



# Fundamental Changes to Becoming Irresistibly Attractive

Almost anyone can learn to apply the attraction principles and benefit measurably. But what if you wanted to push the envelope of attraction in order to achieve the maximum possible result? What would you have to do differently in your life to become that attractive? To answer this question, we have outlined the emotional, intellectual, spiritual, and lifestyle changes we feel would be helpful to you if you have an interest in making the most of attraction. Remember, what follows is only suggested; you will have your own set of spaces to move through on the attraction path.

## **Completely give up the notion of a predesigned future.**

In other words, literally give up goals and the striving for a particular future. One of the attraction principles is to unhook from the future. Get to a place where the future has absolutely no appeal, seductive or otherwise. It may be disorienting, to say the least, given that most of us have always been goal oriented and driven to succeed, produce, and contribute. Try to get to where you would rather dance from event to event than attempt to make something happen.

## **Eliminate the to-do list and automate or delegate everything.**

In other words, eliminate meetings and obligations—everything that's about the future. This probably sounds extreme, but it works. Each day get up and do exactly what comes to mind to do. This is probably not practical—or wise—for most, but try to simplify your life to the point that it becomes normal. There may be a point in your life when you return to a more traditional lifestyle, but when you do, you will probably still maintain this sense of inner freedom and choice.

## **Eliminate the need for external validation.**

Get rid of the need to be heard and appreciated for what you are doing or how special you are. Eliminate the need for someone to validate your thinking. In other words, don't be motivated by externals such as recognition, the opinions or support of others, the possibility of acknowledgement, or even fame. That need for validation may slip into a dependence on others for motivation. Don't be guided by what would sell or be popular or what specific people need from you. Stay in touch with what your market wants and needs, so you are not out of the loop, but be driven by what intrigues you most. Assume that whatever you do is not going to be commercially viable or even of interest. Talk about space!

## **Accept even the most unacceptable people.**

Don't criticize or judge people because of their faults. Try to accept people for their strengths without faking it. Have enough space (and a strong enough reserve or level of protection internally) to handle people who may drive you crazy. Don't take people personally. One of the benefits of developing a strong personal foundation is that you can handle difficult people without cost to yourself. This comes from having the reserve enough to care and be generous. The next level in this area would be to actually enjoy such people.

## **Trust your whims, and experiment continuously.**

Whims, ideas, thoughts, and plans may cost you (emotionally or financially) more than they benefit you. Allow yourself to experiment freely until you find the skill, phrase, or technique that actually works well for you. Be aware of any unconscious decision to get to know yourself and the world by deliberately making mistakes and seeing what happens. Make progress on understanding your whims better. Note that whims are different from intuition and inklings.

## **Learn from your environment, and evolve from what occurs.**

The attraction principle of overresponding to every event is a key one. In other words, becoming a super-learner is key to attraction because it accelerates the development of your mind, body, and senses, and it keeps you in the present, experiencing life instead of studying about life or success. Some call this just-in-time learning, but we are talking about a level beyond that where you are always learning yet not for any reason (just-in-time learning is usually task or result oriented). Continual evolution can be more interesting than mastering a narrow set of skills. Both are excellent, however, many people focus on improvement or skills and do not get the evolutionary things.

## **Find totally different sources of stimulation for your life.**

Attraction depends on synchronicity, which results from increased flow. And increased flow depends on both stimulation and the reduction of blocks or resistance. You get both when you put yourself in very different environments, hang out with a different type of person or group, or get into situations for which you have no objective other than to be surprised or stimulated. These little lasers zap parts of you that you cannot normally get to in your process of becoming resistance-free. Begin reading books in different genres or playing games that have no practical value. Try shaking up your stagnant thinking—and yourself—thus radically changing stimulations.

## **Experiment with the notion of “absence of.”**

Read and understand the attraction-related section on the Zen of attraction. It's simply a collection of 14 suggestions about what to stop doing in life. Most are pretty radical and not necessarily practical, but they will be effective for you along your own attraction path. And to take this a step further, learn the difference between *absence of* and *freedom from*. *Freedom from* usually means you are trying to get away from something; *absence of* connotes that there is nothing there to get away from any longer. It is a key distinction and essential in the process of learning attraction, given that reducing or eliminating blocks or resistance is a key part of becoming more attractive.

## **Abandon beliefs and opinions.**

Try on the idea that beliefs and attraction are not compatible. Something or someone either is or is not at any given time. What does your belief or opinion about it have to do with anything? After all, aren't opinions a way to define yourself and get a buy-in (or argument) from others? Instead, ask questions that stimulate instead of trying to get people to agree with you.

## **Carve out your own reality and personal operating system (POS).**

Most of us use a version of our parents' POS, or we have adopted a popular POS off the shelf, whether it is cultural, geographic, religious, or philosophical. Nothing is wrong with that; however, once you start working with attraction, you may find you will have to create your own POS in order to make the most of your life (and the principles). Most of us have never had a POS 101 course, so there is a learning curve involved, but it is worth the investment.

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