

*Living the Law of Attraction...*

*Out with the Old... In with the New!*

# Out with the Old... In with the New!

by Ellie Walsh

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## **Introduction**

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

I start all my books with that saying.... I know I agitate some of you when you read that. I promise you that is not my intention. Stay with me and keep reading.... I do believe you will come to a point that you will, indeed, agree with that statement....

Out with the Old.... In with the New....

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.... 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.

While I am writing this at the close of calendar year -- this pertains to anytime of the year. You do not need to wait for a new year to do this. This is a great exercise to also do on a monthly basis.

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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". That is really what the brain does it stores information 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! It is from this full brain closet that those 50,000 - 70,000 thoughts, that run daily through our heads, are coming from.

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!

★ 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:

#### **"2011 - A Very Good Year"**

➡ Now if you are going to tell me that 2011 was not a very good year. I'm going to tell you - **your assignment is to make it a 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 July for the month before - Your heading will read - "June (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.

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 passed away - I had to find the good, the opportunity, within that tragedy in my life in order to be able to go on and create the life I desire.

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 - "2011 - A Very Good Year". Do not put those on the back burner - if they came up first - then deal with them first.

*"I can't do it! I can't find any good in my losing my job!"*

Yes you can -- maybe the good is - -

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- It pushed you out of your comfort zone and you started to look into personal development?
- Maybe it got you to admit that wasn't the job you wanted anyways....

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.. they are "old stories" and they are holding you back!

★ 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....

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★ 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.

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 every day. Doesn't it make sense to clean up some of those thoughts - 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 2011 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.

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- OK that feels better than number 1 but still it kind of has a not so good feeling to it.
  - 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!
- 

I know a person who lost their job - - 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 - 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 - Yes - Yes -

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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.

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 to store in my brain.

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

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Let's do a few more examples together:

**Relationships** - Maybe you had a relationship end in 2011 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!**

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 2011 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 2011!

**If you created that in 2011 -- you are going to be able to create even better than that in 2012!**

If you wanted to be in a relationship in 2011 and that did not show up for you....

You write...

- In 2011 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 2012!**

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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 2011.....

You write...

- In 2011 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 as we end 2011.**

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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 2011. 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 2011 I enjoyed all the times I went swimming.

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- In 2011 I had a great time at the bbqs I attended.
- In 2011 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.

Everything that you can write or rewrite that shows appreciation is significant.

The more you appreciate what has gone on within the last year - the more you create new vibrations around your life. You are putting the New Items 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 2011 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 2011 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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**Now you are ready for 2012!**

At the top of that page you write:

**"2011 Was a Great Year and 2012 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 - **"In 2012 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....

➤ In 2012 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.

If you are not sure about the details - Here is a great process that I talked about on the website in ["Rewrite Your Old Stories"](#)

➡ Knowing what you do want - there are 4 questions to 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.

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

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- 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 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.
    - i) I hear my friend Mary saying how lucky I am that I have such a great partner in my life.
    - ii) I hear my family saying how happy they are for me
    - iii) I hear my friends saying what a great couple we are together.
- 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 this relationship

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iii) 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.

i) I'm feeling happy that we have connected.

ii) I am feeling excited about the future with this person.

iii) I am 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 have for 2012. 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.

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

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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 "old stories" telling me how I was not good enough to receive this!

Yep those "old stories" 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....

#### ➡ "In 2012 I am loving and kind to myself."

If you are not yet comfortable with writing specific intentions for 2012 that is AOK. Just write out a general well being statement....

- In 2012 I am loving and kind to myself. I am seeing more and more money flow to me. I am experiencing loving relationships.....etc...etc....

As 2012 goes on - you will find yourself getting more specific. Stay in touch with my website <http://LivingTheLawOfAttraction.com> as I will be addressing these types of subjects as the year goes on.

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#### Now you have both lists:

- "2011 - A Very Good Year"
- "2011 - Was a Great Year and 2012 is going to be Spectacular!"

Keep both of these lists and read them often.

★ Want the absolute best results? - **Read them everyday**. 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!

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Use the 2011 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 from 2010 that was not originally on your list you can add it and clean it up now!

Use your 2012 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.

Don't forget to get in touch with me after your 30 days! You can email me from the website at the Contact form;

<http://LivingTheLawOfAttraction.com/contact-us/>

Or join the discussion with me and many other deliberate creators at

<http://CreateYourLifeAcademy.com>

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**Ellie Walsh** - Certified Law of Attraction Trainer, Intuitive Life Coach, Speaker, NLP Practitioner, Certified in Hypnosis.

I've been on the path of personal development for over 29 years. I started on this path for my own benefit. I was living life with the feeling - *it's got to be better than this*. I was like so many people - going through the motions of life and knowing deep inside of me something was missing in my life.

I did indeed find my path and today live a life full of success and joy. For the last 8+ years my passion and expertise is helping others to understand and tap into their own unique power and magnificence...

My mantra - "There are No Mistakes..... Only Discoveries!"™ Is the starting point to help others free themselves of past judgment and go on to create new stories in their lives.

I have helped hundreds find their own answers and align with their true selves with my programs, writings, teleclasses, workshops, seminars and personal coaching. I can guide you to find your own specific answers on your own unique journey. You can indeed "Create the Life You Desire"!

To learn more join our online community at: <http://CreateYourLifeAcademy.com>

### Connect with Ellie:

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