

## Contrast is Good



I think I thought “*when I get the hang of this LOA stuff my world is going to be perfect.*” I think I thought that I would feel good all the time, I’d always be happy, my relationships would be great, there’d always be enough money, and now that I “have the hang” of this LOA stuff I realize that could not be farther from the truth.

It can be so easy for me to be going along no ups, no downs, just kind of walking the line. What can be difficult about this kind of walk is I don’t always realize that I’m walking a walk I don’t particularly like, or want. It can be comfortable, because it’s familiar, but it’s not truly in alignment with what I am wanting.

The Universe KNOWS what I want. I have mentioned these wants on a variety of occasions, and it takes its’ job of keeping me on track pretty seriously. So even though on the outside, and sometimes I have fooled myself on the inside to believe, everything is going along easy cheesy, the Universe knows I am not in alignment vibrationally with where I am trying to go.

It’s time for the Universe to jump in and get me headed back in the right direction. It has so many ways of doing this, but in my life, the favorite seems to be throwing some totally crazy event, interaction or happening in the middle of my life. This “thing” is big enough to generally get me off balance, feeling really BAD, usually overwhelmed and crying.

A few years ago these “get back on track events” the Universe sends me would knock me out cold. I would get stuck in all the bad feelings, I would get sucked into the avalanche of the worse it gets the worse it gets. I would wallow in my misery, question the Universe, “why me? Why me?” for days, and even weeks sometimes. At some point a friend or coach would usually step in and get me thinking, and eventually help me work my way out.

Nowadays, these “get back on track events” take me out, but for a much shorter length of time. I believe sometimes they are more intense, but usually shorter.

***I have also learned to reach out!  
Reaching out is so important.***

There is minimal benefit, for me, in wallowing for a long period of time. What I have learned from going through these situations is that on the other side there will be

enormous growth, and learning. So it's much better for me to reach out and work through it and get to the other side.

My most recent get back on track event threw me for a loop. I'd been going along, thinking I was pretty happy, pretty content, doing pretty well. Then BLAMO!! What the...? I get blindsided. This time it came from my husband, a comment, an idea that was NOT in alignment with what I was wanting at all.

I freaked out. I just about lost my mind. What he suggested was so far from what I wanted I could not even imagine he could have suggested it. So from one minute to the next I went from complacent to angry. My anger grew and grew and became a motivational piece of the puzzle. I know people talk about feeling good no matter what, even I say that frequently, but there is something to be said for being so seriously pissed about something you can barely see straight.

***That kind of anger breeds movement,  
and sometimes when I get complacent in  
my life, movement is just what I need.***

So here I am seriously pissed, crying, not knowing what to do or how to handle the information I am processing. I'm so wrapped up in the feeling of it all, I'm not even thinking clearly. I know for me the best thing to do in this situation is to reach out.

I called my dear friend and coach Kat McCarthy and let it all out. By the end of our (very long) conversation I had taken a stand. I had gotten clear about what I WANT in my life, I had quit moaning about what I don't want, and I had the beginnings of a plan. An inspired plan mind you. AND I felt BETTER (a little bit).

A couple of days went by, and as they did, things began to appear, conversations seemed to magically happen that supported the stand I had taken, the plan I had made. I was getting much clearer about what I wanted. I was also realizing it was NOT my job to worry about the how's. So I stayed clear about what I wanted and things I never imagined could, began to move.

The situation has begun to resolve itself, and it is only a week later. I am not moving out of my house, and in fact my relationship with my husband has moved to a new level we have never experienced.

All the things that had been stalled out, my inspiration, my daughter's attitude, my attitude, my ability to get work done, and even money, have begun coming back into line.

There was a lot of underlying things going on I had not even realized. I was very slowly getting off course, so slowly in fact I had not even realized how far away from my destination I was moving. It sometimes takes a huge shakeup to get me to realize things have got to change. As much as I hate the contrast, I hate the shakeup, I hate feeling so out of control, angry and scared; if I didn't experience them I would never move up the ladder. I would never be able to stay on track, not necessarily the track I have been moving on, but the track that leads to all the things I want in life. So as I curse it, I also bless it.

## *Thank you Universe for Contrast!*

[Jackie Lee](#)

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Jackie Lee is a gifted wife, mother, photographer, writer and online marketer using a unique marketing philosophy called vibrational marketing of her own design. She has been using the Law of Attraction to attract "perfect" clients and drive traffic to multiple projects for the last 5 years which allows her to be a stay at home Mom to her spirited daughter. Jackie is thrilled to share what she knows and help others who want to experience the same kind of freedom and success that she enjoys. If you'd like to get to know Jackie and say hello, stop by her homepage: [www.FeelGoodNOMatterWhat.com](http://www.FeelGoodNOMatterWhat.com)

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