

Hilory: Today we are speaking with Hemal Radia.

He is one of the leading coaches on the law of attraction and he is on the forefront of new thought processes regarding the law of attraction. He has an extremely broad following on the Internet and he's someone that I would really urge you to listen to.

His body of knowledge is absolutely outstanding and he has a way of presenting ideas and the practice of the law of attraction in a way that is motivating and understandable to anyone, at any level.

So with that said, thank you very much for graciously agreeing to be part of this interview, Hemal. I'm very excited about speaking with you today and I think I will start by asking you to just briefly describe the law of attraction, for anyone who may not be familiar with it.

Hemal: Hi Hilory, thank you. It's an absolute pleasure to be here and thank you for asking me to have this interview with you. It's an absolute pleasure and a privilege so thank you, first of all.

Essentially the law of attraction is as you think about something, put your attention on it and keep your attention on something, you will attract another thought that matches it. So if you are thinking about the dollars and the pounds that you would like in your account and you keep your attention on it, you'll attract another thought. If you are thinking 'hey if I have x amount of money, what will I do with it?' and you start to have nice feelings and thoughts about it, you'll tend to attract other nice feeling or thoughts and that grows, and grows and grows.

The key caveat in this is that you don't contradict those thoughts. So you think about something, you let the flow continue, rather than going 'oh, but how do I get the money?' or 'where will I get the money from?'

As you think about something and you don't contradict it, you'll attract more thoughts. As you keep your attention on that, that will attract more thoughts and the mass gets bigger, so to speak, and the momentum gets bigger. Eventually, very quickly that becomes part of your consciousness as you tend to feel things from that place and in likelihood you'll attract synchronicity.

Whatever it may be, whether it's a car that you want to attract and you keep your attention on the car that you'll have, how wonderful it would be to have in your drive and you can imagine yourself driving it. What may happen is that you may catch a commercial about that type of car, or you may hear someone talking about it - you'll then start to pick up synchronicities. What will happen is as you start to put your attention on something, your own vibration changes and you'll attract things that match that vibration. You may happen to catch a page on a magazine that has got that car on it, or you may hear from someone who tells you that they know someone who wants to sell a car like that and it's just the perfect deal for you.

So essentially as you keep your attention on something it tends to grow more and more and if you follow and continue the flow it gets bigger and bigger and you tend to experience physical manifestations.

Hilory: Thank you Hemal, now one of the things you noted was that you shouldn't have contradictory thoughts, or perhaps feelings is a better word, about something that you want to manifest. So what happens when those negative thoughts, or contradictory thoughts arise and how do you get your attention of them, or what actions should you take?

Hemal: Essentially the key thing to do is to focus on what feels the best to you. What tends to happen for most people is when they think about the things that they want, their beliefs aren't quite aligned to it. What will happen is they will have questions that come up about it like 'oh, but how will I get that car?' or 'how will I have this?' or 'how will I meet my lover?', or 'is there really a soul mate out there for me?'

What tends to happen is they tend to get to the place of questioning it and whether it is possible for them, whether they can have it and their vibration becomes mixed. Hence what they tend to experience in their lives is a mix. In the law of attraction, like attracts like so you attract more of the same. So the thing to do is focus on whatever aspects of it feels good.

So it's about imagining being with your soul mate, imagining having the body that you'd like and imagining it in great detail and how it feels to be in this body, or imagining the car, or whatever it may be, imagining the holiday that you'd like to go on.

If you focus on what feels best, you see, you don't need to work out the how, as the universe will give you the answers. You just need to put yourself vibrationally, make yourself vibrationally a match to what you want. Then the synchronicities will happen, the answers will show up and things will take care of themselves.

You don't need to figure it out, you just need to feel good about it and put yourself in that place and the more specific and vivid you can imagine it, the more powerful you can make it in your own mind and evoke your emotions, the faster and more quickly it is coming. That's the thing to do, to put yourself in that place, let it happen and try not to figure it out and mix up your vibrations.

Hilory: That's interesting, thank you Hemal.

One of the things I know people tend to become frustrated about when they consider the law of attraction is that they think about the movie "The Secret" and they feel that all they need to do is visualize the future that they want. They become frustrated when what they want doesn't seem to be appearing.

Is this because they are not focused and not appreciating the current moment? Is this because they are not excited enough, or feeling the types of certainty, excitement and other emotions that would lead them to being in a place where they could be more receptive to whatever the universe has in store for them? What is the cause of the law of attraction not working in the way that people expect it to work, based on something like "The Secret"?

Hemal: Well, obviously it is different in each individual case, but essentially you need to match what you want and what you feel.

I mean if right now I said to you, or someone, that in a months time your soul mate will be in your life and you'll be together for the rest of your lives - that's going to feel good. Or if I said to someone the million dollars that you want, you are going to have that in two months time and I'll guarantee that you'll have it. That feels good, as soon as I hear that.

Now, if they are not in that place feeling it with that same level of conviction that I have just said it to them, that is an indication that they are not in the right place of being logged on to it, so to it. There are various aspects that you mention in your question and all of those contribute to being a good feeling place.

But to put it very simply it's how do you feel about it?

If you are feeling tentative or doubtful, then you have got some work to do in terms of aligning your thoughts and feelings about what you want. It's about finding better feeling thoughts about what you want. It could be imagining what you are going to spend a million dollars or pounds on. It could be imagining what you will do with your soul mate.

Finding the things that make you feel good and really stepping into it right now and imagining that you have got them makes it powerful - that's the thing to do.

I don't know if I have answered the question in quite the way that you asked it, but feel free to ask me in more specificity if you need to.

Hilory: No, I think that is it, helpful.

What I think might be interesting for the listeners is to understand what other actions can they take. Part of it is just going to be practicing feeling good about the future they want. But if they're getting mixed emotions in that they think what they want is not truly what they do want, or they are not ready for that, does that mean that they should have smaller goals, or does that mean they just need to work

up towards those larger goals?

Hemal: I would say that it is very individual, but you are ready for something if you can feel good about it. There is nothing outside of you that tells you whether you are, or are not ready for it. It's down to you, your own vibration and your own beliefs around it. So any goal is available to you if you get yourself in that feeling place.

There is nothing outside of you that determines whether you can have it or not. The rate in which it comes to you is all down to you and your own vibration as well. If there is something that you would like and you don't quite feel it is for you at the moment - that's an indication of your beliefs around it. That goal you can still have if you can work with your thoughts and beliefs around it.

So, if someone has a goal and they are not sure that they can have it, that's indicative of their beliefs at that moment in time. If someone came to me as a client and said "there's this goal I'd like to have, there's this job and I don't know if I'm capable of it, I don't know if I am good enough for it".

I'd say to them "okay, why do you want the job first of all, what are the essences that the job will give you?"

The person might say "well it will give me a great income, it will give me financial security, I'd be working at a company I'd enjoy and hopefully people that I'd enjoy working with".

I'd say "lets get you to imagine in great detail of you working in a place that you absolutely love with fantastic people and you having financial security and earning the income that you would love to be earning".

I'd get them to that feeling place, so that makes it very real to them. Then, whether it is that job or another, the universe will take care of it, it will find the best match to the vibrations that this person has offered. What I would help them to do is offer the best vibration they can and the universe can orchestrate the rest of the details.

It might be that they get this job, or it may be that there is something even better out there for them. So initially the person was questioning whether they could have it or not and whether they were worthy. What I did was find out what they wanted and I got them to step into it and then let the universe orchestrate the rest of the details. This person might be inspired to do certain things to acquire that job, or it might be something else, but the inspiration will come from them raising their vibration.

Hilory: I think that's one of the things that you said that I found intriguing is that they should not fixate on a very specific way in which a goal is going to be manifested. So, for example someone might want to be an actor or actress, but if they want a specific role and are focused on getting that specific role, maybe that is limiting the universe's intention for them. Maybe if they left it more open that they want to be a successful actor or actress, perhaps they won't get one of the roles they tried for. Perhaps there is a much better role out there that would get them more acclaim.

Hemal: Essentially the universe will bring you what you want via the path of least resistance. The path of least resistance is what you make available to the universe through your beliefs and allowing what you want and you are letting go and all the other stuff in terms of you allowing it coming into your life. It's down to your beliefs and you believe it can come to you.

In the example that you mentioned about the actor, the key thing that I would always say is how does it feel? So if someone is thinking of a specific acting role - I would say 'how does it feel?'. If the person then says I feel really excited about it, I'd say think about it. Think about how it excites you.

For some people they may not believe they can have that job, or that specific acting role, so I'd say what would having that acting role feel to you, then let the universe take care of the details. The key criteria is how do you feel about it.

For some people having a specific thing in mind may make it more vivid for them and that's fine. For someone else, because they feel that might or might not be for them, making it more general and focusing on the essence of what's behind that role - feeling fulfilled, feeling that they are getting

recognition for example, whatever the criteria or their essence might be. It's about doing it that way as well. So I'd say follow whichever path has the best feeling for you.

Hilory: Thank you, I think that is a very good way of explaining it. That brings up another question. Is there a secret, if it is a secret, between setting your intentions, establishing a goal that you are excited about and letting go of the outcome? They seem to be two contradictory steps, but clearly it is a vital step to let go of a specific outcome, even though you are desiring it.

Hemal: This is a concept that I spent a lot of time studying. Essentially you are talking about letting go, detaching is another word that someone else would use, or allowing. I guess this is the question you are asking is how can I think about my goal, but do this, as they say about letting go? That's what you are saying?

Hilory: Exactly

Hemal: Right, well this is the thing - the reason they say about letting go and about detachment is about thinking about your goal in the best feeling way, but don't hold it so tightly that it doesn't feel very good. It's about feeling the best you can about it, but don't be so attached to it that it is a need for you.

The analogy is like you have a jar and a dollar or pound note and you put your hand inside and you hold the note and then you clench your fist around it to bring it out, but you can't get your fist out as you are holding it so tightly. You need to loosen your grip on it, so it is the same with your goal. It's about wanting them, but not being in a needful place for them and not being in a resistance place for them.

I guess another way people talk about letting go is when people think about the details and the how it will come to you, they get into a bit of a frenzy about how it will come to them. By letting go of the details, you are letting the universe take care of it so you are not getting your own vibration into a mix about it.

The key criteria is how can I think about my goal in the best possible feeling way. That's it basically. That can involve letting go of some of the details of the how to, the who, the what, the when, the why. Especially the who and the when. Sometimes the what and why can feel good, so that's fine. But when people get too much into the details it can mix up their vibrations, so it's about stepping back in that way.

Hilory: So what I seem to be hearing is that having complete faith and complete certainty that what you desire will come about and focusing on how good that will feel versus focusing on the details of exactly how and when it will come about.

Hemal: Yes, because often when we tend to think of how, we do it from our conscious physical perspective and the universe is far more infinite than what we can physically conceptualize. When we tend to think of things, we do it from a rational logical linear place, but the universe is far more than that - it's beyond explanation.

What you want can come to you through so many other ways if you are not trying to figure out the how. Let the universe do what it does, focus on what you want and why it feels good to you, then let it come to you in whatever way it comes.

Hilory: Well that makes sense, thank you. Another question that I know people ask is, and I know it is something that you advocate, but perhaps it's not for everyone - is about having a vision board. If there is a car that you want, perhaps you go to the dealership, take it for a test drive, taking a picture of yourself in the car. Is this something where someone should not feel that they need to do it, but if it comes naturally and makes them feel that they are in a better vibration, a better feeling of excitement about their goal, is that something that you would recommend? Or is it simply very individual?

Hemal: Do you mean about doing vision boards, is that what you mean?

Hilory: Doing vision boards, taking it a step further - like filming or going to a car dealership to look

at the car that you want, or putting yourself into a picture, or faith into a picture of a family. Because that's what you really want.

Hemal: I think that this is all great stuff, because essentially what it does is makes it more real for you and to you. I think that if it all adds to the realism then it's great. I acquired a car, start of 2008, and I did this sort of stuff myself. I went to a showroom and I test drove a car, before I had the means to have that sort of car. It wasn't actually that car that I got, I got another car from a whole different path. I've written a blog post on it, about a year ago on how I did that, but what you mention are all examples of making it more and more real for you. I think that's great.

Another example of what some people do is that they might write checks to themselves for \$1,000,000 or \$10,000,000 and put it on their fridge to get them used to the feeling of receiving these types of checks.

I think there was a story about Jim Carey - he used to write \$15,000,000 checks to himself many years ago when he had to pitch a tent in his sisters garden, because he couldn't afford to find a place to live in.

Another one is if you take bank statements and you doctor out some of the figures there and you add figures that you have a significantly larger amount of funds in your account - that's another way of doing it. You can put them near where you work, you can put them on your fridge, you can put them on your computer, so that you are practicing the vibration of how it feels to be in that position.

Hilory: Thank you, that's very helpful. One of the things that some listeners might be wondering about is that they may be in a stage in their lives where just so many things seem to have gone wrong and they feel it is impossible to even visualize any goals. They are afraid to make any goals. Is there anybody who has gone so far down a bad path, either through their own choices, or because of the direction life has taken them, that they can't be brought back by following this process? How would you work on someone like that?

Hemal: Well, we talked about things like soul mates, we talked about money and talked about having a certain physique. Now, for certain people they may not feel like they are anywhere near that, like you were saying they may be people with various challenges. Their day to day lives may be full of challenges, rather than them being able to think about what they would like. There are peoples' daily lives that are about dealing with problems around them.

So to answer your question, what I would say is it doesn't matter who you are, or what you want, it's about starting where you are at. There is no wrong place - it's about starting where you are at and saying to yourself I don't feel good about where I'm at or someone saying I do feel good with where I am at.

Let's start with someone who is not feeling good about where they are at. So they say to themselves I don't feel good about where I am at, but I am going to find something that helps me feel a little bit better than where I am at. It's all about relativity. It doesn't matter where you are at, it is just finding something that feels a little bit better.

It might be that you have children and you say I know I appreciate them and I love them. Or it might be that you have a roof over your head, or it might be right now that you can't find things, so think about things you can appreciate from your past. Just finding something that feels a little better to you - that's it. It could be something from the past, it could be something present, or it could be you know what some day I'd like things to be better and you can daydream about it and you can feel better in that way.

So it doesn't matter where your attention is at, it's just finding something that feels a little bit better. Just as I said right at the start of this conversation, as you put your attention on that and don't contradict it you are going to start feeling better - just a little bit. As you put your attention on that, you will feel even more better. If you don't contradict it, then you are building up a momentum. It's not about where you are at, it's about finding something that feels a little bit better.

It's all about relativity. It's about finding something that feels a little bit better, putting your attention

on it, keeping your attention on it and you'll attract other thoughts. You see, this is the law of attraction.

When you put yourself in a certain place, you'll attract thoughts that match that and as you attract thoughts that match that, you will raise your vibration and you'll be able to attract even better feeling thoughts and so on and so on. Then you can have a momentum going. You then may experience little manifestations in your life - little things might occur like people will compliment you, or something will occur that is a match to your growing vibration, your growing momentum. That will give you some more confidence and then you just carry on down that direction and it will grow and build and you'll start to see and experience more things in your life.

The key thing is not to contradict it or doubt it. It's not you saying I appreciate my children, but they can be such pests at times. The thing is when you say the thing about pests - how does that feel? It doesn't feel very good. But how does it feel when you love and appreciate your children and you focus on the best aspects of them? It feels good.

It's not about the thoughts you think, but how they feel - that's their vibrational value. It's kind of like people being on a junk food diet and a healthy diet. In this case you are going on a healthy diet, a healthy vibration diet and that's going to attract more things into your life and you get a momentum going.

Hilory: That makes a lot of sense. Actually one of the things that I have found very helpful is to develop an appreciation practice if you will. I know some people do it first thing in the morning. They start the day by just being very appreciative about everything they have and it starts their day out right. Other people do it in the evening, where they go through and instead of focusing on things that might not have gone the way that they wanted it to go for the day, they focus on things to be thankful for, so that their ending the day on a high note, so I think that has to be very helpful. I think that dovetails very well with what you've just explained.

Hemal: One of the things about appreciation, by the way, is that it gets you to focus on the presence of something. Often times many people focus on the lack of things and what is going wrong and what is not right. What appreciation gets you to do is get you to focus on what is right and what is good. Again, you attract more of the same, basically.

Hilory: That's a very good point, thank you. I know one of the things we talked about is someone who might not be at the optimal stage to go forward in how they would take steps to little by little, baby steps, to get to a point where they are attracting better and better things and better thoughts into their lives. Do you have an example of someone who has had dramatic, positive changes in their lives by practicing these different rules, if you will, regarding the law of attraction? That might be helpful for our listeners.

Hemal: Okay. I've worked with various different types of clients. There is two in particular that come to mind at the moment. These are just a couple that come to my mind.

The first one wasn't actually a client. It was someone on Facebook. For those of you that use Facebook, you have status messages, so for example you can put on there that you are going shopping, or you can put your thought of the day up for example. What I've done is put up various quotes, often my own quotes. Things that I suggest people, sort of to make them, think a bit. For example, I might say "your external world is a reflection of your internal world". I'll put various thoughts or quotes up.

A few months ago what happened is this woman added me on Facebook and I was putting my quotes up. I'd put a few up during the day. About 3 or 4 days later, she actually messaged me on Facebook and she said "look you don't know me, but I just want you to know that I'm actually feeling really good reading your quotes and I have to tell you that is actually quite significant, as I was clinically diagnosed as depressed about two years ago and I couldn't feel good. But I'm actually starting to feel good after a few days of reading your quotes."

She actually wrote a note on Facebook thanking a friend of hers and myself that she feels she is turning a chapter in her book, just by the momentum she had built up in the last few days. That is from someone, who just from a few times a day feeling a little inspiration, or just seeing things a bit

differently that gets them to focus a bit differently, so that is one example.

Another one, this about someone who has been in NLP training for about 10 years and they run a business as a NLP trainer. She came to me a few months ago in an attempt to get some clarity in a few things in her life. She was someone who was obviously aware of these skills, but it's about identifying what you want to work on. So we'd interact and what she found was she couldn't always get to the key issue. It's kind of like you know something is there, but you don't know what to do about it. So basically what I got her to do was identify the key issues around a certain area of her life and we got her to flip them around to start her thinking about how she wanted things to be. I'm putting it very simply, but we had interactions on this, but I got her to think about things how she would like them to be and we got her to practice that vibration and as she did that things changed in her life.

She even said recently that she kind of feels in a place where a while ago she would get sucked into the dramas of life and the emotions of life, but she feels in a different place. She doesn't get sucked into it anymore. She has now got her own flow, she attracts things into her life and things kind of take care of themselves as well. So that's another example.

The law of attraction is kind of a buzz word out there. For me, it's not about the terminology, it's about you creating your own things in your own life, what you do with yourself and how you feel - that's how I'd put it very simply.

As you apply this sort of stuff, what you are doing essentially is you are raising your own vibration. You are finding better feeling thoughts, which themselves have a higher vibration. As you are experiencing them more and more you are raising your own vibration. By doing that, you are going to find yourself not getting sucked into things. You are going to find yourself not getting involved in certain dramas.

You'll find the things that come into your life are a bit different than the things that used to come into your life. Ideally the things that used to come into your life that you didn't like, you won't be such an attractive force to them anymore, because you are in a different place. I mean things come to you in your life, which are in a vibrational vicinity of where you are at. So by you more consciously and deliberately putting yourself in a certain place, you are increasing the likelihood and probability of having more of what you want.

Hilory: That's just a wonderful explanation and it's fantastic to hear about people and this experience. Now this brings me to another question, can the law of attraction be applied to every desire or goal in your life, I'm thinking in particular about the focus of this site, it's about the overall wellness, fitness, nutrition, if someone wants to eat better, if they want to feel in better physical shape. As well as attracting more things that will make them happier and overall have a feeling of well being? I mean can someone just use the law of attraction to get into physical shape?

Hemal: Well essentially, that's right. When your raising your own vibration and putting more towards what you want, then you are becoming a match and essentially, what you'll tend to find, is that things will become easier for you, whether its working out, you may feel more compelled to do so, or it could be eating certain foods. It may also be that certain foods have a different effect on your body, because you see, you're changing your thoughts, your feelings and your vibration. Your changing how things effect you physiologically, so you're body may change in different ways, chemically things will respond in different ways.

Remember it is the path of least resistance, so based on your beliefs, it's about the quickest way to get where you want to go, based on your beliefs. So if you happen to be somewhere and you meet someone and they give you a piece of advise that is just perfect for where you're at, so you putting yourself in this place, your becoming a magnet and a conduit for the answers that your seeking.

Hilory: That's very helpful, thank you. Another thing that I'm not sure on, is that you are not keen on labels and we've seen a lot of buzz words about the law of attraction. One that I've seen recently is, the law of reciprocity and how it dovetails with the law of attraction. Can you explain a little about that and say if there are any other universal laws, that work in tandem with attraction and explain to our listeners a little about that?

Hemal: Would you explain your understanding of the law of reciprocity, is it essentially like attraction, is that what you've heard?

Hilory: I think it is more along the lines of, if you are doing something, without the thought of how it might impact you, just doing it because it might feel good. I mean, if you go to the local shelter to help someone, or it might feel good to spend some time with a friend who is having some difficulties and by doing so you're helping someone else as well as yourself and that tends to bring people into a better state, where other things help them. I think that's what it was.

Hemal: So, the way I would put it, is that the law of attraction is the foundation essentially. The law of gravity we have and I would say there are a lot of laws that are just banded about, but the law of attraction, I would say, is the key one.

I mean, the thing is, there is the law of abundance and so on, and so on, but abundance is just abundance.

So really by my own sense, the law of attraction is the main law, as I've actually studied a bit on this as well and that reciprocity, as how you explain it. You see the key thing, without going into a spiritual thing, but essentially you being in a good place means you are the attracting force. Now, if helping someone is the way to get you to that place, then that's fine and if petting your cat or your dog, to do it, then that's fine, if being by yourself, writing or reading and just being alone makes you feel good, then that's fine.

So I would say, that it is not necessarily about being with others, although I know for years, spiritually, people have said, do unto others as you would have done unto you, I think that the key thing is, that if you feel good on a spiritual level that is connecting you with your spiritual side. We are all spiritual beings living in a physical experience. So when you get into a better feeling place, you're more in sync and more in harmony with your spiritual level and you know that by how you feel, that's the indication of the path to what you want. So regardless of reciprocity, it's really about your own alignment and that's the key thing, when you're in your own alignment you're in that good place where you are attracting all sorts of good stuff your way.

Hilory: Thank you. As usual you explain things in a very straight forward way that is easily understood and implemented.

Hemal: Can I just say, one other thing. Sometime when people do things for other people they do so from a place of obligation. If you are putting your vibrations around obligation, what you are doing is attracting more obligations. If it's obligation that's not going to feel good. You are not in alignment, so you could be helping someone, but you are in a not good feeling place. There is that side of it as well.

Hilory: That's a very good point, thank you. I know we have talked a little bit about how the law of attraction can be used and you have seen it yourself for someone who is suffering and has been diagnosed with clinical depression. What about someone suffering from a physical disease, whether it's a degenerative disease, or it could be a terminal disease, how would they apply the law of attraction, when they are in a situation such as that?

Hemal: What I will say is that I have not worked too much with physiological conditions, but I can certainly give you a law of attraction understanding of it. I have worked with some people who have had physical benefits. In fact, at the moment a client I am interacting with has a physiological condition.

Essentially everything that we experience, whether it's in the outside world, or whether it's in our physical bodies, it's all about vibration. Nothing comes to you where there isn't a vibrational cause for it, before it comes to you, so even physiological challenges, there is going to be a vibrational momentum for it, before it comes. Vibration is inherent in everything. Everything around you is vibrating on a deeper level. Anything that comes to you can only enter your frequency, so to speak, by you being in a vibrational frequency match to it.

What will have tended to be the case with physiological challenges is that they may have been a resistance, negative emotions before that. It may be that person has been experiencing negative emotions around something and then it's grown bigger and bigger, so eventually they have had a physical manifestation of it, which can occur through physical challenges or physical diseases. So there will always be a vibrational momentum.

The thing maybe to do is flip it around. They may not know at that time what the cause is, but it's about them getting to a better and better feeling place about it. Of course, when people get physiological challenges, what tends to happen is, just like any challenge - what do they do? They tend to focus more and more on it and they don't feel very good about it, so then it gets bigger and so on and so on.

Ideally what to do, if it is possible, is to withdraw your attention from it as much as possible, or certainly not to let yourself feel as bad about it. For example, the person could say to themselves 'look I know I have this physiological condition and I don't feel very good and I'd like to step away from it, so it doesn't affect me in the same way. So what can I think about right now, which would feel a little bit better than thinking about that?'. Then they put their attention on something else and so on and so on. That's putting it quite simply, but that's the gist of it.

It's not just with physiological challenges, it's with anything. If you are going through a challenging time in a relationship and you put your attention on what's wrong, what are you magnifying? If you are in a financial situation and you are putting your attention on what's wrong, what are you magnifying by putting your attention on it? It's about taking your attention away from the situation and putting it more to where you'd like things to be.

Hilory: Thank you. I think that will help many people. I very much appreciate that reply. I know that the intention is that we are going to be linking to some of the amazing blog posts that you have, Facebook, as you mentioned earlier. The responses and comments to them are just overwhelming for me when I read them and I think that our visitors to this site will greatly benefit from reading some of your past posts. We'll certainly link to your future posts going forward.

Another thing for our listeners to know about is that you do regularly put on teleseminars that are extremely well attended. Do we have the ability to provide those? Are they still available?

Hemal: Yes absolutely. They are available as downloadable audios. You and I can talk about the links for them and I'm happy to pass them onto you. That's absolutely fine. They are downloadable and depending on which teleseminar, some of them come with PDFs as well and some are quantum based.

I did one recently where I was taking peoples' questions, so that one will be about people asking me questions about the law of attraction and real life scenarios and I answered that. There are a couple of others I've done recently. One was about the law of attraction and making it work for you and that included a PDF with notes you could study as you go through the audio. There was another one about money and the law of attraction. Although the title was money it could be applied in any context, as this is all cross contextual. There were PDF notes with that as well.

So yes there is plenty of content there and we can talk about the links and stuff and I can pass that onto to you.

Hilory: That's wonderful. I think that will be of great benefit to our visitors to the site and I'll make certain that those past and any current teleseminars are available. You are always so generous. I know that I have listened to many of your teleseminars, as well as reading your blog posts and you are amazingly generous with your body of knowledge and wisdom around the law of attraction.

One of the areas that you are also working on is coaching one on one for people that feel that they either need to go more deeply into their own issues in a more private setting. Or perhaps they have a desire to manifest things, but are just having difficulty staying or getting into the right frequency, vibration or feeling, that they need to be in to manifest that. So, I think that's a very exciting area of this one on one coaching. Perhaps you can talk a bit about that? What does a typical coaching package consist of and who do you think would most benefit from one on one coaching?

Hemal: In terms of who would most benefit, I would say whoever has a desire - that's the key thing. People have found it very useful. I mean even regardless of what I offer, the term law of attraction has been banded around quite a lot by various people. Some people have used it as marketing hype. I think that when they come across the material I cover, whether it's my blog, the teleseminars, or even working one on one with me, they tend to get the pure version of it, which is without the non essential stuff.

I think that you can probably pick up from this conversation that you have kind of learned a lot. It's all kind of pure in the sense that it's about you. It's all about you tuning in to the divinity and the magic within you - that's how I see it. It's about finding the path to get you in tune with who you are, so to speak, on a deeper level.

In terms of when people work with me, they may have heard about the law of attraction and they may not know how to make it work for them, or they maybe be very new to it. What I tend to recommend, when I work with them if they have not covered anything, then I recommend my teleseminars, so they get an awareness of it.

But certainly when we start working together they tend to learn very quickly. They don't just learn it conceptually, but they are actually applying it. I'm then keeping an eye on how they are doing. They send me emails on things that I have asked them and I'll give them feedback and get them to adjust their technique a little on how they think about things - ways of thinking about situations, which will shift their perspective on them, hence their vibration, so things matter in different ways than they're used to.

Essentially what people experience when we work one on one is they'll transform exponentially - it won't be just a conceptual thing. It won't just be about the law of attraction. Different people come from different places - some people will be trying to move away from something, some people will be trying to create something, or a combination.

When I work with people, in the current package we have three conversations in a month, whether it's by phone, or Skype as we have many international clients. Included in the package, we also interact by email as well. Initially we find out where they are at and what their situation is and I'll start to work with them, give them some guidance and content, if appropriate. Then I'll start to give them exercises and start to get them to thinking in new ways. As they apply themselves, they'll find themselves in a different place and we'll work with that and raise their vibration. As days and weeks go by, even within the first month, they'll find themselves in a very different place to where they started at a few weeks prior.

Hilory: Well this sounds extremely powerful, Hemal, a way to work with you and for them to make some dramatic changes in their lives. It is certainly something that I think many people who truly have the desire to see some real changes in their lives would benefit from this one on one interaction. Clearly I think our listeners can tell from this brief interview with you we've had, just how non judgmental, accepting and how you can gently move them from where they are now to where they want to be. I think people can see how generous you are about providing the feedback they would need. So I can see that one on one coaching would be an extremely powerful method for anyone who really is serious about making a significant change in their lives. With that said, how would people contact you if they wanted to schedule individual coaching?

Hemal: Well basically my blog is <http://www.manifestingandlawofattraction.com> and you can go there. My email address is hemal@manifestingandlawofattraction.com and you can email me and we'll take it from there.

What you were saying about non judgmental, essentially there is no judgment on where people are at. It's about gently guiding themselves, or guiding them gently step by step to where they want to be going. Sometimes it's just a matter of looking in a different direction, but it's not about giving ourselves a hard time about where we are at, or where we have come from - it's about being gentle and taking gentle steps, which feel good. When I work with people I like to do it from a place where they are excited about where they are going and what we are doing.

Just to give you a little background, I've been in this field for 14 to 15 years. I started out with NLPs.

Some of you have heard of Neuro Linguistic Programming, then I came across manifesting and law of attraction. At that time it was known as manifesting, as law of attraction is a concept that has become more well known recently, but it's really about how we create things in our lives by our thoughts. I've been studying that for the last 14/15 years, applying it in my own life and other peoples' lives.

I've created my own techniques from all of what I have studied out there. It's an absolute love of mine and when I interact with people via the blog, or the teleseminars, the social networks like Facebook and Twitter, I think that people get that essence. I think that's why people enjoy it, because it brings out that within them as well. There is also that, but it's about finding the magic within each of you. Even if we don't interact beyond this audio, I think this itself will have inspired something within you.

Hilory: I think that this has been an extraordinary enlightening and inspirational interview from my perspective and I think the listeners will agree. I can't thank you enough for spending so much time today going through all these different questions, Hemal. As I said, our site will be populated with links to your blog, your teleseminars and also the individual email link, so people can contact you for individual coaching. I thank you again, from the bottom of my heart, for spending the time today.

Hemal: It's an absolute pleasure and a privilege, thank you for asking me. You know it's an absolute pleasure to be here, thank you again for asking me.

Hilory: Well have a wonderful day , I know that you have made my day, thank you.

Hemal: Thank you, have a great day too and to your listeners as well, thank you.