

THE LOGIC
OF
ATTRACTION

the law of attraction explained

MARK TY-WHARTON

NOT
FOR
RESALE

given
in
friendship
and
LOVE

THE
LOGIC
OF
ATTRACTION
the ‘law of attraction’ explained...
#LOA

MARK TY-WHARTON

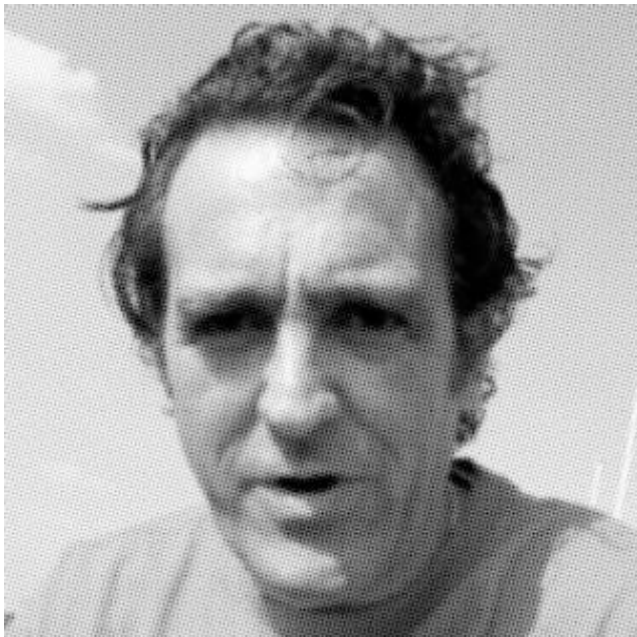
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I have Asperger Syndrome.
In this book, my unique ability to
analyse how systems work & behave
has been applied to #LOA.
The 'Law Of Attraction'

*The 'Law Of Attraction' states that thoughts
(both conscious and unconscious)
dictate the reality of your life,
whether or not you're aware of it.*

See you on the other side of the looking glass...

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FOREWORD

by Gina Ty-Wharton

I first met Mark in 2003 and from the beginning I knew that there was something ‘different’ about him. On our first date, I noticed his voice was very flat and monotone. He seemed aloof, disinterested and he talked a lot about taxes and looked over the top of my head. Yes, taxes. I was surprised, as we had talked online before meeting up and I had been very excited about meeting him.

Online he was fascinating, witty, intelligent and fun. What I did not know at the time is that Mark has Asperger Syndrome and he was really bloody nervous about meeting me, which made all of his symptoms increase tenfold.

Somehow, we got past this and as I got to know him better he slowly emerged as the amazing inspirational man I live with today. I have seen him demonstrate this aloof and arrogant behaviour plenty of times since then, usually in stressful or distracting situations. Strangers sometimes see Mark as eccentric or arrogant when they experience his personality for the first time and the more distracted or stressful the situation, the less he is aware of it.

Sometime after I met him, Mark introduced me to the world of self-development, something I had no prior experience of. I slowly discovered that the life I was living was a tiny fraction of the awareness I could potentially have. I would not have entered this world without Mark’s ‘matter of fact’ attitude towards it. I have a very logical mind and I like to research things relentlessly before embarking on them so his clear and logical explanation of the material he had been taught and gleaned about a world I had no experience of was just what I needed. Along the way I have found great peace and personal grounding. A whole new wonderful way of

being has opened up to me. Every day of my life is an adventure, filled with joy and happiness and I love every moment of it.

In his day-to-day life Mark genuinely does place orders with the Universe and has his requests served up. An absolute belief that there can be no other possible outcome than the one he has decided upon facilitates everything from the house that we live in to his meal in a restaurant.

He always asks for, and (almost) always receives exactly what he wants, as diverse as that may be. As a very 'neuro-typical' woman I have watched and learned some Aspergerian tactics, which coupled with the law of attraction, make my life flow with ease and grace and abundance.

Mark asked me to help edit this book and whilst I have enjoyed doing so it has not been a simple task, as every change I made had to be fought for. I find Mark's writing style quite confrontational in places, something I initially wanted to change. As I worked through the book I came to the opinion that his unique viewpoint actually works well to make some of these concepts clearer. As a man with Aspergers he has a unique insight into the way the world runs and an ability to state things that some of us fear to go with.

My soul mate is an amazing and inspirational man and I have seen him touch the lives of so many people along our journey together. The concepts in this book have been around our home for several years and have greatly enhanced our lives. I hope you enjoy this book as much as I have.

Love and best wishes,

Gina Ty-Wharton

INTRODUCTION

I started to write this book 52 days ago. Today it is complete. I am 45 and I have Asperger Syndrome. Simply put, I have been diagnosed as being on the autistic spectrum. I function well enough in life and I would probably have to tell you I have a problem communicating socially. Without this piece of information you might find me arrogant and aloof, eccentric or just downright weird.

We Aspergerians, (humans with Aspergers) are known for our all consuming special interests. We are particularly gifted at systemising and analysing. You will find us in all walks of life. We are suited to whatever we turn our minds to.

As a child I was obsessed with Old Moore's Almanac (a publication containing astrological observations) and read it cover to cover every year, looking for evidence of the accuracy of its predictions. I drove my poor mother nuts by responding to all the advertisements, figuring a stamp was a good trade for a magic lucky clover.

I was eventually banned from having any more stamps when a hearing aid specialist turned up on our doorstep with a trial device and Mum had to explain that the form had been filled in by a six year old.

Picking up a copy of Old Moore's today, the sales letters are much the same "make a million in three days"... The astrological predictions are also there, though I can find no mention of hearing aids!

In my teens it became apparent that I was different in some way and I started to have panic attacks. I attributed these to some spiritual force and started to read a series of magazines called "The Unexplained".

Worried that I was going to spontaneously combust, I became an expert on the Bible. After reading Nostradamus and Matthew 24 and discovering the world was about to end, I sought shelter with the Jehovah's Witnesses. In some sense, they probably saved my life.

In my later teens I became an expert on Astrology, read Crowley and gave over any responsibility for my life to Tarot and the iChing. I practised creative visualisation with varying degrees of success and continued to read anything and everything from the self-development shelf of the bookstore to help me figure out what was going on with me.

A somewhat hedonistic life style and considerable success in the music industry eventually brought me to a place at the end of the last century where I had nothing that I wanted from life and I was disillusioned and fed up.

I enrolled on the Landmark Forum, The Life Training, The Journey, Insight and danced with Druids at Lughnasadh.

I read The Celestine Prophecy, Conversations With God, The Adventures Of A Reluctant Messiah and What Color Is Your Parachute.

I divorced, went bankrupt and lived in a van, smoked dope and felt weird. Perhaps I had an 'in body' experience, who knows...

I persisted with doctors, pondered over Stephen Fry's television program about bi-polar disorder on the BBC and with the help of my partner Gina was able to get a diagnosis.

Only I found out I don't have bi-polar disorder at all, I am normal. At least, I am normal for a man with Aspergers and for the first time in my life I am complete. Knowing I have Aspergers explains everything and I can now explain all the information I have assimilated over the years.

This book has been a long time coming and the final trigger was the movie "The Secret." The film explains what The 'Law Of Attraction' is in simple terms. My aim in this book is to use simple logic to explain 'how it works' and to remove some of the magic lucky clovers from the equation. If you want to cut to the chase, go straight to Chapter 13, though I invite you to enjoy the whole book.

Mark Ty-Wharton.

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I: BELIEF

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You are here reading about belief because you are navigating a minefield of it. What is true, what is not? Belief is a bit like Pandora's box, once opened your evils, ills, diseases and burdens are unleashed upon you. And like the box, once opened you will find hope.

You have been filling this box of belief, starting when you were very small and carrying your burden with you throughout your life.

Belief sways your opinions and makes you do things in different ways. You are not free to act - you act to be free. Your pretence hides your fear or shame.

Belief can be an experience internalized as thought and locked in by emotion. Belief can be inherited, a legacy of someone else's fear or joy. And Belief is a cultural truth.

The stronger the emotion or the associated energy, the truer the belief instilled in our minds.

Personal belief is often critically formed following the collection of a small amount of emotionally charged data.

We form and continue with that belief until we collect, process and store new data that either reinforces or refutes the originally formed belief.

We pass it on to our children and our children's children in ceremony and ritual, without even knowing we are doing it.



The program runs so deep we don't even stop to question ourselves. Belief simply runs from our mouths and like our fathers and forefathers we will tread the same path until someone asks us to think.

Are you ready to wake up?

Consider your life. Where are you? How did you get here? Is the data you have been given accurate and does it serve you to believe it?

Until we collect more data we may have a skewed belief system. If the belief is surrounded by a lot of fear, we may never go back and find out more, leaving the belief unchanged and formed on a small and probably not representative amount of data.

Beliefs can also be learned and despite opposing evidence, can work alongside perception as a personal filter system.

For example, if I believe “all Ferraris are red”, it is unlikely that I would ever notice a Ferrari badge on a green one.

Obviously green Ferraris exist; it is just that I might filter them out completely if I believe that all Ferraris are red.

This basic idea spreads out across our own entire Universe. If I want to believe in God, I will find evidence that God exists. If I want to believe that the devil is God’s evil counterpart, I will find evidence to support that too.

Self-belief is one of the golden rules of success. People who are successful *believe* they will be successful. People who *believe* they are going to be successful have an unwavering *belief* in their ability to achieve success, whether or not they are aware of it.

If I start with own my personal beliefs, I have read a lot of self-improvement books, everything from the Bible to the Clymer manual for my Honda monkey bike. All these books are filled with valuable information; they teach us which tools to use and what to do.

I often find I get halfway through a book and find something I disagree with. Like many Aspergerians, I am not spiritual in a religious sense; I believe that things should be logical.

I am the world's biggest sceptic and it is probably one of my beliefs that prevents me from finishing a book; "this is no good", "bloody nonsense", "complete crap" and when I put the book down I write the whole thing off thinking none of it has made any sense.

Maybe I am left with some benefit from the part of the book I have read. More likely, I missed the point by not reading the complete message. However, from my life experience I know I probably found the message elsewhere in another book.

This book, *The Logic Of Attraction*, is my interpretation of everything I have learned to date. If you are reading this, for want of a better analogy, we are vibrating on the same level and this is your book too. I invite you for the duration of these pages to read the entire message and to believe you attracted this book. Don't put it down.

Whatever your beliefs, consider you found this book and its message for a reason.

Have you been asking for help recently?

Do you want answers?

In this book I will be inviting you to believe in the 'law of attraction', which as this book unfolds will be explained to you in the simplest of terms. I further invite you to believe *anything* is possible.

You are probably reading this book because someone told you it was a step-by-step guide to unfolding your life in the Universe... Well, it is one way of doing it. Welcome to the planet.

Okay, I said don't put this book down, however before we carry on I would like you to find a pen and paper. Keep it handy, you will need it in a moment.

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This is where the real work begins, in looking at yourself and what you believe in. Some of those beliefs are so deeply buried and so automatic, you don't even know that you have them. They are not only your beliefs, they are also your inherited beliefs and conditioning. Everything you have learned to date!

When people say that they believe in themselves, they don't really believe in themselves, they believe in their ability. Successful people believe in their own ability. Without belief in your own ability, your chances of doing something successful will be limited. The key to being successful (at anything) is to *believe* what *you* say is possible. Hang what anyone else thinks.

Inherited belief systems are all well and good, only if inherited belief systems drive you; are you the one doing the driving?

Picking your belief system apart, laying it bare, getting back to your core being and re-establishing what part of your belief system is useful to you, is the key to being the master of your own destiny.

Many 'law of attraction' books deal with getting rich, manifesting possessions and money. While it is a good measure of success, is having 'stuff' and being rich the be-all and end-all in life? I actually wonder if Bill Gates knows what drives him...

Bill Gates appears to have everything he needs, but do you think he finds it hard to pull himself away from a life in which he can demonstrate such huge success? Is he driven by a belief system? Or is he a slave to it?

People cite Richard Branson as another entrepreneur they want to be like. Again, it is likely that Richard Branson is just the same as the rest of us, driven by a belief system. Maybe these two iconic figures have something to *prove*? Looks like a great ride, only can they slow down the roundabout when they want to get off? Is it freedom? Or is it just a reflex action in response to a belief that can't be controlled?

In this book I will explain the tools other 'law of attraction' authors reveal and put you on the path to freedom. Freedom to be whoever you want to be, including the next Bill Gates or Richard Branson if you so choose. Freedom to experience your life in the way you want to, including being rich if you choose it.

In my experience it takes considerable work to unravel a belief system and redefine it. My experience. My belief. Remember that in my experience I have uncovered enough information to write a book. For you it will probably be easier. An overnight process?

Maybe...

If you believe it is!

We already have complex ‘ways of being’ locked in place. Imagine these as biological computer programs running in the background all the time, basically proving everything we believe to be the truth. So could I dare you to unlock these and ‘be’ something else?

Every thought we have is biased towards our individual belief system. In other words, everything we believe to be true will be reflected in our corner of the Universe. Everything we perceive is being filtered through our belief system. Simply put, whatever you think is true, you will prove to be true.

And what’s the big ‘law of attraction’ thing that everyone is talking about? What they are talking about is belief dictating the reality of your life. Fundamentally, ‘New Thought’ authors are saying that you will *attract* everything you *think* about...

Okay, that doesn’t mean the plane you are currently flying on is going to crash if you believe it will crash, because you are probably on the plane with a lot of other co-creators, one of whom is the pilot who believes it is going to stay in the air, and is therefore unlikely to crash it.

However, if you were actually flying the plane and believed it was going to crash, there is a much higher chance you would crash the plane.

What you believe consciously or unconsciously, will appear in your life sooner or later, in one form or another. There is an old saying: “Seeing is believing”. To some extent, the way we see things is the way we believe them to be.

No matter what anyone else tells us, once we've seen it with our own eyes, we won't allow ourselves to change the evidence we have for things being a certain way.

In 1992 I sat down with a notepad and a pen to work out what I was going to do with my music career. I looked at music in general, and the music I was writing. I decided the style I was writing in was over, dead!

Even though I had just got a new record deal and was about to release an album (it has just been re-released on iTunes, more information from <http://e3.logicofattraction.com>), I believed writing music wasn't likely to get me very far. Everyone I knew was doing it.

Anyone can throw a few sound samples together on a computer, and they did! Someone else filled the gap, a string of similar artists who believed they could make money. Some of them even had hits.

I looked at other areas of the music industry and eventually settled on record production, sound engineering and programming. I started a company called Extra Sonic Perceptions focusing on bespoke sound design believing I could find work in that area. I put myself out there, made phone calls, made sure several big music shops knew who I was and what I did.

One cold January morning I got a phone call from this guy I knew called Rob asking, "you know about sampling don't you? We've got someone who needs a sound moved from an Emulator 3 into a Kurzweil K-2000 keyboard. Reckon you could do it?"

Before thinking too much about it the words "yes, of course I do" had come out of my mouth, even though I had never set eyes on an either keyboard. With a fee agreed I got on a bus to an address in London.

I arrived at what turned out to be Duran Duran guitarist Warren Cucurullo's house and the job was to move a sound Nick (Rhodes) had used to make the song "Ordinary World" to a smaller keyboard, so that they could take it on tour.

As I was leaving, Warren said "Right, we'll see you tomorrow." I had absolutely no idea it would lead to more

than one day's work. I went back the next day and every day for a week. Then I was asked to go to a rehearsal and set up the keyboards and then to do the same at the BBC for an appearance on 'Top Of The Pops'. At no point in time was it ever really clear what I was supposed to be doing, I just went with the flow, after all I was being paid.

I ended up becoming Nick's keyboard technician on a worldwide tour, much to the annoyance of the rest of the road crew. I had come out of nowhere, with no touring experience, something simply unheard of in this industry. Everyone else had worked their way up from loading trucks and to add insult to injury, naïve to my situation, I refused to go near the loading bay.

I kept speaking to the band about working in the studio with them. After about nine months of being on tour, they began making a record. Because I was there and available and kept putting myself forward, they started using me as a programmer for their covers album. One phone call led to about fifteen years' work. I have seen the world and worked on several albums. I even played guitar on a Dandy Warhols track when Nick and I produced their record.

While I didn't believe it was possible for me to have a hit record as a musician, I did believe it was possible for me to work as a programmer, producer and sound engineer. Because of that belief, that is exactly where I ended up.

Perhaps one of my negative beliefs is that I can't play the guitar as fast as Warren Cuccurullo. Only maybe I can. Or, perhaps I would be able to if I didn't have the belief system. In my mind, Warren has been practicing for years. It takes years and years of practice to get that good on the guitar. Only, maybe it doesn't. Maybe it only takes a year?

By studying athletes, science has proved that our bodies will respond to our belief systems. Ability to play the guitar fast is simply a response to a belief system.

Okay... Maybe it only takes a month to get as good as Warren on the guitar! For someone, maybe that is possible. Maybe *anything* is possible with the right belief?

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Another negative belief system I have always had is that something is wrong with me because I am in some way different. One of my brothers and I used to say to each other when we were younger that we should go and become a psychiatrist's case study because they would find us very interesting.

I was misdiagnosed with panic disorder and agoraphobia in 1989. The diagnosis never made any sense to me and it was only my tenacity and determination that kept me going back to the doctors and questioning it. I truly believed I could find an answer to what was causing me so many problems in life.

I argued that most people with anxiety get better and that there had to be an underlying cause. I went for tests for ADHD and bi-polar disorder and eventually after battling with doctors who clearly thought I was a pain in the arse, I got my diagnosis. I am on the autistic spectrum and have Asperger Syndrome.

I believe knowing I have Aspergers has made my life easier. And guess what, my life is easier. Everything suddenly makes sense, though perhaps the need to diagnose these issues in the first place is just another belief system.

Many of us have huge, overwhelming negative beliefs. Some of us carry these with us for a lifetime. With work, you might find you have one all encompassing belief that is holding you back from doing anything productive.

One of my beliefs was “I don’t get it” and no matter how much work I did, I simply could not unravel my problem. I simply did not understand my own issue. The belief still has an impact on the way I do things to this day and even has positive benefits. I would never have asked as many questions about life, or gathered the knowledge to write this book without it. However I have learned to know when it is driving me. Without knowing this belief was having an impact on my behaviour, I would not have had the clarity to write this book at all. Now I have found the switch, I simply choose to switch it off when I am public speaking or writing.

Your mind is an interesting tool. It has understood the context of this chapter up until this point. Whatever your beliefs are, they’ll be on the tip of your tongue right now.

Whatever has come to mind, no matter how odd some of it sounds, write it all down. Please do it now. You will only ever read the above paragraphs for the first time once.

No really, stop reading. Stop and write them down, even if you have “I can’t think of any.” If that is all you have, consider where else in life you can’t think of anything. Try and go beyond the belief.

The key to finding the main beliefs that really drive you is knowledge. Knowing is believing. When you know something is true, you have nothing else to choose but the truth. When you have nothing else to choose, then you are driven by belief.

You can start carrying a belief notebook and keeping a record of your truths. Start by asking the question “is this true for everyone?” If it is not, then consider it may be a belief.

Keep turning everything back to yourself, looking inside for the answers.

Are you really too fat, too old or forgetful? ‘Fill in the blank.’ Is it really too far, too early, too late, too long, too difficult, too good to be true?

You might remember who taught you these ‘truths’, though if you can’t it really does not matter. You are not looking for someone to blame for them. You are identifying them so you can step beyond them or replace them with something more useful.

By discovering these showstoppers, the obvious things that are stopping you from moving forward, you can work with them to create a better life.

And, you are not out of the woods yet. Once you have dealt with the showstoppers you will move on to clearing the ‘traffic’ – the smaller negative beliefs that slow us all down.

Why traffic?

Because smaller beliefs are like traffic on a highway. Negative beliefs are like a traffic jam, obstacles holding us up, keeping us in the slow lane, while positive beliefs are like driving in the fast lane with a clear road ahead.

Basically, the more negative beliefs we have, the more traffic we get caught up in. Mental traffic... Getting us stuck in a jam; little belief systems that hold us back.

So how do we get out of the traffic?

Well, it takes constant monitoring of your thoughts until you can be sure that your belief system is positive. Perhaps at first this seems like an overwhelming task?

Looking at the notes you made right now. What's really stopping you? Recognise that it is ALL in your mind.

ALL OF IT!

I am not asking you to change the circumstances of your life, however I do invite you to challenge your own belief systems in relation to those circumstances. Take them one at a time and challenge them. Find new evidence to challenge them. If you know their origin, check in with the person you inherited them from. Make sure you got the right end of the stick. Maybe the person has cleared that belief for himself or herself, changed their mind, or learned something new since they taught you?

Ask again!

Get help from other perspectives, go on courses, read other books, do exercises on the Internet. Do whatever it takes to put a belief system in place that serves *you*. It is your life. And waking up to this principle is the key to unlocking it.

Work on breaking down the evidence you use to support your beliefs. If you choose to believe something, you will be looking for evidence to support it, making it true for yourself.

Some beliefs are easier to shift than others. Beliefs locked in by emotion will still be capped by the same emotion (perhaps even masked by anger) and you may not gain awareness of them without facing up to the feelings.

Awareness holds the key to freedom. Once you know what you are dealing with it can be changed.

An example of a common belief:

If someone believes they are attractive, even if they are physically unattractive, they will easily attract other people. There is always a man or woman at every gathering who people flock to and find attractive. They may even have a crooked nose or mouth, something traditionally ugly that somehow becomes a feature or gets overlooked.

In a classic sense they may not have the magic feature set that would make them a world-class model, yet people still seem to be drawn to them.

The same applies to someone who is actually physically attractive and doesn't believe they are. They will either not attract anyone, or they'll completely reject anyone who does approach them because of what they believe. They probably won't be able to understand it. "What's that person got that I haven't?" they may ask.

It is all down to Belief directing energy. The power of attraction comes from inside. It has nothing to do with what's on the outside.

Here's why...

According to the 'law of attraction' we have our own magnetic attraction system inside us. This attraction system draws things to us. Belief therefore dictates the reality of our lives.

Is this true? I actually don't know. What I do know is that I am personally looking for a mindset that serves me. And this school of thought is turning out to be very useful to me, a belief system that helps me to move forward.

Of course, the ‘law of attraction’ is just another belief system. However, it appears to be a Universally understood one. It is certainly a useful one that is hard to disprove. Looking at world religion, Christianity appears to be based on the same principles, “as you sow, so shall you reap”. Eastern religions based on Karma cite similar principles. Even Satanism relies on it to a certain extent, attracting power with power.

Think about it. All religions, including non-religions are simply setting out to prove their own truth. They are all operating within the framework of belief. Religions call it faith. Science demands evidence.

Take science with its multiple beliefs. How is it possible that one scientist can prove something one way when another can prove the same thing to be absolutely and utterly opposite? They both have the evidence. They are both proving what they believe to be the truth.

Look at global warming for example. Who is actually right? When I was a kid we were told the world was heading for another ice age. Thirty-five years later we are being told the opposite.

Your brain works like a scientist. Science makes a decision and then asks the questions it needs to, in order to prove the theory. Our brains jump to conclusions then we find the evidence we need in order to prove we are right.

A belief is founded when we make decisions about things based on our experience. Then we continue to prove to ourselves that these beliefs are true.

So when you find you can't move forward in your life, what can you do about it? You can set out to find steps that prove that you can!

If I believe I can't write a book, what steps can I take to prove I can? Maybe ask myself what I could do to make the goal possible? Or I could create the goal in a way that looks at the problem from a different perspective, even overrides my belief system (more about that later in the book).

Wherever you are, whatever you are feeling, remember even emotions are just another belief system. In the deepest depression you are only a thought away from happiness.

You have just learned the first logical step to understanding the law of attraction: *Being aware*

I said I was going to make this book very simple, so here is this chapter in summary:

- **Your belief system is a magnet for your whole life experience.**
- **What ‘you’ choose to believe will create the circumstances in life that will make it happen (for you).**

II: PERCEPTION

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On face value, although belief and perception appear to be the same thing, they are not. Where belief is what we deem to be true, perception is what we see based on our beliefs. If you think something is a certain way you will gather evidence to support your belief. When the evidence does not support your belief, perception will step in and distort reality for you.

Beliefs are like truths and coupled with perception, become the filter system with which we view the world. While reality is based on popular belief, perception distorts reality further. Two people with the same belief looking at something from different perspectives will have totally different perceptions of it.

Furthermore, when belief seems to be the truth and perception distorts belief in a way that may not be true for others, things will appear different to you than they will appear to someone else. Human beings make unreliable witnesses.

As an Aspergerian, people perceive me as grumpy if I don't pay particular effort to modulate my voice or try and make myself sound more interesting by going up and down in tone.

People think I'm pissed (off) when I'm actually not and give 'pissed off' back, then I give 'pissed off' back to them, and so this continues.

The flat, monotone voice comes mainly from the fact that my brain is broken (according to current thinking), and untrained in social perception. Although some areas of my brain, I believe, are enhanced in a way which allows me an almost psychic-like interaction with people.

Despite my logical outlook, I feel my 'sixth sense' may be amplified to compensate for the fact that some other senses are not working properly.

Autistic people can be hypersensitive to perceptive input, and may see the colour blue in response to certain sounds. This kind of cross wiring is called synaesthesia. Perhaps another explanation is I have a kind of synaesthesia, which presents logic in an extra sensory way.

Some autistic people have super sensitive hearing. I definitely have this to some extent, and it is one of my main skills as a sound engineer. At 45 years of age I have the hearing ability of a 25 year old, much to the surprise of my audiologist!

I was tested way outside the normal hearing range, and I can hear a lot of frequencies that most other people can't hear. It makes me wonder how good my hearing was at 20 years old!

I am bound to have had some sort of age related hearing loss, particularly being around loud music all of my life. Maybe I've gone deaf, but deaf to the extent that I now have normal hearing. My visual perception is good too. I have perfect vision, that of a much younger person. And like other people on the autistic spectrum, I can be hypersensitive to touch. I don't have any immediate emotional reaction to any of these things, apart from maybe shouting at unexpected loud noises or barking dogs.

Although I have excellent perception, somewhere in my brain the decoding mechanisms are wired up differently. Where some people have social ability, I have excellent spatial awareness and an ability to spot hexagons hidden within triangles.

My dearly departed father-in-law had a theory. How do we know that when I'm looking at red, you are seeing the same colour and that my red is not green for you?

How do we know that we don't all like the same things?

There may be a certain class of chemicals set up for liking things, and there may be another class of chemicals set up for disliking things.

For me, Buell 'nuclear blue' just happens to have all the frequencies that trigger off my chemical set for liking things. For you, aesthetically, a red sports car might trigger off the same set of chemicals. While the chemicals are the same, it may be the perceptive filter is different for someone who likes a blue car than for someone who likes a red car.

Scientists are able to prove that belief alters our brain chemistry. Perhaps our brain wiring alters perception?

When I look at bright yellow, the frequencies in that colour for me are that it is too bright. When *you* look at bright yellow you might be seeing something completely different. So there's no way of telling what someone's perception is if you can't step inside their head.

As an Aspergerian I find the concept of 'being in someone else's shoes' extremely difficult. On the other hand, wearing my own shoes means I can make some interesting observations.

Perception is subjective. It is a very small piece of the puzzle; a very insular look at the Universe from a single standpoint.

Our perception is almost always of interest to others in our immediate social circles, mainly because we attract people

who share our beliefs. Perception fuels debate and without different perspectives and ideas the world would be a very boring place.

My friends perceive me as quite a miserable person, yet I am generally quite happy. However, when I go out in the world, until recently I only seemed to engage with people who were unhappy.

I finally worked out what was happening. When I spoke to them, they were trying to mirror my mood to get me to like them.

I just don't get certain social cues, so if someone is walking toward me to greet me, it doesn't occur to me to smile before meeting them.

I'll meet them with a deadpan face, which usually sets the tone for conversation. They want me to like them, so they mirror my body language.

Mirroring the body language of someone with Aspergers probably isn't always the best way to have an upbeat conversation. What have I learned from this?

Applying the same principle to 'neuro-typicals' (people who are not on the autistic spectrum) if you are out in the world and people are complaining, being unfriendly and unhappy, then this is simply a reflection of you.

People will mirror you, to try and find empathy with you, to try and find common ground to show that they like you and that they want to be your friend.

They will copy your body language, your mood, your gestures, facial expressions, all of these things and more.

What we do not realise is that on the simplest level we are projecting our belief systems out there into the world.

On a more positive note, if I believe that I am going to get a promotion at work, when I walk into my boss' office expecting a promotion I will be projecting that in my

conversation, body language, etcetera and will more than likely get promoted.

Empathy works at a level where the person you are interacting with is there to serve you. The person is actually going to serve you with exactly what you are looking for.

Unless you go into that meeting with a clear intention, you are going to be met with a response to what you are projecting and you are going to get a distorted perception of their response through your own belief system. So you are being hit with a double-whammy.

I have found that if I go out and make a conscious effort to modulate my voice and smile at people, I will almost always only encounter happy, friendly people.

When I am having a happy day, I simply don't get any negative input from anybody. And actually, if I'm having a conversation with someone and they start talking about something negative, I have noticed that I will talk straight over the top of them and cut them off in conversation so as not to hear their negative comments.

What can you do about this?

You could condition yourself to have only positive perceptions of things.

If I say "the weather is bloody awful, isn't it?" I am going to get "bloody awful" back from the majority of the people on this planet. Spend your life complaining and you will tend to attract people who complain.

So how do you use perception for your own advantage?

- Look for a positive outcome in any situation. Reflect this positive outcome in your thoughts and your speech.
- View your world through rose tinted spectacles?

Perhaps...

You might think from a logical standpoint this suggestion would be utter madness, only it seems science may have come up with another answer for us.

Apparently, we view the past with nostalgia and process negative memories in a different way to positive ones. In general, older people learn to ignore negative information and remember more of the positively charged information than the negative.

By re-framing information in a positive light, you are actually helping your long-term memory, not to mention reducing stress and increasing your well-being.

Your perception of the world is already so distorted that a little conscious direction can only improve your limited perspective. Once you free your mind from the 'truth' all your thoughts become an adventure playground.

Whatever you think, you are actually choosing to see it the way that you think it is anyway!

Now you have learned the second logical step to understanding the law of attraction: *Being receptive*

Simply put, this chapter in summary:

- **Perception distorts reality.**
- **You are an unreliable witness (The 'truth' may bear no resemblance to any course of events you have actually encountered in life).**
- **You can choose the tint of your spectacles, find a positive perspective and benefit from improved memory and reduced stress.**

III: NOW AND ZEN

$$0 = 0 \div 0 = 0$$

In 1999 I participated in a self-development course called 'The Forum' run by Landmark Education.

The whole course hinges around a single statement. If you haven't done the course and you are planning to, you probably want to skip the next few paragraphs, as they contain a spoiler.

===== SKIP THIS PAGE =====

About two and a half days into the three-day course the forum leader tells a story about Werner Erhard. Erhard had an epiphany while driving across the Golden Gate Bridge, a revelation. Erhard cited Zen Buddhism as the most essential of all the disciplines he had studied, and his revelation was “it’s all empty and meaningless.”

At the time I immediately understood his revelation to mean that he had spontaneously achieved the state that Zen monks meditate for years to get themselves to; a state of non-thinking.

Through various disciplines, Zen monks reach a state of pure consciousness, the goal of an introspective journey into self-awareness. This is a point in consciousness where nothing exists except for consciousness itself, where no thought happens, where they are simply ‘at one’ with the Universe.

My interpretation of Erhard’s realisation was that this state of nothingness and peace exists in everything. His realisation was that we don’t have to separate ourselves from society, live in monasteries and strive to master our thoughts, to reach this state. He realised that the bridge, the cars, the road, everything, has this state of nothingness at its very core.

The atmosphere for the people who ‘get it’ at this point on the course is one of being surrounded by incredible peace.

===== END SKIP =====



The goal of meditation and prayer in many religions is to experience pure consciousness, oneness with God, our creator.

Taoist monks, for example, strive to remain in the moment, in a state of non-thought.

From a logical standpoint, as far as religion or God is concerned, I personally believe in remaining open to any possibility. I don't believe in blind faith. I do however respect the views of any religion that teaches mutual respect, kindness and generosity. I have a social conscience and I owe it in part to my Church of England upbringing.

When I look at the Universe it is almost inconceivable it all happened by accident. Big Bang Theory makes no sense, there has to be a spiritual architect. In the same way that a person who has been blind from birth could never truly understand the concept of orange, I believe that God is beyond our comprehension. We simply don't have the necessary sensory faculties to know what *it* is.

What we do know is that space is a vacuum and anything with a physical form is held together by vibrational energy.

My logical explanation of God starts with an experiment that I did in a science class many years ago. The science teacher filled a large glass jar with marbles and when it was full, filled the jar with water.

I think the object of the experiment was to measure the volume of the water then subtract it from the volume of the jar to ascertain the volume of the marbles.

For me, many years on, the experiment came to mind when I was trying to make sense of the concept of consciousness. In particular, how we are all linked by a collective consciousness. Perhaps this collective consciousness is God and our individual consciousness is our expression of God in the Universe.

So here is how it works:

We are made up of atoms (particles) suspended in a vacuum (space). Atoms, like marbles are round. Even the air between us is made of atoms. Like the marbles in the jar, something measurable exists between the atoms. The vacuum of space...

The vacuum between the atoms that make up 'me' in the Universe is 'my' consciousness. This is the energy 'I' immediately and obviously control.

The vacuum between the atoms that make up 'you' in the Universe is 'your' consciousness. The energy 'you' immediately and obviously control.

So what is between us? More atoms? More vacuum? It is easy to see where I end and where you start in terms of the physical atoms, only where does my part of the vacuum end? Where does yours start?

When I experience the state of pure consciousness, is my self-awareness the vacuum? Is the vacuum God? Is a part of you God? I'll leave it to you to decide.

From a 'law of attraction' standpoint, how much influence do we have over the far-reaching corners of the Universe. And how do we dictate what our influence is?

Do we need to meditate to the point that we stop thinking? I say that we don't. Erhard was right. It is a meaningless exercise, everything we need is already right here, right now!

Thought exists in the vacuum with everything else, so why strive to not think? Why strive to be at peace?

Scientific research has recently shown religious people have a different cognitive perception of the Universe than atheists. Their perception of colour; their perception of the whole world around them, is different. Perhaps this accounts for why Michelangelo painted the Sistine Chapel the way he did.

People who have had an epiphany (such as Apollo 14 astronaut Edgar Mitchell) describe seeing the world completely differently in a fleeting instant. They describe an experience of clarity, freedom and peace. A state of mind the ancient scriptures call Samadhi.

In this moment the mind is ready to penetrate and see into the ultimate nature of reality. Enlightenment?

There have been massive clues in every area of faith as to what this state of enlightenment is. Clarity, freedom and peace are key factors along with a timeless awareness of the moment. The concept is not exclusive to a particular religion either, though the clue seems to be 'light'. Buddha was said to be 'enlightened'. Jesus is portrayed with a halo of light around his head.

I am standing outside in front of my house staring across a quiet, frozen landscape. I am looking at the silhouettes of the trees. It is winter; the trees are bare with no leaves. I find it easy to get into 'my' thoughtless headspace standing in the freezing cold, in the dark, looking across a frosty field of silhouetted trees. Among the backdrop of stars, a full moon. I listen...

Somewhere in listening to the outside world, I hear my thoughts stop.

It could be that I am more sensitive to the chemical changes in my brain than other people because of autism, I often wonder about that...

Or maybe I have just had another epiphany!

Once, I was standing on a bridge in London on a sunny day, looking at the reflections on the water. Suddenly the whole landscape changed; became brighter and more three-dimensional. I stopped thinking for maybe a minute or so, and just stood there completely transfixed by the river, smiling, observing.

Buddha teaches that if we live in the moment, if we accept what is and allow ourselves to be with everything that is; we are rewarded with complete freedom from suffering.

So this is enlightenment?

When I am in this state of mind, everything takes on a brighter, more brilliant colour. I start to notice the three-dimensional aspect of things more. I notice the light. The distance and shape between objects becomes enhanced. I actually stop thinking. I can probably stop thinking spontaneously for 10-30 seconds, more if I believe I can.

Sooner or later a thought might pop into my head, like “I must look odd standing out here in the cold” or, “I wonder if there are any ghosts in the graveyard?” or, “the silhouettes on the church look particularly beautiful.”

Is there any need to do this for longer? I don't think so.

We are already in the moment, and thought exists in this moment with us. The thoughts coming into our ‘journey into self-awareness’ are as much a part of the ‘nothingness’ as the ‘nothingness’ itself.

Stop seeking the ‘nothingness’!

We are already in the ‘nothingness’ all the time. We exist in it; every moment of our lives takes place in it.

Making the ‘nothingness’ a goal in itself makes it a place to get to and gives it meaning. Why become like a Zen monk and spend twenty years trying to stop thinking. For God's sake, think!

Science has also shown that chaos leads to creativity, and from what I have observed, creativity often comes from the chaos of over-thinking. Anyone who has experienced a bipolar person in a manic phase will have seen creativity at work. Making creative decisions in a state of complete chaos can be great fun. The more chaos surrounds you, the more you can pick and choose the ideas that will form the building blocks of your reality.

It is not the non-thinking state of mind that creativity stems from. Nor is it where spiritualism stems from.

Enlightenment is not about the emptiness. Enlightenment is recognising that *you are* the ‘nothingness’, the vacuum, *as well as* the atoms, the physical form. Enlightenment is recognising you can switch between the two states at will.

Without physical form the vacuum would have nothing to experience. The atoms provide the vacuum with points of reference and without them *nothing* would happen. There would be no experience.

Rather than trying to keep thought switched off, practice acceptance, accept that your thoughts are part of the ‘nothingness’. EVERYTHING is part of the ‘nothingness’.

The ‘law of attraction’ has already stated that your beliefs dictate your reality. How can you believe anything without thought?

And now that you have a logical explanation that you are a spiritual being, a part of a larger spiritual being, is it okay to use the 'law of attraction' consciously to manipulate your Universe to bring you joy and happiness? Is it okay to play God?

Rather than answer that I'll ask a few questions.

If you like you can substitute the word 'you' wherever I say 'me' or 'I'.

Is it possible that something caused 'me' to forget what 'I' really represent?

Is it possible that something tempted 'me' to know the Universe around 'me' and to experience it as matter, as physical, solid and tangible?

Is it possible that 'I' got tempted to interact with the physical world like it was real?

Maybe 'I' got offered knowledge? Maybe the knowledge that stems from belief? Maybe the belief that stems from thought?

Perhaps 'we' were never supposed to think, only to observe the beauty.

However 'I' got here, 'I' must make the best of the reality 'I' live in now.

Is there anything more spiritual about a Church than a Ferrari? What's the difference? If it is only molecules suspended in a vacuum, what difference does it make which one I choose to attract?

Is the word of 'God' any more worthy than a 'law of attraction' affiliate program?

If I were the spiritual architect, I might actually ask if it is okay not to have true awareness - after all, Taoist monks are still striving to remain in the moment, what they haven't realised is *they are* already in it.

Now you have learned the third logical step to understanding the law of attraction: *Being enlightened*

Simply put, this chapter in summary:

- By accepting ‘what is’, observing it and letting it ‘be’ you gain clarity, freedom and peace.
- True enlightenment is recognising ‘you’ are a physical and a spiritual being simultaneously, that you are complete.

IV: WHO ARE YOU?

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When we were born, we did not know how to process thought verbally. We had no language, no idea about how to do what we call thinking. Processing data using internal dialogue.

We had inspiration and intentions. For example, when you see a baby struggling to reach out for something and trying to grip it repeatedly, the baby is not thinking “If I try it this way next time, it will work”, the baby just has an intention. The internal dialogue comes later.

In the last chapter I talked about living in the light and gaining clarity, freedom and peace from a state of non-thought brought about by an epiphany. I asked the question “Is it possible that I got tempted to interact with the physical world like it was real?”

As tiny infants we were in a sense ‘at one’ with our creator. In a spiritual sense you can take that to mean God if you wish. In a logical sense, babies don’t recognise themselves as being separate from their mothers until they are around nine months old.

You have already experienced this non-thinking state; though it is unlikely you will remember it.

In the last chapter I also said that Taoist monks are missing the point and that they shouldn’t strive to be in non-thought.

So why am I writing a chapter about the value of non-thought? And how does it relate to the 'law of attraction'?

The value of an epiphany is to recognise that you are not just your conscious mind. That the thinking mind is actually a tool you can consciously use.

When you can recognise thought as being separate from *you*, you can observe it and choose not to react to it. You can choose what dictates the reality of your life! You can decide which *thoughts* to nurture and therefore choose what you *attract*.

So how do you experience an epiphany?

The term 'meditation' gets used a lot. In my opinion, it is not about contemplation or breathing exercises. It is about finding stillness and the clarity, freedom and peace that is attained from silencing the mind. It is about telling the thinker (the conscious and subconscious mind that makes up our logic system), to shut the fu*k up. It is about self-realisation... Epiphany!

When I enter this state, I am conscious, but not thinking. My brain is silent and I continue to perform activities. I still have intentions and still carry them out.

I'll give you an example:

To some extent, when I am doing Tai Chi, I have this experience. When practicing Tai Chi, I can let my kinaesthetic memory, my muscle memory; do the Tai Chi for me. I can switch off my mind and observe. Suddenly I'll realise that if I am not thinking and I am observing, then I must be something other than my thoughts.

It does not really matter how you recognise that your consciousness is separate from your thinking, to a certain extent you experience the same thing driving, riding a bicycle or watching television.

You don't have to go to a Tibetan monastery, become a monk, practice Taoism or Zen, or any of that. In fact there is no concentration involved. There is nothing to achieve. You just need to recognise that your consciousness is separate from your logic system, your conscious and subconscious mind.

The idea is not that you are going to stop thinking ever again. It is about realising that *you* are not the thoughts you have.

It is about balancing the thoughts with the silence. Essentially, what you are doing is putting your thinking in its place. It is about making your thinking a slave to your consciousness, as opposed to what you've been allowing to happen since you were maybe two years old. Letting your consciousness be drowned in thought. Try swimming in it!

Thinking is actually a brilliant thing. It is our computer system, our main tool for communication with other human beings.

ONLY 'YOU' ARE NOT THE SYSTEM!

When you were small, you learned to use your mind like a computer program, integrated it with your system, and then it became self aware and you started to identify with it as who *you* are.

Imagine using Microsoft Word to write, and after a while identifying with it so much that it starts to become who you believe yourself to be. It is a ridiculous idea, but it is no more ridiculous than what we've done with our logic system, our conscious and subconscious minds.

So here we are, incessantly thinking, no longer at peace, thoughts constantly running through our minds. And suddenly there's no destination for us. Every resource we could possibly need is here right here, right now, we just can't see the wood for the trees.

The noise of thought has taken over!

In Western culture it is perfectly acceptable to think of one thing whilst doing another; we call it multi-tasking. In some sense, we are not really *doing* the task if we are thinking of something else. Maybe one way of being present in the task at hand is to have a silent mind whilst doing it?

Having a silent mind is recognition of your own spark of consciousness. It is recognition that there is a vast realm of intelligence beyond the conscious and unconscious thought. It is also an understanding that the brain may be doing more than we think it is doing.

Science says we only use 5% of our brain. What if we are using 100% of our brain? What if the brain scans that use magnetic imaging to measure electrical activity in the brain are actually only measuring a small subset of the real activity?

Scientists have recently discovered that if they shine infrared light at nerve endings in a subject's ear, the person experiences sound, as if they are actually hearing something. For people who are deaf, infrared light causes the illusion of sound in the mind.

My experience of the human body and my logical understanding of the Universe is that if something exists in one place, then it exists in other places as well.

Electricity is the perfect medium for transmitting nerve information over the major body meridians. For example, if I get in a bath that is too hot, my foot sends the electrical message to my brain 'it is too hot, get your foot out.'

Perhaps electricity isn't needed to travel the shorter distance between the ear and the brain. Perhaps the information sent from the cochlea to the brain is transmitted using infrared light?

Maybe fMRI scanners show up electrical activity sent by the nervous system from all over the body to the mind. What if there are a lot of shorter connections that are handled by infrared light? After all, the brain is like a sponge, full of holes... Perhaps that is why.

Maybe it is full of holes because there's all this infrared light flashing around inside our heads, transmitting information from one part of the brain to another.

Scientists happily observe that only 5% of the brain appears to be working. Consider that only 5% of their ability to measure activity is working. Even if I am wrong, fMRI is only seeing a tiny part of the picture.

Until they figure it out, the discovery of your own spark of consciousness will have to serve as your own proof that more than 5% of your brain is working.

Science even discovered recently that the brain uses more oxygen when resting, so it has to be doing something!

In meditation, electrical thought patterns stop, basically the conscious and subconscious are inactive.

You slip into a thoughtless dimension (another dimension of consciousness), where you experience clarity, freedom and peace.

Despite science not being able to measure it yet, can you recognise the possibility that you are using all 100% of your brain?

Once you have recognised this thoughtless dimension, can you recognise the possibility of it existing at the same time as other forms of consciousness?

If you can, and once you are able to access this thoughtless dimension of consciousness, you will be able to use it to experience the observation of your thoughts. It sounds complicated, it is not.

When you recognise you are the observer of your thoughts and not the thoughts themselves, you will be able to observe and choose not to react to those thoughts.

You will even be able to use this thoughtless dimension to unblock negative programming that has been holding you back for years.

Remember... The 'law of attraction' says that *thoughts* dictate the reality of your life, whether or not you are aware of them. When you are observing your thoughts from this peaceful perspective, the clarity of doing so gives you the freedom of choice.

Most people have some kind of a voice in their head, be it a train of thought or conscience or whatever you choose to call it. We identify ourselves with the involuntary thought processes, dialogues, monologues, likes, dislikes, complaints, judgments, speculations and comments.

We are led to believe that this voice, this train of thought, is our personality, our identity. It is not.

So now you are thinking, "What the hell is it then?"

Well, the voice is a random stream of data, a dialogue about the current situation based on all of your relevant and irrelevant thinking about the past.

It is a result of your whole lifetime's history, negative and positive, as well as your cultural conditioning.

This voice belongs to a mind that has spent years working out how to grip things, how to walk, how to talk, how to ride a bicycle, how to drive a car, use a computer... and it has stored all this information. Your current thought processes are simply a conversation for and against everything you are doing right now. And everything you aspire to.

When you are struck with inspiration, you have an intention of somewhere you want to be. You set off toward this goal, and then your mind starts its chatter. This chatter is a result of your lifetime history as well as your cultural conditioning.

Some of mine are "I don't get it" "I can't do this" "I'm fu*king useless" "They won't like me" "This is a load of rubbish" "I'm too old" "I'm British" etcetera.

Your voice will have its own issues. Bottom line is if you identify with this voice, if this voice is negative, it can have a very detrimental effect on your well being, punishing you, draining you, and putting you down. It causes depression, unhappiness and disease.

The good news is you *can* free yourself.

YOU CAN 'FREE YOUR MIND'.

In the east, they call this path to freedom 'self-realisation'. The Taoist monks call it 'the way', the Buddhists call it 'Zen', and Scientologists call it 'being clear'. It actually exists in a lot of different religions and spiritual practices. Even athletes have a name for it and call it 'being in the zone'.

Time for some exercise...

You might find this works better as a guided meditation. You can ask someone else to read it to you or you can record the text of the book into a Dictaphone and play it back to yourself on headphones to follow these instructions. Alternatively you can find the guided meditation on my website.

It is far more likely to work as a guided meditation. There's a good reason for this. If you are reading the text of this book, your 'thinker' is going to be thinking about the meditation rather than participating in it and it probably won't go away.

Lift your left hand in front of your face and observe the palm of your hand, fingers and thumb outstretched.

Now close your hand and make a fist.

Make observations about your hand.

Describe your fingernails.

Unfold your thumb and fingers and describe the length of your fingers.

Still observing your hand, I'd like you to think about this:

When I gave you the instruction to fold your hand and make a fist and observe it, who carried out the instruction to fold your hand and make a fist? Who carried out the instruction to unfold the hand?

While you were observing your hand, did an internal voice say, "fold hand" and "unfold hand?"

Because you are responding to an external instruction, you are simply doing the action.

Maybe you are choosing not to fold and unfold your hand and think the whole exercise is ridiculous.

Either way the part of you that just thought about the exercise being ridiculous is your 'thinker'.

The part of you, folding or unfolding your hand without thinking about it, is your individual spark of consciousness.

If you can start to become aware of yourself as being separate from your stream of thought, then you can start to be able to observe and witness the thoughts by listening to them.

Listen again to your description of your hand while watching your hand turn.

Turn your hand to do this. Be aware that I have asked you to turn your hand.

Be aware that turning your hand is an action that does not need a verbalised conscious thought to make it happen.

You can turn your hand faster than you can blink, while the thought "I wish to turn my hand to see the back of it" takes over a second to complete.

This simple exercise actually shows you that you are something else.

Something more.

As you witness and listen to your thoughts, you should feel a conscious presence.



For me it is like a fresh mountain breeze clearing my mind. Sometimes if I am there long enough to experience it, it comes with a feeling of joy; sometimes it is just a complete blank (the blank emotionless state may be an Aspergers thing?).

Either way, when I identify with this conscious presence, I experience a sense of peace, along with that sense of peace, a feeling of freedom, a mental state of clarity.

I am actually doing this now to edit this book. I am doing it as a distinct and separate thought process to that of creating the book, which was a frenzy of ideas recorded into any physical device that was to hand.

Of course all the material exists in my own brain. Having gone through the chaos of creation, my logic system now holds the flow of ideas I need to finish this book. By choosing to be still, I have the clarity to make my ideas understood.

And from a logical standpoint, if you wish to take the 'law of attraction' seriously, start practicing being in this dimension of consciousness as often as you can. At least until you have stopped listening to the voice in your head as 'you'.

The most important thing to learn about the voice and its influence on the things we attract is that we respond to our inner dialogue like it is an external instruction.

Despite the fact it is our voice, we listen to it like it is someone else telling us what to do. Nurture awareness of the voice, paying particular attention to your repetitive thought patterns and make observations about who it thinks you are. Add your insights to your belief notebook and write down more of your truths.

Your unconscious thoughts are intentions too. And these unconscious thoughts are probably creating the reality you wish to change. Your unconscious thoughts are certainly a roadmap to your beliefs. And your beliefs dictate your actions and therefore what you attract.

Realise that your conscious presence has nothing to do with your thoughts. Start to experience gaps of non-thought between thoughts.

Play with it, have fun!

Remember, thoughts are fun. The idea is not to stop thinking, unless you want to be a Taoist monk, in which case you are probably reading the wrong book.

Don't *try* either. Don't *try* and stop thinking. You don't need to do that. If you are experiencing a thought, let the thought come, enjoy it. Observe it. Enjoy observing it.

Observe that *you* are the observer. Knowing 'who you are' is the goal here.

And observing WHO YOU ARE NOT!

Finally, it helps to visualise your thoughts as mental building blocks. If you can imagine each thought to be a mental building block, in between the thoughts you can recognise a gap of consciousness where there is no thought.

By observing the thoughts and focusing awareness on the gaps, you can play with expanding the gaps to create a clearing of thoughtlessness.

Once you start to practice this dimension of consciousness, you will start to recognise that thinking is involuntary and compulsive. When your sense of 'who you are' no longer depends on a stream of thought to support your identity and personality, you will start to find yourself amused at some of the things you are thinking and you will be able to develop an ability to operate independently from your thoughts.

Now you have learned the fourth logical step to understanding the law of attraction: *Being awake (mentally)*

Simply put, this chapter in summary:

- A greater understanding of how your conscious and subconscious minds combine with a conscious thoughtless presence to form your logic system (or super computer).
- You may already be using the 95% of the brain you think you are not.
- How to recognise your individual spark of consciousness by being still.
- Nurturing awareness from this dimension of consciousness with the belief that thought is the creator of your Universe (giving you control over the 'law of attraction').

V: CREATIVE BLUEPRINTING

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When I was a kid, my best friend and I used to create blueprints on Basildon Bond writing paper. We made plans and treasure maps and we wrote our secrets out on them using an old Bakelite fountain pen, from his mother's writing bureaux. We hid them at the bottom of the garden in a tin box, where to my knowledge they could still be to this day.

The word blueprint conveys dark and mystical meanings for me and because of this I have used it to describe the equally mystical process of creating those 'eureka' moments we have in life which fast track us around the virtual monopoly board to pastures new where we can successfully overcome life's blocks.

I've called this process Creative Blueprinting.

Creative Blueprinting is a way of building a mind map of positive information that can trigger a 'eureka' moment, a single idea that can fast track you to a place where you can create a more meaningful life for yourself.

Not creative? Don't worry, everyone is creative. The 'law of attraction' being the ultimate definition of creativity stating, *"thoughts (both conscious and unconscious) dictate the reality of your life, whether or not you're aware of it."*

How can we be conscious and deliberate in our creation process? By re-mapping, or changing the information in our minds.

One way that we learn is through classical conditioning, repetitive behaviour. The same method can be used to relearn or replace a negative character trait, by constantly feeding new pieces of information to the mind, until the new information becomes more relevant than the old information.

Repeating affirmations is a good example of this. You are telling yourself something over and over again; until it gets to a point where what you have told yourself becomes the Pavlovian reaction to any related situation.

In my case, I had problems socialising. I used affirmations and kept telling myself I was good at social interaction, I was self-confident, calm and connected, till eventually there came a point where I improved at it.

It was a long and arduous process and while I have now gained self-confidence from the affirmation, the insecurity that I am not so hot in social settings remains.

In other areas, I have learned there are much faster ways to change my outlook in life. Something which impacted me in a positive way is having a sudden insight into a problem following a 'eureka' moment. I notice these 'eureka' moments completely replace negative thinking for me.

A 'eureka' moment is where the conscious and subconscious parts of the mind which make up our logic system, align and work in harmony. In this 'penny drop' moment we realise, "life is not the way I thought it was, the reality of it is actually different."

With a firm grasp on reality, there is actually no need for all the repetition, affirmations or the cognitive behavioural conditioning. There is no step-by-step gradual process. It is simply "aha! My God, I've been doing that! I'm going to do this instead."

Creative Blueprinting isn't really about classic artistic creativity. It is about creating the life that you want to have, about triggering a 'eureka' moment for yourself to make sure the 'law of attraction' is working *for you* and that your unconscious blocks are not working against you, so that you are attracting a life you want.

I have designed a simple logical process that helps trigger one of those 'eureka' moments. The process can be used to design a new way of being around any given problem. It's simple and it's fun.

I used Creative Blueprinting to look at the problem that I was having 'playing' with my son. As I worked on the problem the word 'teaching' became a theme on the pathways of my blueprint.

My 'eureka' moment was when I realised that the purpose of play with three year olds is to teach them. What seemed pointless to me, 'playing', something I have no personal interest in, suddenly became a magical interaction with another human being.

When I am teaching him, our time together becomes fun. I am giving something other than my simply 'being there' and pushing a tin car around on a mat. I am being of service; giving him something of value and our interaction suddenly becomes worthwhile.

What you are going to do is design a new way of being for yourself. You will need to sit down with a pen and a large piece of paper. You are about to draw out a solution to your problem.

Read the exercise through thoroughly once before doing it:

You will need:

A piece of paper (the bigger the better)

Pencils and a rubber

Different colour pens

With your paper in landscape mode, draw a picture or symbol in the middle of it that represents you. You could stick a photo of yourself on the paper instead.

Consider an issue in your life you would like to reframe.

Imagine you are a designer. You are going to represent your issue as a three dimensional plan, a bit like a technical drawing.

Write the nature of the issue at the bottom of your page. It might be useful to write everything in pencil at first.

Don't personalise the problem, for example, write 'self-confidence' as the issue rather than "I lack self-confidence" or write 'procrastination' rather than "I procrastinate." Consider everything you write on the paper in this way. It is actually important not to write anything negative (about yourself).

Above the symbol representing you, draw something that represents an aspect of the issue from the perspective of looking down on yourself in the present and label it.

Underneath draw something that represents an aspect of the issue that is influenced by something from the past and label it.

To the right draw something that represents an aspect of the issue from the perspective of looking back on it from the future and label it.

Now, to the left draw something that represents an aspect of the issue from someone else's point of view and label it.

Pay attention to keeping all labels simple and positive.

Next split the issue into smaller parts and represent each aspect of the issue by drawing branch lines between the past, present, future and your symbolic self. You can also draw branches going in other directions.

Label these branches and pay particular attention to keeping the labels simple and positive. Still working in pencil, so that you can change things if you need to later as the blueprint progresses.

Group things together, for example if you thought about your mother in relation to the issue you could start a branch called family where you might also add lines to represent your father and brother.

Be creative and go with your intuition. The key to being creative is to reframe any negative statement that comes to mind as a positive one. You are creating a new story around the issue.

It may take several attempts to completely reframe each idea in a positive light. If you notice self-doubt as you reframe an issue, jot down the self-doubt as well on a new branch, however, write only the nature of the self-doubt and do not personalise it.

Now add more detail, reframing negative thoughts as positive statements using self-doubt as a catalyst for creating positive stories about the issue and write these positive statements on your blueprint, you can use a different coloured pen to distinguish these details if you wish.

‘Too tired’ could be reframed as ‘I conserve my energy.’

‘Stress’ could be reframed, as “many people require my services.”

‘Fear of failure’ could be reframed as “determination to succeed.”

If stating the exact opposite doesn’t help you to re-frame a negative statement, choose something tangential, create a positive outcome.

Each time you positively reframe a negative statement, capture further self-doubts and extend the paths you are drawing, linking them on as new issues. Write down each self-doubt as a new issue on the path leading away from you, and again write only the nature of the doubt.

As you do this, you are exploring deeper aspects of the issue. Looking at the problem in many different ways. Thinking about the further aspects of your problem and writing statements next to these that re-frame them in a positive way. Keep going, repeating these two steps until you run out of paper or ideas.

As your blueprint grows, and gets bigger, you will see the paths coming away from you share similar positive statements about the situation.

The solution will start to present itself as part of a bigger picture. As you look at the problem, reframe it as positive, expand it to become a bigger solution to your puzzle, the blueprint for what you need to do will appear on the paper in front of you.

Similar positive statements will thread through all areas of your life, and you will be able to see these positive statements in different areas. Circle them, in another colour if you like and link them all up.

Is one statement or idea more prevalent than others? If you keep going you should eventually reach a point where you have one self-defining positive statement. This insight will be unique to you!

When you unravel a problem far enough to create a ‘eureka’ moment there will be a huge emotional release. Depending on the nature of your problem, you may also feel a sense of relief, particularly with an emotional problem where deep emotional blocks can be released.

By Creative Blueprinting, you will build a mind map of positive data to trigger one of those ‘eureka’ moments. And by mapping some of your positive reactions to your negative thinking, you will come up with a blueprint for change.

For more information and details of workshops visit:

<http://creativeblueprinting.logicofattraction.com>

Do you remember at the beginning of the chapter, I spoke about affirmations as being another way to change information in your mind?

Now you have the insight into what’s been holding you back, you could choose to reinforce the insight by using your creative blueprint as an affirmation.

Choosing a Creative Blueprint as an affirmation is very powerful. Your insight is also likely to be from a divergent paradigm, tangential to your limiting beliefs and as such, you will be far less likely to be pulled back into an old way of being. I’ll be talking about paradigms and divergence later in the book.

If you haven’t heard of affirmations before, an affirmation is a positive declaration or statement that replaces a limiting negative belief.

More specifically, it is a carefully framed statement that should be repeated to oneself and written down frequently.

For an affirmation to be effective, it needs to be positive, personal and specific...

Specific in what way though?

The clearer the message to your logic system, the clearer the programming is going to be and the more likely the programming is to be beneficial.

Only, how can you make sure your logic system gets the message?

NLP (neuro-linguistic programming) practitioners believe that human beings communicate using a preferred representational system, preferring either visual, auditory, or kinaesthetic processing. Basically, seeing things, hearing things, or feeling things.

It is thought that primary senses, gustatory and olfactory do not play a major role, so these are often included in kinaesthetic, however many NLP practitioners split auditory into two components, auditory tonal and auditory digital.

Any communication, including an affirmation, can be more influential by matching it to your preferred system.

There are a number of NLP websites where you can find free tests, which you can use to find out which representational system you favour.

For more information visit: <http://nlp.logicofattraction.com>

People with a visual preference have a tendency towards:

- A preference for personal interactions (so they can see the other person's reactions).
- Being imaginative, though they may have difficulty putting their ideas into words.
- Being organised, neat and well presented, (they like to look good).
- Getting distracted by visual activity.
- Remembering faces more easily than names.
- Using visualisation for decision making, memory and getting insights.
- Wanting to see or be shown concepts, ideas, how something is done, and the big picture.

People with an auditory (tonal) preference have a tendency towards:

- Being aware of subtle changes in the tone of a person's voice (and are more responsive to certain tones of voice).
- Enjoying discussions, preferring to communicate through spoken language, rather than in writing.
- Getting easily distracted by noise.
- Learning by listening and asking questions.
- Talking through problems and using others as a sounding board for their ideas.
- Remembering spoken directions or instructions more easily and clearly.

People with a kinaesthetic preference have a tendency towards:

- Being more sensitive to their bodies and responding to physical rewards and contact.
- Dressing and grooming themselves for comfort rather than how they look.
- Empathetic body language, hugging, kissing, touching.
- Learning by doing, moving, touching.
- Making decisions based on how they feel.
- Responding more slowly (so they can get in touch with how they feel).
- Standing closer to people.

If you know anything about NLP it won't surprise you to learn, as a man with Aspergers I have an auditory digital preferred representational system.

As a person with an auditory (digital) preference, I have a tendency towards:

- Being structured.
- Figuring things out in order to understand them.
- Having logic play a key role in decision-making.
- Learning by working things out in my mind.
- Needing to make sense of the world.
- Talking to myself and carrying on an internal dialogue.
- Thinking things through and systemising.

To give you an example of how this works:

If you asked a friend to come on holiday with you, someone who is very visual would respond well to the phrase “can you see yourself coming?”

While someone auditory-tonal would respond well to “how does that sound?” Someone auditory-digital would respond well to “what do you think?” And someone kinaesthetic would respond well to “how does that grab you?”

It does not really surprise me that I prefer logical communication and I can now see why communication broke down with my ex-wife, who is very ‘touchy feely’.

All of my experiences are processed using internal dialogue, while all of her experiences are processed by the way that she feels.

My affirmations wouldn’t make sense to her, in fact we would probably argue about them.

Many ‘law of attraction’ authors suggest that the key to attracting what you want in life, is through your feelings.

I would like you to consider the authors who believe this are most likely to have a kinaesthetic preferred representational system and that the real key to making the ‘law of attraction’ work for you is to present the information you want your mind to work with, in the right way for you to work with it.

By all means use all the suggestions below in conjunction with one another; only make your preferred representational system your primary focus for affirmations.

If you are visual, focus on treasure maps, vision boards and mind movies. Write your affirmation on flash cards and display them around your house.

If you are auditory, focus on meditation tapes, transformational music, self-hypnosis tapes and verbal affirmations.

If you are audio-digital, focus on mind games, brainteasers and logical explanations, like this book.

If you are kinaesthetic, focus on your goals while feeling love and joy. Meditate in the bath surrounded by candles, use lush soft soaps and dry yourself with big fluffy towels.

Now you have learned the fifth logical step to understanding the law of attraction: *Being positive*

Simply put this chapter in summary:

- **You can find the positive aspect to any situation by using a technique called Creative Blueprinting.**
- **By using specific NLP attuned affirmations you can reinforce and make your positive solutions more powerful.**

VI: PASSION

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In *Chapter One* I talked about belief. And what you've gained from that discussion is the art of being aware. Awareness is essential for participating in the 'law of attraction'. Without awareness you are at the mercy of your unconscious beliefs.

In *Chapter Two* I talked about perception, the art of being receptive. You may not be able to change the circumstances; but you do have control over the way you perceive them, i.e. your perspective.

In *Chapter Three* I talked about enlightenment and after the discussion in *Chapter Four* about being still, you should be starting to feel yourself wake up from the illusion of consciousness.

In *Chapter Five* I started to define a 'positive sense of direction' and used Creative Blueprinting to find a positive story about your negative thinking and cleared some of your blocks, leaving you with the freedom to move forward.

Now you are *aware, receptive, enlightened, (mentally) awake* and *positive*, you will need to get energised.

In this chapter I am going to teach you how to tap into a limitless resource of personal energy, step into flow and experience your own path, or Tao.

Why?

Many 'New Thought' authors now cite action as being the key to success in making the 'law of attraction' work for you. They all seem to agree you have to *do* something. Do *what* though?

According to Taoism, knowing when *not* to act is equally important as knowing when to act. Wu wei is an important concept in Taoism which describes a specific kind of non-action as action.

Knowing *how* to act shares equal importance with knowing *when* to act. The knowledge of *how* and *when* to act is not knowledge in the sense that one would decide *now* is the right time to do *this*, but rather the knowledge is of just doing the natural thing.

The aim of wu wei is to achieve a state of perfect equilibrium, or alignment with the Tao. Through action that does not involve struggle or excessive effort, an irresistible form of 'soft and invisible' power is attained.

From a logical point of view this means, "Do what comes to you naturally, and do it when you feel it is intuitively right."

You could take this to mean "lie on the couch and watch TV till something tells me what to do." If you spend your time on Earth, *your life*, being half asleep, feeling depressed, feeling full of lethargy and loathing for life, you are unlikely to achieve very much.

Is it really effortless to be depressed, hung over, tired or uninspired?

Action needs energy, and energy needs direction and eventually needs an outlet. In science, it is a basic premise that energy takes the path of least resistance. Someone 'resisting' money will cause it to flow somewhere else, someone 'resisting' love will do much the same.

To make the 'law of attraction' work for you, you need to practice good energy principles.

“Do what comes to you naturally, and do it when you feel it is intuitively right.”

You have probably heard this before; you need to start by feeling good.

There are countless ways of doing this.

Generally, I think the easiest aspect of your life that you can take control of is your diet.

The food that you put into your body will have an enormous amount of influence over the way you feel. There are millions of books on the subject, with diets ranging from Atkins to Weight Watchers, although you don't have to lose weight to feel good. Actually, there is nothing extreme required.

You simply need to look at the obvious. The quality of the food you eat, the freshness, colours, flavours, textures and so on. Aim to eat as naturally as you can.

Avoid processed food, particularly dairy products, and refined sugar and wheat. Avoid alcohol, cigarettes, drugs and medication (following the advice of your doctor).

Too extreme?

Perhaps it is, try looking at people who follow this lifestyle. What do *their* lives look like?

To make the 'law of attraction' work for you, you have to be physically awake. You can start anywhere you want with this. Replacing just one processed meal a day with something more natural is going to make you feel better. Perhaps have an apple instead of a donut.

The next area to look at is nurturing your personal energy reserve. If you get your diet right, you can tap into your energy reserve on a permanent basis.

We all know that when passion awakens we find we have unbelievable reserves of energy.

These are the things that light us up that make us feel energised when we are feeling absolutely flat and have no desire to do anything but eat ice cream and watch Jerry Springer.

Again, passion is about doing what comes naturally.

To express passion freely and to be physically awake, you have to have an outlet for it. As a musician, I have probably written several hundred songs. However the best songs were always written with a goal in mind. Putting together music with Sally Boyden for a Batman soundtrack was infinitely more inspiring than writing songs with no purpose at all.

The 'law of attraction' works best when you are being passionate with a goal or intention. When you are literally full of life and your energy is directed.

When you express yourself through something that is important to you, your efforts become timeless. When I am writing or making music, I disappear into another realm of being, sleeping for three to four hours a night.

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One way that we learn about passion early in life is by observing adults. It can be a deeply inspiring experience as a child to observe an adult, maybe a parent, aunt, uncle, or grandparent, who is deeply passionate about something.

As we grow older, we find our own passions, our own likes and dislikes and our own niche in life.

Recognising our own sources of passion as outlets for energy and nurturing these outlets to energise our lives. These are the areas where it is much easier to apply the 'law of attraction' on a day-by-day basis.

For example, I owe the writing of this book in part to my good friend Emily Gordon, without whose 'joy consultation', energy and inspiration, this book would still be a 'someday maybe' idea.

Perhaps I also owe the writing of this book to my daughter Cloudia, who is a young inspired and energised writer.

Recognising what our children aspire to is sometimes a good indicator of what we are truly passionate about. They have seen us light up and want to *be* that energy. Ask various children around you what they want to be when they grow up; maybe it will give you some clues.

When Cloud was little I used to write articles for music technology journals and she clearly recognised my passion long before I knew it.

My son Brandon, on the other hand, wants to *be* a demolition derby driver or a footballer. He has seen me literally in tears with excitement at the banger races, while both his uncle and his step dad are ecstatic about soccer. When you ask a child what they want to *be* when they grow up, they want to *be* the energy they have seen adults express in passion.

It is much easier to attract something that truly fits in with your passion, and to find the energy to do it, than to do something that does not. So unlike Brandon's step dad, it is highly unlikely that I am ever going to have anyone knocking on my door and asking me coach his or her football team. It is simply not where my passion lies.

Going to the gym is some people's expression of passion. It is an expression of physical alertness that they take into the rest of their life to help them energise it.

They might start out feeling lethargic as they are on that treadmill or pushing the weights. But then they get to a certain point and they literally change dynamic.

Their physical being becomes awake and alert. They have enough oxygen in their blood to sustain feeling awake and alert.

When 'law of attraction' teachers talk about feeling good being an important part of attracting energy, it is the awareness, the physical awareness and awakening that is crucial to directing the energy, it is the passion.

Some people express passion by dancing. Go out to a nightclub, have a good dance, feel the inspiration inside of you flowing somewhere, breathe correctly, get the oxygen into your blood and come out of there feeling amazing. The feeling can last for days. Apply it to the rest of your life.

My personal favourite form of exercise is singing. And singing correctly, for me, can be the perfect expression of passion. If like me, you are in a choir, you already know about the uplifting effect of singing. The dynamics of a well-conducted choir are amazing, and the reason singing works is very simple. When you are doing it right, you are breathing correctly.

No shallow breathing, no slumping in a lounge chair watching the television barely breathing at all, maybe breathing cigarette smoke in a small room. Singing in an open space, like a church, and breathing correctly will get an enormous amount of oxygen into your bloodstream, and you will feel uplifted afterwards, totally alive.

Only, why energise the 'law of attraction' at all?

Amazing things pass you by on the conveyor belt of life. You have probably been half asleep for a lot of your life, missing vital cues and clues. When you are spiritually and physically awake, the treasures meant for you will be blaring out at you, signalling you to grab them and make them yours.

Wake up...

Express yourself through something that is important to you, such as seeing your favourite band, being there, dancing to the music and being in the moment. Try tantric sex, running a marathon, riding a bicycle in a road race, all expressions of being physically awake.

Experience the passionate sense of joy, the rush of happiness.

Beyond being physically awake, learn what makes you tick. If like me, you are on Internet social networking sites such as Bebo, Facebook, Friends Reunited, LinkedIn or Myspace, one of the first things these websites ask you to do, is to fill in a list of things that interest you.

The system literally uses your answers to link you with like-minded individuals. Social networking is a reflection of the things you are attracting. If you haven't joined one of the above sites, I suggest you do. If you don't have an Internet connection, sit down with a piece of paper and work it out. Start with a hundred things you love and narrow it down to the top ten things that really rock your world.

I love steam driven vehicles and vintage motorcycles and I find out about the most amazing events. I recently took part in a training day at a vintage motorcycle club. I paid a fee of eighteen UK pounds (about twenty five dollars) to ride as many pre-1930 motorcycles as I could in one day. I also love the smell of burning coal and have been to events where I have driven traction engines. One of my goals in life is to finance a transport museum.

So what do you find enjoyable in life? Make a huge list. Narrow it down.

Once you have your top ten, start attending events, being passionate and seeing what you attract.

If you are not doing it already, surround yourself with information about your passions. Have a picture of your favourite thing as a screen saver on your computer. Keep a scrapbook. Express it in as many ways as you can.

You are a unique expression of the creative energy of the Universe. Like a single facet of raw quartz crystal you have your own unique light.

Be it, Think it, Attract it, Do it, Have it!

Now you have learned the sixth logical step to understanding the law of attraction: *Being passionate*

Simply put this chapter in summary:

- **Create an outlet for energy.**
- **Find your passion and express it.**

VII: EXPERTISE

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What was it that interested you in the ‘law of attraction’ in the first place? Go on be honest. You want more money. You’re interested in abundance.

You want to live the lifestyle you have always dreamed of. You want to be a millionaire, billionaire or even a have the world’s first personal trillion.

You want to drive the car you have always wanted, have the house you have always wanted, and probably have a swimming pool, regardless of whether you can swim or not.

Perhaps you visualise yourself sitting out on your terrace at night, drinking Cristal out of sterling silver champagne flutes, your coffers overflowing with money because you don’t know where to put all of these dollars you have attracted.

Let’s face it, most people who are interested in the ‘law of attraction’ *want* more of something they don’t have enough of, and it’s probably money.

If you are going to attract money, it has to come from somewhere.

There seems to be a lot of it too, so how do you get your hands on it?

You could gamble or do the lottery. You could ask someone else for (or marry for) the money, you could even steal it by planning a successful robbery.

Personally, I am looking for a way to attract money that will bring me long-term satisfaction.

I would like to suggest it is far more rewarding to become wealthy by doing something you already know how to do, something you already love.

I am recommending finding out where you shine, recognising your expertise and where possible matching it to one of your passions.

The key is to LOVE what you do...

Real wealth doesn't start with having money anyway. It starts with living from the heart and having a lifestyle which reflects your passions.

Money is a form of acknowledgement for the contributions you make in life, a measure of value. If you are using 'the law of attraction' to attract money and are choosing to receive a lot of it, it makes logical sense to expect to receive it in exchange for something you personally value.

In the last chapter I talked about expressing passion. In this chapter I am going to talk about recognising and activating expertise.

You may already be acting in your field of expertise and not know it. You may feel other people around you in this same field appear to be experts and that you are not. Perhaps you see yourself as not being as good as them? Not able to see your own value in that area.

Among these people you may not be considered the foremost expert. And looking for evidence of your own expertise in an immediate circle of colleagues who do the same thing is unlikely to help you get a sense of your own value.

To get a sense of this, to help you find your dream job, you need to stop comparing your performance with others who do the same thing and look elsewhere for evidence.

If you are a web designer and you join a discussion group for web designers, you will immediately find people with knowledge in areas you are not familiar with.

One way of dealing with this might be to narrow your field of interest down to a specialist area and find a niche market.

This may well look good and earn you a considerable amount of respect. However if your passion lies in a broader area of web design and you focus on a small aspect of it, you may just have killed passion stone dead. Be careful. Without passion, you are just another Tom, Dick or Harry trying to make a buck.

To make the 'law of attraction' work for you, you need to take action. Simply sitting back and visualising yourself making money is not guaranteed to get you anywhere.

On the other hand, being aware of what you love doing and recognising your expertise, then visualising yourself making money and taking action, is guaranteed to work a hundred percent *and* double your money back!

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The place to look for evidence of your expertise is outside any network of people that shares your expert knowledge.

No field of expertise? I don't think so!

No matter who you think you are in life, *everyone* already has a field of expertise.

Even my three-year-old boy has his own field of expertise. He knows lots of things I don't. He has learned things at nursery school I don't know about.

He teaches me things from his field of expertise on a daily basis. He also reminds me about things that I have forgotten about and reminds me I don't know everything about my partner by teaching me things (I didn't know she knew), which she has taught him!

Despite being the son of a horticulturist, or perhaps because of it, I know very little about gardening and honestly thought peas grew underground (along with beans and sprouts) and got dug up when they were ready.

Having helped sow the garden with his Mum, my three year old explained the bamboo canes in the garden were runners for the pea plants to grow up and the netting was to stop the birds from eating the pods.

I was absolutely flabbergasted when I checked on a website and found out he was right.

On the subject of gardening, compared to me, my three-year-old is an expert.

In the music industry, one of the biggest mistakes I made was not recognising my area of expertise. I was forever trying to be a sound engineer and really my expertise is in programming synthesizers and making incredible noises no one has ever heard before.

In the studio, I LOVE plugging things into other things just to see what will happen, and it takes a certain amount of technical skill to do this without blowing things up.

Getting it right and not blowing things up when a neurotic studio engineer has warned against mismatch and mayhem, always leaves me with an ear-to-ear grin of satisfaction.

It's great fun leaving them scratching their heads.

I didn't really promote my key skill. I marketed myself as a sound engineer and record producer. Whilst I am pretty good at producing records, I am much better at inventing specialist sounds.

In the studio, everyone else actually recognised this was where I truly excelled. I had a whole set of people who would come to me if they needed a special sound. I was even talked about at dinner parties (apparently).

I still have a whole set of people who view me as an expert on music technology and computers and I share my knowledge in a weekly podcast, my specialist area being circuit bending (making music with modified electronics) and finding unconventional uses for existing technology.

For more information visit:

<http://sonicstate.logicofattraction.com>

In the past I have asked others who regularly call me for chats and advice to join me on the podcast. Most have declined saying they don't know enough to be on it.

What they fail to recognise is the value of their own expertise. They see me as being the expert, and themselves as not knowing as much about it as I do.

I recently coached a colleague on how to make money from his expertise. I told him to look out into the world and find people who knew nothing about music technology but who wanted to learn about it.

If he walks into a bar and starts talking to people about music technology, the chances are he will find they have nothing like his level of expertise.

If he talks to enough people, he will find individuals who are fascinated by the subject, people with computers and music software who have no idea how to use them. He might even find himself landing a job teaching them how to make music.

Everyone wants to make music!

The most important thing that will happen is, he will be able to recognise his own level of expertise. It will be reflected in the contrast between his level of knowledge and the level of knowledge among the people outside his regular circle of experts.

According to national statistics the average weekly wage in the UK as I write this book is less than five hundred pounds. The average working week is forty hours, which equates to less than thirteen pounds an hour.

A good private music tutor will earn eighteen pounds (or more) per half hour.

Get my colleague talking about music technology passionately and give him a rack of business cards to hand out and he could soon be generating a pretty good income.

To put that truly in perspective, he would be earning more than six times the minimum wage.

So how does this all relate to you?

Whatever you are doing as a job or a hobby, it will include an element of expertise and passion. However awful your job, there is something you like about it, even if it is simply talking to the other people you work with, or maybe in complete contrast the utter solitude of it.

You can also guarantee if there is an element of your job you like, there are other jobs with the same qualities.

Careers advisors have used the Dictionary of Occupational Titles (DOT), a comprehensive listing of brief job descriptions for thousands of jobs in the US, to transfer skill sets from one occupation to another.

Booking a consultation with the right professional career advisor to help identify transferable resources and test your aptitude for different kinds of work is often valuable.

Only beyond vocational aptitude what else is there?

In the previous chapter, I mentioned having a ‘joy consultation’ with Emily Gordon and this being the catalyst to discovering my own personal passion.

Starting to write my blog and receive praise for it played a massive part in my decision to write this book. Up until the point I started my blog, my personal measure of my own expertise in the field of writing amounted to:

- Failing an English exam at school to the extent I didn’t even get a grade.
- Writing articles for music technology magazines and having everything I wrote edited to the point someone else might just as well have written it.
- Being criticised for being too factual and for lacking humour.
- Being criticised for being dyslexic.

Three months ago, I was actually unable to acknowledge my ability to write anything worthwhile, despite already having expert status as a writer in the eyes of others.

In the past I have not acknowledged myself for:

- Writing and editing a club newsletter.
- Writing a technical paper on recording media and digital audio workstations for a major hard disk manufacturer.

The other skill set I was not acknowledging was a lifetime's training in personal development. I was completely unable to acknowledge I possessed all the necessary skills to write this book!

FIND AND ACTIVATE YOUR EXPERTISE.

It is essential you get this point.

From a logical standpoint the 'law of attraction' is going to provide you with faster results if you already have something of genuine value to offer.

If you are learning an entirely new skill set, unless you are a total genius, it might take a little more work to provide value and reap the rewards.

If you can't afford someone like Emily Gordon, or even professional individually tailored careers advice, then I highly recommend a book called "What Color is Your Parachute" by Richard Nelson.

The book comes out every year and has loads of exercises designed to help you recognise your expertise, passions and experience and put that into action to find your dream job.

And finally, when people recognise your experience, expertise and passion in any given area, and you ask for money in exchange for providing those services, people will be more than happy to pay you to do this service for them.

As an adult with Aspergers I am particularly lucky. We Aspergerians are known for our special interests and tend to dive into something with incredible depth and focus, often having careers linked to those special interests.

Take this book for example!

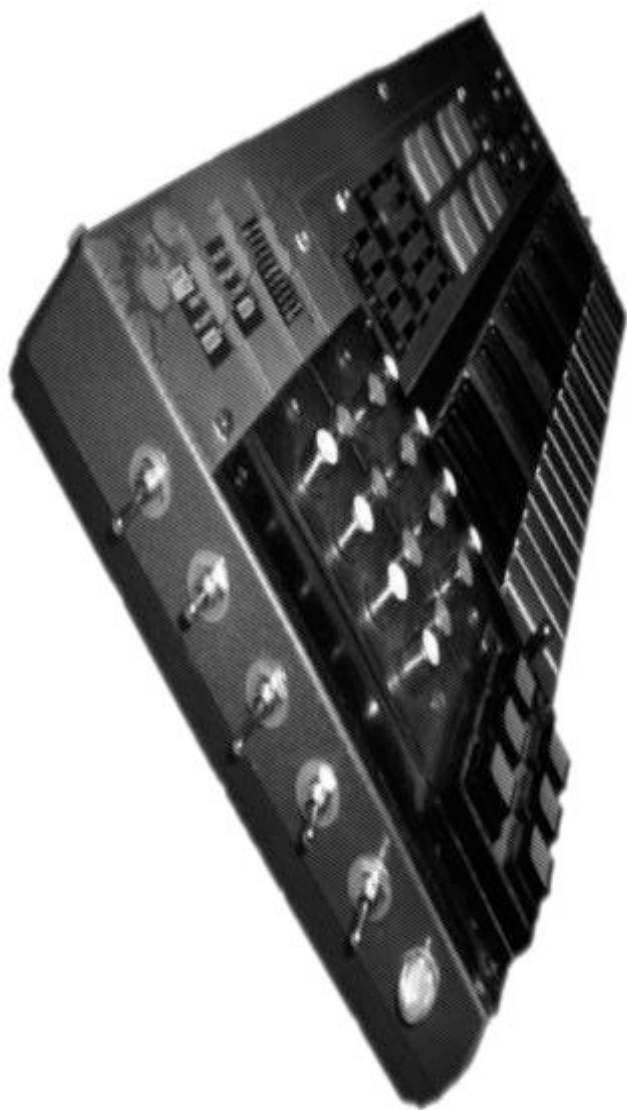
Even if you are ‘neuro-typical’, if you are interested in something, you will learn about it easily.

Once you have the evidence and recognise you have expertise, you have to be passionate about it and turn it into income.

Now you have learned the seventh logical step to understanding the law of attraction: *being knowledgeable*

Simply put, this chapter in summary:

- **People tend to do things they are interested in.**
- **Find your expertise.**
- **Use it to fulfil your passion.**



VIII: SOUL MATE

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I've been wrestling with the concept of finding a soul mate for the past twenty to thirty years. The dictionary defines soul mate as “a person ideally suited to another as a close friend or romantic partner”, though I think it is more than that. At the very least it also includes parent-child relationships, perhaps animals as well.

I think a soul mate is a being on this planet with whom you absolutely ‘click’ at a core level, someone who resonates with you at an inspirational level. In a romantic partnership, gay or straight, it is the true intimacy that everyone is looking for.

You can use the word ‘soul’ to describe your core energy if you choose. Whatever you call it, it is how you resonate, it is your personal physical vibration in the world and there are others like you.

I actually don't mean this in a ‘hippy’ sense either. I mean your system is made up of a bioelectrical unit that has its own core frequency or signature of electrical conductivity, holding your atoms in place.

If you didn't have, your particles would simply fall apart, you would literally pour away.

Human beings (and animals) are ninety percent water, without souls we might just as well be a river or an ocean.

I personally believe we are born into *soul groups* and our job is to find and help one another, a sort of spiritual puzzle. Whilst it makes sense for every human being on the planet to have a completely unique vibrational energy (even identical twins are different), we all share the building blocks, the material we are made of and the basic chromosomes that make us up, with other people.

In the same way that more than one person on the planet has blue eyes, someone else will share aspects of your soul energy. The more aspects you share in common, the more similar your cosmic signatures will be.

Think of your personal traits as being like the teeth on a key, and your unique vibration in the Universe as your personal passport to various soul groups.

Do these soul groups move together as a force in the Universe?

Perhaps.

Given all of the above, it would be logical to say that they do.

Unless your soul mate is an adventurer, by virtue of the circles you move in, he or she is not going to be that far away. If they are vibrating at the same frequency as you are, they are going to be attracting the same things.

Even the adventurers will be drawn together eventually; people from opposite ends of the Earth will be drawn to the same place to be with one another.

It strikes me that London and New York are likely places for these kinds of people to meet, though it could just as easily be Kathmandu.

And while a clique of friends may contain people drawn together by a core similarity at soul level, this may not be obvious to members of the group unless they can find out each other's true identities.

Even though most of the time we have no idea what others are really thinking, we tend to alter the way we act, to try and fit in. We may alter our appearance or opinions in an attempt to blend in with a peer group or appear 'fashionable', however misguided.

Imagine your soul mate complacently following a trend and not really getting it, they may even feel just like you.

How are you going to find one another if you are both in disguise?

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I met Gina, the woman who wrote the foreword to this book, online at the start of 2003. At the point when I attracted her into my life, I had made a decision to stop any conscious form of self-development.

I wanted to stop attending seminars to see if I had learned anything that had any real impact on me as a human being, or maybe it had all been a waste of time and money.

Knowingly or unknowingly, I must have changed something. Despite my life appearing to be the same as it ever was, as I read back the text of this chapter, what seems obvious is, I used the 'law of attraction' to find her.

Yes, I found my soul mate, only logically, *how* did I do it?

What did I do?

And what can *you* do to attract a relationship with someone you 'click with' at a core level?

Hopefully this chapter will provide you with some of the answers.

About ten years before I met her, I was very interested in astrology, both Western and Eastern. As I explained before, when we Aspergerians do things, we like to focus very deeply on them. While people with Aspergers are very good at systemising, we are also very good at un-systemising.

Because we understand the systems, running them back to front to work out what components are needed to get a specific result, however long it takes, never really strikes us as an odd thing to do.

In astrology, a composite chart is a horoscope based on the birth data of two people. I read that soul mates always have good astrological synastry, so every time I got into a new relationship I would put together a compatibility report using my computer.

In every single case, I discovered my astrological compatibility with them was absolutely terrible, truly awful.

I justified getting into relationships with these people by telling myself computer programs only offer a simple reading, where each factor is considered independently of the other elements in the chart.

There are various websites where you can do this, though I recommend learning more about the subject or paying a professional astrologer if you want a deeper and more synthesized interpretation of your partnership horoscope.

A synthesized interpretation being where an astrologer uses the good bits to gloss over the cracks, pitfalls and glaring omissions, which means your partnership won't work.

For me, there was always some major hurdle to overcome, something negative that undermined or threatened to destroy the entire relationship. For a while I thought, maybe this was my lesson in life, to overcome these things.

To a degree that may have been true, except none of these people turned out to be my true soul mate. While some of them have become good friends, I now have my life partner.

Using astrology, I set about reverse engineering the whole process of producing a compatibility report. I gathered together my birth chart, some books and sat for several days in front of my computer.

I started with birth signs and which of them should have good relationships with one other. Horoscopes in general deal with Sun signs and beyond the understanding of why certain Sun signs have good synastry; the angles between other planets are also important.

Fundamentally an air sign is considered to be compatible with a fellow air sign, earth with earth, fire with fire and water with water, though some astrologers frown upon relationships between people who share the same Sun sign.

Despite this, I actually think the angle the sun is placed in the heavens is crucially important and that many astrologers miss this point.

I was born so late in Pisces that it may actually work better for me to be in a relationship with an early born Leo or Sagittarius than an early born Cancerian or Scorpio.

Okay, before I go on... I know I am talking about a belief system...

A group of ancient astrologers came up with these ideas and people have accepted them for so long they have become the truth, another Universal law maybe?

As a starting point, I decided to stick to looking for my ideal partner in two water signs, Cancer and Scorpio. To define the correct angle between our suns, the person I was looking for needed to be born as late in their sign as possible.

I am an Aries cusp Piscean, born on March 18th, about a day and a half before the sign closes for business, so they too needed to be born as late in their sign as possible before the sun moved from Cancer into Leo or from Scorpio into Sagittarius.

To narrow it down further, I looked at the Chinese astrological system. I was born in the year of the Cat.

According to the literature I had at the time, Cat and Ox make an exceptional pair.

Looking at the calendar I worked out the person I was looking for would need to have been born either two or fourteen years after me, or ten years before me, as anything else would be an unacceptable age gap.

Then I worked out the compatibility charts for the given range of dates, sweeping two hours at a time to take ascending signs into account.

What I discovered was that the perfect relationship for me would be someone born ten years after me, on or around the 19th or 20th of July, 1973. The synastry with other Ox Cancerians or Scorpios was pretty terrible.

I was twenty-nine and had already established a belief about women. I had observed something happening to women when they were around twenty-two or twenty-three.

I had decided it was around this point they officially become responsible for themselves and moved into adulthood. I was nearly thirty years old and starting to become a responsible adult too. At the time, the idea of dating a nineteen-year-old simply wasn't appealing to me.

With various other romantic interests on the horizon, I discounted the whole idea as impossible and started a relationship with a mature twenty-three-year-old Aquarian instead.

When I did my compatibility chart and it was bloody awful, I ignored it. This is going to sound horribly shallow, I validated my being in the relationship based on the fact that everyone else thought she was gorgeous.

Everyone would say to me "Wow, your girlfriend is gorgeous!" And she was!

There was a whole load of chemistry too, someone attractive was in love with me and it felt great. Despite being unsure about her being *the one* I married her anyway.

About nine years later, the relationship ended and I started telling people I was going to find my soul mate. I started to describe how my soul mate might look and the things she would like, completely forgetting all about astrology.

I dated an interesting woman for about a year, decided the relationship wasn't working and ended it.

I took six months off dating to clearly define exactly what I wanted out of a relationship, ending with a very precise list I compiled with my Buddhist friend Sean, which I started to carry in my wallet.

Sean told me *"you will find this person by resonating honestly on this planet with your desire. If you are resonating in tune with your true being, doing what you are inspired to do, then you will be in the right place at the right time to meet with, and be with, your soul mate."*

At this point I was nearly forty years old and had spent my entire life being aloof and cool to fit in (though with what I am not sure). I decided to have a go at something which at the time was totally uncool, Internet dating. Six years on, it seems to be gaining popularity and is becoming a much more common way of meeting.

Being an Aspergerian, I wasn't great at socialising. I sometimes look utterly miserable even when enjoying myself, unless I get drunk, then I act like a maniac!

My past history of meeting women was usually while drunk and I almost immediately took them home to sleep with me. Alternatively I met them through a friend, took them out to dinner, got drunk, then...

My friends were all in the music industry and my past relationships have mainly been with dancers of one form or another. Most of them I had chosen by default, simply by virtue of the fact they were there and available.

My predictable future was more of the same unless I made a choice to do otherwise.

$$0 = 0 \div 0 = 0$$

I decided first off, that the person had to find me, so I found a nice picture, wrote an advertisement and put it on the Internet. Unconsciously, I had decided to put the ‘law of attraction’ to work for me.

Having decided on the sort of relationship I wanted, I made up my mind that the more honest I was in my advert, the more likely I would be able to attract someone who liked the same things I did. It made logical sense. I also looked at the things I had to offer and listed them as well.

The bottom line was, I wanted to be in an intimate relationship. I wanted to touch that person at a soul level. And the only way it was going to happen was if I removed the mask, the illusionary ‘cool’ and opened up.

Despite all my self-development, I wasn’t going to show much vulnerability and honesty while drunk off my face and working in a studio. If I showed romantic inclinations to anyone it was probably because I was bored and wanted sex. I could, however, display honesty in my online profile.

As I was writing it, I thought, “God almighty, how could this possibly work?” I wrote about architecture, steam trains, canal boats, computers, diesel engines, drag racing, music technology, self development, the smell of burning coal, tractors, my kids, psychology, philosophy, food and red wine. I probably put down some other details as well, and probably cited my favourite movies.

One of the reasons I wanted the person to find me was because I knew the personal ads were littered with people pretending to be something they're not. Intimacy is about allowing your soul to touch another's. It is about dropping the facade of pretence to let someone in. It is about being vulnerable enough as a man, to let a woman in at a soul level and vice-versa.

I decided to be a beacon for my soul, to shine *my* light out there without worrying about what people would think of me.

One morning in 2003, I received an email that said "*Hey Mark, compatible water sign here, hello. You sound interesting. Have a look at my ad and let me know if you want us to get to know each other. G*".

We exchanged *msn* messenger user names and started communicating. Even though we were both in London, I was producing a Dandy Warhols record, which meant that I was sitting in a studio till 3:00 AM every morning getting very drunk with Nick Rhodes. So drunk that I remember being ferried back and forth in a taxi and my car was parked outside the studio for weeks.

By the time I did get to meet her, I already knew a lot of stuff about her. She fitted my description right down to the long dark hair, blue eyes and freckles. I asked her when her birthday was.

What was slightly odd was that she was born in the latter part of Cancer ten years after me. When I did our astrological synastry I actually recognised it was basically the ideal chart I had printed off several years before.

I am still really blown away because in all my time doing charts for other people, I have never seen another one that looks this good.



My Sun sign is 27 deg and 40 min Pisces, whilst hers is 27 deg 52 min Cancer. Many aspects of our composite chart are perfect and while it would be impossible not to have some negative aspects, most of the negative aspects have favourable interpretations too.

Not only have I attracted the woman of my dreams, I have also attracted the very woman I calculated to be my perfect match. You could say I used logic to find her...

The Logic Of Attraction!

So what is the key factor? How do you make it work?

Honesty!

You're probably thinking this whole process took a long time?

I wrote the list with my friend on New Year's Eve. The first message arrived on January 7, we met on January 16 and have been in a relationship ever since.

Gina responded to my advert because she was interested in architecture and steam trains.

We have great fun with old maps going around looking at buildings and railway track beds.

Where we live currently they have a local history competition. Last year we won the five hundred pound first prize and got our photo in the local paper.

We connect on so many levels. I chose to fall in love with her and the relationship didn't happen by default. The love and respect is mutual and we now have a child together.

So how do you attract your soul mate using the 'law of attraction' if you don't want to do this online? Drop the facade and let people see the true you. Again it boils down to what inspires you, what you're passionate about, no matter what reaction you get - let people see that.

If I had carried on the facade of 'cool', if I'd been dishonest, then I wonder if we would have been attracted to one another in the first place

Even weirder, our paths had been interleaving. She had been dating older men at nineteen and it even turned out we had a mutual friend, so had I not placed an advert in UK personals there is a strong chance we would have met anyway!

As I said earlier in the chapter, by virtue of the circles you move in, your soul mate is not going to be that far away because if they're vibrating at the same frequency as you they're going to be attracting the same things.

Be true to yourself and you'll be a shining star. Someone out there is perfect for you. And they are waiting to find you.

There are no co-incidences in life and an ex-partner contacted me on Facebook as I drew this chapter to a close, someone I haven't spoken to in several years. At the time of our relationship, I thought she was the love of my life and I pined over her for some time when things didn't work out.

Interesting that up until now, I had forgotten all about her, she wasn't even in this chapter.

Her contact has reminded me of two important things I hadn't planned to write about.

When you find your soul mate, the feeling of love will be mutual and beneficial to both partners, there will be no unrequited love.

There will be no pining over the loss of, or looking outside of subsequent relationships for maybe, someday fantasies, pinning your hopes on how it could be, or could have been.

All these things are blocks; they are signs that you are doing the wrong things in relationships and they all get in the way of finding your soul mate. Wanting something outside of a current relationship will kill the relationship.

If you are being honest with yourself, in touch with your core being and making choices that reflect your true self, there is no reason why you can't experience love with your soul mate.

You have just learned the eighth logical step to understanding the law of attraction: *Being attractive*

Simply put this chapter in summary:

- **Be true to, and honest about yourself.**
- **Most of the time you don't know what others are really thinking, drop your disguise, reveal your true identity and find out.**
- **Your soul mate is another being who resonates with you intimately at a core level.**
- **Become a beacon of 'attraction'.**

IX: DIVERGENCE

$$0 = 0 \div 0 = 0$$

In my experience human beings are desperately trying to balance on a tight rope between two extremes. These two extremes are almost always different forms of the same energy. Often, a single theme of energy may dominate a person's life and form their personal paradigm.

There is a lot of talk about paradigms in self-development and a term I often hear is 'paradigm shift'. According to the dictionary, this is "a fundamental change in approach or underlying assumptions".

I have always taken this to mean a shift in consciousness, where you define a possibility of being a certain way that completely overrides your current way of being, rendering it irrelevant.

However, the irrelevant paradigm still exists in reality and should you choose to lose sight of the over-riding paradigm, or fall off your new tight rope, you may well end up back on the old one.

It is more useful perhaps to think of this shift in consciousness as a divergent shift in thought, rather than a shift in paradigms.

You are likely busy on your tight rope seeing things in black or white, trying to make sense of the grey areas between. I would like to invite you into another dimension where you can view the world in colour.

Perhaps you have learned over the years to make your problems more manageable, maybe you could draw a mathematical graph with x and y axis showing balance between the good and bad. Want to leave all that behind you?

Welcome to the idea of divergence, the z axis, the kind of shift in consciousness that can alter your entire life instantly.

$$0 = 0 \div 0 = 0$$

In 1992 I started really working with affirmations. As I chose my affirmations and put them into practice, it became obvious that they were simply being used as a weapon to fight against my beliefs, it became an ongoing battle of wits, of good versus bad.

I was operating within a paradigm where I was dealing with anxiety (fight or flight response to social situations) and my affirmations were connected with my performance socially. My measure of performance was the level of panic I experienced and how soon I took flight (left the situation because it was too uncomfortable for me). My affirmations were things like “I am self-confident” and “I can handle this” and whilst they worked on one level, I was still having huge adrenal rushes.

I learned as much as I could about anxiety and with the help of my doctor, tested each medicine against my adrenal responses in social situations, nothing really worked. I was actually living on a tight rope, balancing panic attacks with depression. I was stuck for years.

I discovered if I went out into the world and participated with it, I invariably freaked out. If I stayed at home I was downright miserable. Operating in the paradigm of panic disorder and agoraphobia, the context of the problem was adrenalin, epinephrine. I wanted to get rid of it.

My history of anxiety went back a long way, I was first recorded as having symptoms when I was two years old and prescribed half a grain of Phenobarbital to calm me down, though like most drugs I have taken this had a paradoxical effect.

My entire life, I have alternated between taking action and pushing myself to overcome the symptoms, or staying at home and feeling sorry for myself.

The final push to do something about anxiety came when an old school friend, now in her early forties, went into hospital with a heart murmur. I told her the symptoms she had sounded exactly like anxiety and after putting her on an ECG machine for weeks, the doctors finally agreed.

The fact my friend got better in six months was what really confused me. At this point, my anxiety had been going on for years, and I remember having panic attacks from my early teens onwards, with an average attack lasting two hours or more.

In fact, this was not the only friend who had overcome panic attacks in a relatively short space of time. It led me to think that for mine, there had to be an underlying cause. I was getting nowhere with recovery...

I visited my doctor and went for an assessment for adult ADHD and seemed to have all the symptoms except for age of onset. I continued to insist something was wrong and was treated as a PIA, doctors' slang for a pain-in-the-arse.

I moved house, changed doctors and two years later after seeing a program about bi-polar disorder on the BBC presented by Stephen Fry, and joining a bikers forum for

depression, pushed my doctor to send me for an assessment for Cyclothymia (a rapid cycling form of bi-polar disorder).

The psychologist's assessment made me so angry; I wrote a six-page letter to my doctor and the psychologist I had been referred to pointing out all the mistakes made in the initial assessment. It became an all-consuming mission to get my point across, a clue perhaps?

In the mean time, my partner had other ideas and wrote a letter to the psychologist as well, providing the key to me getting a diagnosis of Asperger Syndrome.

If you are considering whether or not you, or someone you know is on the autistic spectrum, having input from a friend or close relative is vitally important. People with Aspergers are often not consciously aware of all their differences.

There is a scene in the movie 'Sixth Sense' where the main character, Dr. Malcolm Crowe finds out he is dead.

Being given a diagnosis felt like that moment in the film.

The story line is very much written from this characters perspective and the first time you watch the movie you find out he is dead at the same point he does.

If you watch the movie again, paying attention to the detail, it makes a lot more sense.

My life is like that movie.

Looking back, suddenly my world makes sense to me.

So how does someone who has been recorded as having anxiety since the age of two and panic attacks since the age of thirteen find a complete cure for such a condition with little or no therapy?

It is very simple.

It takes a shift in belief.

Divergence!

My shift in consciousness came about after my Aspergers diagnosis. In a sense a diagnosis of Autism added a new dimension to the problem of anxiety. My z axis.

I realised I was extremely susceptible to environmental factors such as high noise levels and bright light. I also recognised that loud motorcycles and drag racing had the same effect on my physical system as socialising, except I wasn't identifying these as bad, I wanted more loud cars, louder and faster...

The simple part is, I stopped seeing adrenalin as *bad*. I recognised adrenalin was a response to stimulation. In a sense I was addicted to it.

I recognised the more I said a situation was *bad*, or made me panic, the bigger my adrenalin hit in response to that situation. I recognised that now in my forties, I was creating more fear around anything that triggered an adrenal response, so I could get more out of it. I had adrenal responses so I could say I was afraid and have more adrenal responses; I was stuck in a vicious circle.

The key realisation was if I expanded my adrenalin paradigm to include excitement, adrenalin was no longer a threat; and in fact became fun. Supermarket shopping suddenly became an extreme sport. I actually get a thousand dollar snowboarding holiday rush for free every time I go shopping.

My shift in consciousness was to redefine adrenalin and create a possibility of excitement, which completely overrides fear.

In contrast to a lot of people with Aspergers, I can simply choose to switch attitude and embrace excitement as a possibility.

The best part is, divergence, the z axis, is extremely simple and it works.

I was able to change the way I was doing things; I was also able to change the circumstances I was attracting and this has changed my entire life.

I realise the above example may not be particularly useful if you have never suffered from anxiety, so I will give another real-world example which leads on from the last chapter; divergence at work in relationships.

$$0 = 0 \div 0 = 0$$

From the age of about seven, I knew I wanted to be cool and I wanted to have a girlfriend. I needed a benchmark for that, so if someone said that my girlfriend was attractive, it was really important to me. I felt I had to have a pretty girl on my arm to be a cool guy.

It sounds very shallow, only I did not understand the point of relationships, only aspiring to what I had been *shown* on television as a kid.

I wanted to be in a relationship, I wanted to be married and I wanted to meet my soul mate. I got into a lot of relationships and upset a lot of women along the way, sorry, you were dating a man stuck as a cool seven year old; I hope you can respect the man I have become and forgive me.

The relationship prior to the one I am in now was with a woman who was pretty with a bubbly personality who everybody liked. Like all women, she could look stunning if she wanted to. My friends liked her and complimented me for my choice, only I was not happy and nor was she.

After splitting up with my wife in 2000, I had made a decision I would leave any relationship that wasn't working for me. Yet I had got myself into yet another identical situation and my predictable future was that all my relationships were going to be like this. I finished the relationship, and then decided to see if I could figure out what was going wrong.

As I mentioned in the previous chapter, I took six months off dating.

I did a lot of work with huge sheets of paper and juggled ideas around on a computer. I analysed data, lots of data. Data about me, my past and the kind of women I had been dating. I looked at the situation till eventually I got it.

I realised I was in relationships to have a 'trophy' girlfriend. Provided I was receiving compliments about my girlfriend, it seemed a viable proposition to stay in a relationship with her because I looked cool.

When I stopped receiving positive comments about my girlfriend or if I received negative comments, I was less likely to want to be in that relationship.

I recognised a lot of other things too.

The tight rope I was walking was not compatible with the concept of relationships. I had misunderstood what relationships were about completely and my partners were frustrated with me.

I was able to recognise that because I saw everyone else in a relationship, I wanted one too.

I found I was really attracted to women who were attracted to me.

Because I didn't know what I wanted, it was easy to get into relationships that looked great on the surface and had no real depth. My paradigm was pretty shallow to say the least. I looked good, had regular sex and had someone to talk to. Great!

My shift of consciousness came when I realised what I really wanted was a life partner. I could be in a relationship and have companionship and friendship.

Because I was able to change the way I was thinking about relationships, I was able to change the kind of relationships I was attracting. I went from being unsatisfied to being deeply satisfied and my entire life has changed.

I know it seems overly simple, but when you only see things one way, it can be hard to see them from another. Perspective plays a huge part in creating personal paradigms. Belief and perception promote perspective, and the whole thing becomes a vicious cycle, which is hard to break out of.

When I was very small I was in bed with bronchitis a lot. I had shelves around the foot of my bed and I used to play a game where I would put my feet out of the bottom of the bed, grab objects with my toes and try to identify them.

The game lasted for hours, because from the limited perspective of feeling an object with my toes, and not having any visual information about it, it was hard to guess what it was.

Sometimes I would get a clue by using my hand. I found that as soon as I had more information about an object I was able to identify it. Maybe it was as simple as recognising a teddy bears nose. It only took a tiny, yet vital piece of information, something incredibly simple, to change my entire perspective.

In the case of Mark Ty-Wharton and relationships, divergence, the ζ axis, provided an extremely simple solution that worked.

When I was able to take on a new way of being, anything seemed possible and I started to perceive relationships in a completely new way. There was a tangible reason for being in the relationship instead of doing what I had always been doing.

You read in the previous chapter that I met my current partner online and we have a lot of common interests, she is even helping me with this book! Gina is also someone I can grow old with, with the added bonus that I find her attractive and great fun to be with. I instantly recognised we could be friends and had a lot of things in common that we could discuss.

At this point you could ask yourself the following questions.

Where in your life are you walking a tight rope between two extremes?

What are the grey areas?

What can you do to change your circumstances?

Imagine you are someone else who does not have this paradigm.

What aspect of their life do you wish you could take on?

What might they be thinking about?

What would your life look like if you did not have this problem?

What would life look like if it were in colour?

How can you escape the perceived right and wrong of your particular situation?

What can you do to step off your tight rope to freedom?

How can you diverge?

If you are going to create a divergent solution, you need full awareness of your problem, an understanding of your paradigm.

Your beliefs and perceptions, your perspective, your standpoints are almost always supported by others in your immediate social circle, because you attract other people who share your beliefs.

In *The Logic Of Attraction*, we are dealing with how to make the 'law of attraction' work. You already know you can change your beliefs and the way you perceive things, altering your perspective, therefore altering the things you attract. You already have a Blueprint for your life. You already have some solutions.

There is no current specific exercise for divergence, though I may have devised one by the time you read this book.

By asking any of the above questions, you are inviting your mind to break free of the restraints you have placed on yourself in the past.

In simple terms, I invite you to go off on a tangent and create a new personal paradigm, to avoid your current limiting assumptions and make new decisions that work outside of and free yourself from your problems.

You have just learned the ninth logical step to understanding the law of attraction: *Being diverse*

Simply put this chapter in summary:

- **Divergence involves choosing a markedly different way of doing something by looking at it from a new perspective.**
- **Divergence is an effective solution to any problem in life and overcomes having to deal with grey areas or seeing things in black or white.**

X: RESPONSIBILITY

$$0 = 0 \div 0 = 0$$

There are two basic ways to look at life. The first way is to become a victim, telling yourself you are in control of nothing and destiny is driving everything that is happening to you.

The other way is to take full responsibility for everything that happens to you and believe you can do something about it.

I do not mean that responsibility is the same as 'fault' or 'right and wrong'; I am talking about responsibility as your power to do something about the things that happen in your life.

If you always fall victim to circumstances in life and say that things couldn't have been helped and there is nothing you can do about it, then that is how it will be.

You will end up taking no responsibility for anything, life will wash over you and you will arrive at the end of your life looking back and say, "What happened?"

Some people do not realise that they have a say in *everything* that happens to them.

And that 'say' is what they are actually going to *do* about it.

The notion of personal responsibility is often misunderstood, and 'being responsible' has become sort of cliché, which has just come to mean 'doing the right thing'.

As a teenager growing up, I simply did not want to be responsible for anything, particularly when I was told I needed to be responsible for my brothers because I was the eldest. I did not and could not understand the concept of responsibility. It made me angry.

In later life, as far as I was concerned, I was responsible. I was providing for my family, and if I wasn't offered work one week, what could I do about it?

It wasn't *my* fault; none of it was *my* fault. It was all down to other people. If I was angry and upset, I was angry and upset because someone had done something to me and *they* were making me angry and upset.

I was choosing to be angry and upset in response to circumstance. What I did not realise was that if I started by taking responsibility for my feelings, I had more choices, perhaps even some freedom, to do something about it rather than be a victim.

Taking responsibility starts with saying, "I did it - I am responsible for that." If I am angry and upset, it is my emotion and I am responsible for it. People who blame other people are giving away responsibility; they are giving away their power. What I mean by that is, when we do not have the power to change circumstance, we still have the power to change our own attitude in response to circumstance.

When you blame other people, you give up being responsible. You no longer have a say in your thoughts and feelings, you become a victim and you have no power over a situation.

You are interested in the 'law of attraction' or you would not be reading this book. The bottom line is if you want to use the 'law of attraction' in your life, you have to take responsibility for your life.

Some people think if they are being asked to be responsible, it means they have to take the blame for things that have gone wrong.

I am not suggesting for a minute that you become a doormat for others' inadequacy and blame, far from it.

Responsibility is not about being made to be responsible, it is a choice. If someone is blaming you for something, they already gave away their power. They are no longer in a position to do anything about circumstance.

So how does it work?

Whenever anything happens to you in life, simply ask yourself, "Where can I take responsibility for this event in my life?" When you do this, you shift the focus away from being a victim toward being a powerful creator. When you take responsibility, you are in charge of your life.

When you take responsibility, you are in charge of the 'law of attraction'.

When you take responsibility for everything in your life, you then have the power to change everything in your life.

When you choose to say everything that happens in your life is of your own creation, it gives you the power to change your relationship with any event in your present or past, which in turn gives you the power to create a new outcome. Responsibility holds the key to taking charge of the power of creation. And if you want the 'law of attraction' to work for you, you have to be a creator in your life.

You can sit in your living room every night visualising things that you would like to happen, but if you are busy being a victim, letting it happen to you, how can you honestly say that you are responsible for anything?

Your life is down to you. When you apply yourself to the 'law of attraction' responsibly, it works.

In other words YOU are the creator of your *attractive* force in the Universe. You magnetise yourself to attract the things you want in your life. That means YOU have to take responsibility for everything in your life, the good and the bad.

Many teachers of the 'law of attraction' speak about feeling as if you already have the things in life that you are trying to attract, assuming the feeling of the wish fulfilled.

What they are saying is the emotion, the feeling itself has power, and by visualising yourself already having the things you want, your mind will substitute reality for the visualisation by bringing those things into your life.

You simply won't think you are powerful enough to do this if you believe you are a victim of circumstance. You won't be able to feel as if you have these things already if you are waiting for fate to give you the opportunity to have them.

When you take responsibility for everything in life, nothing is left to fate, there are only choices.

If you are choosing prosperity, your magic lucky clover is only going to get you so far. Putting faith in external circumstance or objects can work depending on your belief, only what happens if you lose your lucky charm? Or worse still it stops working.

And if magic pixies are unlikely to shove gold through your letterbox and make you rich, who is?

If you are choosing romance, can you sit at home and expect Prince Charming to knock on your door?

It is a good thing to have intention, but unless you do something about intention, nothing much is going to happen.

You need to take responsibility at the very core level of your life for every aspect of your life.

Once you have taken responsibility for everything about your life and made yourself the creator of everything you have now, you will be able to trust yourself.

When you trust yourself, you can start to imagine the things you wish to attract into your life through the 'law of attraction', with complete faith in your ability to attract them.

Simply put, when you take responsibility for everything you have created in life, you will be able to use responsibility to attract the kind of life you are choosing to create.

In my career as a musician I had an ongoing problem getting payment from clients. Nearly every client has paid me short. I complained bitterly that people didn't pay me properly for what I did for them. I also claimed that I never got paid what I was worth. I was angry and upset; it was always their fault. What I didn't realise was I was attracting it.

I felt my employers hadn't seen my true talent or had overlooked something I had done. Or they hadn't realised how much work I had put in, or they hadn't realised what they should be paying me, or they hadn't bothered to tell their record company how much I was to be paid or vice-versa. It was always down to something *they* hadn't done.

I was a complete victim of the whole thing and until I took responsibility and started to look at what it was about me that made this happen, nothing changed. This problem was unique to me. There was one common party involved in all these transactions, me!

I have been employed by dozens of different people and I had the same problem with all of them. I complained it must be the music industry, yet other colleagues became millionaires working in the same industry, sometimes for the same set of people and they were always paid on time.

A couple of years ago, I ended up so short on payment that it cost me a lot of money to work for someone, to date I have never been paid by the person. They made a lot of money from my contribution and could not have succeeded without

me. It made me very angry at first, I considered all sorts of retribution, eventually involving solicitors and spending further time and money to get my money.

After about a year I realised I was giving this person control over my mood. If anything reminded me of the person I became angry and malevolent. In fact I was constantly angry and upset and attracting more of the same. I was not taking responsibility for my emotions, or for the way I was feeling, so I found a way out.

I realised I could acknowledge I disagreed with the way I had been treated and then choose to be happy. After all it was making things worse rather than better to be unhappy. So I chose to be happy despite the circumstances rather than unhappy because of them. Once I separated my reliance on being paid (for happiness) from the situation itself, I could choose to generate internal happiness despite the circumstance. Even more importantly, I could choose not to interrupt my happiness again in response to this particular circumstance. Suddenly I was no longer a victim. I was free.

I am not saying this is an easy thing to do, sometimes it isn't. I am also not going to deal with every circumstance that comes along in this way. However the more often I practice doing this, the more control I have over my future.

The more I am making the 'law of attraction' work for my life and me, the more good I will attract into my life.

In a sense, I learned more from not being paid than I would have done if I had been.

When I decided to stop blaming people and took responsibility for my part in the circumstance, it became clear I had allowed it to happen.

I realised my communication about how much I wanted to be paid wasn't clear enough, and needed to be in writing and agreed by all parties.

Although their actions weren't morally right and I certainly don't condone them, I realised it was too late to change the way I had communicated.

I recognised I could simply take responsibility for what happened and let the money go. There is plenty of money on the planet and these people are already suffering in life at the hand of their own principles.

I now take time to communicate very clearly what I want to be paid by people and get agreements in writing.

Responsibility always shows up in our problems.

Where can you find this showing up in your life?

Where are you not taking responsibility in your life?

“For God’s sake, why does this always happen to me?”

“Why do I always have to do this?”

“Why does no one else have this problem?”

It is probably driven by your beliefs.

What is worse, the way you perceive it is you can't do anything about the problem and the problem always happens to you, why doesn't it happen to anyone else?

Start looking at one of those problem areas, and unravel the beliefs and perceptions. Tell the truth about it and stop being a victim to it, you will find there are all sorts of ways you can be responsible for what is happening.

You may even find ways to turn it around and find the benefits.

When you start looking for where you can take responsibility and how you can use a situation for your benefit, you can feel good about it, take the emotional power back from it and choose to use it as a tool in the ‘law of attraction’.

Your problems form the roadmap to where you can succeed in life.

You actually get to see the answers aren't out there they are in you!

Changing the world's obstacles seems like a daunting and insurmountable task. What if you don't have to do anything other than change yourself from the inside out?

What if you do not have to change any of the outside circumstances?

What if complaining is just adding to the upset, perhaps providing evidence for a core belief you wish to change.

Sure, things happen. Cars get flat tyres; credit cards don't get paid on time, relationships end and maybe you created this stuff by not being responsible for your life and leaving it to chance.

Maybe you want to continue to be upset?

Maybe you don't?

If you haven't understood this chapter, read it again, if you have...

You have just learned the tenth logical step to understanding the law of attraction: *Being Responsible*

Simply put this chapter in summary:

- **The key to utilising the full power of 'law of attraction' is simply to say, "NOTHING is left to chance", there are only choices.**
- **Take responsibility for everything in your life; you then have the power to change everything in your life.**

XI: TRUTH

$$0 = 0 \div 0 = 0$$

Human beings struggle to be authentic with each other, not always telling each other the truth. That is not to say we constantly deceive each other with deliberately misleading statements, most of the time we are simply trying to save our own or someone else embarrassment.

It is considered socially unacceptable to tell someone they look terrible, even if they ask. In fact it is a widely accepted part of social culture to avoid personal criticism, tell the person a lie and give an unrealistically favourable impression. It is even justified by thinking it is beneficial to the person we are speaking to.

The problem with this is, not telling the truth becomes compulsive and we fall into a pattern where we eventually mislead one another further; and even mislead ourselves. It seems to have become a part of the human condition.

What makes me an expert on this?

A key condition in Aspergers is I find it very difficult to tell certain types of lies.

Fabricating a story or telling a barefaced lie for example can be quite difficult. This is partly because of a tendency to use language literally, partly because people on the autistic spectrum find it hard to put themselves in someone else's shoes or into an imagined situation.

Asperger Syndrome is characterized by impairment in social interaction and as white lies are such a huge part of society, I have had to learn to tell them effectively to fit in.

Lying grates against my logic so each time I tell a lie it is like a glaring hole in my consciousness that feels like it is in need of repair. I find it difficult to lie, even to exaggerate. A work around for this, if I want to mislead someone, is to simply present facts in a way that is literally true, but intentionally misleading.

Like you, I have been trained to think that it's not socially acceptable to tell the truth sometimes. I have been encouraged to avoid offense by telling minor lies, such as complimenting something I find unattractive.

Unlike you, I do not believe white lies are harmless and if you are trying to make the 'law of attraction' work for you, minor lies have a huge impact on your success with it.

The world is in complete disarray because human beings can't handle being told the truth.

On some level we are constantly teaching each other that we must have the approval of others before we can do anything we want to.

What is it you are trying to do?

Who is telling you it is not possible?

What limitations and misconceptions is that person labouring under?

Okay, if someone looks terrible, going out of your way to tell them they look terrible is not generally helpful. But why is telling them they look great going to help them?

People can't connect with one other when we perpetrate this level of dishonesty.

At some level the person who looks awful knows deep down that they look awful...

After all, THEY CREATED IT!

If you want to give the person a boost, perhaps you can find something else useful to say about them?

Follow your intuition, say what comes to mind that's positive, you never know - you might make someone's day.

While the world would make more sense to me if everyone were completely authentic and honest with one another, I have observed there are basically three kinds of truth:

The first is social truth, which I have just been discussing, white lies that save embarrassment.

The second is the truth you share with your close friends.

You are likely to be more honest with your friends because there are less social boundaries to overcome. You may even be able to give them an honest opinion, such as "I don't like that dress on you." You may even share with them things you wish you had said to other people, backstabbing comments about the way such and such looked or acted, and so on. However, there may still be things you keep from these people.

If you are trying to make the 'law of attraction' work for you, these conversations will have an impact on your success. There is also one golden rule you should observe when it comes to people, NEVER say anything about another person that you would not say to their face.

Finally, there is the truth you tell yourself...

This is what you believe to be true in accordance with your perception of reality, your personal truth.

As you read earlier, belief and perception are the most important areas to work on clearing if you are not attracting the things you want to have in your life.

The reality is social truth also filters into your personal truth and you could inadvertently end up believing an untruth you have told someone else.

In March 1982 James Q. Wilson and George L. Kelling wrote an article in 'The Atlantic Monthly', which became the basis for Broken Windows Theory. The article describes how paying attention to smaller problems can help control problem neighbourhoods.

Authorities agree if a window is broken and left unrepaired, the tendency is for the rest of the windows in a building to get broken soon after. Eventually, people may break into the building, squat, or set fires.

Not repairing a window signals to the neighbourhood that no one cares. A broken window signals anything goes, crime will simply escalate. However if windows are kept in good repair, vandals are much less likely to break more windows or do further damage. By attending to low level crime in the area, further crime and anti-social behaviour is deterred. By dealing with the little things, the bigger problems take care of themselves.

$$0 = 0 \div 0 = 0$$

White lies are like broken windows, once you tell one; it often takes another to cover it up. It is as though the tiniest inauthenticity signals to the rest of our consciousness that deception at any level is okay. Science has proved that our subconscious minds don't know how to differentiate between a lie and a truth, so if we lie socially, before we know it we start to lose sight of the bigger picture.

When we lose sight of the truth, we lose sight of what we are attracting. Send mixed messages in the Universe and the 'law of attraction' is going to give you mixed results, if anything at all.



I have an Audi on my vision board. Recently I bumped into a mechanic who used to work at a local garage where I take my car for servicing. Out of polite conversation he asked me “How has your car been?” and I replied, “it’s going great! Great car. But I am thinking about getting a new one; just waiting to see what happens with the credit crunch.”

Inauthenticity number one, I quite like the car and it has only done 50,000 miles, so I thought it would be worth keeping it another year, the reason I haven’t changed it doesn’t have anything to do with the credit crunch at all. What am I telling my prosperity here?

During the conversation he told me “Things haven’t been going great at the garage. I’ve been made redundant and now I drive a van in Cambridge.”

Then I told him I test drove an Audi A5 coupé and he said “Oh, did you? That’s a nice car.” I replied, “Yeah, it’s phenomenal to drive but of course they are bloody expensive, and I will have to think long and hard about whether I can afford one.”

Inauthenticity number two and in complete conflict with what I have on my vision board, a thought popped into my head right out of my social conditioning “This guy has lost his job and it would be a bit much for me to be bragging about buying an Audi A5 in the near future when he is struggling to support his family”.

In the context of social awareness (which I am not really supposed to know about because I have Aspergers, though obviously I have learned something about it or I would not be doing this) I thought I had better not make too big a deal about this.

Instead of telling *my* truth, I modified it a bit and said what I thought he wanted to hear. I played it down.

I KILLED MY VISION!

If I was telling my truth, I would have been really enthusiastic and told him I *love* that car and I am going to buy one.

I gave the 'law of attraction' a big problem. I just told my subconscious mind I couldn't afford an Audi.

If you don't go out there and state your intentions clearly in every conversation you have; if you alter conversations to make adjustments for social situations and tell your social truth, then the Universe won't know what to come into alignment with.

Maybe my mechanic friend might have thought it was perfectly acceptable for a 45-year-old author to buy a £40,000 car. He may even have been inspired by it?

Any number of things may have come out of a more authentic conversation. The Universe may even have sent him to help me. He may even have told me the next logical step to getting my new car. It is amazing how people we meet reveal the truth to us when we are truthful with them.

I actually had no idea what was going on in that man's mind and yet I adjusted my conversation to fit in with what I thought he might want to hear. From the point of view of my intentions, aspirations and what is true for me, I actually lied to him.

It's common for people to worry about what other people think of them and we make allowances for other people all the time. I am very driven by a worry that 'getting what I want' in life could be causing others upset. I have come to the conclusion that I can't make everyone happy all the time. If my intention is to be happy and I take no deliberate malevolent actions against others, I am still likely to make some people unhappy on my journey.

My fulfilment, happiness and joy will touch and inspire more people and do more good than if I simply allow myself to be miserable and touch everyone I meet in life with misery.

If I simply don't bother to do anything other than be miserable, I am likely to make more people unhappy than if I am going for what I want in life. I know I won't be able to inspire everyone I meet, some people will be choosing misery whatever I do and I can't be responsible for them, I am on my own journey.

The bottom line is, if we don't trust ourselves and state our intentions clearly in the Universe; if we are treading on eggshells around our truth and we play our truth down, we are basically lying and will get a watered down version of what we are attracting at best.

Something else to think about...

We already know we are seeking approval from other people and to some extent we judge the exterior world by our own values.

What I mean by this is we expect other people to act like us.

If you tell white lies, you will automatically assume other people are telling you white lies as well. If you are telling someone something untrue, then you are basically setting yourself up for a life of mistrust.

If you can't trust other people and they are a reflection of yourself, then can you trust yourself?

If you can't trust yourself, then can what you visualise come true?

You have just learned the eleventh logical step to understanding the law of attraction: *Being authentic*

Simply put this chapter in summary:

- **Give up white lies and build trust in your natural ability to accommodate the 'law of attraction'.**
- **When you start telling the truth, people will respond by revealing the truth, the next logical step.**
- **White lies eat into your consciousness and turn truth into mistrust.**

XII: KNOWLEDGE

$$0 = 0 \div 0 = 0$$

Evolutionary psychology attempts to assemble various disciplines to form a single logically integrated framework which is founded on the idea that the human mind is best conceived as an information processing system, with conscious and subconscious processes working independently to form a logic system.

Whatever we define it as, all the complex neural structures in the brain are sitting on top of one basic input/output system, a core process that runs at base level in the physical hardware of being human.

In computers, the BIOS (Basic Input/Output System) is the boot firmware, designed to be the first code run when it is powered up. It prepares the machine into a known state, so the operating system can be comprehended and executed, then given control of the system.

If we imagine for a moment we are hardwired in much the same way as a computer, it would be impossible for a human being to be a cat. Cat BIOS 1.26 probably wouldn't run on human hardware.

However, much the same as a cat, my basic operating system contains various directives, which include breathing, eating, sleeping and procreation thus ensuring the continuity of my species after my physical body packs up and dies.

There seem to be other Universal behaviours as well. Take singing and dancing for example, and the need to fill the empty void inside of us with something external. Or our desire to define and utilise the 'law of attraction', the reason I am writing and you are reading this book.

On top of the basic operating system, more software is loaded, perhaps analogous with the learning we receive as children, the learning which forms our core beliefs and values?

Along with my motor skills, I learned the building blocks of my personality step by step over such a long period of time that they became extremely durable and seemingly impossible to undo. I ended up giving aspects of my personality fixed values so that I could experiment with the rest of the Universe.

Take walking for example. Observe a family and notice how they all tend to walk the same way and have the same basic stance and body shape. Learned before time for the person really began, before any conscious memory the person can recall. Perhaps even inherited at a DNA level. And even though I remember one or two specific things from my childhood, I have no recollection of learning to walk.

What makes something funny for me, yet not for someone else?

Why are my responses to stimulus so automatic? And why are these personality traits so durable?

Who am I?

In the present moment I am my short-term memory, which is currently completely overloaded with the concepts I am talking about in this book.

I have the capacity to track approximately nine fragments of information, which I am consciously processing. My short-term memory is in turn a filter for my long-term memory. To complete this picture of myself, I am compiling this chapter from several Word documents, supported by fifteen open browser tabs (which are there to check the authority of my research), audio recordings on an iPhone and the process of bouncing thought in and out of a silent channel I earlier called 'epiphany'.

Sorry, who am I again?

I am roughly a hundred and eighty pounds of localised atoms suspended in space with an amazing amount of control over my immediate physical form. The atoms are most dense in the section of me that does the least amount of independent physical movement, which in turn is housed in a protective bone box. I am all of this and more.

I am Mark Ty-Wharton, one of 6.7 billion people who currently inhabit Earth...

So who are you?

STOP!!!

Look at any physical object in the space you are currently in.

Is that part of you?

Can you project your consciousness beyond your physical presence? Can you move to a place outside the neural connections that link your physical body to your brain?

Can you actually move an object in your environment without touching it (please email me if you can do this)?

Now take off your shoes and socks and look at your toes.

(If you are in a public place where this would be inappropriate, put the book away and start a conversation with someone you have never met before instead).

Okay...

Can you move your little toe independently of any other part of your foot?

It took me around twenty minutes to do this and I have no neural feedback from my foot to tell me my toe is moving. I can see it moving but it feels really weird.

How often in life do you actually need to do this?

Why are you doing it now?

What does it feel like?

Is it possible that although you had no physical feedback from the object you tried to move in your environment, that you could move it anyway (please email me if you can do this now)?

Why are you thinking about this?

Because this is who you are...

WHAT!!!

No wonder you are struggling to learn about the Universe...

We are all *seeking* something and it is much simpler than anything I have discussed in this chapter so far.

We are actually all *seeking* the same thing.

Here is the answer, prepare to be inspired.

Like me, you are a basic operating system full of long-term memories that you can't remember, your short-term memory is overloaded, you are probably under or over weight, especially your brain which is the heaviest organ in your body, you laugh at the same things as your Mum or Dad and walk a bit like your siblings, you can't control your little toe independently and you are not a cat!

Not inspirational?

Then you are probably looking for an answer to the Universe, which is not there. The sooner you *get* that there is no single inspirational answer, the sooner you can start living your life.

What is inspiration?

Where does it come from?

Because of the way we are programmed to learn and the way we store memories, we forget we have free will. Because we formed our core values so long ago, it seems like life is predestined.

It is definitely not!

We have free will and all the answers are inside us. What is more, we put most of them there ourselves. And over the years we have forgotten something. We have forgotten one of our directives, the single basic thing that drives us. The only thing we have ever wanted to continue to experience...

We are unique in the way that we learn and we are unique in the way we forget the actual learning process. It is almost as if we condense a script into a short piece of code that requires no further processing.

People simply link a whole load of decisions together, such as 'See spider, BE AFRAID!' or 'Big dog, RUN!'

Our minds are so jam-packed full of detail we don't even know half the things we know. We even collect subliminal information and store it along with conscious learning in our logic system. Our minds are so overloaded that the reason we are here is only present as a vague concept and its script is rarely verbalised, we are just left with the short cut. We are left confused and wanting, living a wanting to experience, only most of us don't remember what it is we want or why.

What exactly did we want before we got overloaded?

Why are we using the 'law of attraction' to attract things?

To answer that...

In a way this is the hardest chapter for me to write because I have to turn the 'law of attraction' on its head to explain it logically.

In this final explanation, I have to explain what it *is not* so that you understand what it *is* and how to make it work for you. I need to talk about what you are attracted to, rather than what you are trying to attract.

Perhaps, like me, you have a vision board. Perhaps you use another method of goal setting? You may have created a blueprint or be focusing on a new divergent thought process, by using some of the exercises in this book. You may be listening to meditation tapes, using crystals or chanting. Whatever you are doing, what you *want* out of life is going to be something you feel good about.

Your mind has already been working in the background to help you achieve these goals, only have you ever stopped to think why you are trying to attract any of these things?

Who chose them?

Why?

Your goals are unlikely to be carelessly thrown together, you will have put thought into them and they will be important to you.

In the case of a vision board, you chose every picture because it has a positive emotional impact on you. Your inspiration came from a deep place inside of you, from your very earliest programming perhaps before you were able to put together the basic thinking patterns that make you who you are today.

The illusion of inspiration is that it comes to us in this present moment. The reality of inspiration is that it comes from our past programming. Despite everything I have said, the likelihood of divine inspiration at this precise moment is impossibly slim.

Unless you live in a cave away from the influences of the world, the precise moment you are experiencing now is likely to be perceived as a grey area somewhere between your past and your future. It is not even all born out of your life experience either. Your experience is influenced by pseudo life experiences, which have been projected at you from books, cultural stories, films, magazines and a multitude of other places. You have been bombarded with information, and most of it is not even real. Your world is even filled with computer-generated imagery. On one level experiencing strong emotions evoked by music and at the other end of the scale being emotionally battered by the soaps.

You might even be falling ill simply because you have left some medicine where you can see it and you have accidentally put the idea of sickness into your consciousness.

Logically speaking, it is vital to see our whole environment as a vision board and take deliberate care to filter out negative programming. Whilst you may have avoided the media, what have you allowed into your personal environment? Look around your house. Make a list.

In the same way that psychological problems stem from your past and environment, there are positive moments, which are deeply ingrained in your subconscious mind.

If your vision board (or other goal setting method) has a particular style of house on it, chances are that you have seen this house somewhere before and you want to attract it to redefine a moment in time where you felt something.

You felt something that you want to attract.

The reason you are using the 'law of attraction' is to re-experience the feeling.

Other 'law of attraction' authors tell us feelings are important for us in attaining our goals and the more we can feel, the more likely we are to have success in our attracting...

WHY?

OKAY, I AM GOING TO UNRAVEL...

THE 'LAW OF ATTRACTION'

Once you have learned and understood this simple basic concept, your power to create your own reality will become unlimited.

I deliberately left something out at the beginning of this chapter.

There is one and only one thing that the human operating system is programmed to require, even above and beyond your own self-preservation. Your primary directive...

And that is LOVE!

Your primary directive is to experience LOVE...

$$0 = 0 \div 0 = 0$$

As I was writing this chapter my three year old overheard me dictating notes. He listened carefully then said "Dad, I know about directives."

Another field of expertise...

When I asked him to tell me about directives, he explained he had been watching a film called WALL•E and that the main characters are robots who have directives.

WALL•E's directive is 'to pick up rubbish' while EVE's directive is 'to get plants'.

Then I asked him "what's your directive Ystes?" to which he replied "to kiss you and to kiss mummy."

I asked why he wanted to do this and he said "cus it feels nice."

With a relatively low level of additional programming running, my three year old is more in tune with his primary directive than I am.

He remembers what LOVE feels like and wants experience of it.

He even still recognises it as his directive!



So why don't human beings appear to LOVE one another?

It is really simple, we are angry at one another for not allowing the expression of LOVE.

Simply put, if you do something that I don't want you to do, I can't LOVE you... More accurately, I choose not to LOVE you.

If your Country does something our Country does not want it to do, we can't LOVE you and we will even start a war to prove it!

And so it goes...

$$0 = 0 \div 0 = 0$$

XII/II: AN ADAPTION?

A being I like to refer to as 'the spiritual architect' creates a fellow called Adam and places him in the Garden of Eden, giving him a commandment not to eat from the tree of knowledge, telling him he will die if he does. Adam experiences only LOVE and is surrounded with everything he needs, including a soul mate Eve. He has free will and is able to create anything.

Eve discovers eating from the tree will not result in death, but in Adam and Eve's eyes being opened, resulting in them being as Gods, (in the Bible version of the story) knowing good and evil.

Convinced, Eve eats from the tree and has Adam do likewise. According to the Bible, both then realise they are naked and cover themselves with fig leaves. Now consider good and evil to mean LOVE and without LOVE. Consider the realisation of being naked to mean Adam and Eve are no longer fulfilled and have a desire to be dressed.

Finding themselves in a place where they no longer experience only LOVE, Adam and Eve start creating a world out of wanting and effectively expel themselves from a place of abundance.

When they lose their connection with LOVE, which is timeless, immortal, they are cursed.

Adam is forced to work (mentally) for his food for the first time. In short, this is the 'law of attraction'.

The 'law of attraction' states that thoughts (both conscious and unconscious) dictate the reality of your life, whether or not you're aware of it.

Science has shown that thought dictates our emotions and we are free to choose our emotions at will, although we allow outside circumstance to have a bearing on our mental and emotional state.

We are choosing to look outside of ourselves for the answers. We are trying to attract things we know will make us feel good. We can't survive without experiencing LOVE!

Our primary directive is to experience LOVE!

I would like you to consider the following.

- Everything on your want to experience is coming from a desire to continue to experience LOVE.
- Everything you desire is an extension of a previous experience of LOVE.

You want to recreate a moment in your past where you experienced an event while experiencing LOVE. In the same way an event will trigger a negative reaction in someone with a phobia, an event can trigger a positive experience and remind you of LOVE.

The 'law of attraction' is about recreating LOVE and once you understand this, you have the key to unlocking the entire Universe.

I LOVE the smell of burning coal. It makes me feel ecstatic. As a small child I went on a canal boat on a holiday with my parents. I was very small and hardly remember anything about it. There was a certain sense of freedom crawling around the floor of the boat while my parents navigated the canals. During the day I ate coal, my parents couldn't keep me out of the coal bucket. I was black from head to toe and covered in soot. At night they burned coal in the stove and the smell wafted through the cabin to my bunk. I was LOVED unconditionally and there was a sense of being on holiday, my parents were free of worry and there was a sense of peace. In a sense... LOVE!

That feeling is programmed deep into my consciousness, a direct link to my primary directive. I can probably never reprogram it to be otherwise and you can't really imagine what it feels like to me to get a big whiff of coal tar fumes. I LOVE cosy cottages, traction engines and steam trains as a result.

As an adult, I have lived on a houseboat, and I burned coal. I found it to be the most peaceful existence I have ever had, listening to the rain, being inside that cosy boat, with the smell of burning coal. I recreated my childhood experience of LOVE in my life as an adult, something that I really LOVED.

So what am I attracted to? What am I creating? What is on my vision board now?

I want to LOVE the smell of burning coal so I can experience LOVE. I want to LOVE living in a nice house. I want to LOVE and be LOVED.

What is missing though?

How can I create what I am 'wanting' faster?

The key to making the 'law of attraction' work is LOVE!

Consider LOVE for a moment...

What does it feel like to *receive* LOVE?

Gina: LOVE feels warm and secure, like being wrapped in a lovely warm blanket where nothing can hurt you.

Kris: LOVE feels like security. Like a baby wrapped snugly in a blanket, being held and rocked in a chair. Like trust surrendered. Like nothing else matters in the world because you are implicitly safe.

Mark: LOVE feels like utter contentment, peace and clarity, freedom and joy. It is a warm summers day with a soft breeze blowing across a mountaintop, thoughtless relaxed and safe, a place without fear. It feels nice, like I am being filled with something. An energy perhaps?

What if Gina's vision board is ALL about experiencing this?

What if Kris's life is ALL about the same?

What if everything I do is to get someone to take me to this place?

What is it for you?

Now consider LOVE further.

What does it feel like to *give* LOVE?

Gina: Something coming up from the pit of your stomach, something warm, gushing that feels nice. A warm glow coming up through me, when I put my arms around someone I am engulfing them in that warm glow that is flooding out of me. It never runs out, it is endless.

Kris: In turn, I suppose in an almost opposite sense, being that one holding your baby, looking into the eyes of that one who trusts you implicitly... Seeing your LOVE in such innocence... Reflected in the eyes of that baby.

Mark: When I LOVE someone it feels like an utterly thoughtless moment where I feel peaceful about being with that person, where I can hold them and make them feel safe. I sometimes see mental images or feel like a wind is blowing past my ears. I make people calm when I give LOVE. It feels nice, like I am really full of joy.

Again, what is it for you?

If you have not realised already, LOVE is the same energy whether you are giving it, or receiving it.

In fact LOVE is the same energy if you are giving it, receiving it, or it is simply static. LOVE is LOVE and you do not have to DO anything to experience it. You can simply choose to switch it on, or switch it off.

If you have not worked out how to do that yet, PRACTICE PRACTICE PRACTICE...

Many authors focusing on the 'law of attraction' say that you should have an attitude of gratitude. Simply put they mean LOVE. They mean LOVE everything, because like attracts like. LOVE and you will receive LOVE.

You are a magnet for everything that comes into your life.

With everything you know about the 'law of attraction'.

WHAT WILL YOU ATTRACT IF YOU FOCUS ONLY ON LOVE.

Your life goals are things that will provide you with the feeling of LOVE.

So how successful are you going to be at using the 'law of attraction' now?

It depends how successful you can be at practicing LOVE.

Now you have learned the final logical step to understanding the law of attraction: *Being LOVE*

Simply put this chapter in summary:

- **The goals you choose in life reflect times in the past when you experienced LOVE.**
- **If you generate LOVE from within, you will have the capacity to attract things you LOVE.**

XIII: OTHER SIDE OF THE LOOKING GLASS

The 'Law Of Attraction' states that thoughts (both conscious and unconscious) dictate the reality of your life, whether or not you're aware of it.

The first logical step to understanding the law of attraction: *Being aware*

- Your belief system is a magnet for your whole life experience.
- What 'you' choose to believe will create the circumstances in life that will make it happen (for you).

The second logical step to understanding the law of attraction: *Being receptive*

- Perception distorts reality.
- You are an unreliable witness (The 'truth' may bear no resemblance to any course of events you have actually encountered in life).
- You can choose the tint of your spectacles, find a positive perspective and benefit from improved memory and reduced stress.

The third logical step to understanding the law of attraction: *Being enlightened*

- By accepting 'what is', observing it and letting it 'be' you gain clarity, freedom and peace.
- True enlightenment is recognising 'you' are a physical and a spiritual being simultaneously, that you are complete.

The fourth logical step to understanding the law of attraction: *Being awake (mentally)*

- A greater understanding of how your conscious and subconscious minds combine with a conscious thoughtless presence to form your logic system (or super computer).
- You may already be using the 95% of the brain you think you are not.
- How to recognise your individual spark of consciousness by being still.
- Nurturing awareness from this dimension of consciousness with the belief that thought is the creator of your Universe (giving you control over the 'law of attraction').

The fifth logical step to understanding the law of attraction: *Being positive*

- You can find the positive aspect to any situation by using a technique called Creative Blueprinting.
- By using specific NLP attuned affirmations you can reinforce and make your positive solutions more powerful.

The sixth logical step to understanding the law of attraction: *Being passionate*

- Create an outlet for energy.
- Find your passion and express it.

The seventh logical step to understanding the law of attraction: *Being knowledgeable*

- People tend to do things they are interested in.
- Find your expertise.
- Use it to fulfil your passion.

The eighth logical step to understanding the law of attraction: *Being attractive*

- Be true to, and honest about yourself.
- Most of the time you don't know what others are really thinking, drop your disguise, reveal your true identity and find out.
- Your soul mate is another being who resonates with you intimately at a core level.
- Become a beacon of 'attraction'.

The ninth logical step to understanding the law of attraction: *Being diverse*

- Divergence involves choosing a markedly different way of doing something by looking at it from a new perspective.
- Divergence is an effective solution to any problem in life and overcomes having to deal with grey areas or seeing things in black or white.

The tenth logical step to understanding the law of attraction: *Being responsible*

- The key to utilising the full power of ‘law of attraction’ is simply to say, “**NOTHING** is left to chance”, there are only choices.
- Take responsibility for everything in your life; you then have the power to change everything in your life.

The eleventh logical step to understanding the law of attraction: *Being authentic*

- Give up white lies and build trust in your natural ability to accommodate the ‘law of attraction’.
- When you start telling the truth, people will respond by revealing the truth, the next logical step.
- White lies eat into your consciousness and turn truth into mistrust.

The twelfth logical step to understanding the law of attraction: *Being LOVE*

- The goals you choose in life reflect times in the past when you experienced LOVE.
- If you generate LOVE from within, you will have the capacity to attract things you LOVE.

AFTERWORD

by Kristalyn Schamber

I have been thinking about how I wanted to write this page; thinking about writing something profound and inspiring, incorporating my core beliefs without alienating anyone. Then I realized what I have to say is honest. And hopefully, my honesty won't make anyone feel alienated. What I have come to realize also is that these beliefs don't stem from my upbringing so much as my own personal experience. And, most importantly, my own personal relationship to our Creator. The Creator of our tiny little speck of sand called Earth, the Creator of the universes. Yes, it's amazing to have an intimate relationship with this Creator. For the purpose of the book I would like to refer to Him as I AM. That is His name. And what makes me so special, that He wants to know me? In the scheme of things, I am a small fraction of a piece of sand, on this piece of sand planet, in this tiny solar system hovering the outskirts of a small galaxy, within the company of billions of other galaxies, in our infinite universe within universes! The answer is, I truly don't know why I'm so special. But I do know that He thinks I am. None of us deserves it, but He created us for a reason, and it was for His pleasure.

I had a very powerful epiphany in 2006. The circumstances in my family at the time were very hard and we were facing a lot of adversity. These things coupled with my genetic disposition toward depression caused me a serious bout that basically kept me in bed for probably a year. I also started battling severe migraine headaches during this time, and didn't have any luck with preventive medications. The combination of these two quite disabling conditions led me to seek sleep, the more of it the better to escape the living hell of these conditions in my waking life.

One time as I was drifting off to sleep, I suddenly found myself in the presence of God. Yes, the Great I AM. I knew this absolutely, with every fiber of my being. The feeling I had is indescribable. The sense of utter peace and happiness was something I have never come close to in my life here on Earth. Nor would the very happiest person on the planet. This realm is not on this plane of existence, so it can't be compared to happiness and peace we feel here on Planet Earth. It was as if I had always been viewing the world with the blinds half-shut. And suddenly my view was phenomenal- multidimensional. Colors were so unbelievably vivid! Most important was how I felt. The love that I felt in His presence was nothing that could be described. And even as I knew I was in His presence, I was also quite aware that where I was was only a fraction of a fraction of His glory! Yet it was the most wonderful feeling I've ever experienced. What I got from this was very clear. The message was purely and simply LOVE. A love so great for all mankind. I was saturated in it.

I know that most people won't have an experience like this. That's why I am so grateful that Mark has allowed me this privilege of sharing it with you. Clearly it was meant to be shared. Because I am not the only one I AM thinks is special. He loves us all the same. Yes, that means you, too!

True to concepts outlined in this book, Kris arrived in my life in response to a thought. In November 2008, I decided the only way I could ever write this book would be to have someone with an interest in the subject matter transcribe it. I have known Kris for some time through the Duran fan base and had not heard from her in a while. When she contacted me, I felt compelled to ask "so what do you do?" and I was gobsmacked by her answer to say the least. The Universe works in infinitely more powerful ways than we can ever comprehend. Perhaps everything we need is just one stretch in trust away. Thank you so much for your help Kris, this book could not exist without you. Tyx.

Thank you for reading my book. I hope you derived as much pleasure from reading it as I experienced writing it. This book and the illustration within is the result of many hours work by a number of significant people and reflects over one hundred years of collective life experience.

We paid particular attention to providing you with valuable content and the price of the book reflects this; while the physical size of the book is a deliberate choice in aesthetics and does not represent any aspect of its value.

The book is designed to fit in the back pocket of your jeans, so you can take it with you everywhere you go and refer to it and often.

If you bought an electronic copy of the book you are receiving the same information with the added convenience of being able to buy it immediately, as well as being able to duplicate it and store it on your computer or reading device.

The real value of the book for you the reader is in acquiring the information within it and as both versions are identical, I made a decision to release the electronic version at exactly the same price point as the physical book. If you are undecided as to which is the best format for you, then I recommend you buy both.

I was originally going to price the book at £8.95 or £8.97 to entice readers into thinking it was significantly less than the £9 it actually is, but I would like to credit my readership with more intelligence. How did I arrive at the price? I like the number 9.

If you were given a second hand copy of this book, or someone has emailed you a duplicate electronic copy, then I invite you to consider the value of the information you have received and I respectfully request you make a donation equivalent to the cover price of the book.

While the recommended donation is £9 you can make your donation any amount you wish (based on your means to pay perhaps). Visit: <http://donations.logicofattraction.com>

Like other sections of the book, this passage is designed to be thought provoking.

The reason this passage comes last in the book is to give you time to think about it.

With everything you have learned from The Logic Of Attraction in mind:

- Consider your thoughts about paying for this book.
- What would you be telling yourself about money and value if you felt the need to acquire this information without paying for it?
- What would you be ‘attracting’ into your life?

Despite being able to find and download music and software for free, and having done so in the past, I now firmly believe in paying for it.

On a very subtle level, if I pay for music or films, I derive more value from my listening or viewing experience. I simply enjoy the product more. The same can be said for books.

There is a hidden cost to piracy; and it affects financial well-being in much the same way as the broken window theory I explained in chapter 11.

For example, this book was written using legitimate software.

In order to derive the most value from the products I used to write the book, I went out of my way to ensure all my software was licensed before writing it.

What you pay for this book is a measure of your belief in the value you place on the information you received from it. In life, henceforth you will act on that belief. If you pay nothing for this book, then for you the concepts will have no real value, there will be no context for them in your belief system, nothing will change and you will simply continue to attract more of what you already have.

If you choose to believe *Logic* is the way of the 'law of attraction' then your wish is your directive.

Go forth in LOVE!

In closing...

If you have a pirate copy of this book on your hard disk and you have not made it to this sentence yet, no need to pay. Maybe the information wasn't for you?

A small percentage of readers will get the above concepts on piracy very quickly.

A smaller percentage of those will understand at a level that will enable them to have everything they want in life.

Which are you?

Time to write another book perhaps?

See you on the other side of the looking glass,

Mark Ty-Wharton

<http://logicofattraction.com>

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INDEX OF URLs

Because of the changeable nature of the internet, I have designed the URLs in such a way that should you find this book ten years from now, links will give access to valid information about the person listed.

A logicofattraction.com suffix does not always imply a direct affiliation to the organisations linked. It is simply a convenient representational system.

In the order they are mentioned in the book.

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Nick Batt (sonic state podcast)

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The Logic of LOVE (a true value of your worth?)

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