



Rose Coaching

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Why did this happen, NOW???

Laura Rose

Introduction

When we first start playing with The Law of Attraction, Deliberate Creation, and The Art of Allowing, we latch onto the thought that we create our own reality and experiences. When we first start playing with LOA, we may become intent on finding out why and what we did to create this crummy thing that just happened. We may get overly frustrated and distraught with the idea that “I’m working so hard on directing my thoughts, and it’s just not working”.

While I agree that we create and attract our experiences, I’m not entirely convinced it’s beneficial to us to examine, review and replay the circumstances of a “crummy experience”. I am not even convinced that we should be **working so hard** on directing our thoughts.

This is why

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

When I have just experienced what I perceive to be “a crummy experience”, I’m usually not in a very good feeling place. I acknowledge that I was misaligned when the incident occurred and probably even more so – afterwards. And trying to figure it out “why this crummy thing just happened” keeps me focused on the “crummy-ness”, keeps me in the “same place” where the accident occurred.

But if I don’t figure out why or how I created it, aren’t I doomed to repeat it?

If you want to repeat the incident, I recommend reviewing and playing it back over and over again, exactly as it happened.

If you want to avoid a similar incident, I recommend visualizing how you would have had the incident to occur. Re-write a better feeling version.

Whatever the incident -- replay your “good-feeling” version. Spend as little time as possible on the “bad-feeling” version. Use it only to clarify what you prefer to have happened, then focus your attention on that better feeling version.

Our feelings are our absolute guidance.

Your job is to “feel better”. It’s not necessarily to figure out why this happened. “Figuring this out” can certainly be a tool to make you feel better. “Figuring this out” can certainly strengthen your individual validation of the Law of Attraction. But it’s not necessary, it’s not even a component for attracting good things toward you; and sometimes it can be detrimental.

If it’s intriguing to you to try to figure out why “this” happened, then play detective with it. If it’s frustrating, demoralizing, depressing to think about it, distract yourself with something else more fun and return (if you wish) when you are feeling better about it.

Example:

I have been very deliberate in my thinking and thinking good feeling thoughts. I’ve tried very hard to practice LOA. Now I’ve sprained my ankle. I originally thought it was broken...but it’s a bad sprained. It really hurts. Friends have been telling me to forget about this LOA. Now this has happened, and they are now saying “see – I told you so”. So, it just makes me wonder more about giving this stuff up.

Why would this happen, if I am really working hard on this deliberate creating?

Right now, our friend is in pain, not only physically but in spirit. She is out of balance. She’s unsure of her faith, what direction to take, frustrated with her current environment. This may not be the best time to review the “spill” that sprained her ankle. She’ll only continue to attract things to unbalance both her spirit and footing.

Stepping back

When a perceived incident¹ has just happened, we’re pretty close to it. When we’re standing too close, everything is fuzzy. So we may not be able to see or understand “the big picture”.

LATER (when we’re a little away from the actual incident, when we’ve stepped back, when we’re in a higher-vibrational-feeling place) is probably a better time to take the “hind-sight” view of things. Things are a little out-of-focus when we are “up close and too personal”. Standing back sometimes gives a truer and clearer vision. It’s easier to see the big picture – when we’re standing back.

Also, trying to figure it out “right now” keeps us in the “same place” where the accident occurred. So – it’s actually attracting more of the same things that caused the incident in the first place.

Example:

So, what is more beneficial to our friend – is to work on just feeling better. That’s a tough job, right now, because the pain is so “in her face every moment of every day”. But we’re only trying to feel a little better, a little at a time.

Listing the positive aspect may help:

- 1) It’s not broken..... Although it’s badly sprained – my body is healthy and 100% capable of healing itself. It’s a great illustration or metaphor of my inner strength. I have the strength and ability to heal myself. No external person or procedure is required or even can have*

¹ I say “perceived” because what may seem “crummy” now, often turns to something favorable. See the Indian Fable in the appendix of this article.

an effect. I just need to chill out, relax and let my body take care of the rest. Great metaphor for LOA. I'll just visualize my cells arranging and moving around to untwist and unknot. I'll breathe in/out and send my energy toward that part of the foot, with appreciation that your body knows exactly what to do.

- 2) Limited mobility allows me to focus more on different things. I now have a little more time for writing, and other things that "mobility" took me away from.*
- 3) I am really appreciating and looking forward to being 100% -- and I want to make the most of the current situation. It's exciting to investigate other things that I didn't notice before -- because of my mobility. It might be fun to brainstorm on the different things that I now have time for.*
- 4) I was thinking about teaching the disabled and incorporating physical therapy into my current career. This experience could afford some different insights to my physical therapist goals.*
- 5) Maybe this is a good time to investigate online Spanish, French and associated meet-up groups.*
- 6) It's a great time to spoil myself. When we're sick or feeling down -- it's a great time to light some great smelling candles, incense, take long showers or baths, put on a favorite movie, listen to some favorite songs, meditation tapes, intention tapes, get the room dark and cozy with your favorite men's cologne in the air and day dream. Get some color pens, paints and markers to draw the layout of my dream house, riding training facility, Book Jacket. It's a great time to play and day-dream.*
- 7) I've been meaning to catch up with friends. When I'm feeling better, I could gather some friends to come over, do a puzzle, play cards, watch a movie or a board game.*
- 8) Right now, I'm not feeling very social. Right now, I rather be left alone.....so maybe I can just catch up with friends through email or AOL. Sometimes, just writing them helps me feel better.*
- 9) Whatever I do -- I'll do it with the intention of feeling better. I know that feeling better just depends on where I am at the time. It will all work out.*

When it feels right to review.

As mentioned before -- it's not necessary to validate that we're creating our own experiences and reality through our thoughts, for the Law of Attraction to work. LOA is, whether we deliberately notice or we do not.

However, it often makes us feel better to illustrate, prove and validate for ourselves. It's also fun to share our experiences and impressions with like-minded people. And because these "aha moment" are beneficial to our "vibrational" status, we are often intrigued with our individual investigations. And it doesn't really matter if our conclusions are "accurate". It only matters how we feel as we are speculating, investigating and playing with the topic. We could be all wrong about how or why it really happened. The important aspect is the vibrations we're sending as we speak, speculate and share. If we're feeling better by talking it over with friends, moving toward laughing at ourselves, relaxing in the company of friends as we play with it, we're on the right path to our individual growth and expansion (even if we're not really on the right path to the how/why of the original incident).

Be easy about all of this.

Appendix: Indian fable

Indian chief surprise his son with a beautify horse.
Many of the villagers remarked how luck the young lad was to have such a magnificent horse.
The wise medicine man simply remarked, "Maybe"

The horse was still quite wild and the son was cautioned not to ride the animal until it was properly broken. The Chief's son was very anxious to ride the handsome beast and didn't follow his father's guidance. He mounted the animal, and a glorious but short ride. The son was thrown from the horse and broke his leg.

Many of the villagers remarked how unlucky the young lad was to have such a wild horse.
The wise medicine man simply remarked, "Maybe"

A fierce war erupted with a neighboring Indian tribe. All the healthy men of proper age were sent to fight. It was a difficult campaign and all the sent men perished in the struggle. Since the chief's son was unable to ride, he was spared the initial conflict. He healed, became chief, and was able to successfully lead his people.

About the author

Laura 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*.

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