

Bashar and the Law of Attraction

And why I make a distinction between Bashar and "The Secret"

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

Hmm ... So how's that working out for you?

And 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. You could become mildly upset, then take your shoe off and remove the pebble. That's not so hard to do, right? You would only become upset if you did not want to deal with it at all. Too much of a hassle and you have other pressing things on your mind. 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. Again, with practice, you will be able to joyfully deal with more difficult problems.

It is important to understand that the permanent removal of worry, frustration, fear or any other negative emotion comes about, 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 just to 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 *The Secret*, you are supposed to focus your thoughts on the specific outer conditions that you desire. But I think you should instead focus primarily on cultivating a positive inner emotional state of being first, before you even consider your outer circumstances. This is done by working on your core beliefs, which are just 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.

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.

The link between your core beliefs and the emotions that you experience is at the beginning of the creative process. Let's go into this a bit more 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 when those beliefs are mixed with your mental evaluation of your current situation and
- 3) the actions that you then choose to take.

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? Anything at all? As far as I know, almost all of the high-profile teachers of the Law of Attraction say that you can create anything your want. That's the big selling point and without that claim, these teachers would probably get little attention. But is this really true? 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, as 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 at all the doorways down 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” chooses a general theme to explore in this life. Then the physical you continually makes specific choices about what to pursue as your life unfolds. One theme might be a life where you become blind at an early age. Will you then just feel sorry for yourself or will you choose to live in joy, as best you can, and perhaps even be an inspiration for others? Some of you may know the story of Helen Keller and how she inspired millions of people even though she was both blind and deaf for most of her life.

Now if your goal is outside of the limitations of your current theme, one thing that might come about is frustration or perhaps even bitterness. For example, if you really had a serious health challenge, it might remain with you for your whole life even if you tried everything you could to heal it. But you still could express yourself in countless ways and I want to inspire you to emotionally accept the apparent limitations that you might seem to have. As you work and play within and around those limitations, they may (or may not) dissolve and fall away. No one knows ahead of time what will arise when you passionately pursue your wholesome (unselfish) desires.

As a metaphor, consider the ukulele, which is obviously a very limited musical instrument. They are very small and they can't play very loud. They only have four strings and a modest musical range. Yet I once heard a ukulele virtuoso passionately explaining 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! And notice that an infinite number of songs can be played on this limited instrument. What a delightful paradox! So again, what I am saying here is that even though you cannot do absolutely anything, there are still an infinite number of ways for you to proceed with your life.

Now in my opinion, even if you do pursue goals that are within your theme, the specific results will still be unknown ahead of time. Life is an adventure with plenty of surprises and the universe is not your personal mail order catalog simply waiting for you to clearly make up your mind and place your order as some people have claimed. *But whatever arises will always be in alignment with your core beliefs, emotions and actions.*

One bumper sticker put it like this: *Joyfully seek what you love, joyfully love what you find.*

Yep, that's what I'm talkin' about.

Conventionally, we think that our circumstances determine our 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 think about it, you see that your emotions arise when your core beliefs, which are your habitual thoughts, are mixed with your mental evaluation of your current situation, which are your dynamic, in-the-moment thoughts. Yet those dynamic thoughts flow from and are in alignment with your habitual thoughts. So if you keep the same core beliefs, you will always feel the same when similar circumstances arise. Ah, but if you choose new core beliefs, you will experience new emotions. And then if you also take new actions that demonstrate that you really do believe what you say you believe, you will soon see a different set of circumstances.

So your circumstances really have no power over your emotions at all. Here's how Bashar puts it:

“Circumstances don't matter! Only [your] state of being matters!” With this, he is of course saying that 1) your circumstances do not control or create your emotional state of being and that 2) your state of being “matters” (materializes) in the world around you.

Because of this, Bashar emphasizes that you should not be doing this in order to become happy; you have to be happy first. He puts it like this. If you are looking into a mirror, you must smile first in order to see a smile reflected back to you. Likewise, he says that our own personal reality is also a reflection and it 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. Keep in mind that your own personal reality is made up of your own personal experience and your own unique set of circumstances.

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.

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 what you want.

Any frustration about not having what you think you need can be used as an inspiration for growth. If it arises, you can ask yourself if you want to choose a negative emotion because a desire is unfulfilled or if you want to choose a positive emotion just because you can. And then move on to the next most exciting thing that you are wholesomely (unselfishly) inspired to do. By the way, Bashar says a similar thing about fear. He takes on a comedic attitude when he playfully suggests that we celebrate the arrival of any fear. ("Oh joy, a fear!") You can use this fear to help you clearly see a core belief that is out of alignment with who you are as the more polished person you are becoming.

God created everything and continues to take care of all of creation, including you. God did not create everything billions of years ago and then abandon it all to chaotic randomness. God did not even abandon the smallest part of creation. When you were growing in your mother's womb, she did not consciously build your body. It was the hand of God that did that. Then, at the moment of your birth, God did not say, "Well, I've done my part. It's now all up to you. I'm outta here." God is still fully involved, and you are still fully supported. *You can't get rid of God or God's perfect love.*

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 specifically asks, "What can we do to create [...] peace and harmony?" Bashar responds, "Recognize first of all, [that] you can begin to teach every being upon your world the following idea. 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]

Notice that Bashar is speaking from the perspective of the whole soul when he talks about creating whatever is desired. Yet even from the perspective of the physical consciousness (the person you appear to be), you can still create a fulfilling life within the scope of your current theme without needing to harm or outmuscle anyone. You are never a victim of anyone or anything.

Each and every circumstance in your life arises in accord with your beliefs, emotions and actions. There is never any need to be in a tug-of-war with anyone. And I want to specifically point out that you don't need to fight for your freedom. That belief is simply an unnecessary limiting belief that actually leads to war. So this is a belief that can be dropped completely. Trust that you will always have everything you need and that you never have to fight for anything.

Of course there is more to this topic and 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, what to do if you are not getting the results you want, and the question of who is really doing this. Is it you, the person you seem to be? Is it your higher self? Or is it something higher even still? That essay is mostly based on what Seth offers us in some of his books, which were channeled by Jane Roberts. Here's the essay – [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. After that, maybe we will be able to speak on the phone or on a video call over the internet.

In truth, I honor your divine nature.

All my best, Thomas Razzeto

Written July 16, 2018.

Footnotes:

[1] I would like to quickly point out that there are certainly times for genuine tears. Sadness can be a profound experience and as a natural experience, 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] 47:07 into this video, which is from a public talk in San Diego in 1987:
[FULL BASHAR \(DARRYL ANKA\) RARE OLD INTERVIEW](#)

[3] 43:40 into the same video.