

## Believe It or Believe It

I am a very practical person. I rarely believe something until I see it however; I am learning more and more about this cool thing called the Law of Attraction. Heard of it? It is a concept that makes sense when I think about it in terms of magnets and gravity but I draw a blank when I try to understand how it works with attracting money, a new job, etc.

If you have seen the movie called "The Secret", you'll know what I'm talking about. Basically the various people in the movie describe how to use the Law of Attraction to get anything you want in life. An amazing process, yet vaguely understood.

Remember the old episode of the Brady Bunch where Greg argues with his sister Marcia that he is a better driver because she doesn't understand how a car works? She responds sarcastically that she doesn't understand how a clock works either, but she can tell time! (Good comeback, Marcia.)

So, although I don't fully understand how this law of attraction works, I do know that it does work.

Let me give you a little exercise that I practice from time to time to reinforce my belief in this amazing law.

The next time you go to the store where you would need to park your car, try this 3-step process:

**STEP 1:** Ask for or set your intention on a close parking space.

**STEP 2:** While you are driving there think only about that close parking space and the *feeling* you will have when you get it. The feeling will be strongest when you actually *believe that you already have it* there waiting for you. Spend a lot of time on this actually pumping in that feeling over and over. It may help to visualize the actual space, where it is, the short walk to the door, etc.

**STEP 3:** Notice what happens and pull into your close parking space!

I actually did this exercise on Saturday, and I got a pretty good spot in Wal-Mart. But!! The amazing thing happened the very next day when I went for breakfast at the Cracker Barrel (which is right next door to the Wal-Mart). I pulled in and got the very first spot next to the handicapped space in front of the door. I can tell you that has NEVER happened to me at this restaurant in the 7 years I've been going there.

Psst! This doesn't only work with simple things like finding parking spaces. I use this process to design my desired (and now current) integrated life and work arrangement. ;)

What things do you want to attract into your life right now? What things do you want to stop attracting into your life? Truly believing in both are key to making it so.

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