



**By Silver Rose**

The holidays are typically a time when our routines get disrupted in very big ways. Even if you love this season, it's easy to get thrown off by the additional pressures.

I cannot think of a better time to deepen your understanding of how to leverage the Law of Attraction to your advantage. Here are some things to keep in mind:

**1. You get more of what you focus on.** Is your focus on how much you love this time of year or on your Inner Martyr? (Place the back of your hand to your forehead) I can't *possibly* get all this done. *Why* do I do this every year? I need more hours in the day!

Try instead to hum along with the seasonal music, enjoy the store window displays, and notice all the beautiful decorations. Any or all of these actions will result in your attracting more pleasure AND you'll get more done!

**2. You can tell whether you're focused on what you want or what you don't by how you feel.** Positive emotions are telling you, "You're on the right track; keep going." Negative emotions are letting you know, "If you stay focused on that, you are *not* going to like the results!"

Plus, positive emotions are so much more fun, don't you think?

**3. Your attention is a request for "more of this, please."** Wasted prayers and affirmations abound. If you pray, "Please help me get through this," your attention is on struggle and effort. If you pray instead, "Help me to have fun with this," your attention is on what you want. Semantics don't matter; what you're paying attention to does. Putting the word "no" in front of something doesn't automatically place your focus on what you want. When you say, "No illness, please, your attention is on illness and that's what you begin to attract.

I have a cousin-in-law who takes a multitude of vitamins and extraordinary precautions during cold

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### 'tis the Season

and flu season, all toward the purpose of not getting sick. And every year he gets sick—more than once. His focus is not on being healthy. He is completely focused on "no illness," thinking, as so many of us do, that the word "no" negates what follows.

Repeat after me: words do not matter; my attention does.

**4. The fastest way to change your mood is to change your physiology.** You cannot smile and be in a bad mood at the same time—it would make your head explode (okay, that last part I made up). Seriously, when you're grinning or humming a happy tune or laughing, it instantaneously puts you into a good mood. I have used this technique for years and it never fails me.

**5. Your brain doesn't know the difference between pretend and reality.** (This is what makes #4 work.) If you act as if you're on top of things and everything you need to do is getting done on schedule, your brain believes you and floods your system with chemicals that produce positive emotions. Positive emotions attract more of what you want and so, voila! circumstances line up to prove you right!

This is why self-talk is so critical. There is a huge difference in results when you say, "This is a piece of cake" versus "I can't figure out how to do this!" Either way, your brain believes you.

I caution you; don't believe a word written here. Instead, experiment for yourself! Print this, put it in your purse or wallet and pull it out when you're facing something that is typically challenging: shopping in a crowded mall, making holiday travel arrangements or trying to stay sober while making your traditional Harvey Wallbanger Christmas Cake.

The holidays are a time when we all feel the need to multi-task and I, for one, say, "Go for it!" Grab that "to do" list in one hand, the Law of Attraction in the other and watch how smoothly things go. When you do, you will have one of the most fun holiday seasons ever!

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