Like Attracts Like

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Matthew 8:13

*“Go; be it done to you as you have believed.”*

There are many spiritual laws that affect us and how our lives progress: By the measure that you give is the measure that you get - you reap what you sow. There is also the Law of Cause and Effect – every action, every word, and as Christ taught, every thought sows a seed and our harvest is coming, although sometimes results take time. The Law of Resistance: what we resist will persist.

A lesson rediscovered 60 years ago and has been made popular by many motivational speakers since then is idea that we become what we think. I want to spend a little time today on this idea: some call it the Law of Attraction.

Much has been written about this Law, which states that “like attracts like.” I know that we tend to apply the label of “law” to ideas almost indiscriminately. But the word law is a good one when applied to any principle or process that works 100% of the time, and therefore should be known about so we can follow it.

As important as gravity and other physical laws, these spiritual, non-physical laws are impacting our lives. Sometimes the spiritual laws are more difficult to get our heads around, simply because we are used to thinking in physical terms. *Ignorantia juris non excusat* - Ignorance of the law does not excuse. We are bound by these laws regardless of whether or not we believe in them.

The Law of Attraction, or the Law of Mind Action, is no exception. Whether we believe that thoughts and feelings attract similar types of people and circumstances to us or not, do not stop them from doing so. Whether we believe that being an unhappy, complaining, and cynical person attracts those kinds of people and situations into our lives or not, does not prevent them from showing up at the least opportune time.

Our thoughts become things, and without thought nothing that is could ever have been. Everything begins as a thought, an idea, an intention. We can create symphonies, novels, great works of art. We can create beautiful buildings and design automobiles that can run on solar power, and other machines, technologies, products, and services that improve the quality of our lives. We can devote our time, effort, and care to helping others. All of this begins with a thought.

We can also create weapons of mass destruction, commit genocide, plunder and pillage entire countries, and step on others in order to “get to the top”; we can lie, cheat, steal, rape and murder. From the good to the bad, the wonderful to the heinous, from one end of the spectrum to the other, everything begins as an idea or concept.

Science tells us that everything in the Universe is energy, vibrating at its own unique rate. Our body, this church, everything physical is energy; it is vibration. The colors that we see and don’t see, the wind blowing, the water flowing, sounds, radio waves, electricity - all forms of energy. Thoughts are measurable forms of energy, and truly are the power of the world, the blueprints of Creation and our lives. Just as God created the All That Is, and brought forth this world, as Children of God, we co-create our lives and the All That Is For Us.

Winston Churchill said, “You create your own universe as you go along,”

This truth is found in the Bible: Proverbs 23:7 *As he thinks in his heart, so he is.*

While Jesus walked this earth He said many wonderful things that we take to heart and believe without question: one that comes to mind is his thought on the greatest commandment - love the Lord, your God with all your heart, all your mind, and all your strength, and your neighbor as yourself. We hear those words and we nod our heads reverently and inwardly say an “Amen.”

Yet he says something in Mark that is equally profound, that I don’t think that I have fully accepted or believe. Mark 11:24: *Therefore I tell you, whatever you* ***ask*** *for in prayer, believe that you have* ***receive****d it, and it will be yours.*

This teaching starts to smack of magical abilities, or things beyond our capabilities, so we dismiss it; in so doing we cut ourselves off from God’s power in our life, and become prey to mediocrity, falling far short of our God-given potential.

Jesus was talking about the Law of Attraction. In the movie The Secret, which came out several years ago, they discuss the power of the Law of Attraction. At one point they say: in order to create something that you want in your life it takes three simple steps: ask, believe, and be grateful.

To attract good into our lives, this is also exactly what Jesus taught us to do. “For everyone who **ask**s **receive**s; he who seeks finds; and to him who knocks, the door will be opened.” Matthew 7:8

Yet The Secret contends that this has been buried information, and withheld from people. I disagree. I think we all know this information, at least we’ve been introduced to it somewhere in our lives; it is just that we don’t believe it, so we dismiss it. In this sense, I suppose it IS buried - it is buried by us, by every individual who hears it and ignores the Law.

The first step is to ask for what we want. Ask for it. By asking for it we must create a mental image of what we want in our mind, there must be a thought, and this initiates the Law of Attraction. This is the easiest step to take, as many the wishful thinker will attest, and sadly, many of us stop at this step

The second step is to BELIEVE, and according to what Jesus said, “...believe that you have received it...” This is harder, because it requires that we focus our mental attention on what it is that we have asked for. There have been hundreds of self-help books written on this step and how to develop wish boards, goal setting, and on and on. But basically, it is to hold that thought so strongly in our minds that Spirit responds to our resolve and answers our request.

What I have come to realize is that this is the step where I fall off the Secret. I spend so much time thinking about what I don’t want that I attract just the opposite of what I am asking for.

[Skunk story: not wanting to see skunks, and running into them.]

I read someone describing it as the Universe having Aspberger’s Disease. We have to be very black and white when speaking to our subconscious mind. It doesn’t understand negative instruction. Every time we ponder and articulate out loud something negative in our life we are attracting more of it, reinforcing its presence, and are ensuring its continuity.

Belief demands that we focus our entire attention on what it is that we want, and nothing else. It’s hard, and this is where I think many people fail to achieve all that God wants them to have. As I mentioned last week, we must be willing to develop the focus, the desire, and the discipline to believe.

Sometimes we are close to receiving what it is that we have asked for but quit short of receiving it. We just stop believing. It is like planting a Chinese Bamboo seed. We plant the seed, and then we have to water it and fertilize it regularly for nearly five years before if finally erupts. Then within 6 weeks grows 90 feet tall! I did the math: that works out to over one inch an hour.

For most of us, we would have given up long before that, thinking that the seed was dead, and we would stop watering the seed and caring for it, and in our impatience and ignorance, we kill it.

The challenge that Jesus gives us is to maintain our belief that what we have asked for is on its way. What we ask for in prayer, and believe that we have received. Not just believe, but believe that we have received. In other words, we must see it in our minds eye, we must envision it clearly, strongly, until it materializes.

When we are visioning what we want, we have the opportunity to practice and develop the ability to see it in great detail - we can see ourselves walking in to our new office; feel the joy and pride of the new position; we can see the larger paychecks entering our bank account; we can feel the pride that our friends and family have for us, we can smell the leather on our big chair; we can hear the hustle and bustle of our department; we can see how we are impacting lives in this new position...

Once we can believe in what we want as if we have received it, then the third step is to thank God for having granted us our prayer; we are joyously grateful for the opportunity and experience.

Again, Jesus exemplified this when he was performing miracles: he would thank God for the result before the result was there. All this before it has even come into realization. Why? Gratitude seals the deal. It makes it absolutely real. When we go through this process, it is far more likely that we will attract the results that we want.

It’s the Law of Attraction. Vibrations of a similar rate attract each other; dissimilar vibrational rates repel each other. In music, there is a phenomenon known as ‘sympathetic vibration’, where one string vibrating will cause other strings within its harmonic structure to vibrate. Our positive thoughts will not attract negative people, but will cause other positive people to ‘vibrate sympathetically’ with us - they will feel even more positive and will be attracted to us.

With enough intensity, our thoughts can attract specific people and circumstances; they can attract kinds of events into our lives. We may have experienced this in our own lives. Thoughts held in mind produce after their kind. What kind of thoughts are we holding in our minds?

Thoughts that are empowered with love, joy, and happiness are as attracting as thoughts produced from fear or negativity, perhaps more so. The goal is to create our thought-vision from a point of happiness, from feeling good. How we feel is really a monitor of what kind of thoughts we are thinking. If we feel good, we are on track and are thinking positive thoughts. If we are depressed and feeling bad then perhaps we are producing destructive thoughts.

The test for each generation is how to elevate our feelings without mind altering chemicals. In Biblical times we can read of people imbibing just a wee bit too much in wine. We are no different today, except that we have a wider range of drugs, and many much more harmful than just wine. Our challenge is to find the words, activity, or thoughts that can help us feel the peace, joy, and love of God. Like Peter Pan, we need to find our “happy thoughts”, our “happy feelings”, so we can fly.

Feeling are thoughts, but like on steroids; they are much more potently attractive than a mere thought. If we are in a bad mood all the time, can you imagine what we are very powerfully attracting?

I encourage us to be self-observant this week - to watch our thoughts and feelings. When we feel good, what are our thoughts like? When we are depressed, what are we thinking that led us to that feeling? Then experiment with finding something we can think, say, or do that can help flip the switch. Maybe it’s being alone in the forest, or singing a song really loud, or reading a positive book, or talking to a friend. See if we can find what it is that will change our feelings from down to up, bad to good.

When thoughts, feelings, the words that we use, and the actions that we perform are all in harmony, we powerfully and optimally initiate the Law of Attraction. Like attracts like; thoughts held in mind produce after their kind; we are applying this Law consciously or unconsciously at every moment. My prayer is that we become fully aware of the Christ within so that we can draw our thoughts from the unlimited waterfall of Spirit. I pray that we attune to this Law of Creation and allow God to use us in the creation of Good.

Let us pray….