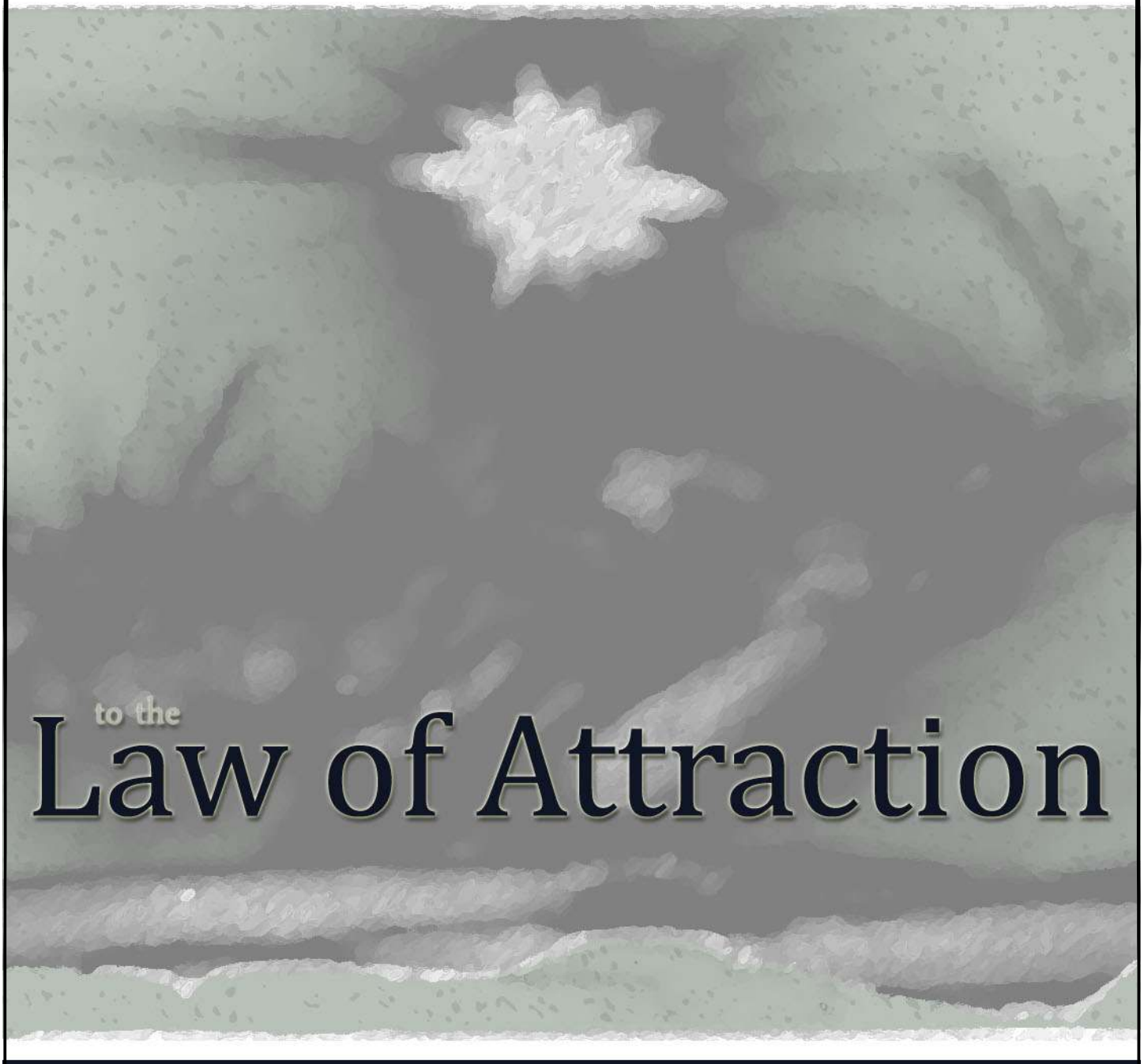
The Metaphysician's Guide



to the Law of Attraction

By Stephen P. Rinaldi, D.MT.

Foreword by Bertha A. Alonso Castillo, M.D.

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The Metaphysician's Guide to the Law of Attraction

Designing Your Life with the Power of Thought

Second Edition

By Stephen P. Rinaldi, D.MT.
Foreword by Bertha A. Alonso Castillo, M.D.

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Acknowledgments

I am very grateful to the many people and experiences that have contributed to my personal understanding of the importance of the power of thought in shaping each of our lives. In my 40-short years, I have traveled near and far – crossed paths with many thousands of people from dozens of countries – I have loved and been loved – I've been a student and a teacher – I am a son, a friend, a brother, a husband and a father… All those roles, I believe, have been influenced by the attractive forces of the Universe.

We all walk our own path in life; that path is, for the most part, of our own choosing. When I look back over my life and attempt to link together the steps that have brought me to where I am today, I am constantly amazed at how all of the seemingly inconsequential events and chance meetings of the near past and distant past have worked together to direct me toward my own wish for my future. Sometimes my wishes weren't clearly formed and I received exactly what I asked for – whether I perceived it as good or not-so-good. But with practice, one develops an understanding that most of the time, the seemingly not-so-good has an uncanny way of leading you in a most auspicious direction.

I would like to thank several people for their inspirational support in preparing this book: Venerable Dr. Kevin O'Neil of the Association of American Buddhists and Sensei Riko Kondo for their spiritual guidance, Dr. James R. Grant for his ongoing support. My wife, Ura, who is my living symbol of the power of thought! And, of course, my two young sons who demonstrate this law for me daily and inspire me to always stay positively focused toward a more meaningful existence for our family, as well as in helping others to find their own way along this path.

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Foreword

By Bertha A. Alonso Castillo, M.D.

Is it possible to achieve great things and obtain abundance with the power of your mind? Or are we really drifting through life without any control or direction? These are questions that arise with regard to the law of attraction. But, what does this law consist of?

The Law of Attraction is very simple; perhaps its simplicity is what's difficult to accept. This law is not a modern concept, it's not a religion, it's a science that tells us that energy and ourselves construct the Universe, we humans are like magnets that attract or repel vibrations.

If a person emits positive vibrations he/she will attract positive things to himself and if he/she emits negative vibrations they will attract negative things.

Every person has the brainpower to mold their life events and to achieve whatever they choose for themselves. That power is known as the law of attraction.

As a Medical Doctor, I have observed big changes over the past decade in the concepts, values, knowledge, skills and attitudes that have developed in "traditional" Medicine. During my period as a student of Medicine, any procedure or practice outside of traditional medicine was seen with skepticism and even a little ridicule.

Today, there are a great number of Medical schools that stress the importance of integral treatment for the patient: Mind-body-spirit as a whole, and there has been room allotted for some integrative medicine practices. Each day there is an emphasis made on the importance of not only the theoretical and practical knowledge, but of the spiritual development of future doctors as well.

A doctor must be able to discuss, in a respectful manner, the patient's personal, cultural, ethnic and spiritual beliefs as part of the decision making process regarding their treatment. Each day, as non-traditional integrative practices are becoming more widely accepted; we recognize that while in many cases there is

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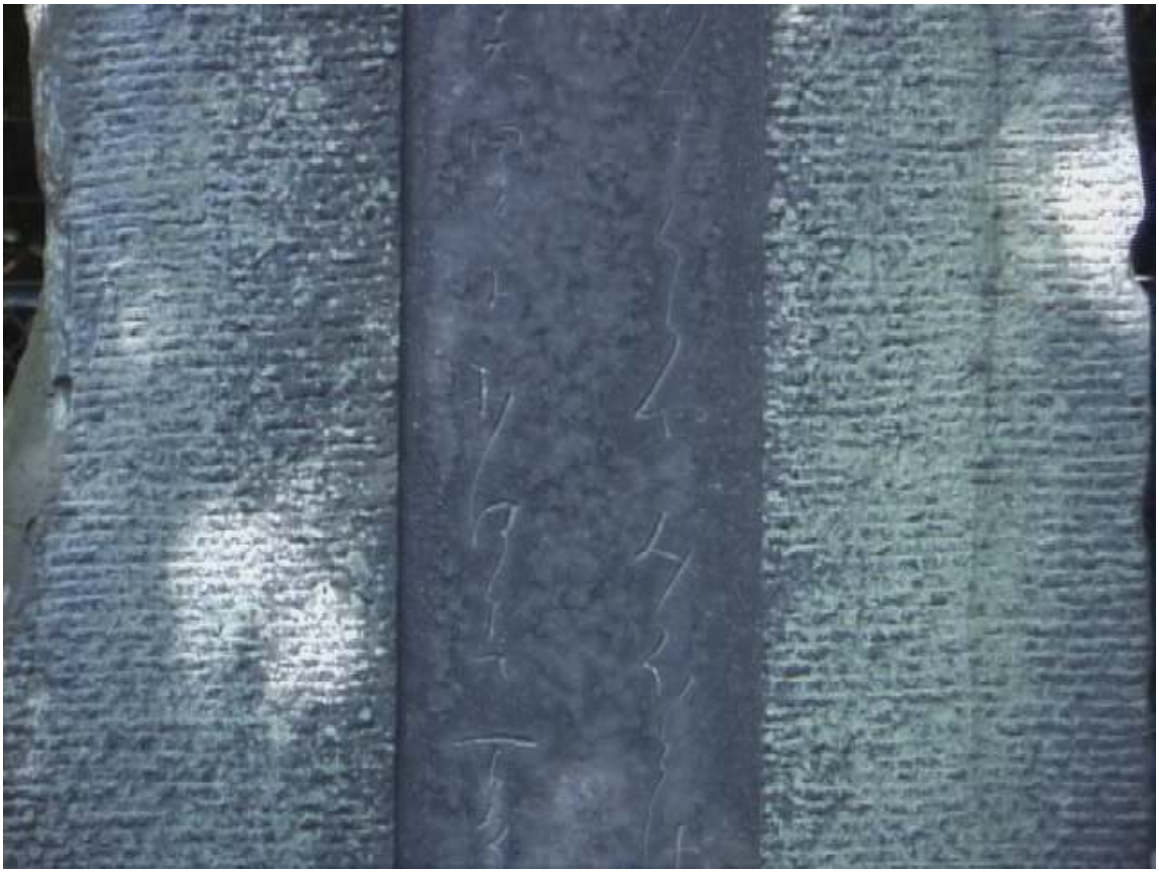
no scientific proof of their results, we can still observe the benefit that can be derived for the patients. In some ways this same thought is applicable to the law of Attraction, while there is no scientific proof; testimonies exist from many people that have experienced its benefits.

In this book Stephen Rinaldi offers us a simple, practical and easy to understand guide that shows us to follow our intuition rather than our analytical/logical thought. The most important thing is to be perseverant while you practice. **Start now to design your life with the power of your mind!**

Stephen P. Rinaldi, D.MT is an Ordained Buddhist Monk. He holds a Masters in Metaphysical Theology and a Doctorate in Eastern Philosophy. He is a Certified Hypnotist and Certified instructor in Qigong and Tai Chi.

Bertha A. Alonso Castillo, M.D.



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Introduction

Much has been made of the *Law of Attraction* as of late. In fact, you have probably noticed the many new films, books and training programs touting these "magical" attractive forces. But, what exactly is this so-called *"law"* and how much watching, reading and training is really necessary for one to understand how this *law* works? Well, when it comes to describing the foundation of the *Law of Attraction*, the single phrase, *"you are what you think*" describes it quite well. However, that would not make for a good book – and it certainly wouldn't help you to understand how to make law work for you in your own life. The reality is that most of us need a lot of details and a great deal of convincing, whether through personal stories or dramatic examples, to show that concepts such as the *Law of Attraction* really do work. Unfortunately, I also believe that, deep down, many people secretly hope that positive life-changing concepts like this law are actually very complicated – and only available to the most gifted individuals - thereby giving themselves a "solid" excuse for why *they* can not possibly reap its benefits.

As with most "*new"* personal or spiritual development techniques, the foundations of the practices are most often very old. What we see of these practices now in our *modern* world are, for the most part, just revamped and commercialized versions of very ancient concepts and practices; oftentimes presented in ways that are most attractive to those who are self-help / personal and spiritual development surfers, i.e., those that endlessly read book after book or move from one method to the next, never stopping long enough to actually put a particular concept into *practice* in their daily lives. While these "revamped" versions are often very attractive to personal development surfers, they tend to leave out or downplay the parts that require any effort, regular practice and integration with one's life in order to get results. People today tend to look for quick fixes to what they view as problems or short-comings in their lives. If one considers the vast number of new self-help books, DVDs, etc., coming out on the market every year, it's plain to see that while there are MANY seekers out there in the world, it is the rare few, however, that actually manage to integrate the practices they read about into their lives.

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In Buddhism, it is often said that Enlightenment cannot be talked about, it can only be experienced. That is also true of many other energetic practices – whether it be Chi-Gung (Qigong), with its similar Taoist saying "the Tao that can be spoken is not the real Tao", Tai Chi Chuan, Reiki or, in this case, in your work with the Law of Attraction. To really understand and experience this force, you must first put it into practice for yourself and integrate the continuous use of this Law with your daily life. By opening your mind to the awe-inspiring nature of Universal Energy – and understanding that one does not need to know every detail of HOW the Law of Attraction works for it to work in your life.

This book will look at the Law of Attraction in a very practical manner. While reading, try to understand the concept intuitively, rather than by use of logical / analytical thinking. Look at the events of your own life and see if you can match those times in your life where you may have used this law without being aware you were doing so. Also try to recall those times in your life where you were "going against the flow" of the law's attractive forces – possibly causing the result to be less than what you desired or envisioned for yourself.

The most important thing to remember is that the Law of Attraction is very simple. Sometimes the hardest thing to do is to admit the simplicity of something that has the ability of changing the course of our lives in the most positive ways.

As a Metaphysician, Metaphysical Counselor or Life Coach, you will likely be asked by your clients about your thoughts on the Law of Attraction and how it can be applied to their lives. For some clients (who are not yet aware of this attractive force), you will want to consider how you may introduce these concepts to them so that they may integrate this practice with their lives.

As you will find in this short book, The Law of Attraction should not be thought of as just another tool for your Metaphysical Tool-Box. Rather, the methods presented herein will make up the foundation of one's life; all other methods should subsequently be used as supporting tools to help ease the way toward your ultimate realization of whatever successful outcome for which you are looking. In other words, to realize a life of abundance (note that we are not

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just talking about money when speaking about abundance) one should remain in a continuous state of gratitude for what one has, maintain a positive attitude for what one is doing and what needs to be done, and live in the moment doing something that brings fulfillment. More on all that later though, let us first begin by defining this law.

What is the Law of Attraction?

Is it possible that you could have the power to determine the course of your own life? Is it possible to accomplish great things and realize great abundance just by using the power of your own mind? Could it be that right now, at this very moment, you possess in your mind the power to chart the course of the rest of your life on whatever path you see fit?

Chances are that you would find this idea to be at once both very attractive and highly improbable. But is it really? Are we all really just roaming through our lives in any direction the wind happens to push us? The truth is that every person holds in their mind the power to shape the events of their life to achieve whatever end they choose for themselves. This power is what is known as the **law of attraction**.

Our universe is governed by a set of universal laws; laws that cannot be changed - cannot be broken and apply to every being, regardless of one's background or current position in society. These laws are the riverbanks which guide the flow of our lives on its journey to its ultimate Earthly end. We know very little about how most of these laws work, but we see the results of these laws day in and day out over the course of our lifetimes. The law of attraction is one such law. The law of attraction is the belief that **anyone** can determine their destiny through the power of their mind and by intuitively following the steps along that path presented by the Universal Mind; ultimately leading them toward their mind's vision.

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Metaphysical concepts such as the Law of Attraction, often receive a great deal of criticism for being non-scientific and unproven. However, it is important to keep in mind that we live in a Universe that remains the ultimate puzzle for human-kind. There are MANY more questions than we could ever have answers for. After all, we still don't really know what gravity is – yet we feel the gentle pull of this "weak" force every day of our lives. The Law of Attraction is very similar to gravity; life is affected by it, yet the true mechanism by which it works remains unknown.

"The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflection of your habitual thinking."
Joseph Murphy - (1898-1981)

The History of the Law of Attraction

Before we go too deeply into the modern applications of the law of attraction it is important that you understand that this is not simply what is often described as New Age nonsense. The principles of the law of attraction date back far beyond the new-found popularity of the New Age.

The immortal Buddha was one of the first to introduce man to the law of attraction. He said, **"What you have become is what you have thought."** This was a principle that the people of the east were acquainted with for centuries before it began to sweep into the western hemisphere. The concept of karma may have also drawn its roots from the law of attraction. Karma states that you will eventually, whether in this life or a subsequent incarnation, be revisited by that which you have sent out into the universe. If you have practiced kindness and compassion you will receive in kind. If you have been deliberately cruel to another you will receive back into your life that cruelty which you have sent out. Your actions and thoughts morph into physical entities, causing the universe to react in kind.

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The law of attraction began to gain popularity in the west in the 19th century, as people began to appreciate the power of positive thinking and apply it to their life. This new concept was first introduced to the general public by William Walker Atkinson, the editor of New Thought magazine, who published a book called Thought Vibration or the Law of Attraction in the Thought World in 1906.

As you can see, the law of attraction is not new. The concept that thought can predominately affect on the course of a person's destiny has been taught by the wise throughout the ages, and has given rise to a whole new era of beliefs.

On what theory is the Law of Attraction based?

The theory behind the law of attraction is the belief that energy attracts like energy in the vast expanse of space and time that comprises our universe. Each person's being is constantly radiating energy out into space; the type of energy being radiated is determined by the emotional state of the individual in question and may differ from day to day and sometimes even hour to hour.

This emotional energy is what is commonly known as a "vibration". Chances are that you are familiar with the term. Have you ever been with someone who is so happy they seem to be radiating a "glow" which inspires happiness in all those around them? Or, have you ever spent time with someone who was so critical and unhappy that they consistently gave off "negative vibes" which seemed to suck the life and happiness out of all those around them?

You don't have to possess psychic powers to be able to feel the vibrations that people emit; this energy is very real on a psychological plane and will affect anyone, anywhere at any time. Our vibrations are usually an unconscious response to some form of environmental stimulus; something has happened which has caused us to feel happy, or sad, or scared, or confused, or stressed,

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etc., and our subconscious response to this (because vibrations are generated and projected from the subconscious rather than the conscious) is something that is beyond our control. Often, the person who's emitting negative vibrations does not choose to be unhappy, nor do they consciously wish to inflict their unhappiness on all those around them by the simple fact of their presence. Of course, some do take a great deal of delight in inflicting their pain on others. It is important, however, to understand that this is not usually done in a desire to cause others pain but out of a desire to not feel so alone in their unhappiness.

The fact remains, though, that negative people attract negativity into their lives on auto-pilot. This shows in everything from relationships, to career, to "fluky" negative events that seem to happen "out of the blue" over and over again.

There are a number of feelings which lead to positive and negative energy being emitted, and it is important before we continue on any form of discussion about the law of attraction that you understand what each of these are (you'll understand the reasons for this later in this book).

Positive Vibrations

Positive vibrations are generated from good feelings, such as:

- Joy
- Love
- Excitement
- Abundance (of anything that causes a positive response)
- Pride
- Comfort
- Confidence
- Affection

Negative Vibrations

Negative vibrations are generated from negative feelings, such as:

- Disappointment
- Loneliness
- Lack (of any of life's necessities or luxuries)
- Sadness
- Confusion
- Stress
- Anger
- Hurt

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What do Vibrations Have to With the Law of Attraction?

As mentioned earlier, the fundamental principle of the law of attraction is that *life* energy attracts *like* energy. This means that if a person is emitting positive vibrations they will draw positive (good) things to themselves and if they are emitting negative vibrations they will draw negative (bad) things to themselves.

You have seen this principle in practice before. Have you ever known someone who was always upbeat and positive and seemed to be too lucky to be true? They seem to move through life continuously and effortlessly reaching one goal after another. On the other side, you have certainly known someone who lived only to complain and focus on the negative side of life. These negative people always seem to have something new to complain about because things were always going wrong in their lives. These examples show people attracting the results of the energy they are giving off. As a living magnet, you will experience positive results by directing your energies in a positive manner. The Law of Attraction was working perfectly in both of the examples above. The only difference is that one person aligned themselves toward the positive, while the other aligned their thoughts toward the negative.

"Remember, you attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted." Michael J. Losier

Does this mean that all of the bad things that happen to you in this life are because you subconsciously wanted them to occur? This is one of the most common arguments against the concept of the law of attraction and it often the hardest to refute because people have not yet recognized that the law of attraction is not a delusion or something that someone dreamed up while sitting on the beach one day. It is a reality, and its effects are far-reaching.

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In some cases, the issue is that we are not guiding our thoughts properly. Your subconscious does not understand the subtle differences we use in our language to describe the things we want or do not want. For example, there is a big difference between saying "I ***want*** to be healthy and vibrant" and "I ***don't want*** to be sick and tired". All your sub-conscious hears is ***"healthy and vibrant"*** or ***"sick and tired"***. As we'll discuss later in this book, HOW you frame your thoughts is critically important.

Outside of the way in which you talk to yourself, not everything bad that happens in your life is a result of you subconsciously wishing for it to happen. Sometimes it is a result of someone else willing it to happen. In other words, those that are, or have been in abusive situations, or exist under terrible conditions of dictatorship, disease or famine obviously did not wish for these things to happen to them. Their situation is more likely the result of the abuser's negative thoughts ultimately leading to negative actions.

Remember, no one lives their life in a vacuum. It is the interaction between individuals (and their energies) that allows the Law of Attraction to work as it does. Suffice it to say that the mind is a powerful thing, and where the mind goes the feet will soon follow. The foundation of any success you are going to encounter in life is not the ability of your physical body to overcome the obstacles but of your mind to believe that a way lies around them. "Where there's a will, there's a way." Where your mind can believe that there is a way for the body to achieve its heart's desire, a way **does** certainly exist.

How Can I Use the Law of Attraction?

This is an excellent (and very important) question. After all, it doesn't do you much good to know what the law of attraction is if you do not know how to use it to achieve abundance in your own life. Once you have mastered the basics of the law of attraction you will be able to apply it to any area in your life.

1) The first step in finding success through the law of attraction is to **accept responsibility for the things that have occurred in your life, both good**

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and bad. This is often the most difficult part of achieving success through manifestation because we are taught from childhood to believe that our environment contributes in a large part to the circumstances in which we find ourselves. It's very hard to take the responsibility and acknowledge the fact that your environment was not the major contributing factor in each of these events; in many cases you will have no one to blame but yourself.

Put another way, many people falsely believe that just because they do not have life experience with abundance – or what they perceive as abundance – that they are destined to never have the things and situations you want in life. Those are **limiting beliefs** based only on what may have been one's life in the past. While we perceive life as a continuous flow, the simple reality is that we can only really live in the in the moment. The past and future are illusory and have no real bearing or power over us. That is, of course, unless we choose to allow our mind to entertain the limiting beliefs of the past and waste time on needless worry over the future.

This is a tricky concept for most to buy-in to. The reason for this difficulty is that it is uncomfortable and scary for most to accept that we have this ability to change who we are and our circumstances so radically at anytime. The fact is that we all have the power to recreate ourselves and our lives any moment we choose to. We are the ones in control.

Do not make the mistake of believing the limiting beliefs your brain matter-of-factly presents you with every time you choose to make positive changes in your life. You know, the chatter you hear in your head that tells you that you are who you are – and that you ALWAYS fail, or that your plans NEVER succeed, etc. Those are just attempts by your brain to protect you from the perceived pain of failure. Instead practice living in the moment. Make positive decisions and take positive action in the moment – not based on any illusory ideas about what you cannot or should not be able to accomplish based on your limiting beliefs of the past or needless worry over an imaginary future.

The Law of Attraction works by re-orienting your mind to a higher level of vibration, thus attracting that which also vibrates at the same corresponding positive level. You can usually see how this works more clearly by examining past events and situations in your life. Take some time to write down on a piece of paper all of the major events in your life (again, both good and bad). Leave plenty of room underneath each one. Now, take a moment to go back and review these events. Write down what you were feeling at the time they happened, how you felt before they happened and what events had occurred prior to this. Chances are you are going to find that events occurring in your favor occurred at times when you were possessed of a positive attitude and other things in your life were going right. On the other side, negative events which occurred probably happened concurrently with other events in your life which caused you to have a negative outlook on life. You may even be

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surprised to find that some of your seemingly "bad" events were the catalyst for later positive events and vice-versa. Just be aware that your mind can and will play tricks on you. Just remember that the illusory nature of the past and the way our brain attempts to re-color history to fit our idea of who we are, our limitations, etc. Again, just be aware of this.

2) Once you have accepted the fact that you are responsible for your own fate it is time to go one step further and determine what it is about your life that you would like to change. Many people find difficulty with the Law of Attraction due to choosing a very complex "request" on their first try. Do you want to find another job? Move to a new home? Enter into a meaningful relationship? Find meaning in your life? Those are all very common things people want to change in their lives; however, they may take some time to manifest. Remember, manifestation is often not something that happens overnight. If you are one who gets discouraged easily, you should start with a smaller outcome in mind. Success with smaller requests will provide you with the motivation and confidence to begin dramatically expanding your vision of what is really possible.

Next, once you have identified the things you wish to achieve and have written them down, display them in a prominent place where you will constantly be able to view the anticipated results. By keeping the desired results in mind throughout your day, your mind will stay on the right track and raise your vibrations accordingly. In essence, with the creation of this list you are asking the universe for what you want. Take the time to think on this for a while so that it is embedded firmly in your mind, and keep your goals specific; making a goal too big or too general is an almost certain guarantee that you will not be able to achieve it because you will be too busy worrying about ***how*** you are going to achieve it. Do NOT be concerned with the ***HOW;*** instead let your sub-conscious mind and the Universe figure out all those details. Your job is to simply believe with all your being that you have the very thing or situation you have requested from the Universe. I'm not talking about a blind, half-hearted belief either; rather, the type of belief you need to muster is the kind that involves all of your senses.

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This type of full-bodied belief will cause your sub-conscious and by association, the Universe, to work like crazy to create that "reality" by attracting the people, situations and events necessary to match your vision.

3) Raise your vibrations so that they are all positive. Act and feel as though you are unshakably confident that the end result you are hoping for is going to occur. In fact, you may find it more effective to act and feel as though the end result you're hoping for has ALREADY occurred. This is an essential part of the law of attraction because it is very easy to allow your mind to begin to wander to all of the difficulties which you may encounter when trying to achieve your goals. This will cause your vibrations to become negative and will work against you rather than for you. Carefully monitor all thoughts and influences coming in and out of your mind. Eliminate all that is negative and build upon the positive by increasing the positive influences that surround you day-to-day and raising the positive vibrations of all your thoughts.

A common question I receive from clients is "How do I eliminate negativity in my daily life"? There are many ways to do this. While it may seem that escaping to a mountain top somewhere and divorcing yourself from the world would be a good option. The reality is that such a drastic move is not very practical. You do not need to run away from life to find the life you want. I suggest that you start with the following:

Top Techniques to Eliminate Negativity and Build Positive Energy:

Turn Off the TV News – While many will argue that it's important to keep up on current events around the country and the world, the truth is that TV news is a major positive energy-drainer. The only result you will realize is a head filled with negative stories and images of tragic local and world events. Yes, these bad events may be occurring in the world, but ask yourself what good comes out of you simply knowing about them. This is especially true when you are in the process of learning how to harness the power of the Law of Attraction.

I recommend that you take at least a one-month break from TV news. If you absolutely can't live without CNN – which is certainly understandable during this national US presidential Election period – then set a limit of one day per week for an hour or two of political news.

You may not be aware, but all of the information that comes in through your senses sits in your sub-conscious – whether you think you were paying attention to it or not. The model of the mind will be a topic for discussion in a future book, but suffice it to say, what you put into your mind (your mind's diet, if you will) will reflect in your "self". This includes all of the news, commercials, etc., that you absorb during your day. By taking a break from this negativity and mind-controlling / mind-numbing content, you will likely be amazed at how your mind seems to come alive with positive and creative thought.

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Feng Shui – Feng Shui is the ancient Chinese art of placement. The concept being that by arranging your environment around certain Feng Shui principles, you can better direct Universal energy in a more positive and more beneficial way for you. I don't intend to get into teaching you how to become a Feng Shui practitioner here – you can read more about this art on your own - but I will say that there are a few basic things you can do around your home and office that will help you use the Law of Attraction more effectively:

Keep your living area neat and clean – Unorganized surroundings lead to unorganized thoughts. Your state of your mind is often a reflection of the state of your environment. Clean everything off of your desk except the essentials. Keep countertops, tables, hallways and all other living areas free of clutter. Your mind will thank you.

Nature – There is an inherent positive energy in nature. If you are fortunate to live in a home with views of nature, then by all means, arrange your living areas so that you can enjoy those views throughout the day. Keep live plants in your home and around your working area to help blur the line between inside and out. Take time each day to get outside and feel the sunshine and commune with the outdoors.

If you can, spend time outdoors in secluded, quiet places – far from the relentless sounds of sirens, traffic, jet planes, etc. This will help to quiet your mind and you will be able to hear the quiet intuitive voice within you. The natural sounds of birds, the breeze through the trees and flowing waters will relax and rejuvenate your being.

I moved to my current home on 8 acres of secluded forest in the hills of New England from Copley Square in Boston just over 5 years ago. I clearly remember our first couple of weeks here. In fact, it was so quiet – and such a change from the noise of the city - that it was actually difficult to sleep! After a short time, though, I adjusted to my new-found mental clarity.

Keep in mind, that as with negative media, the jarring noises that are part of everyday suburban and city life seem to have a cumulative effect on your mind and body. We can become numb to that aural commotion, and may feel it does not affect us; but it is still bouncing around in our mind. If you cannot eliminate the repeated unnatural noises, common in modern life, at least try to reduce your daily exposure. Some options include Noise-Canceling Headphones, calming music, indoor water fountains, etc.

Qigong – Qigong is an amazing practice for harnessing and moving Universal energy around your body and releasing stagnant energy blockages that can negatively affect our health and well-being. Again, we will not go into the specifics of Qigong practice in this book, but I will tell you - as a Certified Qigong instructor and long-time practitioner myself - that even the most basic of Qigong practices – even for a few minutes a day - can have profound positive effects. I encourage you to find a local instructor to learn more and experience for yourself the power of Qigong practice.

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4) Accept that it **will** happen. Most of the time your subconscious is your own stumbling block; you will be attempting to convince your conscious mind that something can happen while at the same time your subconscious is picking out the reasons that it will never work. In order to help yourself overcome this stumbling block and have absolute faith in the fact that you will be able to effect this change in your life you should look again at the sheet of paper upon which you have written your goals and attempt to write them in terms that will help your mind and body accept them as fact.

Try writing these statements in the third person rather than the first; it is often difficult for the mind to accept something as fact when it is couched in such relative terms as I, me or my. For example, if you want to find a new job you could say, "Millions of people every year work in jobs which make them happy." If you are seeking to enter a meaningful relationship you could say, "Millions of people around the globe have found their soul mate and are now happily settled in comfortable, established relationships".

The purpose of writing these statements down is to purge the negative vibrations and doubts from your mind. If you are unable to accept the outcome as **fact** your subconscious mind is going to conjure a different outcome, and it is going to be this outcome that your mind and body focus on; therefore, this outcome is going to be the one that will become your reality and you will walk away absolutely certain that the law of attraction is a fantasy.

The mind is an "odd" and wonderful thing. In your mind, there is really no difference between that which you IMAGINE that you **do** / **are** / **have** and what you currently **do** / **are** or **have**. Read that last sentence again, as it is critical for you to understand. If you hold in your mind the things you want in life as undeniable FACT, your subconscious will go right to work to make sure that mind and its experience of reality maintain congruency. It is a most incredible process.

What Can the Law of Attraction Do for You?

"Why is true success so relatively effortless? It might be likened to the magnetic field created by an electrical current through a wire. The higher the power of the current, the greater the magnetic field that it generates. And the magnetic field itself then influences everything in its presence." David R. Hawkins, M.D., Ph.D.

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The law of attraction can help to determine the course of your future, and the successes or failure which you may encounter along the way. It can also help you discover that which is most suited for you in life, i.e., your life's purpose. Let's apply these concepts to a few common scenarios.

Work and Career

Let us for a moment consider the possibilities of the law of attraction when applied to your work and career. A very powerful expression of the Law of Attraction is in leading people toward situations, events and relationships that can help you find work that is highly fulfilling – or what many might refer to as their "calling" or "life's purpose". So many of us long to find our calling – and even if we do get a glimpse of what this calling may be – are reluctant to follow that path because of family and/or financial responsibilities.

With the Law of Attraction, however, we can be guided toward our calling if we are patient and allow the process to work. Again, people today are generally impatient and expect a direct linear path toward what they believe is their dream career. But, how many people throughout history have realized a long-desired goal, only to discover that it was not all that they expected? This amazing process is often on clear display in the personal stories of those who have discovered their calling and have followed it to fruition. These stories are commonly filled with twists, turns and seemingly coincidental exposure to the appropriate people, "random" events, "chance" meetings and situations that ultimately lead them toward what they view as their life's purpose. Remember, your "conscious" personal goals are not always in line with what is right for you. Often, our goals concerning work and career (as with other areas in life) are based on our perceptions and expectations of what makes a happy, successful and fulfilling life.

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Of course, if you are simply determined to land a specific job or receive a promotion, etc., then by all means focus on that specific goal. When searching for your calling, however, you don't really have the luxury of being so specific in your focus, as you're not yet sure where to focus your attention. Instead, focus on the "feeling" you wish to experience when living within your ultimate goal, ask the Universe to direct you to your life's purpose with that feeling in mind - and prepare for the ride. You will likely be led in directions you never considered in the past. At times you may think that you can't possibly be heading in the right direction, but be patient and you will reach the place you want to be. Don't fall for the temptation of filtering the guidance you are receiving and don't try to steer the process in the direction that YOU think you should be going. That's a sure way to sabotage your results.

"We are unlimited beings…we have no ceilings"
Michael Beckwith

It is impossible to over-emphasize the importance of vibrating positive energy when you are talking about the law of attraction, and you will see this theme repeated in any and all conversations pertaining to it. The release of positive energy into the universe is what allows you to chart the course of your destiny on a strong route to success rather than a wavy road of uncertainty that will eventually lead you unhappiness, either through the failure to achieve the goals for which you have worked so hard or through the constant up and down flow of your life, never being certain which is going to dominate.

Love and Family

The people you love are governed by the same ebb and flow of energy as you yourself are, and as such, their energies will naturally be attracted to like energies which are being emitted from another person. If you are vibrating positive energies and emotions they will respond in kind. They will not be able to help themselves; it is simply the way of the universe.

Let us consider your family first, as with family there is already a subliminal bond which will help you to improve your relationship right from the very beginning. There are many reasons why family members may find themselves at odds with each other; it is not necessarily a pre-requisite that you like the people you love, and for families this can too often be the case.

Regardless of the reasons you and other family members may have had for your falling out, it is never good to leave those relationships wallowing in negativity. You need to fix them in order to achieve true serenity and harmony in your life (have you begun yet to notice how closely the law of attraction interacts with other laws which govern the universe?). In order to fix a relationship that has

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been broken you must first be confident in the fact that you not only are going to be able to mend the broken or strained ties, but that you truly want to.

It is very easy to proclaim to those people around you that you want to mend your relationship (often blaming the fact that they are broken on the other party involved, of course) when in reality you continue to carry the negative vibration of dislike that you hold towards the other person in question. You don't really want to fix the relationship, or if you do you have not yet let go of what has caused the separation in the first place.

Letting go of your resentment is an essential ingredient in finding harmony, for in order for the law of attraction to be able to work to smooth your way you must first rid yourself of all of the negative energy you have been sending towards them so far. It is important that you accept the fact that you can forgive and forget, allowing the two of you to move on with your life with a much happier relationship than you have experienced to date.

The process of attracting a significant other is much the same; however, in order for the law of attraction to be able to attract them to you, you must be very specific when making your request to the universe regarding exactly what it is that you are looking for in a relationship.

This does not mean that you should outline the color of their hair, their eyes, their political background (although if this is of primary importance you it may be worth submitting it for consideration) or their position in society. Remember, the law of attraction means that your subconscious mind is going to be drawn to their subconscious mind, and politics are not going to be of primary importance there. Instead, focus on the kind of values you wish for them to possess, the type of relationship that you are looking to share with them as well as personality traits which you feel are especially important.

The last step here is the most important. As was the case in the example we used in the section on finding your calling, the belief that a relationship with the person of your dreams is beyond your reach is going to result in you being

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absolutely correct. Remind yourself that every day thousands of men and women are building a life with the person of their dreams; there is no reason for you to be excluded from this number.

"Whether you think you can or you think you can't, you're right"
Henry Ford

It is essential that once you have placed a request for a significant other with the universe that you are willing to have patience for the desired results to occur. The whys and wherefores of this will be discussed in more depth later, but for now let us look at the obvious. The universe is not always going to give you exactly what you want, exactly when you want it. It does what it does in its own time.

Now, imagine that you have asked the universe to give you the man or woman of your dreams, but you become impatient because they have not yet become a part of your life within a few months of making the request. You begin to date someone else, and that someone else begins to occupy your mind and your attentions until they are all that you see. They are not the person which you asked the universe for, however; they are simply someone intended to fill the time until that person arrives.

Over the course of time that you are dating this other individual, however, you have become acquainted with quite a lot of new people. These new people are shadows passing in and out of your life because they are not this new person whom you have begun to date. What would you do if the person you had been waiting for was among that number? What if they had come looking for you, but you did not recognize them because you were so busy trying to keep yourself busy until they got there?

It is essential that you not close either your mind or your heart to the universe because of external distractions; this is the most fatal mistake you could make, for it means that you have lost faith in the ability of the energies of your mind to interact with the energies of nature to bring you your desired results, and

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the negative energies generated from these thoughts will result in the person of your dreams walking away from you before you even knew they were there.

When Doesn't the Law of Attraction Work?

As you will have gathered from previous sections, the law of attraction does not always work the way that all parties involved would like it to. Why is that? After all, in the law of attraction is universal, why does it only work part of the time?

The answer to that is found in the minds of the people who are attempting to use it to their own benefit. The only thing standing between you and success is yourself; this was discussed earlier. If the mind is clogged with so much negative energy that it cannot release the positive vibrations which will attract the positive energies of the universe, the law of attraction will not be able to help them. They must first rid themselves of all of these negative vibrations and start fresh.

Common Mistakes

As with any skill it takes time, effort and devotion to truly master the use of the law of attraction in your life. There are a number of factors which can cause the law to behave in ways which you may not have expected, almost all of which fall back on the user's ability to follow the guidelines required to find success with this life-changing tool.

Fortunately, the mistakes which are made with regards to the use of the law of attraction are as universal as IT is, and therefore very easy to identify and correct.

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Six Common Mistakes

1) Believing that positive thinking is enough to attract what you want

Positive thinking occurs only on the conscious level; this is why positive thinking is not enough to put into effect the law of attraction. It is necessary for belief to enter the subconscious as well.

The mind is always operating on two levels, the subconscious and the conscious. The conscious mind is being given thousands of pieces of information at any given time from all five senses. This is an incredible amount of information to process, even from such an advanced tool as the human brain. The mind would slowly go crazy if it had to deal with all of that information all of the time.

Instead, the mind developed the conscious mind, which serves as a filter to review the information sent to it by the senses and retain anything that it deems important. Anything that it does not deem important is passed along to the subconscious. It is the subconscious which will retain this information, acting as the guardian of repressed memories until such time as those memories are needed again.

It has long been held that the subconscious has a direct effect on the actions and beliefs of the conscious mind, a topic which will be discussed in greater detail a bit later on, but for now it is sufficient to say that if the conscious mind is attempting to think positive thoughts while the subconscious retains a negative energy the two will cancel each other out, and the desired effect will not be achieved.

2) Becoming impatient

The universe works at its own speed; remember, every action carries with it an equal and opposite reaction. It is essential that the other environmental conditions be right in order for an event to occur just as it should.

This means that the law of attraction may take weeks, months or even years to effect a fruitful reaction to the desires of a single individual. People of today's society are spoiled; they want what they want and they want it yesterday. Any method that does not produce instant results is not going to be received with a great deal of favor from those that are impatient. But that is

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all the better for those that truly understand the power of this Universal Law and are willing to put forth the effort and time to realize results.

In addition to that, disbelieving in the law of attraction because it does not meet your established timetables (after all, it never says precisely when all of these wonderful rewards will be reaped, only that they will) is a direct violation of the guidelines required to see positive results in and of itself. You were merely testing the law in order to see if it will produce results; if you were confident in its ability to affect the desired results you would be content to sit and wait, knowing that what you want most will come to you in time.

On the other hand, the fact that you are not patient indicates that you do not have confidence in its ability to bring about the desired results. This means that somewhere in your being is a small kernel of negative energy, sufficient to throw a monkey wrench into the whole process of positive attraction. Remember, if you are vibrating negative energy you will attract negative energy back to yourself.

3) Determining ahead of time how and when you will attract what you want

Let the universe work. It is possible to become so focused on what you think is going to happen that you manage to totally miss the event when it occurs if it does not occur in precisely the manner you pictured it would.

As we said before, the universe will choose its own time and place for all things to occur, and these events may take place through rather unusual means. By predetermining exactly how you will receive the rewards which you are seeking you are taking away the choice from the hands of nature, which direct the ebb and flow of the energies of life, and setting yourself up for a hard fall.

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By taking the ability to choose upon yourself you are essentially saying that you do not have faith in the ability of the law of attraction to effect the desired results in time; again, by setting your own timeline for events to occur you will eventually come to disbelieve in the law of attraction (after all, it didn't do what it was supposed to, did it?), which will cause your subconscious to radiate the negative energy which will drive the positive energy away.

4) Allowing your emotions to be led by external evidence

In order to reap the full benefits of the law of attraction you need to believe that what you see now is a result of what you have been attracting up to this point; again, it is essential that you realize that what has occurred in your life to this date and what will happen later on is determined by you. Whatever successes or failures you have experienced have been the result of the energies that your mind and body have released out into the universe.

It is very easy to look at the events of your life and think, "I certainly didn't want that to happen; the law of attraction must be untrue because I would never wish for something so awful." What you have to realize is that it is not always what your conscious mind wishes for that influences what your subconscious mind is projecting.

This leads us to the fifth most common mistake…

5) Not removing limiting beliefs

There are many occasions in which people fall into a self defeating cycle because they are unable to control the thoughts and attitudes of their subconscious. A common argument against the law of attraction is, "Why is there so much suffering in the world if people have the ability to determine the events of their life?" No, these people have not chosen a life of starvation and servitude; however, due to their past experience, many of them do not truly believe that they have any choice.

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This disbelief in their ability to change their circumstances because "it is the way that it's always been" means that they will continue to live this way. Their subconscious continues to project that disbelief and negative energy out into the universe, drawing back negative energy which will cause them to continue to live in this self destructive cycle of events.

It is those who have dared to dream, and believe in the possibilities presented by these dreams, who have effected the greatest changes in the world. Do you think that if the American colonists had really believed that they would never be free of the British they would have been able to win the revolutionary war? If Henry Ford had not truly believed that man could ride in a car, do you think that the Model T could have been invented? If women really believed that they were destined to live the rest of their life under the thumb of their fathers and husbands, with no say in the lives they would leave, that women's liberation would have occurred?

How about Roger Bannister? He became the first person to have officially broken the 4-minute mile barrier in 1954. Since then, a number of people have improved upon that record. But it took Bannister's record-breaking run to open the door of belief for many others. Is it that humans could not physically run that fast until 1954? No – of course we "could" – however, our common belief about what was possible stopped all, but a very few, from reaching that goal.

The removal of limiting beliefs such as these is absolutely vital to the ability of the law of attraction to work as it is intended to. If you truly feel that the law of attraction is not working for you, take a moment to consider the things that you are wishing for. Do you truly believe that these events can take place, or are you merely making idle wishes? Do you secretly believe that you have a "one in a million" chance of any of those things actually becoming a reality?

In order to project the positive vibrations which are necessary to draw the energies of the universe to you it is essential that you be **one hundred percent** confident in your ability to effect a change and willing to believe that

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all of the events occurring up to that point have been a necessary prerequisite to bringing these events to be.

6. Not Acting – A Critical Error

The Universe doesn't just shove you directly toward the things you ask of it. What It does do is present situations to you which each guide you further toward what you desire. It is critical for you to be open and aware of these situations as they present themselves. You often have to rely solely on your intuitive senses to tell you which situations are charged with those highly positive vibrations that will lead you in the right direction. Then you must ACT on that situational opportunity. If you choose to ignore certain positively-charged situations, just because you don't feel they will lead you to what it is you desire, then you have just negated the power of this Universal law.

Always remember that the paths we will travel toward the things we desire are rarely linear. Most often there are a seemingly unrelated collection of people and situations which eventually lead us to what we want. Only in hindsight will you really see just how incredibly well the Law of Attraction works.

Stop for a moment and think about something you consider a highly positive and precious situation or person in your life. Now, work backwards and try to piece together ALL of the various things that had to happen (both good and bad) – all of the various people you had to meet – and all of the seemingly inconsequential happenings that occurred to ultimately bring you to that situation or person you feel so lucky to have in your life. Now, imagine that you left one of those seemingly inconsequential "things" out of the equation. Would your path still have wound its way to the same destination?

It cannot be stressed enough how important ACTION is to the "Attraction-Equation". If you don't listen and act upon the answers the Universe is providing for you, you will "miss the boat".

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The key to the Law of Attraction is the ACCEPTANCE of YOUR responsibility.

"…When the voice and the vision on the inside become more profound, more clear and loud, than the opinions on the outside, you've mastered you life"
Dr. John F. Demartini

The Views of Science and Religion

While the law of attraction can be universally applied, this should not be misconstrued to mean that it has been universally accepted. Numerous scientific and theological groups have gone to great lengths to voice their disapproval of this theory.

Science

Among the most fervent of the protestors are those who like to attempt to poke holes in the scientific foundation upon which the law of attraction is built. This scientific theory of the Law of Attraction is best explained by Michael J. Losier in a segment of his recently published novel Law of Attraction.

"There is a physiological foundation for positive thinking and its effect in creating the law of attraction.

As you may recall from high school science class, there are many forms of energy: atomic, thermal, electromotive, kinetic and potential. Energy can never be destroyed; it can only change its form.

You may also recall that all matter is made up of atoms, and each atom has a nucleus (made up of protons and electrons) around which orbit electrons.

Electrons in atoms always orbit the nucleus in prescribed "orbitals" or energy levels that ensure the stability of the atom. Electrons may be compelled to assume "higher" orbits by the addition of energy, or may give off energy when they drop to a "lower" orbit. When it comes to "vibrations," if atoms are "aligned," they create a motive force, all pulling together in the same direction, in much the same way as metals can be magnetized by aligning their molecules in the same direction. This creation of positive (+) and negative (-) poles is a fact of nature and science. Suffice to say, science has shown that if there are physical laws that can be observed and quantified in one arena, there are most probably similar laws in other arenas, even if they cannot, at this time, be quantified.

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So you see, the law of attraction isn't a fancy term or new age magic; it is a law of nature that every atom of your body is constantly responding to whether you know it or not."

The ideas contained within this explanation were briefly touched on in previous explanations concerning the foundations of the law of attraction; however, in order to understand the controversy surrounding these assumptions it is important that you first understand what these assumptions are.

The effectiveness of the law of attraction stems from its origin in the field of physics and its supporting facts in the field of quantum mechanics; after all, the primary argument against many metaphysical occurrences is that while their origins may be speculated on, these origins very rarely have more than a small amount of circumstantial physical evidence to back them up. Who is going to argue about the validity of a theory which, although assumed to actually be manifesting itself on a higher plane, has its roots planted firmly in the grounds of modern science?

Unfortunately, much of the scientific evidence which has been brought forward to date in support of the law of attraction has not been conclusively proven with sufficient reproducibility to allow it to be considered an actual law of nature. The entire axis upon which the scientific world revolves was best described by Richard Feynman, one of the finest physicists of his time and a man whose writings and teachings can still be found in almost every bookstore and college campus in the country.

In his book Six Easy Pieces Feynman states:

"…nature, as we understand it today, behaves in such a way that it is fundamentally impossible to make a precise prediction of exactly what will happen in a given experiment. This is a horrible thing; in fact, philosophers have said before that one of the fundamental requisites of science is that whenever you set up the same conditions the same thing must happen. This is simply not true, it is not a fundamental condition of science…We stated…the sole test of the validity of any idea is experiment. If it turns out that most experiments work out the same in Quito as the do in Stockholm, then those "most experiments" will be used to formulate some general law…We will invent some way to summarize the results of the experiment, and we do not have to be told ahead of time what this way will look like. If we are told that the same experiments will always produce the same result, that is all very well, but if when we try it, it does not, then it does not."

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So there you have it, straight from the mouth of one of the most revered names in modern science. Contrary to what your teachers told you in grade school it is not necessary for an experiment to reproduce itself in order to be considered both valid and significant. This is an important lesson to remember throughout life; however, with respect to the process of a theory becoming established as a law, it is important that any experiment conducted with that theory as its fundamental backbone be reproducible under most circumstances.

The experimental trials of the law of attraction which have been performed with the use of test subjects have left a great deal of grey-area in the decision as to whether or not the law is actually a law at all. Since researchers are dealing with the human psyche, rather than a physical object which can be manipulated and controlled, it is all but impossible to establish proper testing conditions which will guarantee a high level of accuracy and completely unbiased results.

In order for a trial of the law of attraction to be considered conclusive it is necessary that the test subject follow the guidelines meticulously. This means that they must remove all of the negative energy from the subconscious portion of their psyche. This is a condition that is considered to be "mission critical" in an experiment yet is impossible for researchers to control.

A test subject cannot be forced through any artificial means to remove negative thoughts from their subconscious; they may not even know that these negative thoughts are there (after all, there is a reason that it is called the subconscious). Since the key element to finding success with the law of attraction is to allow positive energy to dominate your thought processes any negative energy remaining, even deeply buried away from the conscious mind, will have an adverse reaction on the results of the experiment.

In addition, since researchers are dealing with the human psyche there is another factor which has never been officially proven through scientific means but which is accepted as fact all around the world: the power of the human mind. You may be looking at this in confusion, asking yourself why the power of the

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human mind would be a problem when it is the power of the human mind which you are attempting to harness in order to find success with the law of attraction.

The reasons are simple. There are three main factors which stand in the way of a person achieving their goals. One of these is the body, another is the environment and last, but not least, we have the mind. Body and environment each play a small role in a person's ability to carry out a task which they have chosen for themselves; however, they are not the key factor responsible for the success or failure of a person's appointed mission. The human mind is the primary obstacle standing in the way of a person and their dreams. If one does not believe that they will be able to overcome the other environmental and social obstacles standing in the way of achieving their goal then they will not be able to.

In contrast, if they do truly believe that they will be able to triumph over these adversities they are almost guaranteed success. This is not always due to some form of cosmic influence, however. It is impossible to look at the results of an experiment relating to the law of attraction and be able to say with one hundred percent surety that the positive results of these trials were a result of some form of cosmic influence rather than sheer human determination.

Experimental results are not the only issues causing contention among the scientific community. A large portion of the theory has fallen under fire as well. The simple truth of the matter is that from a scientific standpoint the cold, hard evidence supporting the physical existence of the law of attraction in nature is weak indeed. Unlike many other experiments dealing with non-metaphysical properties of science it is virtually impossible for scientists to actually examine the individual components which make the law of attraction.

Vibrations being emitted from the body with respect to moods and emotions are still largely a conceptual idea, and while scientists may be able to pinpoint the precise energy signatures being emitted by the body the technology to recognize whether it is good or bad, stemming solely from the body's physical self or having some foundation in the body's emotional channels simply does not yet exist.

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In addition to these difficulties scientists do not yet have a means with which to identify the specific energy waves which comprise an event. For every change dealt to the status quo in nature there is both a waterfall of precursor events which must occur in order for events to proceed as needed for a specific outcome and a "ripple effect" of changes which will occur as a result of this change. It is impossible to determine whether or not there is, in fact, an energy based reason for each of these events, and how the various forms of energy which must collaborate to bring circumstances to these ends work together is still a mystery.

Are you confused yet? This is precisely the point upon which a great deal of the controversy surrounding this law is founded. The theory simply does not make sense in any manner that can be specifically addressed by a scientific team and proven using scientific methods.

Even taking all of the above into account, the truth is that you do **not** need a group of scientists to tell you that the Law of Attraction is real, in order for you to take advantage of its powerful results; just in the same way you don't need a scientist to tell you who to love, or what your favorite color is. Science isn't even close to cracking the massively complex puzzle of the human mind and its connection to the Universe.

Religion

Scientists are not the only ones expressing negativity in regard to the law of attraction. The establishments of traditional orthodox monotheistic faiths have often found issue with the concept of the law of attraction. Of course, this may be less the case in modern times than it would have been in past eras where the Church had much more control over the information to which people had access. Conversely, lay-people of various faiths today - unless highly orthodox in their beliefs - won't likely have much trouble accepting these concepts at all. Judging by the wide popularity of the recent books and films on the subject, I think we've

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seen that prove true. After all, it can't be just Taoists and Buddhists flocking to these ideas.

The main religious issues revolve around the concept of a people being able to decide their own fate based entirely on the power of their mind. Why is that, you ask? After all, one would think that if anyone would appreciate the potential of a person being able to direct their own course in life it would be those who supposedly have a deeper understanding of all things unseen.

One reason for the opposition of the religious establishment in regard to the Law of Attraction is that, in their view perhaps, if people are able to control the course of their own lives, it more or less usurps the position of an all-powerful, all-knowing God in this lifetime. The theory of the role of a deity in most religions is that it is prayer and sacrifice to this deity which will determine what you receive in life, as well as in the afterlife. The ultimate decision regarding your ultimate fate rests entirely on their shoulders, and if you are "fortunate" your deity will be a forgiving one and grant you much prosperity in life.

Thus, it could be argued (by the orthodox faiths anyway) that belief in the law of attraction means that the believer doubts the power of their deity, an action which not only sacrifices the fundamental principles of any religion (the ultimate, unquestioning belief that is the platform upon which any deity rests), but could possibly cause doubt to fall upon the entire religious social order.

It is absolutely not my intent to single out any particular religious beliefs, or to chastise you for believing one thing or another. I believe strongly in your right to follow your own spiritual path. Keep in mind, however, that this book is focused on understanding and using the attractive forces of the universe – and without complete belief in your mind's ability to harness these powers to realize the life you want for yourself, the Law of Attraction will simply not work.

If you feel that the Law of Attraction may potentially be at odds with your religious beliefs, remember that just about all of the world's major religions have their foundation in very simple moral teachings. Most of the complex ideas and restrictions concerning a religion's *God*, traditions and methods of worship are man-made creations; often applied hundreds or even thousands of years after

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the fact. In contrast, modern day Non-Denominational Metaphysics attempts to strip away the fluff and pomp of traditional organized religion and return to the basics; that is the understanding that we are all of Universal Mind and Consciousness. In this realm of understanding, the Law of Attraction not only fits our methodology, its techniques also form the foundation of our daily practice. In fact, in can be said that a true Metaphysician lives hour-by-hour paying close attention to the energy coming in and out of his/her mind and body, and working to raise those vibrations accordingly.

How Does the Law of Attraction Compare with Other Methods of Personal Development?

As the power of positive thinking has grown in popularity, there have been many who have attempted to profit from this incredible discovery. This has spawned a new era of "subliminal products" and other personal development methods.

The main difference between other subliminal messaging products and the law of attraction is the profit margin. In other words, you don't need to have any special equipment to maximize the power of the law of attraction; it is all there in your own mind. Neither do you need a teacher to teach you how to use it; once you have mastered the fundamentals upon which the law of attraction is built you are ready to put it into practice.

These same sentiments cannot be expressed with regards to many of the other subliminal programs on the market. These programs claim to be able to help their users lose weight, stop smoking, become smarter, get a new job, move past their shyness, improve their relationships, etc. Do they work? Not always. **The law of attraction is the only subconscious means by which to ensure success in whatever endeavor you choose to undertake.**

Various Other Subliminal Programs

It is only fair that if you are studying the law of attraction you learn a little bit about the various other subliminal programs available on the market. This will allow you to compare them all and understand why the law of attraction is the only one which has been proven time and time again (regardless of what the researchers would have you hear).

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1) Subliminal Messaging

Subliminal messaging is one of the oldest forms of subliminal manipulation, and has been the one to face the greatest amount of controversy. The belief held by the believers in subliminal messaging is that since memories can often be pulled forth from the subconscious to the conscious mind, the subconscious must continue to have some effect on the conscious, whether the owner of said consciousness is aware of it or not.

Those who use subliminal messaging attempt to use various methods to introduce an idea to the subconscious, which will then transmit that idea to the conscious when the proper occasion arises. This is done through the introduction of a brief (often a thousandth of a second) to the audio and/or visual senses. This message will be so short that the conscious mind will immediately disregard it as being unimportant, while the subconscious will take the information and store it away.

Subliminal messaging was first introduced in the late 19th century and was introduced in the 1950s as a possible marketing tool. Mr. James Vicary claimed that during a film shown in his New Jersey theater he had used a tachistoscope to broadcast the words "Drink Coca-Cola" and "Hungry? Eat popcorn" for 1/3000 of a second at five second intervals, and that during the time of these broadcasts sales of both increased dramatically.

This sparked a huge debate among the people of the United States, who were afraid that the government would now use subliminal messaging to attempt to control the things they thought and did; they would not be able to do anything about it because they would never know. This controversy led to the banning of subliminal messaging for any type of marketing purpose.

Although Mr. Vicary later admitted that the experiment had been a fraud the concept of subliminal messaging had been brought out into the open, and its possible benefits were explored at length; however, to date no

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study has definitively shown subliminal messaging to be an effective way to control behavior.

2) Affirmation

Affirmation is the firm declaration of something to be true, and is intended to convince the mind that what it wants to happen will. For example, stating over and over again, "I can get any job I want" is intended to instill in the mind the confidence to go out and get any job that it wants. This resembles the law of attraction, but is not sufficient to sway the subconscious until other methods are employed as well.

Wikipedia describes affirmation as so (this was interesting, showing very well how affirmation and the law of attraction are joined together, and would not have been the same if it was altered in any way).

"In spirituality and personal development, an **affirmation** is a form of autosuggestion in which a statement of a desirable intention or condition of the world or the mind is deliberately meditated on and/or repeated in order to implant it in the mind. Many believers recommend accompanying recitations with mental visualization of a desired outcome. Affirmation could be viewed positively as a mobilization of one's inner resources, or negatively as a kind of self-induced brainwashing, depending on the psychological depth and wisdom of the affirmation. For example, believers would consider "I am making more room in my life for success every day" a much wiser affirmation than "I will win the lottery today!" Affirmations are always phrased in the first person and usually in a present tense ("I am") rather than a future tense ("I will") in order to increase the *realization* of the statement for the affirmee.

Affirmations are believed to be a very powerful means of reprogramming the unconscious mind. They appear to be most effective when repeated in a quiet and restful state of mind and body, and when the desired outcome is vividly experienced in one's mind and resulting emotions are felt.

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Perhaps the most often used and well-known affirmation is the word "Amen," which can be translated simply as "so be it" or "and so it is," affirming the truth of whatever was written or said immediately prior. While often used to conclude prayer, the word itself is neutral as to its context and exemplifies a logical affirmation more than a spiritual one.

3) Visualization

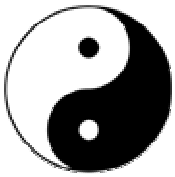
Visualization works in much the same way as affirmation; you visualize yourself achieving something and your brain will come to believe it is so; therefore, you will be able to do it. Again, this is closely related to the law of attraction but does not address any underlying issues which could contribute to negative vibrations.

4) Hypnosis

Hypnotherapy can be a **very** effective tool for laying a strong foundation on which the Law of Attraction can go to work for you. Hypnosis is particularly effective with treating the causes of negativity and the limiting beliefs one has entrenched in their sub-conscious mind. Hypnosis works by overloading the Conscious Mind so that the therapist can access and treat the sub-conscious mind directly.

The next edition of this book will include MUCH more information of integrating hypnotherapy with the Law of Attraction.

In Conclusion



As with most things that are good for us in life, we don't have to wait until a group of scientists give us the go-ahead. The power and potential of the Universal Mind is light-years beyond what science can even dream of today. The power of the law of attraction has been proven time and time again. In spite of the opposition which you will likely face, both within your own mind and throughout the rest of your societal acquaintances, if you adhere carefully to the guidelines set forth you too will be able to unlock the power hidden within the depths of your own mind and chart the course for your own destiny. You will become the person to whom others will look to as the one who is "always unbelieveably lucky", or the one who always just "walks into good fortune". Now you know the secrets.

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While it's true that some people do naturally understand the principles of the Law of Attraction – perhaps they were raised by their parents in an environment that expressed these principles as truth. Most others, however, view the concept of a power hidden within you that can change the course of one's life; attaining whatever it is they want - as an alien concept. Both life-changing and a bit scary at the same time.

I will repeat, however, that in order to put this incredibly powerful force to work in your life, you must BELIEVE without question that you can attain and accomplish those things you send out to the Universe, You must feel it with every fiber of your being. You must view your "requests" as things that you already have – or situations that are already a part of your life. Treat your mind with reverence. Do not allow negativity to enter – Do not allow people with negative, draining energy to surround you. Protect your mind with determined confidence and raise the positive vibrations of every single thought that arises.

If you take only one thing away with you after reading this short book, it should be this:

As you think, you are.

It is really that simple.

Begin NOW to design your life with the power of your mind.

Did you know?

This book was selected as the foundation of an upcoming Counselor Certification Course offered by the **International College of Metaphysical Theology**.

If you are interested in becoming certified as a Law of Attraction Counselor, please contact admissions@metaphysicscollege.com – and tell them that you were referred by this book.

Alternately, you may visit the college web site for their most current information on new certificate and degree programs:

International College of Metaphysical Theology
http://www.metaphysicscollege.com

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Resources

The Author's Website – http://www.stephenrinaldi.com

Biography of the Buddha - http://www.crystalinks.com/buddha.html

Thought Vibration: Or the Law of Attraction in the Thought World
By William Walker Atkinson – 1908

Karma-Net – http://www.karma-net.com – Premiere online resource for information on Feng Shui, Qigong, Stress Reduction and many other holistic practices.

International College of Metaphysical Theology - http://www.metaphysicscollege.com – College degree programs in Metaphysics and holistic certification courses.

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BUDDHISM / SPIRITUALITY

In The Metaphysician's Guide to the Law of Attraction, Dr. Stephen Rinaldi gives us the theeory and practice behind the manifestation concept known as the Law of Attraction.

There are two common questions often asked in regard to the subject of manifestaton; "Are we really drifting through life without any control or direction?" and "Is it really possible to achieve great things and realize abundance in our lives by simply using the power of our minds?"

Dr. Rinaldi argues that every person has the innate ability to mold their lives and to achieve whatever they choose for themselves. That is the power we call the law of attraction.

The Law of Attraction follows a very simple concept. This is not a modern concept, it's not a religion; it is a science that tells us that the energy we put out into the world - and that which we surround ourselves with - plays a critical role in how we experience our lives.

This is a simple, practical and easy to understand guide that teaches us to follow our intuition rather than our analytical/logical thought. Start now to design your life with the power of your mind.

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