

Bring About What You Think About

Eddie G. LeMoine



Eddie G. LeMoine is a keynote speaker, executive coach, seminar leader, and businessman. He has served in leadership roles for a diverse group of businesses, including as vice president of sales for Avalon Homes, a home builder; vice president and general manager of Keltic Technologies, an information technology company; national sales director of MITI, a technology firm; and district sales manager for General Electric's information technology company. LeMoine currently specializes in leadership training, marketing, sales, and customer service.

Eddie LeMoine Consulting Inc.

P.O. Box 48171

Bedford, NS Canada

B4A 3Z2

Phone: 902.832.6600

E-mail: eddie@eddielemoine.com

Imagine if you could do, be, have, anything you wanted—would that interest you? That was the phrase that got my interest in this topic. It all started a couple years back while sitting on a bar stool having lunch with a client of mine. My client, Steven, said “Have you ever heard of the law of attraction?” I replied, “I heard about it, but I can’t say I am that familiar with it,” and Stephen replied, “I think you would find it very interesting; I know how you like to research things, so why don’t you go home and Google it?”

Upon returning home, I typed the words “law of attraction” into the search engine and clicked to enter. Little did I know, at that moment my life would change forever. It started me down a path that had a profound impact on every area of my life. When I started to use the principles of the law of attraction at home, I noticed the following changes: My marriage of 20-some years, although always strong, seem to get even stronger and closer; my business started to thrive; I hit my ideal weight of 198 pounds and was able to maintain it; and my investment portfolio took off.

But some of the most significant changes were the ones I did not expect. My son Jayson, who has ADD (attention deficit disorder) came to me one day and said, “Dad, I can make it to the principal’s office with my eyes closed.” It kind of makes a father proud. Since learning to use the law of attraction, my son has never been back to the principal’s office. And my daughter, who has ADHD (attention deficit hyperactivity disorder) had grade 10 marks in the mid-70s; she is now in grade 12 and has marks the high 80s and low 90s—and will attend university with scholarships.

So why now, why so popular? As I speak to more and more audiences on the principles of the law of attraction, it becomes apparent to me why the topic has become so popular. Each generation looks to the law of attraction to help them attract the things that are missing in their lives. For example, the Baby Boom generation is the most successful generation ever to walk the face of the earth. We have achieved more financial success than we could have dreamed possible, yet Prozac is the number-one prescribed

I/R Code: 5000.01 MP3: MP0827
CD: C0827

Bring About What You Think About *(continued)*

drug to our age group. Although successful financially, we are always searching for happiness. The younger generations look at the Baby Boomers and say, “I love all the stuff you have—the houses, the boats, the trips, the jobs—but I’m not prepared to pay that price: trading my health for my wealth, 50 percent divorce rate, and growing old not knowing my children.” And the older generation wants to attract better health.

You see, each generation looks to the law of attraction to attract something unique to them. So what makes it different from the many personal development programs that have been taught over the past hundred years? The big difference is the journey to our desires. Traditionally, we have always linked our happiness with the outcome. I’ll be happy when I get the promotion; I’ll be happy when I get a new car; I’ll be happy when I get married; I’ll be happy when I have children; I’ll be happy when the children leave—and the list goes on. You see, traditionally, programs went like this: you had a thought, you put it into words, you took action, and you had an outcome. And it was the outcome that we linked our happiness to.

With a law of attraction we link our happiness to the thought; in this case, instead of on a journey looking for happiness, happiness becomes the journey. We link the happiness to the first thought. We have a thought, link feelings to it, put it into words, take action, and create an outcome.

The other reason this topic has become so popular is that we are at a place in time at which this becomes very believable. And the more believable it becomes, the more people have successful outcomes, the more it becomes a self-fulfilling prophecy. We will talk more about this as our session goes on.

So what is a law of attraction? The law of attraction says, anything we give attention to, and energy towards, we attract into our life. Attention is what you hold your thought towards, and energy takes the form of feelings. Therefore, our predominant thoughts, linked to our feelings, attract everything into our lives.

So where is it working in your life? You’re attracting

situations, things, and people in every area of your life. In your professional life, you’re attracting clients, opportunities or lack of opportunities, great customers or bad customers. And what is so neat about the law of attraction is that when you start to understand how it works, you can start to attract more of what you like and less of what you don’t like. Why would you want a successful career at the cost of an unsuccessful family life? Or a great family life at the expense of your health? That is not the way it was meant to be; we were meant to be abundant and happy in every area of our life.

It’s always working, and it really doesn’t matter whether you believe it or not. Not believing it doesn’t make it not work, it just means that you may not be bringing the things into your life that you want to attract. Not believing it means you don’t get to co-create your future. So for the next little while just go with me; let your mind remain open and form your opinions at the end.

If you think back to the beginning, I said the law of attraction says that your predominant thought, linked to your emotion, attracts everything into your life. So that means everything we have in our life was first attracted by our thoughts. Recently, while helping a colleague of mine write a speech, we started asking each other, “What is a thought worth?” We started looking at all of the great thinkers and how their thoughts have had such a big impact on our lives. Think about Bill Gates. When Bill first came up with the idea of a personal computer, he proudly went to IBM to see if they were interested in what he thought would be something everybody would want. IBM thought it was a neat idea but would never hit mainstream acceptance, and sent him on his way. Now look at the impact of that one thought—it started an industry that became the largest industry in the world and is now embedded in everything we do. Many homes own more computers than televisions. It has become a trillion-dollar thought.

So how many of these thoughts do you have a day? The brain is a remarkable thing; at a subconscious level we have about 65,000 thoughts per day, and only four to six percent of everything we think is at a conscious level. So where

Bring About What You Think About *(continued)*

do all the subconscious thoughts come from? The subconscious mind doesn't know right from wrong, up from down, in from out, or black from white. It only knows what you have programmed over your lifetime, through experiences and knowledge. And this programming becomes our habits.

Let's do a little exercise. Everybody fold their hands like this. . . . How many people have the right thumb on top? You are the "intellects." How many people have their left thumb on top? You are all the sexy ones. Now simply fold your hands and put the other thumb on top. It feels funny, doesn't it? It didn't make the intellects more sexy or vice versa.

Now fold your arms like mine, with one hand on top. Now simply do it like this, with the other hand on top. Feels funny, doesn't it? You see, these are habits just like the 65,000 thoughts we have per day; much of what we do becomes habitual. Sow a thought, reap an action; sow the action, reap a habit; sow a habit, reap a character. And when you sow that character, you reap your destiny. As you can now see, everything starts with the thought.

Like thoughts attract like thoughts. What do I mean by that? Think about it. You wake up first thing in the morning, and you ask yourself a question. What if that question was, I don't feel very good today; I feel kind of down; why do I feel like that? If we look back at 65,000 thoughts a day being at a subconscious level, the conscious mind will ask the subconscious mind the question. In a matter of milliseconds, the subconscious mind comes back with the answers. And remember, the subconscious mind was programmed by habits. Simply answering questions is what it was designed to do. It'll come back and say something like—you know you've been eating too much and you're up a few pounds, even fighting a lot with your kids; you lost a big deal last week at work; you haven't been to the gym in two weeks; basically, you're a loser. And you know what, you will attract more thoughts like this as your day goes on.

But what if you ask a different question? What if you woke up and said "Why do I feel so good?" And the sub-

conscious mind does what it was designed to do; it'll go and find you an answer. You know your diet's back on track; you seem to get along really well at home; things at work are going very well, and the gym seems to be really paying off; you know you are a winner. And you know that you'll now attract more thoughts like this as your day goes on.

So, when we take our predominant thoughts and align them with our feelings, that is how we attract everything in our life. Think of it as your mind becoming a receiver for the things you desire in your life; the more emotion attached to those thoughts, the more powerful a receiver becomes. Kind of like a satellite receiver—satellites are filled with information and they circle the globe just waiting for someone to tune into them. If you have a receiver connected to your television, you can pick up a signal from thousands of kilometers away by simply tuning in to the right frequency. That is the exact way your thoughts work—attract energy in the form of emotion to your thoughts, and you can and you will attract into your life those things you think about.

So when you think about it, thoughts are really just a form of energy. And the more emotion and feelings we attach to our thoughts, the greater the amount of energy they have. As human beings, we are really just energy. From a quantum physics perspective, we are a vibrating mass. Just like the sounds of my voice are also a form of vibration, and you're able to see the colors of the slide presentation because sight is also a form of vibration. So think of thoughts as a form of vibration even higher than that of sight.

Dr. David Hawkins, a medical doctor from the United States, has dedicated a large part of his life to studying the energy frequency levels in our thoughts. Much of his research can be found in his very popular book, *Power vs. Force*. Dr. Hawkins has developed a scale to show the different levels of thought and where they are on a frequency level. Many authors over the past number of years have come up with a similar way of calibrating thoughts.

For the purpose of this session, let's do our own simplified version of an emotion scale. When we think of our value to an employer or a relationship, it can usually be

Bring About What You Think About *(continued)*

measured in the form of information and energy. The information is our skills, knowledge, experiences, etc., and our energy is where we are on the emotion scale. The more knowledge and energy we have, the more value we have to offer relationships.

The other way to look at it is, the higher up the scale and the more positive we are, then the more we are attracting what we are thinking about. The lower we are on the emotion scale, the more we are resisting what we are hoping to come into our life. If you monitor the way you feel as you are thinking about the things you would like to bring into your life, you will know whether you are attracting them or resisting them.

Let's do a simple exercise. Everyone stand up.

Okay, put your hands in front of you like this. . . Now with me I want you to count to five slowly. One, two, three, four, five. Think of that as the low end of the emotion scale; you can't feel very much emotion.

Now what I want you to do is, when I count to three throw your fist in the air as fast as you can and yell the word "now." Ready? One, two, three—NOW. Okay, let's do it again, and this time look around the room at the change in energy as we move ourselves up the emotion scale. Feel the difference? Okay, you can sit back down.

When you're at the upper end of the scale—passion, excitement, and happiness—you are aligned with what you are trying to bring into your life, or your desires. When you feel fear, stress, anxiety, and anger, you are actually resisting what you really want to come into your life, and you are actually attracting what you don't want. The key is to always be trying to move your emotions to the upper end of the scale.

As I said earlier, it is really how you feel about the things that you think about. The key is in the feelings! With 65,000 thoughts today, it would be impossible to monitor your thoughts. The best thing to do is monitor your feelings. You attract what you want by feeling what you think about.

What you want to do is use your emotions as a sophisticated guidance system. When you feel fear or anxiety and

stress, you know that you are resisting what you want; use that as a signal to move your emotions to the upper end of the scale—happiness, excitement, and passion.

As odd as it sounds, you should always stay focused on what you want to attract, and not on what you don't want.

Let me share with you a story on the power of focus. Mrs. Thompson, a fifth-grade teacher, walks into her class at the beginning of the year and says, "I will treat every student in the class the same, and I will love you all just as much." But in her mind she knows that statement isn't true, because there is a little boy in the class named Billy Stoddert, and she's been watching him for the last couple of years. He's been very disruptive, his grades are poor, and he's always getting into trouble with the other kids in the schoolyard. As the year starts out, Billy's behaviour is exactly what she had expected, and she almost gets some pleasure out of marking his papers hard, as a bit of pay-back. As the fall season approaches, Mrs. Thompson starts to read the reports from the teachers of previous years, leaving Billy's until the end. She is surprised by what she reads. His first-grade teacher says, "William is a wonderful student—caring, loving, does all his work on time—he is an absolute pleasure to teach." The second-grade teacher says, "Billy is a good student. He seems to be struggling a bit this year, but I suspect it has something to do with his mother's illness." The third-grade teacher says, "Billy is not doing well this year. He is struggling to pass at school and is becoming very disruptive. I suspect it has something to do with the death of his mother." The fourth-grade teacher says, "Billy is really struggling, his personal hygiene is poor, and he is very disruptive in class. I suspect it has something to do with how hard his father is struggling at home." Mrs. Thompson sits at her desk and cries. She says to herself, "I want to stop focusing on what is not right about Billy. I'm going to love him with all of my heart and focus on the outcome and not the reality today."

A few days go by, and the students bring in Christmas presents for Mrs. Thompson. When Billy hands her his present, it is poorly wrapped in plain brown paper and tied

Bring About What You Think About (continued)

with a string. All the kids make fun of it, but the teacher quickly quiets the group. In the box she discovers a rhinestone bracelet with several rhinestones missing and a three-quarter bottle of cologne. Billy says, "That was my mother's favorite bracelet and her favorite perfume." For the balance of the year, Mrs. Thompson spent some extra time with Billy, and each time he had a special day or a test to write, she would wear the rhinestone bracelet and a little bit of his mother's favorite cologne. At the end of the year, Billy did very well. He wrote a note to Mrs. Thompson saying, "Mrs. Thompson, this was a great year. You are my favorite teacher and I love you very much."

As you can see, simply changing your focus can have a profound impact on the outcome. You'd think it would end there, but a few years later Mrs. Thompson received a second note from Billy: "Dear Mrs. Thompson—just want to let you know that things in high school are going very well. It has been difficult at times, but I will be graduating soon. You'll always be my favorite teacher, and I love you very much," signed Billy Stoddert.

Several more years go by, and she receives a third note: "Dear Mrs. Thompson—I am finishing up University, I want to let you know you have had a great impact on my life. You'll always be my favorite teacher. I thank you from the bottom of my heart," signed William Stoddert, M.D.

About a year later, she receives one more letter. It says, "Dear Mrs. Thompson—I'm sad to say my father passed away. I have met the person of my dreams, and I would like for you to come to our wedding." Mrs. Thompson shows up at the church and is ushered to the front row to sit in the seat for the mother of the groom. She proudly sits there wearing the rhinestone bracelet and the favorite scent of Billy's mother.

As you can see, Mrs. Thompson's simply changing her focus in Billy's fifth-grade class had a very significant impact on both of their lives.

The other thing about the law of attraction is that you can't deactivate it. If I said, don't think about an elephant, guess what you're all thinking about. The only way is to turn your attention somewhere else.

Make it work, and it's more than just great parking spots. While on a shopping trip with my family to Bangor, Maine, I was in the initial stages of using the law of attraction, and was visualizing great parking spots as I approached the shopping malls. After about the fifth mall, my 12-year-old son Jayson looks at me and says, "Dad, what is it with all of the great parking spots?" I looked at Jayson and said, "Remember I told you about the law of attraction? Well, I am using it to get us great parking spots." Jayson looks at me with disappointment, and I said, "What's wrong Jay?" He replies, "Dad, if you have these super-powers, why are you wasting them on parking spots?" What Jayson didn't know, was that each time my wife and I were feeling high on the emotion scale, we would think about thoughts of abundance. Upon returning from our shopping weekend, we checked our investment portfolio, and an investment we had just purchased had increased in value by 12,000 dollars.

So what's the first step to the law of attraction? The first thing is to identify your desires and wants to ASK.

And there are two ways we can do that.

The first is by using our emotions to identify what it is we are desiring. For example, if you go to the mailbox and find an assortment of bills, do you feel fear, anxiety, stress, and maybe even anger? If so, your emotions are telling you what you really want is the opposite of the bills, which is financial abundance. So at one end of the scale we have desire, and at the opposite end we have aversion.

The second way, sometimes more practical, is to create a dream sheet. The dream sheet identifies all of the things that you desire to have in your life, in every area of your life. I personally have been doing dream sheets my whole life, and have been helping other people do dream sheets for years. In Henriette Anne Klauser's book *Write It Down, and Make It Happen*, she talks about the power of the subconscious mind when you write down what you want to bring into your life. I have received many, many letters and e-mails from people doing just that. When you have a clear understanding of what you want to bring into your life and write it down, it is like there is an inspired action to bring it about.

Bring About What You Think About *(continued)*

On June 26th, 2007, I delivered a speech in Moncton, New Brunswick. A lady at the event approached me and asked if I would help her with her dream sheet. The next day I helped her list all of the things that she wanted to bring into her life. At one point she looked at me and said, “I want to manifest a horse.” I have to say, up until that point of my career nobody has ever used the words “manifest a horse.” I looked at her and said, “And when would you like to manifest this horse?” “July 25th,” she replied. What happened over the next few weeks was nothing short of amazing. While traveling in a different province, she told a client of hers that she was working with an executive coach and he was going to help her “manifest a horse.” After the client stopped laughing at her, she passed her a magazine and said, “I believe there are horses for sale in the back of this magazine.” Upon looking in the magazine she found the exact horse she was looking for. She called the number in the magazine and the following is how the conversation unfolded. . .

My client: “I see in the magazine you have a horse for sale.”

The lady on the phone replied, “I’m sorry, dear; we had a horse for sale but we couldn’t find a suitable owner and decided not to sell it. Please tell me a bit about yourself.” After a bit of the conversation, the lady said, “You seem like a suitable owner, but I notice from your phone number you are calling from the province of New Brunswick. We really didn’t want our horse to move that far away.”

My client: “Actually, I’m just visiting a client in New Brunswick, but I notice your exchange is 902, which is the province of Nova Scotia.”

The lady then replies, “Actually, dear, I live in Prince Edward Island.”

My client replies, “I live in Prince Edward Island as well.” After a brief exchange, my client realizes the new house she had just purchased is less than three kilometers away from the lady who has a horse for sale.

Later that night, my client returns to Prince Edward Island and tells her mother about the conversation on the phone. “Mom, she’s agreed to sell the horse, but I’m afraid

I don’t have the \$6,000 that she’s asking for it.” Her mother replies, “I’ll give you the \$6,000; you go buy the horse, and you can pay me back whenever you get the money.”

On July the 24th I received an e-mail with a picture of her new horse standing in her back yard—one day before her deadline of manifesting the horse!

Be clear about what you want. Being clear will bring you the things you want, and not the things you don’t want.

Step two: Believe.

After we identify what it is we want, it becomes critical that we believe we can attract it. Belief is a very powerful tool, and you can convince your brain that something is true before it arrives. An example is “mental visualization,” used by almost every world-class athlete. When athletes are questioned about winning a major title and asked how it feels, a common response is *deja vu* (I have seen it before). That is because world-class athletes visualize winning over and over in their minds before they actually do it in person.

Have you ever awoken in the middle of the night having had a nightmare and felt all of the emotions as if it was really happening? That is because, at that moment, the brain could not distinguish the difference between what was real and what it thought was real.

I remember my father telling me a story about one of his hunting trips. Dad and his best friend Norman would often go hunting. I don’t believe they actually ever got anything, but they just enjoyed walking in the woods. One day on their hunting trip my father sees a rustle in the bushes. He was the only one carrying a gun because Norman’s eyesight wasn’t very good. Dad shouts, “Bear,” and starts to run. As my father told me the story, he said, “Eddie, odd things come to your mind. I was thinking, all I really have to do is outrun Norman. But, seriously, I must have run three-quarters of a mile before I stopped from exhaustion.” Scared for what might have happened to Norman, Dad starts to make his way back to where he saw the bear. As he approaches the clearing, he hears Norman making funny noises; he peeks through the bushes and sees Norman rolling around on the ground, laughing and playing with his big black dog. You see, my father believed he saw

Bring About What You Think About *(continued)*

a bear, and all of his emotions were exactly as if it was really there.

It is with that dedication you have to believe that what you want is on its way.

The last step is to receive.

There are five common mistakes people make that prevent them from receiving what they desire.

The first is believing positive attitude is enough—positive attitude versus the law of attraction. If you remember, the law of attraction is how you feel about what you think about, and the key is to monitor your feelings. Being positive is a great attribute, but not enough to attract your desires.

The second common mistake is focusing on why it is not here yet. When you change your attention from what you want to the fact that it is not here yet, you are now focusing on the opposite of what you want, which is the lack of what you want. For example, you want to attract a loving relationship, but after a couple weeks you start focusing your attention on the fact that you do not have a loving relationship. You are now focusing your attention on not having a loving relationship, and that which you focus on, you expand: “not having a loving relationship.”

The third common mistake is becoming detached from the outcome. One of the first things most of us do when we desire something is to start coming up with all the answers on how it will happen. We tend to be very finite on the possibilities of outcome compared to the infinite possibilities that truly exist. Let me give you a simple example. . .

A short while ago, I was delivering a speech at a conference; after I finished speaking, a group of people came up to ask questions. I noticed one of the other speakers hovering back and forth trying to get my attention. His name is Roger. After I finished answering questions, Roger approached me and related the following story:

“Eddie, I have to tell you what just happened. After you spoke on the law of attraction, I left the conference room, and a friend of mine asked me if he could borrow my cell phone. As I handed it to him, I noticed the battery was almost dead. I thought that was odd because I was sure it had a full charge. I said, you better be quick because it

looks like the battery is dead. But before I go any further, I have to tell you that my wife really wanted to come Halifax to hear you speak. Not because she knew who you were, but because she had just read a book on the law of attraction and was looking forward to hearing your speech on that topic. However, our son got ill, and we didn’t think it prudent for both of us to travel, so she stayed at home with him. Anyway, back to my story. As my friend hands the phone back to me, it started to ring. I looked at the number, and I noticed it was my wife. I became very concerned because I knew she wouldn’t call me in the middle of the day unless it was important. I said to her, ‘dear, you better be quick; my battery is almost dead.’ And she replies ‘Roger, do you want to know why your battery is almost dead? Roger, I had a day like you wouldn’t believe. Our son wouldn’t settle at all, but about an hour ago he just fell asleep. I was sliding off the bed when the phone rang and I noticed it was your number. I quietly said, ‘Roger, Roger.’ but there was no answer. Just then I listened, and I could hear them introducing that Eddie LeMoine guy. Roger, I sat on the edge of the bed and listened to every word he said, just like I was in the room with you.”

Roger said to me “Eddie, I have no idea why my cell phone dialed the home number when it did.” That is detachment. Roger’s wife really wanted to hear the speech, and it was delivered to her in a way neither of them would have thought. It’s wanting an outcome, but becoming detached from the method it is delivered to you.

The next common mistake is limiting beliefs. Limiting beliefs are like the bars of a prison except we can’t see them. They are things like: I’m too old, I don’t have enough education, I live in the wrong place, it happens to other people and things like that never happened to me—and the list goes on.

If we took a flea and placed a jar over the top of it, the flea would jump up and down, and after a while stop just short of hitting the jar. If you removed the jar, the flea would never jump any higher for the rest of its life. Our limiting beliefs are like the jar: It is an invisible ceiling holding back our dreams.

Bring About What You Think About *(continued)*

And the last common mistake is our reality today versus what we desire. The key to remember here is our reality today is based on our thoughts of yesterday. If you want to change your reality, change your thoughts. This is the cycle many people find hard to break. If you focus on what is in your life today, you will attract more of that.

So the key is to keep your attention on what you want to bring into your life, and not on the fact it is not here yet. Also allow people around you to be exactly as they are. As you focus on what you don't like about people, in other words not allowing them to be who they are, you actually attract more of what you don't like.

Another key ingredient is to spend some time each day in silence. During this time of silence, think about the desires you are trying to attract into your life. For me, this has become a very powerful tool, and I often use silence to calm my mind before such activities as key meetings, presentations, and writing. I have also discovered that spending 10 minutes in silence is much better than a short nap at restoring your energy.

Live in an attitude of gratitude. I can't stress this enough. Being grateful has a tremendous impact on attracting happiness, abundance, relationships, etc. into your life. The more grateful you become, the more you attract things to be grateful for.

If we find we are constantly saying to ourselves, I want, I want, I really, really want, our universal mind will interpret this as not having, and it will say, I don't, I don't have, I really, really don't have. . . The best way to remove the "I don't have" is to replace them with, "Thank you, thank you, I am so grateful."

I used two tools to help me ground myself in gratitude. The first tool is a simple rock I carry in my pocket. Every time my hand touches the rock, or I put it on the dresser at the end of the day, or pick it up first thing in the morning, I think of something to be grateful for. Over the past few years, I've received many rocks from clients that have very special meanings to me.

The next very simple thing is to keep a gratitude journal. I personally carry my gratitude journal in my day timer,

and every day I list items to be grateful for. This could be people that have come into my life, situations I find myself in, my health and the health of my family, the love of my family—and the list goes on.

The key fact is, the more things you are grateful for, the more things you will attract into your life to be grateful for.

The process of giving. Everything you desire to come into your life is a form of energy and is meant to flow. Think about it. . . love is energy, health is energy, friendships are energy, money is energy, and spirituality is energy. And all forms of energy are meant to flow. . . the best way to attract what you desire is to also give that away. If you're looking for love, give love away; if you're looking for friendship, give friendship away; and the list goes on.

In my home town, statistics say that at any given time there are 200 homeless people living on the streets. My wife and I enjoy long walks in our city. Often as we walk, we are approached by panhandlers looking for change. My wife and I always carry money to give to whoever asks, and as I hand them the change, I always look them right in the eye and wish them the very best. In working with several organizations to help the homeless, I had discovered in many cases, people on the streets are there because it is actually safer than living at home. Just recently, my wife and I were walking out of a restaurant when an elderly lady was standing on the side of the road with a cup looking for loose change. Having just paid for our meal with a credit card, I did not have any change in my pocket. As I walked by, I said to my wife, "Tonya, I'm going to the bank machine to get some money and bring some back to that lady" I walked back and put a few dollars in her cup; she looked at me and said, "Why thank you, sir; I must have been here three hours, and you are the first person to give me change; what is your name, sir?" I looked at her and replied, "My name is Eddie LeMoine." "Thank you, Mr. LeMoine; tonight I will say a prayer for you. It is all I can afford." I replied "Thank you very much; I appreciate your kindness".

Bring About What You Think About

As my wife and I continued down the road, I said, "Let's go to the local coffee shop and finish the night off with a special coffee." As I walked up to the counter and ordered the coffee, the lady behind the counter looked at me and said, "Sir, would you like this free cookie?" I replied, "What do you mean, free cookie?" "Well, the cookie is cracked, and we can't sell them, so we always give them to people who we think look kind as they walk into our coffee shop." You see, giving is a form of energy. In the simple act of kindness, I helped lift a woman's spirits that night, and in return she did the same for me. And a totally unexpected gift of a free cookie was presented to me.

One of the remarkable facts about random acts of kindness is that the person doing the random act of kindness, the person receiving the random act of kindness, and people observing the random act of kindness all become uplifted by the event. In scientific studies, all three actually had increased secretion levels of the healing chemical called serotonin.

In closing, we learned some amazing facts today. Using the key features of the law of attraction, which include:

- creating desire
- having faith and belief in the outcome, and
- allowing it to happen

Coupled with the importance of gratitude and giving, when you use the law of attraction to your advantage you can attract happiness, abundance, great sales, loving relationships, and the list goes on. The only limits are those we place ourselves. Take a small seed for example; when it is placed in the ground it never says, "I think I'll grow only three feet tall and then call it quits." A tree drives its roots as far into the ground as it can, and reaches as high into the sky as possible, never quitting, and overcoming every obstacle put in front of it.

Think of your thoughts the same; your thoughts are like a seed planted in the very fertile grounds of our minds. Nurtured by emotions, and not limited by obstacles and beliefs, we can achieve anything we set out to do. Dare to dream big. Build your dream sheet and plant your seeds for the life you want to attract.

Thank you very much, I truly enjoyed this time together.