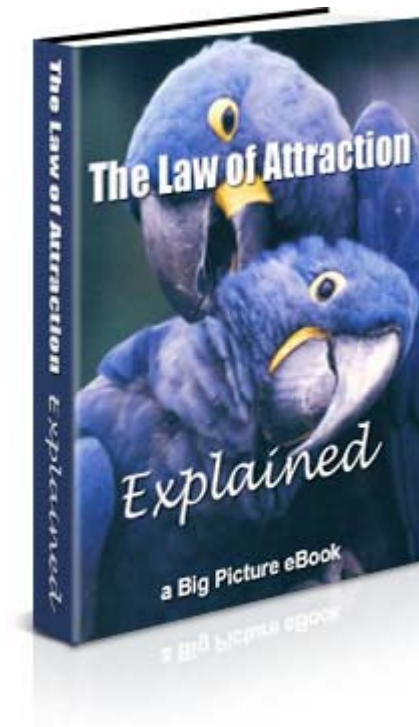


The Law of Attraction Explained



A Big Picture e-Book

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The Law of Attraction: An Overview

The Law of Attraction states that 'like attracts like.' But what does this mean and how does it apply to situations in life? Let's take Rick and Sam. Both of them are tired of their job as salesmen for a big corporation, and both want to start a new business. Sam thinks that it would be a great idea, but that it's really impossible.

Rick decides that although he has no employees, infrastructure, or money, it's going to happen. On the way home from a conference in another city, Sam is sitting next to Bill. Sam is tired and grumpy, thinking about his crummy job and how he wants out. Bill leans over to start a conversation but Sam turns away, looking out the window. After the plane lands Sam is waiting for his ride when a woman bumps up against him. "Sorry," she says, and is about to make chit-chat, but Sam is irritable and moves away.

When Bill leans over to talk to Rick, however, Rick is receptive, for he has been making plans during the entire flight and is feeling juiced. They shoot the breeze for a while and Bill mentions that he's about to retire after 30 years from a well paying executive position. It turns out that Bill, in his late middle age and with a fat bank account, finally wants to take some risks in his life; he's tired of his corporate job and is looking for a challenge in his retirement. Bill, in his fantasies, has always dreamed of managing a small start-up but never had the guts to do so before. Now he's ready. Rick and Bill get excited about Rick's new venture and exchange email addresses.

What happened? Sam's very strong desire for a new business put him within vibrational reach of Bill, but Sam's decision that it's hopeless sabotages the opportunity. The woman who bumped Sam is a software engineer who is also looking for a new opportunity, and might have

made a good employee or partner in Sam's business. That's how the law of 'like attracts like' works. Through a series of seeming 'coincidences,' based upon the content of your conscious vibrational signal, you meet up with people with matching, or similar, desires to yours. It's your free will decision to take advantage or not, but one thing is for sure: Rick is going to have a lot easier time of it than Sam creating his new company.

The thing is, you never have a clue about how this works unless you are vibrationally ready for it! A guy like Sam would say that it's total nonsense. And for him, it IS nonsense! He is always vibrationally out of range of those who can help him, even when they are sitting across from him.

Rick and Sam illustrate an important point about the Law of 'like attracts like': you can only perceive within a limited range, so you can only come together with those who are in your range. If Sam continues to focus more on his crummy job than on the new business he wants to create, he will no longer even meet up with people like Bill, for they will be completely outside of his vibrational bandwidth. His friendship with Rick will also suffer, for Rick will want to hang out with someone whose outlook is more congruent with his. Sam will probably find himself associating more and more with people just like himself: disgruntled and dissatisfied workers who have given up on their dreams.

The Law of Attraction is your obedient servant, but it always matches you up with your true vibration. Despite the apparent unfairness and injustice in the world, the Law of Attraction is scrupulously fair, and does not discriminate against anyone.

Sam would probably disagree! Even though Sam wants to change, he is unwilling to do the necessary inner work to alter his state of being. And this is quite understandable, for Sam, during the course of his life,

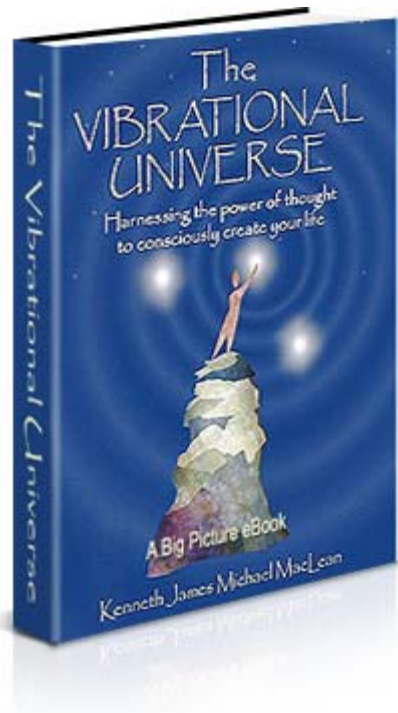
has gotten into a habitual pattern of self-limiting thought. Sam knows that it's very hard to change, for he has observed his father over the years struggle with his business and his family relationships. Sam just knows, deep down inside that change is difficult.

Sam's belief sets up a vibrational pattern of thought, attitude, and emotion that is vibrationally matched by the LOA and is reflected in the people he meets and the situations he finds himself in.

Rick, on the other hand, makes his decision for positive change and keeps his focus on the goal. Rick gets up joyfully every morning with his new business in mind, and he's constantly coming up with new ideas. His new attitude makes him a better employee at his present job as well, and he receives a raise. For Rick, life is grand!

The good news for Sam is that when he truly decides to change positively, his life will begin to mirror those changes. But Sam has to get some new thoughts first! He cannot spend 95% of his time in frustration and expect that Law of Attraction to magically give him his new business. Like Rick, he has to make his dreams the predominant focus of his conscious attention. When he does that, Sam will, like Rick, begin to magically meet up with the people and the resources he needs.

Your work is to align your thoughts with your desires. When this happens, you will notice an inner excitement, and a desire to get into action. Those actions will be lined up with the goal, and will proceed along the path of least resistance. Manifestation must inevitably follow.



[The Vibrational Universe](#) takes a modern look at universal principles that have been known for thousands of years. It presents a practical and empowering model of a universe that responds to each of us as individuals. The principles in this book can be applied in daily life by anyone for greater happiness and success. Does power rest with the authorities, or with individuals? The answer might surprise you!

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The Law of Attraction: An Illustration

This universe is a universe of vibration --- and vibrational matching. All events proceed from this fact.

Let's introduce Joe Doakes, a muscular, solidly built guy who likes to lift weights and enjoys sports. When we look at him we can immediately see a 'high volume' kind of guy.

Joe chooses to find an outlet in the joys of conflict. To him, nothing in life is finer than a good fight. For Joe, it is of little consequence whether his opponent is fairly matched in skill or strength; it is the joy of battle which sustains him. Joe has little leaning toward fair play or morality. It simply is not in his makeup, and if confronted with the ethical dilemma of a 'fair fight' Joe would simply laugh and dismiss this important principle of life out of hand. We make no judgment of Joe, and neither does the universe. The Law of Attraction states that 'like attracts like'. The universe, as one of its fundamental properties, will draw to Joe circumstances and people in alignment with his preferences. Since Joe frequents bars and gyms, this is where the preponderance of his quarrels ensue. Joe lives in a world where everyone he meets is perfectly matched up with him.

Now let's introduce a person who has an exactly opposite set of preferences. Let's call him Cecil Aldershot, a man of delicate sensibilities, steeped in metaphysical knowledge, and an avid supporter of peace on earth and harmony in relations between all living things.

Again, there is no judgment by the universe of Cecil's preferences. The universe does not consider Cecil's preferences better than Joe's, or Joe's better than Cecil's. They are simply different.

What are the chances of the two of them ever meeting each other? Exactly zero. The Law of Attraction guarantees that only that which is like itself will come together. But we all know that people experience loads of unwanted things. How does that happen? We'll use Joe and Cecil to explain how the Law of Attraction works in life.

During his childhood Cecil, of a frail constitution, was always the loser in any physical confrontation which he so unwillingly took part. Cecil learned that hatred and violence were abhorrent to him; in fact, were opposing his own thoughts and feelings completely. He learned to avoid those brutes, as he called them, who seemed to enjoy nothing more than the infliction of pain and misery on other life forms. Cecil has worked avidly in the refining and raising of his consciousness, and has attracted to him many people of like mind; we can say confidently that Cecil enjoys his life very much. The same thing can be said about our belligerent friend Joe. Joe and Cecil merely express their joy differently. Joe expresses himself in what we will call an undisciplined manner (society calls it undisciplined, to Joe it is entirely natural). Observing Cecil, on the other hand, one immediately perceives a much more subdued and balanced demeanor.

One day during an outdoor meditation for global harmony at a local metaphysical bookstore, a hostile bully broke up the gathering with threats, taunts and insults. After this confrontation, Cecil was reminded of those incidents in his childhood when he was confronted by the very same sort of violence. He began to ponder on this, wondering why he should have attracted such a one. As he began to devote more thought to it, the old feelings of intimidation and victimization began to be activated once more within him.

Let's pause a moment. If Cecil had dealt with this incident as he normally would have, going over it briefly and resolving for himself the disharmonies within it, he would have quickly returned to balance, and that would have been the end of it. But because the contrast to his everyday experience was so great, Cecil felt he had to have an answer for this unfortunate incident. It went against his nature as a student of metaphysics and a seeker of truth to leave the mystery of it unexamined. However, as a consequence of placing his thoughts and feelings in the old vibrational pattern, it was reactivated within him.

Cecil and his friends are typical of many who seek a joyous experience on earth. In observing the world around them and its incredible diversity and often powerful contrast, they reasoned that if all were in harmony, then everyone on the planet could enjoy a happy physical experience, not just a privileged few. After all, was it fair, they would say, for millions of fellow humans to be living lives of poverty, misery and desperation? Why should all not benefit from the higher vibrations of peace, joy and abundance? And so Cecil and his friends would meditate every day, volunteer their services to charitable organizations, and generally make themselves helpful to what they called the greater good. In order for someone to feel good, they reasoned, there should exist an environment comfortable to all. Then all could experience comfort! And what better idea for comfort than harmony and abundance for everyone?

If we were to ask Joe Doakes this same question, however, we would get an entirely different answer. You see, Joe would not agree at all that harmony and abundance was an environment to be desired. To Joe, this would be a nightmare of boredom. In an environment of harmony, Joe would immediately look for ways to liven things up! And what better way to entertain himself, he would think, than to start an

argument or provoke a test of physical strength. To Joe, this test of strength makes him feel so alive! And abundance to Joe, while all right, would be too complacent for him. Joe likes to work hard for what he gets, he revels in action and physical movement, in the challenge of overcoming obstacles. If Joe meditated, he would meditate for global conflict – not world war or anything of that nature, but a world where laws were less restrictive, protection for the weak and innocent was less severe. Joe would wish to live in an environment like the old West, where fighting was understood and appreciated, and cowardice and physical weakness was punished severely.

Both Joe and Cecil agree on one thing, however: that it would be very nice if the environment around them perfectly reflected their preferences. We might sum this up in the phrase, "shape up, or ship out." I'm sure that all of us have felt this desire at some point in our lives.

Joe hates the fact that his aggressive impulses are restrained, that the only outlet for his kind of physical expression is in a gym. He would like very much to be able to provoke anyone he sees on the street at any time.

Cecil dislikes the 'meanies' of the world, considering them to be of a 'lower' vibration, and would like very much to see others behaving toward him with the same consideration he bestows on them. This is a reasonable assumption, is it not?

But in order for the environment to be pleasing to all, all must agree on a pleasing environment. And that is an impossibility. Cecil would like it very much if people like Joe would just disappear. In his support of animal rights, environmental harmony and peace on earth, Cecil and his group are constantly butting heads with short sighted

people who couldn't care less for anything or anyone but their own selfish pleasure. Even though he tries to be loving to all, Cecil truly cannot understand how the infliction of pain on another life form can be tolerated.

However, there are 6 billion humans living on earth, and if each one of them is trying to get the others to act in a manner pleasing to them, what is the likelihood of success? Not very high! In fact, it is a job even God does not want to undertake. That is why God permits all thought and all action, for by limiting some thought or action, the all-that-is is also limited. However, an understanding of the Law of Attraction makes this dilemma unnecessary.

Let's go back to our original statement: how do Joe and Cecil come together, even though their natural vibrational patterns are opposing? We have seen how Joe likes to pick fights, and his indifference as to his opponents. We have also seen how Cecil has reactivated the vibration of fear toward bullies. Now, Law of Attraction goes to work. Normally Joe would never find Cecil. It is up to Cecil to attract to him such a one as Joe. Only by Cecil's continued attention to his fear of bullies can this occur. As Cecil continues to focus upon the incident at the peace meeting, his vibrational signal becomes more aligned to bullies.

One day soon after Cecil is walking down the street from the metaphysical bookstore and in his musings unwittingly takes a right instead of a left and goes walking down toward the gym. At this time it just so happens that Joe has completed his workout and is feeling rather sprightly and aggressive. Joe looks around at all of the others passing and vibrationally feels Cecil. Cecil's vibration is saying 'do not come to me, bullies. I do not want to fight. Please do not send me a bully, I do not like violent people.', etc etc etc. Out of all of the dozens

of people who are passing by at this moment, only Cecil is a vibrational match to Joe. So what happens? Joe gets a taunting smile on his face and that old devil takes over. He feels the joy of battle, and the comfort of the life force surging through him. Joe sees immediately that Cecil is physically delicate and decides that he will have a little 'fun' with him.

“Hey meat -- yeah YOU!” he says to Cecil.

“Who me??”

Joe bumps up against Cecil and sees the fear turn on in Cecil's eyes. This is music to Joe's senses.

“Hey you bumped into me!” Joe says, all the while shoving Cecil backward.

You get the idea. A conflict of greater or lesser proportion will ensue depending upon how strong is Cecil's fear of conflict. In this case, it has less to do with Joe than with Cecil. Although it takes two to tango, for Cecil it is entirely up to him how far this encounter will go. If Cecil is fearful enough of fighting, his vibration is now more and more powerful, and more and more of a match to Joe's always very powerful desire for conflict. In other words, Joe's vibration is always for a fight, and in order for Cecil to encounter Joe, Cecil must bring his vibration toward Joe's.

This is simply the law of 'like attracts like' at work. It is a situation often described as 'karmic.' 'Karma' is simply Law of Attraction. Those situations which seem to magnetically pull you into the middle of them, are simply your own attention to, and focus on, a vibration matching the situation, in the present. Your attention to the person or situation now being experienced actually attracted it to you, not the other way around. It's not someone else, or the universe, imposing itself into

your life, even though it sure feels like it! It is always and only your free will offering of vibration that attracts whatever is in your experience, to you.

You might say, "but Joe's actions are terrible! What if everyone were like Joe?"

But everyone is not like Joe. Every being incarnated on earth is unique. If there were two people exactly alike, one of them would be superfluous! There are 6 billion humans, all with our own unique set of preferences. We are all different. We attract unto us that which is consonant with our preferences. That is how the universe works. This planet is in absolutely perfect balance. For every vibration of hatred, there is a like vibration to match it. For every vibration based in love, there is one of like kind to match it. In the case of Cecil and Joe, there is Joe's love of spirited conflict to exactly match Cecil's fear of spirited conflict. The common denominator is spirited conflict! Cecil remembers the delight of the neighborhood bully, in his pushing and shoving and taunting of him; his utter dismay that there existed persons in the world with (to Cecil) such a crude and brutal worldview. It is the apparent joy of conflict for some people, and his utter inability to deal with it, which is uppermost in Cecil's consciousness. That is what attracted Joe to him! Joe and Cecil are an exact vibrational match, like two waveforms of the same frequency and phase. Cecil's vibration attracted Joe's vibration and they fit together like a key going into a lock. Thus we see that the victim is more responsible for the crime than the perpetrator. Without a like vibration to match to, no criminal could ever find a victim! This is an outrageous, offensive, and counter-intuitive statement that is fully supported by the laws of the universe.

The Law of Attraction never misses. It is infallible, because it is woven into the very fabric of the universe.

Many people think that it would be a good idea if the world would just shape up and others would behave themselves. Then it would be easy to be happy, for we could just look around and see pleasant things! So well-intentioned people form groups and organizations to fight poverty and cancer and war, and stamp out corruption and pornography and many other things as well. But things get messy very quickly, for when everyone in the world is acting to control others, many toes are stepped on. If you desire that others should act in a way which is comfortable for you, be sure that they are feeling the same way about your activities! Now we have a recipe for conflict. There are now lots and lots of people all acting to control you, in their fear that you might do something to threaten them. And you are doing the same. I'm sure that you have, at some point in your life, tried to accommodate the wishes of a group of people, whether it be family, friends, or co-workers, and you very quickly came to understand the difficulty of pleasing everyone. That is why I said above that not even God would attempt such an endeavor. But such grotesque circumstances can be avoided, with a clear understanding of the Law of Attraction.

Let's look again at the portrait of Cecil and Joe. Joe is happy with his bar fights and his sporting encounters in the gym. Cecil is happy with his metaphysical friends. Each can live harmoniously in his separate world without ever attracting the attention of the other. Because Joe would be merely inconvenienced by a metaphysical discussion, whereas Cecil would be seriously incommoded in a fight, Cecil has the most at stake. But Cecil, if he understood the Law of Attraction, would know clearly that it is his perfect guarantor of safety and protection. The

solution for Cecil is to keep focused on what he wants. By focusing only on peace, harmony and abundance, he attracts these into his life and automatically places himself in a position where Joe cannot ever reach him, for unmatched vibrations are never co-incident.

This is a much more elegant way to run a universe! Now, instead of each person having to control the actions of everyone else, it is only necessary for each person to control his or her own vibrational space. Now we can dispense with the inevitable conflicts that result when people are trying to stick their noses in each other's business. Joe can have his confrontations and Cecil can have the group which feels most comfortable to him, without there ever being a conflict. If Cecil is focusing on his desires for peace and harmony, he does not take that wrong turn and so never encounters Joe.

Where the Cecil's of the world get into trouble is when they try to limit or constrain the Joe's of the world. By pushing against the Joe's, they only get more of them. What you resist will persist in your experience. It is simply an alignment of energy. The universe works always to align energy. That is why there is perfect balance everywhere. The planet orbits around the sun, rotates about its axis, the atmosphere stays glued to the planetary surface, rain falls, geologic processes function to keep the earth stable, seeds always grow into the same plant every time, larvae and embryo's grow into their proper form. The forces which operate to maintain harmony and equilibrium in nature are so powerful they cannot even be measured. It is for us only to trust to this vast, immense, power of well-being that surrounds us, and which penetrates the very structure of the universe. By trusting to the infallible energy matching power of the Law of Attraction, we need only attract into our experience that which is wanted, and preempt those things we do not want. Therefore, we do

not need to control the actions of others in order to get what we want, and so it is not necessary to go into so much conflicting action to produce a pleasant environment.

The allowance of the actions of others is the true definition of harmony. Harmony is not everyone thinking and acting alike, but an energetic agreement to live and let live. It is a friendly dance of vibration! Harmony means attracting to you what you would like, and allowing others to do the same. It means that even in the midst of incredible diversity and contrasting preferences, there can be peace. "To each, his own", as the saying goes. It only requires an allowing of the diversity of opinion and action, without resistance, knowing that if not resisted, nothing that is not wanted can ever be drawn to you. This is the powerful simplicity, the trenchant clarity, the perfect elegance of universal law!

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How does the Law of Attraction Work?

The Law of Attraction (LOA) says that 'like attracts like.'

The principle of 'like attracts like' is one of the five fundamental properties of existence. It is reflected in our relationships, and also in the behavior of matter and energy.

The material universe is composed of fundamental elements called atoms. Of course, these elements are themselves composed of protons, neutrons, electrons and quarks, but for purposes of our discussion, we will call the elements of the Periodic Table the basic elements of our visible world. Water, for example, is composed of two atoms of hydrogen and one of oxygen. The geometric separation between these atoms is approximately 104 degrees. Salt is composed of one atom of sodium and one of calcium. The geometric separation between these elements is 90 degrees. All of the structures of the material world are conglomerations of elements that come together in some fashion. An atom of argon, for example, never combines with an atom of helium. There are very good scientific reasons why these elements do not conglomerate, but the material structures of our world are necessarily combinations. In order to aggregate, atoms have to match up in some way.

In order for something to exist it must have enough materiality, and in order for it to have a materiality it must gather together in order to be perceived. It isn't possible to see an individual atom of copper, for example, but if there are enough of them one can eventually manufacture a copper pipe.

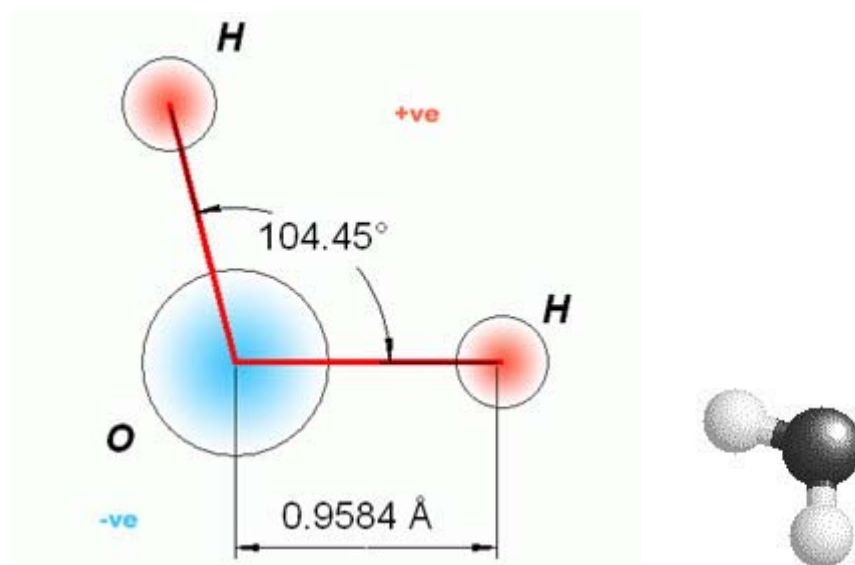
It is clear that combination is the quintessential property of structure. An individual molecule of water surely exists, but trillions of them together combine to form the vastness of the Pacific Ocean.

How does this combination occur?

Well, the energy of a copper atom, for example, is not different than the energy of an iron atom. They are all composed of neutrons, protons, and electrons. We don't talk about 'iron energy' and 'copper energy.'

The energy within all material substance is the same. In other words, the energy that composes protons, neutrons and electrons is identical, no matter what the substance! The energy within water is the same as the energy within salt. So then why are the two substances so different? Why do they exhibit such radically different physical characteristics?

Let's look at a molecule of water:

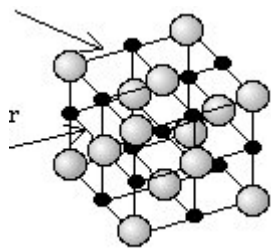


The hydrogen atoms (in red) are separated geometrically from the oxygen atom (blue). The manner in which the fundamental isotropic

energy that composes both elements combine determines its physical form and properties.

Salt is composed of the elements sodium and chlorine. If you put either sodium or chlorine into your mouth you would do yourself great harm. Yet sodium and chlorine atoms have an affinity for each other and they combine to form salt. Sodium chloride tastes pretty good to us.

Here's a diagram of salt:



Sodium atoms are represented as black dots, the chlorine atoms are the larger gray spheres.

There are over a hundred elements in the Periodic Table of elements. The number of possible combinations of these elements is astronomically large. However, there are comparatively few that combine to form the substances of our material world.

We can summarize these combinations by simply saying that 'like attracts like.' Argon has no affinity for helium, and so they do not come together.

So why does 'like attract like' explain the coming together of elements?

We have already remarked that an atom is just a vibration. It is composed of tiny subatomic particles moving very quickly within a vast emptiness of space. Our scientists tell us that the electromagnetic

radiation (light, magnetism, etc.) we perceive with our senses has the characteristics of both particles and waves. Therefore, reality itself has a fundamental vibrational component. Looking at the world vibrationally can lead us to some very important conclusions, the most important of which is the following.

Perception itself requires a matching of vibrations.

The human eye cannot see ultraviolet light, because its frequency is above the frequency range of perception of the human eye.

The human ear cannot hear the dog whistle, because it is beyond the frequency range of the human ear.

Obviously, one cannot be aware of that which is beyond the range of the senses, for one cannot perceive that which is beyond the range of the senses. This is true for each and every life form in every corner of the universe.

Because the human senses of our bodies are composed of atoms, and because atoms are themselves vibrational, the perception of anything (sound, light, feel smell and taste) is an interfacing between vibrations of compatible frequencies.

Therefore, it is a quintessential property of the universe that a thing cannot even be recognized unless by another thing similar to it.

The property of 'like attracts like' reinforces the attractive property of this universe. Attraction is affinity, affinity is love. Therefore all material structure is itself reflective of the idea of affinity. Therefore the entire universe of Form has the fundamental characteristic of harmony.

On our planet, of course, we go to great lengths to abuse this notion. Moralists, politicians, religious figures and even some scientists

pillory any who dare to suggest that the inherent structure of the world is positive. "Delusional!" they say, pointing to the miserable state of our little pile of mud. Well, I would like to point out that probably 90% of this misery occurs in the human race, and not in other species. We are miserable because we have convinced ourselves, against Nature herself, that we are unworthy beings, deserving only of suffering and toil. And we have built our societies around these execrable ideas -- which go against the design of the universe itself -- and thus we experience that which we believe to be true. Like attracts like.

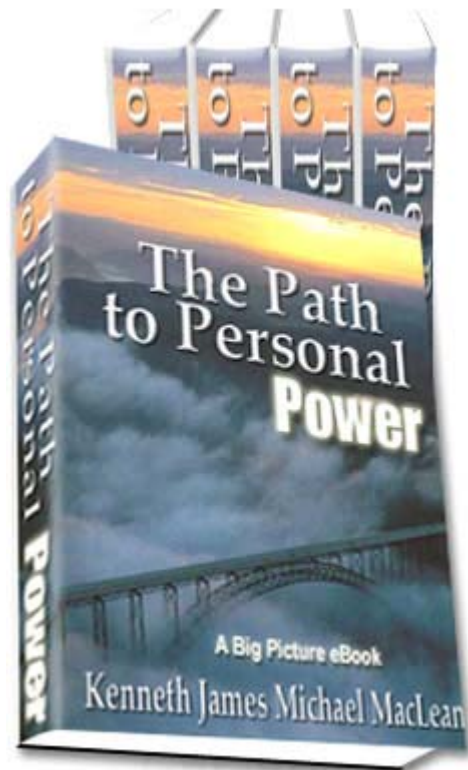
The earth is a paradise that we have sullied with our own illogic. However, illogic is easily transmutable to logic. For example, we may lift the rock underneath which festers the illogic that "suffering and hard work lead to happiness," by exposing it to the light of day. We may say, accurately, that "suffering and hard work lead only to more suffering and hard work." We may then reason that only when suffering and hard work are abandoned can happiness truly arise.

Mankind has developed a lot of idiotic notions that have contributed to the suffering of our species, but to list them all would take up too much space (besides being too depressing)! "Fighting for freedom" is something worth noting, however. Illuminated by the concept of 'like attracts like,' we may understand that fighting merely leads to more fighting. Now, if you are someone who benefits from war (and there have been many fortunes made because of war), then it would be a great idea to convince the general population that war is a good thing. And thus was the idea of patriotism born, for of course, a certain percentage of the populace (but not those who foment war) must be convinced to take arms and fight these wars. Let us say that a society is a little nutty which believes that those who encourage war are not compelled to participate in them. We may think that Richard the

First (known as Lionheart) was in error when he fomented his Third Crusade against Saladin, almost bankrupting his country, but we must at least give him the credit of having the courage of his convictions. Richard didn't sit in some office or war room while others risked their lives for his beliefs. He was out front with the troops, leading the charge.

Applying the universal concept of 'like attracts like,' one may finally learn how to think, and thus improve one's life, in spite of those who believe otherwise.

So my friends, use the logic of 'like attracts like' to make sense of the world and regain your clarity and sovereignty. The universe itself is built upon this principle, and logic itself mirrors it.



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It's like using a computer program. If you're familiar with the menu's you can actually get useful work done, but if you're not, you waste an awful lot of time.

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mystified. Living becomes easier and more joyful, and personal self-confidence grows.

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