

Title:

Raw Potatoes And Other Dining Adventures

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Summary:

I admit it: I'm a big fan of the Law of Attraction. It's become one of the focal points of my

Here's a case in point. This pa...

Keywords:

Article Body:

I admit it: I'm a big fan of the Law of Attraction. It's become one of the focal points of my

Here's a case in point. This past weekend, my friend and I stopped by a little diner on the wa

^Can you believe their prices?~ I whined.

^Nope.~ He replied.

^I mean, \$18.50 for a personal pizza? What are they thinking?~

^What are all the people thinking that eat there?~ He said. ^That's what I want to know.~

^Yeah. I mean it's not even outrageously great food.~ I said. ^Good, yeah, but not great. Not

And on it went for a few minutes until I caught myself, realized what I was doing, and said, ^

^What do you mean?~

^Well we're both students of the Law of Attraction and here we are moaning about all the stuff

^Oh man, you're right.~ He said.

So we began focusing on all the things that we liked about dining out, but, alas, it was too l

My friend, who happens to be a professional chef, was somewhat less deprecating of their effor

And guess what happened next. You guessed it. I fell right back into the complaining space.

^These potatoes aren't done.~ I whined. ^I can't believe they would send out potatoes like thi

But the waitress never came over to ask how our meal was. Which, of course, just added to my l

^You know Mike, this is exactly why a good manager tells the wait-staff to visit each of their

Mike just sat there, listening and enjoying his BLT with no complaints. Not really responding

^I'm doing it again.~ I finally realized.

^Yup.~ He said.

Complaining is so seductive. I think many of us grew up on a diet of complaints and worry. I k

Call it glass-half-empty-itis or complaints-R-us, but whatever you call it, know that even the

How often have you engaged in ^water cooler~ or coffee break conversations about a bad experience?  
Every moment you spend in that space of complaining, is a moment that you are saying to the Universe  
How do you change this pattern? Change your focus. Instead of looking for the things that are bad  
Instead of focusing on how overpriced a restaurant is (whether or not it's ^true~ in your opinion)  
The Law of Attraction is quite simple: you attract what you focus your attention on. Focus on

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