



Chapter 8

Ready, Aim . . . Fire!

Did you know that 30 percent of a plane's fuel is used during takeoff? Up to this point you've just invested a lot of energy in preparation. Now it's time to lift off. It may seem like everything that's happened to you in your lifetime up to this point is one big accident. Sometimes you've gotten what you've wanted out of life and sometimes you haven't, but the whole thing is without rhyme or reason.

What if I told you that the Universe around you has been answering your every request, consistently delivering what you desire every single time? It has been and still is! It's called the Law of Attraction, and it's always operating—24 hours a day, 7 days a week. Then, you ask, why does it look like you're not getting what you want? The trick is knowing what message you're sending.

In this chapter, you'll learn the steps of the Law of Attraction and how to apply them to the task at hand. You'll learn how to attract more of what you want and less of what you don't want in your love life. As you master this simple process and hone your innate intuitive skills, you'll be able to deliberately create your soul mate with precise focus.

What Are Positive and Negative Vibrations?

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

— Helen Keller

All thought is first generated from a feeling. Feelings give off energy. Energy is measured by scientists to give off a vibration. We judge our vibration basically in two ways: positive and negative. Whether it feels good or it doesn't. That's it. We think there are more variations, but all feelings boil down to these two. For instance, when we think of anger or sadness or resentment, it's all negative. Or when we think of happiness, joy, or exuberance, we call it positive. You can test it by whether it feels good. The Law of Attraction makes the world respond to how you feel. The results you get are a function of your mindset and emotions. That's part of the reason we went to such lengths in the earlier chapters to identify and eliminate sources of negativity in your relationships and environment, and to replace them with sources of positive energy.

What Is the Law of Attraction?

The Law of Attraction says “that which is likened to is drawn”—or more simply put, “like attracts like.” It's all about where you put your attention. When you are focused on what you want, you are attracting what you want. When you are focused on what you don't want, you are attracting what you do not want. What you get is a function of what you are attracting, and what you are attracting is a function of where your thoughts are focused.

That's it. The Law of Attraction is actually quite simple and only takes practice to master; however, many of us have a tendency to make things more difficult than they need to be. When you get the hang of it with your soul mate, you'll be able to attract a lot more great things in other areas of your life too. Let's attract your soul mate first.

I had heard of the Law of Attraction but never knew that there were steps to learn or people who could teach them. Then I stumbled upon a free tele-class with Michael Losier, author of *The Law of Attraction*. In this conversation, he went over the steps, and, within one call, I was already beginning to apply them.

Wonderful things began to show up. I was about to purchase a home in Chicago. It was an incredibly difficult transaction that I kept feeling negative about, and yet I kept going through with it. On that

first call Michael asked me a simple question: Is the general feeling positive or negative? I replied “negative.” “Then why are you buying it?” he asked. Good question. The next day, the deal fell apart, and ever since I’ve only been working on things that I feel good about! If it feels good, it is.

A month after that conference call, I was ready for the next level. That’s when I found my Law of Attraction coach, Dory Willer. She coached me for six months on how to utilize the Law of Attraction in my life. As I learned more and more, I realized the ways in which I had unwittingly used the Law of Attraction in finding my soul mate, three years earlier. Dory’s extraordinary coaching is what gave me the courage to write this book.

(Michael Losier’s book can be found at www.lawofattractionbook.com. It condenses the many years of teachings of the Law of Attraction by Abraham-Hicks (www.abraham-hicks.com.) More information on Dory Willer can be found at her website, www.beaconquest.com. A good, not-for-profit source of various Law of Attraction resources is www.lawsofattraction.com.)

The Formula for Success

The first step is to notice your “don’t wants.” This should be easy. We spend most of our time, it seems, focusing on what we don’t want or don’t like in a potential mate. These are things that you don’t want and yet keep getting. Have you ever heard yourself say, “I’ll never date anyone like that again”? Well, if you keep speaking that, the Law of Attraction says you will! For instance, your last boyfriend cheated on you. This was the last thing you wanted, and yet you ended up attracting it in the current relationship too.

Unfortunately, your “don’t wants” are powerful subconscious thoughts and vibrations. Our goal is to shift your focus away from them after you gather the value they have for you.

The second step is to identify your “wants.” Your “wants” are... well...what you really do want (not just “well it would be nice if...”), like a soul mate who is affectionate, loving, and responsible. You may think this is the easy part, but don’t be surprised if it’s challenging.

For some of us, focusing on the glass as half empty has become quite a habit. So what do you want?

The third step is to use your “wants” as a jumping off point toward what would really delight you. What would knock your socks off? This is where you really begin to tap into feelings of excitement and passion. Since your emotions are creating what you get, feeling good is critical to your success!

Some of your answers to this question will be in your list of “wants.” (Why aren’t all of them? Some of your wants are so closely related to the corresponding “don’t wants” that they quickly “re-present” the negativity associated with them.) Sometimes this question will cause a whole new set of delightful qualities to come to you. Perfect. Your list of delights is purely positive and aligned with who you truly are and what you truly desire. Like sun through a magnifying glass, it focuses your positive energy and attention on what you really desire until it shows up. It’s a deceptively simple process, yet unless you have a clear focus on what really makes you happy, you’re like a loose cannon attracting a grab bag of both what you do and don’t want, all the while wondering why you’re getting what you’re getting.

The fourth step is to raise your vibration or energy. How? Simply by focusing more and more on what you desire. With practice, you’ll be able to notice an actual shift in your energy. It may occur for you as a feeling of well-being or happiness or increased physical energy. Have you ever noticed that things seem to go your way more when you’re getting ready to go on vacation? It’s due to the wonderful energy that your anticipation creates. It amps up your vibe. This is the reason that I suggested earlier that you schedule a vacation around your Alive Line.

Soul Mate Action Step 19: This exercise is critical in creating your soul mate. If you do only one exercise in this entire book, this should be the one. The four steps above are simple rules and tools; now let’s apply them. On a sheet of paper, begin by making a list of your “don’t wants” in a column on the right side of a page. In other words, the things you’ve been getting each time you date someone that you don’t want. Do this now.

Then, for each of those “don’t wants” ask yourself, “What do I want?” and create a list of your do wants on the left side. If what you don’t want is someone who’s angry, then you might write down “peaceful.” Do this now.

Once you have the two sides complete, look at your list and ask yourself, “Now, what would really delight me?” Again, you may see some of the attributes that delight you on the “do want” list, but not all. Mark all of the “do wants” that delight you, and list them on a separate sheet of paper. Add anything that’s missing—anything! What would really delight you?

Don’t be surprised when you get *exactly* what you asked for. I do mean exactly, so be specific. For instance, if you were creating your ideal car and wrote down “I want a blue car,” then you could end up with a blue car but one with only three wheels.

What you’ll produce is your Soul Mate Resume. It may look something like Diane’s on the following page. Do this now.

Sample Soul Mate Resume - Diane's list

Clarity via Contrast

<p align="center">Clarity (What I prefer/Like/Do want)</p>	<p align="center">Contrast (What I have experienced/Don't want)</p>
<p>Someone who:</p> <ol style="list-style-type: none"> 1. Is committed to growth and development 2. Has energy and intelligence 3. Is kind and has a sense of humor 4. Likes to travel and is artistic 5. Really likes and loves me 6. Loves his job and is joyful 7. Is peaceful, inspirational, and a leader 8. Wants children and loves family 9. Has facility and is great with money 10. Is romantic, sexy, good in bed, and attractive 11. We can both do anything we want together 12. Has great taste in clothing 13. Is spiritual and committed to bringing his higher side to the relationship 14. Is sensitive to my feelings 15. Is health-conscious 	<p>Someone who:</p> <ol style="list-style-type: none"> 1. Is not willing to grow mentally and spiritually 2. Lacks energy and smarts 3. Is cranky 4. Is a homebody 5. Is ambivalent about how he feels about me 6. Resists his job and resists life 7. Yells 8. Doesn't want kids 9. Has money problems 10. Is sexually boring and unattractive 11. Only wants to do what he wants 12. Is not a good dresser 13. Is not spiritual 14. Is insensitive 15. Will let his physical health deteriorate

What would delight me?

Someone who:

1. Is passionately in love with me
2. Is smart and has a great sense of humor
3. Is a successful executive in a high-profile company
4. Loves his job and is respected by his colleagues
5. I can talk to about anything
6. Is sexy, generous, and good in bed
7. Will treat me like a princess!
8. Will explore fun new places with me: Amazon, Paris, or London, etc.
9. Has facility and is great with money, makes it, and can help me make it or make more
10. Surprises me with wonderful, considerate gifts
11. Has great taste in clothing and likes to shop
12. Appreciates romantic literature
13. Is a loving family member
14. Likes sports and funny movies but also enjoys documentaries and intellectual pursuits

©Copyright 1998 Beacon Quest Coaching

www.BeaconQuest.com

Remember, you'll get a mixture of the whole thing (including the "don't wants") unless your focus on "wants" and desires is greater than your focus on the "don't wants." The ultimate test: *If it feels good, it is*, so when you're not sure where your focus is, check your vibe!

Soul Mate Action Step 20: Create affirmations from your Soul Mate Resume list. Make sure to state them in the present tense as if you've already met your soul mate. Here are some examples:

My soul mate is peaceful, funny, inspirational, and a handsome leader.

My soul mate is a healer, abundant, creative, and sensitive.

My soul mate is wise, romantic, and an explorer of life.

Each day, choose one affirmation and write it ten times.

Ask and You Shall Receive

The next step is asking for it. Who do you ask? Ask God, Allah, Buddha, the Universe, your higher self, or the higher powers that be. Some people find it works to pretend that the Universe has an incredibly effective and totally reliable personal assistant assigned just for them, and pass the assignment along to them. Remember when I described how in Miami I asked God for my soul mate? Whatever the higher source is that you believe in, He/she/it/they will respond. In the form of the Law of Attraction, they always do, and now you're wiser and more accurate about what you're asking for.

When you ask, use your emotions. They'll get faster results than using your head. Our head worries about getting it right, while our heart just gets it out there. When I stood at the water's edge in Miami and "threw the book at" God, I was very emotional. I couldn't put my desire and longing into the right words but my emotions were 100 percent authentic. I got exactly whom I asked for.

"One minute of what goes on in terms of consciousness in your body could not be expressed in words in an entire lifetime."

— Abraham-Hicks

Allowing

The final step is allowing what you've asked for to happen. What is allowing? To put it simply, it's waiting for your order to come. It's been ordered. Forget about it. Stop looking. Go have fun and wait patiently for it to come to you. Talk to friends. Carry on with your life. The less doubt, faith, and anxiety you have around what you're asking for, the faster it will come. If you continue focusing on it *not* being there, then that's what you'll get more of—it not being there.

Part of allowing is releasing your doubts about getting it. Our doubts about getting what we want are actually a subtle form of resistance. This resistance is like static in the channel that prevents your authentic desire from getting through. Sometimes, our doubts spring from past experiences. All of the times in the past when we didn't get what we wanted build up as cynicism and doubt that we ever will. For this reason, the work you did in Chapters 2-7 helped to clear you of doubt and resistance.

It may seem initially as if you continue to get what you don't want, even though you're maintaining a positive energy and focus on your delights. This may very well be the Universe continuing to deliver based on past desires. I call this the "universal time lag," like the distance and time it takes after ordering from the drive-thru at a fast food restaurant to get what you asked for from the window.

Don't lose heart or allow your focus to shift back to the doubt and despair of "I never get what I ask for." Just notice what you get that you don't want, add it to your list, and go back to focusing on what you do want. You can also review Chapters 4 and 5 (your physical space and relationships), and use them to eliminate any more doubt or negativity that is holding you back. Continue doing this when needed.

It's useful to look at your relationship to speaking and getting what you want in general. When something doesn't meet your expectations, do you let people know what you want? Sometimes we have a surprising resistance to actually letting people know what would make us happy.

Having It His Way

Ray loved it that his previous girlfriend, Mona, always took him out to eat on his birthday. His current girlfriend, Jennifer, didn't know that, and isn't the type to do that anyway. When Ray's last birthday rolled around, he got upset when Jennifer didn't take him out, and she had no clue why. Sensing his frustration and wanting to please him, Mona asked, "What's wrong?" Ray responded, "Oh, never mind," and missed an opportunity to let her know exactly what he wanted.

Like Ray, we often choose to be upset with the ones we love rather than simply letting them know what we want.

Soul Mate Action Step 21: Begin to notice your own relationship to letting people know what you want. Practice speaking and clarifying exactly what you want. Notice what happens. You may add to your list of affirmations, "I always get what I want!"

Your Wants Give You Freedom

“Once I got clear about what I wanted in my relationship, I saw that one thing I really wanted but wasn’t getting was communication. Finally, I got up the nerve to ask the man I was dating if he could provide that. After some thought he honestly replied, “No.” In that moment, I was set free. I suggested that we stop dating, to which he agreed. Not long after that, I met the man of my dreams, who is my soul mate and husband today.”

— Tatiana

You Definitely Get What You Focus On

Align thoughts and emotions with what you want. What does that mean? How do you do it? For example, if you are worried about paying a bill, you won’t have enough money to pay the bill. Shift your thoughts and begin focusing on how delighted you are at having the bill paid. It’s that simple. The Law of Attraction responds to every vibration you’re putting out there. If your predominant vibration is positive, you’ll get it.

FACT: Did you know that you need to focus on a feeling or vibration for only 17 seconds to match that equal vibration in the Universe and have it sent to you in some way, shape, or form? It’s true!

Creating Collages to Create Images

I think one of the most impactful, wise, and affordable tools you can use to assist this process is a collage. You can create a collage from anything—pictures from your favorite magazines, postcards, or objects. Not only does the act of collecting the pictures and items and putting them together focus your creative energies on your soul mate, you end up with a visual display that keeps your goal in front of your mind and helps intensify positive vibrations. If you hang it prominently in your office or home, every time you pass by you refocus your attention on what you want.

Soul Mate Action Step 22: Go through all the beautiful magazines you enjoy reading and cut out pictures that represent the qualities on your Soul Mate Resume. What will you do together? Where do you want to go on vacation? Create a display by pasting them onto a piece of heavy paper and hang it somewhere you'll see it every day on a regular basis. Move toward joy and pleasure—see it visually! Go toward the light of what you're creating.

In this chapter, we've covered the simplest—and what I believe are the best—tools you'll need to create and attract your soul mate. If you've done the work, you have a whole new awareness of what you want and how to get more of it. Remember, if you're not getting what you want, focus on what you desire, not the absence of it. That's the key.

You get what you focus on. It's your job to tweak and hone these skills until your soul mate shows up. Enlist your friends to help you—they may have great ideas or remind you of things you've forgotten. Share the excitement of your journey. Every vibe counts.

The good news is you don't have to totally buy into the Law of Attraction for it to work for you. If you do the work, you'll begin to see synchronistic results right away. And of course, the more you focus on those results the more you'll get! Next, we'll look at six different habits that will support you in the creation process.

Measuring Your Progress

19. I wrote my Soul Mate Resume. Yes / No
20. I wrote my desire affirmation statements. Yes / No
21. I began noticing my relationship to letting people know what I want. Yes / No
22. I made a collage. Yes / No

Energy Meter– (circle your response)

5. I did all of my Soul Mate Action Steps passionately and put more effort into this than I've ever put into a creative project. I'm elated, exhausted, and my heart feels good.

4. I did all of my Soul Mate Action Steps passionately and put in extra effort. I went beyond my comfort zone.
3. I did all of my Soul Mate Action Steps to my highest ability.
2. I did some of my Soul Mate Action Steps.
1. I read the chapter.

Soul Mate Affirmations

- I feel positive, and I attract positive people and things.
- I know what I want and I get it.
- I am attracting what I really desire.