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The Power Of Thoughts

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Preface

A thought is an idea or an opinion produced by thinking or occurs suddenly in the mind. We all have thoughts ,some of them are good ,and others are bad.

Our thoughts are like a magnet that attract other thoughts ; this is what psychologists called "Power of the thought".

Thoughts are magnetic, and thoughts have a frequency. As you think, those thoughts are sent out into the Universe, and they magnetically attract all *like* things that are at the same frequency.

Everything sent out returns to the source. And that source is You.

This is the main idea of this power, so that you are a human transmission tower, your transmission creates your life and it creates the world and Circumstances around you. That frequency you transmit reaches everywhere and it reverberates throughout the entire universe. And you are transmitting that frequency with your thoughts.

The pictures you receive from the transmission of your thoughts are not on a television screen in your living room, they are the pictures of your life, your thoughts create the frequency, they attract *like* things on that frequency, and then they are broadcast back to you as your life pictures.

This is what is called "Attraction Law". This is the law that determines the complete order in the universe, every moment of your life, and every single thing you experience in your life.

It doesn’t matter who you are or where you are, the law of attraction is forming your entire life experience and this all-powerful law is doing that through your thoughts.

You are the one that calls the law of attraction into action, and you do it through the power of your thoughts.

So, what is an attraction law ?, is it real in our life? And if yes, how to use it in our lives? How far this law controls our life? And can we change our life by changing our thoughts ?

In this Research, we will talk about the attraction law, what do scientists talk about it, to figure out is it a real law or not.

Chapter 1

Attraction Law

* First: What is the attraction law ?

The Law of attraction says "*like* attracts *like*", and so as you think a thought, you are also attracting like thoughts to you.

For instance, you may have experienced attracting thoughts when you listened to a song, and then you found that you couldn’t get that song out of your head.

The song is just kept playing over and over in your mind. The reason behind that is when you were listening to that song, even though you may not have realized it. You gave that song your full attention, especially when it is a song you like it a lot. you were powerfully attracting more *like* thoughts of that song to you, and so the law of attraction moved into action and delivered more thoughts of that song, over and over again.

Your life right now is a reflection of your past thoughts. That includes all the great things, and all the things you consider not so great.

Since you attract to you what you think about most, it is easy to see what your dominant thoughts have been on every subject of your life.

The Attraction law is based on your thoughts, so when you change your thoughts, you are changing your way of using Attraction law and that means changing your life.

"*if you see it in your mind , you are going to hold it in your hand"[[1]](#footnote-1)*

*"And that principle can be summed up in three simple words : Thoughts become things"[[2]](#footnote-2)*

A human's mind may be likened to a garden, which may be intelligently cultivated to run wild; but whether cultivated or neglected, it must ,and will ,bring forth. If no useful seeds are out into it, then an abundance of useless weed seeds will fall therein, and will continue to produce (attract) their kind.

So may a man tend of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful and pure thoughts,

A man sooner or later discovers that he is the master-gardener of his soul, the director of his own life, using the attraction law.

* Second: How to well-use the attraction law ?

Attraction law is working on every single person on earth, as the real gravity, you will never see a flying rock because the gravity forget to effect on it. This is exactly how attraction law works.

So, you have to decide whether to make it affects you in a good way or a bad way.

The process to make the attraction law effects in a good way is called "creative process".

According to the scientists, The Creative Process reaches you to determine what do you want depending on three steps:

1. Ask:  
   you get to choose what do you want, but you have to be clear about your thoughts. And this is your work, if you are not clear. Then the law of attraction cannot bring you what you want. You will be sending out a mixed "frequency" and you can only attract mixed results.  
   so make it a habit to ask. If you have to make a choice and you don’t know which way to go. Ask!
2. Believe:  
   After asking about something you want, you must believe you have received. You must know that what you want is yours the moment you ask. You must have complete and utter faith.   
   In the moment you ask, and believe and know you already have it in the unseen. The entire universe shifts to bring it into the seen.  
   You must act, speak, and think. As though you are receiving it now.  
   When you do that, the law of attraction will move all circumstances, people, and events, for you to receive.
3. Receive:  
   after asking about something, believing you have it, now it is the time to prepare your self to receive it, and all you have to do to receive is feel good. When you feel good , you are on the right frequency.

So that doing these three steps will activate your brain power, to make anything you want.

Chapter 2

Attraction Law and Fortune

According to the Attraction Law believers, there is a powerful relation between Fortune and thoughts. Those people think that being rich has no relation with your environment, skills, education level or even your heritage. And the explaining of that is simple, you may see two men from the same country, one is rich while the other is poor, and if being rich is related to the environment, all the people from the same neighborhood would be in the same wealth level.

So that, thought is the only power which can produce riches from "formless substance".

Every form and process you see in nature is the visible expression of a thought in original substance. As a formless stuff think of a form , it takes that form; as it thinks of a motion , it makes that motion.

To attract money, you must focus in wealth. It is impossible to bring more money to your life when you are noticing you don’t have enough. Because you are thinking that you don’t have enough. Focus of not having enough money, and you will create untold more circumstances of not having enough money.

You must focus on the abundance of money to bring that to you.

According to the author, there is a method to attract money using the "blank check", this is a check from the universe where you write your name and the amount of money that you want to earn.

When you look to the check, feel the feeling of having that money, and imagine your self spending that money. Feel how wonderful is that.

The book says that they have received hundreds of stories from people who have brought sums of money to them using the secret check.

The only reason any person doesn’t have enough money is because they are blocking money from coming to them with their thoughts. Every negative thought, feeling, or emotion is blocking your good from coming to you.

*"So many times people say to me :I'd like to double my income in the next year.*

*But then you look at their actions and they are not doing the things that are going to make that happen. They will turn right around and they will say : I can't afford that. Guess what ? "Your wish is my command"".[[3]](#footnote-3)*

If the words "I can't afford it" have passed your lips, you will probably not afford it, because the attraction law is working always.

So we finds out that the money is not the thing you have to "suffer" to bring it to you, you can make the money come to you using the three words : "Ask, Believe, Receive", so follow the attraction law to find wealth.

Chapter 3

Attraction Law and your health

The Attraction Law is very effective on your health, they are the same steps, just do them on your health.

*"Our body is really the product of our thoughts. We are beginning to understand in medical science the degree to which the nature of thoughts and emotions actually determines the physical substance and structure and function of our bodies" [[4]](#footnote-4).*

Actually all medical centers are using the attraction law with their patients, they always try to simplify their illnesses to make them think of a hope and good heath, so that the universe start to achieve the good health for them.

Healing through the mind can work with medicine. If pain is involved, then medicine can help to eliminate that pain, which then allows the person to be able to focus with great force on health.

Everybody can think of a good health within themselves, no matter what is happening around them.

The stress come from one little negative though, that bring another negative thoughts, which make you feel stress or ill.

So, if you want to get rid of these illnesses, just use the "Creative Process", and change your negative thought by a positive one, that will bring thoughts *like* it.

*"Our physiology creates disease to give us a feedback, to let us know we have an imbalanced perspective, or we aren’t being loving and grateful. So the body's signs and symptoms are not something terrible"[[5]](#footnote-5)*

From the previous talk, we see that love and gratitude are the solution for every wrong, and by them we can control our life easily and in a better way.

The author talked about an experience of someone called Norman, who treat himself from an "incurable" disease.

The doctors told Norman that he had just a few months to live. Norman decided to heal himself. For three months all he did was watching funny movies and laughing a lot. Then, the disease left his body in those three months, while doctors proclaimed his recovery a miracle.

By laughing, Norman had recovered and released the disease. Because laughing is full of positive thoughts, which are the medicine for every disease.

Another important thing is that we mustn’t talk about the illness all the time, because this will attract more and more of it. When you feel ill, just forget it and behave like you have wonderful health, that will release you brain power to do its work.

There is a successful technique for healing that psychologists use with their patient is the "fake medicine". It is a capsule that doesn’t have any curing materials, and have no effects on the patient, but when the person take that capsule as a real medicine, he will attract this idea, and soon he will become well-health.

So, if you want a good health, the attraction law advices you to "Laugh, love, Forget about it, you have great health".

Chapter 4

Changing your thoughts

If you wondered who is responsible of making you happy or unhappy, actually you are the only one who decides your circumstances. According to the power of thoughts theory.

So that if you want to be happy, you just have to change your thoughts from negative into positive.

Once you understand the power of your thoughts, then changing them is simple and easy. However, most people allow negative thoughts to sabotage their lives and poison their relationships.

If you wonder whether your thoughts are negative or positive, all you have to do is to look at your emotions and your reality. They are a reflection of your thoughts.

We have somewhere between 40,000 to 60,000 thoughts a day! Most of them are random, some are positive, but too many are negative. The bad news are a negative ones can easily become habitual, then faster. They make us worry more, or get angrier…

According to that attraction law, you can change your life by changing your thoughts, using their power.

The way to change your ideas is to first , write down a list of your negative thoughts that you say everyday, such as : "I can't do that, impossible, never, what if it doesn’t work…".

And then, whenever you think of one of them, you will remember that they are negative ones.

After that, you can replace these words by positive ones such as : "I can, I allow myself, I have positive thoughts about myself and others…"

Your brain power is awesome, and it will respond to your thoughts, by changing your life according to your thoughts.

Then for a while be super conscious of your thoughts. Every time you have a negative one, simply replace it with a positive one, just make the opposite meaning. For example, if you say "I will never", just replace it with "I can".

A very important thing in the attraction law, is that this law doesn’t respond to negative words. For example, if you say " I will ***not*** be late", the universe will understand it like " I will be late" and will achieve it for you. Actually this is because when you say such things, you are paying attention to being late, so that you send signs to the world about being late, which makes the wrong thing for you.

Be optimistic in your thoughts, to well-explain your thought to the universe. This is their Law.

Until now, we have seen the power of our thoughts and how far can they effect on our life. But if we want to know is this law is real or not, we have to follow our logic and make mental trial about this law. We will continue talking about two sides of this theory :

1. People's experiences:

there are many people talked about their personal experience with the attraction law, and how they change their life by changing their thoughts.

* Rhonda Byrne Experience :  
  the editor of the book "the secret", which talks about the attraction law, has a wonderful experience with that law.  
  she was about to make a film about the attraction law itself. And she wanted to make interviews with many scientists, but the miracle that she could do that although everyone of them was in a different place from the USA. And some of them apologized about making interview, but she believed in the secret, and she attracted all of them to her, using her power of thoughts. And now she has made a great film about the attraction law.
* Robert Experience :  
  *"I had a student named Robert, who was taking an outline course, I have part of which entail access to me.  
  Robert outlined all of his grim realities of his life in his emails to me. In his job, his coworkers ganged up on him. It was constantly stressful because of how nasty they were with him.*

*I began to teach him that he was focusing on what he did* ***not*** *want. And I advised him to focus on what he want.*   
 *after that, what happened to him was an absolute miracle. All the people in his office who annoyed him, either transferred to another department, quit working, or started completely leaving him alone."[[6]](#footnote-6)*

* Another experience talk about a young man who decided to start with something small,  
  He created a picture of a feather in his mind, and he made sure this feather was unique, he created particular markings on the feather so he would know without any doubts that if he saw this feather, It had come to him using the attraction law.  
  two days later, he was about to walk into a high-rise building on a street in Ney Work City. He said he don’t know why, but he just looked down. There at his feet, was the feather! The exact one that he has pictured in his mind.
* Of course, we shouldn’t forget that even people like "BeetHoven, Shakespeare, Leonardo Da vinci, Isaac Newton, Einstein….", all of them used the secret in their lives.

We know that from history, and from their creative work, and from the famous Einstein's phrase : "Is world kind?", He knew the attraction law and he knew that the world is kind. But he wanted us to know that.

Even in his theory, he believed that you don’t have to ignore what you don’t see, because you can feel it, or hear it, or smell it instead.

1. Comparing the Law with materials:  
   because our thoughts are not visible, we still in doubt about its power. To understand it well, we have to compare it with another power, which we all feel it in our body. It is the Gravity.

The gravity is very similar to the attraction law, as every two masses of the same mass attracts each other, every two thoughts at the same frequency attracts each other.

You know that the gravity don’t miss any mass without affecting it. It is like how attraction law affects every thought. And attracts it to its similar thought.

Also, there are two factors affect the power of attracting, mass and distance.

For the attraction law, the mass is how much we think about something, and the distance is how much this thought is similar to the other one.

If you ever though like there is no gravity, and jump. You will come back and you see that there is a gravity, so don’t ask for something absolute to change. Don’t act like there is no attraction law, because it will not miss you if you do so.

By comparing these two very similar powers : Gravity and attraction law, we see how much it makes sense. They are the same, one affects the masses (the seen), while the other affects the thoughts (the unseen).

This is the attraction law, the law that controls our unseen world, to create our seen world.

So let your story begin, and start making your world.

Conclusion

After reading these research, you will probably know every think about your thoughts power (the attraction law) including :

* What is the attraction law?
* How can we use attraction law?
* Attraction law and wealth
* Attraction law makes you feel good.
* How much changing your thoughts may change your life.
* How to change your negative thoughts into positive ones.
* People's experiences with the attraction law, and how it affect their lives.
* Comparing between the power of mass attraction, and the power of thought attraction.

And now you can answer the question : "is it real?"

I think it is real, the attraction law is in existence. We don’t see it, but we feel it like the gravity.

Maybe newton reached his law of gravity from his knowledge of the attraction law, not from the apple that bumped his head.

Einstein used 10 percent of his mental ability, And he changed the world. This is a proof that our thoughts are the most powerful ability in the world. So that god creates us a brain to think, and a tongue to tell our thoughts, and two hands to receive the outcome of our thoughts.

A very important conclusion is that you can't really achieve from just thinking, because working on something, is the best way to think about it, and it sends more powerful signs to the universe.

So, don’t ask for something you are not working on it, because it will not work that way. You have to work and believe that you can do what you want, to make the universe move to achieve it for you.

So use your power and change your world, your world is kind, just use your mind.

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6. BILL HARRIS

   TEACHER AND FOUNDER OF CENTERPOINT RESEARCH INSTITUTE [↑](#footnote-ref-6)