



Chapter 1

INTRODUCTION TO THE LAW OF ATTRACTION AND RESISTANCE

HOW THE LAW OF ATTRACTION CAME INTO MY LIFE

I want to clarify right away that I'm not a physicist or any other kind of formally trained scientist. Nor does one need to be to utilize Law of Attraction principles. While I ground virtually everything I teach in science, I do not play the role of a quantum physicist because I have found that for the most part, people's eyes begin to glaze over when my explanations of the

Law of Attraction become too complicated. After all, if you felt you needed a mathematics degree to be able to create your life by design, the entire process would be too daunting to take on in the first place.

A basic understanding of the physics of the Law of Attraction is essential to fully integrating many of the ideas discussed in this book. I believe you'll find most of the ideas to be utterly fascinating rather than overwhelming, and my hope is that you will find this part of the education to be as fun and inspiring as I do.

When I began investigating the whole idea of “creating reality” (as I called it when I first began exploring the concept in the early 1990s), I was absolutely turned on by the idea that we have more control over our experience of reality than we as humans are generally aware of.

I will never forget the fateful evening of December 26, 1990 when a friend of mine and I were marveling over the technical wonders of a special “holographic” paper wrapped around a pencil we picked up at a convenience store. Depending on how light hit it, a truly unbelievable array of colors would shoot forth from the paper in three dimensions. It looked as if it were lit electronically somehow from the inside. I remember truly marveling that science had created such an amazing light show that only

a decade before would have cost literally thousands of dollars to create, and yet now was available for pennies on stickers, notebooks, and countless other trinkets one could pick up at any gas station.

It was while I was in this mindset of “anything is possible” that I received what I can only call a “download” from the Universe, an ah-ha moment to beat all ah-ha moments: Everything Is Energy.

Again, I’ve never received any kind of formal scientific training aside from what I learned in high school. But what I received in that moment was a knowing. I could clearly see the energetic nature of the Universe and how everything in the Universe is connected and has influence over everything else—even if we can’t detect it with the five senses we’ve been trained to acknowledge.

I was so affected by the information that came to me at that moment that I spent the next twelve years of my life trying to make enough sense of it to actually do something with it. In that time I read several books, but most of my work was inner work. I learned to meditate. I studied hypnosis. I became totally fascinated with quantum physics, Energy, and the power of the mind.

With all that study came a strong intellectual understanding that actually creating life by design

was all somehow truly possible, and that people were doing it. However, a very big piece of the puzzle was still missing for me. Although I read several books that were scientific in nature, there were some dots that weren't connecting for me. I realized that although understanding on a conscious and intellectual level that "anything is possible" was a good start, there was another level of understanding and believing that I was going to need in order fully integrate the idea that I could consciously create my reality into my worldview.

My breakthrough finally came in October of 2002. I had quit my corporate job in January of that year because it was literally killing me to go there day after day and feel absolutely no sense of myself or my value in what I was doing. And although the money was good, I had still managed to accumulate roughly sixty thousand dollars in debt. No matter how many raises I got (and I was making just under one hundred thousand dollars a year when I quit), my financial situation continued to decline.

More important than my financial situation was this feeling that my life was literally being drained from me. Like most people, I wanted to have a career that I was passionate about and in which I could express myself fully and creatively. Sitting in

a windowless office working on human resources software did not afford me that opportunity, and finally the day came that in spite of my personal economic crisis, I simply *had* to walk away from being an employee.

My plan was to fully involve myself in teaching people to create their realities using all the information I'd been researching for over a decade. The only problem was that I wasn't an actual living example of what I was teaching. Still, I forged ahead. I created audio programs on the subject, and tried (mostly in vain) to book myself at hotels to speak and sell CDs and tapes—because that's what I believe I had to do to be a part of the self-help industry.

I studied marketing like my life depended on it (which I believed it did), and tried so hard to make sales and convince people that I knew what I was talking about. At that point, I didn't feel out of integrity because I truly believed everything I was teaching. But the truth was that there was something I wasn't getting.

No matter how hard I worked, no matter how much new information about marketing I learned, and no matter how good my intentions were, nothing was changing for me—except that my money problems continued to increase.

6 Follow Your Passion, Find Your Power

My wife and I reached a breaking point when our financial woes forced her to return to work. This was a major blow to my ego, as it had taken me many years to convince her to quit the job that was making her so miserable. After all, my corporate job was paying well enough (I was great at ignoring the truth about our financial situation), and my wife finally resigned from her position so she could stay home with our young children and be a full-time mother.

Because I'd made such a big deal about how we could afford for her to quit her job, my wife's return to work was a major wake-up call for me. I suddenly became clear that all this "work" I was doing wasn't getting me anywhere. All this trying to "figure out what was wrong" wasn't producing any answers. I finally decided to step back and become a true student of my own teaching.

That meant giving the whole thing up to a much more intelligent power.

Much of what I'd learned was that if you were clear about your vision and held it, the Universe would provide you with the answers and resources you needed to move forward. Those answers came in the form of something called intuition. For the nine months after I left my job, the voice of my intuition was being drowned out by the screaming of my ego

and intellect, and it was time to quiet the noise and listen to what was being sent to me.

My new strategy became simply to get very clear on what I wanted (a career I was passionate about); being aware of what was showing up in my life; and taking definitive action at every step, regardless of whether it made logical sense or not. Truth be told, that is absolutely all you need to know about making the Law of Attraction work in your life. What makes it more difficult than it seems is the Energy that's running deep within us that we don't even know about. Learning about that Energy was the key to my eventual success.

To summarize what happened to me over the coming weeks, I'll simply say that I began to pay attention to things that I might have overlooked as trivial or irrelevant to my goals in the past. Conversations with new people gave rise to opportunities to explore various resources that I would never have found if I'd kept looking to my intellect for all the answers. A series of chance meetings eventually led me to discover a book called *A Happy Pocket Full of Money* by David Cameron Gikandi.

This book is what finally turned on the lights for me by clarifying in new ways several of the principles I'd already learned. The most important distinction

I learned was just how powerful my belief system was, specifically my limiting beliefs about money and success. Gikandi's book explains the physics of our thoughts in such a way that I finally understood that thoughts are not just dormant ideas floating around somewhere in our brain, but that—like everything else in the Universe—they are real Energy, and thus have a real effect on my own experience of reality!

What were my limiting beliefs? Growing up in a single-parent home, the son of a school teacher who did not like her job, my family constantly experienced a lack of money. I learned that money was hard to come by, debt was always present, and in the end, it didn't matter whether you enjoyed what you did to earn money or not. You simply had to do what it took to bring in money.

When I could clearly see that these beliefs had run over the course of my life, it was easy for me to understand why all my attempts at generating revenue through businesses of my own, or through other means, always resulted in disappointment. My belief system simply didn't support my having financial success!

This revelation was a huge breakthrough for me. In that moment, I realized that my number one priority was to go to work on my beliefs, and that instead

of filling my head and emotional state with fear and worry about money, I needed to find ways to saturate myself in feelings of abundance to the best of my ability. I understood at that time that it didn't matter how much I consciously *desired* a different situation; if my belief system wasn't congruent with that success, it simply was impossible for me to experience it. You'll learn more specifically why that is as we explore the concept of *resistance* and how the Law of Attraction really works.

If you watched *The Secret*, you learned about Vision Boards. These can take many forms, but essentially they are something of a visual collage of the things that you want to attract into your life. I'll share more details on vision boards as well as other techniques later, but this is a technique I began using right away. Because I spend so much time at my computer, I decided to use my computer's background wallpaper as my vision board. I began by taking a screenshot of my online banking statement. Then, in an image editing program, I changed all the numbers (which were pathetically low at the time) to very large numbers, unlike any I'd ever seen in my bank account. At first, of course, these numbers seemed unrealistic and way too huge to ever come true.

However, after days of looking at these new numbers, I stopped reacting in such a dubious way. The numbers became the norm in my mind.

What I had done was stretch my energetic comfort zone around my bank account. As you'll learn, this is essential if you wish to significantly change your financial situation for the better.

So did money just magically appear in my bank account because I did this exercise? Of course not. What did happen was that I was provided with more and more creative inspiration about actions to take that would result in generating money. By now I'd learned not to judge these ideas, but to immediately move into what I was inspired to do. In my case, the inspiration was to put together an online program where I would share what I was learning. I called the program Wealth Beyond Reason, and its creation marked the beginning of a whole new life for me.

Another thing I did was absolutely key. It's something I'll be reiterating often. Rather than enter the online world of personal development with the mindset that "one day I'll be successful at this" or "eventually I'll be as effective as so-and-so who's already doing it," I made a commitment to myself to step powerfully into already *being* who I aspired to be. There is a huge difference from an energetic point

of view (what you're "putting out there") between "wanting" to be something and "already being it."

I can't go too much further in my story without going into a more in-depth explanation of the energetic nature of this Universe we live in and providing what I believe to be the most accurate definition and explanation of how the Law of Attraction really works, so let's get into that right now.

THE TRUTH ABOUT THE LAW OF ATTRACTION

Probably one of the biggest misconceptions about the Law of Attraction is that it's some kind of new personal development technique. Because of the success of *The Secret* and the subsequent influx of programs purporting to teach the Law of Attraction, many people started to view the Law of Attraction as some kind of "trick" or technique. This creates a mindset that the Law of Attraction can *work* or *not work* depending on whether or not one "does it right."

The whole notion that the Law of Attraction is something one "does" or "activates" is at the core of the misunderstanding that causes people to give up utilizing the principle to shape their lives.

Let's get this very clear: The Law of Attraction is *not* a tool or technique, and it is not all about "getting stuff." The Law of Attraction explains the behavior of Energy. It's a *much* bigger concept than simply how we as human beings can shape our experience of reality.

Remember, everything is Energy. This is something that science tells us for certain. Everything in our Universe, tangible or not, is composed of Energy in various forms, vibrating at various frequencies.

What we experience as physical reality, for example, is the result of our interpretation of Energy through our senses. As humans, we experience things as "physical" if they fall into a specific range of frequencies. At higher frequencies, things become less "visible" to us. Thoughts, for example, vibrate at a much higher frequency than does a chair; thoughts are not visible to the eye. Nonetheless, they obviously exist.

To use another example, there are colors in the spectrum of all possible colors that our eyes cannot see, but that *can* be seen by a snake. Dogs can hear frequencies of sound (also Energy) that we cannot hear. Those frequencies simply vibrate at a frequency that is out in our range.

As energetic beings, the Energy that makes up who we are is always vibrating at some frequency or series of frequencies. We call this our "vibration."

The most important concept that we need to understand as human beings attempting to work with these principles is something called *resonance*. If vibrational frequencies are in resonance, they attract. The opposite of resonance is *dissonance*. If vibrational frequencies are dissonant, they repel.

This is where I have a problem with the “like attracts like” definition of the Law of Attraction. While this can be the case sometimes, it is *not* the definition of the Law of Attraction, and certainly doesn’t explain the behavior of Energy across the board. For example, many will be quick to point out that it is opposite polarities of a magnet that actually attract. And what about Mr. and Mrs. Jones who are clearly not at all alike, and yet are very much in love and most definitely attracted to each other?

You see, it’s not about vibrational frequencies being the same. What determines whether the attraction process takes place is whether or not there is *resonance*.

You may have heard someone say that they resonate with a person, or an idea, or a piece of music. There is a vibrational harmony that takes place on an invisible level of Energy, and it results in an emotional state. For example, if you resonate with a piece of music, your emotional state will shift in some way

that keeps you listening to it, wanting more, or simply enjoying it. This doesn't necessarily mean that the feelings you have are always positive. You may hear a sad piece of music and still resonate with it; your emotional state shifts accordingly.

Dissonance works differently. If you hear music that you absolutely can't listen to for whatever reason, it is because there is energetic dissonance. No attraction takes place, and in fact you experience a literal repulsion to the music.

Understanding resonance and dissonance is absolutely key to working intentionally with the Law of Attraction because you want to be absolutely sure that you are in vibrational resonance with what you're trying to attract. So although the scope of the Law of Attraction goes way beyond how it affects the human experience, the aspect of this law that we need to understand in terms of creating our lives by design is this:

*We attract into our experience those things
with which we are in vibrational resonance.*

I've previously mentioned the fallacy that the Law of Attraction is something that you "activate" or "turn on." The Law of Attraction is always on, and is always responding to your energetic vibration, bringing you more of the things with which you are

in vibrational resonance. It doesn't matter whether you're consciously trying to attract something or not. If you're in resonance with it, you are in the process of attracting it. Most people are attracting by default.

It's also important to fully understand the role of our emotions when working with the Law of Attraction. They are the very force that determines our vibration and tells us to a great extent what our vibrational state is in a given moment.

Law of Attraction teachers are often criticized by people who challenge the idea that we are attracting all parts of our experience by pointing to situations in the world where they claim that the person or people involved could not have possibly attracted said situation. Natural disasters, terrorist attacks, birth defects, and the like are all pointed at as evidence that we do not attract everything into our experience and that some things just happen without explanation.

This criticism comes from the false notion that proponents of Law of Attraction suggest that everything about the attraction process is based in consciousness; that in order for something to happen to someone, they must have consciously invited it on some level. Perhaps some Law of Attraction teachers are saying that, but I definitely do not subscribe to that line of thinking. Again, the Law of Attraction is not

simply some kind of “tool” that allows humans to manifest things or create their lives. It’s much, much bigger than that.

If something happens to someone, it does not mean they necessarily wanted it to happen. It doesn’t mean they visualized it, created a vision board, or meditated it into reality. It simply means that for whatever reason, they were in vibrational resonance with it. The truth is that there are situations in which we can never know from the outside looking in how a person happened to get into resonance with an event that we deem bad, negative, or tragic. Sometimes we might be able to get some idea or create a theory, but the truth is that our own personal energetic vibrations are extremely complex—the result of a lifetime of experiences from the circumstances in our homes and schools, interaction with friends, what we see on television, read in books, and so on. Every single experience we have in our lives on both conscious and subconscious levels goes into our energetic construct, and every little nuance of that Energy creates our vibration.

With that level of vibrational complexity, it would be virtually impossible for anyone to look at a situation and know for certain how a person attracted it if it is not clearly evident.

Another more philosophical question is this: Whose experience is it anyway? If you look at a tragedy and have a reaction to it, what's really happening there? You are having the experience of watching another person or set of people have an experience. At a more quantum level, the Energy that composes the person that is you and your sensory system is interpreting another cluster of Energy in such a way that you create in your own mind the experience of "someone else" having an experience that you are interpreting as tragic. All you can really say for absolute certain is that you are having an experience that you are interpreting as someone else having an experience. Mind-boggling perhaps, but still true.

Obviously, most experiences you have in your waking life *seem* like reality. Again, this is how we've been taught to think, and it's a belief system that works for us as humans. The point is that when you realize that every single emotional experience you have is the result of an interpretation that you have *learned* how to make, then you can begin to accept the fact that you have a choice in how you interpret *any* situation, even though it may seem completely unnatural to do so given how you've been taught to respond in various circumstances.

We need only to look at religion to see how humanity can be divided on ideas about what is

good or bad, true or false, good and evil. Within each religion, you have people who know only their own version of truth and reject all others. Does this make them right or wrong? The fact is that what they attract will depend on what is *truly* going on with their belief systems at an energetic level (that is, what they truly believe at their core as compared to what they may dogmatically *say* they believe).

This is to say that spending a great deal of time trying to interpret the truth of a situation that is not our own is very often an act of futility and a misuse of our own Energy. Ultimately, our experience of life as a whole will be dependent on our own vibration and what we allow into our “space.”

Therefore, what we really need to understand is how we as human beings can shift our vibration so that we are in resonance with what we want. That way we can literally attract it, rather than putting our emotion and attention into things we do not like or want to be part of our experience. Further, we need to understand what Energy systems might be running within us that are actually repelling what we want; we must learn to eliminate those patterns to allow what we want to flow freely to us in the most efficient way possible. We’ll soon talk about the various ways that the Universe responds to our vibrational

“requests” and how to actually make those requests, but it’s first absolutely essential to understand more about the force that will slow or stop the attraction process. That force is referred to as resistance.

RESISTANCE

If there was something that the movie *The Secret* could probably have been addressed more, it’s the topic of *resistance*. Without an understanding of what resistance is and how to deal with it, your work with the Law of Attraction will be hit-and-miss at best.

Resistance explains why some people can take the exact same action as other people and not have similar results. Resistance explains why no matter how long you meditate, visualize, work on your vision boards, or engage in any other Law of Attraction technique, you still aren’t getting the results you desire—many times you’re getting the complete opposite results.

In the last chapter, I discussed resonance and dissonance. Dissonance is what happens as the result of resistance. Within the scope of the Law of Attraction conversation, resistance can be defined as “any system of Energy that is *not* in resonance with what you’re trying to attract.” Resistance lives largely in our belief system.

For example, if your desire is great financial wealth, but your belief system includes ideas such as “money is too hard to come by,” “money is bad,” or “if I get money, I’ll just lose it and things will be even worse,” then these thoughts are emitting a vibrational frequency that is absolutely not in resonance with the idea “I enjoy having a lot of money!” Therefore, the attraction process simply cannot take place. It’s a scientific impossibility.

Does that mean you won’t acquire a lot of money? No. In fact, in my situation I was making what many would call a great living in the corporate world. A six-figure salary is the dream of countless people. I had that, and yet I had no money. Why? Because my belief system about money was that there was never enough, and that there would always be debt. As a result, my life was in alignment with that Energy.

You’ve probably heard of people winning huge amounts of money in the lottery, only to lose it within a few short years or months. While they were able to get into resonance with winning that amount of money, their energetic wealth “set point” was way below what they received. The resistance that resulted literally forced the money out of their lives through events that took place, or actions taken by

the winner that were more congruent with their true beliefs about money.

Have you ever come extremely close to realizing a dream only to have something happen to bring you back to square one? Do you recognize a pattern of self-sabotage in your life in those areas that are most important to you in terms of goals?

Any time you see a pattern, this is a strong signal that you have an energetic program running. You are literally programmed to either behave in a certain way at some point in your progress, or attract certain circumstances that will hinder that progress. This is because of the energetic patterns that are set in place. Because the Universe is always responding to every vibration you emit, it is your predominant vibration that you are going to experience the most of. If you hold a deeply rooted belief system that you cannot really have what you want, you are literally in resonance with the failure to reach your goal because your belief system is more in alignment with failure than with success.

Where did this resistance originate? Virtually everyone has some level of resistance, accumulated over many years of life from a variety of influences. Most obviously, we tend to take on large portions of the belief systems harbored by our parents. Our

young minds take in what is demonstrated to us as absolute truth because we have nothing else to compare it with. If our parents say and demonstrate that money is hard to come by, which was my case, then we tend to integrate those beliefs to the extent that we see absolutely no other option. Even when we are adults and can look out into the world and see evidence that is contrary to our belief system, we often find it impossible to change the core beliefs that were implanted in us in our formative years.

It's not just parents who pass on these belief systems. We are also heavily influenced by our teachers, governments, clergy, and society as a whole.

The fact is that there is no universal truth that money is hard to come by, or that all men are jerks, or that you were "dealt a bad hand." However, a strong belief in those things will create an emotional state inside you that will generate a vibrational frequency that is in alignment with circumstances that are in vibrational alignment with those beliefs. Thus, you'll have all the evidence that you need to "prove" your belief system is true.

However, there are plenty of people who do *not* share those beliefs. Their emotional states around these issues are completely different, and so they

attract circumstances that perpetuate their own belief systems.

Everyone gets to be “right” about their beliefs. The wonderful truth is that you get to choose your beliefs, and can therefore change the evidence that comes your way!

But resistance often runs very deep. After all, if you’re an adult, you’ve lived a considerable numbers of years running these Energy systems—and they’re fairly powerful programs. It will take more than just an intellectual understanding that you can change your belief system and a desire to do so to rewrite that program. Still, the true desire to change your belief system is an essential first step.

We know that very often there is a great deal of resistance to changing lifelong belief systems, even when we know they’re not serving us. It’s important to delve deep into the root beliefs that cause these belief systems to persist. Many people will insist that they want to acquire great wealth, because consciously they understand that having plenty of money will make their lives easier in many ways. But what if on a deeper level they have a belief that money is bad, or that their family will reject them if they suddenly become wealthy? What if they believe that they are bad with money and won’t be able to hang onto it

and that their situation will actually get worse if they become prosperous?

An even more poignant question that lurks in the subconscious stems from the fact that many base their very identities on their problems. They're so deeply ingrained that it's hard for these people to imagine themselves living a different way. If a person with money problems suddenly has money, then who will he or she *be*?

This prospect creates a potential identity crisis that many fear facing, and so they continually sabotage their own efforts to acquire wealth so as to hang on to their sense of self. This is the Ego at work. The Ego hates change, and has a very powerful influence over your actions because most of the time you don't even realize it's at work. You simply feel fear, and choose not to step through it. The Ego is satisfied, but your life stays the same . . . and thus your soul still feels the yearning to become something more.

Because we all have varied backgrounds, we have different types and levels of resistance. I've used money as an example here, but for some people resistance lies in limiting beliefs about relationships. Still others have resistance around their health. It all depends on what we witnessed around us as we were growing up.

It's also important to understand that as soon as our belief systems begin to form, our vibrational frequency is affected, and thus we begin to attract more evidence that our belief system is true. If our beliefs serve us and promote creative self-expression, feelings of self-worth, and abundance, then it's good that we are attracting in alignment with our beliefs! If, however, we were surrounded by feelings of lack, inhibition, or shame, then attracting more of this sets us up for a fairly unhappy and unrewarding experience of life.

I invite you now to look at your current circumstances and be brutally honest with yourself about whether or not they are an accurate reflection of your belief systems. I'm not talking about what you *want* to believe, what you think you *should* believe, or even what you *say* you believe. I'm talking about what you truly believe at your core.

It's entirely possible that you're not even connected with your core belief system and are therefore convinced that what you say you believe are actually your beliefs. If your reality is not in alignment with those beliefs, then I assure you that there is resistance running on some level that needs to be addressed if your situation is ever going to change.

As I've established earlier in this chapter, resistance is simply a reality in our culture. We are bombarded

with negative message and “reminders” of our alleged limitations as humans. We are constantly being told what is and is not possible by people who either believe in those limitations for themselves or have reason to shape our thinking about ourselves so that they can maintain some level of control over us. This control can be governmental, societal, religious, parental, or take any number of other forms.

What you need to know is that any perception of limitation is an illusion, no matter how real it seems or how deeply you believe it. We live in a Universe of infinite possibility, and as a part of that Universe, we have direct access to an enormous amount of power to create change in our lives. We were born with this ability. It is a gift from the creative intelligence that put this Universe into motion.

It’s time we learned how to shed these ideas of limitation that have been forced upon us for countless generations so that we can open the energetic channels to receive anything and everything we can imagine.

It all starts with getting crystal clear on what you truly want in your life, which isn’t always as easy as one might think. Sometimes we’re very clear on what our passions are, and what we want our lives to look like. Sometimes we *think* we know what we want, but we’re actually chasing the dreams that someone

else implanted in us based on what *they* thought we should want. We can be completely disconnected for a wide variety of reasons, some of which we'll be exploring later in this book. More importantly, in the sections that follow, we'll be sharing ways to reestablish that connection!