

*Living the Law of Attraction...*

*Tell a New Story - Change Your Life!*

# Tell a New Story... Change Your Life!

by Ellie Walsh

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# *Living the Law of Attraction...*

## *Tell a New Story - Change Your Life!*

### **Introduction**

**The life you are living right now today...  
is the life you have created...**

I know I agitate some of you when you read that statement above. I promise you that is not my intention.

We have all created our lives through our vibrations. Our vibrations have attracted to us every situation we have ever lived.... That includes both the situations that we deem "good" and the situations we deem "bad".

We are much more powerful than we realize! Our vibrations are always attracting experiences to us.

Stay with me and keep reading.... I do believe you will come to a point where you will, indeed, agree with that statement....

### **Tell a New Story - Change Your Life!**

Let's say we have a clothes closet that is full with stuff. Open the closet - and look in. There it is brimming to the top with stuff. If you are on your way out to buy a whole new wardrobe - where are you going to put these new items in your closet?

They aren't going to fit are they?

You could cram them in.... But that would ruin these brand new items. You don't really want to do that - do you?

Yet so many of us do that with our beliefs / thoughts / ideas..... We have a closet full of old items.... Old thoughts - old stories - that are running around rampant in our heads.

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Most of these thoughts do not fit us anymore... Many of them were never really ours in the first place... they have been handed down to us and we have adopted them.

Then we decide it is time to do things differently - it is time to get some new thoughts - time to reach some goals.... And we cram these new ideas into our brain right on top of all the old stagnant thoughts that are lying around.

Let's go back to our clothes closet -- you wouldn't throw things out arbitrarily would you? Well you might say yes to that... but I'm betting there are some favorites in there that you really do like. You like the way they look on you - you like the way they feel on you.... Maybe it's those comfy pair of jeans - they fit just right - feel good and are great to play in the yard with - you wouldn't get rid of those.....

So I do believe you would go through the items -- putting aside the things you really, really like and want to keep and making that pile of things to get rid of.... Now even that pile of things you want -- go through it one more time and make sure those items that you are keeping -- well make sure they still fit you!

➡ We all have a closet that sometimes we don't pay much attention to - that is the "brain closet" - which is also known as the subconscious mind. The subconscious mind stores information, stories, like your closet stores your clothes.

Let's open the brain closet door and look in. I'm guessing your brain closet is Full! Most of us have full brain closets.... and most of us don't even know what is in there!

On any given day we have 50,000 - 70,000 thoughts running around in our heads and these are all stored in our "brain closet".

Ohhh this probably is starting to sound scary -- Is she now going to tell me to write down all my thoughts and beliefs? This will take forever and I have done this before!

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★ I'm going to show you an easy way to clean your brain closet - I promise this is much easier than cleaning your clothes closet!

To do this you will need a notebook & pen -- that's it -- Oh and some time. Time? I don't have time! Don't worry -- some of you work better by taking a block of time - some of you are more comfortable with 5-10 minutes at a time. Either way will work....

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If you are the 5-10 minute person - make sure you have your notebook around with you. Once you start this - you will find yourself with things you want to write down here and there. So have that notebook close by for the next 2-3 days....

Those of you who like to take a block of time.... Go ahead and sit down and get ready to start..... You might also want to carry that notebook around with you -- as during the next day or two things will probably come up for you also.....

At the top of the page in capital letters write:

#### **"2009 - A Very Good Year"**

➡ Now if you are going to tell me that 2009 was not a very good year. I'm going to tell you - **your assignment is to make it a good year!**

(Remember this can be done anytime of the year. The first time you do it - it is beneficial to go back approximately 12 months. Just make your heading - "The last 12 months - A Very Good Year")

(If you then choose to do this on a monthly basis - which I highly recommend -- Each month your heading will reflect the last month. If you are doing this in September year - Your heading will read - "September year - A Very Good Month")

I don't care if you think this year was filled with things you didn't want to happen... That's fine - you can still find the good within that. If you tell me the year was filled with tragedy - I am still going to tell you - you can find the good, the opportunity, within it - you can at least let go of the rage and sorrow.

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No - I'm not being mean to you, I am not being cold hearted. Remember I am no stranger to so-called tragedy. When my life partner suddenly transitioned - I had to find the good, the opportunity, within that so-called tragedy in my life in order to be able to go on and create the life I desire.

#### **It is time to let go of the old stories and create new ones!**

I'm guessing if you had situations this past year that really irked you - they popped into your head first when you read the statement - "2009 - A Very Good Year". Do not put those on the back burner - if they came up first - then deal with them first.

Also.... If you had a situation that happened before these last months - maybe it happened years ago... And you find yourself still referring to that story... or you find when that story comes up it makes you feel antsy, sad, angry....

#### **That is especially one of the stories you need to work with!**

You don't need to write out the story as it happened - as a matter of fact I don't want you to ever write out the story as it plays in your head... Instead we are going to re-write this story... and we absolutely do not need blow by blow details.

Those story lines - those blow by blow details are the thoughts that are getting in your way.

➡ Well - How can I write that story any different?! That is the way it happened - It happened and it was not good and it was not right!

*I agree with you! I truly do...*

I'm sure you felt hurt by that situation and I am sure that you do not deem that situation as acceptable... And, I too, would probably feel that it was not an acceptable situation...

**But... that story is dominating your vibrations...** it is still causing havoc in your life and it is time to clean it up -- **It is time to make peace with it.**

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I am not asking you to forgive anybody nor am I asking you to consider the situation as acceptable....

You can make peace with a situation by stepping out of it - Look at the story as if it has not happened **to you**.... Look at the big picture not just your place in it...

Instead of saying "Look what has happened **to me**" say "**Look what has happened**" -- Now you are not personalizing it....

Some of you have stories that involve other people who did things to you... You might be afraid to make peace with this situation because you will be letting the other person off the hook.

#### **I have to ask you this -- Who is truly hooked within this situation?**

➡ Making peace with a situation does not mean you are condoning it or condoning another person's actions.

You make peace by understanding - "Every human being does the absolute best they are capable of doing, given what is going on within them at that absolute moment in their lives"

That statement means -- If everyone is doing the best they possibly can do.... There is no room for the words - blame, guilt & fault. This is not condoning a situation - this is just referencing it.

This applies to you and to every other human on this planet. From the moment you were born to this very moment in time - You have done your absolute best - no matter what anyone else has said .. No matter if 10 minutes later you felt you did something wrong -- At that absolute moment - You have done your best!

Every human works this way....

Who knows why people do some of the things they do? Who knows what drives a person - who knows what stories they have running in their heads?! We will never truly be able to understand why another does what they do... If you are trying to figure that out - you are wasting your time.

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**The only viewpoint you can come from is your own.**

One accident happens on the street corner - 10 people witness it. Each of those people writes out an accident report. Now there are 10 different accidents! Which is the truth?! Each report is the truth for the person who wrote it.

If you can understand that some people have very different views of life - views that differ from yours and still understand - that is the best they are capable of... You will be giving yourself a pass to Freedom.

So you look at that old story..... And you say.....

"OK this did indeed happen - I don't think it was appropriate - I don't think that person should have done this... But it did happen and my hanging onto it is hurting me even till today. If all people do their absolute best - even though I am not condoning what this person did - I can at least let go of it. I can't change any of the details - but I do know because of this situation - I have done other things to help myself.... And look how far I have come... I have \_\_\_\_\_ "(start filling in the blanks)

★ See - I don't want you to write the old story - nor do I want you to condone it - I just want you to make peace with it and then look at your life... You are here reading this guide - taking this class - You have made huge strides in your life... You wouldn't be here if you hadn't - **So why would you let an "old story" keep you stuck?!**

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"I can't do it! I can't find any good in this situation!"

Yes you can -- maybe the good is - -

- It pushed you out of your comfort zone and you started to look into personal development.....
- Maybe it got you to re-evaluate where you life is headed and where you want it to go.....

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If you will take these steps on blind faith and not allow the \*committee members who live in your head to take over .... You will tap into your inner voice - you will join with the Universe in celebrating your life!

\* Do I really have committee members running around in my head? Yes - they are the voices of people who have told you what you could not do. They are the voices that tell you - you don't have a good idea. The voices that tell you - you aren't good enough - you aren't smart enough... etc... etc..... These voices are telling you what is right and wrong for you based on old information. They are based on other people's opinions - based on learned behavior.

**★ If you are committed to once and for all tap into the power within you that creates miracles. You will find a new freedom by sticking with this and following the directions.**

Hey Ellie - Are you telling me to be in denial? Well Yes & No - I'm not saying to make believe that yucky situation did not happen. I'm saying you need to look at that situation with different glasses on. You need to stop seeing it from the victim perspective - you need to be able to look at the situation from an objective viewpoint.

Most of us are used to looking at situations from the victim place. If you look at it from that perspective you will only see the victimhood within it. If you feel like a victim - that is the vibration, the signal, you are sending out to the Universe. Remember LOA - the vibration you send out to the Universe is what you are going to get back.

If you insist on claiming a situation as "bad", "tragic", "the worst thing that ever happened to you". Those situations elicit feelings of anger, powerlessness, sadness, loss -- etc... etc....

Those feelings are not bad or wrong. I'm sure you are justified in feeling them - I'm not saying that you aren't....

**★ BUT.....if the thoughts that elicit those feelings are what is lurking around in your head -- that is where your point of attraction will remain.**

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So if something happened that made you angry. The feeling of angry is not wrong - actually at that moment it is good. Angry is better than feeling powerless or depressed. But do you want to stay stuck in that vibration?

If you are looking back at a situation and when you think about it your rage, anger, sadness, etc... comes back up with it - You are stuck. You need to move your set point on that topic. If you don't move that set point - you are then being held prisoner by your thoughts - by your committee members!

➡ We are not going to deny anything that went on - Instead we are going to look at situations with new glasses on. We are going to create new set points for these situations. We are going to quiet the committee members - we are going to free up our thoughts.

We have between 50,000 - 70,000 thoughts running through our head everyday. Doesn't it make sense to clean up some of those old stories - to see the situations in a different light. To find a way to see the good that has happened in our life even within those so-called yucky situations.

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**When you write this list you need to use a totally positive voice.**

By that I mean --

Let's say you lost your job in 2009 and you are still not yet employed....

There are a few ways to state this --

- 1) I lost my job and I am screwed!
  - Hmmm that absolutely doesn't feel good!
- 2) I lost my job so that gives me the opportunity to examine what type of job I really want.
  - OK that feels better than number 1 but still it kind of has a not so good feeling to it.

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- 3) The Universe has given me the opportunity to examine and pursue new employment opportunities.
- Ahhh can you feel the power in that statement? Can you feel the hopefulness? That statement is not about loss -- it is about adventure, opportunity and power!

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I know a person who lost their job this year - - and they were so angry about it! But - I want you to know she had been complaining about this job for months before she was laid off! She consistently griped about how much she didn't like it - how she was not doing what she really wanted to do - how she was not being appreciated there....

Then the day came that she was laid off. She was furious! How could they do this to her?!

Someone told her - - She should be happy as this is apparently what she wanted as she was always talking about how miserable she was because of this job.

Oh she was not very happy when she heard that!

You've heard that saying "Be careful what you pray for - you just might get it!" -- Well I don't say be careful -- but I do say **be aware** -- be aware of what vibrations you are putting out into the Universe. Law of Attraction responds to your vibrations. "Like attracts Like"

So am I saying she caused this? -- The short answer is Yes.

The long answer is - Yes - Yes - Yes - Yes - Yes - Yes - Yes - Yes - Yes - Yes -

Her vibrations created that situation .Now I don't say she "caused" it - as the word "caused" in that statement has a tendency to imply blame. This is not at all about blame.

Blame is about an error -- there are no errors in the Universe - there is only LOA responding to vibrations.

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Claiming your power in your life - taking responsibility in your life - is never, ever, ever about blame. It is never about what you did wrong! My favorite saying is **"There are No Mistakes..... Only Discoveries!"**™

There are many times I make a discovery -

"Oops I don't want to do that again!" 😊

It's all OK -- I can find the good in it -- even if the good is... *just knowing I don't want to do it that way ever again!* That is good to know! That is good information for me to have! Every time I know what I don't want - I fine-tune what I do want!

Oh let me come back to the woman who lost her job -- This was a conversation that was going on in an online forum... And it was a forum where people talk about personal development.

This woman was upset but she quickly snapped back and did indeed realize how she created this situation -- and then went on to deliberately create her life. Today she has a job she really likes. She now refers to this job situation as her "wake-up call". And today she is truly grateful that it happened as she was able to \*see\* how she was indeed creating her life.

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"Someone's \*truth\* is another's  
\*fiction\*" ~ Ellie Walsh

Let's do a few more examples together:

**Relationships** - Maybe you had a relationship end in 2009 or maybe you were expecting to have a relationship this year and it did not happen....

Let's deal with the ended relationship --

If you are saying I lost this great relationship and I want it back -- Well that vibration is going to keep you and relationships - **LOST!**

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You need to find the good in all of this. If you are upset the relationship ended then apparently there were many qualities in it that you really liked. Write those qualities down - not with the person's name attached - just write the qualities.

So - - You write...

- In 2009 I had a relationship that was filled with excitement, humor, kindness -  
- (add all the good things about it here)

That feels good doesn't it? If you are saying No it feels sad -- then you are not concentrating on those qualities - you are concentrating on the lack of them! But be honest - those things did make you feel good -- Applaud that - write that down - Look what you created in 2009!

**If you created that in 2009 -- you are going to be able to create even better than that as you move forward!**

If you wanted to be in a relationship in 2009 and that did not show up for you....

You write...

- In 2009 I have fine-tuned exactly what I want in a relationship. I know I want (and here is where you put the qualities that you are looking for) kindness, humor, etc, etc, I have put these desires out and the Universe is sending me my perfect match.

**Holding this relationship vibration will bring you what you are desiring in!**

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Let's do one more;

**Money** - You basically are going to write about money like you did with relationships.

If you have been wanting more money and it did not show up in 2009.....

You write...

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- In 2009 I have fine-tuned exactly what I am wanting in my finances. The Universe is orchestrating the flow of this money to me.

Maybe you are thinking - Well I did have the money but I lost it in a crummy investment this year! Get rid of that thought - first off - ➡ **Money is never lost - it knows where it is at all times!**

**Money's job is to flow and it does just that - it flows back and forth and it flows abundantly and rapidly to people who allow it in. You allow it in with an abundance vibration. So get those abundance vibrations flowing!**

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**OK so now we have the hang of it....**

**Get that paper and start writing.....**

Write everything in a positive statement as we just illustrated and of course write all the things that you considered good that went on in 2009. Write about the wonderful days you went swimming or skiing. Write about the funny situations you found yourself in.

You don't need to write them word for word, as only you need to know what they mean. You can just jot them down...

- In 2009 I enjoyed all the times I went swimming.
- In 2009 I had a great time at the bbqs I attended.
- In 2009 I enjoyed seeing many beautiful sunsets.

"You mean you want me to write about the big stuff and the insignificant stuff too?" Situations are only big or insignificant if that is what you label them. I personally don't believe anything is insignificant.

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**Every thing that you can write or re-write that shows appreciation is significant.**

The more you appreciate what has gone on within your life - the more you create new vibrations around your life. You are putting the New Items, the New Stories in your Brain Closet.

Now when your brain whirls around with those 50,000+ thoughts - you have new thought patterns that are whirling around.

★ When you read this list back to yourself -- you will start to realize - Yeah 2009 was a good year! I did have some really great times - I do know more clearly all the things I want in my life. When you read this list feel the good, positive feeling in it.

**It truly was a Great Year for me!**

**Appreciate - appreciate 2009 feel the goodness in it. You are now sending out prosperous, loving, secure, powerful, grateful vibrations. Hold these vibrations and guess what the Law of Attraction will bring to you?**

- Prosperous jobs and endeavors, loving relationships, exciting and rewarding careers, powerful situations and many, many more things to appreciate.

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*"There are No Mistakes..... Only Discoveries!"™ ~ Ellie Walsh*