**What the Heck is the Law of Attraction?**

You may have heard about the Law of Attraction, but you may not know exactly what it is. In essence, it is a philosophy that suggests that you can bring positive or negative experiences into your life simply by focusing on positive or negative thoughts. Basically, it is a universal law that says you will attract such experiences based on your overall mindset, whether it is positive or negative. The Law of Attraction is part of the New Thought Movement, and it can be practiced greatly by focusing on your own thoughts and attitudes.

The Law of Attraction states that you will experience things based on your predominant mental attitude. This means that you if you think positively and encourage uplifting, optimistic thought, you are more likely to have a positive experience in life. On the other hand, if you focus on negative thoughts and ideas, bad things will be attracted to you and you will suffer from the pain that comes along with them. Your subconscious mind can actually control the way that things happen to you, so it is important to think positively if you hope to have a happy and healthy life.

Negative emotions such as worry, fear, and stress can have a negative bearing on your physical and mental health. When you allow these things to take over your mind, you are creating a negative energy that attracts more negative situations. You might find yourself in dangerous situations when you think negatively, or you may be more susceptible to injury and disease when you don’t allow positive thoughts to permeate your being.

The Law of Attraction also states that you will experience more financial success if you focus on positive thoughts. If you tell yourself that you will be highly successful, you are more likely to carry out the tasks and receive higher paying jobs in the future. You can ensure that your successes are more frequent and lucrative when you focus on being financially successful. Thinking negative thoughts may bring concepts that ultimately end with you losing money, so it’s important to remain positive and look towards financial success rather than dwell on failures.

The Law of Attraction is important when it comes to relationships as well. When you visualize another person based on their positive attributes, you are more likely to get along with them and benefit from a strong relationship. If you remain positive around other people, they will think positively of you and will be more likely to become your friend. This can also work with romantic relationships. Visualizing a positive atmosphere and creating an optimistic view of the person that you are pursuing can play a strong role in harboring a successful romantic relationship. As you remain positive, you will gain more confidence and be better able to attract the people that you are looking to attract. Just as good situations will find you if you are positive, so will great partners in the future.