


Will the Universe Answer My Call?

AS A TEACHER OF *THE SECRET*, **LISA NICHOLS** BELIEVES THAT ENERGY GROWS WHERE IT GOES. HERE SHE LOOKS AT HOW YOU CAN USE THE LAW OF ATTRACTION TO MANIFEST THE LIFE YOU WANT.



ASKING THE UNIVERSE for what you want is one of the most common and unconscious things that you and I do. You can probably remember saying, "I hope there is no school today," or "I wish I could stay outside and play a little longer" as a child. Each time you made a request like this, you were asking the universe to intervene and make something "magical" happen so you could get what you wanted. As adults, we still make these types of unconscious requests, but when forced to stop and listen, we are usually surprised to hear that the majority of these wishes are rooted in fear-based thinking. Thoughts like, "I'm afraid to get in another relationship because I might get hurt" or "I want to start my own business, but I'm afraid it might fail" echo in our minds and show up in our lives. While each of these fears is valid and real, you are placing more energy on what you *don't* want versus sending out requests for what you *do* want to create in your life.

Imagine yourself in your favourite restaurant, placing your order for roast chicken, potatoes and broccoli, and fully expecting to receive exactly what you've ordered. That's how the Law of Attraction works as well. When you place your order to the universe for what you want, you can operate with full

expectancy that it will occur as you have requested. As you commit to stand more in your power, you will begin to shift the direction of your energy. You will begin to focus more on what you want and less on what you are attempting to avoid. Remember, energy *grows* where energy *goes*. If you want something in your life to expand and increase, then that is where you must focus your energy. So if you want more love, joy, financial abundance or passion, then you must first put more focus on those areas. Our normal default is to complain about not having enough love, money or passion, but the brutal reality is that when you do that, you create more lack and scarcity in your life. Like attracts like. You want more joy? Then become more joyful. If you want more passion, become more passionate. Wherever you focus your energy is the area that will begin to develop. Remember, the universe works in sync with your intentions and actions.

Now please know that I am not talking about magic wands, potion lotions, fairy dust or cosmic spells. I am speaking of the power of your thoughts, the influence of your intentions and the force of your actions. When you focus on what you want, make a clear request to the universe, and then get into action to co-produce your own success – nothing can stop you!

Sarah, a participant in the audience while I was speaking in Toronto, Canada, asked me, “Lisa, why isn’t the Law of Attraction working for me? I have asked the universe to help to build a savings account for my family and to lose 25 kilograms over and over again. I have meditated on these goals, prayed about them and still no results. What am I doing wrong, or does it just not work for everyone?” I asked her a few questions to help her get clear on why her goals seemed unattainable.

“Have you written down your goals with a ‘by when’ date?”

She answered, “No.”

“Have you developed a vision board that you can focus on daily?”

“No.”

“Have you written an action plan to achieve your goals? And do you have someone in your circle to hold you accountable to your aspirations?”

“No.”

I squared her shoulders to mine so that she was close enough to feel the intensity of my words, “This is your dream and your life, Sarah. Do not play halfway with it. Give yourself an equal chance to have it all simply because you deserve it. When you are willing to say No Matter What! and mean it, then the universe will hear you and join in alignment with your decision.”

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Looking at her with stern, but tender eyes, I wanted her to feel my passion for her life. “Sarah, when you are willing to do something that you’ve never done before, that is when you will get something that you have never got before. What are you willing to do differently?” With tear-filled eyes, she asked me to repeat her assignment to achieve her dreams. Here it is:

1. Begin with the end in mind. What does your life look like when your goal is achieved? How do you feel? What is your bank balance? How are your relationships? Write down your goal as if it is already done. Your brain and energy will ignite much more powerfully to the end result being clear in your mind, even before you begin the journey.

2. Determine “by when.” This is important to keep you moving. Have

several smaller goals and target dates that lead up to the big goal.


3. Create a colourful, vibrant and exciting vision board. Design it full of photos, powerful words, declarations and quotes that help you to see where you’re going. View it daily, have a photo of it in your wallet, keep a picture on your phone. This keeps your energy high and your brain focussed.

4. Enrol an accountability buddy or a coach to share your dream with. Ask them to hold you responsible for the milestones that will get you there. For example, each month your accountability buddy should confirm that you have saved the R3,600 that you committed to and that you have lost an additional kilogram towards your goal weight. When you keep your goal to yourself, it’s just a great secret. But when you have declared it out loud and invited others to hold you to it, you have set yourself up to win.

5. Get into action and stay that way. Action is the prescription for discomfort, and it’s the pathway to success and achieved goals. Most people will only think and talk about it, but when you commit to get moving towards your goals they will become your dreams that came true.

One year later, I saw Sarah again when she came to California to attend my training course. She bounced up to me excitedly and exclaimed, “I did the steps, and I have saved R43,200 and dropped 20 kilograms.”

Magic, mysteries and miracles all celebrate the nameless power that is known as the human spirit. Unshakable, unbreakable and indestructible!

The universe is waiting on you.... Let’s get busy living our dreams! 

Lisa Nichols is a US-based life coach and teacher, and the best-selling author of No Matter What!

