

A SEEKER'S GUIDE TO

## A LIFE WORTH LIVING

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### **The Law of Attraction**

Libraries of books have been written about it, and it appeals to everyone, of course it appeals. The best-selling book *The Secret* brought it out of the narrow backwater it occupied and the Law of Attraction has become mainstream thinking.

#### **Someone who doesn't need lessons**

Some people seem to lead a charmed life and I recently met Vic, a friend of a friend. He lives purely for today; tomorrow can look after itself as far as he is concerned. Although he's younger than his male friends and far more successful with women, they can't help but admire his approach to life. Today he may borrow money; tomorrow he may have found a rich girlfriend and he'll stay with her until he gets bored with the routine and ships out or until she gets fed up with his fecklessness and dumps him.

Our mutual friend, Pete, was moving and getting rid of his furniture and Vic asked if he could have some of it. As Vic had notice to quit his apartment a few months' later, I asked what he was going to do with it then. "No idea," replied Pete. "He doesn't plan that far ahead." I would be petrified living like that but it works for him. Why? Because he knows that whatever he needs will arrive when he needs it. So why lose sleep about it now?

#### **The way to do it**

This is the positive way to use the Law of Attraction, although I don't suppose the thought has ever crossed Vic's mind. Without knowing it, he's putting the Law into practice. He doesn't extrapolate about what might be, doesn't dwell on negative stuff; he is just confident that his needs will be met as and when they arise and they always seem to be.

Some of us attract what we don't want, purely because, although we may do our affirmations, draw up our treasure maps, stick pictures of what we want on the fridge, lurking deep down is the fear that it might not happen. And that's enough to ensure it doesn't.

#### **Getting clear**

Precision is also important. The late Stuart Wilde explained it in his inimitable fashion by saying that it's like ordering a pair of shoes. The universal warehouse takes the order: You want shoes? It's completely impartial so if you don't specify the colour, the shape, the size, etc. you'll certainly receive a pair of shoes, but they might not be remotely what you had expected or wanted.

So that's the first thing; if we can't be like Vic and expect only to attract good things, then we have to be very clear about what it is we *do* want and, here's the kicker. Those happy people who harbour no thoughts whatsoever of 'suppose it won't happen' are the ones who lead charmed lives because they have not the slightest doubt that life will deliver what they want, when they want it without their having to chivvy things along or fuss about the outcome. And if it doesn't, well something else, perhaps something better, will turn up. Exactly the way Vic leads his life.

#### **Children are experts**

With no negative past experiences on which to base their expectations, children are infinitely better than we adults about making the Law of Attraction work and I give some examples in my book. Unless they have been raised in difficult circumstances with negative parents, they *expect* things to work out. It's a pity when, through trying to ensure they won't be disappointed in the future, we, with our views, based maybe on past failures, erode their confidence instead of teaching them about this most wonderful of laws..