

Review of Borders Workshop Event

The Secret

Easily attract into your life your deepest desires!

Presented by:

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Review Written by:

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Talk about attraction in action – 55 people showed up with only 35 seats, and many people just stood the whole time. It was like modeling the content of the presentation!

So how do you ignite conscious intention? Chris Lucerne says we have the choice to consciously set intentions to attract whatever we want. We can choose to obsess over the past or worry about the future, all the while missing the present. Whatever we repetitively put our attention on, we attract into our lives, especially those thoughts accompanied by emotion. Instead of saying what we don't want, e.g. "pain-free" living, say what we do want, e.g. "a strong, vibrant life."

We talked a lot about emotion. We live in a culture that Chris calls "emotion-phobic" missing simple strategies of releasing contracted energy and learning how to attract



through the intelligence of your BodyMind. We discovered we can also befriend our limiting beliefs - things that stall our ability to attract such as "I'm not good enough" - into the challenge of what serves us. Limiting thoughts can also inhibit our natural expression, and we can shift emotions such as fear, anger, and sadness.

Her BodyMind Approach of Manifestation revealed these parts:

- Set an intention with clarity (know what you want) so your Body knows it
- Get into consistent action toward your intentions
- Shift to positive energy using Creative Joint Play
- Catalyze the Law of Attraction (visualize with feeling)
- Think and feel positively (align with your intention)
- Choose valuable beliefs that support you
- Befriend your emotions by fully feeling all of them
- Empower the 12 Laws of Manifestation, one small step at a time

The central them of getting into action was realized by the fun exercises we all performed. Creative Joint Play (CJP) revealed that we can make 3000 separate movements, yet we get stagnant and stuck as adults and make only 300. CJP expands awareness, creativity and directly stimulates activity in your brain. As she said, "Attraction to Manifestation requires Action." Chris's extensive handouts and exceptional presentation skills certainly delivered the concepts.