

Chapter One

The Law of Attraction

Let not these thoughts afflict you, I shall live
unhonored and be nobody nowhere.

—EPICETUS

Do you deserve the best? There is no law that says you don't, there is no legislation that positions you at the lower end of fortune. So let us ask, what is the determinant force for you to attract what you want?

It is the *Law of Attraction*. You attract to you those things, events and people of which you have a mental equivalent in your mind. Using the law of attraction means to build into your mind the mental equivalent of what you wish to attract.

Actually the *Law of Attraction* is only a secondary law to the primary law which is the *Law of Vibration*. We attract certain things or circumstances because we have the mental equivalent of these in our mind; in

other words, we generally attract what we recurrently think about, especially if our thoughts are charged with emotions, and when they are accompanied by visual images. But why is this so? It is so because thoughts are vibrations, our entire body is a vibrational emitter; it vibrates and these vibrations enter in a state of resonance with other minds and bodies, and even with concepts, ideas, and with material things. Not only is our body a very fine-tuned vibrational unit, but also our psyche; our emotions are vibrational streams, they are streams of energy. You attract to you positively what you positively vibrate with (which is part of your recurring positive thoughts); vice versa you attract negative things because you vibrate with negative people or events, as a matter of your thoughts. Thus the art of attracting the right things to you is to fine-tune the vibrations of your recurring thoughts and emotions. Positive vibrations are higher than negative vibrations, hence the whole art is to bring up your entire vibrational field to a higher frequency!

—See Peter Fritz Walter, *The Vibrant Nature of Life: Scientific Secrets for Your Journey Through Space and Time* (2014).

Now, let us put first things first and look at the negative side of this law! Actually, many of you will

simply believe that this entire idea of a law of attraction is a marketing trick! Or a 'New Age' tag to be glued on certain books to sell more of them ...

But don't be misled. You and me have used the law of attraction—the problem is that we used it *negatively!*

We have attracted that bad childhood we are complaining about, if we wanted it or not. The notion of *karma* or whatever you may call it, expresses that we have attracted all those negative circumstances when others have attracted the right ones for their development!

This, you cannot deny, except you are a cynic and you think that all in life is just random! Well, that's a comforting belief, isn't it? It helps you to hide and say: 'I am not responsible for my life! All is a matter of luck or bad luck.'

But this cynicism is just another defense against the truth that we do use the law of attraction, and that it really exists. I have researched biographies of highly successful people for now three decades and found that invariably these people *do something* about how they are looking at life, how they are coming at life, and how they grab what they want from life.

Logically, if we can attract negative events and people into our lives, we can also use the law *positively* and attract what we *really* want.

The problem is when you deal with a law, it works also if you don't use it intently, consciously. If you put your fingers in the wall socket, the law of electricity will teach you that if you use it inattentively, you may be killed. When you use the law of attraction without caring for the outcome, you still attract something, but it may not be what you *really* want.

That is the reason why there are now films and publications about how to use the law of attraction positively, putting your full intention behind your desires, making sure also that those desires are acceptable within your given culture so that they can gain the support of others.

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—See, for example, Rhonda Byrne, *The Secret*, New York: Simon & Schuster, 2006 and Esther and Jerry Hicks, *Manifest Your Desires: 365 Ways to Make Your Dreams a Reality*, New York: Hay House, 2008. But see already Napoleon Hill, *Think and Grow Rich*, New York: Tarcher/Penguin, 2005, which

was published as early as in 1937 and in which the author systematically analyzes and presents the thinking habits of a great number of very successful great men. The study shows that extraordinary success really is a matter of consistently great, energized positive thinking, and a high feeling of self-worth.

Without support, it is difficult to be even half-way successful in any field. This support, however, is also something we need to attract. When you first come up with a new idea, it may face opposition; you may be in a minority position and need to attract the support of a small but dedicated group of people who believe in it. Then, together, you can propagate the idea and bring it to final success. But if you are all alone, not even having one single friend who takes sides with you and supports your idea, it will be virtually impossible to realize it.

This book is not specifically about the law of attraction; it is more general in its overall intention to help you discover how your life can be better than good. But I won't leave you at this point without giving you some basic advice.

To use the law of attraction positively, you need to render it fully conscious at first! That means you need to build a thorough awareness of what you really want in life. This, in turn, requires you to get your

focus off all the things *you do not want in life*, what you may call your 'problems.' What you focus upon you strengthen, you energize with your awareness.

That's why focusing on your problems gets you more of them. Instead, you can focus on what you really want!

This does not mean you deny having the problems you have, it's not a game of blind man's buff with yourself. You know what's going wrong in your life, nobody needs to tell you. But you do not need to put your daily focus upon those problems by talking about them, by writing about them, by discussing them with friends. Doing so doesn't help you at all, it makes it all only worse for in that case you are using the law of attraction negatively.

The more you take your focus off your problems, the more you will energize your *desires*. You can use affirmations and you can visualize what you want to attract into your life. A simple affirmation you can use is this:

Every day, in every way, all works out for my best.

If your problem is bad health, use this affirmation:

Every day, and in every way, I am feeling better and better. Good health is mine now!

Generally speaking, you need to develop an awareness of the *content of your thoughts*, not to forcefully control them as that is of little use, but to be *aware of them*. That also means that you deliberately work on building an awareness of your *self-talk*, the way you talk to yourself, the way you argue with yourself, the way you lead monologues in your mind about certain issues. If this self-talk is spiteful, if it is tinted by hatred and feelings of revenge, you can hardly attract anything good into your life, if it is lacking self-respect and you are making yourself down constantly, you are expressing toward yourself that you haven't deserved anything good or better than what you are experiencing now.

As stopping thought, while it is an idea in some religions, does not really work, what you can do is to put a *positive thought behind every negative thought* that you discover.

This means that you do not forcefully interfere with your thoughts, but you gently direct them to becoming more positive, more inspired by goodwill, love and respect for self and others, in one word:

more loving! It also means that you involve your *heart* more in your thoughts, thereby developing more inner coherence which research has shown to be the prime success factor in life:

—See Doc Childre & Bruce Cryer, *From Chaos to Coherence* (2004)

Involving your heart in your thought means that you achieve a balance between feeling and thinking, between compassion and reasoning. It is an age-old idea promoted by Buddhism and usually put in the term to have ‘compassion for all sentient beings,’ but it is now corroborated by HeartMath® Research. (See Annex 1). The authors write on p. 55 of their book:

A mind (or organization) without heart is scattered, impulsive, and easily distracted. Emotions (and organizations) without the intelligent balance that comes from the heart create flash fires of instability and waste, causing people to stay locked in self-justified mental loops, missing a heart intelligent perspective that could offer deeper understanding. Incoherence rules. (People leave). Groups operating only on instinct arising from gut feelings and often based in fear stay constrained in modalities that imprison the spirit and age prematurely. The heart puts first things first, from the 7 trillion cells it nourishes to the life it sustains to the vitality it

ensures—intuitive, intelligent, businesslike; core, fundamental; the first priority. (Id.)

While this research focused on how the heart can be activated within cognitive processes in the corporate setting, especially for boosting performance, the findings are of course equally valid on the individual level. For example, if you seek a partner or friends who genuinely care for you, you need to build the mental equivalent for attracting them to you. You can only do this if you involve your heart in your thinking process, and actually irradiate that feeling of genuine care toward others and the world.

We can only attract what we already have within us as a potential energy. All in life is vibration and every thought and every emotion have a vibrational frequency. The lower emotions and thoughts have a relatively low frequency, while feelings of love and care have a higher frequency. By gradually purifying your thoughts, you change your entire vibration into a *higher level of frequency*, thereby being able to attract that vibration into your life in the form of others who care and are loving in their behavior toward you.

Another important advice regarding the law of attraction is how you deal with news. You need to be aware that the media make more money when they sensationalize the news. Good and joyful news are not bringing the same amount of readers and thus much less revenues than bad and horrible news. That's one of several reasons why you can hardly find any 'good news' when you are watching the news. Much to the contrary, you are actually boosted into a negative mood or drive which may then take over in your sleep, producing self-defeating and negative dreams. The next morning you wake up depressed and perhaps do not consciously remember the dreams, but you begin your day in a negative mood. Why? Your subconscious mind is not able to judge, it cannot deliberately reject any 'news,' it will absorb it all as 'the truth.'

That is why you need to be careful about what you ingest on a daily basis, what kind of media content you are watching or listening to, what sort of blogs you are reading, and how critical, or not, you are in believing what you are told. Your rational mind can make out what is true and what may have been exaggerated but your subconscious mind cannot do that; it will take it all 'by the word' and consider it as

true. That is one of the reasons why you should never fall asleep in front of your television, for your critical rational mind is at rest, in that situation, and the entire often highly violent and negative media content flows directly into your subconscious mind. Then you may not wonder why you are attracting the same kind of things into your life ...

Another important truth about the law of attraction is that you cannot attract what in your mind you deny, reject or condemn.

To come back to our initial example, if you envy your rich neighbor and condemn his wealth, and his stretch limo, or his beautiful wife and children, you cannot attract those things into your life. However, if you bless that family and wish them well, you open the door to receiving alike! That is why feelings of jealousy and envy are so destructive; it's not because religious scriptures are saying so, but because these negative emotions leave your inner landscape behind like a desert; they are devastating your peace of mind, they are undermining your

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self-esteem and they are blocking your positive energy.

How to deal with these emotions, especially if they are particularly virulent in your life? There is an effective way to do so, it's giving a blessing! When you give a blessing, you are *accepting* the situation as it is. Remember what we were learning about acceptance, of the purifying effect it has. I do not mean to become sentimental at this point, it is really so and you can take it at face value! When you bless others, you are blessed, the positive energy returns to you and brings you many riches down the road. When you repeatedly bless your neighbor, you will see how these virulent negative emotions gradually vanish off, and you feel great and liberated, as if your inner space suddenly had become larger. It is really so. By practicing acceptance, you build more latitude of mind, and you become a more open-minded person.

My biographical research has shown me that all highly successful people are open-minded and their thinking is big, spacious; they have more latitude of mind than most average people.

Q & A Session

Q. What is the *Law of Attraction*? If you haven't experienced the positive side of this law (yet), have you at least experienced the negative side of it?

A. **You certainly have got the idea of that long ago, but you may not have reasoned it all out. People who have experienced *but* the negative workings of the law of attraction usually put the entire idea off and create a mental shield against the truth: they argue that they were born on the wrong side of the tracks, did not have the right connections or were born into the wrong family. They do this to shift responsibility away from them, and by doing so, they give up control over their lives.**

Q. Have you studied biographies of highly successful people? What do you think is it that they do differently than ordinary people?

A. **Napoleon Hill and other researchers in the field of success research have shown that all high achievers follow a set of principles in their lives. Hill found precisely 14 such principles. They can be studied and learnt, and it is not a function of IQ to master them. For example, regarding *Henry Ford*, he wrote that his IQ was probably not above average but he was practicing an almost stubborn persistence and that endurance paid him great dividends. In the case of *Albert Einstein*, we know he had a very high IQ of**

about 192, but he was known to say that he had achieved high in life not because of that, but because of his 'doggedness.' But apart from these principles that you may study or not study and apply or not apply for yourself, it is a fact that mastering your thoughts is way more important because it's your thoughts that constitute, through their vibrational impact upon matter, the blueprint of your life.

Q. Have you doubted the law of electricity at any time in your life? Did you need to put your finger in the wall socket in order to know how electricity feels in the body? By the same token, would you need a litmus test to know if the *Law of Attraction* works?

A. What you need to do, first of all, so that the *Law of Attraction* can work positively for you is to apply it positively for you. When you enter your house, you turn on the light by turning a switch. You are using the law of electricity positively. When you want to attract all the good you can have in your life, you turn on the *Law of Attraction* by thinking correctly, by praying correctly, by fostering correct and universally approvable intentions!

Q. Is there anything you should not do so that you can fully profit from the benefits of the *Law of Attraction*?

A. Yes, you should avoid the capital sin, and there is only one: it is to condemn things, people, ideas, money,

or anything for that matter. Condemnation is the sure blocker of the Law of Attraction in its positive outcome; instead what you get is that others will condemn *you!*

Q. What happens when you take your focus off your problems?

A. Very simply, they vanish into the background of your thoughts and this takes the energy off them; they will vanish from your life as a result. Have you experienced that not when you took your attention off certain people? Did they not vanish off your life?

Q. What is self-talk? Have you ever observed your own self-talk? Would you qualify it as positive or negative?

A. You most certainly are aware that you dialogue with yourself, and this quite constantly. Now, get into it again, and watch it carefully, do not condemn it, do not try to force yourself to 'talk only positively with myself.' That doesn't work. You need to simply observe the *movement* of your thoughts and your self-talk. Does it make a movement? Certainly so. It is constantly in movement, constantly going from one to the next, from A to B, from you to other people, from the past toward the present, and so on. You cannot consciously control your self-talk. You can only observe it passively, but this action or rather non-action, is very important for our *consciousness is self-cleaning and self-renewing* and it

changes because it is highly volatile. You will note that after you have learnt the habit of passively watching your self-talk, this self-talk will gradually vanish off, to a point that after perhaps several years of practice, you have a completely silent mind. Do not tell me that it doesn't work. I did it and today I have a completely silent mind. But it took me well about twenty years ...

Q. Do you think you need to stop thinking altogether in order to live with more self-awareness, or is there a better way of doing that?

A. **Certainly not. Thinking is involved in all intellectual processes, in all routines, in all technology. We need thinking as much as inner silence. Both functions have their place in life.**

Q. How would you define inner coherence?

A. **It can quite easily be defined as an alignment between your conscious thoughts and your heart, or simply, between your brain and your heart. Consequently, the researchers involved in this cutting-edge research found that we have a brain IQ and a heart IQ. Both these IQs must communicate with one another for a person to build inner coherence. And this is really important for this research has shown that high performance in any field is the consequence of inner coherence! Hence, for achieving high and getting the**

results you want, you need to be mindful of inner coherence.

Q. What is it that you need to do to attract what you desire? Is there anything you need to build prior to being able to benefit from the *Law of Attraction*?

A. Yes, you need to build awareness of your thought process, and you need to *qualify your thought content* as to being either constructive or destructive. You can't attract success to yourself if you condemn the entire world, for what you condemn flees you. If you condemn money as 'filthy lucre,' for example, you cannot attract more money into your life. It will take wings and will desert you.

Q. Do you think it's possible to raise the vibrancy, the frequency of your thoughts to a higher and more subtle level? Why should that be important?

A. It is important for all the good things in life, and their mental equivalent as good thoughts have a *high vibration* compared to ordinary things and corresponding negative thoughts.

Q. Why do you think a media diet is a good idea?

A. It is not obligatory for building success, but if you refuse to engage in it, it is recommended to watch what you ingest in terms of information, on a daily basis. Just passively observe what kind of information you are

taking in on a daily basis. Is it media gossip? Is it the midnight thriller? Is it the breaking news about war, rape and murder? Be aware that you are *responsible* for all you are taking in, both in terms of physical and in terms of mental food! So if this media diet of yours is focused upon all the things that are abject in life, and in people who are doing the wrong things, you must not wonder why you are attracting the mental equivalent of these things into your own life.

Q. Why can you not attract what you condemn? What, then, is the best way of triggering the attraction of what you really desire?

A. The magic word is *praise*. Praise all the people who have those things you desire, who have the money, the good taste, the right partner, the wonderful children, the ideal job, etc. And also understand that you have the right to have those things you desire, hence tell to yourself every time you see those things, the wonderful car or house you need, the clothes you love to buy, the vacations you want, say 'This is mine in divine order.' Never say 'I can't afford it.' Affirm your right for abundance and a luxury, extraordinary life, a life that is better than good.
