

*Living the Law of Attraction...*

*Tell a New Story - Change Your Life!*

*Part 2*

# Tell A New Story... Change Your Life! Part 2

by Ellie Walsh

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# Living the Law of Attraction...

## Tell a New Story - Change Your Life!

### Part 2

**Let's continue to Create and Tell New Stories...**

At the top of a page you write:

**"2009 has been a Great Year and the rest of it is going to be Spectacular!"**

**(If you are doing this at the end of the year ...**

**You proclaim the New Year is going to be Spectacular!)**

This list is not a bunch of resolutions - this is a list of intentions. And the way to write them is as if they have already transpired....

Start out with a short paragraph of general well being. And please make the first sentence - **"I am loving and kind to myself."**

**Why?**

➡ If you want wonder-filled things to happen in your life you need to be loving and kind to yourself always. If you berate yourself - if you judge yourself and are critical to yourself -- Guess what you are vibrating?

See how Law of Attraction works?! If you are sending out critical vibrations about yourself - how can you expect to have wonder-filled things happen for you?

You write....

➤ I am loving and kind to myself. I am seeing more and more money flow to me. I am experiencing loving relationships.....etc...etc....

You can get very specific here. Write out a script of what you are desiring to happen. Write it out in every little positive, loving detail.

**Be as specific as you can be and still feel comfortable...**

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We are in the process of changing all those old stories - Remember this is a process. As you write this you have to check how you Feel with the new story!

If the new story makes you feel uncomfortable - you have jumped too far! Go back and ease your way into feeling better.

Each of us is different - so there is no 1-2-3 process here that will work for everyone. You might be able to quickly raise your vibrations on one subject and not be able to do it that quickly on another subject!

I know there have been lots of books written that say - if you do 1-2-3 - then you will get this! That is truly not possible as each of us has our own perspective - remember the 1 accident - 10 different accident reports!

➔ Don't compare yourself to other people's results and don't even compare your results with your results!

"Last week it was easy for me to change a story and this week I am not having good results!" Ugh! That doesn't feel good - does it?!

Last week and this week - and every single day you come from a slightly different perspective. Every moment of every day you are Perfect! - As you are always being the best you - you are capable of being!!

This is not a race! This is a journey... an Adventure.... what matters is how you Feel - period!

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**Here is a great process that helps you create those new stories** - I wrote about this on the website in ["Rewrite Your Old Stories"](#)

➔ Knowing what you do want - there are 4 questions to ask and answer - each question is to be answered with 3 different responses. The responses need to be clear and simple - simple enough for a 5 year old to understand.

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Think of your desire and imagine you are already living it....

- 1) What do you see that shows you - you have achieved this desire?
  - You need to see this clearly and give 3 different examples.
- 2) What do you hear others saying that shows this is achieved?
  - Give 3 examples.
- 3) What do you say to them?
  - What are you saying back to these people? Give 3 responses.
- 4) What do you feel that shows you've achieved this?
  - Again you want 3 responses to this.

### Let's do an example with wanting to Feel Good....

If you have been checking how you feel and you are coming up with lots of blahs, frustrated, bored, antsy --

Every time you identify that - you have a desire to feel better - to feel good about life - to feel passion and clarity....

**So the desire is:** I want to have clarity and passion in my life - I want to feel secure about my well being - I want to be Happy, Joyous and Free!

- 1) What do you see that shows you - you have achieved this desire?
  - You need to see this clearly and give 3 different examples.
    - i) I see myself as feeling crisp and clear
    - ii) I see myself as smiling often
    - iii) I see myself with like-minded people around me, smiling and enjoying life.
- 2) What do you hear others saying that shows this is achieved?
  - Give 3 examples.
    - i) I hear my friend Mary saying how much calmer I have been lately.
    - ii) I hear my family saying how much fun I am to be with

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iii) I hear my friends saying how much happier and brighter I am.

3) What do you say to them?

➤ What are you saying back to these people? Give 3 responses.

i) I'm saying how happy I am

ii) I'm saying how much I am enjoying my life

iii) I'm saying how much I love living my life

4) What do you feel that shows you've achieved this?

➤ Again you want 3 responses to this.

i) I'm feeling a deep down happiness with life.

ii) I'm feeling excited about my future.

iii) I'm feeling my power and savoring the freedom and optimistic outlook I have.

The example is my words - you need to write this with your words. You write the words and you feel -- if you feel good - those are the words for you - if you feel off with those words - change them till you find the words that bring you the relief!

Some people say "I can't do this - my thoughts are thinking me!" - That too is an old story! Of course you can do this - who the heck is thinking those thoughts?

★ You have to have a determination to focus on good feeling thoughts! You have to make a commitment to yourself with these processes.

If you are having a hard time with any of this - you are just trying too hard! You are probably trying to jump too far ahead. If you have stories that are very emotionally charged - don't start with those - Pick an easier story to change at first...

As you make the smaller changes - you are developing a new way to look at your life - a new habit of thought. You will get the relief you are looking for and you will now have a reference point of this working for you... And then when you go to the so-called big old stories - you will find they aren't so big or emotionally charged anymore! ☺

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#### **What do you want?**

*Refer to step 4 in the 4 Steps to Creating the Life You Desire guide.*

Some of you already have identified these desires and some of you are not yet sure about this....

I recommend you re-read that step.... If you are not yet comfortable with writing out specific manifestations - that is AOK - continue to write new stories about feeling good... Your specific passions will show up quickly.

When you do have specific desires - you can use the same re-writing process.

#### **Let's do an example together:**

We'll use a loving relationship as the desire - - -

So.....

Think of your desire and imagine you are already living it....

- 1) What do you see that shows you - you have achieved this desire?
  - You need to see this clearly and give 3 different examples.
    - i) I see myself and this special person walking hand & hand.
    - ii) I see us together laughing and having a good time.
    - iii) I see us enjoying a quiet moment at home alone.
  
- 2) What do you hear others saying that shows this is achieved?
  - Give 3 examples.
    - iv) I hear my friend Mary saying how lucky I am that I have such a great partner in my life.
    - v) I hear my family saying how happy they are for me
    - vi) I hear my friends saying what a great couple we are together.

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- 3) What do you say to them?
- What are you saying back to these people? Give 3 responses.
  - iv) I'm saying how happy I am
  - v) I'm saying how much I am enjoying this relationship
  - vi) I'm saying how much I love this person in my life.
- 4) What do you feel that shows you've achieved this?
- Again you want 3 responses to this.
  - iv) I'm feeling happy that we have connected.
  - v) I'm feeling excited about the future with this person.
  - vi) I'm enjoying the time we have together and looking forward to more wonder-filled times together.

This was just an example to get you started..... You should be able to come up with much more specific answers than these.

Do this for each desire that you identify. Don't just do this in your head - write it down and as you are writing - see and feel the questions and answers.

**Really visualize, hear, smell and feel the answers. This is a very powerful exercise!**

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### ➔ What if I don't know what I want?

I get this question often....

*"I don't need a reason to be Happy..... Happy is a Lifestyle" ~ Ellie Walsh*

Many people think they don't know what they want. They think that - because they are not accustomed to even indulging in the imagination of their desires.

That usually happens because --

- We are afraid - what if I really, really want something and it doesn't happen? My heart would be broken.... So I am better off not even thinking too deeply about the desires of my heart.

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OK all that is - is an old story - old thought pattern. Now that you are learning and understanding the Law of Attraction - - You now know "Like attracts Like"

I know years ago I wanted and believed in things happening and they didn't happen! And... Yes - my heart was broken.....

Today I do know why those things did not happen. I was not a vibrational match to them! I was thinking thoughts of receiving my desire but I had a gazillion committee members / old stories - telling me how I was not good enough to receive this!

Yep those committee members again - they have played a big part in all of our lives! This is why I tell you the first sentence for your list needs to be....

➔ **"I am loving and kind to myself."**

If you are not yet comfortable with writing specific intentions that is AOK. Just write out general well being, feeling good statements....

- I am loving and kind to myself. I am seeing more and more money flow to me. I am experiencing loving relationships.....etc...etc....

Use the 4 question scripting process and as time goes on - you will find yourself getting more specific.

Stay in touch with my website <http://LivingTheLawOfAttraction.com> as I am continually addressing these types of subjects.

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**Now you have both lists:**

- "2009 - A Very Good Year"
- "2009 Was a Great Year and the rest of it is going to be Spectacular!" or "2009 Was a Great Year and 2010 is going to be Spectacular!"

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Don't like the names of these lists? I was talking to someone the other day and I changed the names of the lists to

- "Old Stories to New Stories"
- "Spectacular Stories!"

Call them what you like..... ☺

Keep both of these lists and read them often.

#### ★ **Want the absolute best results?**

- ***Make a commitment to yourself - Be determined to focus in the direction of good feeling thoughts!***

**Read your lists often.** I don't know if you will make a commitment like that - but if you do - You will be seeing and experiencing results within 30 days!

Use the "Good Year" list if you find yourself stuck back on an old story.... Go back and read what you wrote. If you find something has come up that was not originally on your list you can add it and clean it up now!

Use your "Spectacular" list to add details and desires as they surface for you.

★ If you are really committed to having this work for you - keep both of your lists as reference points and do a new list every month. By making a new list on a monthly basis - you will be able to quickly clean up any victim stories that have surfaced. And you will be able to fine-tune your desires.

**You will see results within 30 days!** 😊

I know - you probably don't believe me.... Well you don't have to believe me. Go ahead and do it - take it for a 30 day test drive.

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After 30 days - you will have acquired a new habit - Keep nurturing this new habit and it will become a way of life for you... You will find you are automatically finding ways to feel good - you will find you are more sensitive to how you feel and you will change your stories more rapidly!

Utilize the process in this book with the information in my guide "4 Steps to Creating the Life You Desire" and you will be happily on your way to Creating a Wonder-Filled Life!

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*"There are no mistakes.....only Discoveries!" ~ Ellie Walsh*