



Perception and the Law of Attraction
Creation by Stepping Stones or Stumbling Blocks

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The way in which one responds to situations in life depends upon their *perception*. Everyone senses their environment similarly, but once the sensation reaches the cortex of the brain, it can be perceived quite differently. As an example, one may see a piece of broccoli and excitedly reach out to consume it, while another will look at the broccoli in complete disgust. Both sensed the same piece of broccoli, but the perceptions were entirely opposite. One's perception of their world determines their behavior.

Sensory will always occur and occur automatically – our nervous systems are designed to obtain as much sensory information as possible. However, perception of our senses is not preset - it is trained by our experiences and can be changed over time by channeling and controlling one's thoughts and associations. Humans have a unique ability to control and channel energy – thoughts and emotions! These thoughts and emotions interact with all the energy present in the universe and eventually become reality. Henry Ford stated, “Whether you think you can or you cannot, you are right!” Those few words quickly sum up human potential. One succeeds or fails long before they even complete the process – or even begin!

When a pebble is dropped into a pond, the ripples begin to slowly propagate and eventually affect the entire body of water, albeit in large or small ways. Likewise, one's thoughts and emotions transport a ripple or wave throughout their entire body and to their surroundings of the universe (literally meaning “*one song*”). As energy is always flowing, the universe will eventually respond and reverberate this energy back to the individual. Thus, all are equipped with the power to create their future through the laws of the universe.

One must come to recognize that they are the only one who can control and maintain their thoughts. Even during the darkest of circumstances, it is the individual that chooses their predominate thoughts and feelings – the energy that creates their future.

Take two boys that are complete opposites. One boy is always happy and grateful, the other, always irritable and negative. Desperate to find a method to assist the boys in finding happiness, the parents seek assistance from a counselor. The counselor advises the parents to only give their boys one present during the upcoming Christmas season - the present was to be a bag of horse manure. Naturally, the parents hesitated but resolved to follow the counselor's advice. Christmas morning came, and cautiously the parents ventured into each of the boy's rooms to observe the outcome of their gift. Their negative child was moaning and complaining about the horrible smell and the lack of presents; their positive child was jumping on his bed, laughing with excitement. The parents, eager to know of his inexplicable reaction inquired as to why he was so excited. The little boy responded, “With this much manure, there has got to be a pony somewhere!”¹

This story teaches the importance of perception – one’s own negative emotions become their personal stumbling blocks to happiness. The more one expresses negativity, the more they will stumble. Eventually, one may become like the twin boy who is unhappy and sad all the time. Ultimately, one’s negativity prevents them from enjoying today, the gift of the *present*.

Alternatively, one can choose to react to their given circumstances in a happy, appreciative, and pleasant manner. By simply expressing gratitude for all of their unique experiences and possessions, they empower their minds to accept more good things. In other words, they turn their stumbling rocks into gratitude rocks. They simply take the negative experiences as stepping stones to a brighter future by expressing gratitude for each moment.

How often do people prohibit their success because they do not believe in themselves? People are who they are today because of their predominate thoughts and choices yesterday; their tomorrow will be based upon their predominate thoughts and choices today. One must consistently *live in the present* to create more abundance and happiness – one cannot change the past for it is a memory; the future is an anticipation and is based on today. Winston Churchill stated, “You create your own universe as you go along.” The only true barrier that is ever present in one’s pathway is their own thoughts and emotions, for they are the energy that influence the immediate surroundings and are the energy of creation!

Begin to visualize your future. What magnificent things will you accomplish? What dreams do you have that you want to strive for? Create it by showing gratitude for what you have today. Think and ponder about your desires and then get to work. Your life of abundance, happiness, and prosperity is waiting for you!