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THE LAW OF ATTRACTION

I. INTRODUCTION

In the New Thought philosophy, the Law of Attraction is the belief that by focusing on positive or negative thoughts, people can bring positive or negative experiences into their life. The belief is based on the idea that people and their thoughts are both made from "pure energy", and that through the process of "like energy attracting like energy" a person can improve their own health, wealth, and personal relationships.

The Law of Attraction originated and sprung through the New Thought Movement. The New Thought movement (also "Higher Thought") is a religious movement which developed in the United States in the 19th century, considered by many to have been derived from the unpublished writings of Phineas Quimby. Early in his life, Quimby was diagnosed with tuberculosis. Unfortunately, medicinal treatment wasn't working, so he began carriage riding through his hometown, Lebanon, New Hampshire. He then regained his health and recovered, an event that prompted his study of "*mind over body*". Although he never used the words 'Law of Attraction', he explained this in a statement that captured the concept in the field of health:

"The trouble is in the mind, for the body is only the house for the mind to dwell in, and we put a value on it according to its worth. Therefore if your mind has

been deceived by some invisible enemy into a belief, you have put it into the form of a disease, with or without your knowledge. By my theory or truth, I come in contact with your enemy and restore you to your health and happiness. This I do partly mentally and partly by talking till I correct the wrong impressions and establish the Truth, and the Truth is the cure."

In 1877, the term 'Law of Attraction' appeared in print for the first time in a book written by the Russian occultist Helena Blavatsky, in a context alluding to an attractive power existing between elements of spirit. But the one who really first articulated the Law as general principle was Prentice Mulford. Mulford, a pivotal figure in the development of New Thought thinking, discusses the Law of Attraction at length in, for example, his essay "The Law of Success", published 1886-1887. In this, Mulford was followed by other New Thought authors, such as Henry Wood (starting with his *God's Image in Man*, 1892), and Ralph Waldo Trine (starting with his first book, *What All the World's A-Seeking*, 1896). For these authors, the Law of Attraction is concerned not only about health but every aspect of life.

The 20th century saw a surge in interest in the subject with many books being written about it, amongst which are two of the best-selling books of all time; *Think and Grow Rich* (1937) by Napoleon Hill and *You Can Heal Your Life* (1984) by Louise Hay. Even if the New Age movement adopted many New Thought ideas, including that of the Law of Attraction, the Law of Attraction remains a new thought philosophical concept.

In 2006, the concept of the Law of Attraction gained a lot of renewed exposure with the release of the film *The Secret* (2006) which was then developed into a book of the same title in 2007. The movie and book gained widespread media coverage. Rhonda Byrne's book also has influenced the creation of an untitled fiction film based on *The Secret*, starring Katie Holmes.

The Law of Attraction is among the most popular of the "Universal Laws". Advocates of this mind-power paradigm generally combine cognitive reframing techniques with affirmations and creative visualization to replace limiting or self-

destructive ("negative") thoughts with more empowered, adaptive ("positive") thoughts. A key component of the philosophy is that in order to effectively change one's negative thinking patterns, one must also "feel" (through creative visualization) that the desired changes have already occurred. This combination of positive thought and positive emotion is believed to allow one to "attract" positive experiences and opportunities by achieving resonance with the proposed energetic "Law".

II. DISCUSSION

New Thought authors believe that the Law of Attraction is always in operation and that it brings to each person the conditions and experiences that they predominantly think about, or which they desire or expect. Charles Haanel wrote in *The Master Key System* (1912) that "law of attraction will certainly and unerringly bring to you the conditions, environment, and experiences in life, corresponding with your habitual, characteristic, predominant mental attitude."

On another account, Ralph Trine also wrote in *In Tune With The Infinite* (1897) that "law of attraction works universally on every plane of action, and we attract whatever we desire or expect. If we desire one thing and expect another, we become like houses divided against themselves, which are quickly brought to desolation. Determine resolutely to expect only what you desire, then you will attract only what you wish for."

Rhonda Byrne published in 2006 a book and a documentary film entitled *The Secret* wherein she emphasized thinking about what each person wants to obtain, but also to infuse the thought with the maximum possible amount of emotion. She claims the combination of thought and feeling is what attracts the desire. The Secret says your subconscious mind can control everything that happens around you. Byrne underlines the power of the subconscious mind by asking the reader to take full control of these thoughts, in order to achieve things in life, with the mind, as much as with action. Another similar book is James Redfield's *The Celestine*

Prophecy, which says reality can be manifested by man. Man and the universe have a force of attraction between them similar to a magnetic attraction. The Power of Your Subconscious Mind by Joseph Murphy, says readers can achieve seemingly impossible goals by learning how to bring the mind itself under control. The Power by Rhonda Byrne, The Alchemist by Paulo Coelho, and The Power of Now by Eckhart Tolle are similar.

In relation from these accounts, the book and film by Rhonda Byrne had made a tremendous impact on why the Law of Attraction has now been interchangeably called **The Secret** especially on recent studies and uses of it. In general, the LOA can be called as The Secret due to many reasons relating to the discovery of this new thought, how it is kept untold by many and basically because of the popularity of the book, modern LOA believers and researchers have started referring LOA as “the Secret”. Just as the book narrates, it gradually unfolds its key-theme or the title itself, **the secret** to life – which is “The Law of Attraction”.

Another reason is because it was believed to have been forgotten. The Law of Attraction is an ancient philosophy, but it was gradually forgotten. You can see it in old proverbs, including those in the Bible: for example, “A cheerful look brings joy to the heart, and good news gives health to the bones” (Proverbs 15:30). This is one of the earliest documented observations that how we think and feel can actively change our physical health and what happens around us. It says so much about how the main principles of the Law of Attraction can also be even discovered in the teachings of many civilizations and religious groups. Another example, in the Proverbs 23:7, it reads “As a man thinks in his heart, so is he”. Also, if you go back as far as 391 BC, you can see Plato commenting on the fact that “like tends towards like.” Although these early seeds of the modern concept of the Law of Attraction may have impacted on people at the time, they got lost, overlooked and misinterpreted over the years. And eventually, the Law of Attraction became “a secret”. Proof of praise for the Laws of Attraction can be uncovered throughout the ages; all recorded and taught in different ways, but still there for all of humanity to find.

The third reason we can consider is that many of its supporting research have just been recently studied. Much of the scientific studies that can prove that LOA is real are still new and in which are not yet known to many people. Before, there was a common misconception that it was not scientifically supported. However, exciting new research proves the Law of Attraction is real. In neuroimaging studies, scientists have shown that practicing creative visualization correlates with greater success. Plus, our subconscious and natural use of mirror neurons means we have the power to induce both negative and positive emotions in others. This, in turn, impacts on whether we attract things like a new job or a lasting relationship. Elsewhere, psychiatrists are finding that prescribing affirmations increases a patient's chances of achieving their goals, just as the Law of Attraction tells us. Unfortunately, the relative newness of these research projects means that many people still labor under the misapprehension that manifestation is an implausible, mystical idea (rather than the hard science it actually is).

The fourth reason is that the science behind manifestation is not widely spread. Even though there is an ever-increasing body of evidence supporting the Law of Attraction, this information has not yet been disseminated very effectively. In fact, this is deliberate in some cases. For example, Law of Attraction techniques have been used by millionaires and other highly successful people for a long time, but they often chose to keep this important knowledge to themselves. Dr. Denis Waitley, a Psychologist and Trainer in the Field of Mind Potential contributed in the book *The Secret* that "the leaders in the past who had the Secret wanted to keep the power and not share the power. They kept people ignorant of the Secret. People went to work, they did their job, and they came home. They were on a treadmill with no power, because the Secret was kept in the few." Throughout history there have been many who coveted the knowledge of The Secret. But now there have been many who found a way of spreading this knowledge to the world. Even modern day celebrities are using the Law of Attraction to their advantage, and this is helping to raise its profile and get the key messages out to a wider audience. For example, Will Smith openly and passionately talks about how he uses the Law of Attraction,

Oprah Winfrey credits the Law of Attraction for her Oscar-nominated performance in *The Color Purple*, and Lady Gaga is a vocal proponent of the power of affirmations.

The following celebrities mentioned above are just one of the famous and successful celebrity icons ever known especially in the modern day time. Their testimonies are proofs that the Law of Attraction is real and has worked for them. These celebrities did not become famous and successful because they were lucky. They became famous and successful because they used the Law of Attraction, even if they did not know they were using it. Now, you also have that same ability to use the Law of Attraction to change your life.

The following is a list of some of the known celebrity-LOA-believer:

- WILL SMITH – is an American actor, producer, and rapper. In one of his interviews, he had shared how he uses the Law of Attraction. Will explains that greatness is accessible to everyone if you can believe it. He is a true example of someone that not only understands the power of the Law of Attraction but someone that has also applied it to his life, with awe-inspiring results. According to him, “Our thoughts, our feelings, our dreams, our ideas are physical in the Universe.”
- JIM CARREY – is a Canadian-American comedian, actor, and producer. He credits the Law of Attraction for helping him achieve the success he has today. He had previously shared how he used the power of intention and visualization to launch his film career and earn \$20 million per movie. According to him, “As far as I can tell, it’s just about letting the universe know what you want and then working towards it while letting go of how it comes to pass.”
- OPRAH WINFREY – is an American talk show host, actress, producer, and philanthropist. She has spent years teaching people about the Law of Attraction and how it changed her life. She has used her television shows to promote *The Secret* by Rhonda Byrne, the author Eckhart Tolle, and many others. In a show, Oprah tells Larry King how she used the Law of Attraction to gain her Oscar-nominated

role in the movie, *The Color Purple*. According to her, "The way you think creates reality for yourself."

- Andrew Carnegie – was a Scottish-American industrialist. Carnegie led the expansion of the American steel industry in the late 19th century and is often identified as one of the richest people and Americans ever. He became extremely successful, and he also gave away nearly \$310 million to foundations, charities and universities throughout his life. Andrew Carnegie believed that the mind is extremely powerful and once we channel our belief system, we can use that power in our life. According to him, "You are what you think. So just think big, believe big, act big, work big, give big, forgive big, laugh big and love big."
- KANYE WEST – is an American rapper, record producer, and fashion designer. In a video also posted on Youtube, he reveals how his fame and success are a result of his beliefs about himself and life. On that same video, he also discussed how to handle negativity. According to him, "I thought I was the best rapper in the world. I sat around and thought about it. Then I became Kanye West." He has said that even when he was in eighth grade, he would tell himself he was the greatest rapper and imagine himself as the greatest rapper – he would really believe and visualize it.
- ARNOLD SCHWARZENEGGER – is an Austrian American bodybuilder, actor, producer, director, entrepreneur, writer, and politician. He is popularly known from his famous role as the Terminator. In a video, Arnold shared his journey from Mr. Olympia to Mr. Universe to actor to governor. He discusses the importance of vision, visualization, and the power of the mind. According to him, "When I was very young I visualized myself being and having what it was I wanted. Mentally I never had any doubts about it."
- LADY GAGA – is an American singer, songwriter and actress. In a video also posted on Youtube, Lady Gaga discusses using

affirmations to change beliefs and create the life you desire. She believes that we all have the ability to achieve success and that we all have a superstar inside of us that we can tap into and release. According to her, "It's sort of like a mantra. You repeat it to yourself every day. 'Music is my life, music is my life. The fame is inside of me, I'm going to make a number one record with number one hits.' And it's not yet, it's a lie. You're saying a lie over and over and over again, and then, one day the lie is true."

- STEVE HARVEY- is an American actor, comedian, talk show host, game show host, and author. In one of his show, he shared how the Law of Attraction is a common sense principle of success that has helped him get to where he is in life now. He also shared the book he had always loved reading which is *The Secret* by Rhonda Byrne. According to him, "You are a magnet. Whatever you are, that's what you draw to you. If your negative, you're going to draw negativity. If you're positive, you're going to draw positivity."

Although the list contains only the successful stories of famous celebrities, the benefits from believing the Law of Attraction are not only limited to successful entertainers. It can be used to make all the aspect in life transformed at its most positive level regardless of who you are and what you do. With all these testimonies from successful people, it is therefore safe now to say that in the Law of Attraction there is nothing to lose and everything to gain. But how does one practice the Law of Attraction?

Below is The Creative Process used in the book *The Secret*. It is an easy guideline for you to create what you want in three simple steps:

STEP 1: ASK – The first step is to ask. Make a command to the Universe. Let the Universe know what you want. The Universe responds to your thoughts.

You get to choose what you want, but you must get clear about what you want. This is your work. If you're not clear, then the law of attraction cannot bring

you what you want. You will be sending out a mixed frequency and you can only attract mixed results. For the first time in your life perhaps, work out what it is that you really want. Now that you know you can have, be, or do anything, and there are no limits, what do you want?

Asking is the first step in the Creative Process, so make it a habit to ask. If you have to make a choice and you don't know which way to go, ask! You should never be stumped on anything in your life. Just ask!

You do not have to ask over and over again. Just ask once. It is exactly like placing an order from a catalogue. You only ever order something once. You don't place an order and then doubt the order has been received and so place the order again, and then again, and then again. You order once. It is the same with the Creative Process. Step One is simply your step to get clear about what you want. As you get clear in your mind, you have asked.

STEP 2: BELIEVE – Step two is believe. Believe that it is already yours. Have an unwavering faith. Believe even in the unseen.

Believe and trust the Universe. Imagine an alternate dimension that is almost exactly like the real world but whatever you truly desire comes true in an instant. See yourself in that dimension, where whatever you ask the Universe for comes to you in an instant. Don't look for what you asked for; this is where people tend to mess up. If you have to keep an eye out for an event that manifests your wish, it's only telling the Universe you don't have it, and you will attract not having it.

Be patient. Don't get upset if these things don't happen immediately. Don't stress the "how" of things. Let the Universe do it for you. When you take the Universe's job of worrying about the "how", this says you lack faith and that you're telling the Universe what to do when the Universe has far greater knowledge and power than human mankind.

Robert Collier (1885-1950) once said, "See the things that you want as already yours. Know that they will come to you at need. Then let them come. Don't fret and worry about them. Don't think about your lack of them. Think of them as yours, as belonging to you, as already in your possession."

In the moment you ask, and believe and know you already have it in the unseen, the entire Universe shifts to bring it into the seen. You must act, speak, and think, as though you are receiving it now. Why? The Universe is a mirror, and the law of attraction is mirroring back to you your dominant thoughts. So doesn't it make sense that you have to see yourself as receiving it? If your thoughts contain noticing that you do not have it yet, you will continue to attract not having it yet. You must believe you have it already. You must believe you have received it. You have to emit the feeling frequency of having received it, to bring those pictures back as your life. When you do that, the law of attraction will powerfully move all circumstances, people, and events, for you to receive.

And you do not need to know how it is going to come about. You do not need to know how the universe will rearrange itself. How it will happen, how the Universe will bring it to you, is not your concern or job. Allow the Universe to do it for you. When you constantly worry about how it will happen, you are emitting a frequency that contains a lack of faith – that you don't believe you have it already. Like what Bob Proctor said, "if you do just a little research, it is going to become evident to you that anyone that ever accomplished anything, did not know how they were going to do it. They only knew they were going to do it."

STEP 3: RECEIVE – Step three which is the final step in the process is to receive. It is more of the feeling. About beginning to feel wonderful about it. It is about 'feeling' because when you feel, you are embodying or acting that feeling out. So in a sense, you emit the kind of receiving frequency that is in line to what you have asked and believed for.

Feel the way you will now have after receiving your wish. You must act, speak, and think as if you are receiving it now. This is actually the most important powerful step in using the Law of Attraction because this is where it starts working, and sometimes if you do this you don't feel like you need it anymore because you feel like you already have it! Therefore, the universe will manifest this thought and feeling, and you will receive it.

Like what Bob Doyle further explains, "When you feel as though you have it now, and the feeling is so real that it is like you have it already, you are believing that you have received, then you will receive."

III. CONCLUSION

The Law of Attraction is one of life's biggest mysteries. Very few people are fully aware of how much of an impact the Law of Attraction has on their day to day lives. Simply put, the Law of Attraction is the ability to attract into our lives whatever we are focusing on. It is believed that regardless of age, nationality or religious belief, we are all susceptible to the laws which govern the Universe, including the Law of Attraction. It is the Law of Attraction which uses the power of the mind to translate whatever is in our thoughts and materialize them into reality. In basic terms, all thoughts turn into things eventually. If you focus on negative doom and gloom you will remain under that cloud. If you focus on positive thoughts and have goals that you aim to achieve you will find a way to achieve them with massive action. Whether we are doing it knowingly or unknowingly, every second of our existence, we are acting as human magnets sending out our thoughts and emotions and attracting back more of what we have put out.

Unfortunately, so many of us are still blind to the potential that is locked deep within us. Consequently, it is all too easy to leave your thoughts and emotions unchecked. This sends out the wrong thoughts and attracts more unwanted emotions and events into your life.

Having said this, discovering that the Law of Attraction is at work within our lives should be a great cause for celebration! Once the power of attraction has been understood, it is no longer a secret. Plus, when we will learn how to effectively apply these to our everyday life, our entire future will be ours to create. This is why the universe is such an infinitely beautiful place. The Law of Attraction dictates that whatever can be imagined and held in the mind's eye is achievable if you take action on a plan to get to where you want to be.

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