

Law of attraction essay



**ASSIGN
BUSTER**

Law of Attraction: Positive Thinking Creates Positive Living One can declare their life happy or unhappy; those who declare their life happy attract such felicity into their own lives, vice versa. How can one attract a blissful lifestyle? Can positive thinking, if used correctly, change one's life? Chiefly, with possibilities of attracting a positive life, why don't others take advantage of such attractions? To satisfy the previous questions, I have conducted a research that has led me to a house of a thousand doors.

After carefully opening one door at a time Vive found the knowledge of Law of Attraction to be vital in attracting a positive lifestyle. The intention of this research on Law of Attraction is to bring about the idea, as famously stated by Dr. Wayne W. Dyer, self-help author and motivational speaker, " Change your thoughts- change your life... " Most people live day to day feeling stuck in the life they've subconsciously created rather than molding their lives through the most compelling law in the world, the Law of Attraction.

With accurate knowledge of Law of Attraction, precise techniques and procedures of applying Law of Attraction, and a positive mindset I believe anyone can change their lives for the better. To support my thesis, First, I will define Law of Attraction and its relevance to my research on positive living. Second, I will discuss literature ranging from religious scriptures to self-improvement books along with the authors' credibility and their relevance to my research. Additionally I will give a brief history and explanation on Law of Attraction.

Next, I will be combining spiritual levels with the science of Law of Attraction. I will complete this by discussing positive psychology, energy of atoms,

religious and spiritual ties to science. Then, in the body of my research I will include lied research conducted in spite of correctly applying the Law of Attraction. Finally, I will combine the theories and ideas presented, followed by my own reflections to conclude: Educators should require a certificate in Law of Attraction Instruction prior to teaching at any level.

Defining Law of Attraction “ The Law of Attraction may be defined as: I attract to my life whatever I give my attention, energy and focus to, whether positive or negative” (Looser 7). While no textbook answer exists to define Law of Attraction, it remains as simple as like attracts like. Law of Attraction is one of the many universal laws. What we think about- we bring about in the facts of our existence. We attract all we want in life, as well as what we don't want. This is because the universe does not know right from wrong.

For example, if ones focus is on passing the class and if he/she positively practices the Law of Attraction then the universe will allow this desire into his/her life. Nevertheless, if his/her focus is on not failing the class, then he/she will fail. As previously stated the universe is said to focus on the object of desire and not the prefix. Unlike any other species in the world, humans have an incomparable emotion awards life. We connect on many levels and we have relationships like no other kind. Due to the emotion humans acquire, we tend to worry about the things we don't want to happen.

Eventually the concern becomes ones main focus. This focus forces a negative energy, which creates a stop in manifesting and allowing what one desires, this process in Law of Attraction is known as a vibration. Worry or concern doesn't have to be focused on what one lacks. It can also be the

focus on what one wants. Law of Attraction does not promote one to worry on how the universe will deliver his/ re desires. Creating such vibration of worry will only deliver a message of doubt to the universe via ones subconscious mind. The subconscious mind will be discussed further on in the research.

Although many believe Law of Attraction can be easily mastered, to truly master it one must know the history, and the correct way to apply such law prior to labeling it facile. Once one understands the significance of correctly practicing Law of Attraction, the magnificence will become natural and very easy to understand. Enlightened Journey Enterprises states that “ The Law of Attraction, also now as... Cause and Effect or Sowing and Reaping is, like all Universal Laws, extremely important to understand and consciously implement if you are to learn to purposefully and consciously attract the desires of your heart into your life” (Dane).

Review of Literature The following section will be a review of literature of which supports the theory of Law of Attraction. First there will be a brief history provided, followed by research made to support the idea that like attracts like, and the theory that positivist is ideal in attempt to mastering the Law of Attraction. Finally, this section will provide field research conducted in favor of the application of Law of Attraction. Unsurprisingly when researching the history of Law of Attraction I have found it to be an idea bounced off of one person to the next.

According to author and Positive Thoughts coach Andy Wobbles, “ The Law of Attraction maps all the way back to the 19th Century New Thought

movement here in the US. The movement then splinters in several smaller movements – each led by a major personality... ” (Wobbles). Additionally, Michael J. Looser, Canadian Certified LOLA Trainer and author of Law of ATTRACTION: The Science of Attracting More of What You Want and Less of What You Don't, gives a brief historical timeline of works made in spite of Law of Attraction.

Looser references books such as: * “ 1906 – Atkinson, William Walter Thought Vibration or the Law of Attraction in the Thought World * 1926 – Holmes, Ernest Basic Ideas of Science of Mind * 1949 – Howell, Dry. Raymond Working with the Law * 1962 – Holmes, Ernest Basic Ideas of Science of Mind * 1990- Jerry and Esther Hicks the Art of the Law of Attraction” (Looser). Despite the straight forward text in these works of literature, Law of Attraction is traced as far back as the teaching of Jesus. Well over 1500 years ago, the foundation of Law of Attraction has come from the works of Holy Scriptures such as the Bible. Do you not know that you are a temple of God and that the Spirit of God dwells in you... ” (Bible). Through critical thinking and reasoning it is understood that God is life, and the energy made to create the universe was made to create human beings/life on earth. As pharmacologist and well known author of over 250 scientific articles, Candace Pert claims, in her book Molecules of Emotion: The Science Basis behind Mind-Body Medicine, “ Science, at its core, is a spiritual endeavor” (Pert). Our subconscious mind is the ultimate communicator with the universe.

This has been shown through many studies of quantum physics and a focus on energy. According to Losers' studies on Neuron Linguistic Programming, “
<https://assignbuster.com/law-of-attraction-essay/>

When it comes to Ambitions," 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... .. 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 be quantified at this time. Lousier) In accordance to Losers' statement, New York Times best-selling author Greg Braded, believes " There is a direct relationship between energy, our thoughts and the world of matter around us. There is a direct connection to the thought and feeling of what is desired when using the Law of Attraction" (Braded). Although there remains no scientific research that has proved the theory to be ascertained a new branch of psychology has been introduced by many authors such as Martin Salesman, Carol Deck, and Phillip Zanzibar. Positive Psychology is described by prolific writer, Mainly Sentimentally, s "... Psychology of positive human functioning will arise C.] [T]hat achieves a scientific understanding and effective interventions to build thriving in individuals, families, and communities" (Sentimentally 24). Field Research: Interview Law of Attraction remains a theory; nevertheless applying the theory to one's life correctly can truly work wonders. Sentimentality's' statement "... To build thriving in individuals, families, and communities" (Sentimentally) introduces the following interview with Trace Carols, a certified Law of Attraction and Positive Thought instructor.

This interview was conducted via e-mail and will be in question/answer format. Following each question/answer segment will be a reflection on Carols' answer. Various parts of her book, Concern's Gift: Embracing Autism

in this New Age that interpret the study of Law of Attraction. Carols has an answer to how positive thinking, if used correctly, can change one's life? The following interview took place April 15, 2013. Please note the upcoming questions are summarized. Q: What exactly does it mean to be a ' certified' Law of Attraction and Positive Thoughts instructor?

A: My life is based on helping others come into alignment with theirs. A Law of Attraction and Positive Thoughts instructor is similar to a life coach. Being certified means you have taken the many classes and passed accordingly. My specialty is: families with children who have disabilities, specifically Autism because I am a mother with a child with Autism. Reflection: There indeed are magnificent workshops and accredited instructors that of which teach and certify those who desire to know more on Law of Attraction.

These training programs consist of typically 8 modules that lead up to a better foundation of living. Q: Mrs.. Carols, on your website, www.

Triceratops. Com, under the Blissful Heart tab you have a quote stating, "... We must ' allow[sic] the desire to flow to us, in any way the Universe will bring it to us... " How have you incorporated this into your situation (being the mother of an autistic son)? A: After my son was diagnosed in 2001 I was in a deep depression, to the point where death sounded better than the will to live. All I wanted was relief from this discomfort and pain.

I have been in the depths of despair. One morning I woke up to my son smiling over me, and that smile reminded me of how much I loved my son long with my life. The art of allowing and recognizing the brilliance in each one of us is something we need to incorporate within us every day, moment

to moment. Reflection: It is a beautiful thing to wake up and realize life is precious but can it be this easy for all people? Mrs.. Carols is lucky to have experienced that will to live. It may have been the “ depths of despair” that has led her to realization of how much life genuinely matters.

How can Law of Attraction Help? Q: The biggest player known to Law of Attraction is our subconscious mind, do you agree? If so, as an instructor owe do you advise your clients to try to connect to their subconscious mind and release certain thoughts that may be holding them back from the happiness they are trying to achieve? A: Yes I do agree absolutely, the subconscious mind makes up 90% of our mind power. The first thing I do with my clients is teach them how to clarify their desires. Then I teach them how to explain the ‘ speed bumps’ of their Journey.

Once they know the issue they will be able to shift their perspective on the topic. I think the change in perspective is the most important thing in releasing thoughts in the subconscious mind. Reflection: The subconscious mind is the ultimate communicator with our higher-self. Who influences the subconscious mind the most? Children that attend schools, whether it is preschool or college are most influenced by their instructors. Since the key to Law of Attraction is Knowledge, then do the school teachers hold the ultimate key to a blissful life?

Q: I am under the impression that you are content with your son’s condition. To better understand your answer; can you please explain why you continue to describe your son’s condition as a gift, and how this will help change his health? A: Well that brings me to explaining gratitude. Once you have

studied Law of Attraction you will come upon a wonderful thing to be very thankful for. The lesson on gratitude is by far my favorite. In order to attract more into your life you must be thankful for what you already have. I have become content with my sons condition, and I have noticed very much change through the decade.

Remember when I told you the first step is clarity then a shift in perspective? Well followed by that is gratitude, thinking about the things you want to change positively, then being grateful for them will speed up the attractions you sire. Q: How should I go about trying to understand this cycle of education such as the simple fact that throughout middle school this idea of 'positivist' simmered down with both teachers and student and encouraging Law of Attraction teachings into schools beyond Dry. Issues in the average elementary classroom? A: That is an absolute wonderful idea!

First thing to take into consideration: know the atmosphere of your community, meaning: do you have a generally happy community? If not then the schools would be a perfect place to start. If so then bringing such teachings into schools shouldn't be so difficult. People knock what they don't understand. Know all the preface of Law of Attraction before pitching it. Then come up with various ways to incorporate it into classes, look specifically into positive behavior management strategies. Teachers are the biggest players in a child's developmental life. If the teacher feels a certain way about life, then it will reflect in his or her lessons.

As children climb up the ladder of education, teachers traditionally get more serious about education. This does not excuse the lack of positivist and

motivation. I encourage the teachers at my son's school to look into Law of Attraction and actually invoiced a few to get certified. Now this is not mandatory, but those who genuinely want to make a difference in a child's life did not object to my free lessons. [End of Interview] Correct Application of Law of Attraction After a successful interview with Trace Carols, new doors have open and many questions have been answered.

There are accurate ways of manifesting Law of Attraction for favorable results, and unfortunately there are erroneous ways of practicing Law of Attraction. Every Law of Attraction coach has their own secret steps to applying Law of Attraction, which makes the unique to their studies. This research collects different tips and applications, from a variety of coaches, in mastering Law of Attraction. The most substantial element in mastering Law of Attraction is gratitude. This research suggests a list of gratitude, every morning and a review of the list prior to going to sleep.

Judith Oriole, M. D is a positive energy psychiatrist; she strongly affirms “ Concentrating on what you're grateful for shifts your fear. Gratitude is a form of positive energy' (Role. Although it may sound basic, being grateful holds a much greater value. “ However has will be given more, and he will have an [sic. Abundance. However does not have, even what he has will be taken from him” (13: 12). The key word being gratitude: however is grateful will be given more and those who are ungrateful will lose what they already have. “ Gratitude doesn't just happen.

By accentuating blessings, not problems, you're supplanting negative thoughts with positive vibes” (Oriole 138). Gratitude is a feeling, and feelings

bring about emotion which strengthens the process of Law of Attraction. Knowledge is vital, but practicing gratitude is the ultimate push one needs in order to correctly implicate Law of Attraction on their lives. One must bring their thoughts to action in order to attract their needs/desires correctly. Oriole conducted an interview with IANAL Vaunt who states “... Positive emotion energy is when your thoughts, words, feelings, and actions are aligned... This alignment is also referred to on an anatomical level as Looser explained the alignment of atoms and energy. In order to make something work every level of our being must be on the same page. If this is not accomplished our subconscious mind will come into play and loop a negative feedback system. Life coach, Kate Carbon verifies mirror subconscious mind is directly linked to the quantum field of infinite possibilities” (Carbon). Carbon suggests three steps to reprogramming the subconscious mind in order to focus on what one does want rather than what one does not desire. These steps include meditation, visualization, and affirmation. Meditation increases positive “... Vibration, [which then] releases resistance and trains your brain to focus” (Carbon). This allows inner peace to surface the mind, which makes concentration on what one desires much easier. The concept of visualization sets aside just constantly repeating I will be successful when one visualizes their series “ create a neural network within your brain that corresponds to your desire” which promotes the “ experience you desire with great clarity and emotion, making the images vivid and real” (Carbon). Affirmation allows one to set their desires in stone. This consists of a clear message to the universe, no subliminal statements. “ When you repeat affirmations of your desires as if you’re living them now, you establish new

<https://assignbuster.com/law-of-attraction-essay/>

neural pathways in your subconscious brain” (Carbon). This step helps the subconscious mind “... Completely disregarding any evidence to the contrary’ (Carbon). Motivational speaker Anthony Robbins and columnist for The Plain Dealer, Regina Brett both agree that increasing positive reinforcement is a recipe for better living.

In Robbins book, *Unlimited Power: The New Science of Personal Achievement* he discusses a wide range of tips on how to succeed. Robbins main focus is on communication, and how positive communication can really influence others. In accordance to Robbins, Brett boldly states “... What you see, [and] look for grows bigger” (Brett 23) She later goes on to discuss if we positively ask for something, and we see it with a positive outlook, it will grow larger in reality. This method of positivist is largely recognized and supported by Success Coach; Shay Sass, PhD. Sass writes several articles on success of children though positivist.

Sass enforces Law of Attraction teaching to be conducted within a class room setting. In his recent article, Sass directs his focus on “ good hormones” (Sass 1). He expresses Law of Attraction and positive thinking through hormones such as “ extinction, dopamine, and serotonin” (Sass 2). When regarding to the anatomy and physiology Sass states, “... Blood carries oxygen to your cells and takes away carbon dioxide. It brings nutrients to the cells and takes away waste. But there are also the hormones in the blood which both greatly affect our mood and are effected [sic.] by our mood... ...

People who are happy have cells that are living in a growth medium (their blood) that is full of good chemicals which promote good health. People who

are stressed have their cells floating in a toxic environment. " (Sass 2010)

Synthesis of Research Conducted With that being bluntly stated, which environment should children be in order to live blissfully? This brings about the final section of the research on Law of Attraction. The earlier question states, with possibly attracting a positive life, why don't others take advantage of such attractions? This is due to the lack of knowledge; people don't know this law is out there!

One performs Law of Attraction every day without knowing they can control it. Positive Education is the solution to revealing the magnificence behind the Law of Attraction. With all the knowledge, history, tips and techniques, I have come to conclude that educators should be certified in Law of Attraction prior to teaching. Inspiration and motivation for many children starts in school. As stated by Trace Carols, " Teachers are the biggest players in a child's developmental life. If the cheer feels a certain way about life, then it will reflect in his or her lessons" (Carols).