

Work in Progress

Published monthly by Michele Crawford

Work in Progress is an electronic newsletter intended to assist individuals seeking optimum well-being.

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Work in Progress May 2007 Volume II Issue V

Feature Article: Whatever We Focus on Grows Bigger: The Law of Attraction Part One

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1) Note from Michele

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Dear Reader

In my newsletter article Worry Less! Tangible Relief from the Stress of Constant Worrying, Part One, I outlined the concepts of focusing and mirroring.

As stated, a metaphor for focusing is the light on a coal miner's helmet. Wherever it shines becomes most significant and the rest doesn't matter as much. You make a choice on what you want to make important in your life by paying attention to it and letting other things fall into the background.

As outlined in the article, if you “shine your light” on negativity, negativity will influence what becomes foremost in your mind and experience (negativity will be everywhere). Conversely, if you chose to focus your light/attention on an optimistic view of events, then outcomes will be dramatically improved (encouragement and benefit will be everywhere).

Mirroring refers to what is reflected back from where you illuminate, like the glass half-full half-empty image. Your choice of focus, either with a positive or negative attitude, is directed towards your surroundings. Then feedback from your surroundings is created as an accurate reflection of your attitude.

So whatever you focus on grows bigger, and then reflects back, influencing your experiences, health, relationships and well-being. To those who truly embrace these notions with an open heart and mind, there often appears to be concrete evidence of reward. That is what happened to me.

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## 2) Feature Article: Whatever We Focus on Grows Bigger: The Law of Attraction Part One

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In May 2005, I left a successful private therapy practice in Saskatoon Saskatchewan, to return to my home province of British Columbia, after a very long absence. I was confident I could build another counselling practice here even though I had no local contacts or references and this area is resource rich for clinicians.

I had always been able to build a caseload very quickly in the past. What I did not factor into my plan was how differently things are done here as well as my abysmal skills in marketing. In spite of concerted effort, every avenue I pursued to open up my practice resulted in a dead end.

Fortunately, after a few months, I contracted Juliet Austin (of marketingaprivatepractice.com), a marketing coach. Sensing my enthusiasm was quickly waning, Juliet recommended a book, written in 1938! by Napoleon Hill, named Think and Grow Rich.

After reading Hill’s book, I was surprised at how many people were familiar with it. Each person had an amazing story of someone’s life

completely transforming because he or she followed his advice with faith and motivation.

Basically, I learned to stop feeling overwhelmed by the fears of not having any income, not getting new clients, not paying the rent and so on. This kind of focus only drew to me more of the same (in this case, no clients, only more fears). If you focus on a fear, no matter what it is, the fear attaches to you and you attract more and more of the same into your life.

Hill directed my focus to imagine what it would actually feel like when all my goals are met and let that resonate through my psyche. Next, I was encouraged to send that unique vibration outward.

As simple (or crazy) as it sounds, I did completely change my attention from the loss/lack to a more positive fuller image. It was much more like an invitation and a blessing. After reading only two chapters, I was off and running! All I needed started to manifest before my eyes. My caseload promptly began to build.

It worked faster than I could have ever predicted. I was prepared to continue to work hard, which is of course a vital component. However, I'm frequently told my clientele increased significantly faster than is the norm.

In my next newsletter, I will continue with two other sources of inspiration and practical ways to understand and pursue this concept of imagining and manifesting what you desire; also known as the Law of Attraction.

For more information, please contact:
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### 3) About Michele

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Michele Crawford is a therapist who assists individuals who are struggling with trauma, anxiety or depression. Her passion for her work remains embedded in being able to connect with you

in your suffering, helping you find real solutions no matter how complex the issue may be.

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#### 4) Counselling Services

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Are you prepared to live with more happiness, optimism, confidence, self-worth and hope? If your answer is "yes," then your next step is to contact me for a free 20-minute phone consultation. We can then discuss how I might best help you resolve your problems of Trauma, Depression and Anxiety.

The benefits of counselling with Michele include: significantly reduced stress levels, an optimistic outlook in life, increased confidence and hope.

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#### **Pass It Along**

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