



Lacking lateness

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The most effective state of mind to deliberately attract the things you most want to do, be or have, is to be at ease with where we are today, and also eagerly anticipating where we want to be in the future.

I experienced a nice example of this lesson in a recent, networking meeting.

At this meeting, a few new people straggled in after its start. This is not unusual, for the meeting location is a bit challenging to one finding it for the first time.

What was interesting was that everyone that was “late” apologized. This was so consistent that it actually started a discussion on “being late” in general.

One fun person (in the spirit with being at ease with who she was) said that “she’s really okay with being late”. She then proceeded to say that she does think being late is inconsiderate to others, and she doesn’t know why she’s always 10 minutes late to anywhere. But she can’t seem to help it and she’s just come to terms with always being late.

I found her comment intriguing in the Law of Attraction sense. Her comment seemingly covered the first sentiment of our opening statement. She said that she was “relaxed” or at ease with her situation of always being late. But the second part of the equation was missing. I didn’t get the sense that this is who she really wanted to be.

The Universe doesn’t respond to your words, but the feeling or vibrations that you emit. So, if she really feels that “being late is inconsiderate to others”, then she might not really be “okay” with a being a person “that is inconsiderate to others”. Maybe she really did want something else for herself in this particular situation.

She’s also continues to notice that she’s “always 10 minutes” late. So her energy and focus is on the 10 minutes late part.

Law of Attraction: “Without exception that which you give thought to is that which you begin to invite into your experience”. Abraham Hicks.

Therefore, the universe complies with her wishes and sets up circumstances and events to delay her exactly 10 minutes. It’s really quite amazing. She was quite adamant about always, only being exactly 10 minutes late everywhere. Knowing the Law of Attraction, I totally believe her.

If she wanted to change this, what could she do? What’s a better feeling story?

I think she’s on the right track. It’s a great first step not to get upset and dramatic about it. In the big picture of things, time is just a tool that we use to better synchronize with our fellow collaborators. It’s just an agreement that we define to better rendezvous with each other.

But when we use the word “late”, we typically mean that we failed to meet a specific man-made deadline or agreed upon time-limit. The word “late” normally means that we didn’t meet an expected goal. Chronic lateness may also develop into deeper integrity issues such as: unreliability, undependability, untrustworthiness, or insincerity. People start to go out of their way to over-compensate for our lateness by either lying to us about the start time (pulling themselves off their principled centers) or just giving up on us.

My first recommendation is to remove “late” from our thinking-vocabulary.

I know what I don't want. I don't want to be late.

But what do I really want? What's the better feeling version of this story?

Well.... An example that I use for myself is below. It's worked very well for me. See what you think:

Step 1: Clarifying your desire:

I want to arrive at my destination refreshed, prepared and excited about whatever is waiting for us. I want to arrive at the appropriate time that benefits and uplifts everyone involved. I want everyone I meet along the way to be in harmony with my underlying goal for safety, enthusiasm and the encouragement of one another.

Step 2: Prepare or visualize your experience

Preparing, scripting, visualization, and segment intending are fun tools from the “Ask and It Is Given” book by Esther and Jerry Hicks. They are fun processes or games to help deliberately steer our thinking.

The below is a simple example of segment intending. Each time you enter into another segment of your day or experience, take a few moments to visualize how you would like that segment to unfold for you.

This is just a general example. You can make it as specific or as general as you feel comfortable. If this sounds interesting to you, I encourage you to look up the book “Ask and It Is Given”.

As I enter my car – from place to place, I see myself arriving safely, healthy, refreshed, on-time and prepared for whatever it is that I am about to do there. I see myself dressed to perfection in just the manner that I choose for myself

I am aware of the intent of other drivers as we flow together in harmony to our various destinations. My deliberate intent is for safety and I expect safety. I flow efficiently, gracefully, and safely from point to point. I am intending to feel the vitality and grace of my body as I move from point to point and in balance.

I navigate easily, effortlessly and mindfully. As I see myself gliding about, moving in & out of cars, building, rooms -- I see myself relaxed, confident and happy.

I look forward to both the travel and my final destination – excited and happy about what I am about to experience and encounter.

My longer trips are pleasant, with pleasant company, pleasant thoughts, entertaining CDs, relaxing music, etc.

Step 3: Disassociate yourself with the outcome.

Once you've set your intentions and clearly identified what you would like, then just disengage from the “how this will happen”. The universe is truly your playground. It is conspiring and

orchestrating all sorts of wonderful things that line up with your asking. Certainly do your best under expected conditions to meet your previous commitments (i.e. properly prepare for your destination, leave with plenty of time, consider traffic times, eliminate unnecessary distractions from your goals etc). Then just relax into the flow knowing that you've done your part to arrive safely and at the appropriate time.

True story from my own experience:

Several months ago, I was invited to a Women's Business Owner networking meeting by a friend. Although I was not currently a member of WBON, I would attend as a guest escorted by my friend. We had plans for me to pick her up at her place and drive together. This was a lunchtime meeting at a restaurant that was new to me. My friend called 10 minutes before I was to leave for her place, with some unfortunate news. Her pet wasn't well and she was off to the pet doctor. She was apologizing for cancelling our lunch.

I was already "up" for this meeting. I had already prepared, visualize and segment intended a pleasant lunch meeting. So I asked that -- if I explained to the group that I was her guest and about her situation – did she think it would be alright if I still went. She was delighted that I still wanted to go. She was very interested in the topic of the meeting. She was excited that she could get that information from me, even if she could not attend. She was confident that they would still allow me to attend. So she gave me the name of the restaurant and directions.

I was very encouraged.

I set-out on this next adventure. Her directions were perfect. I found the place quickly easily in plenty of time. But the parking lot was empty...not a car in sight. The restaurant doors were locked, but I did see some figures inside. I knocked hard and the manager came out. He said, "Yes, there used to be a women's group that regularly met here. But they stopped coming here about a month ago." I asked him if he had any idea where they are currently meeting. He did not. So, I thanked him.

"Oh – well", I thought. "I'll just have to explain to my friend why I didn't get that information for her." As I walked back to my car, I called my friend to confess. Of course, my friend was unavailable as she was attending to her kitty. I was laughing as I was leaving a message about the empty parking lot. As I ended the message with "I guess it wasn't meant to be. We'll check this meeting out together next month", I noticed another restaurant at the top of a hill just across the street.

I wasn't sure what I was expecting, but since I noticed it I thought I should check it out. So I went across the street and asked if they happened to be hosting a WBON lunch meeting here. The welcome-lady said, "Yes, right this way."

Okay – so that was an unexpected surprise.

Although they had asked everyone to be there by 11:45am, it was actually 12:00pm when I entered. So – by normal definition, I was late. But nothing had started yet, and people were still ordering their lunches. So, I hadn't really missed anything of significance.

Another surprise came when I discovered that everyone was expected to tell something about themselves. Although I wasn't previously prepared for this, when my turn came, I just relayed this story with one slight change. I changed my ending to "So, I guess I was meant to be here". The story ended with a round of applause from the room.

The highlights for me were:

- 1) This was the first time I had attended a meeting like this, so it was really nice to have my friend invite me as a guest. But when she wasn't able to attend, because of my preparing and earlier visualizations, it never occurred to me "not to go".
- 2) If she had come with me, we would have still arrived at the empty parking lot. But I would have been distracted by our conversation and I don't think I would have noticed

the other restaurant or be inspired to check it out. I think if we both were available to go to this meeting, we would both have missed it.

- 3) The fact that I was alone, I felt freer to explore my instincts and intuition about that other restaurant.
- 4) I was following this feeling to ask about the WBON meeting at that restaurant. Although all logic would suggest that I would be late to the meeting, I wasn't really focusing on being late. It was more of a curiosity at this point. I wasn't truly expecting a "Yes, please follow me" when I arrived at the restaurant. I was just checking a feeling out.
- 5) I ended up with a very special, memorable and inspiring introduction at that meeting.

It was actually very cool how the universe orchestrated all of this for me.

Other references to investigate:

Ask and It Is Given by Ester and Jerry Hicks

<http://www.hayouseradio.com/> (Esther and Jerry Hicks on every Tuesday at 3:00-4:00pm.

Other great programs as well)

<http://www.hayhouse.com/> (lots of good authors and pointers)

Power of Presence by [Peter Senge](#)

About the author

Laura is a certified personal life coach. She has been in the software and testing industry for over 20 years. She's worked with such companies as IBM, Eriksson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she uses in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time, quality product delivery with higher client satisfaction.

Laura now uses her client focus, project, quality and people management skills in her personal life coaching career. As a personal life coach, she helps people integrate their goals and dreams into their everyday lives. Laura uses creative and practical tools to help her clients realize what really matters to them. They then follow-through with project and time management techniques to create the reality they really want.

Laura authors many articles and workshops on time management and strategic scheduling. She is also the founder of the electronic magazine *the Rose Garden: the Art of Becoming*. Also, check out

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