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ALLOWING – The Feel-Good Step in the Law of Attraction

Over the past five years there have been a considerable amount of books written about how to create what you want in your life. Determined to be successful, you may have read many of them. You may have been inspired and watched the movie, *The Secret*. Authors, coaches and speakers talk about using The Law of Attraction to get what you are wanting. So what is The Law of Attraction?

The Law of Attraction is a universal law that means that which is like unto itself is drawn. I believe that it is more easily understood as: you get what you think about, talk about and feel. As a Happiness Coach and Inspirational Speaker, many times I have people tell me that they have gotten many things in their lives that they have not wanted. Confused, frustrated and upset they tell me that they have had “bad luck” or that The Law of Attraction doesn’t work for them.

I believe it does work. Most times we are focused, maybe without even being aware of it on what we don’t want. We say we want to be healthy but then we talk about how ill, tired or anxious we feel. Let’s not forget that we get what we talk about. We learn at a very young age, from well-meaning adults that life can be a struggle, a battle or downright unfair. We take on these thoughts as our own and these beliefs hinder our happiness. A focus on what we don’t want only gets us more of the same. When I first began learning about The Law of Attraction I became fearful that the negative thoughts and fears I had would manifest into my reality. My fears paralyzed me for a short time and I didn’t want to know more and have to take full responsibility for what I was living. Thankfully, I was able to gradually shift my thinking, and realize that the good stuff that we want comes much quicker to us than most of the bad stuff we unintentionally create. So how does this work?

There are three basic steps in The Law of Attraction process.

First you ASK. We know what we want in life from the things we have lived that we haven’t wanted. For instance, if you grew up feeling a lack of money in your home, your desire is to have money and financial well-being. If you have a hard time connecting with others, your desire may be to meet people and connect in an effortless way. The second step in The Law of Attraction is that the universe DELIVERS. This means that your desire has emanated from you and has been answered by the universe. There is usually a time buffer though so you may not see the physical manifestation of what you want right away. Thirdly, you must ALLOW.

Allowing means that you believe and expect what you want is possible. When we are in an emotional state of allowing we feel eagerness, encouraged and optimistic. We can feel appreciation for what we already have and excited about what is coming. In their life-changing book, 'Ask & It Is Given', Esther and Jerry Hicks have written about The Law of Attraction and this three step process. In order to get what we are asking for we must be in receiving or "allowing" mode. We need to think positive thoughts to feel better and allow what we want into our lives. In my November article, I wrote about some easy ways to feel better in the moment.

In addition to awareness, acceptance, shifting our thinking and being kind to ourselves there are other simple ways to feel better now. I recommend laughter. Can you remember the last time you laughed? Think about it. Go back there and experience it all over again. This immediately gets you into a receiving state. Watching a funny movie, spending happy times with friends, visualizing a trip you wish to take and playing more. Allowing the good stuff into your life is easier than you may believe. Relax more. Enjoy your moments more. Above all, practice thinking and expecting the universe to deliver whatever it is you want! It will.