

LIFESTYLE

Clear goals and **positive thinking**—a secret revealed



Self-reflection and appetite for change have been occupying the thoughts of many people caught in the turmoil of the recent economic downturn. For others, this is a chance to start teaching people how to change their lifestyle and become more positive and goal-oriented.

BY CRISTINA MUNTEAN

The concept of the “law of attraction” has been used by many New Thought followers throughout the 20th century, mainly in the United States. Yet, it became a more widely known matter in 2006, when a movie called “The Secret” was released, followed by a book with the same name that has recently been translated into Czech, too. The author, Rhonda Byrne, summarizes the views of various trainers in self-developments via the law of attraction. The basic principle is that, as there is a law of gravitation, there is also a universal law of attraction that brings similar elements together. Applied to human beings, this means that people with positive thoughts will attract positive things in their lives, from wealth to personal and emotional achievements. Byrne is also taking the reader through techniques of how to get to manage such a powerful tool.

Based on these principles, the Dutch per-

sonal development trainer Mikah de Waart will be holding two one-day seminars in Prague on Oct. 17–18, 2009, to explain the law of attraction. Even though the concept has been criticized by scientists, de Waart said that criticism is marginal as long as the concept is efficient and brings people accomplishments. De Waart lives in Spain and has been organizing similar seminars for 14 years. Originally from the Netherlands, he used to work in top managerial positions before focusing on company training and individual self-development techniques.

Q: How does the law of attraction work?

A: The law of attraction says that everything that is alike will attract each other, water will attract water; feelings will attract feelings. So, you can use it in your life if you want to attract love, money or anything else. You can start feeling loved or rich and it will be easier to attract those things in your life that way.

Q: How can feelings attract something concrete and real?

A: For example, I have a friend who, when she receives gifts, is very happy and cheerful even without unpacking them. So, I keep giving her presents simply because I want to see her smiling.

Q: What you're saying is that it's enough to think that you're rich and you'll become rich?

A: It isn't just by thinking that you'll arrive there. You need to do something about it, like work or take actions. But if you think you are rich—actually, you are rich. I think everybody living here is rich, if you compare it with other countries in the world. Once you make sure where you want to go and what's important to you, you will attract coincidences, funny unexpected meetings that will help you take another step toward your goal. So, the law of attraction is more about creating funny coincidences that will help you achieve your goal easier, but you still need to initiate actions.

Q: Aren't such things happening also because, once you have a clear goal in mind, you focus on the situations that are relevant to achieving your goal?

A: I've had periods in my life when I thought that as well. Last February I was in Mexico for a surf holiday and they postponed my flight. I had to wait for some four days in Mexico City, which has some 25 million people. I don't know anybody there and I was really angry, because I had some important meetings in Spain. I said to myself: better make these full days the best days of my trip. So, I decided to either write for my book or have a seminar.

That night, I went out with another Dutch person who stayed over as well and he met a girl. We were talking and she asked me what I do. I said I give seminars on the law of attraction. She said it was very interesting, she knew it and she would like to meet me another day. This was the first coincidence. The next day we happened to meet in Starbucks, which is at the Hilton hotel. So, I immediately booked the conference room. That evening I had an interview at the radio and the next day I had

a seminar for 40 people, just before I took my plane to leave Mexico. This is how coincidences can help and I've got loads of such examples to argue the point.

Q: How did you start using this concept?

A: It's like 14 years ago. I learned it in a course and I was really skeptical about it. I didn't believe it at all until I realized that also in my life I had many coincidences. So, I started to doubt and say that there might be something true in it. From that moment on, I started to investigate. It was my turning point in life when I moved from the Netherlands to Spain, from being broke to a well-paid job again, getting a house on the beach when I was without a house and so on. There were too many coincidences and I said to myself: there must be something in there.

Q: How many people would you estimate attended your seminar over time?

A: Around 5,000 worldwide.

could remind people what they want from their lives and what they should expect.

Q: Does it happen that unsatisfied people also write you back?

A: Yes, I also get disappointed e-mails. I always try to analyze what they're doing and what's happening. Yet, most people do get results.

Q: What are the material benefits for you from training people in this new way of thinking?

A: Mostly, the benefits for me now are at a personal level. I've been a general manager and company trainer for 15 years. To me, the main goal now in my life is to help other people achieve their goals. Another goal is to live a healthier life and live my life from the heart.

Q: Why is it so important to have a clear goal in order for the law of attraction to manifest?

A: Because if you don't know what's important for you and where you want to go, how can you ever get there? For example, I had a lady who was heavily overweight for more than 20 years. She made one of her goals to lose weight, also for health reasons. So, she put all kinds of pictures of her new body on her vision board. From that moment on, she started to make changes in her diet and she exercised every day. I think she's a champion because she suddenly said: If this is who I'm going to be, another behavior isn't suitable for me anymore.

Q: Why is it so important to visualize your target in order to achieve it?

A: More than visualize, you need to feel it. You need to feel happy about what you're planning to achieve and where you want to

go. If you don't feel happy about it, you'll never have the energy to go there.

Q: Why should a busy manager find time in a full agenda to reflect upon these things or eventually join your workshop?

A: When I worked as a general manager, I attended this seminar in order to get better results for myself and achieve more goals easier. I think generally managers are very good in achieving goals for the company, but they're quite lousy in thinking about their own life: if they're happy with it or not, if they're healthy and happy with their relationships or not. It can be a moment to reflect on what is good and what

is bad in their life and take actions to change that.

Q: What is the most common reason behind failure in using the law of attraction?

A: The first one is not knowing where you want to go. I have people saying they want more money and they get angry with me when I give them €1 (Kč 25.5) and say they have their goal achieved. So, the first thing is to focus where you want to go, otherwise you will never get there. The second thing is that they don't ask. Third, they stop believing; they think it will never happen, so they give up. If you give up on hoping, it will never come to you. You must have faith that sooner or later, it will come to you, but you must believe it and feel good in the meantime.

Q: There was a lot of criticism of the film and the book 'The Secret,' stating it brings nothing new, just wraps up some common knowledge in new words and sells it through a powerful marketing machine. How do you answer such criticism?

A: I think critics are right. This is nothing new; these are principles that have always existed. And yes, they did excellent marketing.

Q: For religious people, this approach of a self-made life might be offensive, as it doesn't leave too much room for divinity in this landscape. How do you comment?

A: I think that making your own life better or making yourself a better person doesn't exclude any vision of God. There are no contradictions; you can worship God and make a better life for yourself and for those you love.

Q: What should people attending your seminar realistically expect after this event?

A: That if you, for some time, want changes in your life, this can be an instrument or a moment to give you just that push to make the steps. That there are some methods in it that will actually make you move and it will keep you also on the path that you've chosen for yourself. There is no magic wand, but if you feel you want to change or improve, this will be a seminar to help you make a step further and if you follow the steps you will achieve it. ■



Jakub Steadler

Q: Have you ever tried to keep track of these people and see what's going on in their lives, if your teachings are really working for them?

A: Yes, by e-mail. Lots of people send me e-mails about what's happening to them.

Q: So, what feedback are these people sending you?

A: Lots of people are really thankful that they started making changes in their lives. There is no magic wand, but they get a little more energy, some more passion and they're starting to work to achieve their goals, which they might have forgotten for a long time. It's a sort of wake-up call that

SEMINAR BY MIKAH DE WAART

Oct. 17 from 10 a.m. to 8 p.m.; Yoga Joga Studio, Školná 12, Prague 1

Oct. 18 from 10 a.m. to 8 p.m.; YogaSpace, Holečkova 5, Prague 5

Registration info and more details at www.mikah.cz/en/