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**The Law of Attraction – Make it Work for You**

**By Laurie Hayes**

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The Law of Attraction responds to whatever vibration you are sending out into the Universe. You will receive more of what you are vibrating whether it is desired or not. This law does not decide whether what it is returning is good for you or not, it simply responds to your vibration.

This morning I got up early because we received more snow last night and I decided to take advantage of the crisp air and opportunity to be alone for a while. I bundled up and headed out with my snow scraper in hand.

While shoveling, I thought about what has transpired in my life this year ... where I was 12 months ago, where I am now, and where I want to be in a year.

Earlier this year, I put an intention into the Universe to guide me to my divine purpose. There was something missing that I needed in order to feel complete.

After handing my intention over, I started to visualize myself being surrounded by warm, caring people dedicated to helping me achieve success and sense of purpose, and reminded myself daily to remain open to any opportunity that might present itself.

Each day I woke up "knowing" that my answer would come, and with this knowing, I felt a sense of calmness. I was more relaxed. I smiled more and did not hesitate to speak to strangers and offer them a hand when needed.

I kept my mind open, listened more closely and focused more on giving than on receiving.

The Universe responded in kind.

Many generous, loving people were drawn into my life and together we have shared in a wonderful journey of self-growth, enlightenment and amazing successes.

## The Law of Attraction – Make it Work for You

During the past month, I became caught up in the daily stresses of work. I started thinking, there is never enough time, there is too much to do, I'm all on my own ... and on and on ...

I adopted the mindset that I was going down and became focused on struggling and racing time. My negative vibration started attracting more of the same and the disparaging results started snowballing.

I created an undesirable cycle of events.

One of the greatest gifts we have is the ability to choose our thoughts, and thankfully, in the middle of the crisp, cool winter air, I realized that I was creating this reality with my negative thinking.

The Universe was merely giving me back what I was sending out.

After shoveling, I decided I must change course to attract desired events in my life. I chose not to focus on work's daily demands but on life and those who mean the most to me.

I spent the remainder of my day decorating the Christmas tree with my stepson then taking him out for lunch. I gave him my undivided attention and let him know he is important.

I returned to my true purpose. Focusing on others and helping them see their worth in this world.

It is important to remember that you have the power to create your reality and this is managed through your thoughts.

If you are thinking about a lack of something, you will attract more of this. If you are thinking about something you love, you will attract more of what you love and enjoy.

Be aware of what is coming into your life and if it isn't what you want, review your thought processes and make changes. You have the power.

Laurie Hayes, founder of Where the Heart Is Life Coaching, is a Life Strategy Coach and author of several articles and an e-book designed to promote excitement and inspire action in others to pursue the best life has to offer. To secure a copy of her free e-book, "10 Guidelines for Attraction" visit [www.wheretheheartis-lifecoaching.com](http://www.wheretheheartis-lifecoaching.com)

### **Spiritual Partners.**

**By Udo Vieth**

Spiritual Partners.

by: Udo Vieth

Often we hear people talk about searching for their soul mate. Looking for a match made in heaven.

And other such statements.

Is this possible. Is there any truth to these statements?

We all know that different religions have different takes on the above, so I will try and avoid making any judgement calls in this area. As a matter of fact, let me state that in the context of this article, that I am not equating Spirituality with religion in any way whatsoever.

I merely exploring the attraction of partners beyond the normal physical and emotional norms we normally associate with relationships.

Could it be possible, that two people are attracted to one another due to some type of cosmic alignment? Let me explain what I mean. First we need to accept that there are universal laws governing our existence in this universe. These are undeniable. Consider the law of gravity. It affects you, whether you believe in it or not. This is a universal law!

If you now consider that the law of gravity is merely a law of attraction of two "bodies" of similar properties, this opens up a whole new understanding. In this case bodies of matter. Would it be so inconceivable to accept the existence of this law of attraction between two "bodies" of similar matter in the "spiritual" or energetic realm? Let's call them "souls" for want of a better term at this stage. Is it not feasible that attraction between similar entities could be a valid observation.

That would explain the "Soulmates". This implies that entities that are similar, experience a higher degree of attraction than dissimilar entities. This could also explain, why we are attracted to a certain type of character in a person, over and over again.

Now what about a match made in heaven. Of course this depends largely on your definition of heaven. For the sake of the issue at hand, let's define heaven as an ideal environment of contentment and bliss, free of any physical stresses. By implication then, the "match made in heaven" would be an attraction and joining of "entities" in such a way, that the sum of the parts would ensure the existence of circumstances such as defined for heaven. In other words, together they complement each other in such a way as to make their existence easier and more blissful because of their joining. This would be the ideal situation, which we would all strive for if we understood and believed the totality of it.

All the above thoughts were merely an attempt to let your thought processes about relationships break out of the box and consider new dimensions. Scientists have shown that there are definite actions and understandings which can build upon these thoughts. So if you are prepared to open up your mind, and cast off the stereotypical beliefs that society puts out, you may discover a new, exiting and definitely different way to look at relationships.

The acceptance that nothing is as tightly defined as it appears, opens up a world of possibilities to experience and create relationships that could have been "made in heaven"

Remember, keep on loving with an open mind.

Who is Udo Vieth? He is fast becoming an expert on love, relationship, romance, as well as being a qualified EFT and Biofeedback practitioner. He has a website:

with

information regarding all aspects of relationships.



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