



Rose Coaching

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Resisting the well-being that would be there otherwise.

Meeting notes from a Law of Attraction meeting on Sept 6

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

Sept 6th meeting was an extraordinary amount of discovery, that I was compelled to write about it.

Below is just a small portion of what we explored. Let me know if you would like 1 free 30 minute coaching session on how to better incorporate LOA in your life.

What’s the best way to find a downstream thought?

We had lots of questions and comments like:

- It sounds like you have to really believe it can happen or it won't. Yes?
- I have a problem with upstream and downstream thoughts.
- People tell me “what does your gut say” or “just follow your gut”. And I say, “I don’t have a gut. I can’t find that gut feeling.” I am more logical. So when someone advises “go with how it feels”, that is foreign to me.
- Some things I can feel that “my thing” is just around the corner. I am really sure and confident about it. But there are other things that I am stuck on. The “downstream thought” doesn’t work for this item that I am stuck on. How can I get “unstuck”.

I know that above may sound like lots of different topics, but they are talking about the same thing. The fun thing is that everyone one of these folks were doing the exact right thing for them. They just didn’t recognize it as “the right thing for them”, and hence, their uneasiness about it.

The “aha” piece is that “downstream” is different depending upon how you are wired and/or where you are emotionally standing at the time. “Downstream” is different for different people. “Downstream” is even different for the same person depending on their current mood, opinion, or thoughts at the time.

“Downstream” just means “path of least resistance”; it means “the best possible way for me to think or feel about this topic”.

If I am a logical person, then making a list of pros and cons may be “the best possible way for me to think of this”. Using my logical procedures and tools is a very comfortable and easy way, for me, to think about this topic. Therefore, my gut is telling me to use my logic. That’s all that means. Forcing myself to “figure out what my gut feeling is telling me” – is totally foreign to me (therefore, it’s an upstream moment to me). Talking about emotions and feelings is too fuzzy, too frou-frou. It totally freaks me out (which is actually upstream). And that’s okay. It works for him/her, and I am wired wonderfully differently. I like the way I go about things. I like my logical approaches. The fact that this is a comfortable and easy is MY GUT feel. All is well.

Also, we are always changing. We’re constantly creating new desires. Things that we’ve done before, we’re very comfortable with. We’re at a higher level of expectations on that topic. It’s very easy to imagine it already in our hands, in our grasp.

It’s natural that an idea that is a little new to us will have a little apprehensiveness. Therefore, repeating mantras and affirmations about the how it’s already done, how I am already that person, etc does not have the same effect (as it would if I was truly expecting it). Even though I am saying the “right words”, it still feels like I am lying or “faking it”. It really doesn’t matter what we say or how loudly we say it, it only matters how we truly feel. It’s the vibration or feeling that the universe responds to. So, when something is a new desire, or an experience that we haven’t tried before – we naturally have some resistance to it. We may not even believe it will happen to us. And pretending that we aren’t feeling this way is actually an “upstream thought”. A more “downstream” thought in that place of current resistance is an acknowledgement that it’s okay to be a little nervous about starting something new like this. A “wouldn’t it be nice if this or that happened” might feel better than saying an “I am an XXX” affirmation. Other more downstream thoughts could include: “Even though I haven’t done this before, and I don’t know exactly how this will unfold, I know that many have done things similar and those experts (along with my inner knowing and guidance system) will help me along. It will be interesting to see how this unfolds. And even if it doesn’t come to light right away, I’ll be learning a lot along the way.”

If something feels really out of reach or really BIG – than we’re simply a little more out of alignment than the first two examples. And every time I think about how long it’s taking to get there and how far away even the possibility of it happening – I get more disillusioned or frustrated. Therefore, even looking or thinking of the item is an upstream thought. For this situation, the “path of least resistance” is to take that thing out of the equation all together. Deactivate it. Distracting yourself to anything else may be your downstream thought for this topic. (p.s. – if it’s something that’s in your face every day, it may not be possible to deactivate it totally. But distracting yourself to a better feeling vibration on something else may sooth it into a softer place. And you may be able to attack it at a different “better feeling” time).

The cool thing about the Law of Allowing is that you don’t need to be constantly focused on the topic that you really, really want for “it” to happen. You only need to be in the dominant general vibration or mode of “allowing/receiving” (“a better feeling place”). It doesn’t have to be “a positive expectation vibration on the specific XXX” for XXX to happen. It’s more like “get into a better feeling place <period>.” And the things you have lined up will come along, the XXX, YYY, ZZZ everything.

Have you ever experienced a deep want, yearning anxiety for something, for such a long, long time? With time, you resign yourself to the fact that you'll never get there and you give up on it. You move on; you do something else; you get happy about other things. Then one day that thing that you previously frustratedly longed for appears. Some people will even complain, "I don't really want it "now". I'm way past wanting this". But, the "why it happened", was that it was already lined up for you when you first desired it. It just took you this long to get into the receiving mode for not only your today "wish list", but the other things that you have ever desired.

Another example: So many couples try very hard to get pregnant, they have an expectation on how it is supposed to happen, they get frustrated when it doesn't happen, they spend money and more money on "making it happen". They are all pent-up with "getting pregnant". Sometimes they give up and adopt. Now their vibrations are in the "receiving mode" and the "allowing mode". They are happy with their new family, exhibiting the exact feeling-place of having their family, they are no longer thinking about "getting pregnant". It is now that they discover they are pregnant.

"Practiced vibration of where we are – keeps us where we are."

Another topic we explored was about our practiced habit of thoughts or default mode. A member remarked: In "what the bleep do we know" there was something along the lines that if you have been depressed for awhile, your brain has made this neurological brain paths toward more negative or depressive thoughts. And that you are now automatically go into that mode/mood. How can we get out of that mess?

Well – one way to look at it is that is just a "practiced, chronic habit of thought". Law of Attraction mentions that the as you focus your attention on a thought, you will attract thoughts of the same nature. If you spend time and energy thinking negative thoughts (i.e. negative self-talk), the more negative ideas will come to you. And like anything we've practiced, it's a lot easier to go there simply because we've practiced and gotten so good at it. But, the good news is (just as we practiced ourselves into this situation) we can certainly practice ourselves out of this situation. We can relax and just accept our default mode may be slightly negative, which is okay. Giving ourselves a break about this helps us relax. Acknowledge everyone goes through these spikes, these ups and downs helps us. Everyone does. Nature even has Winter before Spring. It's natural and it's only temporary. Spring always follows. Maybe my "down" was little longer than I needed it to be. Maybe I have gotten so used to this feeling, I don't know how to feel any other way? So, that could be why it was a little more difficult to recognize it as an indicator, or just a temporary step to the next level. There's nothing wrong with "being here". It's really the only place for me to start; so it's perfect for me. But I know the secret. I know how the Law of Attraction and Law of Allowing work. I know its consistency. I appreciate this eye-opening material. I can start to play with any number these tools, programs and ideas to see what will make me feel a little better. I know that I don't have to shoot for "joyous elation". I know that "joyous elation" may not happen overnight. I just have to feel better from where I am right now. "Baby steps".

I want to take the "path of least resistance". If I am sad or feel like I am a victim, getting angry and blaming my offender is going to feel really, really good. That will be a perfect "downstream" next step. I also know that I won't stay there for long. And that's perfect; that's as it should be.

No “one silver bullet”

Be careful about suggesting the same tool for all things. One or two folks in the group kept correctly mentioning “List Positive Aspect” tool or “Gratitude lists” as a great tool to improve our vibrations. But – it’s not always the downstream answer. It still depends on where you are. The “list of positive aspects” or “gratitude listing” – is mostly beneficial when we’re already feeling optimistic, even bored or frustrated (then all the way up to joyous). But it can be an “upstream activity” for you when you’re feeling a victim, or powerless.

Telling me to “list positive aspects about this situation” when I am really depressed, elicits a “go fly a kite” or “you gotta be nuts” response. Actually trying to do that, at that time, will be extremely frustrating. I’d rather be wishing this person who is telling me to “think positive” be “gone”. It’s natural. It cannot be any other way. Therefore, there is nothing wrong with not being able to take that big of a leap. That’s why there are gobs and gobs of fun tools, by various authors, teachers, etc.

Although I enjoy many, many teachers and authors, my “current” favorite is Esther, Jerry and Abraham Hicks.

In their “Ask and It Is Given” book, they not only list many fun games and procedures to try, but they try to list at which “emotional set point” or “emotional level” they might be the most useful. But, I am not trying to imply that we need to study and work hard at this. I’m not suggesting that once we recognize that we’re feeling “angry” – that we need to go to lookup a table, identify our current “Emotional Setting”, look up where it fits in their “Emotional Scale”, and then shoot for thoughts to get us to the next listed “Emotional Level”, by doing some of the procedures specifically identified for that level.

Man --- it was tiring just typing the above (much less actually doing it). And – well – I don’t have this reference book when I am in traffic with a jerk or jerkette cutting across three lanes of traffic right in front of me.

So – I am not suggesting this at all. It’s just fun to know that we have lots of options to play with. It’s nice to know that if something is working for someone else (or even worked for us yesterday) and isn’t connecting with me today – that it’s okay. That’s how it is suppose to work. What I did was to make myself aware of the different options. I also schedule or find some time to play with the different procedures on different topics. It is a lot of fun. It also solidifies the different options, such that when I am in traffic of “the real world” – the process that will work best for me at that particular situation will occurs exactly at the right instance.

Conclusion:

It was fun exploring different things that work. Everyone connects with different aspects of this phenomenal area of thought. But anxiety builds up when something passionately preached by someone else doesn’t hold the same “magic” for us. Then we start to think we’re doing something wrong, or maybe there’s something wrong with us. Once we relax and chill out a little, we can realize that just because this or that works for many others, it’s okay if our particular scenario plays out a little differently. There’s nothing wrong with them or us. What works best for them is what works best for them. What works best for us is what works best for us. And that’s perfect. That’s where the fun begins.

Be easy about this. We already know what to do. We’ve already done the hard part. Now it’s time for us to just relax and enjoy the ride.

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, Ericsson, 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 <http://thelaurarose.blogspot.com/>

Laura offers **one-on-one career and life coaching, small group coaching, seminars and workshops**. You can learn more about her at www.RoseCoaching.info and contact her at LauraRose@RoseCoaching.info