

## The Trainer in the Way of Your Inner Magic

We've all been surrounded by coaches and trainers for our entire lives. It started with our parents or caregivers cheering us on while we learned to walk, talk and a hundred other things. Then there were our teachers assisting us to learn to read, understand numbers and teaching us many useful things; sports coaches assisting us to discover our physical selves; our peers who taught us what was and wasn't acceptable behavior within that group and for that time. On and on, there has been a long and continuous stream of trainers.

That is as it should be. After all, how could any of us get this far without all of those wonderful trainers?

That was then, this is now...



Many things in life that once served us eventually move beyond usefulness.

Take for example that babies cry to get their parents attention when they need or want something. It is a very useful behavior for an infant but how would it serve a fully grown adult to behave that way? We've all met adults who have never let that behavior go – they throw a fit when something doesn't go their way. (Please remember here that behavior is simply a habit of reaction. It takes a decision and a little patience to learn to take action rather than be in reaction. )

Like all things, this is a double edged sword with its benefits and its folly. In terms of the Law of Attraction, the adult that continues to practice that infant behavior will continue to experience life from the point of view of the infant. He or she will never feel like their life is in their control and that they are always at the mercy of others to get what they need and want.

The other side of that sword is that those same people are very well connected to their feelings and with just a little work to release the 'neediness' of the behavior could experience a very powerful way of being. The key lies in our ability to transmute old behavior that no longer serves into something that does by keeping the useful parts and tossing the not so useful parts.

Our reliance on trainers is very similar in that it has most of us running around looking for the next trainer with all the answers to our next question – always relying on the wisdom of others.

As long as we keep pursuing those guru's to tell us how to live, we will always feel inadequate to decide for ourselves. It is very difficult to appreciate oneself on a subconscious level if one is always feeling disempowered through their need for the next trainer.

The other side of this particular coin is that we all know to one degree or another, how to learn from other people and this is a very good thing. I am not trying to say that we should never learn from other people, but rather that we should empower ourselves to listen and learn and then choose what pieces are a good fit for ourselves and what pieces are not. More often than not, folks find a trainer and then hang on their every word as if it was gospel, giving their personal power away to the trainer to decide for them.

We are each wise in our particular life experience.

In each life experience, the wisest person is the one who is living that experience – no one else really knows what it means to be you – only you do.

Through the several years I've spent working with the principles of the Law of Attraction I've watched many large groups of eager brilliant souls show up only to go away weeks, months or sometimes years later, disappointed because they never really got how to make this work. Without exception, every single person who goes away disappointed is missing the same thing: There Are No Rules!!

They each jump from trainer to trainer trying to understand the rules and missing the very premise of the Law of Attraction which is – we all need to learn to create our own magic because every one of us is different.

The Law of Attraction is not a set of rules but rather a set of guidelines that assist each of us to understand our own magic through getting to know ourselves.

For example: Feel your way through it – whatever IT is. This guideline assumes that there is no right or wrong feelings, only that we should use them to understand what the best path is for us right now. This guideline invites us to discover who we are right now in this moment. If it feels good to you to wear your underpants on the outside of your jeans today, then that's what you need to do. If tomorrow you feel different, then that's ok too.

By looking at all of the Law of Attraction material being presented to you as guidelines to assist you to create your own particular magic, it will always work for you. Get the trainer out of your way; discover your own inner wisdom and magic and you will be unstoppable!!

Can you feel the self appreciation in that?

Happy Trails

Kat

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P.S. If finding your own inner magic sounds complicated, I am offering short term coaching to those who want to fast track their learning. Contact me for my rates and your free consultation.