



Tips to keep you airborne!



April 2017 – On Being Slothful

I confess that I've been in sloth mode of late.

Now you're probably thinking I've been lazing about doing very little, given that sloth is reportedly one of the seven deadly sins, but let me assure you that this is not so (it's not a deadly sin, and no, I haven't been lazing about!).

Recently returned from a trip to Costa Rica, I learned a thing or 2 about these much-misunderstood mammals, which I'm keen share over the coming weeks (it'll be relevant...I promise) but first up, I'd like to touch on the subject of the Law of Attraction and how it's always working for us...whether we like it or not.

Traipsing through steamy, tropical rainforests with neck strained and eyes peeled, so hell-bent and eager was I to sight a sloth that my excitement soon waned once I realized they are incredibly hard to spot (the green algae growing on their fur, making for excellent camouflage, doesn't help, not to mention the fact that they don't move much!)



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Over time, my thoughts went from *I can't wait to see one...I know I'm going to see one...to I'm not seeing one...it's not happening...I'm not going to see one!*

In this mad, desperate, negative mode, of course I didn't see one.

And so, a timely reminder for me on how the Universal Law of Attraction works...

Step 1. Think a thought, any thought and know that it instantly gets released into the universe. Also, know that thoughts are energy forms that have certain vibrational patterns.

I liken it to playing the piano. Strike a note on the keyboard and the hammer hits a string which vibrates, producing a particular sound. See your thoughts as note combinations hitting different strings, producing different 'sound patterns and waves'.

Imagine good thoughts producing so-called sweet vibrations at the high end of the musical scale, and negative thoughts producing low, dark vibrational tones.

Step 2. Sit back and relax in sloth mode! Know that the universe is primed and always gives you what you ask for.

Step 3. Now here's the tricky bit. It's called the Art of Allowing.

How you feel about what you think about needs to be in synch, so if you've been thinking good thoughts, as in *I can't wait to see a sloth!* (high notes) but are now feeling negative, as in *I'm never going to see one* (low notes), the vibrational frequency of these 2 doesn't match.

In other words, you're not playing the same tune with your thoughts and feelings. As such, the sloth will be a no show.

The fix is to intentionally nudge your negative feelings up the emotional scale so that they match the positive vibrational frequency of your thoughts. This is how you allow the magic to happen.

I'm not saying it's easy, but it's how the law works. Here's what Dr Wayne Dyer, internationally renowned author and speaker in the fields of self-development and spiritual growth, has to say on the matter:



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"Thoughts are mental energy; they're the currency that you have to attract what you desire. You must learn to stop spending that currency on thoughts you don't want, even though you may feel compelled to continue your habitual behavior."

Now, back to the story...

The next day I bumped into a lovely young guy staying in a cabin next to us who in conversation happened to mention that there was a mother and baby sloth in a tree around the corner from where we were staying and could he take us to see them? Can you believe it? All that desperate searching and the prize right under my nose!

It wasn't until I let go of my negativity and re-calibrated my feelings to match my desire that I hit the jackpot (and what a cute jackpot it was).

By the way, had I been more conscious in that moment, I'd have done some Tapping, (Emotional Freedom Techniques), which would have helped get me to a better feeling place more quickly, but it was hot and humid...and I was positively bothered! No excuse, I know...

TIP FOR TODAY: You get what you think about whether you like it or not. If life's not going your way at the moment and you're feeling stuck, go back and read Wayne Dyer's quote a 2nd time.

Often, we don't see what's right under our nose because we're looking so hard. Stop looking so hard, let go and trust the process.

Meanwhile, stay 'tuned'. Think Beach Boys, think Good Vibrations.

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