

## Weekly Whisper Script February 8, 2010

### The Law of Distraction

Early this morning around 5:00 just as I was waking up I thought about the day ahead and what to record for this week's Weekly Whisper. As I lay there, one thought leading to the other, I eventually asked, "Why do so many not get what they desire?" The answer arose within, and I heard these words...*People always get what they want; it's just that they are so distracted from their desires that they attract their distractions.*

Whoa. OK, you've heard it here first. I am now coining a new law, and I'm calling it **The Law of Distraction**.

You've heard of the Law of Attraction well this is its twin. They look alike. They act alike.

The law of Attraction basically states that like attracts like.  
The law of Distraction states that like attracts like.

So what's the difference? Well, actually they are the same law. But if you think about it as two separate laws that act the same way it may help you to know which way you are activating your experiences. The difference will be in the way you feel.

You see, you attract what you think most about. But too many people don't think about what they want or desire...they think, instead, about what they don't want.

Oh maybe not intentionally or consciously, but they ruminate about how bad things are now, what they don't like about what is going on now, telling stories about all of this. These thoughts, stories, and beliefs DISTRACT us from attracting what we really desire.

And what you don't like and think about attracts more of what you don't like and think about. Hence, the Law of Distraction.

How does this happen?

By becoming obsessed with and focused on all the things you'd like to change, and what is going wrong, and who is doing things you don't like and how they should change.  
And when you do this, how does it feel?

The Whisper, your inner guidance, tells you which twin you are invoking by the way you feel and by your inner sensations. These laws are twins so at first glance you can't tell them apart. But they feel very different. Whenever you place your attention on what you don't want and like, it feels stressful, uncomfortable, sometimes painful, and most often constricting.

When a desire arises within you it is yours to have. It belongs to you. In the past week two women have told me that they can see their dream house. One described her house having a green house attached, the other described her house in a natural wooded environment, like a

log house. Both described their houses clearly and with exuberance and joy. They can see themselves there. When they think of their desire they are filled with energy. It was plainly evident that as they described their vision they felt alive and inspired.

The one who told me about her vision about a house with a greenhouse called me yesterday and ranted on about her frustrations toward an individual at her church. She went on for 10 full minutes detailing all the things this person had done to her. She then moved into a new story of how another person hurt her three years ago.

This, my friends, is what a distraction is.

If you tell the story about what you want but you go on to think about why you want it because you don't like this and this and this, then you've just activated the Law of Distraction.

So how do you place your attention on what you desire instead of what bothers you. By first noticing that you've just invoked the Law of Distraction and then getting as quiet and still as you can and begin with just one small thing you really genuinely appreciate. It doesn't matter how tiny it is...

A few mornings ago, while taking my daughter to school I glanced over at her and noticed that she didn't comb her hair... it was matted and tangled exactly as it was when she rolled out of bed. Well she rolled out of bed only 10 minutes earlier. When the alarm goes off she hits the snooze button until there is only 5-10 minutes before she has to leave. So I felt myself become irritated that she left for school without combing her hair and aghast brushing her teeth. I lectured the whole 2 miles to school. After I dropped her off I continued to lecture her in my mind thinking about how irresponsible she was.

Then, because this work is so alive in me I noticed what I was doing. So I looked for one small thing to appreciate and in that moment I had a snapshot of the alarm going off. Then like a slap it dawned on me...for the whole time she's been in High School, 3 and half years...I never had to get her up for school...and she's never been late! WOW.. how many days is that ...I calculated at 180 school days minus a few absences minus a handful of time I did wake her...omg that's 600 DAYS of getting up...Responsibly!!! By the time I drove the 2 miles back home I was so filled with appreciation for my daughter, I completely forgot about the hair incident.

A few days later, on the way to school, I notice her hair beautiful combed.

Do you get it?

Which law are you invoking?

Are you attracting what you desire/

Or, are you attracting what distracts you from what you desire?

Bye for now.