

Bashar and the Law of Attraction

Clearing up some misunderstandings in "The Secret"

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The Secret: "You can be, do and have anything you want!"

Yes, in a general sense, you (as a soul) can incarnate in every way imaginable.

But for right now, in this life, perhaps you would like to consider this:

You can be at peace, and in joy, and available to share kindness and compassion at each and every moment regardless of your outer circumstances. [1]

With practice, you can experience this positive emotional state of being more easily, more often, and in a deeper way. This state of being arises when you drop your emotional "pushback" against what you do not prefer, and the less you push back, the deeper your peace and joy will be. Your resistance is what causes your emotional suffering. You can test this yourself. Once you get the hang of being more "emotionally allowing" in fairly easy situations, you can try it in more difficult situations. With practice, you will get better and better. You can certainly do this.

Please take careful note that you can adopt this attitude of emotional acceptance while still working to change the things that would have otherwise triggered frustration, anxiety, unhappiness and so forth. So this word "acceptance" does not mean that you will do nothing about the things that you do not prefer. You can work on improving the conditions of your life (and also help make the world a better place) while enjoying a positive emotional state of being rather than experiencing a negative one. That in itself is a big improvement.

Suppose you get a pebble in your shoe. No problem. Just take off your shoe and remove the pebble. That's not so hard to do, right? But if you did not want to deal with it at all, you might become mildly upset. But when you are really honest, you see that it is also possible to handle this without getting upset at all. No need for that – just fix it with a smile and move on. Similarly, with practice, you will be able to joyfully deal with more difficult problems. The key is holding a positive emotion while dealing with things you don't want.

It is important to understand that the permanent removal of worry, frustration, fear or any other negative emotion is achieved not by getting everything you want, but instead by changing your core beliefs that prevent peace, love and joy from naturally arising within you. Also note that this posture of acceptance is only part of what is needed for you to have a fulfilling life. You were not created to just sit still in a state of peaceful acceptance. You are here to joyfully and fearlessly dive head first into your life in your own unique way with kindness and compassion for everyone.

With *The Secret*, you are supposed to focus your thoughts on the specific outer conditions that you desire. But I think you should instead primarily focus on cultivating a positive inner emotional state of being first. This is done by working on your core beliefs, which are habitual thoughts that you have come to accept as true. Your core beliefs are not fleeting or superficial conscious thoughts, but instead, they are ingrained habitual thoughts. But even so, they can be easily examined and changed if you choose to do so. More on this later.

Now, of course you need to pay attention to your outer conditions, make choices and interact with other people since you need to be practical and function in the world. This is how you take care of yourself and help others. So that will take a certain amount of focus. Let's not overlook that. Yet you can use your own state of being as an indicator to help you learn if your core beliefs are wholesome and healthy for you. Negative emotions point to core beliefs that you might want to drop or modify.

Your core beliefs and emotions are at the beginning of the creative process. Let's look at the full process right now.

The creative process: beliefs, emotions and action

Bashar, as channeled by Darryl Anka, says that the creative process has three components:

- 1) your chosen core beliefs
- 2) the emotions that arise in alignment with those core beliefs and
- 3) the actions that you then choose to take. All possible actions will be in alignment with both your core beliefs and your emotions.

Your beliefs, emotions and actions are what create your outer circumstances, and those circumstances are best understood as a reflection of those three things.

This is why Bashar suggests that we call this the Law of Reflection rather than the Law of Attraction. And by the way, this law is always working. You do not need to believe it in order for it to work. In fact, you cannot stop it from working since it is working for everyone all the time. Yet when you finally recognize how it works, you can then consciously choose how you want to use it.

So what can you create? Let's take a look at what Bashar offers about the scope of your creative power and your freewill:

"There are two types of freewill: the freewill of the physical you, the physical consciousness you know yourself to be [and] the freewill of what you might call the higher consciousness, the total being. Now the freewill of the higher consciousness usually will express itself in your terminology as what you perceive as predestination or fate but it only expresses its freewill in that sense in the most generalized of terms. All of the specifics of how you experience the freewill of the higher consciousness is up to the freewill of the physical being you are in this world at this time.

"[Here's an] analogy [...]. Let us say [that] before you chose this physical life, [when] you were more blended with your higher self, you determined that through and down a specific hallway in this life, you would [travel]. That is your general theme, your general destiny. How you [travel] down that hallway is up to the freewill of your physical being. You can walk, you can run, you can go in the light, you can go in the dark, you can go alone, you can go with friends, you can swim, you can fly, you can go backwards, you can go upside-down, you can look [in] all the doorways [along] the way, you can go right to the end. It is up to you how you [travel] down that hallway, but [travel] down that hallway, you will, because that is the basic experience that the total soul, the freewill of the total being you are, desires to have." [2]

So your “total being” is indeed free to explore whatever it desires through many lives. Yet it has chosen a specific theme to explore in this life. As a metaphor, imagine that you have chosen the theme of playing the ukulele. This is obviously a very limited musical instrument. It is very small and it can't play very loud. It only has four strings and a modest musical range. Yet I once heard a ukulele virtuoso passionately explain that he had fallen in love with his ukulele precisely because of all its limitations. And boy, could you hear this love affair come alive when he played!

Notice that an infinite number of songs can be played on this limited instrument. What a delightful paradox! So again, even though you cannot do absolutely anything with your life, there are still an infinite number of ways for you to proceed.

If you try to go outside of the limitations of your current theme, you might become frustrated or confused. Well, I want to inspire you to emotionally accept the apparent limitations of your life while still working and playing within those boundaries. No one knows ahead of time what will arise when you joyfully pursue your wholesome, unselfish desires. But rest assured that when you adopt a positive attitude, without insisting on any particular outcome, you can avoid most of that frustration. Bashar encourages us to follow our excitement with integrity, which means we should respect both ourselves and others.

Bashar emphasizes that you should not try to directly manipulate your outer circumstances in order to become happy, you have to be happy first. If you are looking into a mirror and you see that your hair is messed up, you can't push a comb into the mirror to fix it. If you want to see a smile in the mirror, you must smile first. Our own personal circumstances are also a reflection and they can only change if you first change your state of being by changing your core beliefs. If you insist that favorable circumstances arrive before you choose to be happy, you will wait forever.

Most people think that their circumstances determine their emotions. That's why some people say things like, “Boy, that really makes me mad!” Or “I can't help it. That's just the way I feel.” But when you get right down to it, you can choose to be at peace and in joy even if the situation is one where most people would choose otherwise. Let's look into this a bit more.

The switch from the roller coaster of unconsciously chosen habitual emotions to a steady, positive emotional state of being comes about when you adopt new core beliefs. All emotions flow forth in alignment with your core beliefs and different beliefs lead to different emotions. Usually the core belief that leads to negative emotions is one that says that you cannot handle the situation in a way that you want and that you need things to be different. But what if you can still be okay no matter how things develop? What about giving up the idea that you need it to be a certain way? Can I inspire you to at least give this attitude a try while still working towards your preferences?

Positive core beliefs lead to positive emotions. Positive emotions then lead to positive actions, and then finally, all of this leads to ... you were expecting me to say “positive outer circumstances.” But at their core, all circumstances are intrinsically neutral – they have no built-in goodness or badness. Yet your positive attitude will create a positive experience. This is a very important point: all circumstances are intrinsically neutral but they will reflect back what you bring forth.

So this is not about creating specific outer circumstances so that you can then become happy. If you are not happy most of the time, then you must first change the core beliefs that are preventing you from being happy. This is about removing blockages and being open to the surprises that positive core beliefs, emotions and actions will bring you.

Happiness is not a result, it is a choice that is always available.

Here is how Bashar puts it: “Circumstances don’t matter! Only [your] state of being matters!” With this, he is of course saying that your circumstances do not control or create your emotional state of being and that your state of being “matters” (materializes) in the world around you.

Now is a good time to offer you Bashar’s definition of abundance. Here it is: “*The ability to do what you need to do when you need to do it.*” And he likes to firmly add, “Period!” Notice how this is about “the ability to do,” and not about money or material possessions. So you can be abundant in the most beautiful way without having any money at all. Amazing. He also points out that many people think they need something when in fact, it’s just something that they want.

Abundance is about what you really need, not about what you want.

Any frustration about not having what you want can be used as an inspiration for growth. If any negative feelings arise, you can look for the core belief that you need to drop or modify so that you can dwell in a positive emotional state of being right in that present moment. Along this line, Bashar has some interesting comments about fear. He suggests that we would truly benefit from fear if we treated it as a friend and joyfully celebrate the arrival of any fear. (“Oh joy, a fear!”) You can use this fear to help you clearly see any core belief that is out of alignment with who you truly desire to be.

Now let’s consider Bashar’s response to a question from a TV host about creating a peaceful world without feeling the need for powerful weapons to protect us. The host asks (paraphrased), “What can we do to create peace and harmony?” Bashar responds, “Recognize first of all, [that] you can begin to teach the following idea to every being upon your world: Each and every individual truly is as powerful as he or she needs to be to create whatever reality they desire without having to hurt anyone else or themselves in order to create it.” [3]

So there is no need for any fighting at all. You do not need to overpower or outvote anyone or even convince anyone of anything. And I want to specifically point out that you certainly don’t need to fight for your freedom. That is simply an unnecessary limiting belief that actually leads to war so it can be dropped completely.

At the deepest level, you have never been a victim of anyone or anything. Your experience is your own personal responsibility. Just pick your core beliefs and let things flow naturally from there. As more people start using the principles of conscious creation, it will be easier for even more people to open up enough to give it a genuine try. But even still, you can only be responsible for your own experience. Simply offer these ideas to others and do your best to be a good example.

In conclusion, let me offer the following two core beliefs. Notice that they do not focus on any specific outer conditions.

- 1) I am a worthy and deserving person, worthy of a fulfilling and joyful life.
- 2) I dwell in a deep and everlasting peace with kindness and compassion for everyone.

Seth, as channeled by Jane Roberts, offers the first one as what he calls a “prime belief” and he suggests that you drop any other core beliefs that are out of alignment with that one.

Of course there is more to this topic. If you are inspired, perhaps you would like to read another one of my essays that complements this one. It goes into how to change your core beliefs and what to do if you are not getting the results you want. Here's the link – [Seth: “You create your own reality!”](#)

Well, that'll wrap it up for today. I hope you found this helpful. And since this wisdom unfolds more freely and completely when there is a dynamic two-way conversation, please feel free to get in touch with me via email from my website. Maybe we will be able to setup a zoom session on a donation-only basis with a suggested donation of zero.

In truth, I honor your divine nature.

All my best, Thomas Razzeto

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Footnotes:

[1] I would like to quickly point out that there are times when genuine tears will naturally flow. Sadness can be a profound experience and it should be fully honored for what it is. So if you lose a loved one, for example, let the tears flow and while that is happening, step back just a bit and see if you can find an emotionally peaceful place where you can witness the beauty and profoundness of this human emotion. [More here](#).

[2] 47:30 into this YouTube video:
[Darryl Anka & Bashar Full TV Interview 1987 \[FIXED AUDIO\]](#)

[3] 43:30 into the same video.