

My Thoughts On The Law Of Attraction

One of the most popular topics in spiritual and personal development circles is The Law of Attraction. And so many people have asked my views on it and for help in applying it.

The short answer is, yes I agree with the essence of the law of attraction. I have been very influenced, in my thinking, by the work of Abraham-Hicks and Bashar.

However I think, if you really get the principle behind it, what it really boils down to is be happy and clear about what you want. So I don't feel that it needs deep and intense study into it's application, since that is essentially what the rest of the training is aimed at achieving.

Here are some of my thoughts on the topic.

The Secret vs The Passion Of The Christ

There's a big and very important distinction between two of the big movie releases of the last few years, 'The Secret' and 'The Passion of The Christ' that I want to bring up in this post.

First I need to set a little disclaimer. Two of the attributes that I am sometimes accused of, are being idealistic and intense.

I admit to both. I am idealistic in that I look for perfection (as I see it) as being the standard to strive for. Generally I have found most people will look around and use other people as their reference. So they'll justify their actions by saying, everyone else is doing it.

I am intense in that I want to get to that standard of perfection now.

When I started to work with people as a Coach, I would want to resolve every problem they had now or would ever face in one go. I found most people were burned out after a couple of hours. I was just getting started.

My point is that I'm always striving for perfection. I'm a long way from achieving it, but I want to share what it looks like to me.

I grew up in a Catholic home. We went to church every Sunday. I was even an Altar Boy. Not because I was religious, but because if I had to go, I might as well be doing something. I went to a Catholic school.

So like every good rebel, as I grew up I rejected every part of religion. I

dismissed the Catholic Church and Jesus as being a ridiculous story.

As I matured and looked for examples of greatness I looked more towards Lao Tzu and Buddha, because they hadn't been shoved down my throat. But two or three years ago I watched Mel Gibson's film, *The Passion of The Christ* and that changed the standards I set for my life.

That film changed the way I thought about Jesus. I'm still not a great believer in religion. I believe the Church is a political organisation. I think if you study Jesus's words they contradict the doctrine of the church. I'm only sharing this as a background, not to dissuade anyone. If it works for you, that's great, but it's not for me.

I wanted to share what I saw in that film, and in the first time in Jesus, that I believe most people seemed to miss.

First, let's set this up by explaining a few fundamentals that determine the frame from which I perceived the film.

I don't believe that Jesus was any different than you and I from birth. I don't believe in the immaculate conception. I do think he achieved a level of exceptional purity. In studying what I can of his life, my belief is that St Paul created a myth around him to sell people on his church. But to paraphrase him, all he did, we can too.

I believe the highest standard of living, the highest attainment we can achieve is not worldly success, not popularity or social status, but purity. I believe we are designed with certain desires, interests and aptitudes placed into a certain environment that will, if purely expressed, allow us to exhibit our own unique greatness.

It doesn't matter what you achieve, what you do. What matters is what you are. The end never justifies the means and there is never a greater good.

I veer between two attitudes towards the world. At some times I understand where it is going, why people do as they do, and what the deeper meaning is.

And sometimes I despair. It's filled with weakness, lack of integrity and the

way it dilutes it's purity for a short term gain. Over the last couple of years there has been a vivid example of this in 'The Secret'. I watched 3 or 4 minutes of it that made me despair for humanity.

'The Secret' is the ultimate in unintended irony. While it bills itself as the answer to humanity's problems, it actually encapsulates all of them. It is the 21st century version of the money lenders in the temple.

Every moment in time has it's passing fads, that are wildly popular and soon fade into obscurity.

Some Opportunist gets all excited about discovering an elementary fact of life who, maybe is motivated by sharing it, or maybe just sees a chance to milk it for all it's worth. But there is no rigour or effort put into seeking the real truth. There's no purity in it. It's pure exploitation.

Either they are consciously over exaggerating their 'secret' or they are debasing it. If it really is the secret to all of life, is it's highest use really going to be getting more checks in the post or driving a bigger car?

Contrast this with Jesus. Someone who attained a far greater understanding and mastery of life. Who's understanding was so much deeper that he refused to use it for his own gain. His life was the most vividly lived demonstration of;

'let it be your will, not mine'.

Something the Creators of The Secret haven't grasped.

Many of the comments about 'The Passion' talk about the brutality of the film. But life is brutal. Besides, which, they're missing the point.

The beauty of the film is in it's brutality.

Does anyone really think that the people behind 'The Secret' have discovered something that Jesus didn't know?

So did he miscreate his persecution, his crucifixion and so on?

Of course not. He knew clearly his mission. Jesus was not the most popular Teacher of his time. The most popular is always the one that tells people what they want to hear. They are the ones that best package their words to sell

The best technically, in any field, usually isn't the best selling. I look at it like this. I like to listen to music while I'm driving, walking the dog or doing something mindless. I would never just sit and listen to music. Nor would I go to a concert. It's just not important enough to me to devote time just to it.

I'm not a Connoisseur of music. I don't trust my musical judgement I don't have an educated musical palette. So I never listen to anything outside the best-seller list. I need other people's judgement to filter out the rubbish.

People that I know, who go to a lot of concerts and spend a lot of time listening to music tend not to listen to much of the best-selling songs. Because it's not refined enough for their educated musical tastes.

Same in most fields. Computer geeks often wouldn't dream of using mainstream best-selling software, because they know of technically better stuff.

Serious car lovers don't buy Ford's mass market cars.

Jesus knew his life was about living his truth in such purity that he would be a shining example that people for thousands of years could strive to achieve.

There have probably been many people that have lived quiet lives, probably as enlightened and evolved as Jesus, but we have never heard of. Jesus knew that he was to provide a light so that whatever circumstance we should find ourselves in, we would never be worse than him.

It wasn't that he took away our sin. I don't believe this. We do not need a Saviour to do it for us. Jesus was a Saviour only in that he showed us a higher standard for us to aspire to.

His mission was to show us that the highest mission we have in life is to maintain our purity. To be what we were created to be. Regardless of any pressure or intimidation. Even if everyone hates you. Regardless of what you are threatened with.

Jesus showed the strength of purity. He never flinched or took any of the weasel routes he was offered if he would just compromise. He never begged, bargained, whined or complained. He purely radiated what he was and trusted that God's plan for him was greater than that of his ego.

Everyone else in the film was conflicted and compromised and ended up diluting their integrity out of fear;

- The High Priests were weak because they were threatened by Jesus's teachings.
- The Roman Governor was compromised because he feared the consequences of an uprising.
- Judas's lack of integrity sold out Jesus, whether motivated by money, prestige or injured pride.
- His own Disciples were so frightened that they denied Jesus for fear for their own safety.

Peter tried and honestly wanted to be as pure, but he believed in the illusion of life. You see life is a flow. It comes from a source, God. Translated through the senses, it seems real and can confuse and frighten. Jesus was not swayed by his senses, because he maintained the purity of his connection to God. He knew God as the source and origin of all..

This world deals in confusion, anxiety, guilt, stress, depression and so on. Happiness comes only when our consciousness leaves this world.

Think about it. When you are happy, you are not focused on anything specifically. You just are, without being aware of it. But when you are unhappy, in any form, you are focused on something specific. Unhappiness is rooted in worldly concerns.

While the world is your reference point, nothing is certain. You will be enticed, swayed, manipulated and intimidated into diluting your purity.

The brutality of the film only goes to emphasize how nothing would break Jesus's connection to his source.

'He was of this world, but not in it'.

People judge things by the way that they would react to it, but people are different. They feel things differently and respond differently. It may seem that he suffered greatly, but he knew that it would cause greater pain to suffer the internal miseries and pains that most of the world suffers.

His greatest wish was to give his gift of truth to the world. And so the greater the brutality, the indignity, the persecution, the greater his gift was. No one could ever feel that he had a harder challenge.

What is missed in most simplistic messages like 'The Secret' is the fact that there is a calling greater than money, prestige and so on. In your calling, you may be called to look a fool, to reject money rather than dilute your purity, be persecuted and even suffer for your art. But the pursuit of your art far outweighs the acquisition of stuff, of comfort or even the greater good.

Will you forsake all false Gods to live your truth or will you dilute it's purity with conflict and compromise?



Chris Moran · 58 weeks ago

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Nice writing style. Looking forward to reading more from you.

Chris Moran

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Joe Fox · 58 weeks ago

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Maggie · 58 weeks ago

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I totally agree with your blog, well-said and truly a fact to nourish our mind into. such great ideas and the gift wot inspire people lives. thanks for sharing your thoughts to us

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[Donna Hedley](#) · 58 weeks ago

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I have always been impressed with your writing. It always seems to say what I am thinking, but haven't been able to put into words.

Although I will admit that I saw and enjoyed The Secret, and think it has some very useful ideas to share, there are things about the movie that have always bothered me. You have touched on a few of them.

I have come to a point where I am willing to listen and take away from things and events all I can learn and use, and let the rest go, and that is what I have done with The Secret.

I have not seen The Passion, for a number of reasons, but now I think I will give it a try. I come from an Evangelical background, though I no longer think that way. I do, however, have a great respect for Jesus, and want to use him as one of my examples to live by, along with Buddha, Don Miguel Ruiz and many more. I am also learning to have great respect for myself, and what my highest self is teaching me.

Thanks for sharing your thoughts. Know it is appreciated.

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nancy timms · 58 weeks ago

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Rob, I really enjoyed this. I'm not a religious person myself, but have a fascination with Jesus, and his teachings. I have seen the "Secret" and also had feelings that no, things are not this easy. I know you will not post this comment, but I challenge you to. Recently I have been reading about how Jesus really did not die on the cross, but was saved or may I say the crucifixion was set-up to save him. That he lived on and had children. That he choose life over death. If this is the truth, will this make him a lessor man, I do not think so. His work was done whether he lived or died. Why not choose to live and have children, and continue to enjoy his life as a man. I hope you will read this and comment.

Thank you

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Rob McPhillips · 58 weeks ago

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Thanks for the link Joe and the kind words Maggie.

Donna, I haven't seen the film, but do agree with the basic gist of it. I just think they took a small element and exaggerated it.

I think you have to pick out the elements of all kinds of philosophies and build your own.

Nancy, I accept your challenge :).

We don't even know the truth of places like Iraq today or even of the people we live with, let alone what happened 2,000 years ago. And the truth is that it doesn't really matter.

If a story inspires and stimulates us to a greater awareness and more holistic way of living, is it less worthy than a truth that does nothing for us?

If this version works better for you, use that. It's not the facts that matter, but what they mean to you.

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Ms. Brown · 47 weeks ago

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In answer to your last line and question. No. I am a human and will not be able to uphold to this unobtainable level. There is only one Christ, one Buddha etc Not two.

I will however desperately struggle to obtain so assemblance of peace with myself as I wearing my spirit dry in this attempt to make sense of this twinkling bit of time, this life of mine, amidst the immensity of the universe.

My soul cries out in grief as there is a nothingness beyond to which there is to such beautiful creatures such as I. Like a finely crafted piece for which no eyes to see.

If there is a God...Have mercy on me.

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gina · 8 weeks ago

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thanks for this, very promising ideas of yours.
keep up the good work :)

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Is Letting Go To Allow Suffering?

Brian asked a question that I think we all struggle with from time to time. I'm going to address the first one here and follow on with the second.

If I let go, is that the same as letting bad things happen?

Sometimes people ask this in the sense of I should be more active in helping people? Should I do more? Here's my answer to that part of Brian's question;

In the sense that I'm understanding your view of allowing, it's looking at a situation, seeing something you believe is wrong and letting it go.

To want to control, or be responsible for, what anyone else does, even to judge another, is an attempt of the Ego to want to be in control. It's the Ego saying

'I'm right. I know more, am more important than this person and so I can put this right'.

The next step is, 'Actually I should put this right. It's my duty to'.

And then start the Crusades and wars. Or sometimes the charities that intend good things, but end up making people feel less independent and less able.

It is to believe in the illusion of perception, more than the invincibility, eternalness and indestructibility of life. It is to value the transitory nature of material things, more than the true nature of life, which is freedom. It is to worry more about the stain on the bedroom wall than the development of the child.

To allow is a sign of trusting the intelligence of the universe. It is to know that I'm a part of this stream of life, no more or less worthy than any other part and we can all find our way through it, make our mistakes, see them play out and grow from the process.

To interfere, is to impose your view on the world. It is an attempt by the Ego to say. 'No. I'm in charge here. This world must conform to my idea of right and wrong. Anything other than that is a threat to my well-being'.

When my Daughters were born, there used to be an advertising campaign for a washing powder that made an impact on my wife and I. The ads showed a child making a complete mess of her clothes. And when the Dad was nearly blowing his top, the Mum would say 'Learning' in a tone that reminded him that the dirt and mess was a small price to pay for their child to learn and grow.

What are we, but the children of life. To interfere, therefore is to attempt to become the Father. Which is another way of saying the Ego is trying to usurp God's role.

The first step in life is to accept where you are. You look at your life or at the situation you are in and accept it is, what it is. This is the baseline. Everything from there is progress.

What the Ego wants to do, is to say. 'No. No. That's not how it should be. Put this here and that there. Then it will be right'.

But you can't change everything around and so you run into brick walls and make everything a fight, a battle of wills.

To let go and allow is the greatest action we can take. It is to acknowledge your indestructibility and eternalness and to trust in life.

However, having said that our vision and purpose in life will come mostly from fixing wrongs. It's the wrongs that give us work to do.

Should we walk past a woman being raped or a child being beaten because we don't want to impose our views on others?

In such a circumstance, I think there's two elements. I'm going to use a

personal example to relay them. The area where I most struggle with this idea is as a Parent.

On the one hand I don't want to be controlling my kids, but on the other I have to, at some level, parent them. The way I look at it, there's two elements to parenting.

First, there's nurturing. There's helping them to step up a level in growth. Letting them do tasks, so that they become more independent. Talking with them to help them think more expansively and at a more evolved level.

Then there's damage limitation.

I don't want them hit by a car, so I pull them back from the road. I don't want them hurt by playing with a knife so I take it off them. If they have a tantrum in the supermarket I want to minimise the embarrassment and disruption. All this is damage control.

The more, I nurture my Daughter's (and they accept) the better they will react to a given situation and so the less need for damage control.

Damage control won't shape the child or mature them. They are in a frame of mind that's so closed off that they just aren't open to growth. So any action you take is really about limiting the damage or embarrassment to you.

So in the same way, when you come across someone behaving in a way that you feel is wrong. You can let it go and wait for the situation to play itself out. Or you can step in to limit the damage.

Some people have the ability to do both at the same time.

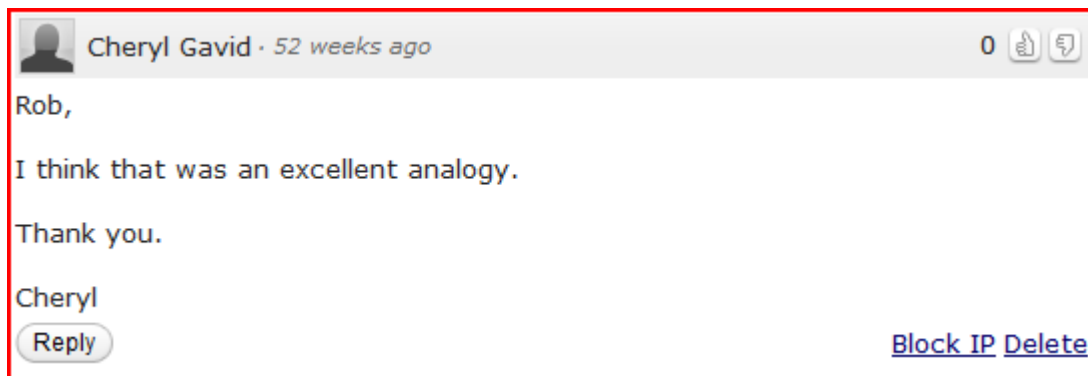
For example, Jesus, when they were about to stone the Adulteress. He didn't jump in and tell them how wrong they were. He was able to evolve the crowd's thinking, because he never made them his enemy, he just displayed a higher level of thinking to them.

Socrates was the master at this. His method of Socratic Questioning is an incredible way to evolve people's thinking. I think it works because the intention behind it and the posture it takes, doesn't conflict with the other person. There's no level of accusation or judgement He would just let the other

person's ideas play out until it became apparent that they were flawed. When people feel understood and given the opportunity to fully explore their idea, it enables them to see it more dimensionally.

False ideas are like fires. When you allow a fire to burn, it dies out if it lacks substance. When you meet fire with fire, you feed it and so prolong it. Once an idea is proven false then the other needs a better idea to replace it and so they upgrade their thinking. Much as when our cupboards are empty we need to shop for more food.

When you instead jump in to fix a situation, it becomes Ego vs Ego. And so people get closed off to opportunities to grow and relate. Instead they bash heads for the sake of being right. And that just makes for a soul destroying destructive experience.





Rolly · 52 weeks ago

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I agree with you Rob. I just recall the days when I was a small kid and my father is teaching me on how to do my projects in school. then he said "Rolly, next time I will not to it for you but you can do your project alone so that you will learn how to do it." then I said Ok. For me letting go is putting everything into the right way and teaching everyone the discipline and adjust to the way he or she will learn from the experience..

In a relationship, letting go is a heart ache but the other side of it is a relief of grief or an understanding of the situation..

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pattie · 52 weeks ago

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Well done!

It's the high time people change their pespective.

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Cindy · 47 weeks ago

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VERY Very interesting. I think this is as close to an accurate assessment that I've heard. Thanks!

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roiford · 47 weeks ago

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Thank you so much, I am really enjoying reading your article. Is letting go to allow suffering

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Sereena · 47 weeks ago

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it seems like we can stop internalising what we receive mostly from others, if it doesnt serve us to do so... letting go comes after we have internalised it and enhanced it with our emotions and mental maths to it... thats how it seems to me after I have observed the nature of 'letting go'; we only let go of something we are holding onto... where does this come from what we are holding onto? was it there with us? NO...

it must have been part of internalising what others are presenting before us... life presents itself in very many ways... do we have to INTERNALISE' everything we come across? NOT AT ALL... this power to discern/discriminate and filter it out has to be the first process we can practise to make it our way of being, before we think of letting go of what got inside us... how does it get inside us anyway? from outside... would this ever happen if we dont allow it? NO...

we are not our emotions...

E-motions are energy set in motion; who is setting it in motion? US.

letting go is releasing what we are holding onto...

RE-LEASE = cut the long term rental agreement with that energy and make it short or allow another energy to stay on for a while to help us learn...

LEASE = right given to someone/some emotion to stay on/live on inside us...

do we suffer by letting go?

or do we suffer by not letting go?

- this is upto the individual to observe as it happens within...

many times the answers from without do not ring a bell...

and we go on to think that the speaker is TRYING TO CHANGE us or IMPOSE their thoughts on us... is this true?

what is suffering? when we suffer, what is the inner process that is going on within?

Sereena.

Outliers, Success And The Law of Attraction

I just read a great book, Outliers by Malcom Gladwell. It's a look at success beyond the myth of rugged individual achievement. The reason I wanted to take the time to write about this is because I have just been reading an interesting discussion about the Law of Attraction and I think that this book explains the gaps in the misunderstood concept.

The Law of Attraction tells us that we get what we focus on. This is often misunderstood and thought to mean that it is our thoughts that create manifestations. They do, but not in the simplistic way that many people think.

So let's put together the ideas from Outliers and The Law of Attraction.

Outliers says that genius level success comes from 10,000 hours practice and the right circumstances aligning. For example, in the case of Hockey Players that means being born in the first three months. For the Beatles, that meant being known by someone that met someone who wanted bands to play for 8 hours at a time 7 days a week in Hamburg.

The Law of Attraction says that success comes from focused thought and a positive emotional state. In other words, when you take something seriously enough to practice even 1,000 hours, you are tuning yourself into that wavelength. Maintaining a positive emotional state, is what I call being a high bandwidth state, meaning happy, free of stress and pursuing your passions.

Then stuff just goes right for you. You bump into people who are looking for someone just like you. You are compelled to look in a bookshop and find the solution you are looking for. A Talent Scout gets inspired to drop into the club your band is playing at tonight.

The Law of Attraction is the intelligence of the universe that creates the connections to help you achieve success. To get that working for you, you just have to live happily. But that is the true meaning of Law of Attraction. The lucky circumstances.

What people mostly talk about as The Law of Attraction in books like 'The Secret' is the idea that you can get success you are unqualified for. Life will never give you what you do not deserve.

You won't get to be a Doctor without gaining the knowledge to be a Doctor. You won't get to be a Pop Idol without the technical ability. So you need to have the skills which come with dedicated practice.

But equally as Gladwell demonstrates vividly with his story of Chris Langham, neither will you get to be successful solely through talent and skill. You also need the circumstances and luck. This is where the Law of Attraction, plays it's part.