



Insight

November 2009

We are taking a slight deviation from our normal *Insight* this month. Why? I have The Secret! What Secret you ask? THE Secret. Over two years ago my business coach Harvey Smith gave me a wonderful book on CD. The essence of it is the Law of Attraction. Simply, what you think comes back to you. Think positive, positive things happen. It's how I awake every day. Staying positive and being thankful for another chance at helping someone that day. I've copied a shortened version of a list that summarizes some of the aspects of The Secret for you. I hope you enjoy it and find it useful!

Stay Positive!

Ira
Your Virtual Media Director



IB Up Close

A big event in my life took place October 17th. The marriage of my youngest daughter Eliza to Rich. It was a wonderful time filled with an exceeding amount of smiles. Here's a picture of the newlyweds.



The Secret is the Law of Attraction

Whatever is going on in your mind is what you are attracting

- We are like magnets - like attract like. You become AND attract what you think.
- People think about what they don't want and attract more of the same
- EVERYTHING in your life you have attracted .. accept that fact .. it's true.
- Whatever it is you are feeling is a perfect reflection of what is in the process of becoming
- Happy feelings will attract more happy circumstances
- What you focus on with your thought and feeling is what you attract into your experience
- You can change your emotion immediately .. by thinking of something joyful, or singing a song, or remembering a happy experience
- Start by using this sentence for all of your wants: "I'm so happy and grateful now that.... "
- The universe likes SPEED. Don't delay, don't second-guess, don't doubt..
- HOW LONG??? No rules on time .. the more aligned you are with positive feelings the quicker things happen
- What we think about and THANK about is what we bring about
- An affirmative thought is 100 times more powerful than a negative one
- Create a Vision Board .. pictures of what you want to attract .. every day look at it and get into the feeling state of already having acquired these wants
- Decide what you want .. believe you can have it, believe you deserve it, believe it's possible for you
- Relationships: Treat yourself the way you want to be treated by others .. love yourself and you will be loved
- When you realize your potential to feel good, you will ask no one to be different in order for you to feel good.
- Health: thank the universe for your own healing. Laugh, stress free happiness will keep you healthy.



Welcome to our new readers of IB Media *Insight*. Each month we touch on a current media topic of interest in a short, concise format. You're busy. We get it.

Thanks to all for your thoughts on last month's *Insight*. People really do like advertising for a variety of reasons.

Have a comment or suggestion on this month's topic or any you'd like covered in the future? Let us know. And, if you've enjoyed this month's edition, pass it on to someone who will appreciate it.

Next month? Gender and Age Consumption Differs in Evolving Media Usage Patterns.

We're IB Media, Your Virtual Media Director. Always ready to discuss how we may add value to your organization. Thanks again!

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