

Are you limiting yourself with the Law of Attraction?



By Eve Menezes Cunningham

If you've ever worked with the Law of Attraction or made a vision board, you've probably added an 'or better' to whatever it is you've wanted to manifest. For years, this is what I was doing. I'd ask for guidance every morning when I meditated and even wrote about being open to guidance in my book.

But it took reading Tosha Silver's *Outrageous Openness: Letting the Divine Take the Lead* last year to help me really embody a sense of expansive surrender that felt safe enough to relax into. Her latest book, *It's Not Your Money*, brings that free, open, grounded approach to finances and her *Wild Offering* oracle cards help me access daily inspiration.

I've integrated her approach into my morning meditation. I start each day by grounding (see box below) and connecting with that Divine Source as I release all the day's worries, imagining them being handled magnificently, and then reaching for the heavens with outstretched arms and offering every fibre of my being to be guided and used for my and others' highest good, saying 'Thy will be done'. It feels like freedom and I sense I've held it

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for long enough when it makes me smile.

I recently saw an Oprah interview where she talked about surrender sounding like being hunched up to many but really it felt like opening up and spreading wings. I realised that this was what she'd been saying for years and it's taken Tosha's work to help me genuinely open up to the guidance I've been asking for for decades.

It's easy to get caught up in tension when dealing with the bureaucracy involved with any move, let alone to a new country. This approach, my NLP (well-formed outcomes always in mind) and that conscious release shifts everything. Thinking of the energy beyond what I want means I'm better able to navigate the challenges by letting go and trusting in this Divine Love easing everything. Even when I doubt it, the intention helps me let go a little.

'The Law of Attraction instils joy into our beings,' says Nicole Langan, a

personal development mentor and co-owner at the Wellness Room, Westport whose integrative approach includes NLP and CBT.

'It makes us feel like we have a purpose and we can actively participate in the choices life offers instead of thinking we're dealt these cards.' Nicole has noticed that sometimes, people using the Law of Attraction with success, for example, around money, means they stop exercising it. 'Is it the fear of success? Is it just too easy? It needs discipline.'

'Through self-reflection and observation and no judgment, we can see, "Do we need to push this forward or do we need to surrender?" Very often, when we're up in our heads, we need to process. Process mechanisms can be talking or writing or maybe singing it out. When people aren't using those tools, they get themselves into this mind fog.'

'When it comes to surrender, if it's

Embodied surrender

When you've done whatever other morning meditation feels good for you (or this can be done on its own), stand or sit comfortably. Imagine you have roots going from the soles of your feet, deep into the heart of the earth, connecting with the Divine Source, reminding yourself that this energy is always available. You might imagine yourself happily plugged into a power socket (like a phone being charged). When you feel ready to rise, lengthen through the spine and open your arms like branches (seated or standing tree pose). Reach up and out, as if up to the heavens, offer yourself to be used for your own and everyone's highest good, saying and surrendering, 'Thy will be done.'



causing more of a negative emotion like frustration or disbelief or if it's tipping you slightly over to the edge, sit in the chair. Just let your arms down and let everything go metaphysically as well as physically. Surrender to it. In that moment of clarity, something might come in. You may get an epiphany or an "Aha!" moment of an action step to take. Only we can answer that for ourselves. Whatever our external circumstances and environment, it's more about how we're attaching to the outcome.

'I say everything's either a blessing or a lesson because it's fabulous to make peace with it. If we tip over that side of surrender or we keep going, I like to think that if we've done all we can in our conscious space to apply a theory or mechanism to have something come into fruition and if it doesn't manifest, we have to make peace with it not being the time. There's a temporary surrender. The acceptance of "Let me just leave that for a little while and I'll come back to it." The mind tends to accept that so we get the best of both worlds.'

In psychosynthesis, it's about discerning balancing different energies including Strong Will (where we forge

ahead), Skilful Will (where we adapt our approach as needed), Good Will (where we aim to do what's best for the greater good so, with the Law of Attraction, asking for whatever to benefit ourselves and everyone else) and Transpersonal Will (where we trust in that beyond the person energy and ask for our highest good and that of all concerned).

'The Law of Attraction is a brilliant starting point for understanding and exploring more about the metaphysical world and the "rules and laws" which operate outside our awareness and visual perceptual field,' says Marilyn Devonish, the NeuroSuccess Coach.

'Although I didn't realise it until I became an NLP master practitioner and trainer in 2000, I have been a fan of and

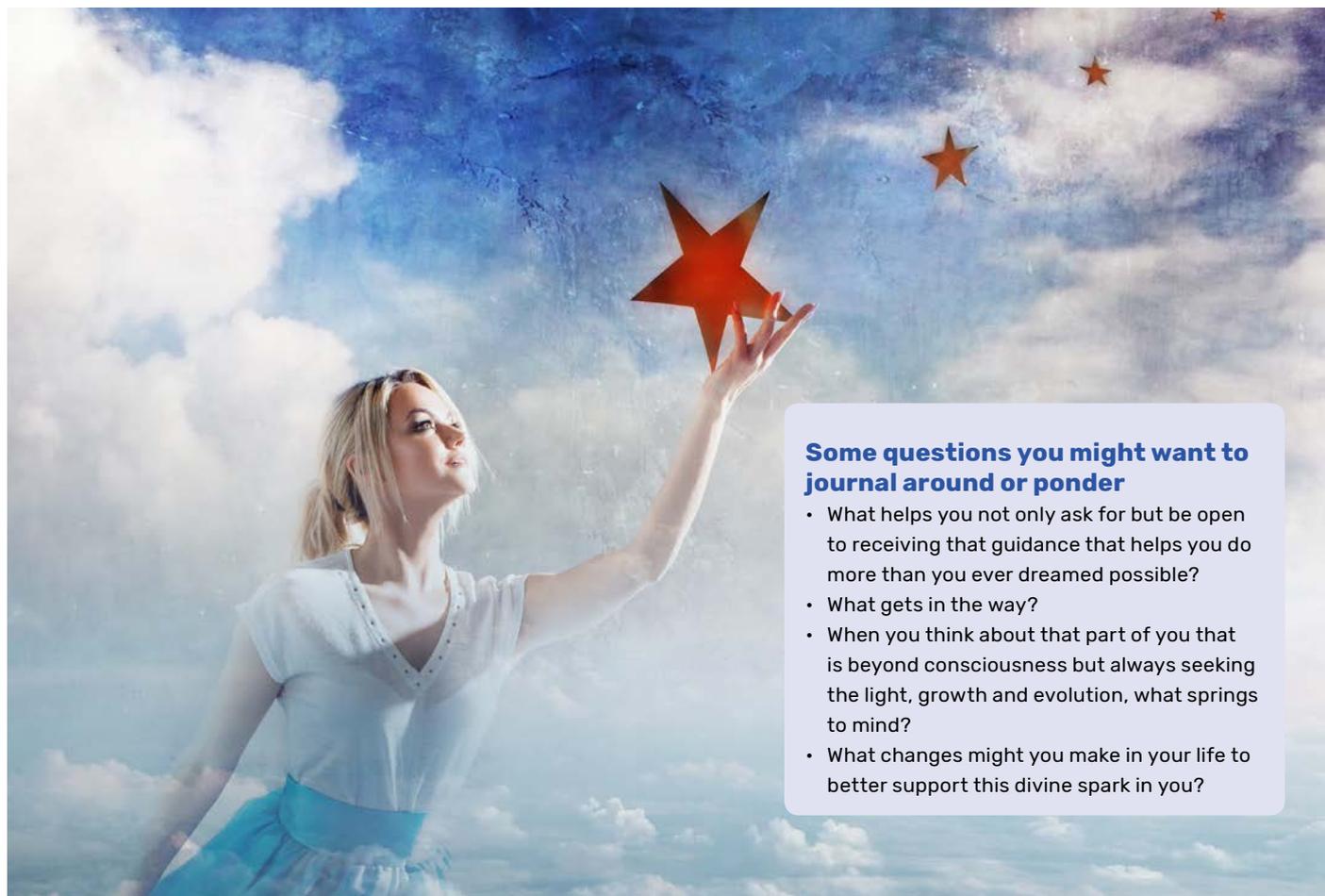
'The universe has so much more in store than we ever dreamt possible if we can allow ourselves to relax the reins' ~ Marilyn

working with elements of the Law of Attraction since I was 18 years old; I'm now 50, having become fascinated with the work of Jung and synchronicity when I studied A-Level Psychology.

'I have also been working with what I call the Power of Intention for the past 18 years which, when combined with my interpretation of Jung's "Collective Consciousness" and elements of Huna takes things to another level.

'I think Elsa and Disney said it best in *Frozen*: "Let it go." I've noticed my best and most fabulous "Speak it into existence" creations come at those times when there is power behind the intention yet no fretful or determination energy. What you might call "tension no tension".

'I would say be focused, light and playful. Remain open to noticing when divine inspiration or intervention strikes. Marianne Williamson has talked about the idea of creation being bigger than us and our minds. The Law of Attraction when taken too literally can potentially turn us into would-be puppeteers, when in fact the universe has so much more in store than we ever dreamt possible if we can allow ourselves to relax the reins.' ■



Some questions you might want to journal around or ponder

- What helps you not only ask for but be open to receiving that guidance that helps you do more than you ever dreamed possible?
- What gets in the way?
- When you think about that part of you that is beyond consciousness but always seeking the light, growth and evolution, what springs to mind?
- What changes might you make in your life to better support this divine spark in you?

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