

Attraction in Action – Focus

by Judith Waller, "The Soul Connector"

So you've heard about [The Secret](#) and maybe know a little bit about "like attracts like" and how the Law of Attraction works, but now you're wondering how to actually put these principles into practice. How do you attract what you truly desire to have more of in your life: better relationships, improved health and wellbeing, a more satisfying career, an increase in your income, or maybe just greater joy and fulfilment? Here's how to start tapping into the Law of Attraction to make that happen.

Focus on your desire...

To begin with, you need to FOCUS on your desire, which means getting really clear about *exactly* what it is you wish to attract into your life. To do this, it's helpful to think of the Law of Attraction as being rather like the art of photography.

To take a photo, most people just aim the camera, press a button and hope for the best. That kind of works but it's rather hit and miss, isn't it? Especially if you haven't had much practice. These days, with cameras so automated, if you snap off a few pictures then you've got a pretty good chance that at least one of them will come out okay. And with a digital camera, you can see straight away if you haven't got what you wanted anyway and can simply try again.

But think about the first camera you ever used. I bet there were *lots* more buttons and dials to master! Not only did you have to get your shot properly in focus and take some time with framing, you also had to think about film speed and lighting so you could get the exposure right. And unlike digital photography, when shooting onto film you didn't find out until *afterwards* – when you got your film developed and printed – whether or not your photos had even come out.

Imprint your desire...

What does this have to do with the Law of Attraction? Well, taking your cue from a good photographer who does more than simply aim the camera and cross her fingers, applying the Law of Attraction takes more than just making a wish and hoping it's going to come true. There is an *art* to it.

Imagine that what you're doing is making an imprint of the object of your desire onto the film of your mind. By focusing on your desire and setting a strong intention to have it, you choose the right lens for your camera and create the conditions for taking the best possible picture. Then you zoom in a bit closer and sharpen up your focus, so that you can see the picture clearly there before you in all its fine detail. And lastly, you adjust the lighting and get the correct exposure before... *SNAP!* – you shoot your picture.

After that, you give your film over to the universe for developing and processing. Ultimately, you don't know exactly how your picture is going to come out, but if you allow yourself to trust that the universal laboratory is going to treat your order with loving care and attention, then you know that you're in good hands. Once you place your order like this, doors will start opening, you'll begin to notice signs and coincidences pointing you in the right direction, and gifts and resources will arrive to support you in taking action to grow whatever it is you desire.

Activate your desire...

So now you know how the Law of Attraction works, it's time to activate your desire. This is a process of conscious choice. Most people run on automatic pilot, unconsciously making all sorts of choices based on old patterns and filters, and hoping that everything will come out okay. But you're the photographer here, actively creating a picture of your ideal life for your mind to order up for you.

Here are three simple steps to **supercharge your focus**:

1. Select... the area of your life you wish to focus on first. Concentrate on just *one* thing at a time, so that you set a clear and strong intention. Imagine that you have achieved the object of your desire – right now. Take your time to make it look/feel/sound as real as possible. Picture it in your mind as vividly as you can, draw or write it out on paper, describe it to a friend in lavish detail or even act it out for yourself.

2. Zoom... in tight on your picture. Try all the details on for size. Do you truly feel ready to allow yourself to have it? How does it *feel* to have it? Do you absolutely *love* the idea of having it? If not, then go back to step one and give it more thought or try focusing on something else instead. You have the best chance of attracting something that you're really passionate about, so make your choice *count*.

3. Snap! Make your picture happen. Consciously set your intention to bring it to life and attract it to you now. Remind yourself how good it feels to have it! Remember that "like attracts like" so, as you imprint this good feeling onto yourself, you project positive energy outwards. And this becomes the film or blueprint that you deliver to the universe to process and then return to you.

Keep practicing the art of Attraction and get those dreams of yours into focus!

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