

“Matter is the densest form of mind. As such, the energy in matter can be influenced by mind. So the laws of energy are also the laws of the mind.”



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The Science of Attraction

By Jazz Rasool.

There are many ‘laws’ that describe the physical world, of which Gravity and the Conservation of Energy are just two. There are the laws of Electricity and Magnetism as well as physical laws of energetic manifestation and dissolution associated with Quantum Physics.

Similarly there are many laws that describe how our lives unfold depending on what we think and feel or what our spiritual actions move us towards. The movie ‘The Secret’ highlighted The Law of Attraction. The Law of Intention is another example highlighted by the movies ‘What

the Bleep do we Know?’ and ‘The Living Matrix’. We attract what we think and we manifest intentions aligned to our authentic nature. Bob Proctor talks of ‘The 11 Forgotten Laws’ and Deepak Chopra talks of ‘The Seven Laws of Spiritual Success’.

Although there are many laws that govern the material world and many that govern the spiritual world, only a few operate in both, straddling the physical and non-physical dimensions and managing the traffic between the realms of spirit and the realms of matter. These common

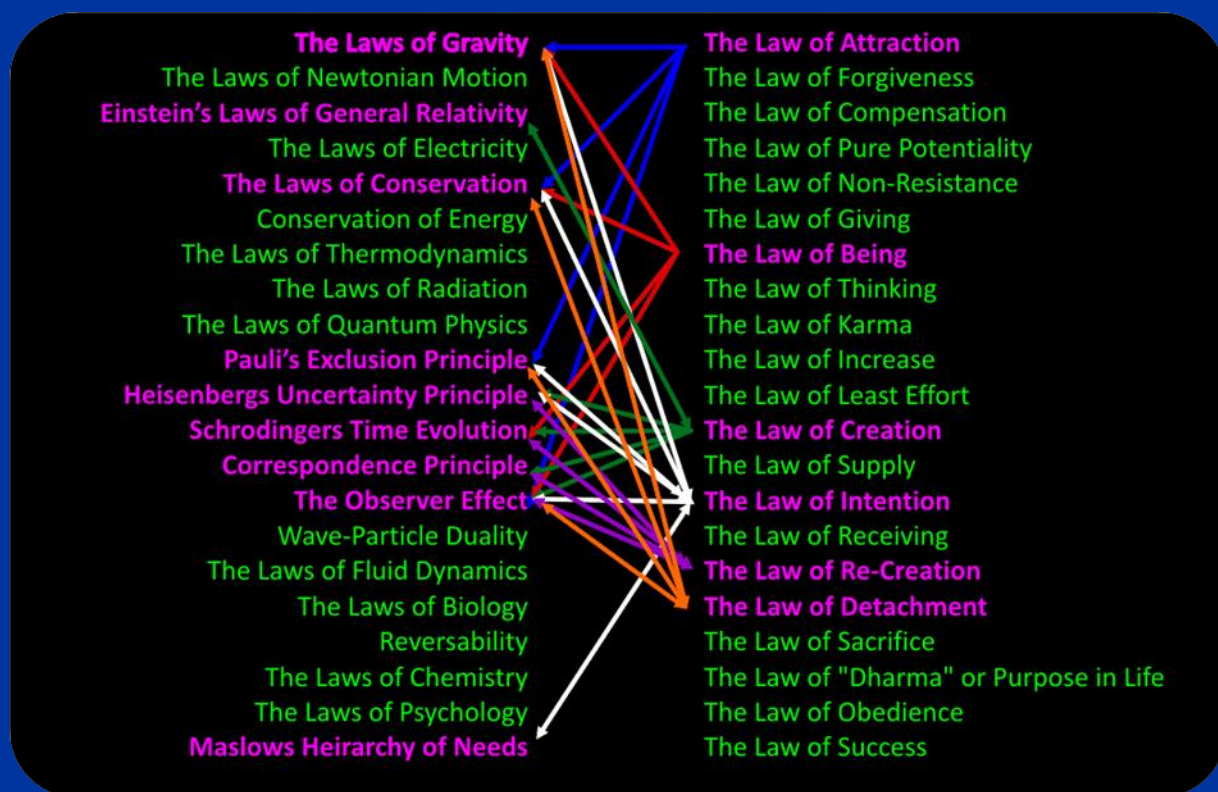


Figure 1: The Laws common to material and non-material worlds and how they relate.
 Left, Material/Scientific Laws Right, Non-Material/Spiritual Laws
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laws, highlighted in *Figure 1*, take higher-dimensional, non-physical forms often associated with consciousness and spirit and manifest them into material forms. They also take material objects and de-manifest them into higher dimensional non-physical or mental forms, effectively 'returning them to source'.

Two of the earliest laws of physics I learnt were those of Gravity and the Conservation of Energy. Gravity was a purely attractive force and was strongest in the universe where energy or matter were most concentrated. The more energy there is in a place the more pull it has. Conservation of Energy simply says that Energy cannot be created or destroyed, just changed from one form to another.

Though most people don't know it these two material laws are examples of laws that don't just apply in the physical world but also within higher dimensions associated with the human mind and spirit.

The spiritual version of the law of Gravity is the Law of Attraction. The law is an example of a law that straddles both material and non-material worlds. It is a bridge across which energy flows between the material world external to us and the mental world within our mind. It is a law that manages the traffic between higher non-physical dimensions of the universe and the physical ones we are familiar with in our everyday world. It is an example of a law that manages the transport of virtual energy from higher dimensions into physically tangible matter and energy in the everyday world we live in.

The law of Conservation of Energy is another law that straddles both material and spiritual worlds. Spiritually, It is actually made up of two laws, The Law of Attraction and the Law of Detachment. You can attract energy or something into your life but if there is no space for it, you must be prepared to let some energy or thing be released from your life. Similarly If you want to let something go from your life, you have to attract something in to replace it.

If you are having difficulty attracting something in it is most likely there is no space for it in your life. Like a plane trying to land at an airport, the plane cannot land if there is a plane sitting on the runway that has not yet taken off or pulled into the terminal. When the runway is clear your intention can land in the real world and you will attract what you are looking for into your life.

Sometimes you can have difficulty letting go of something. Typically this will be because you have failed to make a conscious choice about what you will attract in to your life to replace it. If you don't make a *conscious* choice the universe will, after a grace period, select something from the next best place, your *unconscious*, typically something that relates to unconscious habits and your programmed way of being. You get into another dysfunctional relationship, you end up in debt again, you get ill again.

Whenever you want to attract something into your life, if you have no space for it you will probably have to let something go. Whenever you want to let go of something, make a clear conscious choice about what you authentically want to replace it with.

What remains after you have attracted something into your life and detached something from your life is your current sense and experience of being who you are. In fact the way you choose to *be* determines what you attract into your life and what you detach from your life. So there is a 'Law of Being' that influences The Law of Attraction and what it brings into your life and The Law of Detachment and what it removes from your life. This relationship is shown in *Figure 2*. This spiritual 'Law of Being' is the equivalent of the material law of Conservation of Energy. It is a law that operates in both material and mental worlds. This hints that the focus of the 'Law of Being' is the conservation of energy.

Whenever we go against our true nature we end up being ineffective in our conservation and conversion of energy that we have access to. Our intentions don't manifest as well compared to when we are true to our authentic way of being. Our energy is wasted and we feel less vitalised or alive. Our thoughts lack coherence and our emotions lack resilience. Last but not least our spirit lacks direction or purpose.

When we attract what is authentic and detach what is not we conserve energy and feel more alive for longer. When we follow the Law of Being we influence the Law of Attraction into attracting what empowers us and influence the Law of Detachment to detach what undermines us. This often leads to the processing of issues from the past and their closure as well as harnessing of opportunities for the future and the realisation of our Life's hidden potential.

Einstein used the Law of Conservation of Energy and other laws to create his famous formula relating energy to matter:

$$E=mc^2$$

The formula simply states that Energy, *E*, is related to matter, *m* and light *c*. It tells us that matter has frozen within it a lot of energy and that forces of light keep it locked in. When the forces of light are released the energy is no longer restrained and the matter transforms into a vast release of energy. This is what happens when a chain reaction is triggered in a nuclear explosion.

In the East, all matter is considered to be a frozen form of thought or mind. As such the term for matter, *m*, in Einstein's equation could equally be a term for thought or *mind*. In this way Einstein's formula now reads that Energy is related to *mind* and light. Energy is frozen in the mind and is restrained there by forces of light. When the forces of light that restrain the mind are released the mind's energy can be released. As with a nuclear explosion, light is released *from within the mind*. As such it is not Energy that is released but *Enlightenment*.

So Einstein's formula has a material interpretation and a spiritual interpretation –it is a law that straddles both material and spiritual worlds. It promises that those people who release the light in their minds can release energy from the dimensions of their mind and shape it into material forms in the real world. They can *intend* things into existence. Quantum Physics shows how.

Quantum Physics recognises that a person observing nuclear particles can change their behaviour by the simple act of conscious observation. It's as if their

thoughts shape the creation and unfolding of reality.

The science says that a pair of related influences from the mind seem to take what is virtual or just a possibility in quantum realms and make it physically manifest.

There seems to be a 'male' wave of information that comes from the mind and a 'female' wave of information that combine in the hidden, virtual quantum realm. This mating of masculine and feminine virtual energies or information results in the birth of something in the real physical world.

The 'male' part of consciousness that influences things to come into existence is what we traditionally recognise as an 'intention'. It is the form or blueprint of information relating to what will be created in the real world. The 'female' part of consciousness is 'emotion'. It is the force that pushes the blueprint of the intention into existence. When you couple an authentic intention with an authentic emotion from the source of the mind or quantum vacuum and keep them married, eventually they give birth to a physical, baby form of the intention. So long as intention and emotion remain married and held in the mind the physical form stays in reality and begins to become more solid and less temporary in its existence. If the intent and emotion are not held together in the mind the corresponding physical creation can 'flicker' in its existence and may even disappear back to where it emerged from –its 'source'. Healers can use this to dissolve symptoms of illness by deliberately separating energies of coupled intentions and emotions discovered to be at the root of an illness.

Intention and emotion come together to attract something into existence. They move apart to fade something out of existence. Their relationship shapes how a person is being. In effect, The Law of Being is influenced by how our intentions are coupled with our emotions. So what we attract into our lives and what we detach is influenced by how we manage the engineering of intentions and the role of emotions.

The universe though does not just have our personal intentions and emotions within it. Our consciousness exists in a pool of Being shared with others. So when two people have competing intentions or conflicting emotions who gets to attract what they are looking for and get rid of what is not wanted?

For us to understand what determines the outcome we need to look at how intentions and emotions create our way of being in a universe where we share our existence with other beings . We need to

look at the law that creates *Beings* from a universal pool of intentions and emotions. We need to look at the law that governs the Law of Being and what it attracts in to a persons life and what it detaches in a universe shared with other beings. This is the *Law of Creation*. This law determines what manifests from the hidden, virtual quantum realms into physical, observable reality. It shapes what comes into Being, what stays in Being and what fades out of Being. The forces that bring something into creation are not the same as those that keep it in creation. Once an intention has led to something manifesting its form must constantly be re-created. In nuclear physics experiments sub-atomic particles exist for barely an instant before disappearing. In order for anything to stay in existence after creation it needs to be managed by the *Law of Re-creation*. We'll explore *The Law of Creation* and *The Law of Re-Creation* in the next article in this series, ***The Diamond Laws***.

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