

## Using the Law of Attraction A Story of Love Found:

Bob Nanninga and Elaina Geltner  
share how they attracted the  
relationship of their dreams...

**Bob says...** My hope is that in telling my story of how Elaina and I met, someone reading it might find a missing element in their quest to find their life partner and with a small change or two shift their relationship situation.

I met Elaina at a free lecture on a Friday night in October 1999. It was a miracle I was even there that night as I had been working 75 hour weeks at work for a couple of weeks and had worked a 12-hour shift that day, so I was tired. It was a very wacky lecture to begin with given by Stewart Swerdlow, a survivor of the secret US Government mind control experiments from the 1950's. After his talk, I was visiting with some friends and was about to leave when I saw this very attractive woman browsing some of Stewart's books and flyers at the information table. I was tired and I wanted to just go home to sleep but this strange feeling came over me that I might never see this woman again if I didn't take the opportunity in front of me to somehow make contact. So I left my safe friends, gathered some courage, and walked up to the table and started a conversation - probably about how she heard about the lecture, how she liked it, etc., etc. We discovered that we were both massage therapists. Elaina seemed intrigued that I did Hawaiian Lomi Lomi as she had had a great experience in Hawaii a few years before, so we exchanged phone numbers with the intent of doing a trade at some point. I told her it would be a few weeks before she heard from me as I was working too many hours to do anything else at the moment.

So, I called her in early November and arranged a trade. She came to my house for her Lomi session on Saturday, November 6th. It was a good session: it flowed really well, she had a perfect body for Lomi Lomi, my back didn't hurt, and the energy was really flowing. I wished all my sessions were like that. I was on a tight time schedule so we didn't get a chance to visit at all after the session. We scheduled my session for Monday morning (my work week was Tuesday thru Friday) and went about our weekend separately; however my mind was on her

Elaina says...

**And there he was, across the crowded room...**

Oh, wait, that's his story! By Elaina Geltner

[my observations in retrospect are in these brackets]

Still fairly new in town, I had been trying to meet another practitioner/teacher in town, and finally our paths were going to meet. She was sponsoring a reception for a workshop leader in town for the weekend, and invited me to come. Come anytime, it's a mingle-reception.

I arrive (late! Yikes...A speaker is giving a talk...wasn't this supposed to be a mingling?!) I sneak in, trying to be unobtrusive, having just completed a day of massage. At the end of the talk (which, frankly, was way out there, even for me!), we got to the mingling part. I met my contact, who was so busy being the host that we just exchanged greetings and moved on. Finally, I find myself talking to this gentle, friendly man. We do the usual, you know, what do you do...he tells me he does LomiLomi and I just about come out of my skin with excitement! I was introduced to Lomi when I lived in Hawaii, and had the most powerful, transformational experiences. I thought when I left Hawaii, I had also left Lomi. NOT TRUE!! We agree to exchange massage sessions. Bob explains to me that he is involved in a work project that will hold him captive for a month, but then I will hear from him. I walked away with his card, and an anticipation about our upcoming trade. Otherwise, I am clueless. Me, who usually has such good intuition!! [our personalities are so different...our souls match perfectly; look out for being too stuck on form...you might miss your match!]

About a month later, he calls to ask if I would like to be the "demo" for a lomilomi class he was teaching. I can't, I'm teaching a Higher Self class that night. Well, then, how about our trade? We set it up for the upcoming Saturday. I will receive my massage first.

Saturday arrives, and I prepare myself for the massage by going to a yoga class first. During the massage, my body feels like it has come home. There is a powerful presence that gathers energy as he works. I feel transformed.

Later that day: my mind is completely still; my body is energized and activated. I go for a hike. I know something very powerful has happened to me, and I long to connect with him again. We play phone tag, and end up not connecting until late. I want to know if he is feeling something, too. My body is buzzing with energy. I begin to wonder...is this what Narayana was talking about? I feel that same energy that I do when I

a lot that weekend. Monday morning came and I loved my session. Her massage reminded me of another Esalen trained massage therapist I had been trading with, only better. After the session, I got very brave and asked Elaina if she was married or in a committed relationship. She said, "No". I asked her if she was interested in getting to know me better. She said, "Yes." All correct answers so far! So I asked her to dinner for Tuesday night. As it turned out, we were both at Unity Church for separate events Monday evening. The lecture/workshop I was at ended at 9:30 as I recall. Elaina was done at 9pm but waited around a half hour for a chance to see me. We left and sat in my car in the Unity parking lot for about an hour talking and holding hands. It was incredible! I'm pretty sure I kissed her before we said goodbye until our dinner date the next day.

For dinner on Tuesday, I made a Hawaiian Teriyaki Chicken dish I used to make in those days a lot for my kids and some yummy garlic bread that I made on rare special occasions because it was a lot of work! We had a great dinner. We cuddled on the couch and watched a movie, which was very yummy (the cuddling; the movie I don't remember). It felt so comfortable being together like we had been friends for years. That was just the beginning. Elaina officially moved in to stay on February 1, 2000.

My story wouldn't be complete without a few details about how the universal law of attraction brought the two of us together. I had not been in a serious relationship for about 3 years and had not dated much for awhile prior to our meeting in October 1999. Approximately one year before Elaina and I met, I did some extensive work with a spiritual teacher who lived in Morro Bay at the time. From part of my trainings, I developed a list of IM Life Universe Commands (a specific type of affirmation) that I practiced for 5 minutes every morning and night. To reinforce the energy of the commands, I would bounce on a rebounder using a cross-crawl technique where, as I bounced, I alternately touched my right elbow to my left knee, then my left elbow to my right knee for the full 5 minutes as I read the commands. I started this daily practice somewhere around January or February 1999, so it took about 8 months for our meeting to occur. These were powerful commands, 10 in all. Two of the commands were, "I am now behaving in ways that open me to meeting my divine female mate" and "I am deserving and drawing to me my divine union with a woman." [www.QuietStar.com/BobN.htm](http://www.QuietStar.com/BobN.htm)

connect with Narayana. [I had met Narayana, a spiritual teacher only about a month before. He had told me that the energy I felt when connected to him, would be the same that I would feel when I found my partner] But I know that a woman lives in Bob's home; I'm pretty sure they are in relationship. Who is this man? What happened to me today? What am I to do with all I am feeling?

Monday: I do his massage. The energy is in the room again. I know, now, that this is a connection I must find out about. After the massage, he looks up at me, and says: "Are you married or in a committed relationship?" Me: "no" Him: "would you like to get to know me?" Me: "yes!" We make plans for him to cook dinner for me in a couple of days. I find out the woman living at his house is a friend, who needed a place to stay for a few months. And, he will be at Unity tonight attending a class while I am teaching my Higher Self class a few doors away.

That evening, as my class ends before his, I find myself lurking in the hallways waiting for him to appear. I feel like I'm sixteen again, in high school, waiting for a glimpse of the "cute boy".

The next day, when he cooks dinner for me (wow, I think, he cooks, too!) I feel so comfortable; like I belong here with him. And that's how it continued. None of the drama I had experienced before trying to make relationships fit; it just felt right. We were both ready. We both felt the same; two weeks later, he joins me at my family's home for Thanksgiving. (And I haven't made a habit of subjecting "dates" to family gatherings!) It feels right, too. And now it just gets better and better.

[How did I attract this relationship? I was really clear how I wanted to feel in a relationship. A few years earlier, I realized that if I kept spending time with single friends, I would stay single. So I made friends with couples whose relationships had qualities I wanted to attract into my life. I hadn't dated much in the 2 years before I met Bob, because I was so clear what I wanted. I cultivated the feeling I would have when I was in relationship. I made my house the home I wanted to live in with a partner. I made collages, did affirmations, "practiced the energy" any way I could. I had been working with the Abraham-Hicks material about the Law of Attraction. And it really paid off. However, look out for Relationship: It's Still The Path of Fire!! But that's another story...] Wishing you love and light in getting just what your heart desires, Elaina [www.QuietStar.com/Elaina.htm](http://www.QuietStar.com/Elaina.htm)

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