

Something Surprising About the Law of Attraction (LOA)

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Magick is mysterious – slippery, sexy and just beyond reason’s grasp. Or that’s what many think, and nearly all have been taught. Yet for those who live in Magick’s grace, there is no mystery. There is only Nature, and it’s oft mysterious laws. During the Burning Times, Nature was the code name for magick. Thus, the concept of supernatural, from a magickal perspective, is illogical.

Nature, as the alchemists defined it, is Everything - the eternal All, encompassing the extant and non-extant. I made that argument in “*Aristotle was Wrong*” (refer to Free Articles), stressing that while magick might be presently inexplicable, it is neither unnatural nor supernatural. The problem becomes how do we explain that to everyone else? What examples can we use? What proofs can we offer? How can we demonstrate that magick is natural and obeys natural laws?

Until very recently, my holding that position was an article of faith. Explaining the physical and neurological how and why behind spell-casting, for instance, eluded us all. In this age of science we were hard pressed to find the science to explain what we knew to be real. Finding that proof or even the shadowy traces of its scientific presence consumed my youthful thoughts. I even became a biologist, yet the times (45 years ago) were not ready for my curious quest.

Theoretical physics has been getting there, though it remains as mysterious to most as is magick. Suddenly a new darling appeared in popular culture, LOA which stands for The Law of Attraction. Introduced to the masses by Oprah Winfrey, it soon became the rage, everyone was using it; everyone was applying it.

Being curious I decided to explore this “hot new thing”. What I discovered stunned me. LOA is just the new name for practical magick. Not only does it (as taught by Natalie Ledwell) follow the same principles as magick, it incorporates scientific research into brain function which bolsters the efficacy of those principles. No, it’s not think happy thoughts and happy things will happen – it’s much deeper and more profound.

I haven’t been so excited by anything since I sat in front of the TV as a little girl and watched Neil Armstrong walk on the moon. This is just as stellar. Lurking within this “new” spiritual practice is the same ancient discipline that shamans, medicine people, magickians and witches have known about and used for multiple millennia. Many, me included, still wait to see it acknowledged as more than ignorant superstition.

We need wait no longer. Putting aside LOA’s claims that it was discovered in the last century, let’s look instead at what it is and how it’s taught. Being hugely popular there are now probably hundreds of teachers worldwide. I will only focus on those I have known and studied with. As fortune would have it they are also the two premiere LOA teachers globally: Mary Morrissey and

Natalie Ledwell. I have attended the former's lectures but have studied in depth with the latter. I will show you how their methods parallel practical magick and, in the latter's case, reveal the scientific basis for the 'wondrous' results that magick has delivered since Paleolithic times.

What is LOA? It states that all things are composed of energy and that energy either attracts, repels or remains neutral to the energies around it. There science and magick agree. How? Well, because magick is based on an animistic world view. It uses a different word to refer to energy – a dirty word in the scientific community - *spirit*. We call that universal spirit the Network, the Matrix, the shamanic Web, Nature. It's is George Lucas's Force and Harry Potter's Magic. They are all essentially the same.

As is the goal in both science and magick: the quest for knowledge. That is why I spell magic with an added 'k'. I do so to remind the reader that I'm talking about the acquisition of knowledge, not the lust for power, or the performance art of illusion. Historians will recognize it as arising in ancient Egyptian magickal cosmology as opposed to the one of Babylonian parentage. Sadly it was the Babylonian view that Aristotle explained and Christian era Rome adapted. Imprinted on Western culture, it created our lastingly negative view of magick.

Returning to the principles of LOA, energy vibrates at specific frequencies. Proponents postulate that like energy attracts like energy. I have a problem with that as like charged particles repel one another. So what I realized is that LOA is talking about wave energy, not particle energy. Like wave energies will synchronize. That synchronicity LOA refers to as "being in the flow". Magick calls that same process "casting a spell". Are you having fun yet?

Like wave theory, the dominant frequencies you emit will either synchronize you or create an interference pattern. What are those frequencies? They are your thought patterns. Both magick and LOA agree there. Epigenetics has shown us that our thought patterns physically affect the replicating process in our DNA. We can injure ourselves, or heal ourselves at the chromosomal level with our thought patterns. Magick has known that works for millennia; it simply did not have the science to explain it.

Those frequencies do not affect you alone; they radiate out into the world. Of course the world's frequencies also radiate into you. Those will either synchronize with like frequencies or be interfered with. What makes the difference? Your intent makes the difference, your conscious choice. Your intent is what amplifies the frequency you emit; it strengthens it. Here is the tricky part, for both LOA and magick. Not only does your conscious mind emit frequencies (wave patterns called electro-magnetic energy), so does your subconscious.

You can sabotage your truest intentions without being aware of doing so. Such unconscious interference is precisely why spells can fail or backfire, and exactly why ordinary lives can become stuck in inescapable ruts. The solution then is to harmonize the components of our intent (conscious with subconscious) with the frequencies of that same intent in the world. Achieving such a dynamic state of harmony puts us "in the flow" where magick happens. (At

least according to the ancient Egyptian model) Being *in the flow* establishes a harmony that allows us to enter into a reflective relationship with reality. That is how manifestation happens. The concept is expressed in the alchemical dictum: *as above, so below*. The above is objective reality; the below is us. Alchemy called those the Macro and Micro Cosms.

So how do we achieve that delicate, ever-changing state? By ritual of course. Whether you are a practitioner or LOA adherent, ritual is vital to achieving the proper mindset (aka vibration). Let me demonstrate.

In magick the mindset creates the clear intent; the clear intent literally calls the goal. Ritual acts upon the practitioner to solidify the proper mindset, hence create the clearest intent. In LOA that works on the *like attracts like* principle. You may wonder, why then do bad things happen to good people, and horrible people become world leaders?

There are innumerable vibrations in the universe and incalculable options. All that both LOA and practical magick are suggesting is that we can learn how to align ourselves with the outcomes we desire by producing synchronous vibrations through deliberate intent. That synchronicity puts us *in the flow* and attracts the vibrational state we want to live in.

Science argues that the energies our thoughts produce are too miniscule to affect anything beyond our noses. That may be true, but it does not explain an observation possibly everyone has had. Some people just have “bad vibes”, live stagnating lives and even repel animals. The same holds true for physical places, in the positive as well. Con men and serial killers are often masters at projecting “trust me” vibes. Where does all that come from if people are incapable of projecting energy beyond their noses – and places are not supposed to be capable at all? Lastly why does body language work? If you’ve ever seen a tiger defend its space or a young girl blush you know there’s much more to the principle than physicality alone.

Until a better theory comes along, I choose to accept the one that explains why magick works and how I can improve my reality without succumbing to delusional fantasy. The specific procedures (rituals) we can use to assist us run parallel in Natalie Ledwell’s USM course, practical magick and spiritual Alchemy (refer my article, *Magic in the Elements*). They are: *awareness* (discovering your intent & visualizing it); *attention* (internalizing your intent & focusing); *concentration* (verbalizing your intent & committing to its execution, aka creating the spell) and *grounding* (acting on your intent, aka casting the spell). Those lead to *manifestation* (releasing your intent to attract your desired reality).

Practitioners call that releasing the spell. LOA adherents call it maintaining a positive mindset by using repetition, affirmation and a brilliant tool developed by Natalie Ledwell called Mind Movies. I call Mind Movies magickal cheat sheets.

They combine visual imagery, positive intent-oriented affirmations and subliminal brain entrainment. The latter was developed for Mind Movies by neuroscientist Morry Zelcovitch.

Their inclusion addresses the problem of our renegade subconsciousness. There are generic Mind Movies. I can only speak for the unique ones, created by a student for their specific intent. Just like a spell they are deeply personal; yet their focus is always on the positive. Aside from ethical considerations, can you guess why?

Long hours of research into magickal history will not be required. Remember all those incalculable vibrations? Remember what epigenetics discovered? Now imagine what you call down on your head when you focus on the negative. Self-preservation alone ought to teach you to know better. If you disagree, please go spend those long hours with the magickal history books. Thus Natalie Ledwell's work is not just applicable to LOA; it is also applicable to magick. It reminds us of the value in and intrinsic necessity for, operating from a positive perspective.

It also makes magick accessible to those with no desire to study Alchemy, Kabbalah, Tarot, Astrology, Correspondences, Comparative Religion, the History of Science, the History of Magic, Shamanism, Nature Religions, or the Anthropology of Religion. No one has to go searching for modern day Merlins, Circes or a Hogwarts. Just find a web class with Natalie Ledwell and develop a few of your own Mind Movies. You will not become a theoretician, but you will be a practitioner – and your life will be the better for it.

Thus concludes my discovery of the 21st century's new term for practical magick. LOA, as enhanced by Natalie Ledwell's techniques, won't join the ranks of magickal theory until it has passed the tests of time. Yet it is off to a very promising start.