



# SPIRITUAL Resolutions

## 2008 - Setting the Energy in Motion

Any time is an awesome time for spiritual resolutions, not just January, but how about every Monday? How about the first of every month? Or the third Saturday? Most people like to have a starting date when they set their resolutions. What makes a spiritual resolution different is that you can do it anytime, and the focus is on your spirit and what you'll resolve to do to make sure you're nurturing it so you feel good all the time.

In a traditional New Year's resolution, most people are moving "away from what they don't want". For example, I've heard people say things like, "I'd like to quit smoking; stop overeating; leave the job I don't like; get rid of negative people in my life; I'd like to spend less money." So, what's common with all these traditional resolutions? They're all focusing on things and behaviors we don't want. As we focus on anything negative or positive, of course the Law of Attraction will create more of the same. So when you say you want to stop overeating, you're giving attention to overeating, and when you say you want to get rid of negative people, you're giving attention to negative people.

Spiritual resolutions are different. They are intended to make a commitment to your spiritual development or growth. They're intended to nurture your spirit. They are expressed in terms of "what I **do** want". For example, the opposite to quitting smoking would become to have healthier lungs; to stop overeating would become adopt better eating habits and getting rid of negative people would become attracting ideal positive people.

So what's different about these resolutions? **They're reworded so that you move 'towards' what you do want, which then sets the energy in motion.**

In talking with others about their spiritual resolutions there were many variations. One person said they were going to resolve to subscribe to spiritual based magazines. Another resolved to join a Law of Attraction discussion group that will nurture their spirit. Some said they would find a buddy to celebrate their successes with every week. Someone else resolved to go to the Dollar Store, buy a journal and commit to writing in it twice a week. The reality is, it doesn't matter what you choose, as long as you choose to set the energy in motion.

Contact Michael Losier at [www.LawOfAttractionBook.com](http://www.LawOfAttractionBook.com)

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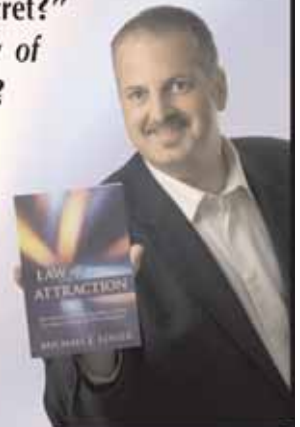
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