



# **Manifestation and the Law of Attraction**

## **The Law of Attraction - It's About Frequency**

By Dr. Margaret Paul

**Like does attract like, so focus on keeping your frequency high and you will manifest your dreams!**

Many of us have heard of the Law of Attraction - that like attracts like. However, many are confused about what this really means.

In my experience, like attracts like means that like frequency attracts like frequency. My high frequency attracts the things I want and my low frequency attracts the things I don't want.

The question then becomes, what raises or lowers frequency?

### **What Lowers Frequency?**

Anything that makes you feel down lowers your frequency. Here is a list of what I have found lowers frequency:

- **Intent to control** - When your desire is to control your feelings, as well as others and outcomes, you are operating out of your wounded self, which lowers your frequency. Even positive thoughts can lower your frequency when your intent is to control, rather than be loving to yourself and others.
- **Negative thinking, resentment, judgment and self-judgment** - The lies you tell yourself from your ego wounded self lower your frequency. Feelings of fear, anxiety, depression, anger, guilt, shame, jealousy and envy all have a low frequency, so any thought that comes from false beliefs and that creates these feelings, lowers your frequency.
- **Resistance** - The fear of being controlled by others, by God, or even by yourself, creates resistance, which lowers your frequency.
- **Alcohol** - While people might convince themselves that they raise their frequency when drinking, this is not true. Just because it may lower your stress, doesn't mean it raises your frequency.

- **Prescription drugs** - Since prescription drugs are alien to the body, the body has to work to deal with them, which causes a lowering of frequency.
- **Recreational drugs** - A few recreational drugs - the kinds of drugs that indigenous people used infrequently to connect with Spirit - can raise your frequency for a short period of time. But frequent use has the opposite effect.
- **Food** - Fresh, whole organic food has a high frequency, but processed foods have a low frequency, and lower the frequency of your body.
- **Lack of exercise** - Our bodies are meant to move; not moving lowers your frequency.
- **Lack of sleep** - It is hard to have a high frequency when you don't get enough sleep.
- **Lack of water** - Dehydration creates huge stress on the body, which lowers your frequency.
- **Negative environment** - It is often hard to maintain a positive attitude when in a negative environment. We are affected both positively and negatively by others' frequency.

### **What Raises Frequency?**

- **Intent to learn** - Our free will to choose our intent in any given moment is the most powerful choice we have. Choosing to learn about loving ourselves and others, rather than choosing to protect/avoid/control, is the major way we have of raising our frequency. This is why, when we think positively from an intent to control, in an attempt to manifest what we want, we are often not successful, as anything done from the intent to control - even positive thinking - lowers the frequency.
- **Positive thinking** - This might seem like a contradiction to the statement above, but it is about intent. When your intent in thinking positively is to be loving to yourself and support your highest good, this raises your frequency. When your intent in positive thinking is to control others and outcomes, then it lowers your frequency.

- **Food** - Fresh whole foods that are in alignment with your metabolism, and that support your health, raise your frequency.
- **Exercise** - Exercise that you love and that makes you feel alive raises your frequency. Forcing yourself to do exercise that you don't like lowers your frequency.
- **Getting enough sleep** - Sleep is vital for feeling good enough to be open to and connected with yourself, others and your spiritual Guidance. Being disconnected from ourselves lowers our frequency.
- **Drinking enough water** - Being fully hydrated is vital to keeping your frequency high.
- **Being in a peaceful environment** - Being in nature, listening to music, and being around loving and accepting people raises your frequency.
- **Love** - Love, compassion and peace are the highest frequency feelings, so being kind and compassionate with yourself and others, which creates inner peace, raises your frequency.

Like does attract like, so focus on keeping your frequency high and you will manifest your dreams!

## **Are You Manifesting What You Want?**

By Dr. Margaret Paul

### **Do you wonder why the Law of Attraction doesn't seem to be working for you?**

*"It's really important that you feel good. Because this feeling good is what goes out as a signal into the universe and starts to attract more of itself to you. So the more you can feel good, the more you will attract the things that help you feel good and that will keep bringing you up higher and higher." --Joe Vitale, Author and Speaker*

Most Law of Attraction gurus state that there are four steps to manifestation:

- Write down what you want
- Repetitively visualize what you want as if it is already true, with much positive emotion. Do this many times daily for at least a year.
- Take actions toward your goal.
- Keep your frequency high by feeling good

It is this latter step that I want to address in this article, as it is often the one that people have the most difficulty with.

Imagine that you have a child whom you adore. As a loving parent, you would want the very best for that child, and you would do all you could to support your child in being happy, joyful and successful.

Spirit is like that loving parent, and we are the children who are being watched over and supported in our highest good. Spirit supports our joy, freedom and manifestation. Why then, if this is so, do we not always get what we want?

Imagine that you put out a thought, such as "I really want to find my soul mate. I really want a loving relationship." That thought goes out to your spiritual Guidance and your Guidance begins to manifest that desire for you. The only thing that prevents the full manifestation of your desire is your frequency.

Our frequency, or vibration, is determined by how open we are to learning and taking loving action in our highest good. When our intention is to be loving to ourselves and others, and we are behaving with compassion, gratitude, appreciation and kindness toward ourselves and others, we are operating from a high frequency. When our intention is to try to be safe, through having control over getting love and avoiding pain, our frequency will be low. Our behavior will be judgmental, angry, blaming, withdrawn, compliant or resistant. When our intention is to control rather than love, we are closed-hearted, and it is this closed-heartedness that prevents the manifestation of our desires. It is as if the energy of manifestation hits the closed door of our heart and bounces off, with nowhere to go.

How do we know where we are in our frequency? By our emotions. When our intention is to be loving to ourselves, we feel both the wonderful and painful core-self emotions: love, compassion, peace,

joy, sadness, sorrow, heartbreak or loneliness. Even if we have painful feelings, we still feel a sense of open-heartedness and wellbeing. When our intention is to have control over getting love and avoiding pain, we feel anxious, depressed, hurt, angry, fearful, numb, empty or alone - our wounded-self feelings.

You will discover that if you are manifesting well in one area of your life, but not in other areas, it is because in that one area you are open to learning and taking action regarding what is in your highest good. For example, some people can make lots of money because in that area they are really open to learning and taking loving action in their own behalf; but they may be unable to have loving relationships, because in that area they are closed and protected.

Our emotions are a completely accurate guide of whether we are open or closed - whether we feel good or bad. Our emotions let us know where we are in our frequency. Many of our emotions are caused by our thoughts, so when we are thinking a thought that is not true, we will feel badly, and when we are tuned in to the truth, we will feel good. If you stay in Step One of Inner Bonding - being tuned in to your feelings - you will instantly know when you are thinking an untrue thought, a thought that is lowering your frequency.

Because our wounded self is so programmed to think the untrue thoughts that we have absorbed, we often think thoughts that create anxiety, depression, fear and so on. It is our wounded thoughts that lower our frequency and our wounded feelings that let us know about it. And in this wounded state, we cannot manifest our desires.

Inner Bonding is a wonderful process for eventually being able to manifest what you want. If you stay in Step One all day and immediately go through the other Steps as soon as you are not at peace, you will quickly learn about the thoughts that are lowering your frequency. You can then go to Spirit for the truth, and bring your frequency back up. Through practice, you will be able to keep your frequency high more of the time. You will discover that your ability to manifest your desires increases more and more over time, the more you are able to keep your heart open to learning and loving.

## **The Art of Manifestation: When It Is Loving to Be Controlling**

By Dr. Margaret Paul

**Is it ever loving to be controlling? Yes! Discover the kind of controlling that is loving and leads to manifesting what you want in life.**

Is it loving or unloving to be controlling? It all depends on your intent, on which part of you is trying to control, and what you are trying to control.

### **When Controlling is Unloving**

When you are coming from an ego wounded part of yourself and your intent is to control others, to get them to do what you want them to do, you are being unloving to both yourself and to them. When you get angry, blaming, withdrawn, resistant or compliant, and when you lie, manipulate, threaten, or in any other way intimidate others, to get them to do what you want them to do, you are abandoning yourself and making others responsible for you in ways that are unkind to both yourself and them.

When you abandon responsibility for your own feelings and needs, trying to get others to make you feel safe, secure, worthy and lovable, you are being unloving to yourself and others.

When you make the bottom line more important than kindness and caring, you are lacking integrity and harming your own soul and the souls of others.

All these ways of controlling are unloving.

### **When Controlling is Loving**

It is loving to yourself to consciously control your own intent rather than automatically revert to the default setting of protecting against your pain by trying to control others.

It is loving to yourself to consciously control your thoughts and actions - to choose to think true thoughts and take loving actions in your own behalf.

The law of attraction states that like attracts like. I am often asked, "Is it controlling or loving to focus on what I want with excitement, faith and gratitude, like the law of attraction books say to do? Aren't I trying to control the outcome of things when I do this? I've been told that trying to control outcomes is controlling and therefore unloving. I'm confused!"

Trying to control outcomes with thought, excitement, faith and gratitude is not in itself unloving. It is when you attach your happiness and worth to the outcome that it becomes unloving to yourself.

Focusing your thoughts on what you want with joy, faith and gratitude, is controlling, but there is nothing wrong with this kind of controlling behavior. It is not harming you or anyone else. Since it likely makes you feel wonderful to think about what you want with faith, joy and excitement, rather than what you don't want, with fear and anxiety, then it is loving action - as long as you don't make your worth and happiness dependent upon the outcome. This is one of the keys of taking personal responsibility for yourself - to be thinking and behaving in ways that bring you joy.

You are manifesting what you want when you focus on what you want throughout the day, thinking thoughts that make you feel happy, choosing to be in faith and expressing gratitude for what you have and for what you want. The moment you go into fear or make your happiness and wellbeing dependent on the outcome, you are no longer manifesting what you want - you are now manifesting what you don't want.

So practice controlling what you can control - your own intent, thoughts and actions. This is what the Inner Bonding process is all about - becoming conscious of your thoughts and actions that make you feel anxious, fearful, empty, alone, angry, guilty, shamed or depressed, and choosing those thoughts and actions that make you feel safe, peaceful, fulfilled and joyful.



## **The Power of Positive Thinking - Does it Work to Manifest?**

By Dr. Margaret Paul

**Are you frustrated with affirmations that are not working?  
Discover why they are not working and what you need to  
do differently to manifest your dreams.**

I was recently at the home of a friend's daughter, and she had affirmations taped on the walls everywhere.

"Are these helpful to you?" I asked.

"Not really," she answered. "I do them all the time but they don't seem to be doing anything. I've read about the law of attraction - that like attracts like - and I'm trying to just think positive thoughts. I wonder why it isn't working. Maybe the law of attraction isn't real."

Knowing of the work I do, she was interested in my opinion of this. "What do you think about the law of attraction?" she asked.

"The problem is that most affirmations are stated from the conscious level of our mind. But there is another level, a subconscious level, that is also thinking thoughts, and these thoughts might be the complete opposite of the affirmation."

"But how do you know when you are thinking subconscious thoughts if they are subconscious?"

"We know by our feelings. Our feelings respond to our subconscious thoughts. If you are thinking something negative, you will feel anxious, scared, angry, stressed or depressed. Your feelings are letting you know that you are thinking and behaving in ways that are counter to what you are actually affirming."

"But I thought that if I ignored my negative feelings and just focused on positive thinking, I would start to feel better and get more of what I want."

"No, it doesn't work that way. It is what we think about with emotion that has the power to manifest. Thoughts without any emotion have no power. It is the emotion behind it that gives the thought power. Do you have any emotion when you are saying affirmations?"

"No, I just say them."

© 2011 All Rights Reserved

Margaret Paul, Ph.D., Inner Bonding® Educational Technologies, Inc.

"That's why they aren't working. There is no energy to propel the thought, no true investment in it. If, for example, you are saying this affirmation that is on your refrigerator, "My relationship is loving and harmonious," but consciously you are trying to control your partner into being more affectionate, and you feel resentful at the lack of affection, the negative intent prevails. This is why it is so important to pay attention to your feelings, which is the first step of the Inner Bonding process. The moment you are aware of feeling anxious or resentful, or any other negative feeling, you can then notice what you are telling yourself and how you are behaving that is causing the distressing feeling. It is only by attending to your thoughts and feelings in this way that you can make the subconscious conscious enough to be able to choose thoughts that create joy and excitement, rather than thoughts that create distress."

"Oh, this makes so much sense! Are you saying that it's not that there is anything wrong with affirmations, but that when we are also thinking something negative, which creates negative emotions, this is actually what we are manifesting?"

"Yes, that's exactly what I'm saying. So rather than ignoring your feelings or numbing them out with various addictions, it is vitally important to notice your feelings, as they are alerting you to whether your subconscious thoughts are positive or negative. You manifest when you think thoughts that move your heart and soul with a sense of passion and purpose. These are always thoughts about loving yourself and others, never thoughts about controlling others or controlling outcomes."

"I'm so glad I spoke with you! I'm definitely going to practice noticing my feelings and the thoughts that create them."