

Creating Your Own Flow

by Silver Rose

Now that I'm actively participating on the social networking site Facebook, I've become even more keenly aware of how we shoot ourselves in the foot when it comes to using focus to our full advantage. I see postings like, "Another day of drudgery at work," or "Is it time to retire yet?" or people whipping each other into a frenzy over the latest political snafu. I believe we naturally want to bond with each other and we think the fastest route to that end is to share negative feelings that others can relate to. I mean, who wouldn't utter a heartfelt "Amen!" to someone's posting: "Just two more days of sleep, that's all I need!" Unfortunately, all this negative banter gives us exactly the opposite of what we want. What would life be like if we were to live each day fully harnessing The Law of Attraction that dictates, "You get more of what you focus on?" Let's first understand that whether we use it on purpose or not, the principles of this Law have tremendous impact on our day-to-day lives. It's where expressions like, "It went from bad to worse" came from. Fortunately, it's also where expressions like, "The better it gets, the better it gets" come from. In order to harness The Law of Attraction to full advantage, we would need to be careful about where we place our focus. No more self-indulgent negativity. No more "being right" about how awful things are or how people are rude or how the country is going to hell in a hand basket. Focusing on what we don't want is merely a habit. We can just as easily create the habit of focusing on what we DO want. The challenge is to do it when so many others are doing just the opposite. It requires swimming against the tide. One thing I would need to do, for example, is begin focusing on the positive postings on Facebook—there are many. It doesn't mean I won't see the others; they are there. It simply means that I have the opportunity every day to simply skip over the ones I don't agree with and find the ones I do. Facebook is really a metaphor for how we live our lives. It is, after all, a social networking site. How we engage there is how we engage face-to-face. We can go there to find things that make us feel good (like all the fun games and silly tests) or we can look for things to push against. Whenever I think of which I'd rather do, I imagine the difference on the faces of people who are holding a candlelight vigil for something they believe in versus the angry faces of people who are protesting against something they vehemently oppose. Which way would I rather feel? If we actively sought to use The Law of Attraction to our advantage each day, we would focus on what makes us feel good. When we get up in the morning, we'd be happy to be alive one more day. When in the shower, we'd thrill to the feel of the water on our bodies. We'd savor our morning beverage and be grateful for food to nourish us. As we went about our day, we would look for people who please us—the clerk at the store who smiles when we purchase the morning paper; the drivers on the freeway who leave room for us to merge into traffic; the co-worker who pleasantly greets us as we arrive on the job. We'd look at our circumstances and be grateful for what we have: clothing to keep us protected; beautiful scenery to enjoy; a roof over our heads and a bed to sleep in each night. As we become more grateful for what we have, we begin to notice something wonderful. The more grateful we are, the more we get. Suddenly, things we'd wanted for quite some time are ours. Circumstances seem to line up magically. It's important to actively harness The Law of Attraction each day precisely because we DO get more of what we focus on. Use your focus carefully. Use it as the gift that it is. Watch what happens when you decide to swim in the opposite direction of the negative flow. The waters are much warmer, more refreshing and the current will easily carry you when you swim downstream in the river of positive focus.

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