

The Action in Attraction

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By now we have all been exposed to "The Secret" and the notion of positive thoughts bringing about positive feelings and energy therefore attracting positive experiences and results into our lives. Some of us have begun to journal about what we desire or have created vision boards. We have implemented daily rituals (such as yoga or meditation) into our lives which bring us to a mindful and present place of focus where gratitude and positive energy are the key principles. These are the principles we are using in generating the kinds of business opportunities or ideal clientele we want.

So when is all of this supposed to manifest? Herein lays the distinction between the law of attraction and human expectation. Our expectations have been developed as a result of what we have already experienced. Our 'time frames' are merely a product of our own set of rules and predictions based on those experiences. However, they are just that- *predictions*. This is the "tricky" part because the notion of Law of Attraction infers that a present positive vibration will yield a future positive result. If we are bent on receiving a specific result, our focus becomes on "when and in how long?" At that point, we enter into patterned expectations and generate feelings of disappointment or impatience. These then become negative feelings, therefore negative vibrations. And so it goes ...

It seems then that the only choice we have is to find a way to release ourselves from what *will* happen to what *is* happening. What *is* happening is a reflection of what we have already thought. What we have thought is translated into actions or behaviors which may or may not be in full alignment with what we want. We need to be inspired to act accordingly to our deepest wants and deepest values. Actions which are "inspired" are therefore those which marry what we *feel* passionately about with what we *do*. When emotions and passion begin to underpin our actions, then we are transformed towards creating new behaviors drawing in desired situations and new opportunities!

So what does this mean for your business? If we want to attract *more*, which inspired actions should we take? Here are some ways you can start the attraction process:

- Ask yourself, "What am I grateful for today in my business?" It may be as simple as, "I love that I have the freedom to set my own schedule!" Write it down or use your response as a meditative affirmation.
- Visualize. See yourself as a model of what you want to achieve and allow your emotions of pride and self-validation generate positive energy.
- Set an intention for the day. Rather than concentrating on objectives and goals, use intention as a flexible and organic stretch towards what you want. For example, "Today I will create new relationships which will take me one step closer to...."
- Look for clues. Conversations, images or thoughts often enter into our minds frequently during the day which we ignore. Make a conscious choice to mindfully ask yourself, "Is there an opportunity here?" or, "Can this person or situation help me in some way?" Our own open and questioning mind can generate a flow of creativity which will attract the right people and right situations.

When we find ourselves stuck in our own set of expectations, our actions then become measured and panic-driven. When we can create a business environment that maintains a flow of positive energy, the actions we take become more instinctive and inspired!

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