

The Science Behind the "Secret"

The *Law of Attraction (LOA)* is the focus of much attention these days. The blockbuster movie and book, The Secret, has surpassed all other "self-help" phenomena's of the past. But, many of us find ourselves wondering: Is it real?

Science begins to explain how everything in our reality comes to be. You are the creator of your universe, but you may not know it or believe it. Your life may appear to you to be out of your control. You may feel like a victim of circumstances, while all along, YOU are the creator of those circumstances. Wouldn't it much easier to believe statements like "if you can envision it, you can create it" if you understood that science, not magical thinking is really behind it?

Quantum physics is the study of the building blocks of the universe. Science is now showing us that at our most basic level, we are made up of sub-atomic particles of energy...the very same energy that trees and planets and light and dogs and feelings and thoughts and everything else is made of. These sub-atomic particles are more accurately described as probabilities of existence...they are waves of potential spread across space and time that become localized particles in a specific place in our dimension only when we focus our attention on them. What creates matter is our attention to something!

Nothing is solid in the universe. Our whole world is energy, constantly flowing, constantly changing. So, why do we appear solid? Think of a movie. Your eyes see things moving smoothly and continuously across the screen, but actually, a film reel is flashing about 24 different frames per second...your eyes just can't detect the gap between the frames! Beginning to understand the nature of this world we live in enables us to begin to create the life we dream of leading.

Quantum waves/particles exist within us and around us. They are waves of infinite possibility until we turn our attention or observation toward them. Only then, do they become things in our space/time reality. When we turn our attention away, they once again become waves of probability.

The LOA states that we draw like energy unto ourselves. We can have everything we desire...as long as we believe. Think positive thoughts and positive experiences will flow into our lives. Focus on things that we desire instead of things that we do not want. This "attraction" rule is actually talking about energetic resonance. We all radiate vibrational energy out into the universe depending on what we're thinking, feeling, and saying. This energy goes forth and attracts energy that we are in vibrational resonance with. So, if you have a desire...the question will always be: "How do I get myself in resonance with that?" When you focus your attention on something you desire, the quantum field of potentiality begins to localize as particles of matter....responding to your desire. As long as we continue to focus our attention on that - without any resistance - our desires will materialize in our physical world.

Quantum Physics continues to expand and prove what religions and spiritual teachers have been telling us for thousands of years. We are all ONE - connected in one big sea of quantum energy that responds directly to our thoughts and feelings. We are co-creators with this infinite sea of possibility and we are much more powerful than we have ever imagined ourselves to be. If you have never pondered studying the basics of quantum physics, I highly recommend that you do....your life journey will never again feel quite the same.

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