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## Why The Law of Attraction Is Beneficial And How You Can Use It To Improve Your Life.

The Law of Attraction and the powers of manifestation has been a recent and common controversial topic. Many believe that this form of pseudoscience can transform your life and others believe that it is completely bogus. The Law of Attraction actually gained a lot of popularity over the past few years through tik tok. The famous “999 method” was an example of how it spread through tik tok. It was a method in which you write your manifestation in the grammatical tense of already living like you had it nine times. Then, repeat that two more times for a total of three. This concept also hints at a play on numerology, but I won’t be discussing much of that in this essay. For example, if you wanted a dog for christmas, it would be written as. I am so happy that I received a dog this christmas. Many people have said that this method worked. At first, I believed that it was either a coincidence or the placebo effect. As I’ve done more research, there are many psychological reasons as to why the Law of Attraction and manifestation can be used to better your life and mindset.

The first reason as to why the Law of Attraction can help you better your life is through changing your mindset. It is always taught to have a positive outlook on life, but this can easily be tainted by reality. Being human, we are prone to overthinking and self doubt. Most people

become stuck and consumed by their environment. The National Counseling Society states numerous ways in which our physical and social environment can impact our mental health like lack of sunlight and exposure to violence. These circumstances play a large part in our development and mindset, especially when it is instilled in us from adolescence. The way in which this connects to the point that mindset is very important in the Law of Attraction is similar to the saying, “show me your friends and I will show you your future.” What we surround ourselves with contributes to our vibrations and energy. If we cannot physically change our environment, we can mentally change it. This is the basic principle of The Law of Attraction.

The Law of Attraction (LOA) is manipulating energy by your thoughts and intentions. Thus, you are now able to be in the vibration of your desires. In order to do this, you must act and think as if you already have your desires. This will then allow you to attract what you want into your life. The universal and somewhat spiritual reasoning to this is that the universe will not give you something if you are in a state of lack. You must be in a state of abundance, satisfaction and acceptance of where you are to be “deserving” of what you are manifesting. The scientific backup to this logic is through Maxwell’s equations that says, “any electric current produces a magnetic field. Your thoughts are magnetic.” However, this was proven false by an article by Michael Shermer from *Scientific American*. In this article he explains this ideology is not true in an interview with Russel A. Poldrack. In the article it says, “But as neuroscientist Russell A. Poldrack of the University of California, Los Angeles, explained to me, these fields are minuscule and can be measured only by using an extremely sensitive superconducting quantum interference device (SQUID) in a room heavily shielded against outside magnetic sources.” In shorter terms, this means that the units in which our brains radiate are minuscule and are affected

by the other vibrations on earth and beyond. Many others have said that it is simply a placebo effect under the guise of calling it a “scientific law.”

Based on this, the idea that our thoughts can create reality is proven false. There actually is no proven scientific evidence anywhere online that can prove that this is true. However, there are many cases in which people have said that it is and proved their statements through secondary sources, but these are mostly theories and cannot be said as proven science, which is part of the reason as to why The Law of Attraction is considered pseudoscience. In “*Thought Vibration: Or, the Law of Attraction in the Thought World*” by William Walker Atkinson, an occultist and author in the 18th century. He deeply goes into depth on the impact your subconscious mind has on your conscious mind as well as the idea of brain waves and vibrations. He also said, “And from present indications it looks as if the invention named might be expected at any time. But to those who have experimented along the lines of practical telepathy no further proof is required than the results of their own experiments (Atkinson, 6). In today's modern world, many authors and the public have shared their experiences using the LOA. In *Becoming Supernatural: How Common People Are Doing The Uncommon* by Joe Dispenza, he deeply goes into his stories with clients in which he used LOA as well as meditation techniques and telepathy to cure people from sicknesses and trauma.

Regardless of the lack of scientific evidence that can prove the vibrations attracting your desires are real. The mindset and principles that the LOA promotes are beneficial. Simply believing that you can achieve something is the first step to actually achieving it. I think that using the LOA is important and should be known to the public. Our minds can get the best of us sometimes because it shapes our entire universe from our perspective. While this can be scary, this is also incredibly amazing because you can change how you see yourself and the world.

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