

The Law of Attraction and why it doesn't work

Part II: Spiritual Fitness

'Forgiveness is not an occasional act, it is a constant attitude', Martin Luther King

When working with the Law of Attraction to aspire to the life you want it's necessary to let go of what is not serving us. When you think about the Law of Attraction from the perspective of attracting love, happiness, prosperity, people or things into our lives in terms of ENERGY & VIBRATION, you will understand that it's not only what we think, say or do, it is the vibration from which we are coming from when we are thinking the thoughts, speaking the words, or doing the action, because the Universe will match that vibration exactly. .

This process becomes so much easier and more effective when you incorporate a Spiritual Fitness routine into your daily life. In much the same way as an athlete trains his body through exercise and diet, toning his muscles for support and strength as part of his daily routine; Spiritual Fitness involves engaging in a daily practice to attune and tone our Spiritual muscles so as to align ourselves with God and His will, in the service of love and kindness. This is done through, prayer, meditation, mindfulness.

Considering this article is about why the Law of Attraction doesn't work I want to address why it is so challenging to simply meditate and align with the Divine and stay on that vibration all day, every-day.

Looking at the bigger picture for a moment it's easy to understand one of the main reasons why it can be so challenging is because we don't live in a world that supports love, harmony & peace as the norm.

Just turn on your TV to see that. The big players, the ones who 'control' it all, the ones who keep child poverty going, wars, illness, starvation & corruption and that affects us all, every single person on this planet. Why? Because in truth, there is no separation, we are all as one. We are separate physical bodies, different countries etc but we are all energy and all of God. On some level consciously or unconsciously we all pick up on that vibration.

This is a huge area, one in which we could go into at great length another time, but the point I'm making is that when you recognise that this world is a difficult place to live in and the fear based choices made by the 'big boys' for the want of power, oil, money and other superficial gains, create chaotic conditions that affect us all on a daily basis.

In the past I used to be someone who said 'I don't watch the news or read the newspapers because it just affects me and makes me sad' Then one day I thought about it differently. If my sister was in my home and she was going through what some of the millions of people on this planet are going through, would I go into another room and say 'I can't watch this I don't want anything toxic in my life'? Of course not for obvious reasons but mainly because we are family and I love her.

When you recognise that we are all One in Truth and call yourself a loving person you naturally care, you naturally feel empathy for their pain and suffering and want to help. Empathy by definition is: the ability to share and understand the feelings of another, as if you were them. So from your place of strength and clarity you go right in there and are with another, truly understanding their pain AS IF you were them, and help them from there.

Now let's go back to my proverbial sister falling to pieces on the kitchen floor. She's in my home, in a much worse state than I am. That means I am in a stronger position than she is. I use that strength to help her. However, if I was in her pain with her and not stronger I could not help her. Therefore, from a place of love & empathy, it is my strength that becomes a medicinal light to help her to rekindle her own. And that is why your Spiritual strength is so important.

Spiritual people on this planet have the rep of being airy fairy and fluffy. In truth they are quite the opposite. When you look at the greats such as Ghandi, Nelson Mandela, Mother Theresa, Martin Luther King and Jesus to name but a few: One thing (among many) in common with these Icons is that they cared and they saw this planet and its inhabitants as One. They also prayed and I would imagine maintained a daily Spiritual practice. Every single day they acknowledged God and knew that their greatness came from God. They walked their path in service of God, Love, Forgiveness, and Oneness. To them there was no separation, there was only ALL. Each day they aligned themselves with Divine Will, whilst walking the human path, in the knowing that they were Spiritual Beings having the human experience. They knew they were surrounded & supported by Greatness. They recognised the pain, heartbreak and deep sadness caused by fear based judgements and greed that created a chaotic, torn and dysfunctional world. And from their hearts, somewhere along the line, they chose to recognise that they could help and co-create peace with God. So in everything, thought, deed and word they committed to aligning themselves with the will of Love & Forgiveness and cause took effect.

I am sure these great human beings had their flaws. So how did they stay Spiritually fit?

I'm not sure the exact practice they had but as I mentioned earlier I have no doubt that they did have a ritual each day to tone and attune those Spiritual muscles so as they could stay strong in the remembrance of who we all are.

Just to clarify, I am not suggesting that we all run out and become peace activists or missionaries here, however, it is important to remember your power gives you choice and that your intent will give your cause and your cause creates effect.

So how do we stay Spiritually fit on a daily basis?

Take the example of having your daily shower. Can you imagine having a shower 5 days in a row in March and expecting all of those showers to see you cleansed until October?

Just like cleansing your physical body daily it's important to have a daily Spiritual cleansing

ritual. Because as I mentioned earlier this is a difficult planet to live in. And it is through daily prayer, mindfulness, meditation or another modality that works for you to help you consciously plug back into the remembrance of who you are that will keep your Spirit strong. It's a responsibility we have to ourselves but it is also a gift to ourselves each day, given with Love, from Love and of Love. From there, it's so much easier to stay centred and strong in an attitude of gratitude, love & forgiveness for all people (including self) and the more you practice this awareness the more your life changes and trust me the universe will naturally respond to your frequency of loving kindness. From there you can get on with co-creating with the universe, attuned together, so as you can work in tandem and synchronicity to create from that vibration

But before you start thinking 'easy peezy I just do a bit of meditation pray and I'm all set:

Here's the thing;

Everyone has self-limiting beliefs by the time they reach adulthood. Dysfunctional family, social & cultural conditionings are great for creating them! But these self-limiting beliefs are all based on an illusion that is not Real. When we are on the path of enlightenment and self-actualization we understand this concept and begin to let go of the illusion.

Practicing Spiritual fitness increases your clarity and understanding as to what the Universe is showing you and why. So He will give you countless opportunities to address your 'weaknesses'.

Doing work on ourselves continually each day so as to vibrate at the highest frequency possible means being aware to continually see life, ourselves and each other through the eyes of unconditional love & forgiveness and what's more, understanding that each and every person and experience is an opportunity to fuel, empower and evolve that truth.

However, the greatest misconception is that we rarely see these opportunities at just that. We understand them to be hardships, problems, disappointments and struggles. When you understand these incidences are opportunities in the form of teachers the paradigm changes completely.

It is in our darkness that we find our Light. However, it is because of our Light that we see our shadow. In other words, when you see your shadow from a place of Love you will see that it is not Real.

Hence, from a place of self-love, every single thing that makes you sad or darkens your day is in fact an opportunity from God for you to look at these feelings of hurt, anger, rejection or judgement and ask 'Why have I attracted this situation, event, person into my life at this time?' 'What is my underlying insecurity/fear based belief that I need to take out, look at, seek out its history as to why it's there and heal it through the process of forgiveness and love so as I can let it go.

As we continually undo all the un-truths and illusions from place of self-love and replace

them with the continuous and constant knowing of the Real Truth we are serving ourselves and the Universe to walk our path in Light. As you do this you become stronger and better at being who you truly are and create your life in the joy of that Greatness.

One day a man asked a lady, "Do you really think all of the work you are doing and the effort you are making is really going to help end world poverty? The work you're doing is only a drop in the ocean' and she simply replied

'Ah, but it is MY drop',
I don't know who the man was, but the lady was Mother Teresa of Calcutta.

Namaste,

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