

Building Wealth: What Abundance Gurus Don't Tell You About the Law of Attraction

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If you have, ummm, "issues" related to building wealth, abundance and scarcity, it's likely that you have explored positive thinking, visualization, and the *Law of Attraction*.

(If you are getting what you want from applying these principles, you can stop reading now.)

When a sweet idea turns sour

If you love the idea of attraction but stub your toes when it comes to getting consistent results, believe me, I understand.

Perhaps, like me, you remember a time when you first realized the power of your thoughts. Wow! There you were, confidently stepping into a future that was not determined by your past, and the whole enterprise was imbued with enthusiasm (en-theos; "filled with **God**") and lightness. What's not to love?

And then perhaps, attraction and positive thinking seemed to stop working. No matter how you badgered yourself, regardless of how much inspirational literature you read, you appeared stuck in an unsatisfactory current reality. And then, maybe, you tried harder.

You can't steer when you are holding on for dear life

Trying to make the *Law of Attraction* work against apparent evidence to the contrary is like climbing onto a unicycle at the top of a hill and trusting momentum to keep you from falling. The more energy you put into your carefully crafted (and sincere) intentions, the harder you hit the ground when intention crashes into Reality.

When the *Law of Attraction* is working, the rewards far exceed your efforts. When it isn't, no matter how much energy you put in, you stay stuck. Fortunately, there is an explanation for both outcomes, and it can restore you to right relationship with infinite possibility.

A short, painless detour through physics

It's impossible to get more energy out of a system than it is put in. That's the *law of conservation of matter and energy*, and neither you nor I are in a good position to contravene it. When the *Law of Attraction* produces results that outstrip your efforts, the only possible explanation is another source of power.

I call that power **Reality**. You may call it **God, Spirit, Consciousness, The Universe** - the name is immaterial. What matters is recognizing that *attraction works by virtue of a power other than and greater than yourself.*

Good news and bad news

The good news about the *Law of Attraction* is that it works. The bad news is that you are the Tonto to Reality's Lone Ranger, the Sancho Panza to Reality's Don Quixote. And that, friends, is why your best efforts can run you ragged instead of producing the results you long for, be it building wealth or anything else.

Whenever you use *Law of Attraction* to escape something undesirable or get to something you think will be better, it is doomed to failure. That's because you are objecting to Reality, the senior partner in your enterprise.

When you try to manifest change without accepting Reality, you are up against the principles of leverage and traction.

When a lever is just a stick in the mud

The *Law of Attraction* magnifies your intentions and actions to produce significant change just as leverage amplifies a relatively small force to produce a relatively

large result.

Investors use leverage when they borrow money in the expectation that the rate of return will exceed the cost of the loan, thus making it possible to generate earnings even when they don't have the cash for an investment.

In mechanics, leverage is produced when you push down on the long end of a stick resting on a fulcrum so that the short end moves upward with great force.

In physics and metaphysics, **no fulcrum = no leverage**. If you can't repay a loan, you won't profit from borrowing money. Push on a stick without a fulcrum, and, at best, you sink the stick in the mud.

If you rely on the *Law of Attraction* to produce results without grounding your vision in current reality, no amount of positive thinking or visualization will be sufficient to get what you want.

Reality is the fulcrum without which the lever of attraction is useless.

Power without traction equals spin out

If you've ever hit the gas when driving on a wet or icy road, you know that adding power when you don't have traction results in loss of control. You can go fast, but without traction you have no control over where you are going.

Similarly, when you use affirmations and positive thinking to ramp up your energy without being firmly rooted in acceptance of **What Is**, you will spin your wheels every time.

Accepting – even loving – Reality is where the rubber meets the road. It is the key to traction.

The power of attraction starts with loving what is

Accepting yourself and reality here and now is the missing piece of the attraction puzzle, but how do you do that? What if you find yourself devoutly wishing that someone would just put you away so you won't have to deal with yourself for a

while? (Or am I the only one who feels that way sometimes?)

When the truth is that you don't like the way things are, then that's the place to begin your practice of acceptance. Stop. Look. Listen to yourself. Make room for the uncomfortable thoughts and beliefs that you are so eager to get rid of.

There's a lovely story of the Tibetan saint, **Milarepa**. One day he was meditating in front of his cave when the demons of anger, greed, and fear arose before him. They were truly horrible beings, and the sounds they made were gut-wrenching.

Rather than push them away, **Milarepa** invited the demons in for tea. One by one they entered his cave, and in the light of his clear regard, they dissolved.

Finally, only one demon remained, the most terrifying of them all. It roared and howled, and far from dissolving, it grew. At last, **Milarepa** stood and bowed, baring his neck and thrusting his head between the demon's fangs. As he breathed in the sulfurous stench of the creature's breath, **Milarepa** whispered, "Teach me your pain."

When your own demons howl in protest at what is, when doubts assail you and you feel like divorcing your sweet self, it's time for tea and radical surrender.

Are you still with me? I hope so, because here's the magic formula that restores balance to the *Law of Attraction. Acknowledge, accept, and question (not argue with) your stressful thoughts. Sit in the answers that arise from within.*

How do you do that? The best way I know is *The Work*® of Byron Katie. *The Work* is a direct route to acceptance, and from acceptance, creative ambition can't help but flower.