

Guest Contributor Joyce Hyam on How to Use the Law of Attraction to Get What You Want

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We've all read or watched *The Secret* and wondered how to apply the principles of the Law of Attraction to our own lives. As soon as we sent that thought out in the universe, Joyce Hyam emailed us about writing a guest post. Hello! Joyce is a Certified Law of Attraction Facilitator, who also happens to be a Registered Nurse and have a Masters in Public Administration. Reading her tips can change your life. We're positive.



I'm often asked, "How do I use the Law of Attraction to get what I want?" The simple answer is to focus on what you want. But what does that really mean? How do I focus on what I want? What do I need to do? What do I need to say? What do I need to think?

The Law of Attraction is all about vibes (short for vibration). The definition of a vibe is a mood or a feeling. You know immediately when you meet someone whether or not you like their vibe. Vibes are either negative or positive, so the most important thing to focus on is having a positive vibe. Remember the saying, "Like attracts like." Well, in Law of Attraction, the same thing holds true. When we have a good vibe, we attract good things. When we are having a bad day and feeling negative, we will attract more negative things.

It is important to focus on what we want instead of on what we don't want. Our emotions guide us through life and serve as our navigation system. Here's an analogy. When we are thinking of driving to New York from Los Angeles, the destination is not in sight so we have to rely on our GPS. If we head south instead of east, we have gone off track and need to listen to our navigation system to get back on track in order to get where we want to end up.

That is what we sometimes do to our personal navigation system when we want something and then tell ourselves all the reasons why we can't have it. We go off track. We may tell ourselves that it is too difficult, it is too expensive, there is no one out there for me, there is so much competition, I am not good enough, etc..... All those excuses put out a negative vibe and slow down the process of getting us where we want to go.

How do you know what kind of vibe you're putting out there? Ask yourself, "What words am I using? Are they making me feel good or feel bad?" The wonderful thing about this process is that when you recognize that you have control over your vibe, you can make a deliberate decision as to which words you want to use. You can change from negative to positive and you will feel better and good things will happen. Simple, but true. Remember, Law of Attraction will match your vibes.

As Buddha said, "We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

What are you thinking and talking about? Are you visualizing and daydreaming about your desires?

Focus on what you want, and watch what happens.

Contact Joyce at joyce@lawofattractiontrainers.com



The eSSSence of Joyce Hyam

Style: I like wearing bright blue as it shows my eyes more.

Substance: I love being by the ocean and I love dolphins and dogs.

Soul: I believe in positive anticipation and have faith that things work out for the best.