

The Law of Attraction

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The Law of Attraction has been part of the human culture for centuries. As a Metaphysician, I believe that Biblical references to the Law of Attraction abound. The following are a very small sample of these references:

Matthew 7:7 “Ask and it will be given to you; seek and ye shall find; knock and the door will be opened unto you. For everyone who asks receives; he who seeks finds; and to him that knocks, the door will be opened.”

Matthew 21:22 “Whatsoever ye shall ask in prayer, believing, ye shall receive”.

Mark 11:24 “What things soever ye desire, when ye pray, believe that you receive them, and ye shall have them.”

Esther and Jerry Hicks in their book *Ask and it is Given*, (2004) state “Every thought vibrates, every thought radiates a signal, and every thought attracts a matching signal back. We call that process the Law of Attraction.” (2004: 25)

In *The Revealing Word*, (1931) compiled by Charles Fillmore, the following words are written: “One of the axiomatic truths of metaphysics is that "thoughts are things." That the mind of man marshals its faculties and literally makes into living entities the thoughts that it entertains is also a foregone conclusion. The word things expresses poorly the active and very vital character of the thoughts to which the mind gives life, substance, and intelligence. We see many inanimate "things" around us in the material world. If we compare our creative thoughts with them we get an inferior conception of the marvelous ability of our mind in its creative capacity.” (1931:193)

The New Thought Movement began in the US in the late 1920's and 1930's and brought into print the power of the mind. The writings of Charles and Myrtle Fillmore, Ernest Holmes, and other progressive leaders of the time consistently contained information about the power of the mind to create reality. The ideas expressed were definitely the Law of Attraction. The New Thought Movement attracted many followers at that time and is still having a profound impact on life, as we know it.

In the past six years, the new thought Law of Attraction has been in front of the general public consistently. Masses of people who have never been exposed to any metaphysical ideas, in particular the Law of Attraction, are being exposed at a consistent, rapid rate.

In 2004, the movie, *What the #\$*! Do We Σ (K)πow (What The Bleep Do We Know?)* was released. *What the Bleep* brought together the realms of Quantum Mechanics, Quantum Physics, and the Law of Attraction.

A summary of the film would be that the Universe is constructed from thought (or ideas) rather than from substance.

Various members of the scientific community who are considered experts in their fields, came together in this movie. Ramtha, a famous channel, was also part of the movie. The group came together to discuss how we, as humans, control our world with the energy vibration of our thoughts, whether we know it or not.

When I saw the movie for the first time I was living in Pennsylvania and was working with a client in Prescott, AZ., I was so enthralled by the combination of computer generated graphics and documentary style interviews that I saw the movie three

times in Arizona and in Pennsylvania. I also had the opportunity to meet and question Andrew Newberg, one of the experts quoted in the movie.

What intrigued me the most was that information was actually being given to the general public about the connection between quantum physics and consciousness. The movie was an underground success through the efforts of Unity churches, other New Thought churches, and Harkins Theater and paved the way for the next movie, *The Secret*.

The Secret opened in theaters in 2006 and kept interest in the Law of Attraction in front of the general public. In the movie, *The Secret*, men and women who have taught the Law of Attraction for years got the opportunity to each tell a short story about how they saw the Law of Attraction working. Some of the teachers/presenters in the movie are Jack Canfield, Bob Proctor, Dr. John Gray, Dr. Rev. Michael Beckwith, Joe Vitale, etc. The general principles of the Law of Attraction that they were all talking about have these three characteristics: Ask—believe—receive.

Some of the experts became guests on the Oprah Show and Larry King Live exposing even more of the general population to the Law of Attraction.

Is living life consciously, using the Law of Attraction, really that simple? Can you actually create the life you want instead of life just **happening to you**?

In this paper, I am taking the position that living life consciously, from the Law of Attraction, is truly that simple, not necessarily easy, and yet, simple. In fact, The Law of Attraction is working all the time in our lives. We sometimes refer to it as Cause and Affect.

REVIEW OF THE LITERATURE—CHAPTER 2

The Law of Attraction has been in written form for thousands of years. The limited number of Biblical quotes in the introduction of this paper were a sampling of quotes that can be found by the Metaphysician in both the Old and the New Testament. These are quotes that attest to the power of the mind to create reality—The Law of Attraction.

When discussing the Law of Attraction, many writers first mention the Law of Gravity. Whether you believe the Law of Gravity exists or not, it exists. Whether you believe in the Law of Attraction or not, it exists.

Eva Gregory, in her book, *The Feel Good Guide To Prosperity*, and Michael Losier in his book, *Law of Attraction*, both talk about the Law of Attraction bringing to you all of life's experiences. Those experiences come to you. Whether you want an experience or whether you like an experience, or not, the Law of Attractions brings you what you think about. You attract both types of experiences with your thoughts, whether you are deliberately creating them, or not.

Esther and Jerry Hicks in their book, *Ask and it is given*, (2004) state: "The Law of Attraction says: that which is like unto itself is drawn." (2004: 25)

What the Law of Attraction says in a nutshell is that like attracts like. This concept of like attracting like is frequently stated in various ways in the literature on the Law of Attraction. I have been a member of the Unity Church for 20 years. In Unity people talk about "thoughts held in mind produce after their kind."

Charles Fillmore has this to say about thoughts in *The Revealing Word* (1931):

“Thought, colony of--Like attracts like. A thought will take up its abode in our consciousness with thoughts of like character. This law of attraction continues until combined thoughts make a colony. This colony of thoughts expresses itself in the cells of the body--for good or ill.” (1931:194)

There are many other sayings in popular culture that talk about the same thing: what you think about, you become; pay attention to your thoughts, you might get what you want; if you believe you can or you can't, both are true, etc. The point of all of these sayings is that what we think about, what we pay attention to, is created in our own individual lives. This occurs whether we like it, or not, or whether we are consciously creating what we want, or not. That is the Law of Attraction.

Napoleon Hill in his book, *Think And Grow Rich*, talks about the money making secret that all the wealthy men he interviewed knew. Napoleon Hill's book is based upon what he learned from a series of interviews with some of the most wealthy and powerful men of his time—Andrew Carnegie, Charles Schwab, J P Morgan, Henry Ford, etc. He never directly names the secret that he is talking about “The Law of Attraction”. None the less, I believe that he is referring to the Law of Attraction.

The title of the first chapter of his book is *Thoughts Are Things*. “Truly “thoughts are things,” and powerful things at that, when they are mixed with definiteness of purpose, persistence, and a burning desire for their translation into riches or other material objects.” (19)

Throughout the book, Napoleon Hill continues with statement after statement that reflects using your mind to create the money and position that you desire. On page 36 of

this book, there is a list of the steps used to create wealth.

“First: Fix in your mind the exact amount of money you desire.....”

Second: Determine exactly what you intend to *give* in return for the money you desire.

(There is no such reality as “something for nothing”).

Third: Establish a definite date when you intend to *possess* the money you desire.

Forth: Create a definite plan for carrying out your desire, and begin *at once*, whether you are ready or not, to put this plan in action.

Fifth: Write out a clear concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.

Sixth: Read your written statement aloud twice daily, once just before retiring at night, and once after arising in the morning. As you read—see and feel and believe yourself already in possession of the money.” (36)

In this Review of the Literature, I have chosen to include much of Napoleon Hill’s book, *Think and Grow Rich*, because this book is quoted over and over again by various metaphysical writers and teachers of the Law of Attraction—Jack Canfield, Harv Eker, Mark Victor Hansen, Wayne Dyer, etc. These writers and teachers have brought the Law of Attraction to a large number of people and helped change lives.

Another reason for including such a large amount of information from *Think and Grow Rich* is that the six principles quoted above are the basic teachings of the Law of Attraction. Different words are used in different books and other media by different Authors. However, the basic rules for using the Law of Attraction to create what you want, in your life, are the same. It is important to note that creating what you want may

have nothing to do with money or financial prosperity.

Charles Fillmore in his book, *Prosperity*, (1936) shares this information on the Law of Attraction: “Everything that appears in the Universe had its origins in mind. Mind evolves ideas and ideas express themselves through thoughts and words.” (1936:26)

Charles Fillmore states over and over again the importance of paying attention to the thoughts we are thinking. For me, one of the most profound stories of the beginning of the Unity School of Christianity is the one where Charles and Myrtle Fillmore were beginning to share their vision for The School. One evening, Charles was sharing that vision with a group of people. One man threw a penny at Charles’ feet and jokingly told him to start his school with that. Charles did not take that gesture as a joke or as an insult. Instead he blessed the penny. Unity Village and Unity School of Christianity are both still in existence. Eckhart Tolle was a recent visitor to Unity Village. Tolle went there for a retreat after his appearance on the Oprah Show. I see this as a wonderful example of the Unity saying: “Thoughts held in mind produce after their kind.”

As I said in my opening statement for the Review of Literature: the Law of Attraction has been in written form for thousands of years. However, the general public has not been exposed to the Law of Attraction so consistently until mass media took hold of the idea and created the movies mentioned in the introduction to this paper.

In 2006, after the release of the movie, *The Secret*, Esther and Jerry Hicks’ book, *Law of Attraction: the Basics of the Teachings of Abraham* (2006), made the New York Times Best Seller List. Esther and Jerry Hicks have written several books on the Law of Attraction. I especially like their second book, *Ask and it is Given: Learning to Manifest*

Your Desires. (2004)

This book is packed with ideas and activities for anyone to use to put the Law of Attraction into conscious practice. I played The Prosperity Game with friends many years ago and enjoyed it very much. It was good practice for me in consciously using the Law of Attraction. Again, I reiterate that what you desire to create in your life may or may not have anything to do with money or financial prosperity.

Dr. Wayne Dyer in his Forward to this book writes these words “when you change the way you look at things, the things you look at change.” (2004:XV) I have used these words many times in my workshops, in my coaching sessions with clients, and in my own life because I believe them to be true.

Harv Eker, in one of his week long workshops, reiterates this principal over and over. The participants in his workshops do some amazing things that are seemingly impossible, unless you believe in the power of the mind to create and to overcome.

Various spiritual teachers and secular workshop leaders all over the planet have group participants walk on red hot coals, jump from poles that are many feet off the ground in safely harnesses, have participants push themselves beyond what they believe they can do, etc. Most of the time participants move safely through these experiences because of the power of the mind to create and to overcome.

One of the comments that I have heard from people who have watched the movie, The Secret, is that the interviewed experts in the field of the Law of Attraction seem to be saying that the Law of Attraction works like magic. You simply have to do the following:

- ask
- believe
- receive

I think that there are several important points that need to be added regarding the above information.

Esther and Jerry Hicks in their book *Ask and it is Given*, (2004) state the following: “When you give your attention to something that you desire and you say yes to it, you are including it in your vibration. But when you look at something that you do not want and you say no to it, you are including it in your vibration. ...you cannot exclude anything that you are giving your attention to because your attention to it includes it in your vibration every time, without exception.”(2004:91) Just because you say you want something does not mean that it will come into your life immediately, if at all. It can, if you are the same vibrational level as the thought of what you want. But most often ” ... you cannot instantly jump to a thought that has a vibrational frequency very different from the thoughts you are usually thinking.” (2004:92) You cannot instantly create a new/better/different job if your thoughts have been and continue to be on what is so very wrong with your current job. When you send out worry vibrations, what comes back to you are more things to worry about. When you send out vibrations of harmony and all is well, that is what will come back to you.

In the *Teachings of Dr. Paul Leon Masters: Study Lesson Content That is Adaptable to the Use of Metaphysically and Holistically Oriented Pastoral Psychology*, Dr. Masters talks about the life circumstances of the majority of people. He talks about people using cruel life circumstances to explain their limited current life. In many of Dr. Masters’ writings, he makes the point that it is not the circumstances of your life that create your reality, it is your thoughts about those circumstances. Your thoughts will either keep you in the same circumstances or allow you to alter your circumstances to

something you like better. To create something in your life that you like better, change your thoughts. When you change your thoughts, your vibration changes and the possibility of changing your life circumstances improves many times over.

Michael Losier has built an entire system around changing your vibration so that you become a vibrational match to what you desire. In his book, *Law of Attraction*. Michael states: “The Law of Attraction responds to whatever vibration you are offering, by giving you more of what you are vibrating. It doesn’t decide **whether it is good for you** or not, it simply responds to your vibration.” (10) Michael goes on to remind us that since we cannot hold two vibrations at the same time, it would be a good idea to choose to make your vibration as positive as possible so that you have a better chance of getting what you desire.

Information about thought vibration has been around for a very long time. Charles Fillmore in *The Revealing Word*, (1931) says this about thought vibrations: “thought vibrations--Energies sent out by the force and power of thought. All who are in like planes of consciousness with the thinker of the thought receive these thought energies.” (1931:194)

I believe the following is an important point. Eva Gregory in her book, *The Feel Good Guide To Prosperity*, reminds us that we most often create by “default”. Deliberately creating what you want in your life occurs when you are aware of your thoughts and when you are consciously thinking of what you do want.

Attaching emotion to what you want brings the fulfillment of that desire to you much faster. Napoleon Hill in step six of the Law of Attraction formula talks about

attaching feeling to what you are creating as an important part of the creation process.

Esther and Jerry Hicks, Eva Gregory and Michael Losier have many reminders in each of their books about the power of feelings to create what you want. It is the feeling, rather than the thinking, that elicits a faster response from the Universe.

If you go back and read the second and third Bible verse in the Introduction, you will notice that each talks about prayer. If you pray, **believing**, nothing is impossible.

Jane Elizabeth Smith in her book, *Your Three Wishes*, talks about our thoughts bringing into existence what we experience in our lives. The “speed of delivery” is determined by the “degree of belief we hold in our thoughts. The more you believe you have already received, the faster you will receive.” (18)

Most people want what they want when they want it. It simply makes sense to do whatever you can to deliberately bring what you want into your life as rapidly as possible. Getting into the feeling of already possessing what you want not only makes you feel good at the time, but raises your vibrational level to the level of what you want, faster. There are a multitude of activities listed in the literature on the Law of Attraction to help you raise your vibration and to help you get into the feeling of already having what you want. I will discuss several of these techniques in the following pages.

METHODS – CHAPTER 3

The following are a sampling of the Methods that I've used with my clients and workshop participants to practice the Law of Attraction.

Eva Gregory in her book, *The Feel Good Guide to Prosperity*, states: "There is a form of giving that is pure and simple. It is the giving of gratitude." (149)

The literature on the Law of Attraction addresses gratitude as a way of consciously creating the life you want by changing your vibration.

- I believe that one of the most powerful tools that anyone anywhere has is gratitude. Gratitude is not taught as something profound and life transforming in the world of form. (Newspapers, TV, radio, media). In fact, the opposite is what is constantly and consistently in front of the public. To be in an attitude of gratitude takes practice.

I ask my clients and workshop participants, every evening before going to bed, to list 5 things that they are grateful for that day. That can be something as simple as a comfortable bed or having their favorite food for dinner or simply having dinner. If you can reframe your thinking to continuously be on the look out for the good things, the things you are grateful for, your life will gradually transform. You are raising your vibration without a lot of effort.

Composing a gratitude list right before going to bed will bring positive thoughts and good feelings into your whole being before you lay down to sleep. I've had clients tell me that their sleep improved after writing their gratitude list. I've also had clients tell me that the 5 items on the gratitude list became many more items as opportunities for

gratitude seemed to appear out of nowhere.

Because I believe so very strongly in the importance of gratitude, I practice it in as many ways as I can. My mother has Alzheimer's and has been in a nursing home for almost two years. I give gratitude regularly for the nursing home; for the staff at the nursing home; for the financial abundance that my dad has to allow my mom to be in a private nursing home; for the times that my mom talks with me on the phone; and so on. I could spend my time and energy lamenting the fact that my mom has Alzheimer's or that she doesn't remember her granddaughter any more and I don't know if she will remember me, when I visit. My choice is to be in gratitude as much as I possibly can.

- Michael Losier writes about the steps in getting the Law of Attraction to work for you. The first step is to gain clarity through contrast. You already know what you don't want. That is the contrast. Use that information to decide what you do want—to become clear about what you are choosing to manifest. In Michael's book, *Law of Attraction*, there are case studies and worksheets, from page 27-42, that illustrate ways to turn contrast into clarity.

The simplest way that I know of, that works, is by taking a sheet of paper and making two columns with a line down the middle. Write contrast on the left side and clarity on the right side. The contrast side is the side where you list what you do not want. Think about the opposite of what you've just written for the clarity side. You can go back and write more later, if you want.

This may take several hours, several days, or several weeks until you've refined the list and have what you truly want—for now.

- I also support my clients and workshop participants in writing individual Affirmations.

Most metaphysical definitions of the word Affirmation agree on the following—a positive declaration of truth.

People who have been in Unity Church for some time will know the affirmation “Every day in every way I get better and better.”

Examples of Affirmations:

Miracles of unimagined proportions and undreamt of combinations now transact on your behalf and mine!

You (I) deserve nothing less than something more.

This or something better now comes to me, for the highest good of all.

- Stay out of the past and the future. The only moment that you have is right now.

You, through the Law of Attraction, are creating your future with every thought you think. One of the scenes in the movie, *What the Bleep*, has our deaf heroine walking past a basketball court where a young boy is dribbling and shooting a basketball. During the conversation they have together, the court appears to be full of bouncing basketballs indicating the world of unlimited choices that we all have. Once our heroine zeros in on one bouncing basketball the other bouncing basketballs fade away.

Once you choose your path, any other potential courses of action are gone.

You have chosen the path that, in this moment, will move you toward a particular future.

In the past, I worked with a friend and workshop leader, Rev. Dan Chesbro. Dan told our group the following story. If you’ve asked for a white knight riding a black stallion to come and rescue you and that white knight on the black stallion is riding

toward you, you can always step aside. **Important point:** You can always change your mind about what you want. That is what is so completely wonder filled about the Law of Attraction. You can always change your mind and change your life circumstances.

- Set aside 15-20 minutes at least three times a week to do what might appear to be nothing.

I know that for some people, life is so full that you don't have two seconds to yourself let alone 15-20 minutes. If you make this a priority in your life, the time will appear. Use the Law of Attraction to help you.

Use this time to dream about what you might want for the future, to meditate, to pray, to sit in the woods or along the water, to create a manifestation board, to simply spend time with you. You may be amazed at what you discover about your true desires for your future. You may also discover how grateful you are for what you already have.

- Jane Smith in her book, *Your Three Wishes*, uses Chapter 6 to talk about Words to lose. The following are the words to lose-but, try, how, impossible.

The word but negates everything that goes before it in that sentence or thought.

EX: I can do this but it's so hard. I would forgive my sister but she makes me so mad.

Which statement sounds like something positive is happening? I'm trying to diet. I'm dieting. I'm trying to get my work done. I'm getting my work done.

“With man this is impossible, but with God all things are possible.” (Matthew 19:26)

How something comes to you is none of your business. Many people think that they know how something will come to them and they're all set for it come their way.

When it doesn't come in exactly that way, they often don't recognize it or allow it to come in another way. Actively look for ways that what you asked for can come to you.

FINDINGS – CHAPTER 4

In my own life and in working with clients, it is apparent to me that using the Law of Attraction consciously or deliberately can be more difficult than it might appear at first glance.

In my past workshops and in talking with my clients, it has been very clear that my clients/workshop participants have an idea—maybe even a clear idea—of what they want. However, positively focusing on what they want can be a challenge. The Mind is relentless and seductive. Since the mind only knows the past and has no comprehension of the present, the mind recreates the future from what the mind knows—the past.

Dr. Masters in *The Teachings of Dr. Paul Leon Masters: Study Lesson Content That is Adaptable to the Use of Metaphysical and Holistically Oriented Pastoral Psychology* discusses the fact that every experience we have is recorded in our memory. Our mind considers this to be fact. If you have not been successful in the past, your mind will recreate that lack of success in your future. Therefore it can be quite challenging to change your mind about your own life.

Changing your mind is not the only challenge to consciously or deliberately using the Law of Attraction to get what you want in your life.

The first chapter in Jane Elizabeth Smith's book, *Your Three Wishes*, is about asking for what you want. "Imagine for a moment that you have a special benevolent guardian who is bestowed with all the riches of the world, and has all the power of the heavens upon which it can call and grant any desire for which you ask. The key word here is ask." (1)

In relationships, people often expect their partners, children, parents, bosses,

coworkers, and or friends to mind read what they want. That is also what is expected of God/The Universe/Allah/Buddha/whatever name you choose to call your Higher Power. The Higher Power is expected to send you the good things you want, whether you have asked for it or not. Some of my clients have said to significant people in their lives, “If you love me, you’ll know what I want. I won’t have to tell you.” or “We’ve worked together for months now, you should know what I want!” Those statements are very untrue and go against the Law of Attraction.

After formulating what you want, the first rule of the Law of Attraction is to ask for what you want. To many people, it would seem that asking for what you want would be an easy thing to do. There is a mystique in American Culture about doing it yourself. That is seen as a strong thing to do. Asking for what you want can seem like asking for help. And some people see that as a sign of weakness. Asking for what you want does not come naturally, to everyone. There is a great deal of emphasis given to asking for what you want in the literature on the Law of Attraction.

One of the statements that comes up in several reference sources on the Law of Attraction is a version of the following question. If you could have anything you want with no possible way to fail, what would you ask for? Eva Gregory adds the following sentence “What do you most want for yourself?” (99) Once you’ve answered that question, please invite yourself to ask for it.

Another of the components of the Law of Attraction that is often more difficult to do than it sounds is allowing yourself to receive what you have asked for.

Jane Elizabeth Smith in her book, *Your Three Wishes*, talks about releasing your attachment to the way that your desire is delivered to you. So that you are

allowing what you want to come to you in any way possible.

“Do not try to set out the way it is to come into being! If you do this, you may get in your own way and may not recognize the fulfillment of your dreams when it presents itself.

Remember the “how” is none of our business.” (86)

What you have ‘asked for’ can be staring you in the face and you do not recognize it because it does not look the way you want it to or expect it to look. We are all preconditioned to look for things in a certain way. Consciously using the Law of Attraction invites you to move out of your own comfort zone and look for answered requests in as many different ways and places as you possibly can.

Michael Losier in his book, *Law of Attraction*, has a series of activities to help his readers learn to allow. In conversations with Michael over the years, this is the one step of the Law of Attraction that he feels is the hardest for the majority of people. I’ve noticed that on Michael’s monthly telecalls on the Law of Attraction, the topic “how to allow” comes up often.

Allowing something new to come into your life can mean letting go of the old and the familiar. One of the things that I was taught in my psychology training at Lehigh University is that people will only let go of something when the pain of hanging on is greater than the fear of letting go. Fear of change can make consciously or deliberately using the Law of Attraction harder than it needs to be.

If you have been involved in Unity Church, 12 step programs, or metaphysical classes, you will recognize that an acronym for fear is F-False E-Evidence A-Appearing R-Real. One secret that I have learned over the years is that when I’m afraid of something and I run from it, the fear remains strong or gets stronger. However, when I stand and

face my fear, no matter how scary that is for me, the fear has very little, if any strength and fades quickly. Mark Twain had the following to say about the power of fear.

“I have been through some terrible things in my life, some of which actually happened”

Mark Twain. (www.quotationspage.com)

Several authors of books and articles on the Law of Attraction talk about doubt as another of the blocks to allowing your desire to come to you. Michael Losier in his book, Law of Attraction, talks about doubt coming from “limiting beliefs” “A limiting belief is a repetitive thought that is preventing you from attracting your desire.” (70)

Michael Losier has a number of pages in his book, Law of Attraction, that deal with creating allowing statements. Michael’s formula for Creating Allowing Statements is very simple. “Start by asking yourself if there is anyone currently doing what you want to do or having what you want. If so, then how many people have been doing this today? Yesterday? Last week? Last month? Last year? Write your statements in the third person..... Ensure that the statements are plausible.” (73) On pages 71-77 are examples of allowing statements.

Why write an allowing statement? Allowing statements “lessen or remove any doubt that is preventing you from receiving what you want.” (71)

Allowing yourself to receive your desire can mean that you need to forgive yourself or someone else. Allowing can also mean that you let go of regret in your own life. Allowing can mean acknowledging that you are a very powerful being and are responsible for all that is in your life, whether you like it, or want it, or not.

In the literature on the Law of Attraction, allowing is also referred to as letting go of the outcome of your desire. Eva Gregory in her book, The Feel Good Guide to

Prosperity, likens not letting go to digging yourself into a hole that just gets deeper and deeper until it feels almost impossible to ever get out. Letting go, whether forgiving yourself or someone else, stops the digging and makes it possible to see your way out of the hole. Having taken many metaphysical classes, one of the sayings that is often repeated is “ Not forgiving is like taking poison and expecting the other person to die”. To me, that sounds pretty terrible.

Does forgiving the other person or letting go of something from the past mean that you forget what happened or that forgiveness makes it alright for that something to have happened. No. That is not what this is about.

Forgiving someone else is for you. Letting go of something that happened in the past is for you. It really has nothing to do with the other person. This is a gift that you are giving yourself. For there to be a struggle between two people, one person has to be pulling one side of the rope. One person has to be pulling the other side of the rope. If one person lets go, the other person has to do something to rebalance him or herself because there is no longer tension on the other end of the rope. Once your emotional attachment is gone, you have a real choice about what you want to do. Your choice will no longer be an automatic reaction to the other person or situation. This brings you freedom. Do you need to forget what happened? No. That may always be a part of you.

Is this easy or simple? Simple, yes, easy, maybe not. If you read history, one of the things that you may discover is that humanity has a very poor track record for kindness, respect, love, caring, nurturing of others. That’s not good or bad. It just is. Forgiveness and allowing can be one of the steps in changing that pattern in an individual life. When enough individual lives are changed, humanity will reach the tipping point and

those attitudes will just be part of the collective unconscious for everyone on the planet. I believe that is a truly transformative way to use the Law of Attraction.

The world of form does not generally provide examples of how to forgive or let go. Look around and you will find examples of how to do this in the literature, in some of the more gentle P or PG movies, even in people you know. Once you set your intention to discover those examples, the Law of Attraction will bring them into your awareness.

If you want to open yourself to be able to receive more of what you want, letting go and forgiveness will be part of the process of raising your vibration to be a match to what you want in your life, now.

I believe there is one more important point that needs to be made here. When you let go/forgive/raise your vibration, the people that you love and who love you may not understand what is happening. They may individually or collectively attempt to push you back into the former pattern that they knew before. The **you** that they were comfortable dealing with may no longer be there. You may have moved out of **their** comfort zone.

Please remember that **this is about them** and not about you. You will be inviting them to find another way to interact with you, which might mean looking at themselves differently. This may invite them to individually or collectively look at some of their own beliefs, attitudes, and behaviors. This may be a very uncomfortable place for them to be. It does not mean that they love you or care about you any less. They will simply be perplexed about the change in you and what their own response to that change will be.

DISCUSSION—CHAPTER 5

The literature on the Law of Attraction is very clear. What you think about, what you pay attention to is what you create in your life. What stands in the way of consciously and deliberately using the Law of Attraction to create the life you want can be fear, doubt, lack of belief in the idea that you are truly that powerful, or some other story that you chose to believe.

One of the ways offered in the literature on the Law of Attraction to consciously and deliberately create the life you want is to surround yourself with people who are on a higher vibrational level than where you currently vibrate. This person or group of people can be called a Coach, a Mentor, a Master Mind Group, a prayer group or any name that you choose.

The point of having this person or group of people in your life is to help you shift your vibration to the vibrational level of what you desire. Most of the information coming from the world of form (TV, radio, newspapers, etc.) is negative and fear based. This person or group of people can help you hold the positive emotional charge that makes it easier for you to attract what you want.

Unity Church offers a prosperity class titled 4T. I've taken this class a number of times. 4T is modeled after 12 step programs and is divided into twelve lessons that run concurrently for twelve weeks.

After the first week, the larger group is divided into smaller prayer groups. The smaller prayer groups meet at the end of each class to pray together and to hold each other's desires in that prayerful, gratitude filled space.

The rules for consciously putting the Law of Attraction into action, enumerated in

this paper by Napoleon Hill, are followed. Each person is given a piece of paper to write down their desires. There is a week allowed to think about what you want and to pray and meditate about what you want. The purpose of this time period is for you to become clear about what you truly desire. When the small prayer group meets, you state your desire. You ask. If your desire is unclear, the group will help you to become clear about your desire. The above is an example of using contrast to come to clarity.

After you ask, each person in the prayer group will state a few sentences that indicate to you that your desire is already manifested. This helps you to move into the vibration and the emotional space of allowing that to happen. It can also surface anything that is in the way of your allowing what you want to come to you.

At the end of the class, everyone puts their tithe check into a basket. One of the important things about a 4T program is that you agree to tithe your time, treasures, and talents to the church for the twelve weeks that you are in the class.

In the literature on the Law of Attraction, giving is an important part of consciously using the Law of Attraction.

I have seen miracles happen for people during the 4T classes. Even though this is labeled a prosperity class, most of the desires of the people in the classes that I took were not about buying winning lottery tickets or creating money or financial prosperity. Examples of desires were writing a book and getting it published; finding the perfect office space to rent; attracting the next right and perfect relationship; physical healing; how to support a rebellious teenage son to move toward a more calm and peaceful life; attracting the right and perfect car; attracting the right and perfect clients for a new business; etc. I believe these miracles occur when two or more are gathered

together in support of each other, with the intent and purpose of creating something different and better, that each wants in their life. There is no judgment of what you want to create. You are the creator and your group is there to support you in getting what you want.

For the duration of the classes, you are asked to do homework. Your homework is to hold the desires of your prayer partners in prayer, in positive thought, in the light of that desire already manifested, at least once a day. During the twelve weeks, you are continuously practicing moving from a negative space to a positive space allowing the positive emotional connection to bring your desires and the desires of your prayer partners to fruition, faster.

I've also been part of a Master Mind Group. Our group met weekly for an hour over the phone. We again used the principles of the Law of Attraction, as enumerated by Napoleon Hill. The members of my Master Mind Group created amazing projects during our time together.

I know the value of having a supportive group of people holding your desires in absolute fulfillment because I have experienced that in creating the life that I wanted.

You can see that Napoleon Hill's six steps, for consciously using the Law of Attraction, to manifest what you want in your life are still used, in varied circumstances, to create the desired results. That is because they work.

You don't have to join a 4T class or go to any church or join a Master Mind group to experience the same level of support in creating your desires. Women's groups, families, close friends, 12 step programs, and many other groups all over the world have

successfully used the same techniques. The only important thing for you to consider is what group or individual will help you change your vibration so that you can be a vibrational match to the life you want to create.

The literature addresses another way of consciously using the Law of Attraction to create the life you want. That is “being of service and giving”. I know from my own life that being of service, giving, to someone or something else takes the focus off of me. My worries and fears somehow fade into the background and something or someone, other than me, becomes my central focus, for the moment. And all that is needed to shift focus to something more positive is a moment. The advantage of this for everyone is that the mind cannot continue to stay in that negative place. The mind cannot continue to run the past loop of regrets, failures, and not being good enough and bring them into the future. The focus is shifted so your vibration, of the moment, is shifted. As the vibration of the moment becomes more positive, you vibrate at a higher level. By vibrating at a higher level, you magnetize your thoughts to something different, better, than what you were attracting with your current vibration. You become a vibrational match to what you desire. And it’s painless. You are not forcing yourself to do something that is hard. You are nor suffering. You are simply letting go and allowing. The Law of Attraction will take care of the rest.

SUMMARY AND CONCLUSIONS—CHAPTER 6

The Law of Attraction is very simple, not necessarily easy to consciously put into practice, yet simple. The Law of Attraction is at work all the time, whether you believe in it or not, whether you consciously and deliberately use it in your life, or not. Not consciously using the Law of Attraction does not mean that the Law is not working in your life. Doing nothing about or with something is making a choice. The Law of Attraction works, even if you allow it by default.

The principles of the Law of Attraction are simple.

- Desire,
- Be clear about what you want,
- Ask,
- Raise your vibrational frequency to the level of what you want,
- Believe, feel as though you already have what you want in your life,
- Release the attraction to getting, allow,
- Receive.

The books used in this paper include many activities that were created to practice the Law of Attraction. Practice is a good word to use. The world of form (TV, radio, newspapers, etc.) constantly bombards us with negatives. It is easy to remain in the “complaint mode”. Esther and Jerry Hicks in their book, *Ask and it is Given* (2004) state that: “Worrying is using your imagination to create something you do not want.” (2004:27) We are constantly shown examples: people that we love cannot be trusted to keep us safe, we need this lock to keep our possessions safe, I need to get mine because there is not enough for everyone, etc. The Law of Attraction states that what you think about and pay attention to, you attract. Therefore, you will get more of what you are thinking about and not what you are saying you want. That’s what practice is for—flexing the muscles of positivity.

In Michael Losier's book, *Law of Attraction*, Michael asks you to "celebrate the closeness to the match". (85) Going from one way of thinking to a different way of thinking may take some time, as well as practice. Celebrating baby steps along the way to receiving your desire gives you an emotional boost that brings you closer to your desire, faster.

The words of Esther and Jerry Hicks and Michael Losier on raising your vibration to the vibrational level of what you are asking for are also comforting. No one has to continue to be exactly where they are in their life. This paper helps to lay out a path to follow should you want something different, and/or better in your life.

There are stepping stones like gratitude and hanging around with people who can support you in raising your vibration to the vibration of what you want. There are rules that are simple for anyone and everyone to choose to use to get what you want. That is also a comforting thought.

By practicing gratitude, giving, forgiveness and being of service, you can transform your negative thoughts and what you do not like about your life into something that looks and feels better to you.

I learned the Law of Attraction many years ago and have consciously and successfully used it to create many things in my life. In the 1990's, I used a Manifestation Board—white oak tag with pictures cut out of magazines that represented what I wanted. I placed this Manifestation Board on my bedroom door so that I saw it every morning and every evening as well as every time I entered my bedroom. I was following Napoleon Hill's six steps to consciously create what I wanted in my life.

On that board were many pictures. I will talk about several here. There was a picture of dolphins swimming in the ocean, the Eifel Tower, and a particular shirt that was a representation of what I wanted. Manifestation of my desires did not come immediately and my desires were manifested. I needed to be of the same vibrational level as the things I was consciously attracting.

I attended Dolphin Camp in Florida for five days to swim with the dolphins in four different ocean environments. On my way home from a Gestalt Therapy workshop in Avignon, France, I spent three extra days in Paris. My hotel was several blocks from the Eifel Tower so I was at the Eifel Tower several times. The exact color and style of the shirt that I had on my Manifestation Board showed up in my life.

One of the things that I became aware of, after the shirt that I ordered arrived, is that the shirt was the exact same color, style, etc. of the picture on my manifestation board. In my mind, the picture had been a representation of what I wanted. I did not want an exact replica of that shirt. The Law of Attraction did not know that and brought me the exact shirt I had on my board. To say that I was caught off guard would be an understatement. After several deep breaths, some time and some prayer and meditation, I released the fear that I truly was that powerful-- that the exact thing that I had projected out to the Universe had come to me. Even though it was not what I really wanted, it was the exact same thing as the photo representation of what the Universe thought I wanted. Remember the story of the white knight on the black stallion? Time to step aside and send the shirt back.

I believe that is one of the reasons that more people do not consciously and

consistently use the Law of Attraction to get what they want in life—fear of their own power and accepting the responsibility for all that is in their lives. I've included an inspirational poem, *Our Deepest Fear*, to illustrate my point.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be?

You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” (Williamson, 190-191)

The Law of Attraction is constantly in motion. The things that I desired that came into my life were very quickly replaced with other desires. That is one of the characteristics that seems to be part of the human experience. We have one set of things/experiences. We desire something that we see as more or better and we consciously, or unconsciously, use the Law of Attraction to create the new experiences/things/desires we now have.

At this time in our history with all the media coverage of the Law of Attraction, I

assume that there are very few people on Planet Earth who have not yet heard of the Law of Attraction. Time will tell how well we consciously learn to use the Law of Attraction. As consciously as I know how, in any given moment, I'm using the Law of Attraction to do what I see as my part in making a very positive change for me and for humanity.

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