

Effortless manifesting will be an awesome experience when people are ready to break free of the pack mentality. There's an anomaly in the attraction meme. Collective beliefs around how to create results in your life, these mostly limit your creativity!

You don't have to concentrate on attracting air in order to breathe – if we did we are living under a false premise that in order to have we must first attract

The law of reversed effort states the harder you try, (conscious will-power), to do something, the less chance you have of achieving it.

This week, I was listening to a group of business people sharing the collective beliefs of creating results in their life and the flavour of the conversation was about attracting. It set me thinking and I thank them for the excessive use of three words 'law of attraction'.

There is a charming part of the brain that wants the bee to be attracted to the nectar and in so doing the bee plays an important role in pollination. In a human way the brain recognises worth and value and through this the 'referral system' happens in business.

I am an avid self-investor, I spend an inordinate amount of time and money on self development (if I don't invest in me who will?!). The best investment you will ever make is in your own personal development and wellness. Through this self investing I've become a better mother, better partner, better friend, better teacher, better mentor, better person.

The more you learn how to open the energy pathways in your brain, the more worth and value we add to who we are and all we do.

Too many hold on tightly to lack so that even when they have what they want, they end up wanting more and the cycle continues over and over again, wanting and getting, wanting and getting. Very few people ever stop and realise that it's a trance that few escape from.

Pain comes from the belief that your source of happiness is somewhere outside of you!

Entangled in this trance; purpose, truth, love and wisdom evade.

Whilst the striving... wanting and getting, wanting and getting drives the yearning, the 'rat in the wheel' confusion continues and you become dizzy and overwhelmed. Without conscious change this dizziness turns to sadness, hopelessness and for many, addiction.

Stop trying. Instead become the best you.

This week our friend Sahaja sent this message "You have to love yourself, you have to be very friendly to yourself; because it is only through love that transformation happens." Osho

When you are authentically you, it shines through.

From my book 'In Love with Life' page 120. Stop, ask yourself the question, 'What would love do now?' Each can create the life they want by developing the power to love ourselves through learning to connect with our spirit energy and wisdom self.

Dear friend, don't let the best that you have been so far, be the standard for the rest of your life!

'What would love do now?'

This simple yet powerful question will provide the answer that is truly right for you.

Zen poem, 'Young man seize every moment of your time, the days fly by, before too long you shall grow old, if you believe me not, see here in the courtyard how the frost glitters white and cold and cruel on the grass that once was green.'

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