

Grow Your Gold

CHAPTER 2 – BRIGHT AND SHINY (USE THE LAW OF ATTRACTION)

Do you remember the last time you were going to make a “big ticket” purchase, like a car, washing machine, etc.? Did you notice, all of a sudden the newspapers, magazines, TV and radio had ads for exactly what you were looking for?

Why do you think this happened?

1. _____
2. _____
3. _____

One thought is that, by having a very clear mental picture of what you wanted, you were able get rid of your mental “clutter”. Thus, raising your awareness and allowing you to actually see those ads. By the way, those ads have probably always there, you just didn’t notice them.

Another possibility is that you clearly stated your intention (e.g., I am going to buy a new car). Simply stating your intention can be enough to start the Law of Attraction ball rolling. It’s amazing how information starts showing up to help you make your intention a reality.

Both of the above possibilities are key components in the Law of Attraction.



Exercise: Treasure Map

Supplies you’ll need:

- Scissors
- Glue stick, glue, rubber cement or tape
- 10 to 15 magazines or catalogues you enjoy and don’t mind destroying
- Construction paper or poster board (any size, but at least 8” by 10”) in a favorite color, if possible
- Colored markers

Why create a treasure map? A treasure map is a clear, physical representation of what you want for yourself. Often, many of the pictures come true within a short time frame (e.g., six months)! As with the ads in the newspaper mentioned earlier in this chapter, the increased awareness brings you closer to where you want to be. When you’re very clear about what you want, it becomes much easier to notice the opportunities when they are presented to you and opens the pathway to moving towards your stated intention.

Before diving into this exercise, take a minute to think about an area of your life you would like to change or improve. It can be anything...your health, your career, your relationships, etc.

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What is your intention for your treasure map?


Once you have a clear mental picture about what you would like to change or improve (this is key to the Law of Attraction), think about a few goals you might establish for yourself to accomplish this improvement or change.

For example, if you want to improve your health, specific goals you'd like to achieve are:

- eat more fruits and vegetables
- lose five pounds
- walk 10 minutes two times every week day

What specific goals would you like to achieve?

After you have clearly defined your intention and your goals (again, key to the Law of Attraction), take about a half hour to go through the magazines/catalogues. Cut out any pictures that “feel right” to you...try

not to be critical of the pictures you choose.  Don't analyze the meaning behind your selection, it may remind you of a time you were happy, a place you visited, something you are longing for...you don't need to understand why you selected a particular picture.

Once you've collected your pictures, arrange them on the construction paper. When you are satisfied with their placement, attach them to the paper. Draw any pictures you were not able to find and you feel are very important to include on your treasure map. You can also include words, if you don't find a picture that represents something important.

Now that you have created your treasure map, what will you do with it? Some people like to keep it in clear view all of the time as a constant reminder of what they would like to change or improve in their life. Others prefer to keep their treasure map to themselves. They keep it out of sight, but look at it often.

By the way, this is a fun exercise to do with a friend or a group of friends.

