

What really is the law of attraction?



Chapter 1

Many people have heard of the Law of Attraction. But in our experience very few actually know what it really is. They have watched the movie “The Secret” and believe that all they have to do is hope that good things will happen to them and the Law of Attraction will make it happen.

It doesn't work like that...

And of course while they are sitting and hoping and nothing is happening they are quickly going to come to the conclusion that the Law of Attraction doesn't work. Well it does work but not when you just sit and hope that your life will change.

Is it a Magic Spell?

The Law of Attraction is not a magic spell. Why do so many people think this? It's probably because they hear stories about people that used the Law of Attraction to win big on lotteries and receive money out of thin air.

You can't read a book like this on the Law of Attraction and then chant “abracadabra” and expect your life to instantly change. That just isn't going to happen. There is effort involved in making the Law of Attraction work for you and of course most people don't want to hear that.

They are a lot more comfortable with the thought of it being a magic spell that they can summon on demand. If the Law of Attraction truly was magic then surely many people would have used it in their lives and our world would look very different than it is today? So please get any thoughts of it being some kind of magic out of your head right now.

A Common Belief about the Law of Attraction

One of the most common ways that people define the Law of Attraction is something along the lines of:

“When you believe strongly that something will happen then it will happen”.

That’s a simple enough concept isn’t it? But the trouble is that this kind of definition there are too many unanswered questions. Does it mean that if you continually think about something that you want to happen that other things will not happen? What about if you accidentally think about something that you don’t want to happen?

Here is an example. Let’s say that at your work you have applied for promotion. You are going to use the Law of Attraction to ensure that you get it. But you have doubts about whether you are going to land the promotion as well as thoughts that you will get it. So where does that leave you?

Other people have also applied for the promotion and they know about the Law of Attraction too. So if they are thinking that it will happen as well how does that work? There is only one promotion available.

Do you see the problem with this definition?

The Four Elements of the Law of Attraction

OK time for a reality check. We are now going to share with you what needs to happen for the Law of Attraction to work for you. There are four elements to this and you will quickly realize that thinking about something a lot and hoping are not going to make it work for you.

1. You have to know Exactly what you want

Most people have a tough time with this. If you ask the average man or woman in the street what they really want from life the vast majority will not be able to tell you. In order for the Law of Attraction to work for you must be completely clear on exactly what you want.

2. Think about it and ask for it to happen

The Law of Attraction is a universal law. Yes you do need to think about what you really want and you need to ask the Universe to make it happen for you. You will learn more about how this works in later chapters.

3. Visualize you already have what you want

This is difficult for some people to grasp. Once you have decided what you want and asked the Universe to provide it you then need to visualize that you actually have it. You need to feel it, touch it, taste it and make it very real.

4. Keep Believing it will happen

Belief is very important with the Law of Attraction. You do not want to start thinking about things that may happen. You have to stay on track and firmly believe that the thing you desire will happen for you. Do not let any apprehension creep in.

The Law of Attraction has been around for a long time

If you think that the Law of Attraction is some new age fangled thing then you are wrong. Mass awareness of it is a recent thing but that doesn't mean that it is new. People have been teaching that a person's beliefs are essential for their destiny for centuries.

It wasn't until the 19th century that the Law of Attraction starting to acquire notoriety in the western world. People in other parts of the world knew about the Law of Attraction long before this. Initially people in the west started to use the power of positive thinking to bring about the changes that they wanted in their lives.

You have probably heard quotes like "you are what you think" and "you are a product of your thoughts". These go back centuries and the Buddha was among the first to introduce this kind of thinking. People in ancient cultures may not have realized that they were using the Law of Attraction but they knew that it worked.

So the first and most important step on your Law of Attraction journey is to believe that it works. Don't listen to the negative people who will tell you that it is nonsense. Only when you have total belief in the Law of Attraction will it truly work for you.

In the next chapter we will explain how the Law of Attraction really works...