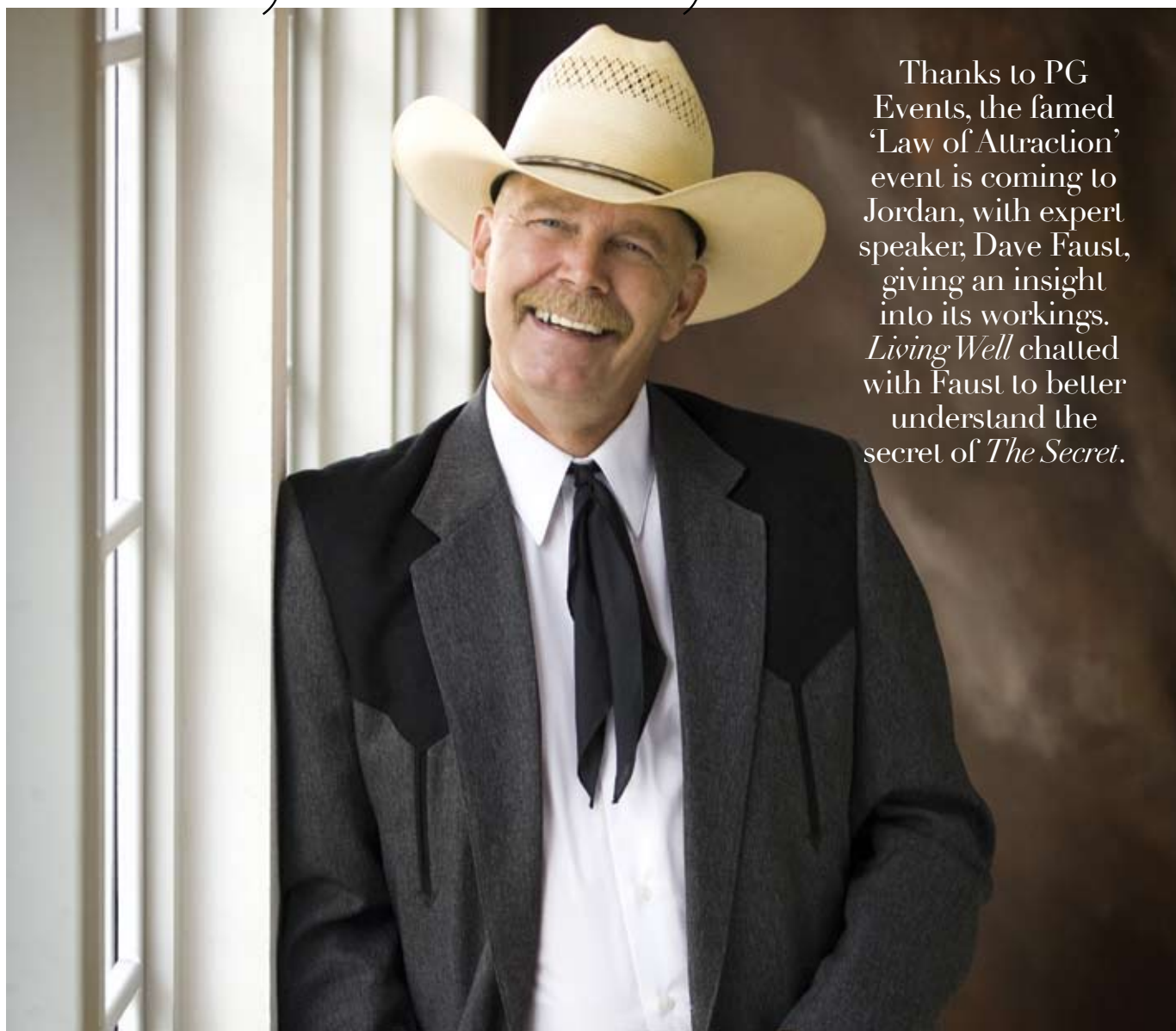


The Law of Attraction: Ask, Believe, Receive



Thanks to PG Events, the famed 'Law of Attraction' event is coming to Jordan, with expert speaker, Dave Faust, giving an insight into its workings. *Living Well* chatted with Faust to better understand the secret of *The Secret*.

What is the Law of Attraction? The Law of Attraction is most simply described as the process of attracting things into our lives or existence. The simplest definition of the Law of Attraction is "What you give your attention, energy, and focus to will be attracted into your life; good or bad, wanted or unwanted". I believe that this is too simple a definition but by refining it a little we can get a more accurate definition. "You

will attract into your life whatever you give your attention, energy and focus to, and emotionalize and believe; whether wanted or unwanted." The Law of Attraction is activated by our thoughts, beliefs, and feelings. We will attract people, events, situations, ideas and more thoughts that match our dominant thoughts, beliefs and feelings. For example: If someone experiences a lot of frustration, anxiety and worry they will attract more situations that cause more of those types of feelings. On the other hand someone experiences a lot of joy, happi-

ness, and contentment then they will attract more people, events, circumstances, and situations that match those feelings. We have all been using the Law of Attraction for all of our lives and the Law of Attraction has worked perfectly every time. Most people are not even aware that they are using the Law of Attraction and end up unwittingly using this powerful, universal, natural law to attract unwanted things into their life by default or non-deliberately. The Law of Attraction does not play

favorites or reward or punish people. It does not judge if what you are attracting is wanted or unwanted. It very simply responds to the energy or vibration of your dominant thoughts, feelings and beliefs and brings you more of the same. Another way to view the Law of Attraction is through the adage that we will reap what we sow. In other words, our thoughts, feelings, and beliefs can be considered seeds. If we continually plant negative or unwanted seeds, weed seeds if you will, into our life then we should naturally expect negative things to result from those seeds. Conversely when we plant positive seeds into our life we can and should expect positive results. Our minds, both conscious and sub-conscious, can be viewed as a garden which we cultivate, nurture, weed and fertilize with thoughts, feelings and beliefs. To harvest a crop of positive things we want in our lives we must purposely plant positive thought, feeling and belief seeds. The Law of Attraction is not a magic bullet for all of life's problems or what I prefer to view as challenges. We will still be faced with challenges. The difference is in how we perceive and handle the challenges and in our projected expectations for the outcome. Personally, I experience fewer problems or challenging situations because my mind set doesn't attract as many as I did before.

The Law of Attraction is also not an instant fix, especially for big issues. Yes, things can begin to happen quickly but the big things may take a while to manifest. Even so, I use the Law of Attraction for everyday little situations such as getting great parking places every time I leave my house. I try to apply it to everything I do. I preset my intention for the outcome to almost every situation before I start. Many people are driven to the Law of Attraction for what I call "Bright Shiny Objects" or "BSOs" like more money or the things it will buy: fancy cars, homes, vacations, retirement, toys etc. Others are looking to attract a life partner, a better job or career or more happiness. Regardless of the motive for wanting to learn how to use the Law of Attraction what they find is that the Law of Attraction will help them manifest all those things into their life but not without going on an inner journey to change the mind set, thoughts, emotional patterns and beliefs that have prevented them from being able to attract or manifest those things into their life the past.

How did you discover The Laws of Attraction?

I am not sure if I found the Law of Attraction or it found me. It was probably

a little of both. I have been training sales people and corporate executives in the areas of sales, leadership, organizational development, and personal development since 1977. I have always understood the importance of attitude, emotions, and thoughts but until recent years never had tools that went beyond affirmations and positive thinking which don't work well by themselves for most people. I have to admit that I did not come up with any of those tools. Again the Law of Attraction came to the rescue. I set the intention that I wanted to attract the knowledge necessary to make the Law of Attraction work for anyone and it delivered. My knowledge is a result of the extraordinary work of countless other people who have all contributed bits and pieces of what I now teach. I continue to read and absorb a minimum three to four books a month and participate in dozens of programs always looking for more tools to share with clients and participants.

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What is the right way to approach the Laws of Attraction to fully benefit from its rewards?

With an open mind. That is the most important criteria. An open mind means that we suspend judgment and critical assessment as the process, concepts and methods for applying the Law of Attraction may seem counter to what we have been taught or have come to believe. If we begin judging the process before internalizing it or even trying it, we will dismiss it as some crazy notion. There is a vast amount of material, books, seminars and web sites that have good information about the Law of Attraction but many who investigate them will dismiss the message because they don't like the messenger or the delivery of the message. In other words we kill the messenger before we hear or consider the message. I did this early in my quest for more information because the method of acquiring the knowledge used by the authors was counter to some of my own belief systems. Until I was able to subdue the judgment of those beliefs and open my mind I was unable to gain the

incredible knowledge and understanding that was presented by those teachers. Being open minded does not mean that one automatically accepts everything, but it does put people in a position mentally so they can effectively and non-judgmentally explore ideas and then pick ones that make sense, seem reasonable and that resonate with them.

The other mind set that is important to have is one of self discovery, investigation and conscious change. It would be foolish to think that we can change our experience in any area of our life without making changes in our thoughts, feelings and beliefs. It sounds like a big task but in reality it is relatively easy and lots of fun, especially when one is able to see concrete evidence in their life of the Law of Attraction working.

The Law of Attraction is not a magic bullet that will instantly change someone's life in the blink of an eye. That's not to say that results don't happen quickly because in many cases they do. The application of the Law of Attraction is a learned process that requires patience, practice and a belief that it works but it is not hard to learn or apply.

Is it simply a placebo or does it have genuine scientific credence?

It is a little of both. As Michael Lovitch said, "Volumes could be written about the placebo effect, and the power of belief to create tangible results in performance and healing (both positive and negative)." There is plenty of documented evidence for the placebo effect but the Law of Attraction does go beyond the placebo effect although the science to justify it lies mostly in the theoretical area of quantum physics. Probably the best and most credible evidence is found in those who use the process of applying the Law of Attraction effectively to their lives.

There are scientific studies that demonstrate the effect of both positive and negative thought and feeling patterns on crystalline structures of water, on plants, on blood cells and on human physiochemistry. It is a fact that negative thoughts affect every cell in our body with stress hormones and negative neurological chemicals and the opposite is true of positive thoughts and feelings.

You'll be coming to Jordan to give an overview on the subject. What can participants expect?

It will actually be much more than an overview. The workshop we will be conducting in Jordan is the most complete set of workshops we have ever performed at one location at one time. It will be a uniquely complete program. In addition to the workshop sessions each

morning, each afternoon there will be discussion sessions or personal coaching opportunities to answer questions, gain more insight and explore applying it to our lives. The workshops are highly participatory and interactive as well as entertaining and fun.

In the Introduction to the Law of Attraction we will begin at the basics of understanding the Law of Attraction, where it came from and how it works in our lives. We will discover the three simple steps for applying the Law of Attraction and practical tools to use in each of the steps to begin to adjust our attitudes, thoughts, feelings, beliefs and mind sets to be in alignment with our desires.

The next section will explore attitude. Attitude truly is everything. It is one of the few things we have complete control over yet most people act as if they have *no control* over their attitudes what so ever. Attitude is the outward expression of our mood and, perhaps more importantly, the inward expression of our expectations. A positive attitude expects positive outcomes and a negative attitude expects negative outcomes. We usually get what we expect or look for. A person's attitude determines whether they succeed or fail, try or quit, win or lose, cooperate or resist. A person's attitude becomes their own self-fulfilling prophesy.

In the "Attitude Is Everything" workshop we explore this complex phenomena called attitude and discover real and effective tools for taking control of our own attitudes and learn how to positively impact the attitudes of others around us. For the session we will dive into understanding how the conscious and sub-conscious minds work and how to deal with unwanted feelings and self-limiting beliefs. We will learn tools that allows us to change or replace the beliefs and feelings that do not serve our best interests and install ones that do. This is the section where we learn to use simple but powerful tools to neutralize and eliminate negative feelings, emotions, fears, anxieties and beliefs and begin to reprogram our internal operating systems to be in line with our desires instead of being counter to them. The next session will focus on using meditation, visualization and other methods to increase our attracting ability. The last workshop is all about happiness and how to create happiness from the inside out. You can get a sneak peak at the happiness workshop by going to www.lawofattractioncenter.com/articles.html and download a special report entitled "Three Steps to Being Happy for No Good Reason". There are other articles there also.

All along the way participants will be given recourses to continue to develop the skills, tools and habits we learn in the workshops. Each workshop has its own workbook or manual that will be given to the participants. **There is a lot of talk that The Law of Attraction is in some way an attempt to replace religion or at least poses a threat to it. What are your views on these claims?**

I have found the complete opposite to be true. Regardless of our religious affiliation I have found that all the major religious writings and works from all over the world address the concepts and principles of the Law of Attraction.

I can only speak, with any expertise, from a Christian prospective. The Law of Attraction is addressed from the first book of the Bible to the last. I conduct

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workshops on the Law of Attraction and the Bible. In spite of that, occasionally I find some Christians telling me the Law of Attraction is of the devil or it's New Age. For whatever reason that is what they have chosen to believe even though I believe that nothing could be farther from the truth. I am told by my Muslim friends that the Koran has the principles of the Law of Attraction in it. References have been found in the pyramids of Egypt and the temples of the Mayan and Inca civilizations in the western hemisphere. It is in the religion of the Native North Americans, Buddhists, Hindus, Taoists and in practically every religious work from around the world. Many practitioners believe the Law of Attraction is one of the original natural or spiritual laws from the beginning of creation. Will it work without a spiritual connection? Yes, of course it will. Any natural or spiritual law will work without the spiritual connection and not necessarily for evil. If it didn't it wouldn't be a considered a law which by definition must operate the same way every time it is applied regardless of the motive or perspective of the user. That implies that the Law of Attraction could be used for evil as well as good.

My experiences as well as those of others find that the Law of Attraction is not in contrast to religious beliefs but rather is an aid in the practice of our spiritual beliefs and enhances our experience. The bottom line is that if anyone's spiritual beliefs

include the concept that you will reap what you sow then the Law of Attraction will not contradict anything in those beliefs. Most Law of Attraction teachers try to be politically correct and talk about the "universe" as the entity or source from which the manifestations of what we desire flow and I can see how that can immediately causes problems for some people who choose to be closed minded or instantly judgmental. It becomes a "Shoot the messenger" situation for them. In my personal application of the Law of Attraction the "universe" translates to God. For my Muslim friends it would be Allah. For my Native North American friends it is the Great Spirit. The Law of Attraction is the Law of Attraction regardless of what one calls the source. It's sort of like gravity, it works every time whether you believe in it or not. ■



Law of Attraction Workshop in Jordan

'The Law of Attraction: Ask, Believe, Receive', workshop shares the key to a better life, famed in the cult-hit book and film, *The Secret*. The event, which is organized by PGE exceptional events, will be taking place on November 27-29 at the Movenpick Dead Sea, will include an introduction to 'The Law of Attraction', and more.

For more information contact:

Ms. May Hassan
events@pg-events.com
 Tel: 06-5513071
 Mobile: +962799979622