

The Law of Attraction Explained

We know from science that we live in an energy based universe with energy based laws. The Law of Attraction is one such law which draws to you the essence of whatever you mostly focus your attention on. Some people believe that the Law of Attraction is only working when they actually get what they ask for, and when they don't, the Law of Attraction must not be working. What they don't realise, is that the Law of Attraction is like the law of gravity. Gravity never takes a break and neither does law of attraction. This is why they are called laws because they are completely consistent. The law of attraction never stops responding to the vibration you express the most. It is common though, for people to get stuck in wanting something, where they constantly ask for what they want while continuing to feel frustrated because they don't have it. When this is the case, they unknowingly offer a higher vibration of the *lack* of what they want, and therefore, continue to get more of the *lack*. So if the majority of your thoughts and feelings are focused on feeling good then everything you want will manifest. Have you ever noticed when you or others are feeling good and are "in the zone" that everything seems to flow easily and everything works out? In contrast have you noticed when you or others don't feel good, frustrated or angry then things continue to go wrong? In other words whatever you focus on is what you get.

For example, if you want to be pain free when you have pain, it is important for you not to focus on wanting that pain to go away because it feels bad, but focus instead, on feeling healthy, energetic and full of vitality.

We can often get impatient or don't believe the law of attraction works and then complain that the universe is not bringing us what we want. We then become discouraged and assume that the Law of Attraction doesn't work or that it is all just too hard. But this is not about hard work; it is simply about offering a consistent vibration around what we truly want.

The Law of Attraction is a universal law and science confirms its existence. In fact there is nothing in the world that disproves the law of attraction. Quantum physics has confirmed that consciousness actively plays a part in how physical reality is perceived by us; modern psychology and the latest brain research have also shown that how we think creates what we perceive and therefore, our reality.