

# Rethinking Drama

By Silver Rose

One of the things that will get in the way of applying the Law of Attraction to your advantage is what I call The Pull of Negative Drama. Don't get me wrong. I love drama. The way I think about drama changed for me in my late 20s when I was fortunate to meet up with a man named Gary Lieberthal who, at the time worked for a major television production company in Los Angeles. As people do when they meet, he said, "Tell me about yourself." I proceeded to tell him that I had just broken up with my boyfriend and had moved to Los Angeles to put some distance between us. "I'm done with drama," I emphatically told him. His response? "I certainly hope not." I was intrigued. "What do you mean?" Here is what he said that changed my life:



*"Silver," he said, "I make my living in drama. Drama is a beautiful woman walking into a room. Drama is a sunset that takes your breath away. Drama is the sound of a child laughing as he plays with a puppy or the taste of a meal exquisitely prepared. Drama is what makes life worth living! Don't give up drama. Just give up the negative drama."*

What a gift—to be invited to include drama in my life. Gary was right. Drama *is* what makes life worth living. It is also what attracts more of what you want.

Every time you thrill to something, you are sending a signal out to the Universe that you'd like more of the same. In fact, if you want to see your life improve quickly, train yourself to stop every time you're having fun or experiencing joy and send up a silent prayer, "More of this, please."

***"Drama is life with the dull parts left out."***

- Alfred Hitchcock

Drama always has the ingredient of passion and passion gets you results quickly—positive or negative. Negative drama only brings us more of what we don't want more quickly. You see, whether you are consciously asking for more of it or not, your focus on negative drama sends out a signal to the Universe that attracts more of the same.

What you attract is always based on where you place your focus. Watching someone else's negative drama on TV, if it produces in you negative emotions, will result in your attracting similar negativity into your life. It's why I'm such a big fan of comedy. When you're laughing, you are attracting only good things. If you are watching something that makes your stomach clench, you are attracting problems. Your clenched stomach is a signal to you, "If you stay focused where you're focused, you are not going to like the results." Pay attention! Your emotions will always steer you in the right direction if you would only heed them.



The Holidays are filled with drama—both positive and negative. What you choose to focus on is the gift you give yourself. What's your choice?