



What Is The Law Of Attraction?

"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

- Albert Einstein

Today there exist many different ideas to help us gain understanding, awareness & consciousness about who we are. A commonly shared belief amongst human beings is if we can just block our negative thoughts then all will fix itself. But the truth of the matter is ***we attract what we feel***. We can recite "positive" mantras all day long, but if we aren't including the proper vibration through our feelings to go along with the thought, are we really attracting what it is we truly want? It is often perceived as an unfortunate illusion about the law of attraction that we just need to "stay positive" and toss any bad thoughts away. We are so often taught that our "bad thoughts" are the problem and that they are what is causing us all this pain! Which is honestly just not true.

See most people have a very flawed view and understanding of the human organism. In our education on human anatomy, we began to discover that there are many components that are highly overlooked. Which have a direct effect on the human organism as a whole. The first problem with this is that most people are not aware of how our brain even works in the first place. (Or that we have 2 other working "brains" in our body!) So how are we supposed to be able to push away crappy thoughts if we do not even know about how they got there, or what is causing them? Is it just an electrical storm happening in the brain or is it emotional baggage moving around in our bodies?

This is such an interesting and fun topic because once we can get past the frustration of realizing that our emotions + our thoughts create our reality and that we must take responsibility for them. We begin to learn how to work with the always readily existent ***Immutable Laws of The Universe*** that are woven into the fabric of ALL existence everywhere. Then our lives can begin to be lived consciously.

First, let us give a brief example on how a thought is created in the first place.

How Thoughts are Created:

There is a large misconception about thoughts and how they are created. For one we feel they are random and mostly irrelevant. Most of us have no reason to even search out the thought and why it occurred because the number of thoughts we think a day are some 60,000 of them! However, this can tend to be a bit of a problem because it mostly makes us unaware of our actions and our choices, causing most of us to merely run on autopilot.

Let us start with a visual example to help you to acquire a deeper understanding. Let's say you're at a pizza shop, super excited and thrilled about life and pizza! You get the door for a person. Not only do they step on your feet but they also don't say thank you for your amazing kindness. With a throbbing foot, your brain starts to react. First, the feeling of pain rushes to your brain and then back down to your foot. (The signal gets rushed up to your brain at about the speed of 268 m.p.h.) Meanwhile, you're wondering when this person is gonna say thank you for you holding the door for them, and sorry for stepping on your foot in the process! Not even one second has gone by and your mood is quickly changing or has now changed. The biological process that just gave you this experience is where we tend to get tripped up.

The next response is going to be based on your past reactions to this type of situation. (most of our actions are coming straight from our subconscious- Majority of us are operating on autopilot) The electrical signal going to the brain to tell you that your foot has been stepped on is transmitting itself into a Neuropeptide. A Neuron is a nerve cell that transmits nervous (electrical) impulses. A peptide is two or more amino acids that are linked to create molecules. Neuropeptides are links between these two worlds, transmitting information to give the host (you) a particular experience. The information transmitted can be either a positive response or a negative one. ***Everything that you have ever experienced up to this point will determine your reaction.*** So again, if you have experienced life to be full of disrespectful people then you are probably going to respond in frustration. And if you have

lived a life where you are not worried or affected by any human ignorance and stupidity, then this will most likely roll right off your shoulder. You may even buy that person a slice because maybe you perceived they're having a crappy day and you understood and chose not to take it personally.

Let's explore the difference between a Negative Impulse & a Positive Impulse:

"Faith and fear both demand believing in something you can't see. You choose!"

-Bob Proctor

Negative impulse: The brain gets the signal and the neuropeptide is now triggered to release hormones (norepinephrine, noradrenaline) to get your adrenal glands pumping. This will release negative adrenaline and the stress hormone, Cortisol to produce the reaction of fight or flight (sympathetic nervous system - detects danger) or fear. This is now racing through your body.

FYI: FEAR IS AN OPTION THOUGH DANGER IS REAL!

"Fear is not real. The only place that fear can exist is in our thoughts of the future. It is a product of our imagination, causing us to fear things that do not at present and may not ever exist. That is near insanity. Do not understand me danger is very real but fear is a choice."

-Will Smith

(Such seemingly small things that come up in our lives such as getting an unexpected bill, the baristas taking "too long" to deliver your coffee, being stuck in a traffic jam or on a crowded train, etc. These are all incredible teaching moments to become aware of, because they lead directly to your subconscious autopilot reactions to external things and circumstances!)

Positive impulse: When the brain receives the choice that the host makes to respond positively then the neuropeptide releases amino acids that trigger molecules like Oxytocin and Dopamine. Oxytocin is a pleasure hormone and makes you want to be friendly, loving & affectionate. Dopamine stimulates the pleasure centers of the body, it is known as The Love hormone. *Oxytocin gives life!* It affects the uterus and lactation, and when it is released into certain

areas of the brain it has profound effects on **emotional, cognitive and social cues!**

These tiny little lifeforms control everything in our physical body and reality. The more we practice building the habit of not responding and reacting so quickly to external stimuli when it is not necessary. The fight or flight response is a part of our genetic makeup that was created to get us to react quickly when we are in serious danger. Like in the Hunter-Gatherer times or before, we would need to fight or flight (*run away*) from a tiger. The more we begin to gain a deeper foundation in ourselves. The more we begin to develop an inner support system where we engage from inspired action through clarity, rather than automatic ego reaction. Most times we are completely unconscious of our addictive habits that our brains are attached to. (The subconscious autopilot) That's why for many of us our lives pretty much stay the same. Because we are always operating out of a learned pattern of habit, we continue feeling the same emotions, thinking the same thoughts and attracting the same day to day life experiences.

*"Thoughts become things. If you can see it in your mind,
you can hold it in your hand."
- Bob Proctor*

Why would we do this? It seems rather silly when we think about it. Like we are completely ruining our own lives! That's because we become addicted to the chemical responses that we release when we experience certain situations.

It is tough indeed for us to accept that we may be addicted to being treated bad or constantly feeling let down.

*"I experienced the addiction of being in the habit of feeling abandoned and
this wrecked havoc in all areas of my life."
- Omar Davis*

When something traumatic happens to us in our lives usually at an early age, our subconscious begins to develop a way of dealing and coping with how the event *made us feel*. This conjures up all sorts of protection mechanisms the body subconsciously creates to protect us from ever feeling that way again!

These neuropeptides will create many ideas in the mind, and depending on our response will determine the way we perceive reality.

(Example: Negative thoughts, images, past hurts and fears, they start to build and build gaining powerful momentum. It becomes hard to focus and calm down and we wind up blocking our creativity, and feeling like shit in the process.)

(Example: Gratitude, positive thoughts, images, people and places that made you feel good, foods you LOVE eating, holding a baby, embracing your lover, playing with a pet, holding your arms outstretched and OPEN to the sun! These produced hormones inspire clear, purposeful living & creative expression.)

Can you begin to paint a picture of how you are already affecting your reality by choice?

Let's go a little deeper to find out how the law of attraction is **related** to thoughts and creation.

After Thoughts are Created:

"The moment you change your perception, is the moment you rewrite the chemistry of your body."

-Dr. Bruce Lipton

Now that we have a brief understanding on how we create thoughts and the process at hand, now what? See this is where The Law of Attraction comes into play and a lot of times people don't even make it this far. We give up on the challenge or the bombardment of thoughts as it becomes overwhelming. This next part we are going to briefly cover. There are so many pathways this can go down we just want to provide something that can stick and add on to your "visual painting."

Let's take a quick jump back and recapture when the hormones were created in the body and have run rampant in your bloodstream (which happens in less than a millisecond). It's important and easier to understand that we are

truly like a computer and each hormone, peptide, molecule, protein or anything in the body, carries a code that it must respond to. ***So the focus of your emotional output or response will give you that physical or biochemical reaction. No other way around it.*** Let's imagine that these hormones are going in and through every centimeter of your body. There is one profound area of the body that takes on these hormones, and then creates a reality for you to feel and experience the experience you then experience. *It is your Heart.*

We believe that this key point is left out of the secret to attracting your ideal life. We have studied and continue to practice these ideas which can be found in almost every ancient & spiritual text. They *a/ways* refer to the power of the heart. The heart is now amazingly understood to have it's own **electromagnetic field** that's in the shape of a Torus (like the shape of a donut) which extends outward from our physical bodies for a measured distance of about 5-8ft. (Many scientists believe this field extends for many miles on the physical level, and they believe on the quantum level it is infinite. However they are limited in their equipment to physically detect it.) **Your heart also has its own brain!** A complex neurological system composed of about 40,000 neurons. In fact, it has been discovered that the heart actually sends more signals to the brain than the brain sends to the heart! (There is also another brain that exists in your gut which directly influences our mood and wellbeing.) So really it is not a secret at all, it is something that has been taught to us from our Ancestors for centuries. We have just become blind to the truth in this Ancient cherished knowledge. We are incredibly amazed and grateful for the new science that is bringing all of this to light again!

We can reach a place of being actively rooted into the earth while being connected to source. Living and existing through our hearts as true conscious beings on earth.

With this newly understood information it brings such clarity and light to the most beloved sayings like "follow your heart" & "trust your gut." This really helps us to make sense of it all. The heart controls our experience through many facets of our bodies. We need to put all focus on the heart and the walls we have built around it. Because when we have a better understanding of how the body and its energy operates, we are at a much better advantage to being aware and in control of our experiences and circumstances! We begin

to effortlessly react with love, compassion & empathy. That's because these are the natural vibrations of the heart.

*"It is only with the heart that one can see rightly;
what is essential is invisible to the eye."*

-The Little Prince

The heart relates and creates to the universe through the feeling we are projecting outward into our Torus shaped electromagnetic field around our heart. **Now it's imperative to understand that the physical world around us is made up of electromagnetic energy too!** This is *EXACTLY* how we *ATTRACT* things and experiences to magnetize to us. So if that tiny chemical is a negative experience for you, resonating out into the field in and around you as a negative low vibration. Then your reaction to things outside of your physical body is literally giving your power away. Those low vibrations are actively searching for the same lower level energies to attract. Then bring it forth into your life experience. We all have the power of conscious choice before responding, the difference between animals and humans.

The idea here however is not to combat the negative thoughts. They exist solely to show us where we are in relation to how we are feeling. Get used to thinking of them as your emotional guidance system to get you back on track to your joy. Which our natural state of being. (Think about how mushy everyone becomes around a brand spankin new baby- that's because that baby came directly from source and is existing in its natural state of being, which is joyous, and therefore produces the feelings of joy for us to feel and engage with through the power of our hearts)

Begin to gently practice daily and build the habit of becoming more grounded in your heart so you are able to respond with a heightened sense of emotional intelligence, rather than egoistic reaction.

Another absolutely crucial thing we have to know and understand, which we briefly mentioned before, is that The Universe or God responds to what we **feel**, not what we say. And *our feelings are read through the outpouring of our hearts.*

"When we form heart-centered beliefs within our bodies, in the language of physics we're creating the electrical and magnetic expression of them as waves of energy, which aren't confined to our hearts or limited by the

physical barrier of our skin and bones. So clearly we're speaking to the world around us in each moment of every day through a language that has no words: The belief-waves of our hearts."

-Gregg Braden

This is why The Law of Attraction doesn't seem to work for people. They lose focus and misunderstand the complexities of why they react. Ignorantly thinking "how could I have possibly attracted such negative experiences into my life?"

We urge all of you, this last bit of advice is possibly the most important. **Do not bullshit or lie to yourself.** Be honest with where you are and accept all the things that you have experienced in your life, the perceived good & bad. Playing the victim is always a downward spiral looking for a hand to help you. There is no hand. Just you, your thoughts and the connection to the principal idea that gives you life. Oddly enough though when we consciously make the choice to take responsibility for our vibration, The Universe tends to help us TREMENDOUSLY in our favor!

If you tend to deny or ignore your issues or your actions then you probably did not make it to the end of this document. Those who have we say again, **be honest with yourself above all.** You're here reading this because you are ready. You have attracted this into your experience! You Powerful Creating Genius!

Our heart is a beautiful magnet and it is the key that attracts things to us. Make time to honor it. Plant the seeds of faith and you will harvest tremendous gifts.

Imagine a world where each of us is living, operating and deliberately creating from our hearts our own magnificent unique expressions through and into the world. That is where this conscious evolution is going!

It has been our pleasure to be in the service of sharing.

Love yourself, Be unapologetically you & share that with the world.

With love, respect and honor,
CrashBell

To dive more into The Law of Attraction and Mastering the Perception of Self, visit our website at www.crashbell.com

Below are sites and images to help visualize some of the content we covered. Be well and absorb knowledge!

Informative links to help your Quest

The Heart Math Institute:

<https://www.heartmath.org/>

Enteric Nervous System:

<http://www.psyking.net/id36.htm>

Sacred Geometry and the Torus:

<https://www.geometrycode.com/sacred-geometry/>

Neuropeptides:

<https://en.wikipedia.org/wiki/Neuropeptide>

The 12 Immutable Laws of the Universe:

<http://lawsoftheuniverse.weebly.com/12-immutable-universal-laws.html>

