

Reality is what you make it



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LAW OF ATTRACTION

helps

Welcome to lawofattraction.help

My name is Irina, and I'm here to be your guide as we explore the Law of Attraction together. If you're curious about the inner workings of reality and how you can shape the contents of your life, this will be a highly interesting read.

The philosophy I'm going to share with you is based on the teachings of Esther and Jerry Hicks, the couple whose work inspired Rhonda Byrne's widely popular book, "The Secret". When I read "The Secret," its profound wisdom resonated with me instantly, but I also felt it lacked concrete explanations for why our thoughts are so powerful. While I don't need scientific proof for everything I believe in, I do appreciate a logical explanation. The idea of the supernatural doesn't sit well with me. If something can be experienced, it's natural. If something is supernatural, it can't be experienced.

It's a given that feeling good makes you happy, but "The Secret" made an additional claim: your positive thoughts can attract things you desire into your life - you can **create with your mind** and thereby change your reality. That's exactly what I had noticed but never managed to find a satisfying explanation for!

My curiosity was piqued, but since "The Secret" was quite vague on the details, it took me a while to realize the true value of the information I had stumbled upon. It wasn't until I explored the teachings of Abraham (the name Esther Hicks uses for her higher consciousness) that all the puzzle pieces finally fell into place.

Wow! Now I finally understand all the "miracles" in my life - those circumstances that could only be explained as sheer luck. I also get why science still accepts the concept of randomness, it's necessary until we can find a better explanation for phenomena beyond the boundaries of classical physics. But once we do, what seemed random at first starts to make perfect sense as a logical consequence, just like when you're playing a game you don't understand and then read the rules, clarifying why you win or lose. Since finding this "user manual" to the universe, my life has become even more joyful and exciting.

I often get questions about the Law of Attraction, so I've gathered my insights in this book. Dive in and watch the cliché "think positive" turn into a powerful tool able to change your life.

Irina

Introduction to the universe

When we hear the word “universe”, we often picture stars, planets, and vast cosmic landscapes. But what if I told you the universe is much more than that? Everything in your everyday life is a part of it too, including the coffee cup you're holding, the air that you breathe and the thoughts in your head. The universe encompasses **everything there is**, from the farthest reaches of space to the very essence of our being. In fact, *we ourselves are the universe*.

In this chapter, we're going to explore the true nature of our existence and the interconnectedness of all things. This will reshape how you view not just outer space but yourself and your immediate surroundings.

The first and most important thing to understand is: everything in the universe is consciousness, and this consciousness is fundamentally vibrating energy with a measurable frequency.

the universe = consciousness = energy

Being part of a physical reality, we're naturally inclined to perceive everything around us as tangible, solid objects. But when we delve deeper into the nature of what seems to be solid matter, we discover that it's not solid at all, but a dynamic interplay of energy manifesting as particles.

The universe is not fundamentally made of separate parts. Instead, all objects in existence are encoded in a universal wave function, which describes **a single, entangled state**. Everything emerges from this one state, a unified field of energy vibrating at such an elevated frequency that it transcends our conventional understanding of time and space.

This pure, undiluted energy is the fundamental nature of the universe and creates everything in our experience. What we perceive as solid is merely a manifestation of this energy, expressing itself as the tangible world that surrounds us. Every aspect of your existence, from the physical world you inhabit to your very self, is a creation of this source energy focusing its intent into form.

You are non-physical source energy that has projected a part of your consciousness into the physical body you have right now. You exist *simultaneously* at both physical and non-physical levels.

Yes, I know. It's enough to make one's head spin. So, let's look at a similar system that you already understand. Think of electricity. It sometimes flows through your toaster so that they can accomplish something meaningful together (your warm breakfast bread). But if your toaster

breaks, does the electricity die? No, it doesn't. Then the electricity no longer flows through this particular toaster, but it can flow through another, and any number of others - simultaneously.

Your physical body is the toaster. Electricity stands for who you really are: source energy. This is the same energy that makes up the whole universe. It flows through everything and everyone, and it's unlimited and eternal.

our five senses = vibration interpreters

Does it still feel strange to be called source energy? You're not alone.

For many, understanding that everything, including themselves, is fundamentally energy can be quite challenging. This is because we are so skilled at interpreting vibration through our physical senses, that we don't even realize we're doing it. But what we see with our eyes is actually an interpretation of vibration. What we hear with our ears is an interpretation of vibration. What we smell and taste is an interpretation of vibration. What we feel with our fingertips is an interpretation of vibration.

Because we interpret vibrations from birth, we assume that what our physical senses present to us is reality, and that anything "invisible" (things vibrating at higher frequencies than our physical senses can interpret) doesn't exist. This belief causes us to gravely underestimate the power of thought and to not understand how our sixth sense, our emotions, should be used.

And then there's the issue of death... well, that one is a complete mystery. Let's start by explaining it first.

energy can't be destroyed, only transformed

The fact that you're fundamentally source energy means that you are eternal. What you call birth is not the beginning of your existence, and what you call death is not the end of it.

A physical form requires consciousness. But consciousness does not require a physical form.

All your thoughts, knowledge and experiences can exist, and do exist, whether you're physically focused or not. You are consciousness and retain a sense of identity even when you're fully focused in the non-physical (when you're "dead"). In this non-physical state, consciousness holds a unified, broad perspective, unhindered by the constraints of time and space. You experience a profound sense of oneness, as if you are everywhere and everything at once.

When your consciousness focuses part of itself in physical form (when you're born into the body you now identify with), **two perspectives** arise to view things. Every subject you focus on in

your physical world is also viewed by your higher consciousness, the part not limited to this time and space dimension.

For lack of a better analogy, imagine you're playing a video game where your character is in a world that's real to him. This pixelated character may seem separate, but his digital consciousness is completely linked to yours since he is an extension of you. And you, with the ability to see beyond his current environment, have a much broader perspective. From this vantage point, you can easily guide and influence him, offering insights and nudges along the journey.

Your consciousness continues to exist even if this "pixel guy" that represents your physical body dies. It can also focus itself into a new character at any time.

You are an extension of source energy and therefore your consciousness has *two viewpoints*, one from the broader non-physical perspective, and one from your physically focused perspective. Your total intelligence includes far more than you can perceive from your physical standpoint.

Interesting... but what's the point of all this? Why do there need to be two "I's"? The answer lies in the way the universe is structured.

The point of life and your role in it

The basis of life is freedom. The result of life is expansion. The purpose of life is joy.

joy

The universe exists for its own pleasure. Yes, you read that right. It sounds so trivial that we can hardly believe it. Isn't there supposed to be some higher purpose to everything? Can it really be this simple?

Indeed, it can. And if you think about it, you'll understand that it can't be any other way. A "higher purpose" would imply that the universe is trying to satisfy some other, superior power. But the universe *is* the highest there is. The universe is EVERYTHING. Consequently, there's no one else to satisfy but itself.

We, who are part of the universe, operate on exactly the same principle. The only purpose of our existence is to experience the joy of our own existence.

We were not created to climb some sort of spiritual ladder in hopes of becoming as wise as something greater than ourselves, and we do not exist to prove our worth through hard work and unwavering loyalty to some superior being with the power to reward or punish us.

We are already part of the greatest whole there is, source energy, and our only task is to continue being the consciousness we already are - a consciousness that is constantly bouncing new thoughts. Thoughts are *the fuel* that drives the universe's expansion, and ours along with it.

expansion

Expansion can be described as growth, development, evolution, and the constant state of becoming more than what you currently are. This process is infinite and has no end goal, as the opposite of expansion, a state of perfection where no new thoughts of improvement are needed, would mean death in its truest sense. Nothing in the universe can cease to exist, energy can't be destroyed.

As the universe expands in proportion to its own consciousness, there's no such thing as lack. Nothing that you experience in your physical reality is made available to you at someone else's expense, because what we perceive as physical is actually an interpretation of vibration.

freedom

Now we have arrived at the part that is both the most difficult and easiest to understand. Every one of us nods in agreement when we hear that freedom is the foundation of everything. Naturally. Absolutely.

Well... with some exceptions, of course. Those who try to deprive others of freedom should be limited in some way. Right? And those who refuse to live in harmony with their surroundings and seem hell-bent on spoiling the fun for others, they surely defy what the whole universe is about, don't they?

But freedom means exactly that – freedom. We are so free that we can even choose to be trapped by the belief that others stand in our way. The truth, however, is that no person or thing outside ourselves can truly hold us back without our consent.

Every consciousness in the universe creates its own experience through its focus. And since no one else can think your thoughts, no one else can create in your experience either.

We are 100% free to choose whatever we want from the universe's gigantic smorgasbord of experiences. The choice is made by focusing on what you desire and ignoring what you don't.

But why does all the "bad" stuff even need to exist as an option?

Remember how the universe needs to expand and how it's our thoughts that drive this expansion? Yes.

Would new thoughts emerge if there was no reason for them to? No.

What's needed for new thoughts to emerge? Something to trigger them.

And is there anything that makes you conjure up a thought faster than when you burn your fingers on the stove?

contrast = a prerequisite for expansion

If there was no darkness, you wouldn't know what light is. Without war, you wouldn't know peace. If illness didn't exist, you wouldn't know what well-being is. Everything we are aware of is distinguishable because of something else that provides a contrast to it.

Contrast automatically gives birth to new preferences and ideas. With every observation you make, your consciousness expands the thought beyond where it has ever been before, and the entire universe (that is, your own source energy) rides this wave.

Before you were born into your physical body, you understood the value of the rich contrast the space-time dimension would generate. You recognized that it would elicit ideas for improvement, spark new preferences, and ignite a desire for more, while also giving rise to **fresh sources of joy** that would beckon you towards them.

When you're puzzled by something, you wish for clarity. (Ah, the joy of finally figuring out how to move to your dream country!)

When money is tight, you wish you had more. (Ever felt the relief of paying off that last debt?)

When someone is mean to you, you wish for more kindness. (Remember the warmth of a hug from mom telling you everything's okay?)

When you're exhausted, you wish to get some rest. (The feeling of waking up to a wonderful new day after a long and peaceful night's sleep...)

As you can see, this concept isn't just theoretical, it has real-world implications. Contrast doesn't just generate new ideas and preferences, it also opens the door to blissful experiences and meaningful, tangible improvements in your life. This leads us to an important fact: at your core, you are essentially a collection of these preferences, each one shaped and refined by the contrasts you've encountered.

you = the sum of your preferences

Every idea for improvement that contrast helps you generate is instantly embraced by your higher consciousness, which then focuses solely on this newly expanded point in your development. You continually set new standards for yourself, standards that you cannot lower.

The larger part of you is always perfectly aligned with the very best of everything contrast has helped you discover, serving as a **reference point** for what you consider perfection.

Since your physical consciousness is deeply rooted in your higher, non-physical consciousness, you're continuously urged forward to realize the ideas you have generated. In its purest, resistance-free form, this call from your source feels like passion and enthusiasm.

Achieving harmony with your own preferences is the purpose of your life.

So, the purpose of life isn't something given to you by an external force, nor is it something you determined before your birth. The purpose of your life **is being created right now**, at this very moment. Every contrast you encounter helps you draw new conclusions about how your existence could improve, which in turn upgrades your higher consciousness to include this new insight. Your only choice, if you want to feel good in your physical form as well, is to keep up with this ongoing evolution.

Your greatest joy comes from realizing the ideas that your environment has inspired, and your deepest pain comes from resisting these ideas.

You can't stop your growth, you can only resist it.

Imagine an earthworm moving forward. First, the head advances, and then the tail follows suit. Now picture what would happen if the tail suddenly decided to resist - that would be painful, with the worm being pulled in two opposite directions.

You function in a similar manner. Since your source always resonates at the highest frequency, imbued with the essence of your most fulfilling experiences, you perceive this alignment as pure harmony, unconditional love, and unlimited freedom.

When you entertain thoughts that are vibrationally different from those of your higher self, you experience discomfort. This unease isn't caused by external factors, you feel it because you're focusing on something that contradicts your innate preferences and what your higher self recognizes as truth. Essentially, you're resisting your own nature. **You are resisting yourself.**

Your excuse for resistance is invalid.

The only reason you, in your physical consciousness, introduce resistance to well-being is that you give more attention to the outcomes of past thoughts than to thoughts affirming your new truth. You use what you call "reality" as an excuse, without truly understanding what it actually is.

Your physical reality is *a reflection* of the vibrational frequency you've been tuned into up until now. It's like getting a receipt at the store, showing what you've selected from the shelves. Every experience you're having at this moment is a physical manifestation of your **past** focus: your thought patterns, beliefs, and assumptions. Your thoughts *program your physical senses to interpret vibration* in a particular way. It's as if you have scripted a movie, and now it's being projected through you.

In creation, thought always comes first!

Everything you see around you was once a thought or an idea – a vibrational concept that matured into what you call physical reality.

It's not your current reality that shapes your future – your thoughts do. Therefore, what you will experience next doesn't necessarily have to relate to what you've experienced so far.

The reason your life remains largely unchanged is that you're often fixated on your current circumstances. You perpetuate the same mindset and expectations, limiting yourself to a cycle of similar outcomes. You're less inclined to believe in or anticipate anything drastically different

from your present circumstances, and so, unsurprisingly, you receive results in alignment with those same patterns. You look at what is, react to it and get more of the same thing.

And just so we're on the same page, when I say "thoughts", I'm not only referring to those random ideas that cross your mind. We are talking about deep-seated beliefs, assumptions, and ingrained mental frameworks that dictate "this is how things are and this is what's likely (or not) to happen next". These elements serve as the lenses through which you perceive and interpret the world.

emotions = your compass to your desired life

Now that you understand that your mental framework shapes your experiences, you might wonder which thoughts are worth entertaining. Here's the key: trust your built-in guidance system.

Before entering this physical realm, you knew that the environment here on Earth, just like everywhere else - physical or non-physical - is based on vibration, and that vibration operates under certain natural laws. You understood that choices are made through focus and that your higher consciousness, always aligned with what you truly want, would guide your physical self toward that same frequency.

For every idea you entertain, your higher self provides feedback. This feedback, which you sense as comfort or unease, tells you exactly how aligned your current focus is with what you truly desire. Your emotions act as clear indicators, signaling whether you're on a path toward a future you'll enjoy or veering off course.

Logically, we should always think uplifting thoughts that harmonize with our intentions. Yet, many of us stubbornly choose otherwise. Why?

Because we have forgotten how the most powerful law of the universe works.

Download the rest of the book here:

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