

Understanding the Law of Attraction

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Learning about the law of attraction is about understanding you and your relationship with the world you live in. It is also, on a broader scale, understanding the world, the universe, in which you live.

You are a co-creator with that universe, with universal energies.

Everything is part of a unified field of energy.

Energy is vibration. Energy is vibrating.

Vibration has/is frequency.

A variety of different frequencies exist.

Like frequencies attract.

When you think, you are activating frequency.

Those frequencies will attract more like themselves.

Emotions

Your emotions indicate the frequency of your thoughts AND their proximity to the fullness of who you really are and what you desire.

Thoughts that resonate with the fullness of who you really are and what you desire feel good.

Thoughts that don't resonate don't feel good.

The greater the gap between the fullness of who you are and the thoughts you think, the worse you feel.

The greater the resonance between the fullness of who you are and the thoughts you think, the better you feel.

Your emotions indicate alignment, vibrational resonance – or lack thereof.

Emotional intensity can indicate vibrational intensity.

Freedom

You have free will.

You choose the thoughts you think, and where you direct your attention.

You choose the approach, the attitude, the thought and vibrational lens, to the situations you live and toward the people you encounter and with whom you live.

You can choose to think thoughts that feel good, or don't.

You are a powerful creator/activator/attractor.

You co-create with the energies of the universe.

You create your life experience.

You are an extension of Source. You are part of the unified field – which some might also call the mind of God.

Responsibility

You are responsible for what you are creating and living.

Since you are the heart of your creation, you can also choose to change the vibration you are offering/emanating and thereby change what you are attracting/creating/living.

You have access to that universal mind because you are part of it. You have access to universal guidance, often called intuition, that can help you lead a happy and fulfilling life.

The highest frequency which exists is love – pure love. True love is a higher frequency than most humans associate with that word.

All beings are interpreting the world through vibration, and can become more conscious and more accurate interpreters of vibration.

By understanding your relationship to yourself, vibration, and the universe, you can become more mindful in what you are creating and living. You can become more intentional in choosing various aspects of your life.

The law of attraction is the most powerful universal law that exists.

Thought = Physical Reality

What begins as thought can manifest in physical form.

You are creating whether you are creating intentionally, or unconsciously – meaning without awareness that you are creating.

Gravity is an expression of this universal force of attraction. It is one way to see the law of attraction at work.

Simply speaking, celestial bodies attract to them, within a field, other matter, other physical forms, like them.

One does not need to know about gravity in order for it to work. It is.

By understanding gravity, one can knowingly choose to work with it. One can choose to create more effectively and more satisfyingly.

This reason is why it can be so satisfying to understand and apply, mindfully and intentionally, the law of attraction. It can also answer many of the “whys” people have about understanding life...about why things happen as they do.

The law of attraction is a law governing “real” forces, real energies. But because many of you do not “see” it work, you don’t realize that. In actuality, it is working all the time, all around you – but you may not have understood that before.

Even as a child, when you dropped an apple, you expected it to fall down. Although you had likely not heard the word “gravity” yet. Law of attraction is the same way. By understanding it, you can gain greater awareness of the world around you, and of your own power to co-create your life experience.

For more information, visit our website: *Hermaden.com*, or check out the *Hermaden Institute* videos on YouTube.

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