

The process of the law of attraction and its influence in uncontrollable events (summary and reflection on The Secret, DVD by Bob Procter et al)

The law of attraction is a law that applies to everyone equally; where the power of thought attracts a corresponding response from the universe. The universe being the sphere or realm in which something exists or takes place.

You can have anything you really want health, wealth, etc. by virtue of images held in your mind; what you are thinking. The mind is actually shaping the very thing that is being perceived. In other words we can create our reality with our thoughts.

You must be absolutely clear in your mind what you want and you must focus on that with all your attention; it is not just shallow wishful thinking.

The law of attraction doesn't discriminate between good or bad it just responds to your thoughts. It manifests the things that you are thinking about. So if you have negative thoughts/thoughts about what you don't want you will get more of that. The problem is that most people think along the lines of what they don't want so they attract more of what they don't want.

The law of attraction is always working, it is an ongoing process, whether you believe in it or not. When thoughts are flowing, the law of attraction is operating. It doesn't differ between conscious or unconscious thought.

If we are positive in our outlook and orientation we tend to attract positive people, positive events and circumstances. Conversely if we are very negative in our orientation, or very angry, we tend to attract negative angry people.

It is a bit scary to think that thoughts will become reality and shape our lives and it is a relief to think that it is believed that positive thought is many times more powerful than negative thought and that there is a time delay. Thoughts don't instantly come true and this time delay allows you to reassess/make new choices as necessary.

So you need to become aware of your thoughts and choose them carefully as these are shaping your life, making you responsible for the outcome. Most of us attract outcomes by default because we don't think we have any control over our thoughts. Monitoring our thoughts is hard work at first. It is impossible to monitor every thought we have but there is an easier way by focussing on our feelings/emotions.

Feelings are split into **Good** feelings such as Love, Gratitude, Joy, Passion, Happiness/excitement, Joyful expectation, Hope and Satisfaction; and **Bad** feelings such as Worry, Boredom, Anger, Annoyance, Potential Blame, Revenge, Hate, Resentment, Guilt, Depression and Fear.

Feelings/emotions let us know what we are attracting. Good feelings make you feel good, Bad feelings make you feel bad they don't make you feel empowered. When you celebrate the good feelings you draw to you more good feelings. Whatever you are thinking and feeling today is creating your future and the outcomes visiting you today are the thoughts you had in the past. It is therefore important that you don't give up on account of how you feel today.

So if you are feeling down there is a need to shift your emotions to get out of the cycle; find something pleasant to do, listen to music or think of something beautiful and dwell on it, block everything else out.

Once you begin to understand and truly master your thoughts and feelings that is when you see how you can create your own reality, your own life.

The process whereby you achieve this is divided into 3 steps

1. ASK
2. BELIEVE
3. RECEIVE

ASK

Make a list of likes and focus on these

BELIEVE

Have unwavering faith that it is going to happen and it will. Most of the time, when we don't see the things that we requested, we get frustrated, disappointed or doubtful. The doubt brings a feeling of disappointment. Recognize that feeling and replace it with a feeling of unwavering belief.

RECEIVE

Begin to feel wonderful about it. Feel the way you may feel once your request/wish arrives/happens. Feel it now. In this process it is important to feel good, feel happy, you will then be placed in the wavelength of what you are wanting. If you intellectually believe something but have no corresponding feeling underneath, you will not generate enough power for the request to manifest itself.

Once you realize that your thoughts have manifested in actions you are in a better position to successfully have greater thoughts come true.

Sometimes thoughts don't just manifest immediately but you may get some idea of what action you need to take; a clue is given to you. Don't delay, don't doubt, when the opportunity is there, when the impulse is there don't hesitate, **act on it**. When you have an inspired thought you have to trust it and act on it.

It is not known how long a thought will take to manifest. The speed at which things happen depends on how much passion has gone into the thought.

Your current reality is based on your past thoughts and actions. If you are down and you define yourself by your current circumstances you are doomed because you will get more of the same. Turning life around is a powerful process that needs the individual's input. Think about gratitude and visualize.

GRATITUDE

Feel the feeling of gratitude. Make a list of things you already have to be grateful for. This will shift your energy/thinking from negative to positive. Be thankful for what you have and you will get more of the same. Be in an attitude of gratitude

VISUALIZE

When you have the picture in your mind, only dwell on the result, as if you already have what you wished for in the first place. It is this feeling which will open the doorway through which your thought will manifest.

Think about gratitude and visualize on a daily basis but don't let it become a chore. The bottom line is to feel good, not as a one-time event but as routine. Don't give up even if it takes time. You could start a 'vision board' where you could stick your wish list either in pictures or words.

Decide what you want, believe you can have it; believe you deserve it and that it is possible to attain. Then close your eyes for several minutes, visualize having it and feel the feelings of already having it. Come out of that and focus on what you are grateful for already and really enjoy it. Make this a daily routine and trust the universe to figure out how to manifest it.

Don't concentrate on abundance only at one level; there has to be abundance in all areas. Having material things will not guarantee happiness. You need to go for the inner joy, the inner peace, the inner vision first and then the material things will appear. So it is best to concentrate on abundance at all levels.

We are creators of our universe and every wish of what we want will manifest in our lives, therefore it is very important what you wish for because it will manifest.

RELATIONSHIPS

Although it may sound selfish, in order to maintain healthy successful interactions/relationships with others you need to focus on yourself first; get your own house in order first. In relationships the same law of attraction applies, where the positive generates positive outcomes and the negative generates negative outcomes.

You need to understand yourself before you can understand others around you. You need to enjoy your own company so that others can enjoy your company. You need to treat yourself as you would want others to treat you. Above all you need to give to yourself more, up to the point of overflow and then there will be abundant goodness for you to give out to others. Learn to love and have a healthy respect for yourself and then you will love others.

Think about what we appreciate about the other person and not what we are complaining about because you will get more of the same. Make a list of why you appreciate them,

The people around you don't have the power to create your happiness. You should create your own happiness; your joy is within you.

HEALTH

Our body is the product of our thoughts. It is beginning to be understood, the degree in which the nature of thoughts and emotions actually determine the physical substance, structure and function of our bodies and how stress is a major contributor to disease. Can disease be turned around by the power of thinking stress away? The mind is the biggest factor in the process of healing. Laughter is very therapeutic.

When the voice and the vision on the inside become more profound, clear and loud than the opinions on the outside you've mastered your own life. Take attention away from what you don't want and place it on what you wish to experience.

The universe is infinite so there is enough to go round and we are unlimited in terms of the power we have. Your life is what you create

"Follow your bliss and the universe will open doors for you where there were only walls."
Joseph Campbell 1904-1987.

UNCONTROLLABLE EVENTS

Based on the above, in my opinion, the law of attraction relies heavily on the thought process to start it in motion. If you haven't thought it you have not caused it. The individual has a responsible roll to play in their positive or negative outcomes. The law of attraction starts when you begin to think properly. By inference uncontrollable events are outside this process. The victims of the tsunami in Thailand in 2004 were not collectively wishing upon themselves a catastrophe of that magnitude. On the contrary you could argue they were collectively having positive thoughts as a lot of people were on holiday, enjoying themselves and generating positive energy which should have resulted in positive outcomes. A child happily playing with toys in what they believe to be the safety of their own home, does not worry or think about being attacked and therefore an attack would be outside the sphere of the law of attraction, it would be considered an uncontrollable event for which the individual has no thought influence and therefore no responsibility for its occurrence. It should also be considered that sometimes our life outcomes are linked to other people's thought processes and that this may affect our own outcomes in either a negative or positive way and this would also be outside the sphere of our control/responsibility. However the impact that these uncontrollable events may have on one's life would be influenced by the individual's thought process.

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References:

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Morris E Goodman – the miracle man (body totally destroyed in an accident, was on life support machine but through sheer thought process managed to walk again)