

## 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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Feature Article: Whatever We Focus On Grows Bigger: The Law of Attraction Part Two

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1) Note from Michele

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Dear Reader

The buzz these days is all about focusing intention of what you want in order to get more of it...and specifically, the book and video The Secret. Even Oprah devoted two entire shows on this theme.

What I have noticed though, is that while the concepts may be understood, it is still confusing and difficult to put into practice The Law of Attraction theory. In other words, the workable implementation may be elusive. What follows is a clearer approach based on the work of Lynn Grabhorn's book, "Excuse Me, Your Life is Waiting."

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

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Imagining the future in a positive light in order to fulfill your dreams is a foundational premise that had long been a part of our awareness. Visualizing the perfect dive or high jump is a common strategy for athletes. A familiar tactic people have been using for as long as I can remember is imagining a parking space in a crowded lot and voila, one appears! Creating a picture collage on a board of "wants" is a widespread motivational tool.

While you may understand these methods to be very effective, you also may not have been able to conceptualize how to apply them to all aspects of your life. That's where The Secret comes into the picture. It provides groundwork insight as well as wonderful stories to support its premise.

Basically, The Secret tells the story of a woman whose happenstance experience leads her to discover a secret known for thousands of years by only a select group of thriving individuals. Apparently, it's been kept a secret because those few did not want to share their success with others.

However, over the years it surfaces from time to time. The producers of The Secret want the world to know and ever since, its message has flashed around the world over the internet.

In Part One of this series, I spoke of the way I found the secret in Napoleon Hill's book and initiated its exciting methodology to reach my desires. As in the book The Secret, Hill has a long list of famous influential people that followed his advice and implemented the secret into their lives.

You also know stories of people who have amazing achievement stories and the only apparent difference between them and other less fortunate individuals is their attitude... their belief system. The Law of Attraction purports that your belief system directly generates your outcomes.

Think negative thoughts and you generate negative outcomes. Believe you will have good fortune and your desires will come true. Your

desire may or may not include financial gain. Both the book and the DVD The Secret outline this concept and offer many examples of its "truth."

Watching the Oprah episodes, I noticed the ideas echoed a book I had read a year prior: "Excuse Me, Your Life is Waiting" by Lynn Grabhorn. The difference was that her book explained more concisely the approach needed to put these concepts into action.

What Grabhorn adds to the equation is energy. The powerful vibration of energy is demonstrated continuously throughout our world. A peaceful herd of zebras is suddenly in full flight because one single zebra vibrates the energy of an approaching predator, signaling danger across the entire group.

A woman lifts the family car off her son. It had collapsed onto him while he was lying underneath. The energy of fight or flight kicks in and she accomplishes the impossible.

For thousands of years, practitioners in alternative healing have believed that everything is comprised of varying energy. Quantum physics scientifically proved that in the 1950's. The medical model of the western world does not appear to embrace that concept. I repeatedly hear many doctors, psychiatrists and others dismiss the approaches of energy-based healing and even mock Quantum Physics.

In Part Tree of this series I will delineate how energy and alternative-based theory plays a part in The Law of Attraction and supports its practical implementation into your life.

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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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