



Newsletter for September 2009

Dear friends,

I have a couple of friends who regularly gets frantic about something they want to stop in the world: Monsanto, diabetes, dolphins being killed. To them it seems imperative to do something to stop what they call 'this evil,' and their concern, anger and righteousness seems perfectly justified. They are so perplexed when I don't join in with them in their stance. I explain my reason, and it is this: The Law of Attraction, not to be underestimated, will work to produce what we resist, simply because we are giving the unwanted thing attention and energy. The Law of Attraction is inclusive, meaning that it doesn't judge where we put our energy: it supports all we do indiscriminately! And if you understand that, then you understand why it appears that 'God' doesn't always answer prayers. Prayers are 'answered' if a positive outcome is expected with faith. If the prayer is a prayer of hopeless petition, then it isn't 'answered' because with this 'prayer' we have created what we feared. So it is *The Law of Attraction* which always answers our prayers!

This might not sit comfortably with some of my friends, who want to believe in a father-like God who gives out rewards to good people and punishes the wicked. One thing is certainly comforting to me: the certainty that what I call God, which I also call Life, is nothing but Wellbeing. We are surrounded by a Force which wishes us well. When we wish for what is good for us, we are naturally supported by Life, or the Life Force. Healing is another word for getting back in the stream of wellbeing.

How do we do that? You might be asking. How do we stay in the Stream of Wellbeing? We can never get away from it, actually, but we can block it with our negativity. So the first thing to do is to *steer our thoughts and feelings toward what we want and away from what we don't want*. It can't be said more simply than that, although many books have been written to pad out those words. There is one other important ingredient in the mix, and it is the simplest and hardest thing for us to do: we *must allow what we want to come to us* after we have done our little bit of action, and not force things along. This is called *trusting the Life Force*.

Good luck to all of us! And may we give our attention to growing healthy crops, saving our seeds for future generations, creating balance in our bodies and enjoying the pictures of happy dolphins in the wild while we forgive ourselves, and our fellow-humans, for our mistakes. Ask yourself: What would work better: Sending hate letters to the dolphin killers, or silently embracing them in our hearts while forgiving ourselves for needing to create this situation in our lives?

Till next time (and next time will be sooner than it has been in the past) wishes from my heart to yours,

Carla

Vitality

at any AGE!

[www.carlavanraay.com](http://www.carlavanraay.com)

+61-(0)415 09 4457