

In the Mind's Eye

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We have the power to create our own reality through energy, belief and being»

THE LAW OF ATTRACTION, IN BRIEF, states that people can attain wants and personal transformation using thoughts and energy. The notion has been around for centuries, but it was the phenomenally successful book and movie *The Secret*, by Rhonda Byrnes, that took it from a mainly metaphysical audience to the modern mainstream world in 2006.

Which begs the question: What is the secret anyway?

Leaders in the field say that the popular movie missed the point on the Law of Attraction. There's more to it than simply stating one's desires. To realize the power of this magical force, people must assume responsibility in their lives. They must take action, live in alignment with their values and, by doing so, tap into the greater energy of the world around.

Visualization is only the beginning, in other words. Understanding and living the Law of Attraction means focusing not on what we can take, but what we can give.

ORIGINS OF A PHILOSOPHY

Throughout its history, the Law of Attraction has overlapped various religions, philosophies and sciences as it has been "rediscovered" by new believers. It has been associated with such well-known names as Benjamin Franklin, Albert Einstein and Paramahansa Yogananda. "The Law of Attraction is really a blend now, of cognitive psychology, monitoring and controlling your thoughts," explains Valerie Reiss of Beliefnet.com. "The more spiritual angle follows quantum physics all the way through to talking about energy and what is energy? That's where people start talking about God, Spirit, the Mystery."

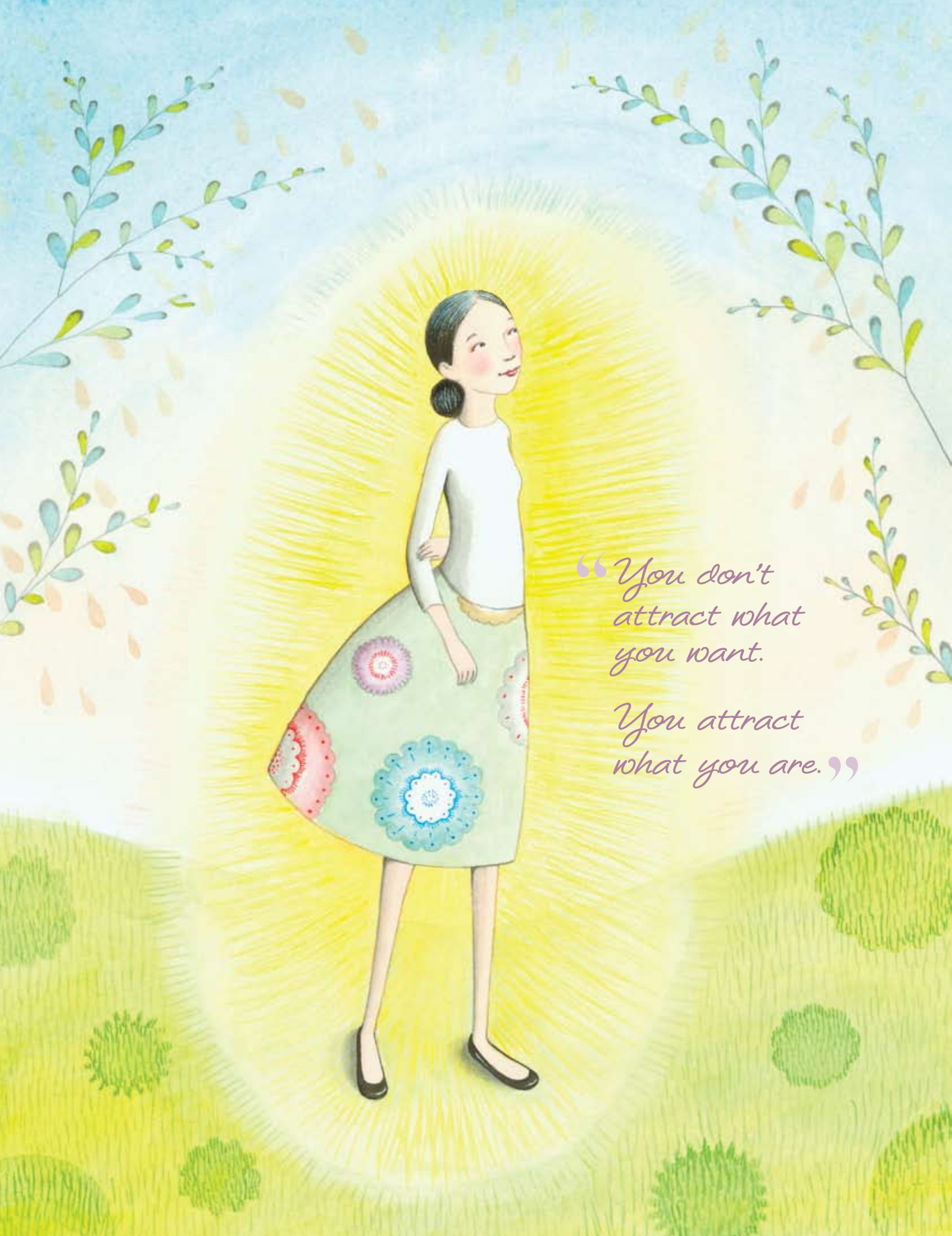
The Law of Attraction's roots are traced back to Mary Baker Eddy, founder of the Christian Science movement. "There are a few articles by Mary Baker Eddy, who saw the implications for wealth relative to her teachings on healing," says Dr. J. Gordon Melton, director of the Institute for the Study of American Religion in Santa Barbara, Calif. "But it is primarily the student Emma Curtis Hopkins who first began to emphasize prosperity as coming from God's complete abundance just as health comes from the same source."

In turn, Hopkins is considered to be a founder, if not the founder, of the New Thought movement after she left Eddy and the Christian Science school in the 1880s. Melton characterizes the New Thought movement as "a metaphysical-healing movement." In Catherine L. Albanese's book, *A Republic of Mind & Spirit: A Cultural History of American Metaphysical Religion*, she quotes Hopkins as using a repeated affirmation in her teachings: "There is good for me, and I ought to have it."

Soon there was an emphasis on abundance and prosperity, along with healing and success.

As the New Thought movement grew, so did the publishing of its ideas. Pupils and adherents of Hopkins, such as Elizabeth Towne, went on to write *Life Power and How to Use it* and publish *Nautilus* magazine, the journal of the New Thought movement for more than 50 years. Orison Swett Marden, wrote *Pushing to the Front* in 1894, which became a bestseller that is still published today.

Beyond these more entrepreneurial takes on the Law of Attraction, there was a simultaneous growth in the spiritual aspect of the law, which was a significant aspect of Hopkins' teachings.



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SPIRITUALITY AND SCIENCE

Perhaps the most influential modern-day practitioners of the Law of Attraction's spiritual side are Esther and Jerry Hicks, who channel the voice of Abraham, which they describe as a collection of otherworldly spirits or “evolved teachers.” The Hickses have published countless books, DVDs and CDs, and travel the globe to share Abraham's teachings person-to-person.

With the Hickses and others, there is an emphasis on truly learning about the Law of Attraction rather than just applying it. “The science is so compelling,” says Sandra Taylor, author of *Quantum Success: The Astounding Science of Wealth and Happiness*. “Until you know the science, it's just a nice little cliché.”

“Researchers of quantum physics have discovered that everything is made up of vibrating strings of energy,” Taylor writes. “Although most of the power in the universe isn't visible, it can still be used to great affect.”

The 2004 film *What the Bleep Do We Know?* blended quantum physics, neurology, spirituality and metaphysics in a documentary to explore how all of these issues fit together.

Dr. Joe Dispenza, author of *Evolve Your Brain: The Science of Changing Your Mind*, was featured in the movie and leads workshops teaching people how to use their thoughts.

“Thought is an electrical charge, feeling is a magnetic charge, thinking and feeling create charge in our life,” he says. “When we talk about the Law of Attraction, you can't have a person praying for a good life and wealth but feeling a lack because feeling and thought are in opposition.”

Bruce Lipton, author of *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*, says that new genetic science shows just how much power the mind really has. “Epigenetic science focuses upon the mechanisms by which environmental signals regulate gene activity,” he writes in *Measuring the Immeasurable: The Scientific Case for Spirituality*. “Epigenetics say you can alter the blueprint of your mind, absolutely.”

Lipton notes that neuroscience reveals only 5 percent of the brain is operating with conscious thought each day. The other 95 percent is subconscious thought. “The conscious mind is the creative mind, the logical thinking mind, what do you want out of life, great job, great health, great relationship, desires, wishes, Law of Attraction stuff,” he says. “The function of the mind is to create coherence between the beliefs and programs and the life that we lead. The problem is this: The beliefs in your conscious mind rarely match the subconscious mind.”

If someone believes life is hard, for example, they will get a reality to match that—even if they are visualizing a better

life for themselves. The subconscious mind is developed before age six and is “programmed” by parents, community, church and environment, says Lipton. He explains that, when someone learns to drive it requires the conscious mind to remember all the pedals and mirrors, but eventually it becomes subconscious like a habit. We've all done it—driving and talking, or using the subconscious mind to drive and the conscious mind to have a discussion with our passenger.

“Recognize much of the behavior is invisible to you,” says Lipton. Approach the average person and ask, “How's life going? And he'll say, ‘I have my desire to have all these things, but I'm not successful, the universe is against me, I'm not attaining it, hey, I'm a victim.’”

The key is not to have your conscious mind talk your subconscious mind into good thoughts, but rather to stay in the conscious mind. “Staying in the conscious mind can facilitate the Law of Attraction,” says Lipton.

Wayne Dyer, author of *Manifest Your Destiny*, explains it this way: “You don't attract what you want. You attract what you are. So, most people are out of sync with the frequency or the vibration of the universe that is the creative force of the universe.” (See *The Power of Intention* on page 25).

THE ACTION OF ATTRACTION

Contrary to what rapidly has become popular belief, there is more to the Law of Attraction than just visualizing a better life.

“I hear from so many people who say they have been visualizing themselves as millionaires, why hasn't it happened yet?” says Taylor. “If you get up and look at life as a burden, but expect that in two years you will become a millionaire, there is conflicting energy,” she says. “Your energy matches with like energies.”

It's much more than simply believing and receiving. “If you obsess about the end result, you move into what is called the Law of Paradoxical Intent where that desperate energy pushes the goal away,” says Taylor. More important than visualization is self-love, self-honoring, and that has to come before affirmations and imagery.

Think of a garden where the soil is tilled and the seedlings are nurtured along to bloom, versus some seeds thrown on the dirt in hopes that the rain and sun will do the work.

“You need to have something that you are working on, where you're actually enjoying the process, because your life force is projected into your daily life,” says Taylor. In other words, “expect happiness in today,” she says.

The key is action, says Taylor. “Intention without action equals subtraction. A little bit of action, your life energy and movement energy, tells the universe that you're willing.”

Good Vibrations

MICHAEL LOSIER, AUTHOR OF *LAW OF ATTRACTION: The Science of Attracting More of What you Want and Less of What you Don't*, emphasizes the importance of language.

To start using the Law of Attraction, he suggests cutting three words from your vocabulary: don't, not and no. "These words cause you to give attention to what you don't want," he explains. "Reset the words and ask, 'So what do I want?' It's the easiest way to start eliminating negative things." Losier compares the mind to the Internet. "If you type in 'no football' then you get a list of things about football. The Internet doesn't understand 'no football' and neither does our subconscious mind," he says. It's critical, instead, to use positive words and focus on what you really want.

To help people apply the Law of Attraction to their lives, Losier created a three-step Formula for Deliberate Attraction: Identify your desire; give your desire attention; and allow your desire. He stresses the importance of one's Vibrational Bubble—the energy people exude that radiates from who they are and how they think. "Imagine that you have a bubble surrounding you and within this bubble are all the vibrations you send out," he says. "The Law of Attraction is responding to whatever is inside your Vibrational Bubble." In this sense, it is imperative that people put forth positive energy and feelings of already having achieved their goals.

Proper affirmations play a big role here and Losier suggests creating a Desire Statement, on which you write your desire in the present tense, as though it is already true. This gives your desire energy and attention. The Law of Attraction then responds to how you feel about it. In other words, you must believe in your desire.

Finally, the most important step in utilizing the Law of Attraction is allowing. "Allowing is simply the absence of negative vibration and doubt is a negative vibration," Losier says. To actualize your Desire Statement, you must remove all doubt that what you want will be true. "The speed at which Law of Attraction manifests your desire is in direct proportion to how much you allow," he writes.

Losier offers many tools to help people allow good in their lives, including: Allowing Statements; gratitude rituals; expressions such as "I'm in the process of..." or "I've decided..."; even an attraction box. In all, Losier's practical application of the Law of Attraction is something that anyone can do. It's a matter of deliberately aligning with one's desire and putting forth the positive energy.


"The Law of Attraction responds to whatever vibration you are offering, by giving you more of what you are vibrating," he explains. "It doesn't decide whether it is good for you or not, it simply responds to your vibration."

"What you plant you will reap," says Susan Schacterle, director of the Ahimsa Group in Denver, Colo., and author of *The Bitch, The Crone and the Harlot*. Schacterle says that the Law of Attraction is impartial, and it's up to individuals to use it or not. The first step is to be clear about what one is focused on because the tendency is to focus on what one is lacking, she says. From there, it's time to go beyond thinking about the desire to feeling it.

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"If what they are focused on is the lack, then shift the focus to what they truly want," she says. "Step into the emotions that come with already having accomplished that goal. It's absolutely extraordinary the changes that begin to occur."

To do this, Schacterle says, it's best to have a daily practice. "If you want to create something, the more energy you put into it, the more quickly you reach the goal," she says. She suggests written affirmations, positive and in the present tense, to be effective. Instead of projecting and anticipating, one should speak and feel as though he has already accomplished them. "To say, 'I'm no longer overweight' is no good. Instead, 'My body is strong, it's healthy at my ideal weight.'"

Ultimately, utilizing the Law of Attraction is up to each one of us. "The power we have is the power of choice," says Schacterle. "What do I choose to focus on, what words do I allow to come out of my mouth? Then people recognize that they have this extraordinary power, it's there equally for everyone." 

The Power of Intention

"IT'S HARD FOR ME TO CALL it a law. I never liked laws or rules."

Dr. Wayne Dyer, affectionately known as the "father of motivation" by his fans, sits back in his chair, props his bare feet up on the coffee table and shares his unique take on the Law of Attraction. His inviting smile, reassuring blue eyes and relaxed demeanor reflect the warm and loving energy he speaks of so frequently to others.

Dyer has another term for the concept behind the Law of Attraction. He calls it the Power of Intention. His philosophy is pure and simple, "The law of attraction is this: You don't attract what you want. You attract what you are."

"Most people's mistake in trying to apply the law of attraction is they want things; they demand things. But God doesn't work that way," continues Dyer. "It's all about allowing."

Dyer refers to the *Tao Te Ching*, written by Lao Tzu. "He says in there, 2,500 years ago, if you live from these virtues, then all that you could ever need or want could be provided for you." Dyer excitedly retrieves his personal copy of the book, leans forward and reads the words that touch him so deeply. He explains how virtue is a very important concept in the Law of Attraction.

"This is called the *Hua Hu Ching*, written by Lao Tzu. It's the unknown teachings of Lao Tzu. Number 51 says, 'Those who want to know the truth of the universe should practice the four cardinal virtues. The first is reverence for all of life. This manifests

as unconditional love and respect for oneself and all other beings.

The second is natural sincerity. This manifests as honesty, simplicity and faithfulness. The third is gentleness, which manifests as kindness, consideration for others and sensitivity to spiritual truth. The fourth is supportiveness. This manifests as service to others without expectation of reward."

"All great spiritual masters are teaching what we're talking about," says Dyer. "They're teaching forgiveness. They're teaching kindness. They're teaching love. They're not teaching wanting. They're not teaching greed."

So the notion of seeking what you want, or think you need, is not what the Power of Intention is all about. "The ego's mantra is 'What's in it for me? How can I get more? I want a BMW in my driveway next Thursday,'" he explains. "All of that is what most spiritual teachers call the false self—the ego."

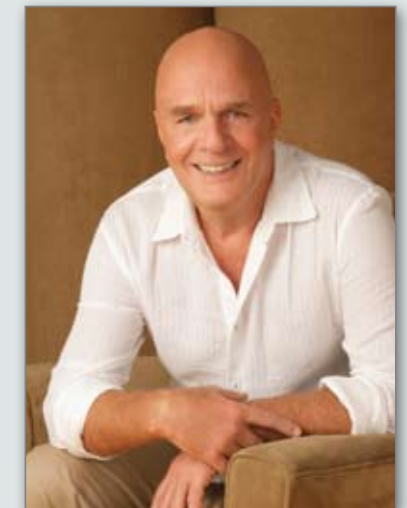
According to Dyer, the process of allowing, just being and embracing this heightened level of consciousness, goes back not to attracting what you want, but attracting what you are.

"You have to just be. You have to let go. You have to allow. You have to be free and make this your consciousness." He continues, "Basically, what you would see is a frequency [of energy] that manifests itself through the process of giving, of allowing, of offering and of serving. It asks nothing back."

Dyer illustrates the concept of giving without expectations by

quoting the great poet Hafiz: "Even after all this time, the sun never says to the earth 'you owe me.'"

Excitement and energy permeate the room as Dyer finishes his thought, "Just think of what a love like that can do. It lights up the whole world."



Dr. Wayne Dyer is an internationally renowned author and speaker in the field of self-improvement. He has written more than 30 books—many of which were featured as National Public Television specials—created numerous audio and video programs, and appeared on thousands of television and radio shows.

His new movie, *Ambition to Meaning*, is scheduled for release in January 2009 and may be pre-ordered at www.drwaynedyer.com or www.hayhouse.com.

Dr. Dyer's own story of personal triumph and spiritual awakening will be featured in the next issue of *Successful Living Magazine*.