

Foundations of the Law of Attraction

By Ryan Ashton

The Law of Attraction, as its title suggests, is a universal law that operates under the principle of *attraction*. There are numerous authors who use the title Law of Attraction in their work, however there may be some variations over what the definition of the law is and how it works. This essay will attempt to describe the Law of Attraction as primarily articulated by the work of Abraham-Hicks,¹ who has published voluminously on the subject.

First of all, the Law of Attraction is a *law*. Law, in this context, refers to a regularity that is “universal” in origin and scope; as opposed to “man-made” (e.g. governmental laws) which are originated by, and exclusively applied to, human behavior. The concept of a universal law aims to describe a basic, fundamental feature or characteristic of *reality*—i.e. the structure of the universe itself. Universal laws describe behaviors and movements of the elements contained within that universe in a systematic, non-contradictory manner. Universal laws attempt to explain both the behavior of universal elements in the past, and anticipate behaviors of universal elements in the future. In order to qualify as a universal law, the proposed description of reality must be utterly consistent, apply to all universal elements equally and non-discriminatorily, and be compatible with observed reality. The Law of Attraction aspires to meet all of these requirements, and therefore is properly classified as a universal law.

Secondly, the Law of Attraction holds that *attraction* is the fundamental, structural and systematic mechanism that explains the behaviors of universal elements. In the words of Abraham-Hicks, the Law of Attraction states that “That which is like unto itself, is drawn.” In other words, attraction is simply that “like attracts like.” This idea of attraction draws on the concept of harmony, whereby elements of a similar or common *essential nature* automatically combine or group together. The Law of Attraction, therefore, is the formalization of the consistent regularity of universal elements combining or harmonizing with other universal elements of similar essential natures. So what is an “essential nature?”

An essential nature is a way of describing the core or essence of a universal element—it is what the element *is*. Abraham-Hicks’ preferred interpretation of this concept revolves around the idea of a “vibration-based” universe—often called a “vibrational universe” or “vibrational reality.” This idea asserts that the entire universe is, in effect, made up of energetic frequency ranges, or *vibrations*. Therefore, at the core of every universal element is a corresponding vibrational pattern or frequency that marks the essential nature of that element. It is this *vibrational signature* that the Law of Attraction is said to act upon.

A useful clarifying analogy to invoke at this point is the phenomena of communication by radio waves. By understanding the dynamics of electromagnetic radiation and its corresponding wave-like properties, the transmission of information across frequency ranges becomes possible

¹ Abraham is a disincarnate, collective consciousness who communicates through the medium Esther Hicks. This phenomenon is often referred to as “channeling.” More information on the work of Abraham-Hicks is available at www.abraham-hicks.com.

with radio technology. The premise of this technology is akin to the idea behind the Law of Attraction. There exists a “pool” or “field” of frequency ranges occupying the same space at the same time at any given time and location, and each frequency range (or channel) has its own essential nature—its specific wave properties of wave length and frequency. Radio station X can, therefore, encode information (like a song) into a particular frequency range and transmit that information into the atmosphere by manipulating the known laws of electromagnetism. A radio receiver, then, can match, or *attract*, the specific frequency range carrying station X’s information and decode that information into its original form—the song. If the radio receiver was not *tuned* to the frequency range of station X, it would be out of vibrational sync with station X and would therefore not *attract* station X’s broadcast. Likewise, a radio receiver can oscillate between frequency ranges (change channels) and instantaneously shift its point of attraction so that information from stations Y, Z, etc. become the matching frequencies. It is important to note that by shifting the frequency ranges of the receiver, neither stations X, Y, or Z’s broadcasts are affected; flipping the receiver off of station X, for example, does not destroy station X’s broadcast. Rather, the receiver is merely shifting its point of attraction and picking out of the same spacio-temporal location the station that matches its current vibrational range. This idea of matching vibrations to connect elements of reality is precisely what the Law of Attraction is about.

Now, the Law of Attraction states that these attraction-based principles apply throughout the universe—that is, beyond the confines of the electromagnetic spectrum. This requires that everything has a *vibrational essence*. People, plants, rocks, trees, etc. are all vibrational at their core and thus occupy a particular frequency range.² Based on this, every combination of circumstances and events—no exceptions—is, at the vibrational level, harmonizing with each element of that circumstance or event. Each piece of reality is, therefore, akin to its own radio frequency carrying all the pieces of information encoded onto that particular frequency range, and anything *tuned* to that frequency will participate in that frequency’s *reality*. The universe then, on this view, is a grand symphony of vibrating elements building “channels” of reality by virtue of the underlying energetic principles of harmony.

Once this vibrational basis of reality is established, most people are then interested in the obvious follow-up question: How do I adjust my own vibration? This question is, in fact, the absolute core of the body of work produced by Abraham-Hicks, and I will now touch on it here.

There is an intimate relationship between a vibration and what we call consciousness (or states of consciousness). As humans, we are all considered to be conscious because we are self-aware, have first-person experiences, and have a sense that we are thinking beings (e.g. we entertain a myriad of thoughts daily and also feel we have a degree of control over those

² As a supplement to this idea of a vibrational universe, the reader may be interested in the theory of reality known as “superstring theory.” For an accessible overview of superstring theory, see Brian Greene’s *The Fabric of the Cosmos* (2004). As an illustration, Greene writes on pages 346-347 “According to string theory, there is only *one* fundamental ingredient—the string—and the wealth of particle species [e.g. electrons, quarks and neutrinos] simply reflects the different vibrational patterns that a string can execute...*the vibrational patterns in string theory correspond to different kinds of particles...*the *single* species of string can account for a great variety of particles because the string can execute a great variety of vibrational patterns” (Greene’s original emphases throughout).

thoughts). This phenomenon of consciousness relates to the vibrational nature of reality such that each state of consciousness embodies its own vibrational *essence* or *signature*. By virtue of the essence of one's conscious content, the consciousness offering the vibrating thoughts then attracts to her the matching vibrational reality—e.g. the physically manifested circumstances and events of life experience. This includes, but is not limited to, one's state of bodily health,³ degree of wealth, and quality of relationships with others. In fact, the Law of Attraction says that *all* elements of one's life experience are determined by the cumulative attraction powers of her total conscious self. This is no insignificant law! So, the essence of a state of consciousness determines the frequency at which that conscious state will harmonize, and therefore *attract*. The content of one's reality, then, becomes a sort of mirror of one's own state of consciousness.

Now, it follows here that if one desires to alter her point of attraction and, therefore, alter the content of her reality, she must then alter the contents of her state of consciousness. In other words, to change a *vibration*, one must change a *pattern of thought*. If one is in ill health, for example, the Law of Attraction says that there is a vibrational match between the thoughts occupying this person's state of consciousness and the physiological manifestation of ill health. If there was not a match, then the ill health would not be a part of that person's conscious experience. Therefore, it is of advantage for the person experiencing the illness to deliberately offer a pattern of thought that no longer matches the vibration of ill health.

This process of shifting patterns of thought, as it were, turns out to be deceptively challenging for most humans, even after the Law of Attraction is understood and accepted. There are perhaps multiple reasons for this difficulty, but suffice it to say that the mechanics of the mind are quite complex, mysterious and elusive. Much like any skill, there is a learning curve associated with the deliberate offering of thought and this is precisely why Abraham-Hicks' work is so voluminous, and why I have established Inspirational Differences. The only viable method of harnessing the power of the Law of Attraction so far devised is to simply further one's understanding of the nature of the Law of Attraction and consciousness, and to persistently practice that understanding through daily application. For further information about how to do just that, visit InspirationalDifferences.com for more educational articles and related events.

³ Various mind-to-body interactions have been documented within medical and psychological communities and are broadly described as “placebo effects.” Placebo effects occur when a patient or research participant is given a purported “treatment” (often a pill)—which is, unbeknownst to the patient, no treatment at all (e.g. a sugar pill)—yet the patient is nevertheless told that the treatment is real and what effects the treatment is supposed to generate. In many cases, patients exhibit the very treatment effects expected if the treatment were real despite the fact that they received no treatment at all. It is argued that a patient's *expectation* is somehow affecting her physiology. This interpretation is compatible with the Law of Attraction model and illustrates thought-to-matter interactions nicely.