

Here are the secrets to...

Fast-tracking Your Manifesting Abilities

*The Secret to "The Secret":
Things They Didn't Tell You About
Harnessing the Law of Attraction*

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Secrets to Fast-Tracking Your Manifesting Abilities

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Introduction

What I'm about to tell you are "secrets" to being able to manifest what you want more quickly and easily, with the ultimate goal of connecting more strongly with your inner power and joy. You may have heard of some of these concepts before, but you may not have known how they apply to your life and what you want out of your life.

All of these concepts are not new and they encompass mindset, behavioral and habitual ways of being that separate those who only wish things and never see them to fruition and those who are masters at manifesting. These mindset and behaviors take practice and some discipline, yet they don't need to be viewed as hard or difficult. As with yoga, everything is a "practice" – the goal is not perfection. The act of "practicing" is enough...

These concepts that follow are all ways of raising your vibration.

Concept #1 - Understand the Desire-Letting Go Paradox

This by far is one of the most difficult concepts for people to understand and practice, yet is one of the most powerful. In some spiritual teachings, you may have heard that "desire leads to suffering", yet trying to get rid of one's desires and wants is near impossible as a human being. So what to do...

We live in a world that functions often in duality – that is in "either" "or" circumstances. Our thinking is skewed in this way. For example, a person may think, "Either I am wealthy and prosperous" OR "I have a lot of friends and happiness". This particular thought duality is very common in our society and

it is this duality of thought that prevents the person who values friends and happiness from manifesting wealth and prosperity (because she thinks “either” “or” and not BOTH).

In my opinion, desire is a natural part of human existence. If we did not have desire, we would never have children and propagate the human race, we would never help others solve their problems, and we would never advance as a civilization. Desire isn't the enemy. You need desire in order to manifest ANYTHING.

Having desire helps, not hurts, your chances of manifesting, however, the great problem that prevents us from manifesting good in our lives is this: being attached to the outcome. It is “attachment” not desire, that gets in our way. When we are attached to exactly how our manifestation should look, we bring with it an energy of control and restriction. This type of energy vibration is exactly the opposite of what is needed to manifest your dreams.

When you manifest easily, the energy is akin to feeling expanded, free and light. When you are attached, you feel constricted, restricted and heavy. Feelings of attachment are similar to feelings of having to be in control. The “controller” in us actually prevents the Universe from working its magic to help us in our quest by providing resistance.

Let me give you an example. In 2000, I was training for the Adult National Figure Skating Championships. I had worked very hard all year and felt that surely, winning the national title would make me happy and satisfied. If I lost an hour of training, I'd be upset. If I was tired from being on call in my doctor job, I felt resentful because I couldn't skate as well. I believed everything had to be just “perfect”. I had expected all my friends to show up for my performance to cheer me on. I had such a tight control over my life, I didn't really enjoy it. I loved every moment on the ice, but the rest of my life was full of stress.

So what happened? Six weeks before my skating competition, I sprained my ankle badly and had to pull out of the freestyle competition. I was bound and determined to win a medal in the interpretive competition. When I got to the competition, hardly any of my friends could watch the competition because they were all otherwise occupied. The photographer would not photograph the competition (I love photos) because we were placed in the “practice rink” and it was too small. The night before the competition, my

brother called me to tell me my father, who was visiting relatives in Hong Kong, was diagnosed with colon cancer. I spend the entire day of competition making phone calls to my job, to Hong Kong, trying to arrange a flight out there. I cried a lot. My performance was OK. It wasn't my best. I didn't make any mistakes, but my energy wasn't as high as usual. I came in fifth place, one shy of a medal. Then when I volunteered later that day, I actually had to give out medals to my own group!

I learned a lot that year. My attachment to winning and having the perfect scenario created such disastrous energy around me that I manifested one problem after another. In 2004, having grown from my past experience, I decided to compete again. By this time, I had a chronic illness and each skating day was touch and go. I was just thankful I could skate. The week before, I couldn't center my spin because my hip locked up on me. It was OK. I was afraid, but just let go. Right before the competition, I let go of any attachment to being perfect or to winning. I wanted to of course, but I let go emotionally. My competition was in the larger rink. Forty of my friends showed up to cheer me on. As I stepped out onto the ice, I gave thanks ...and felt in my heart that I had already won. I had been able to learn to let go and I skated with freedom and joy in that knowledge. Even though I skated first in my group, a tough place to skate because the judges "forget" you after fifteen people skating after you, I gave thanks.

The result? I won a gold medal and it was the best skating performance of my life up to that point.

In summary, you can both have deep and grandiose desires AND learn to let go of having any attachment to getting them. In this way, you maximize your chances of actually manifesting what you want. It isn't easy - learning to let go. It is a practice. Learning to let go is a skill that creates inner peace and joy...the vibrations that help you manifest whatever you want!

Concept #2A - Make-believe that everything that happens is supposed to happen, and is part of the divine plan of bringing you what you desire

When things happen to us or others that we don't understand or don't want, we often become upset. We have a tendency to always want to know

“why” something happens. Why did that baby get cancer? Why did the Tsunami happen? Why didn't I get that promotion? What did I do wrong?

One of the greatest addictions in thought we have in our society is thinking that if something “bad” happens, (i.e. something we consider undesirable), it must be somebody's fault, including God. Often we feel it is a question of deserving. For example, we think that a smoker deserves to get cancer but a vegetarian yogi does not. Our thinking is actually awry here.

Things happen for a reason...yes. I believe that. But we won't always know the reason AND often there is no one at fault! It isn't a matter of deserving or non-deserving. Everyone is equally deserving. Hitler is equally deserving of love as you and I are. You are equally as deserving of wealth as Donald Trump is. I encourage you to get rid of the thinking of how you think things ought to be and instead, make believe that everything is perfect as it is and has a divine purpose.

Often you can't know the “reason” behind what happens, so what I do is make it up! Yes! I make up a reason that makes me feel good! And that leads to living a life of peace. Here's an example. I'm going to use another one from skating since it is immediate in my thoughts with Adult Nationals just a week and a half away...

My shoulder has been bothering me. I injured it somehow. I don't know why exactly, but it hurts. The pain makes is challenging to me to perform some of the skating moves my partner James and I do on the ice together. So I decided that instead of getting upset at the pain being there and making up a story about how I could skate so much better without it etc. I decided to make up a new story that serves me. Here is my make-belief stories about my painful shoulder:

1. The pain in my shoulder is there to remind me to take good care of myself. Eat well, sleep enough – so I am thankful for that reminder
2. The pain in my shoulder entices me to use my Mind Power tools to practice purposefully putting my mind in a positive state despite the disability. So I am thankful for that reminder.
3. The pain in my shoulder is an opportunity for me to reevaluate my negative thinking such as “I won't be able to skate as well with this bum shoulder” and turn it into, “Wow, I CAN skate well despite my

- painful shoulder and I can even win!" so I am thankful of the reminder to check my negative thinking.
4. The pain in my shoulder gives me an opportunity to practice asking for help from others. So I am thankful I can practice receiving.
 5. The pain in my shoulder gives me an opportunity to trade with my massage therapist friend , who I've been delighted to get to know better and we've become very close. So I am thankful for this deeper connection.

In summary, when something goes "wrong" in your life, make up a great story as to why it is PERFECT for you right now! You might as well because first of all, you can't control every aspect of your life and secondly, you might as well feel good about your life. Feeling good helps you manifest what you want much faster! In other words, look for the gift in every circumstance.

Concept #2B - Understand that everything is a made-up story so you might as well make up a story that serves you.

As my teacher likes to say, Nothing has meaning except for the meaning we give to it. My teacher, T. Harv Eker, tells his students to wear "amazing" glasses. Through these amazing glasses, everything that you experience is, well...amazing! Everything that happens to us is viewed by The Universe as neutral. It is neither good nor bad. It just is.

It is WE that perceive and think that what happens as good or bad and label it as such. The key: don't believe everything you think and perceive!

Here is an ancient Chinese story that appears in Marci Shimoff's new book, Happy For No Reason:

An old farmer used a horse to till his fields. One day, the horse ran away, and when the farmer's neighbors sympathized with the old man over his bad luck, the farmer shrugged his shoulders and replied, "Bad luck? Good luck? Who knows?"

A week later, the horse returned with a herd of wild mares and this time the neighbors congratulated the farmer on his good luck. His reply was, "Good luck? Bad luck? Why knows?"

Then when the farmer's son was attempting to tame one of the wild horses, he fell and broke his leg. Everyone agreed this was very bad

luck. But the farmer's only reaction was, "Bad luck, good luck? Who knows?"

A week later, the army marched into the village and drafted all the young men they could find. When they saw the farmer's son with his broken leg, they let him stay behind. Good luck? Bad luck? As you can see, we can never know.

See everything that happens as non-personal. In this way, you will leave a more peaceful existence. In this peaceful existence, you manifest your dreams much faster because you are not resisting what is present before you. And you practice, yes practice, feeling joy and satisfaction because you've made up a meaning to your present circumstances that makes you feel good. You raise your vibration. Here is an example for you to work on. A woman has been through two terrible abusive marriages....what meaning can you give it that would feel good to her, do you think?

Concept #3 – The practice of feeling gratitude brings your gift of manifestation at lightning speed

A lot has been said about gratitude, so this will be no surprise. Gratitude is a way of focusing on what is going right in our lives (and thus getting more of what we focus on) rather than what is going "wrong" in our lives. Two people can be in the same situation and yet, one will remain stuck in fear and angst and the other will move onto freedom and joy due to their differences in their attitude of gratitude.

Focusing on what you are grateful may seem easy at first, but when unwanted events happen in your life (you get sick, your car breaks down etc.), it takes a strong conviction to stay focused on what is going right in your life and not what is going wrong. It isn't to say that you don't address what is wrong, but the trick is not to start what I call a "pity party".

It's OK to be upset and acknowledge your feelings and in fact it is healthier than suppressing them. Don't be disappointed if you still get upset over things. We are human after all. The important thing is, remembering to focus on the good in your life at some point in the process. It could be days later. It doesn't matter. It is your COMMITMENT to exercising gratitude that has the power to change your life!

Concept #4 – How guilt and judgment do not serve you

Without a doubt, whenever I've wanted something to happen, the Universe kindly teaches me about compassion and patience by bringing me a situation whereby I am tempted to go into guilt or judgment. In those times where I've been unconscious of my judgments of others, I often do not get what I intended. But that is still good because the next time I come across a similar situation, I remember my judgment and choose to let it go...and voila, my wishes are granted!

Let's talk about the concept of judgment first. In our society, we often believe the age-old concept of "a tooth for a tooth" and "an eye for an eye". Sounds silly, but think about this. How often do we judge a smoker for getting lung cancer? They "deserve" it don't they? And how about a non-smoker who gets lung cancer. Doesn't seem fair does it? We judge that "good" people shouldn't have "bad" things happen to them. And when the "bad" person gets away with injustices, we get fired up and angry, don't we?

Letting all judgments go is a very unique and powerful skill. And why should we you ask? Well, how's this. Do you want to manifest what you want in your life or don't you?

Let me give you a concrete example. In 2005, I had the intention of getting into the finals at nationals in adult skating. I did not, however, admit that I wanted to win the competition too. Mistake number one. Mistake number two was that I met a woman there who was to be my competitor and I didn't really like her at first. I can't remember why? Maybe she was complaining or anxious. Regardless, I wanted to get away from her soon after we were introduced. I judged her. I didn't feel she should win for some reason.

Well, you know where this story is going don't you? Well, this woman, who I had judged, not only won the competition, she was so impressed with my skating, she kept gushing about how she wanted TO SKATE LIKE ME? You know how I skated? I skated great in the preliminary rounds but in the finals, I fell and came in a disappointing seventh. Boy did I feel like a cad, having judged her harshly, only having her turn around treat me so nicely!

I learned my lesson though. Because the following month, I had my first big international competition and I was going to be competing with the best

skater from the United States. This other skater was very popular but again for some reason I didn't like her – probably because I didn't get any attention from her. But this time, I became aware of my judgment early in the game and let it go. Every time it came up, even when this competitor did a few things I didn't care for, I let it go, and just remained focused on myself. Well, it worked. Although this competitor skated flawlessly, I still beat her in the competition, winning an international gold medal. The experience taught me that my judgments did not serve me.

What about guilt? Guilt energy is very low and it pulls you down. Guilt is just self-judgment and by far, it is much more harmful. Feeling guilty only serves you for the brief moment where you make a mental note to yourself to make a different choice the next time the opportunity comes around. Then you let it go. Or you're supposed to anyway. Feeling guilty is just a habit, something you learned as a kid. It doesn't serve you in the long run.

My opinion is that most people are doing the best they can. I trust you are to. So you have nothing to feel guilty about. Just let it go and move on!

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