

# INCREASING YOUR PERSONAL MAGNETISM

## How to make the Law of Attraction Work for You

*Note: the Law of Attraction is always working for you, but you might wonder why then is it not bringing to you what you want? Why does it seem to not be working for you even though it must be? Here I will assert that it most definitely IS always functioning, but according to our command. Here we will discover our true power in life, the conscious command, as well as the origins and power of the unconscious command and how we can correct it with The Power of the Positive Command. The irritating thought of absence is a trick to awaken our conscious participation.*

### **PART 1. THE BEGINNING**

Realization is the result of Contemplation, so Contemplate Divine Unity. This is the fundamental and ongoing practice and teaching of all schools of metaphysical understanding and ‘mystic’ achievement. Without the contemplation and realization of Divine Unity nothing works. It is the beginning and the end of the journey.

Now call it (Divine Unity) ‘God’, and ascribe to it the Attributes of divinity: Existence, Life, Conscious Intelligence, Power, Will, Speech, Sight, Hearing.

Now ascribe to yourself the same attributes. Is it not so?

The hard one is Existence.

### **Realizing your Spiritual and Physical Existence**

It is often very difficult for us to grasp the true nature of our own existence.

But the contemplation and realization of our spiritual and physical existence is what brings us into a conscious awareness of our own reality. and conscious awareness of our own reality is the means by which we increase our personal magnetism and realize our power.

And it is not always easy.

Try contemplating your self-existence, and see how long you can stay with it. But even more so, contemplate the meaning of the word ‘existence’ and apply it to yourself. What does it mean, to exist, to ‘be’?

Try, for example, to say ‘I AM’, and really mean it. Now try to say “I am Powerful.” Check your belief level. Do you really believe it with absolute certainty, or do you sense certain levels of disbelief (as in “yeah, Right!”), or skepticism?

In order to attract, you have to exist. In order to attract consciously, you have to exist consciously.

Most of us are ‘existing’ in some form of a state of willful self-denial.

Wow, self-denial, unwillingness to take part in, to be a part of .... the life we exist in.

### **The Power of Conscious Participation**

Sufficient contemplation of Divine Unity (Reality) will bring you to the realization of your own spiritual and physical existence, which is a necessary prerequisite for the work to follow, i.e. the conscious direction of personal magnetism. For how can you contemplate something and not be a part of it? It is a proven law of physics that observation influences the observed. And with the realization of your existence comes the realization of the Law of Attraction - your natural power of attraction. It is not an illu-

sory, imaginary power, and with it comes the realization of your power of choice, to choose how the Law of Attraction works for you. This is the very real power within your very existence.

So, If you want to be really powerful, to consciously use or enhance your power, you must be quite certain of (through serious contemplation) your spiritual and physical existence; Your Own Reality.

Firstly, without existence, you have no power at all. Is that why we deny ourselves? Are we afraid of our power, as has been so often stated?

But primarily, in witnessing your own existence you are practicing self-awareness, and self-awareness increases personal magnetism and demonstrates the power of our conscious participation in the Law of Attraction.

The GOOD news is, when we are participating consciously, we are no longer participating unconsciously.

That is the power of Conscious Participation.

## **ADDITIONAL NOTES**

Life seems to consist of the disempowered and the overpowering. Two side of the same coin.

Knowledge of the reality behind the illusion is what turns the tables. In other words, the truth is quite the opposite. The overpowering are in reality the disempowered (because they cannot help others and can only 'help' themselves) and the disempowered will have the power because they will seek it and are under no illusion as to having it or not. In other words, they know the difference between having it and not having it and will recognize their true power when they discover it. Whereas those under the illusion of power will not seek it and will not recognize it until it is in the possession of those they were overpowering.

Contemplate your spiritual and physical existence (your reality in God) and you will see your power.

Don't just think about contemplating your existence. Don't overlook the actual practice by registering the description in your brain catalog.

Contemplate your existence. You ARE the power you seek.

You cannot have conscious power without being conscious of your self and your power. You cannot say "I have power" without saying "I". You cannot attribute Reality to God without attributing it to yourself also. Sufi tradition says. "As you remember Me, so I will remember you."

And you cannot use your power properly without owning it, recognizing it as yours. You cannot exercise your power without recognizing yourself as the 'exercizer' of your power. If you want to exercise 'your' power (and of course you do), you must first recognize it as 'yours'. So the first step is to recognize yourself as real, to contemplate your existence, until you are no longer in any doubt as to your existence and your true power.

How do we choose? We don't control the power, it simply exists. But we do control ourselves.

Either consciously or unconsciously, you have the choice as to how the Law of Attraction works for you. You are the one who chooses to accept or reject.

And now we know where the work is.

## **PART 2. WHY DO WE ACCEPT AND REJECT?**

### **The Power of the Unconscious Mind**

The unconscious mind is the repository of the logics (algorithms) that dictate our basic operating system - the beliefs, impressions and conclusions drawn from our life's experiences. The unconscious mind is full of unconscious (because they are already accepted as true and do not need to be called up consciously or reinvestigated) commands - our conclusions about life and the way it works.

The unconscious mind is pretty much what dictates how our show is run, and pretty much because of it we can relax - don't really need to be around too much, or too conscious, too much of the time. We instinctually trust that we can take care of ourselves in almost any situation and pretty much take life easy because of that trust in our unconscious and its reflexes.

The unconscious mind is the repository of most of our tried and true reactions. It is where the command to react and how to react to any given situation is issued. In a nutshell, it gives us our feeling of security; that we don't really need to think except when our unconscious mind feels in need of an answer or a solution to a pending issue, which happens to some of us more often than to others.

The single fault of the unconscious mind is that it takes for true only the impressions and conclusions drawn from life experience and rarely reinvestigates them in the Light of Spiritual Unity or objective truth.

Genevieve Behrend, student of Thomas Troward, paraphrases him by saying, "It should be understood that your subjective mind receives its impressions from the objective mind, and never from material things. It is therefore necessary to withdraw your thought from the material or physical thing you desire and to mentally dwell upon the spiritual symbol of it, which is the inherent source of its formation." (GB-TT -AYD)

In other words, the unconscious mind is the repository of inherited and acquired (Karmic) assumptions, and extremely resistant to investigation or change, due to its inherently defensive and need-to-be-certain nature. After all, we don't naturally doubt our experience.

However, the experiences of each of us are different, and the conclusions drawn from them may vary upon the temperament and mental makeup of the individual. So it is safe to say that there is no necessary commonality among the multitude of unconscious minds except that they're unconscious. The contents of the unconscious mind are simply not thought about anymore as they are categorized in each individual as foregone conclusions - the way things are; reality.

### **The Power of the Subconscious Mind**

The subconscious mind is our organ of power. It simply carries out commands. It brings, it fetches, it changes, it shows, it creates, it demonstrates. It controls our bodies and their actions. For example, if the subconscious registers and accepts the command 'be sick', you can rest assured that sickness will manifest immediately. And so it goes with any thought. Be rich, be poor, be stupid, be confused, be needy, be pitiful, helpless, hopeless, etc.; all strategic commands given during your infantile and adolescent life in reaction to relationship with other demanding conditional and needy people, in your ongoing endeavor to get what you want.

These conclusions and their relevant commands are now lodged in your unconscious mind and pop up at a moment's notice when the perception of needing them is present. The subconscious hears them and obeys, and the body immediately responds with the equivalent behavior.

This is all proven. The intelligence of DNA and its capacity for immediate response to thought is well documented. And, it can be proven in your immediate experience. Think, for example, a pleasant thought. How does it make you feel? Now think an unpleasant thought. How does that make you feel?

So here's how the Law of Attraction works. It works according to your feeling, not necessarily according to your intention. You can intend good things all day long and still not even have a good day, let alone get all the things you intended. You can 'affirm' all day long (or longer) and still feel hopeless and bereft. Don't you know it's true?

We bring things into existence by our feelings toward them. We literally 'feel' things into existence. The Universe responds to our feelings, not to our will or even to our intention. Intention is only a primary action, but for an intention to reach manifestation there must be the concomitant corresponding feeling. In other words, if you don't feel it, it ain't real.

Which came first, the good news or the happiness? Logical left-brain thinking will tell you, "why the good news, of course. It made you happy". But could it be that our happiness, or lack thereof, had an influence on the outcome - on the news we heard? This is what is being proposed, and there seems to be some scientific evidence to back it up. In the movie *What the Bleep Do We Know* it was shown how our attitude in the form of a smile or frown would affect the crystallization of water and snow.

And from there we reach the conclusion that the universe responds to our feelings. and our feelings are the result of our psychic attitude, and that we can control, as in change, our psychic attitude.

So how can we influence our psychic attitude? Well the psyche responds to truth with strength, power and magnetism, and it is very magnetic. and it flees from and abhors falsehood. So when we affirm truth our psyche activates joy and happiness within us, and when we affirm falsehood it responds with its decision to fight or flee. So you can see why the 'fight or flight' mode, the 'reactive mind', is so overwhelmingly dominant in us when we are born to be bombarded by a world of deception, falsehood in reasoning and incorrect conclusions.

There are two truths that are inherent in the contemplation of Divine Unity, and these truths are: "There is no Separation" - that Life is a continuum in which all things are always present, and therefore, "There is no Absence" - infinite resources are always available to you with merely a correctly understood thought of that reality. This truth will empower you. Untruth will disempower you. Orient your mind toward thoughts that increase your feeling of goodness and you are increasing your power to be well and to feel and do good. Orient your mind toward thoughts that make you feel bad (yes, unbelievably, there are people who do this consciously and willfully, as will be explained later) and you will increase your capacity to feel bad.

The good news is that in either case you are exercising your power. You ARE in control.

The psyche also responds positively to good news. And the news that it has the power to attract to itself anything and everything it wants can be very happy-making. and that happiness influences the feelings that attract the object of desire.

### **So WHY do we make the choices we make?**

One of the reasons is "It feels like love to me." If we are comfortable and feel a sense of unity and communion with others from tense and argumentative circumstances we will create the circumstances that will cause us to feel similarly at home no matter how perverse (objectively) they may be. If we are accustomed to getting the attention we need by creating ourselves as weak, disempowered and helpless, then we will manifest ourselves according to the strategies we believe will bring about the desired result or feeling.

The universe responds to our happiness. It will give us what we want. But what are we wanting? Where are our commands coming from?

And what is the fastest way to be happy? Why, to have everything we want, of course. Imagine having everything you want. Imagine the fulfillment of your hearts deepest desires. Project that into your future and see how it makes you feel right now.

Wouldn't it be nice if our bodies walked around constantly radiating the feeling of having everything, constantly knowing that it is all there and that we can have or do anything we want at any time? Doesn't that sound like the most wonderful feeling in the world?

Well, it just happens to be true, but how can you convince yourself of that?

If you understand the nature of Unity, of the oneness and immediate presence of all creation, you will understand the power of your subconscious to call upon any part of it at any time, bringing it to you, manifesting it in your presence instantly. Even the idea of the instant acquisition of anything and everything you've ever wanted has got to be a very happy-making feeling, if you can believe it. And that very happiness, the contentment of having it, of knowing that it is yours merely for the wanting, is what draws the objects of your desire toward you.

You do not have to know 'how' it will come to you, merely be assured that it will. For you have placed the command, set the action of conscious attraction into motion, and it no longer can 'not' happen.

### **The Power of the Conscious Mind**

The power of the conscious mind is in its ability to think positively, choosing to send only positive commands to the ever serving subconscious mind. Again from Thomas Troward: "Form the habit of thinking ONLY the thoughts you wish to see crystallized in a worthy achievement or result." It takes a little practice to overcome the influences of the unconscious mind and its tendencies to repel, negate, limit and defend. But keeping the possibilities of a beautiful and glorious life in front of you by continuing to contemplate the reality of Divine unity and the power of the truth that there is no separation and there is no absence, will surely enable you to refine your power of positive thinking and enable you to issue the commands that will manifest for you the fulfillment of your hearts deepest desires.

It IS possible. Millions of people are living lives full of godliness and grace simply by choice.

Why not you?

### **The Power of Happiness**

Have you ever noticed how happy people seem to draw everything good to themselves? To attract nothing but good into their lives? We might mistakenly assume that it is because, for some mysterious, unknown reason, they attract everything good into their lives that they are happy. It is not a mysterious unknown reason. Happiness is not dependent upon things. (If anything, it's the other way around). Happiness is a state of mind. It is our natural state of mind, I might add.

One thing that we can control, that we can command, is our state of mind. We can command ourselves to be happy. Doesn't it make you happy to believe that?

### **The secret of the happy person is that "Like Attracts Like". Isn't it true?**

If you are unhappy trying to be happy by attracting happiness, it simply will not work. Haven't you experienced that? But the situation is not hopeless. You simply need to know how to change it.

## **The Power of Conscious Command**

If the subconscious is under the influence and consistently obeying the commands of our unconscious mind, which is the repository of our life's experiences, conclusions and beliefs, the truth and constructiveness of which is at least dubious if not outrightly nonexistent, then wouldn't it be to our advantage to free our obedient subconscious from the influence of these possibly harmful commands floating around randomly in our unconscious mind by learning to connect with it personally and offer it sets of commands hand-tailored by conscious awareness itself to bring about the most immediate maximum benefit in our lives?

### **PART 3. THE POWERS OF THE POSITIVE MIND**

A positive mind has several distinct attributes, all of which can be developed with a little focus and practice. The two that spring to mind most readily are Belief and Will. Belief has to do with the knowledge of Unity, "there is no separation", and the knowledge of Presence, "there is no absence"

If the point of prosperity is freedom, you must be willing to be free even without money. If you make money (abundance, riches) the key to your freedom you will never be free of your need for money. If, however, you recognize freedom the point of your wealth, you will always have the wealth that you need if you are always free.

Now being always free is really more difficult than it sounds, because it means to be free of your fears and desires, which is the definition of spiritual liberation. And that's why the work of true spiritual liberation is the key to all abundance. As Jesus has said (paraphrased), "Get this, and all else will be added unto you". "Who hath shall be added unto. Who hath not, shall lose even that."

So it is the work of liberation that brings the realization of abundance that is necessary for it to be manifest, and the mindset that it is the other way around is really an enslaving mindset rather than a liberating one. So we must be liberated from influences of that mindset and freeing ourselves from a deeply ingrained mindset is not easy; it always pops back up again.

It is for that reason that we must train our minds on the very deepest, most positive level to understand reality and how it works. This is the goal of the true metaphysicians and mystics - to never let go of reality. It is also the point and purpose of the Sufi path.

Aaah! To be free of our fears and desires. As an aspiration, it is not among the top ten.

Our fear of letting go of our fears is that the things we fear will happen to us if we are not constantly vigilant. And the fear of letting go of our desires is that we won't get them if we do not desire them really hard.

Liberation is not for cowards. Only the truly courageous attempt the journey and then their courage is put to the maximum test. Approbation, hatred and wrath are only a few of the trials to be faced. Loss, loneliness, abandonment and despair come also to mind.

But spiritual liberation brings richness, and not the other way around. We all know that, yes? And without spiritual liberation we remain the very slave to our fears and desires that brings to us the anguish of fear and of not having what we so desperately want. We attach our happiness to things precisely because we are unhappy, but we are unhappy because we attach our happiness to things. In this mindset, that of believing illusion to be reality, there is absolutely no way out. That is why we hear that the fate of the unbeliever is to roast in hell forever. Without spiritual awareness, we are condemned to our own self-imposed suffering forever.

And we call that 'Life'.

What foolishness.

Freedom brings riches and slavery brings anguish and fear.

Now there's the Law of Attraction in a nutshell.

### **More on Conscious Awareness of Reality**

Now we may know that reality will never let go of us but what do we mean by never letting go of reality?

Even when we are unconscious, reality still has a hold on us, and for the most part, even when we are conscious, we are not really conscious of reality but more like being aware of ourselves in some temporary dream or situation (life) requiring our presence and attention. So we are of a single mind, focusing on the 'problem' at hand. And by 'single mind' I mean, consciously unaware of the reality in which the drama of the moment is taking place.

### **So what IS this 'consciousness' that hides reality and claims to seek it?**

It is precisely at these moments when we must pause for a brief reality check, come up for air, as it were, and realize that illusion is not reality. At that point of realization we are then functioning with two minds. And if we shift our energy to that parallel detached viewpoint we can become objective concerning the drama of the moment and be susceptible to an inspiration which may lead us to a better solution.

### **The Power of Belief**

Belief is an activity. You have to do it. It isn't something that just happens to you. In a way it's like a muscle. The more you exercise it, the more capable it becomes. Knowing this is the secret to to "As you believe, so shall it be".

When Prof. Wm. James of Harvard told us that we are using only a tenth part of the power that is ours—both physically and mentally—people smiled unbelievably. When Judge Thomas Troward followed this with the startling statement that Universal Mind or God is to each of us exactly what we look for in Him—a God of happiness and plenty or one of poverty and misery—and Emerson enunciated his theory of the Oversoul, people shook their heads uncomprehendingly.

But these statements were true, and verified in Sufi lore with "God is found in your opinion of God".

If you believe God Can and Will, God Can and Will. And likewise is the opposite true.

### **The difference between Faith and Belief**

Having faith means that you know that exercising the power of belief will work, and indeed, may well be the only thing that works. Faith is your belief in belief. Faith is Knowing; Belief is exercising.

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