

THE LAW OF ATTRACTION

By Dr. Janna Lewis

Yes, it really is a law, and a Universal Law, at that. It is there, ever-present and ever-working, whether we heed it or not. Since it's a constant given, it would be to our benefit to know something about it so we can use it in our lives. If we don't consciously use it, we will still be unconsciously using it – but perhaps, not with the same favorable results.

So what is this Law? How does it work? And most importantly, how can we use it for our own good?

You've heard (and even used) such clichés as *birds of a feather flock together*, and *like attracts like*. A cliché is something that has become overly familiar or commonplace, even trite or hackneyed, and usually is frowned upon in good writing. On the other hand, a cliché becomes a cliché because of the truth it embodies.

Why something attracts to itself something else that is similar has to do with the magnetic quality of the molecules of energy that comprise these two 'somethings'. I don't have enough space here to tell you exactly how that works (I'll leave that to Rev. Bob), but it does work. The second statement that you will want to take on faith is one you already "feel" within you. And that is that we are physical extensions of a non-physical Energy known to us as God, Divine Power, Source Energy. We also believe that there is nothing that is not God because we know that nothing exists outside of God – it couldn't if God is all-powerful and ever-present. Therefore, we must be made up of the same Energy that is God/Universal, Divine Energy.

So, you wonder, "Does this mean that I am divine?" Absolutely! "Hmm, well," you may say, "I don't feel very divine." That's probably true, occasionally – or even rather often. So let's take a look at why that may be so.

First, we must understand the nature of Divine Energy. It is: 1. All Good (there can't be some good and some bad as they would cancel each other out). 2. Pure Joy (for the same reason as number one). 3. Pure Love. 4. Pure Bliss. 5. Total Abundance (all for the same reasons). So, if Divine Energy (also called Source Energy since it's That from which all else is derived) is Love, Joy, Bliss and Abundance, then we, by extension must also be Love, Joy, Bliss and Abundance. Only somewhere along the way we have lost touch with that awareness.

Life was never meant to be a struggle. According to Abraham in the powerful book, *Ask and It Is Given*, upon our choosing physical existence we said, "*I will love pouring myself into this physical body, into physical time-space-reality, for that environment will cause me to focus the powerful Energy that is me into something more specific. And in the specifics of that focus, there will be powerful motion forward – and joy.*" Physical **Life** is an extension of a Loving, Joyous, Blissful, Abundant, Non-Physical Energy and we took on physical form to experience this **Life**.

It is often said, in our bibles and other religious books, that we are created out of the Mind of God. The truth is that we **are** the Mind of God, and we do the creating – through **our** thoughts. That is, we think the thought and Source Energy does the rest. For many years I had a slogan taped to my refrigerator: ***If you think you can, or think you can't, you're right!*** No matter what we think – we will have it – if we think it strongly enough, with enough emotion. Therefore, thoughts of fear, lack and ill-health hold as much power as thoughts of joy, bliss and abundance. **We get what we think about.**

This is called the Law of Attraction, and it works like this: Divine Source Energy (God by any of Its names) is what makes up one hundred percent of our Universe. Every particle of Energy that comprises every single thought, word, deed and substance already exists in its potential state in Source Energy. And Source Energy is impartial; It gives to everyone the same. Whatever you think about with any clarity, you will receive. Impartial, by the way, is not the same as unloving, as many people interpret it. In fact, Divine Energy is so loving It gives us absolutely everything we think about, unequivocally. Therefore, when you think a thought, you immediately begin drawing the substance of that thought to you (remember the magnetic nature of Energy particles).

And, once again, you are probably sputtering, “But, I don’t *think* that I want bad stuff to happen in my life; it just does anyway.” Well, I’m sorry to have to tell you that if you wish to know your clearest, truest, thoughts, look around you. Wayne Dyer says it best: “**You’ll see it when you believe it.**” The fact is there is nothing, *absolutely nothing*, happening in your life which you haven’t accepted and allowed on some level of your awareness.

Many of us have spent long hours in meditative thought making statements such as, “I don’t want to be sick”, or “I’m tired of being depressed”. Such thoughts, although they seem to be denying that which you do not want, are actually attracting “like” energy to them. The more you think about being in debt, in pain, or in fear (even when these are thoughts of denial), the more of that same thing will be attracted to you. As hard as it seems, you must change your thinking if you wish to change what you are attracting.

I have problems lying to myself – it always makes my gut ache. When I do affirmations, they must contain only elements of truth – that is, my truth as I know it at the moment, and like everyone’s, my truth changes from moment to moment as I grow in awareness. Therefore, I can’t say (and make myself believe it), “I’m very wealthy,” when I have unpaid bills in stacks on my desk and zip in my bank account. I can’t say with anything near belief, “I have a healthy vigorous body”, when every move I make causes some joint to clamor in arthritic protest. What I can say is, “I enjoy having more than enough money to pay my bills”, and “I enjoy moving easily and freely”. These are statements I can get my mind and belief around because they are true. And these statements attract what I wish to have. If you pay attention to the thoughts you use about a situation, you can literally change your life.

I recently received notice to report for jury-duty. I deeply and profoundly did not want to participate in jury-duty - for many reasons - my spiritual beliefs, my busy schedule and my not quite pain-free body, to name a few. In the first couple of days after receiving the letter from the county, I caught myself repeatedly thinking with distaste about jury-duty, and I felt a pain in my chest each time the thought came into my mind. When I finally realized what I was doing, I changed my procedure. From that moment on, over the next three weeks, whenever jury-duty entered my mind I immediately replaced the entire thought with a thought of something I would do, that gave me a great deal of pleasure, **instead of jury-duty**. I visualized myself reading a favorite book in front of a warm fire, with a cat in my lap and a bowl of popcorn at my side. At first I was very detailed in my description of what I would do that first day that I didn’t go to jury-duty. I used enough detail in my action that I could *taste* the slightly salty/buttery popcorn and *feel* the warmth of the fire and the smooth sleek coat of my cat. I could feel the jury-duty infused

pain in my chest dissolve into a contented glow in my stomach. After a while, I didn't have to take much time to conjure up feelings of joy.

Slowly, as the weeks went by, the mere thought of jury-duty would bring an immediate reversal of thought to something very pleasant. Finally the night arrived when I was to call a number to receive automated instructions for the next day. By this time I no longer had chest pains with the thought of jury-duty, although I still didn't allow myself to dwell on it. That night, I walked to the phone, an act I had visualized repeatedly, called the number, and received the news that I was excused – all just as I had visualized it – including leaping with joy and grinning from ear to ear. It wasn't just the joy of being excused, however, it was the joy of knowing that I had grown enough in my awareness of the Divine Law of Attraction that I had been able to use it with conscious intent – the way it is meant to be used.

At this point a few of you may want to believe that I had at least a 50 to 60% (or even higher percentage, given the methods of jury-duty selection) chance of getting off anyway. Probably so, but do you really want to leave your life to **chance**?

So how do we know when we're using the Law for our Highest Good, for our Well-Being? And do we really "create" absolutely everything in our lives? What about wars and crime and other people's problems – certainly we don't create that, do we? Well, yes, and no. There is a concept known as *collective unconscious*, a phrase coined by Jung to denote a portion of the individual unconscious that is the same in all members of the human race. We all participate in the *collective unconscious*, and in many cases it works well for us. It keeps trees standing upright, and cars from falling apart, and houses standing, and cotton soft, and rocks hard. But remember – it is our *belief*, as we share in the *collective unconscious*, that constitutes their intrinsic value and keeps them at status quo.

Therefore, when you're presented with a feeling of "well, that's just the way it is," you can either accept it or reject it. But remember, in order to reject it, you can't simply deny it. Observing with negative emotion is the same as accepting. Stating "war sucks", for instance, will only add power to war. Thinking and believing that peace in your home and in your life is a feeling that gives you joy, is one of the first steps toward changing the 'collective-war-unconsciousness', as well as the **collective consciousness**.

We can and must take responsibility for our lives. If the 'World' feels like too much to handle, start with your own life. See how many times a day you can catch yourself thinking a negative thought about something you don't want in your life. Then consciously choose to change it to a positive thought that gives you a better feeling. Always look for a better way to feel. Your emotions are your gauge to what you are attracting.

Remember that chest pain I had when I thought about jury-duty, and the warm glow that came with thoughts of reading by a fire with a purring cat while munching tasty popcorn? Your feelings are your keys to awareness. We are all physical extensions of Divine Energy. When we think a thought that moves us toward our Higher Good (which really means 'moves us toward an awareness of our oneness with God, our Source Energy) we feel good because we are attracting that which Source Energy is – which is Well-Being. When a thought such as fear or lack causes a tightening in the chest or a wrenching in the gut, it is our cue to look for a better, higher, more joyous thought, because what we are attracting with that painful thought is the absence of our Higher Good. That is, we are actually blocking our Higher Good by **thinking** those painful thoughts.

There is no excuse for thinking negative thoughts. Negative thoughts are merely a habit that's run amuck.. You will have life just as it is right now as long as you allow yourself to believe, "it is what it is." In fact, it is **only** what you **think** it is. When you catch yourself in a negative moment – think any thought that feels better – any thought at all! You will find Well-Being meeting you more than halfway with increasingly better feelings that will continually attract additional better feelings – and thereby better **things** into your life. So think clearly, strongly, positively about EVERYTHING you want. It will come to you. It must. It is the Law of Attraction.