

Natural Laws - A commentary on the Book, The Law of Attraction
The Basics of the Teachings of Abraham
by Esther and Jerry Hicks- Hay House inc.

Recently a book called the *Law of Attraction* has initiated a wonderful influence on many people. The writers describe how prioritizing our thoughts, feelings and intentions will bring anything we desire to us. It is truly a liberating perspective and experience for those of us who *get* the essence of the authors' message.

The law of attraction as stated in their text reads:

“That which is like unto itself is drawn ”

e.g. If we think happy thoughts and feel happy feelings, happiness will be attracted to us. Think healthy thoughts and we will be healthy.

It is unfortunate that the premise the authors base their truly practical message on is flawed. I wonder whether their stated incongruency with science will deter those people who first search for credibility before they are willing to apply the practical yet esoteric advice found in this valuable book.

Also, there may be deeper implications to the applications in the *Law of Attraction*. The affirmations, exercises, their effects, and how we attract circumstances to our lives may be differently influenced by considering the scientific and traditional Asian yin/yang philosophy that states, *“opposites attract.”*

On page 61 of the Law of Attraction: *“There is no vibrational evidence anywhere in the world that supports the idea that opposites attract. They do not.”*

Science disagrees with their statement. For example, magnets have two ends, usually marked "north" and "south," and magnets attract substances made of steel or iron. And you probably know the fundamental law of all magnets: **Opposites attract and likes repel.**

So, if you have two bar magnets with their ends marked "north" and "south," the north end of one magnet will attract the south end of the other. On the other hand, the north end of one magnet will repel the north end of the other (and similarly, south will repel south).

Also, *Electricity* is created from the interaction between opposite polarities negative- and positive+

I am surprised that the authors would write such an obviously inaccurate statement.

“No vibrational evidence in the world that supports the idea that opposites attract”???? What were they thinking?

The authors also make reference to radio waves that while more complicated than a simple magnet, do again utilize the attraction and moderation of opposite polarities in order to transmit and receive radio waves which are *electro magnetic*.

“In a frequency modulated system, the frequency of the carrier is varied according to the modulating signal. For example, positive peaks would produce a higher frequency, while negative peaks would produce a lower frequency. At the receiving end, a limiting circuit removes all amplitude variations from the signal, and a discriminator circuit converts the frequency variations back to the original signal.”(quote <http://www.radiodesign.com/>)

Another example of opposites attracting comes from nature in our cycles of day and night and the seasons of the year. As the sun sets, darkness comes, temperature cools, winter comes and eventually our bodies after being exposed to these influences, desire and attract the opposite: light, sun, warmth and spring or summer. Does our experience of one attract the opposite (darkness and cold attracts the light and warmth) or does our intention/desire for warmth bring the warmth to us (like attracts like)? Maybe the Law of Attraction may be more accurately expressed:

“That which we like is drawn to us.”

Perhaps our experience of darkness *motivates* us to attract the light. Without knowing sadness, can we appreciate or attract happiness? Without knowing frustration, can we ever really appreciate patience or peace?

Or could the depth of our sadness be proportionate to the degree of happiness we attract?

Does the *range* of our opposite feelings, experiences and attractions determine the degree of intensity and passion we feel?

After experiencing extreme highs from alcohol or drugs, how long will it take for the lows that follow to weaken or even kill us?

Can we resolve the dualistic experience inherent to our existence on planet earth?

Does our immersion in a world of naturally attracted complementary opposites like day and night, cold and hot, and the omnipresence of positive and negative electrical poles limit our ability to experience a consistent state of perfect balance?

Perhaps the direction and resolution Abraham is suggesting we move towards in the *Law of Attraction* is to transcend these familiar dualistic patterns by diligently and deliberately focusing only on what we desire. By being steadfast in choosing happiness, will we achieve oneness with our true self ~ the god within ~ unity?

An other reservation I have with the “Law of Attraction” is the recurring theme in the book that there are only 2 feelings— good or bad. To get to the good there is an *allowing* method that compassionately wishes wellness and resolution to all. Sweet! And with such an *either/ or, black or white* perspective, it seems to me that an avoidance or detachment of some *grey* area experiences, circumstances, feelings and people will result.

My own experience has shown me that surrendering to so-called “bad or *negative*” feelings, being present with them, noticing where in my body they reside and breathing into them teaches me to be *more comfortable with uncomfotability*. In a short period of time (seconds or minutes), without thought processing, I arrive at a place there is only vital energy. This being in the moment/meditative-like approach helps me to be in whole-body awareness instead of isolating my brain’s sometimes-incessant thoughts. It helps me to be present in my self while simultaneously being connected to my surroundings. Through *feeling*, I witness the miracle of resolving extremes.

Whether on my own or in the presence of others, in a matter of seconds or minutes, I experience how feelings that I could have prematurely classified as “bad” actually become a source of fuel; no positive or negative—just peace, a place where both contentment and creative answers surface to my awareness.

*In the contraction of my body resisting or running,
heat, chills or waves crashing on my cells, tissues and bones ... I say wait...
Breathe, feel... where is it? Be in it – free of thought .. just feel, shhhhhh...*

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Got it

I wonder if avoiding the experience of polar opposites by seeking only good experiences and feelings as suggested in the Law of Attraction while providing a great coping mechanism, may influence me to never feel the fuel derived from transforming opposites—to avoid the powerful vital transformation found in every challenging (seemingly bad) situation that comes my way.

As usual I will allow my intuition to guide the way-

“*One truth many Paths*”- Swami Satchidanada

My last note of caution revolves around the common New Age reference to *Quantum Physics*. While it is true Quantum Physics has proven that we create our reality, Quantum Physics has also shown that all phenomena are connected without boundaries of time or distance. I am not separate from any circumstance, feeling or person. So while I can create my own experience of any circumstance I am exposed to, I am also affected by the response and reality of others.

Similar to a pot of water that is being warmed on a stove burner, the molecules at the bottom feeling warmth first, also affect the molecules at the top of the pot and vice versa. So, I affect my immediate world with my chosen desires. My scope of influence is accepted or resisted by the molecules surrounding me and our shared connection to the infinite universe. If I get too hot, consequences will arise to balance my boiling behavior. While I may focus on heat because I want it, if I am out of alignment with the infinite universe, spoken of in Quantum Physics as “*coherence*”, I will receive a contradictory signal to quell my desire.

Global catastrophes like tsunamis and earthquakes as a response to global warming may be a big picture example of what similarly happens to us when our personal desires are too extreme— we experience complementary /opposite circumstances to balance and fine tune our lives.

I highly recommend *The Law of Attraction – The basics of the Teachings of Abraham* by Esther and Jerry Hicks- Hay House inc.

I hope that my comments can help readers to go past the technical or energetic inconsistencies and absorb the authors’ deep message and practical method that can help to bring peace and freedom to all who choose it.