

THE LAW OF ATTRACTION

It all starts with understanding energy and frequency and how they create life as we know it. Take a look around. Everything that you see started out as a thought. Before anything can be created, it had to first be a thought. The Universe, planets, stars. The moon, the sun, the trees, the animals, the sea life. The ocean, the mountains, and even mankind had to first be a thought before it could be created. Those thoughts come from Universal Consciousness or what some call God/Source/Creator. Once mankind was created, everything from that point on was created by someone that had an inspired idea and used their imagination to visualize it. They believed in the possibility of it and planned out the details in their mind before it ever became a physical reality. Everything starts in the mind. It is from there that all reality is created. Your thoughts create a meaning and an emotion, and from there a manifestation or what most call an “experience”. When your beliefs match your desires, it must manifest. It is Law. That Law is known as the Law of Attraction.

The Law of Attraction states that, “Like Attracts Like”. Simply put, you can manifest anything if you ask the Universe for what you want, have unwavering faith it will be delivered, and are open to receiving it by taking inspired action.

Everything is energy. If you look at anything with a strong enough measuring device, you’ll find that nothing is solid. Everything is made up of tiny particles vibrating at different frequencies. The chair you’re sitting on, the book you’re reading, and even your body is not truly solid - they too are energy that is constantly in motion.

All energy is interconnected, both here on this planet and in the Universe. Let me explain a little better. There’s a thing called Quantum Entanglement where two particles link together in a certain way no matter how far apart they are in space. Their state remains the same and they mimic each other simultaneously. This means you are more powerful than you know. It means you are One with the Universe/God/Source/Creator. The common denominator in the manifesting equation is YOU. What shows up in your physical reality is a direct reflection of the energy you are giving off through your thoughts and feelings. In short, the level of frequency you are emitting, equals what you experience in your life. You truly get what you give!

The Law of Attraction works in tandem with other universal laws like the Law of Vibration. In order to impress your thoughts onto the electromagnetic field around you (I’ll touch on this in another chapter), feelings must be associated with the thoughts. When your beliefs are in alignment with your desires, it MUST manifest! A belief is just a thought that you keep thinking over and over again. A belief creates an emotion, which is then turned into a vibration, which then is translated into a certain frequency. That frequency will attract a person, place, thing, or event on the same vibrational frequency. When that happens, you will experience a manifestation that is an exact match to your belief. Simply put, “Like Attracts Like”.

While the Law of Attraction hasn’t become a popular term until recently, it has been working since before the creation of the Universe. There are hints of it throughout many religious texts, but the masses haven’t become aware of it or taught about it until around the last century or so. It is thought that those in power kept this knowledge inside their inner circles to retain their power over the people, but not anymore. It’s time for everyone to become aware of their power to create the life they desire. It’s time for YOU to understand that you’ve been a creator of your reality since before your birth.

The three basic steps to the Law of Attraction that are mostly commonly taught are “Ask, Believe, and Receive”. Ask the Universe for what you want. Believe that it’s already done. Receive the manifestation of it. While these steps lay the basic framework, a lot of things can get in the way. Throughout this book, we will dive deep into practices that will help you create your life with intention instead of living it by default.

Just like the Law of Gravity, the Law of Attraction is always working. Most people aren’t aware that they are creating the experiences in their life. Most are walking around in a fog thinking that they have no control over people, events and circumstances. This couldn’t be further from the truth. You are manifesting every second, of every day. Whether you’re experiencing drama, negative people, lack, fear, doubt, bad luck, health issues, relationship issues...whatever. YOU are the one creating it. If you can’t take responsibility for what you’re experiencing, then you’ll continue to feel like you’re a victim. You have always been attracting things into your life. You just haven’t been aware of it, so you have been creating your life on autopilot. Imagine how much your life would change if you began to intentionally create what you WANT to experience.

A common misconception with the Law of Attraction is that you can visualize what you want, write down a few affirmations, and then sit back and watch the good stuff come pouring in immediately. The Law of Attraction isn’t about making things happen. It’s about being the thing you want BEFORE it comes. Think about it this way. If I say, “I will only be happy when I don’t have to worry about money” then I will always be chasing the money. What if you say you’ll only be happy when you find your soulmate? Or what if you’ll only be happy when you buy the perfect house or the luxury car? What do you think will happen if you get what MAKES you happy and then you suddenly lose it? You will freak out. You will be devastated. And the cycle continues; always chasing happiness through external things. This is why lottery winners become broke after the first year or so. They win the lottery, yet their beliefs and attitudes haven’t changed. They continue living with a lack mindset; therefore, lack continues showing up for them.

Think about how you’ve been showing up in life. Do you generally look at the bright side of things or are you always complaining? Are you kind and generous to others or do you think everyone is out to get you? Are you excited about the future or always worrying about it? These questions will allow you to look deep inside and understand why certain scenarios keep showing up in your life.

So many people verbalize what they want or don’t want. God/Source/Creator/Universe doesn’t understand verbal language. It doesn’t understand English, French, Italian, Spanish, Portuguese, German, etc. It’s language is vibration. So if the only way to communicate what you desire is to emit a vibration, then you must first intentionally decide what you want to experience, feel the emotions of already having it, then pay attention to the beauty of the unfolding of it. You have the gift of free will. You get to decide what you want to experience; good, bad, or indifferent. God/Source/Creator/Universe is not bias. It says, “Ask and you shall receive”; “Seek and you shall find”. My question to you is this...what are you asking for? And are you ready to experience an exact match to it?

Pro Tip: Focus on what you want. Instead of focusing on getting out of debt, focus on creating abundance.