



What does *your* energy attract?

By Silver Rose

I pulled a book off my shelf this week that was gathering dust. It should not have been; it is a very worthwhile read. In 1989 Stuart Wilde wrote **The Trick to Money is Having Some!** and it's still relevant to today's world.

I opened up its pages with hope in my heart and excitement in my belly. You see, I have used the Law of Attraction to heal many important areas of my life: my relationships, my physical and mental health, and my spiritual connection. There is one area I continue to struggle with—money. According to Wilde that struggle is a root cause:

"Effort is a natural part of our physical state, but struggle is effort laced with emotion, and that is unnatural and unholy. Inside the energy of abundance, there is no struggle, only flow."

As I made my way through this wonderful book, the theme that stood out is that money is simply a form of energy. So I asked myself, "What kind of energy am I putting out around the topic of money?"

Clues abound when I look at what I attract. First, I have a belief that everything always works out. Not bad, right? It's certainly better than, "Yikes! I am REALLY in trouble!" Unfortunately, although things do work out, it's usually by the skin of my teeth. A more satisfying belief would be that I always have more money than I need in any given moment.

Secondly, I have a core belief that you have to labor really hard to make a lot of money. Over the years, I have worked on softening that belief but it is still there. This is also unfortunate because, to tell you the truth, I have little interest in working really hard. I don't think anyone wants to do that, even if they are. Most people I know who work really hard believe that someday they won't have to. That "someday" doesn't ever seem to arrive.

Finally (and this is the ironic part), I have trouble focusing when it comes to attracting money; it has never motivated me. I am motivated by learning cool things. I generally have several projects going at once, none of them getting the focused attention that would manifest the desired results. Because my energy is scattered, so are my results. But

here's what I suddenly understood as I was writing this column: if I make "creating abundance" a learning project, it will definitely capture my interest. How cool is that?

The solution to any area in your life where you're not getting what you want always lies with The Law of Attraction which dictates that you get more of what you focus on.

The more we focus on lack, the more of it we attract. We need instead to nurture an abundant consciousness.

- When we see someone spending gobs of money on something we deem frivolous, it is important to say, "What fun!" instead of maligning him/her.
- Rather than scanning the news for signs of corporate greed, scan for business people who are also philanthropists, using their money for good. Then imagine yourself doing the same.
- Get into the habit of receiving. If you see a penny on the sidewalk, pick it up. When someone offers you something, don't talk them out of it. Say, "Thank you. I accept."

More than anything, it's important to work on increasing our positive energy. Wilde wrote, *"In a world where everything is ordinary and dull...if you invest energy in things, people respond."* There are millions of people for whom price is irrelevant. What they want is energy. If they can get it from hanging around you, they will reward you with abundance.

I know this to be true because, in my research I've discovered that people who get promoted up the ranks are usually the ones who have the kind of energy the organization wants. Of course, those of us who are not in the habit of abundant thinking make up stories like, "She got that job because she's a brown nose," or, "He has political connections or he wouldn't be here." That kind of thinking only keeps us stuck in our world of lack.

So if you're going to invest your time and money in something that will pay the greatest dividends, it would be wise to do whatever you can to increase your positive energy. That's the trick—to money and to anything worth having!