



The Law of Attraction

By Eric Alders

With the Holiday Season upon us we tend to dip a little deeper into our patience, our caring of others around us and we seem to be a bit more charitable as opposed to other times of the year. We learn as children that we should keep the feeling and meaning of giving, family, love and appreciation with us throughout the entire year. However as we become adults, start our family, get more involved in our careers and get caught up in our routine of life we tend to forget this valuable advice, that we are most likely still teaching our children. Remember that we are supposed to lead by example and if our children grow up in an environment of respect, appreciation and gratitude, led by your actions and examples set, then they are more likely to follow and implement these principles as adults.

Have you ever been caught in a rut where you find yourself being a bit introspective and saying to yourself, "well, I'd be happy if I had that house, that job, that Wife/Husband, that money...that whatever?" Do you ever ponder the always selfish question of "Why me?" Well you know the saying, "ask a stupid question and what do you get, a stupid answer." If you are always looking for the next best thing in life and you truly believe that you would truly be happy *only* when and if "X" happens, then you will not be able to reap the true rewards that life has to offer. You see, there is a universal law that applies to us all and that concept, principle and universal energy is called "*The Law of Attraction*." Discussions, explanations and examples of the law of attraction have been made popular in many books such as "The Secret" by Rhonda Byrne and others. This knowledge is applied by world leaders and successful business people of all categories.

What is the law of attraction? It's very simple once you understand how to use it and how easy it is to apply it every day and enjoy the life that you have always dreamed of. The hard part however, is constantly implementing it with a passion and not allowing others or even your own negative thoughts or doubts to get in the way. To put it into perspective and make it easier to understand, let me give you some examples. Have you ever started your day off on the wrong side of, just about everything? Maybe the alarm went off and as you hit snooze you knocked your glass of water on the floor. Then you get out of bed and you stub your toe. Then you cut yourself shaving and grow more frustrated and angry. You start thinking about what a bad day you're already having and how much worse it will still get and start chanting to yourself, "I don't want to have a bad day, please don't let me have a bad day. Is this what the rest of my day is going to be like? When it rains, it poor. It's always one thing after another and so on." So what do you attract to yourself with such repetitive and emotional thoughts? Even though you don't

want to have a bad day, just focusing your energy and thoughts on avoiding a bad day, just sends out an opposite signal over and over of "bad day" so what you get is a worse day. Then you're stuck in traffic, late to work, spill coffee on your shirt, get into a fight with your spouse and the cycle continues.

The amazing thing is that you have the power to change all of this in an instant, no matter how bad it is or how great you want to manifest your life to be, you have the power to control what you attract to your life. The hardest thing to absorb into your thinking is that everything good or bad in your life, you have attracted. So instead of focusing on wanting the dream house or dream life, focus instead on being grateful for everything that you already have. Every time you put your key in your door appreciate what a wonderful home that you do have.

When you are spending time with your spouse or your children, truly feel that love and gratitude that you have for having them in your life, for their health for their love and support of you. Try to spend all of your time on improving this in yourself so that you have no time to criticize others. Be as supportive and happy for other people's success and achievements as you are for your own. If you spend your time judging and criticizing others, that negative energy that you are putting out there will only attract the same to you and vice versa. So if you have a choice of what you want to attract into your life I believe you would prefer to attract peace, love, success, health, joy and so on.

Remember that to truly benefit from the meaning of this Holiday Season, regardless of your religion, you must give thanks for everything that you already have around you instead of searching for what you don't have. Some call it karma, I say it's the Law of Attraction. Your dreams are limited only to the boundaries of your mind and what you can manifest into your life. Don't worry about how you will achieve the things that you wish to manifest. There is no need to worry "how" you will attract these things into your life instead only focus on the feelings and emotions of already having them. Showing thanks, gratitude, love and appreciation will attract more of the same in your life as will hate, anger and fear. Make sure this holiday season you begin to shift the questions you ask yourself, the reoccurring thoughts in your head and reframe your mind to attract your dreams into reality.



DECEMBER EVENTS

DEC 9: MEMORIAL HIGH SCHOOL WINTER CHORAL CONCERT Jackson Memorial Fine Arts Center 7pm.

DEC 11: CHORAL CHRISTMAS CONCERT Marron Chapel Georgian Court University, 900 Lakewood Ave. 7:30 pm.

SANTA CLAUS AT THE WHITE BUTTERFLY See Santa every weekend beginning Dec. 11. On the 11th Jackson WOT will be caroling.

IRISH CHRISTMAS IN AMERICA Strand Theatre, Lakewood.

DEC 12: CHRISTMAS AT THE COURT Casino Auditorium, Georgian Court University

HOLIDAY POPS CONCERT Strand Theatre, Lakewood.

JINGLE BELLS 5K RUN 13th Annual Jingle Bells 5k Run, downtown Toms River. Race begins at 3:30 pm.

DEC 14: MARTINIS & MAKEOVERS The White Butterfly Gift Shop 5-8pm.

DINNER & A MOVIE AT JACKSON LIBRARY 6:30pm Skipping Christmas (PG) Register Online.

DEC 15: JACKSON MIDDLE SCHOOL CONCERTS Jackson Liberty High School. 6PM McAuliffe Middle School Winter Band Concert. 7PM Goetz Middle School Winter Band Concert.

JMHS VS. TR SOUTH ICE HOCKEY JMHS Hockey takes on #1 TR South at Winding River Arena in Toms River 7:30pm.

DEC 16: JACKSON MEMORIAL BAND CONCERT Jackson Memorial Fine Arts Center. 7pm

DEC 17-19: A CHRISTMAS CAROL Strand Theatre, Lakewood.

DEC 18-19: HOLIDAY SPECTACULAR A taste of Broadway in our own backyard! 732-367-0210

DEC 17: LIBERTY VS MEMORIAL BASKETBALL Boys Basketball. 6:30pm at Liberty High School.

DEC 19: WOBB BASKETBALL TOURNAMENT At Poland Springs Arena, Toms River High School North.

SANTA CLAUS AT MY GYM HOWELL Santa will be at the My Gym on Route 9 in Howell.

DEC 27-30 SEA OF LIGHTS At Jenkinson's Aquarium, Point Pleasant.

DEC 27,30 WINTER WONDERLAND My Gym Howell. Call 732-303-6400 for information.

DEC 30 KIDS FUN NIGHT AT JACKSON LIBRARY Registration required. Ages 3+ 7pm.

DEC 31: FIRST NIGHT OCEAN COUNTY 12pm-3pm Seaside Heights Boardwalk. Entertainment, arcades and New Years Fireworks.

List your January event. Deadline is December 18th. jtown@jtown.us.com