

The Universal Law of Attraction

Everything in your life and the lives of those around you is affected by the Law of Attraction. It is the basis of everything that you see manifesting. It is the basis of everything that comes into your experience... An awareness of the Law of Attraction and an understanding of how it works is essential to living life on purpose. In fact, it is essential to living the life of joy that you came forth to live.

The Law of Attraction says: That which is like unto itself, is drawn... When you say, “Birds of a feather flock together,” you are actually talking about the Law of Attraction. You see it evidenced when you wake up feeling unhappy, and throughout the day things get worse and worse, and at the end of the day you say, “I shouldn’t have gotten out of bed.” You see the Law of Attraction evidenced in your society when you see that the one who speaks most of illness has illness; when you see that the one who speaks most of prosperity has prosperity... The Law of Attraction is evident when you set your radio dial on 630AM and expect to receive the broadcast from the transmitting tower of 630AM, because you understand that the radio signals between the transmitting tower and your receiver must match. As you begin to understand—or better stated, as you begin to remember— this powerful Law of Attraction, the evidence of it, which surrounds you will be easily apparent, for you will begin to recognize the exact correlation between what you have been thinking about and what is actually coming into your experience. Nothing merely shows up in your experience. You attract it, all of it, no exceptions.

Giving Thought to It Is Inviting It

The more you come to understand the power of the Law of Attraction the more interest you will have in deliberately directing your thoughts—for you get what you think about, whether you want it, or not.

Without exception, that which you give thought to is that which you begin to invite into your experience. When you think a little thought of something that you want, through the Law of Attraction, that thought grows larger and larger, and more, and more powerful. When you think a thought of something you do not want, the Law of Attraction draws unto it, and it grows larger and larger, also. And so, the larger it grows, the more power it draws unto it, and then the more certain you are to receive the experience.

When you see something you would like to experience and you say, “Yes, I would like to have that,” through your attention to it you invite it into your experience. However, when you see something that you do not want to experience and you shout, “No, no, I do not want that!” through your attention to it you invite it into your experience. In this attraction-based Universe, there is no such thing as exclusion. Your attention to it includes it in your vibration, and if you hold it in your attention or awareness long enough, the Law of Attraction will bring it into your experience, for there is no such thing as “No”. To clarify, when you look at something and shout, “No, I don’t want to experience that; go away!” then what you are actually doing is calling it into your experience, for there is no such thing as “No” in an attraction-based Universe. Your attention to it says, “Yes, come to me this thing I do not want!”

Fortunately, here in your physical time-space reality, things do not manifest into your experience instantaneously. There is a wonderful buffer of time between when you begin to think about something and the time it manifests. That buffer of time gives you the opportunity to redirect your attention more and more in the direction of the things that you actually do want to manifest in your experience. And long before it manifests (actually, when you first begin to give thought to it), you can tell by the way you feel whether it is something you want to manifest or not. If you continue to give your attention to it—whether it is something you want, or something you don’t want— it will come into your experience. These Laws, even if you do not understand that they do, affect your experience even in your ignorance of them. And while you may not be aware of having heard of the Law of Attraction, it’s powerful effect is evident in every aspect of your life experience.

As you consider what you read here and begin to notice the correlation between what you are thinking and speaking and what you are getting, you will begin to understand the powerful Law of Attraction. And as you deliberately direct your thoughts and focus upon the things that you do want to draw into your experience—you will begin to receive the life experience that you desire on all subjects.

Your physical world is a vast and diverse place full of an amazing variety of events and circumstances, some of which you approve of (and would like to experience) and some of which you disapprove of (and would not like to experience). It was not your intention as you came forth into this physical experience to ask the world to change in order to accommodate your opinions of the way things should be, by eliminating all things that you do not approve of and adding to the things you do approve of.

You are here to create the world around you that you choose, while you allow the world—as others choose it to be—to exist, also. And while their choices in no way hinder your own choices, your attention to what they are choosing does affect your vibration, and therefore your own point of attraction.

My Thoughts Have Magnetic Power

The Law of Attraction and its magnetic power reaches out into the Universe and attracts other thoughts that are vibrationally like it... and brings that to you: Your attention to subjects, your activation of thoughts, and Law of Attraction's response to those thoughts is responsible for every person, every event, and every circumstance that comes into your experience. All of these things are brought into your experience through a sort of powerful magnetic funnel as they are vibrational matches to your own thoughts.

You get the essence of what you are thinking about, whether it is something you want or something you do not want... That may be unsettling to you at first, but in time, it is our expectation that you will come to appreciate the fairness, the consistency, and the absoluteness of this powerful Law of Attraction. Once you understand this Law, and begin to pay attention to what you are giving your attention to, you will regain control of your own life experience. And with that control you will again remember that there is nothing that you desire that you cannot achieve, and nothing that you do not want that you cannot release from your experience.

Understanding the Law of Attraction and recognizing the absolute correlation between what you have been thinking and feeling— and what is manifesting in your life experience—will cause you to be more aware of the stimulation of your own thoughts. You will begin to notice that your own thoughts may be stimulated from something you read, or watch on television or hear or observe from someone else's experience. And once you see the effect that the Law of Attraction has upon these thoughts that begin small and grow larger and more powerful with your attention to them, you will feel a desire within you to begin to direct your thoughts to more of the things that you do want to experience. For whatever you are pondering, and no matter what the source of stimulation of that thought... as you ponder that thought, the Law of Attraction goes to work and begins to offer you other thoughts, conversations, and experiences that are of a similar nature.

Whether you are remembering the past, observing the present, or imagining the future, you are doing it right now, and whatever you are focusing upon is causing an activation of a vibration that Law of Attraction is responding to. At first you may be privately pondering a particular subject, but if you think about it long enough, you will start to notice other people beginning to discuss it with you as the Law of Attraction finds others who are offering a similar vibration and brings them right to you. The longer you focus upon something, the more powerful it becomes; and the stronger that your point of attraction is to it, the more evidence of it appears in your life experience. Whether you are focusing upon things you want or things you do not want, the evidence of your thoughts continually flows toward you.

Welcome, Little One, to Planet Earth

You may be feeling that it would be easier to be hearing these words if they had come to you on the first day of your experience upon this Planet Earth. And if we were talking to you on your first day of physical life experience, this is what we would be saying: Welcome, little one, to Planet Earth... There is nothing that you cannot be, or do, or have. You are a magnificent creator, and you are here by virtue of your powerful and deliberate wanting to be here. You have specifically applied the wondrous Law of Deliberate Creation, and by your ability to do that, you are here.

Go forth, giving thought to what you want, attracting life experience to help you decide what you want, and once you have decided, giving thought only unto that.

Most of your time will be spent collecting data—data that will help you decide what it is you want... Your real work is to decide what you want and then to focus upon it, for it is through focusing upon what you want that you will attract it. That is the process of creating: giving thought to what you want, so much thought, and such clear thought, that your Inner Being offers forth emotion. And as you are giving thought, with emotion, you become the most powerful of all magnets. That is the process by which you will attract (what you want) into your experience.

Many of the thoughts that you will be thinking will not be powerful in their attracting, not in the beginning— not unless you stay focused upon them long enough that they become more. For as they become more in quantity, they become more in power; as they are becoming more in quantity, and more in power—the emotion that you will be feeling, from your Inner Being, will be greater.

When you think thoughts that bring forth emotion— you are accessing the power of the Universe. Go forth, (we would say) on this first day of life experience, knowing that your work is to decide what you want— and then to focus upon that.

But we are not talking to you on the first day of your life experience. You have been here for a while... Most of you have been seeing yourself, not only through your own eyes (in fact, not even primarily through your own eyes) but through the eyes of others; therefore, many of you are not now currently in the state of Being that you want to be.

Is My “Reality” Really All That Real?

We intend to offer you a process whereby you can achieve the state of Being that is of your choosing so that you can access the power of the Universe and begin attracting the subject of your wanting, rather than the subject of what you feel is your actual state of Being. For, from our perspective, there is a very great difference between that which now exists—which you call your “reality”— and that which your reality really is.

Even if you sit in a body that is not healthy or in a body that is not the size, shape, or vitality, that you choose; in a lifestyle that does not please you; driving an automobile that embarrasses you; interacting with others that do not bring you pleasure—we want to assist you in understanding that while that may seem to be your state of Being, it need not be. Your state of Being is the way you feel about yourself in any point in time.

Your words will not bring you immediate manifestations of what you are asking for, but the more often you say them, and the better you feel while you are saying them, the purer or less contradicted your vibration will be. And soon your world will be filled with these things you have spoken about... Words alone do not attract, but when you feel emotion when you speak, that means your vibration is strong—and the Law of Attraction must answer those vibrations.

What Is the Measure of Our Success?

The achievement of anything that you desire must be considered success, whether it is a trophy, money, relationships, or things. But if you will let your standard of success be your achievement of joy, everything else will fall easily into place. For in the finding of joy, you are finding vibrational alignment with the resources of the Universe. You cannot feel joy while you are focusing upon something not wanted, or the lack of something wanted; therefore, while you are feeling joy, you will never be in the state of contradicted vibration. And only the contradiction in your own thoughts and vibration can keep you from the things you desire.

We are amused as we watch the majority spending most of their life seeking a set of rules against which they can measure their life experience, looking outside of self for those who will tell them what is right or wrong, when all along they have within them a Guidance System that is so sophisticated, so intricate, so precise, and so readily available. By paying attention to this Emotional Guidance System, and by reaching for the best-feeling thought that you can find right now from wherever you are, you will allow your Broader Perspective to help you move in the direction of the things that you truly want.

As you sift through the magnificent contrast of your physical timespace reality, consciously aware of the way you feel, and deliberately guiding your thoughts toward those that feel better and better, in time you begin to see your life through the eyes of your Broader Inner Being. And as you do so, you feel the satisfaction of being upon the path that you have chosen from your Non-physical perspective when you made the decision to come forth into this wonderful body. For, from your Nonphysical vantage point, you understood the eternally evolving nature of your Being and the promise that this Leading Edge contrasting environment held. You understood the nature of your magnificent guidance system and how, with practice, you could see this world as your Inner Being sees it. You understood the powerful Law of Attraction and the fairness and accuracy with which it responds to the free will of all creators.

By reaching for the best-feeling thought you can find, you reconnect with that perspective, and you shiver with exhilaration as you reconnect with your purpose, with your zest for life—and with You!
Excerpted from Abraham's New York Times Best Seller, *The Law of Attraction*