I began working as a psychic. I'm trained in Spiritual Healing and hypnotherapy among other things. Anyway, the point is, I get it easily. The Psycho-Spiritual talk, the talk of conscious, subconscious and collective consciousness and so on. To me it's very real. It always has been. For me, it goes beyond having to believe in it because it just is. However, I am well used to people looking at me with a little creased up face and a frown thrown in too and they say something like....'Awh I dunno if I believe in all that stuff'....I respect their opinion and get why they are unsure about what's not tangible. But I always smile and secretly wonder to myself, 'How on earth can they NOT get what IS? It just IS, it's EVERYTHING, IT'S CREATION, ITS HOW, it's even how $2+2=4$ '

.....And then I let it go

Ok so why do so many people not get it, not believe, fob off such truths that, in fact is the very creation of their own lives as they know it?

We could write volumes on the reasons why but let's just stick to why the Law of Attraction doesn't work.

And the reasons are very simple and relatable too. The hard part is having the courage and commitment to follow them through.

We have all heard of the technique Ask, Believe, Receive. Most of you reading this have probably tried creative visualisation to manifest what it is you want to bring into your lives. Another similar technique is 'See it, Feel it, Know it'. All of these techniques and many others are incredibly useful and powerful too. But there are 3 main parts where people fall off the Spiritual path to enlightenment and greater peace Or at least, having a happier life.

- 1) Take Action
- 2) Spiritual fitness
- 3) Expectancy

Take Action

The Law of Attraction states that like attracts like. Therefore, your life will mirror who you are on all levels. I could go into this on so many levels but for the purpose of this article I want to keep it to the point and pragmatic.

I see it all of the time, just like my client's son. People hear about the law of attraction and grasp its concept in theory and think, 'Really?? You mean I can manifest ANYTHING I want, I just need to focus on it, set goals, have a clear vision, meditate on it, read the books to learn more, draw up a vision board, journal, they even implement quotes from Muhammad Ali like "If my mind can conceive it, and my heart can believe it, then I can achieve it" and other similar inspiring and positive words to help train their brain.

All of these approaches in singular or combined are very effective and they work – in so far as they help you get a clear picture of what you want to attract and get you to think about your aspirations. But that's it really. You bring it forth from the Spiritual to the mental and emotional planes of existence. You are training your thoughts (which in theory become things) and your emotions to give and receive the life you want.

Here's the thing

When you do this in line with Spiritual Laws you shift your vibration, as a result your life begins to change because the energy within and around you is vibrating at a different frequency. When you do this, miracles begin to happen in our lives.

A miracle, by definition is: an extraordinary and welcome event that is not explicable by natural or scientific laws and is therefore attributed to a divine agency.

So the hand of God co-creates with us. We are co-creating with universal energy. Divine synchronicities & coincidences begin to happen and you marvel in awe and excitement.

These divine coincidences are not something that defies the laws of nature; they are in fact

quite the opposite, they happen when you harness the laws of nature from your heart to co-create with God.

So here you are, life is changing, it's moving forward towards new beginnings, opportunities are arising and what do you do? Do you take action or continue to marvel in the wonderful miracles happening around you and just wait and see how many more miracles they can bring to you?

Of course you TAKE ACTION. Remember you are CO-CREATING with the universe and you are the one in the physical so It needs YOU to take the physical action required to bring these new beginnings into the physical realm of existence. Just like planning your holiday, only you can get on that plane and go.

But, and this is a big but. This means change. Change means letting go, letting go means you need to trust.

Here you are in that powerful state of pre-transition, that state in between staying where you were or moving forward. What you DO next is going to determine whether you attain the fruits of your labour or resign to the now lame perception of 'ah I tried that law of attraction stuff, that's all a load of nonsense'.

It takes courage to trust. Courage is that quiet voice inside our hearts that says, 'Go on you've got this' It's the voice of God, the Oneness within 'en-courag-ing you to take those small steps to be the best you can be.

Because courage comes from God it's always within and accessible to us. Reach within your hearts and minds to have the courage to embrace change, take the steps outside of the comfort zones, sure it will feel a little awkward at first, but you'll find your feet. Remember, you're in good hands and you're here to grow and growth means new horizons, different, but always better than the last.

Parts II & III are shared separately

Hilary Connor,
Certified Consulting Hypnotherapist,
Natural Psychic Therapist,
www.hilaryconnor.com,
Email: saoirsehypnosis@gmail.com