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Who wants to learn about Law of Attraction?

As with anything that we want to learn there is the theory and the practice of it. I used to teach physics and when I taught gravity to year 7's (11 and 12 year olds), they had all been using gravity since they were born, however the theory was new to them. I believe that the benefit of learning the theory of gravity is the fact that it is a universal law; it can feel reassuring to have a law that always works in our world, which seems a little chaotic and unpredictable some of the time.

Similarly we have all been using the Law of Attraction since we were born, because just like gravity, it is a universal law. The benefit of learning the theory of the Law of Attraction is that you can then understand yourself more fully and have a clearer idea of how to achieve your goals.

The underlying premise of the law of attraction is also the heart of any counselling and psychotherapy practice that I have ever been a part of. This foundation is our own emotions. Or Abraham-Hicks describes them as vibrations (as does Napoleon Hill in his 1937 bestselling book Think and Grow Rich.) Interestingly Jerry Hicks discovered an early manuscript of Napoleon Hill's book and realised that the word vibration had been edited out 37 times, perhaps due to worry that the public wouldn't buy a book about vibrations. But vibrations were at the heart of his theory.

So what ! You may say, "Big deal , I have emotions or vibrations." Yes yes! We all do and that really is the key. The Law of Attraction means that we are attracted to those of a similar vibration, or emotion, to us. So even if we are not aware of our feelings in the moment, the Law of Attraction will bring us plenty of real life examples to help us notice what we our feeling, or to indicate our emotional set point as Abraham- Hicks describes it. If we can honour and acknowledge our feelings it will help us understand ourselves.

Once you can acknowledge and recognise your current feeling, the next step is to improve your feeling little by little , or maintain it if you are already super happy. But if you are super sad it is not possible to suddenly flip to being super happy. Think of a ship changing direction, it needs to be done at its own pace, little bit by little bit.

Have a look at the Abraham- Hicks processes on the internet to help you to shift up to a happier emotional place step by step.

Once you can be mostly happy by remembering the things and by doing things that make you happy, you will allow the good things that you want in your life to appear. The opposite of allowing is resisting. Resistance can be reduced by sleeping, napping, meditation and appreciations .

So get happy , and if this feels tough get more sleep, mediate and write a list of appreciations every day until you feel a shift in your feelings or in the events of your life. Both are good indicators of how happy you are and thus how ready you are to allow all the goodies in life to flow to you.

If you want more help how to apply the Law of Attraction contact Emma at emmastarck@yahoo.co.uk