



DEANNA FRAZIER tips

Become What You Want To Attract

v. 1, i. 15, dec 06

Become An Attraction Magnet

Happy Holidays Everyone!

So, the idea behind BECOMING an Attraction Magnet is to attract stuff to you instead of chasing after it in some way. Have it come to you because of who you are.

If we bring in the notion of physics, you'll either need to become a magnet or else become a vacuum of sorts. Since we all understand vacuums from the old days let's focus on just how to use the pulling power of a vacuum to either pull yourself forward or to pull things to you. It's much better to be pulled forward than to push yourself forward.

Most of the cars today are front-wheel drive -- the engine pulls the car forward via the front wheels instead of the rear wheels -- it's a lot more efficient. Think of the planets and gravity, magnets, vision vs. goals and there are lots of examples out there.

Sure, you CAN push yourself forward, but most of the time, you'll find that being pulled forward is easier on you than being pushed forward.

Certain things are absolutely essential to your being an Attraction Magnet and of course, as we have said before the first is YOU MUST BE PASSIONATE.

Be sure you are proud of what you do? If you do not love what you do, or don't feel good enough about it to tell the world, it will be difficult to be very attractive to others. Being attractive comes from being able to express true passion about what you do and who you are.

What is Passion? Passion is not out there somewhere hiding waiting to be found. Instead it comes from inside. Developing the ability to recognize and feel passion is necessary in order to experience its power to transform and improve our lives, our relationships, are ability to have relationships and our business.

That's half of it. It IS IMPORTANT THAT THERE IS no separation out in the world WITH WHAT YOU DO AND WHO YOU ARE.

PASSION is intense emotional excitement. It's a feeling that comes to those who are intense. It is the fire in the heart...the fire in the belly...the engagement with something or someone...or life itself . Passion does not only love the outcome it absolutely loves the process. Avoid Passion Fatigue by finding the Pass and Passion in the Impasse.

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Warning: Avoid the Passion Assassins? They sneak up on you and all of a sudden the momentum has stopped and are getting more of what you don't want and less of what you want. You avoid Passion Assassins by developing a strong sense of self

Becoming more super-conductive creates a vacuum. Get your needs met, build a reserve in all areas. Let go of rigid beliefs/assumptions/dogma and take the path of least resistance. (Do things the easy way) Eliminate tolerations, be integrity, practice extreme self-care and thus naturally become more conductive.

When you remove the barnacles from the hull of a ship, it naturally moves through the water faster, with no extra power needed.

It is important that you keep rejection from putting out your flame of passion. The key is to understand what rejection really is and how to rebound quickly. Look creatively and hopefully at setbacks and turn those obstacles into opportunities.

If a history of being put down, of accepting treatment as "less than," has affected your self-confidence, here's a technique, try listing everything you have achieved in the past (even the award for good handwriting that you got in 3rd grade), and re-reading the list on a regular basis.

Know & appreciate you. If you realize that you are one of the greatest things to come along since the invention of M&Ms or chocolate covered raisins, then you will boldly market yourself and business without any fear of failure or reprisals. Get grounded in what makes you special, unique, and great.

Be happy, content with yourself and your life. Be the kind of person you want to attract.

It's about coming out and shining and being the best you can be. You are the Star in your own show, it's a different show but it's still your show so let yourself shine.