



Ask And It Is Given

Every day the quiet is not as deafening as we adjust to this new empty nest "thing," and we are discovering how to be "on call parents" and happy empty nesters. I decided to have a surprise date for Gary, and signed us up for a seminar at AAA on how to pack your luggage with Ann Mcalpin. He ended up liking it, especially the Atlas he received that night. Now it is Gary's turn to surprise me! I can't wait, Gary!

He also decided to have an end-of-the-year party for his triathlon buddies. He cleaned the house and did all the food prep, including making his mom's baked beans.

All he asked me to do was clean up my papers. I LOVE papers and create my presentations at the dining room table and the kitchen island, and, to his dismay, my papers are everywhere. I cleaned UP all the papers except for one post-it-note on the kitchen counter. It had the book *Ask and It Is Given*, by Jerry and Esther Hicks written on it. I was going to Borders on Saturday to buy it. When I hear about a book 5 times or more, it seems to call my name and I realize I must buy it. About one hour before Gary's party I scribbled the book title *Eat, Pray, Love*, by Elizabeth Gilbert, on the same post-it-note as the *Ask and It is Given* book.

Imagine my surprise when Joe and Georgia Kandiko bought me the book as a "hostess" gift. And, I was not even the hostess. Ask and it is given!

I was at the office of my plastic surgeon Dr. Wire. He did a great job removing a barberry I had in my finger for over a year so I choose him again to have a cyst removed from my neck next week. I was in the waiting room and was waiting a tish longer than I thought so asked how much longer it would be before my appt. Jan the receptionist checked and said it would be a short time. She then asked me if I needed anything else. I casually suggested I would really love some chocolate. All four women in the waiting room wanted chocolate. She brought out a bowl of Hershey Kisses and then asked, "Would anyone like some coffee?" We all wanted coffee. When the nurse came to get me she was a bit surprised I was drinking coffee out of HER coffee mug that was a gift from her step daughter! Ask and it is given!

Several times a week "things" happen that I WANT to happen. Today I was cold (44 degrees today in Mpls) and thought of warm and sunny Florida and then thought, "Hey whatever happened to the Florida Dietetic Association wanting a presentation?" Christine from the Florida Dietetic Association called me today! Ask and it is given.

Yesterday I was thinking about Rita, who lives by Owatonna. Owatonna is just down the road from Malt O Meal, where I was giving a few presentations. I have not talked to Rita in many, many months. She emailed me today. Ask and it is given! I could go on and on with many stories of the Law of Attraction.

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I have been studying the Law of Attraction for the past three years. The Law of Attraction is the universal energy around you that obeys the science of physics. You attract in your life whatever you give attention, energy or focus to. You can have anything you are willing to allow yourself to have. Many people sabotage themselves because they are not willing to have such a great life. They can't allow good things to happen.

So, what do you want? Think of something you want badly, like a new job, new car or new relationship. You are thinking, "Yes, I want that, but I will never get it." Of course you will never get it. Why? Because your thoughts become your feelings which become your actions.

Self talk words > thoughts > feelings > actions

2 Steps to start the Law of Attraction in your life

Step One: Focus on what you want. Last summer Brett, Gary and I hiked Bell Rock in Sedona, Arizona. We wanted to hike to the top of Bell Rock. We focused on the path ahead of us, NOT on the rocks over the cliff off the path where we didn't want to go. What you focus on becomes bigger and bolder. Do you want to focus on the path or off the path and over the cliff? Is your busy life really like being "over" the cliff? Think about that! What is your focus?

Step Two: Notice your self talk. Is it positive or negative? "I don't like what I weigh!" Does talking like that really get you excited to lose weight? Not me! The Law of Attraction responds the same way your mind does; it hears what you don't want. When you hear yourself make a statement containing the words, Don't, No, or Not, you are actually giving focus, energy and your attention to what you don't want. Each time you notice yourself saying Don't, No or Not, STOP and ask yourself: What do I truly want?

Change your self talk. Change what you believe and you won't believe the change. Life is waiting. I believe you are seeing what you want and I believe you can have it. See... believe...ask...and it is given! Abundantly Yours, to add value to your life...just ask me how!

Smilin' as I type,
— Chere