

South Beach or LOA?

When I look at my physical body I realize that I am still carrying around a lot of extra “baby weight” even though I birthed that amazing baby well over a year ago. I found myself noticing that I needed to lose weight, I was noticing the places in my body that I did not like and the places I wished would change.

I am a pretty powerful creator and I could not manage to create this better body that I desired.

In my mind I knew it was because I was focusing on all the things I didn't like about my body. How can I attract what I do want when I am completely focused on what I don't want? It just doesn't work that way. Even knowing that, I couldn't get to a point of thinking in a way to attract what I was wanting, instead of what I did not want.



I know how to use the law of attraction, I have used it in many situations and in fact it is just part of my life now. It's second nature, and I use it very on purpose. This one area though I could not seem to get my head around.

So I just decided to go on a diet! If LOA can't do it, maybe South Beach can. ☺ I did some research and finally decided to work with the South Beach plan. It was pretty much what I had been doing anyway, so it was pretty easy to stick with, and I started feeling really good. I felt good about being able to stick with something, to be eating well, and to be losing weight.

As soon as I started losing a little weight I began noticing all the places on my body that were looking different. I noticed how my clothes were fitting more loosely. I noticed how the numbers on the scale were going down.

I was talking with some friends and I said, see this diet really does work. The question, in an offhanded way, was posed to me, is it the diet or is it the law of attraction? Had my attitude and my focus not changed as soon as I began losing weight?

Was it that I was eating the “South Beach” way or was it that I was thinking

and attracting more of what I really wanted?

Who's to say? What I do know is this: find something you believe in. It doesn't matter if you are talking about your weight or anything else that you are having trouble moving in your life. If something is not going the way you want it to go, it's because of your focus. So find something that you believe will help you move in the direction you want to go. I believe once you start the movement, and you begin to see the change, that's when law of attraction takes over and really gets you going.

It's not a bad thing or something to be ashamed of that in this or that circumstance you can't get the "faith" you need to get LOA swinging into full gear.

Just find something that will help you find the faith and then work from there. Just take some inspired action to move in the direction of your dreams and the rest will follow.

Jackie Lee

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

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