

# **The Art of Attraction**

***Why the law of attraction is the most important natural law in your life***

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*YOUR THOUGHTS ARE MAGNETIC AND YOU ATTRACT PEOPLE, CONDITIONS AND OCCURRENCES IN YOUR LIFE ACCORDING TO YOUR PREVAILING THOUGHT PATTERNS.*

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**By the same author:**

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# ***Part I***

## ***The Law of Attraction and the Creation of Fate***

### **1. Introduction.**

The existence of a law of attraction may come as a surprise to many people, but it is beyond doubt that such a natural law exists. The law of attraction decrees that energies on the same wavelength attract each other and that energies on dissimilar wavelengths repel each other. We know the law from the transmission of radio-, television-, and mobile telephone waves, but very few people realize that the law also affects our daily lives through the magnetism that our thoughts hold.

The law of attraction is active in your life around the clock whether you realize it or not. The day you realize that you can cooperate with this natural law in order to obtain the things and conditions you want in your life can be the most important day in your entire life. The workings of the law of attraction are absolutely fantastic, fabulous and amazing. Working with this law can make you the master of life instead of its slave. It will show you that you are the one who decides what happens in your life with respect to whom you meet, which job you hold, your health, your prosperity, your fate – indeed your whole happiness. You may think that I'm exaggerating, but it is impossible to exaggerate the importance of this law. And there is not a shadow of proof that the law does not work.

This book will explain how and why the law of attraction works and it will also provide you with all the proof you need. Also it will give you the necessary tools to make your life unfold in the ways you most desire.

My own life has been one long string of proof that the law of attraction works, but it was only when I came across the work of the Danish intuitive Martinus that I realized that such a law existed. And then, when a few years later I came across Abraham, the group of spiritual beings channeled by Esther Hicks, it became clear to me in all its amazing glory that you can actively make use of this law to obtain what you want. The law of attraction works because your thoughts are magnetic and attract the things you think about.

I think that the first time I realized that there was power in my thoughts was when my then 14-year-old son and I had gone on a canoeing trip to Sweden. We didn't have a lot of money, so as we were walking through the town of Växjö I thought that it would be great, if there would be 100 Swedish kroner sitting in a cash machine, which I could just take. I had

hardly finished the thought, when we passed a cash machine and when I looked, there actually was a 100 kroner bill sitting there. It was so unexpected, and I was both surprised and pleased when I took the money. We soon spent it, but I never forgot the peculiar episode.

Seen in retrospect I can in all sincerity say that everything I have wanted in life has come true. I may have had wishes, that I had not nurtured for very long and which I had forgotten before they became reality, but all the important things that I wanted have come true.

When I had graduated from university in Spanish and English philology I lived in Aarhus, Denmark and was unemployed and poor as a church mouse. My secret dream was to meet a well-to-do man, whom I could fall in love with. I did not want to marry for money, but to seek love where money abounded. I visualized myself living in a house that had a view over a lake. A year and a half after my visualization I had married a dentist and had moved to Viborg, where we had a view over the lake Nørresø.

Another dream I had was to move to Spain. I had majored in Spanish and was in love with the thought of living in a house with a view over the Mediterranean. I also saw myself speaking Spanish like a native all the time. And I said to myself many times as I looked out across Nørresø: I want Nørresø replaced with the Mediterranean. In 1990 we immigrated to Spain and have lived there ever since. And yes, we have a magnificent view of the Mediterranean and I speak Spanish like a native.

When we moved to Spain, I had a dream of getting a job in the world of business. I had worked as a secondary school teacher for 11 years when we emigrated, and I wanted to try something with more excitement and glamour. I could see myself working as an interpreter at business meetings, traveling all over the world, checking in and out of hotels, stepping on and off planes, attending trade fairs and in general being smart and in control. A year after we had moved to Spain, a man turned up and offered me precisely the job I had visualized. It wasn't that I had applied for a job, no; this man just turned up out of the blue and offered me a job with all the ingredients I had wished for.

My husband had opened a dental practice and after a few years he had more patients than he himself could attend to. We thought that it would be great with another dentist, but we didn't dare advertise, because we weren't sure if there would be enough patients for two. One day my husband received a letter from a young dentist, who would like to move to Spain, and he asked if he could come by to say hello. We were happy for him to do that, and we soon agreed to offer him the job. Much to our surprise he had come all the way to Spain from Denmark just to see us. There were many other Danish dentists down here, whom he could meet, but he only saw us. We employed him and he moved to Spain – and there were enough patients. They just came.



As long back as I can remember I have had a vague idea that one day I would write a book. But my book shouldn't be an ordinary book, but a book with a new and different content. I had almost forgotten about my book project when one day in 1995 a book about the Danish intuitive Martinus literally fell into my hands. I had never before heard about the man and had been an atheist for 30 years, when Martinus entered my life with a vengeance. I threw myself upon his books in the manner of a starved crocodile and was completely taken aback by his totally logical world picture. It was so overwhelming, so huge, so surprising and so fantastic, that I had to tell somebody about it. This resulted in my book "Death is an Illusion. A Logical Explanation Based on Martinus' Worldview". I wrote the book in English in less than 6 months and it was published in the USA in 2002.

One would now suppose that we were beginning to get it and to realize that there was power in our thoughts. But no – it was only when I, after 9 years of business life, had had enough of traveling, trade fairs, planes and hotels and decided to take a break, that it became obvious, that there was something unexpected going on.

Through my study of Martinus' work I had become very interested in the spiritual side of life and decided that I would walk a part of El Camino, the old pilgrim road in Northern Spain. I wanted to walk alone and seek contemplation, peace and insight.

I took the bus from Almuñecar to Burgos and was now about to embark on my long walk. It was around 7 PM when I arrived in Burgos, and I had to find the municipal refuge, which was somewhere out there and a long way from the bus station. I had hardly stepped out from the bus station, when an elderly man approached me and asked if I was a pilgrim. Under the circumstances I had to say yes to that, although I had never thought of myself as such. *"I'll show you the way to the refuge"*, he said and he took me all the way there. It was a long way away, at least half an hour's walk and I would never have found it myself. When I had thanked him and had been shown a bed, I thought that this was a good beginning of my pilgrimage. The help I had needed had materialized just through my wanting to find the way and without my needing to ask anybody for it. But that was only the beginning.

The next day I walked out of Burgos early in the morning. It was in November and it was cold – about 2 degrees Celsius. I had more or less planned that I would walk 26 km. the first day, as I figured that that was what I could handle. It got mild and sunny later in the day, and I walked happily along with my rucksack. At intervals I rested and relaxed in the sun. Around mid afternoon I was beginning to get tired, but I was nowhere near refuges or villages. Suddenly I spotted a young man, who looked as if he were waiting for me. As soon as I was within earshot, he said to me in Spanish: *"Now you have walked 26 km. I have a car standing over there*

*and if you want, I can take you to Castrojeriz. There is already another pilgrim waiting in the car".* Ok, I thought, funny that he should know about my planned 26 km. And fortunate, that he was right there, because I was getting quite tired. I was then driven to Castrojeriz in style and was shown the way to the refuge.

On the way to the refuge I passed a lovely, new hotel and thought that I would like to sleep there. But this was a pilgrimage, and not a luxury holiday, so I looked for the refuge. When I found it and looked in I lost heart, because it was miserable, cold, damp and none too clean. I couldn't make myself spend the night there, so instead I went to a hostel, where I had a primitive, but heated room for 16 €. Before showering I felt like a cup of coffee and went down to the bar to get a "café con leche". It was the hostess who was attending the bar and she asked me, *"Are you going to take a shower?"* "Yes", I said. *"Well, then go and get your things, because we don't have any hot water today. I'll give you another room at the same price."* She then led me along the street and great was my surprise when we entered the lovely, new hotel, where I was given a wonderful room with heating, shower, tub and TV. When I was soaking in the tub I was thinking that it was a bit mysterious that I just had to think of something and then it would happen.

And it went on like that. If I had taken the wrong way, immediately someone would appear who could point me in the right direction, if I wanted company, immediately somebody came and sat next to me so that we could chat, if I needed massage on my sore limbs, there would be a notice about massage at the next place to sleep, if I was hungry, people at the refuge would offer me a hot meal. But the greatest experience was the one with the blue bread van.

One morning, after having spent the night in Calzadilla de la Cueva, which is a fairly miserable village in the middle of extensive plough lands, I realized that I had run out of bread. I asked at the inn, if I could buy some bread, but strangely enough none was available. I then asked if there were any shops nearby or on the way to Sahagún, but I was told that there wasn't any. Well, I thought, then I just have to leave the bread supply to Providence. And with that thought I stepped out onto the sunny Camino. I walked through several small villages, where there were neither bars nor shops, and around 1 o'clock I was beginning to get hungry. But I had nothing but some cheese spread and no bread to spread it on. In the village of Moratinos I had a sudden impulse to sit down on a bench, and I had hardly sat down, when a brand new blue bread van drove straight into my field of vision and stopped right next to me. I could hardly believe my own eyes when I stepped up to the van to buy bread. The bread I had wanted was delivered right at my feet at the precise moment I needed it. It was at the very moment when I saw the blue bread van that it finally dawned on

me in all its fabulous glory that something was going on that was more fantastic than I had ever dared imagine.

What I was witnessing was the law of attraction in action, only I didn't realize it at the time. But how is it possible? How does it work? That is what this book is all about.

## **2. Thoughts and the Laws of Nature**

### ***Thoughts Are "Something" that Can Be Measured***

Your thoughts are the key to what you attract in life, so let us begin with thoughts. Some people may think that thoughts don't matter and that it is of no consequence, what we think, because thoughts are completely immaterial, they are just "nothing". But it is simply not so. Today it is a fact that thoughts are measurable. By placing electrodes on a person's head, we can measure the degree of thought activity taking place. Thoughts are measurable, and something that is measurable is not "nothing". Thoughts are "something", and this something" is so material that we can measure it with modern measuring equipment.

### ***The Electromagnetic Spectrum***

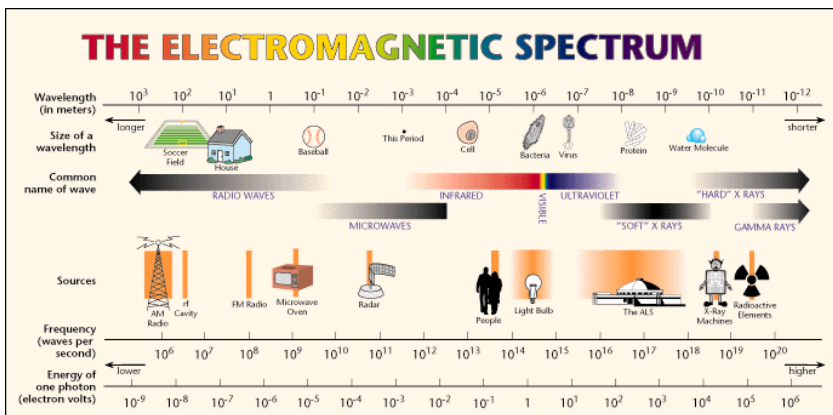
Thoughts are essentially a form of electromagnetic radiation. One can say that it is a kind of non-physical type of matter; we call it non-physical because we can neither see nor touch it, it is invisible and intangible. But in spite of being invisible and intangible, still it is there, it is something. We know it is there because we can measure it. Furthermore it is a type of matter that can hold or carry information.

Martinus often denominates this non-physical type of matter as ray-formed matter, precisely because it consists of invisible waves and rays. Today ray-formed matter is mostly denominated as electromagnetic radiation, and nowadays there will hardly be a single well-informed person who would claim that invisible matter does not exist. Because everybody who uses radio, television and mobile phones knows that it does. When we watch television, listen to the radio or talk on our mobile phones information is transported through the air at the speed of light via electromagnetic radiation. We can then receive this information in our various devices, which transform it into something we can see or hear, but the "medium of transport" itself, i.e. the electromagnetic waves, is completely immaterial – we can neither see, hear nor feel the electromagnetic waves.

Electromagnetic radiation is all the different waves and rays which in mainly invisible form surround us all over the globe. There are waves provided by nature, such as radiation from the earth, radiation from space, ultraviolet and infrared rays from the Sun, but there are also rays produced by us humans, such as radio waves, microwaves, radar waves, television waves, waves from mobile phones, X-rays, gamma waves etc.

These rays and waves are floating all around us, and they help us communicate, they entertain us, and they are used in various kinds of medical treatment. All these rays and waves operate on different wavelengths and frequencies, and they have been "organized" by science in the so-called electro-magnetic spectrum. The waves have been classified according to their length, so that the longest waves have been placed to the left of the spectrum (long radio waves) and the shortest waves (gamma waves) have been placed to the right.

The electromagnetic spectrum can be pictured like this:



**The electromagnetic spectrum**, including radio waves, micro waves, infrared rays, visible light, ultraviolet rays, soft and hard x-rays and gamma rays. The wavelength is read in the line at the top and by way of illustration things are shown underneath, whose size corresponds to the wave length. That means that long radio waves have a length of 10 meters raised to the second power or are as long as a football field. The length of the micro waves, we use in our micro oven, are the size of a baseball and the length of the waves, that we humans emit, are shorter than the diameter of a cell. The shortest waves are gamma waves, which are so short, that their diameter is less than that of a water molecule: less than 10 to the power of minus 11. The frequency, i.e. the number of waves per second, can be seen on the second line from the bottom, while the energy of the photons of the wave can be seen on the bottom line. The part of the spectrum pictured here is only a segment – the arrows suggest that the wavelengths can be both longer and shorter, just as the frequencies can be higher and lower. Indeed there are no known limits no neither wavelengths nor frequencies.

(Source: Micro Worlds at

[www.lbl.gov/MicroWorlds/ALSTool/EMSpec/EMSpec2.html](http://www.lbl.gov/MicroWorlds/ALSTool/EMSpec/EMSpec2.html))

Also the light, which we can see, forms part of the electromagnetic spectrum, but visible light only makes up a very small fraction of the spectrum, placed between the ultraviolet and infrared rays. The eye can perceive visible light, but all the other rays, i.e. by far the larger part of the spectrum, is invisible. This means that we are surrounded by invisible rays and waves wherever we go, and it also means that today it has become clear that invisible and intangible "matter" exists. Invisible rays and waves exist, they are not "nothing", but "something", and we know that as we make use of them every day. For that same reason it is no use claiming that the world only consists of what can be seen and weighed. A large and real aspect of the world is immaterial in the sense that we cannot see it, touch it or grab it. It is quite simply outside the range of our ability of perception. But we know it exists, because it can be measured and used by us humans.

If we look at the drawing of the electromagnetic spectrum, we see two people a little to the right of the middle. The people have been placed at the precise place of the spectrum where their measurable radiation lies with respect to wavelength and frequency, i.e. at a wavelength of  $10$  to the power of  $5$  and between the frequencies of  $10$  to the power of  $13$  and  $14$ . That means that people emit electromagnetic waves or vibrations. This emission is partly determined by the temperature and physical / chemical composition of the body, but as our thoughts are also electromagnetic waves, the quality of our thoughts plays a role as to the wavelength we emit. Our choice of thoughts influences the wavelength we emit. Or said in a different way: the whole of our psyche, i.e. the way we think, react and feel, is decisive for the wavelength we emit. All people emit a specific wavelength and because similar wavelengths attract each other, we will automatically be attracted to other people whose wavelength is similar to our own.

For that reason we sometimes say that we are "on wavelength" with other people and consequently feel attracted to them. This is not just a saying, but a factual phenomenon defined by the law of attraction. We are quite simply attracted to people whose psyche operates on wavelengths that match our own. We then feel that we have a lot in common with these people; we feel that they are easy to talk to and we can easily relate to them.

On the other hand we feel repelled by people whose psyche is very different from our own, and we normally do not want to have anything to do with them. We all know this phenomenon from our everyday lives, where we like to meet up with like-minded people, but would rather not get involved with groups of people with whom we have nothing in common.

This attraction and repulsion, which we sense, is not a chance phenomenon, but is determined by the attraction that similar wavelengths have on each other.

## ***The Laws of Nature***

The existence of invisible rays and waves also means that there necessarily has to be a natural law that defines the behavior of these waves. Such a law has to exist, because we live in a universe that is governed by laws. These natural laws are so exact and constant that we can "rely" on them. If we want to build a bridge, we can calculate how much concrete and iron is needed for the bridge, because we know which natural laws will affect the bridge. For instance we know the effect of the law of gravity, and because we do, we can calculate exactly how much material we need so that the bridge can carry the weight we need it to carry. The natural laws are so reliable and unwavering that we can send a man to the moon and bring him down again, simply because we know that the natural laws are always constant. When we know the natural laws, we can send a space ship into orbit around the Earth, because we can calculate how much fuel is needed for the space ship to get enough force to release itself from the gravitational field of the planet. It is a "simple" calculation, because we know that the effect of the natural laws is always constant. The law of gravity does not have one value today and another one tomorrow, and it does not have a specific value in China and another one in France. It is valid all over the globe, that if a man falls from a window on the 17. floor, then he'll hit the ground a few seconds later. There is no vacillation in the law of gravity and there is no vacillation in any of the other natural laws, which have been described by the science of physics. A natural law is a law, and a natural law is always valid.

## ***Known Ways of Exploiting the Law of Attraction and Repulsion***

It has been known to Mankind for more than 100 years that a natural law exists, which "dictates" that similar wavelengths attract each other. This has been known ever since Guglielmo Marconi in 1895 sent radio waves across his garden, thus taking the first step towards us being able to listen to the radio.

It is the law of attraction that determines that we can attract certain radio waves in our radio receiver. When we turn the buttons of the radio

receiver, we tune the apparatus to a specific wave length. In this way we have “told” the apparatus, which radio waves on which wavelength and frequency we want to attract. This works, because the law of attraction and repulsion decrees that similar wavelengths attract each other. The law of attraction and repulsion is a natural law that we can count on, and it is not so, that it works on Sundays and not on Wednesdays, or that it works on odd dates and not on even dates. The law behaves like all other natural laws: **it always works and its working is constant and reliable.**

We can thank modern science and modern technological advances that it is possible for us to listen to the radio, watch television, have conversations via mobile phones, use radar and sonar and in general communicate far easier than only 30 years ago. A considerable part of this technological advance is based on our ability to exploit the possibilities determined by the law of attraction, precisely because we know that similar wavelengths attract each other. We know the law and have become good at exploiting it to our own advantage.

But modern science has in no way exhausted the possibilities inherent in the law of attraction. This law works in a whole series of fields that science has no actual knowledge about and about which it consequently cannot advise us. If we want to know more about what type of thoughts to think in order to best make use of the law of attraction and repulsion in the shaping of our fate and the achievement of our own happiness, it is no use that we go to the university and ask to be taught this discipline. It is no use, because an **Institute for the applied exploitation of the law of attraction and repulsion** does not exist. And when this knowledge is not to be found at the universities, then many people may think that there is no such knowledge; that such knowledge simply does not exist. But that is definitely not the case. Knowledge exists that lies way beyond what the universities of this planet can offer, and this knowledge is very, very useful to us. It is actually so useful that it would be both foolish and unwise if we did not accept it and apply it to our own lives.

The knowledge that I’m talking about is not a knowledge achieved through the study of books and scientific experiments. It is a knowledge that has come from spiritual sources, from “above”, so to speak. It is a knowledge that has been revealed to selected persons on Earth, who, through a strong intuitive ability, have had access to the sea of knowledge that the universe also holds. These persons have, either through cosmic glimpses or permanent cosmic consciousness, been able to reveal aspects of the universal laws of life. In the next chapter we shall become acquainted with one of the greatest of all intuitives: the Danish mystic Martinus. We shall also look at the phenomenon Abraham and explain why it is of great value to merge the knowledge revealed by these two metaphysical sources.