



## Set it and Forget It – The Law of Attraction Simplified by Linda Leontowich

The announcer on the television commercial said repeatedly “And then you set it and forget it”. It was a phrase that resonated with me. “Just imagine” he continued, “putting in your Cornish hens, and soon you have a gourmet meal”.

While watching the announcer show me the difference in using his cooking apparatus compared to traditional cooking methods, I was impressed to say the least. The thought of cooking in the traditional way had me immediately pondering about all those tedious and time-consuming steps (including kitchen cleanup).

On the other hand, the ingenious kitchen gadget had me picturing about all the other things I could do while the Cornish hens were cooked to precision *without* my intensive preparation and constant monitoring. I imagined sitting back on the patio that Saturday afternoon and spending more time with my guests instead of fussing about dinner.

The awe-inspiring commercial reminded me of how life can be easy, breezy when we focus on simplicity. Later as I went about my day, I found myself saying the phrase repeatedly “just set it and forget it”. Its upbeat rhythm stuck with me.

Months later when communicating to my Law of Attraction coaching clients, it became a phrase I used often.

The challenge for most people is that they typically relate to the Universal Law of Attraction in their (conscious) mind. A segment of the population (auditory-digital) feel compelled to try to figure things out.

The process of *simply letting go* can be challenging for them. In fact, many get really preoccupied with how their “desire” will come together. It is because they start immediately trying to figure out the “how”. This obsession can get a bit exhausting and even foster negative emotions - exactly what they don’t want.

When applying the Universal Law of Attraction, getting the results you want is a matter of clarifying the “what” and giving it strong emotion so you get what you desire (often with added bonuses).

In doing so, we set our desire in motion. Keep in mind every action you take adds more power to your “desire” especially when done on a consistent and deliberate basis.

The key is clarifying what you want and adding intense emotion to it. Now that you have adjusted the settings to what you want, it is just a matter of plugging it all in (adding the emotional charge to it often). **Continued on next page >**

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It is our unconscious mind that stores all our emotions, and it is the unconscious mind that governs our conscious mind.

Therefore, when we get ultra clear about what we want and steadily apply strong emotion (accelerated through action) we can bring about our desires - in many cases rather quickly.

If you really want something, start by getting clear. Then make a habit of applying strong emotion to your desire. Think of ways you can enhance that emotion. Ask your coach for ideas.

Then trust the Universe. When you adopt the “set it and forget it” approach you can achieve the results you want and then some. As part of the trusting process stay open to getting more than what you wanted. What if you got substantially more than you asked for? Wouldn't that be awesome?

As shifts take place, people sometimes react too quickly. They watch events unfolding and they are baffled as to why things are happening the way they are. To manifest your desires, shifting is required so things come into precise alignment. It is the job of the Universe to handle all the maneuvers ( much like the ingenious cooking apparatus designed for precision).

A great affirmation to use is “this or something better is now manifesting for me”.

Now that you have set it (the “what”) you can forget it (the “how”). In other words, once you set your desire in motion and power up the emotion, the key is to stay open to what the Universe is cooking up - just for you!

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