

If feng shui isn't your thing, try this

WANT to reel in the man or woman of your dreams?

According to the Law of Attraction, it is very easy — just believe you can do it, and you will have him or her by your side. Apparently, we will attract anything we focus our attention and energy on, and this includes an ideal relationship.

Epoused by writers and further popularised by Michael Losier in his book with the same title, the Law of Attraction proposes the idea that thoughts give birth to feelings, which when emanated in vibrations or vibes, create a corresponding event.

For example, if you go on a blind date and feel a vibrational mismatch right from the start, the results are predictable, says proponent Lim E-Luan.

Lim, co-founder of The Law of Attraction Centre Malaysia, is a certified trainer in the subject.

Losier's book is a simple how-to guide to attract more of what one wants in 3 steps.

So, if you're looking for an ideal love partner, try this, Lim suggests.

The first step is to identify your desires, which in this case, can be a

great date.

"The more clarity you have on the profile you want, the better. If a girl says she wants someone tall, dark and handsome, but there's no feelings attached to these descriptions, it's not going to work.

"Come up with what a great date really means to you. You can have a long list of up to 50 traits that you like," says Lim.

For example, a girl may come up with "someone who buys me flowers, clean, healthy guy". It's important to capture the good feeling with each listing of positive attributes, and to strike off the unwanted traits from the list and mind, says Lim.

Next, one has to deliberately give their desire attention.

One can read the dream list all the time, or write "desire statements and affirmations". The most important thing is to feel positive, says Lim.

The last and most crucial step is to remove doubts to allow the wish to come true.

"How fast you get your result depends on how much doubt you remove."

As simple as this three-step formula seems to be, many people are still not getting what they want because they focus on the negative aspects, says Lim.

"Human nature is such that we're so used to focusing on what we don't have or what we don't like. That's why we keep getting the same unfavourable things."

Sometimes, this happens unconsciously, Lim says.

"When you say you don't want a guy who smokes, you're still unknowingly giving attention to that subject — a guy who smokes.

"Try re-wording your intention into something like 'I want a healthy guy', which gives off a good feeling and in turn, exudes positive vibes.

"The Law of Attraction, picking up on this, matches that feeling, and lo and behold, you'll get what you want."

Lim E-Luan,
co-founder of
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What do you think? Send your views to nsunt@nst.com.my