



Essential Energy

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Will What We Fear Really Appear?

Who among us has not heard of the Law of Attraction?

There are many ways to state it: "What you think about expands," or, "Your thoughts create your reality." Then there is this version of the principle:

Whatever you fear, will appear.

These well-meaning philosophies are meant to increase abundance and stimulate mental discipline. In me, however, they often do the opposite. Unbridled, these statements have the power to terrify me.

I think back to my first pregnancy. I was scared to death. I drank margaritas before the test strip was "positive." Had I already caused a birth defect in my unborn child? I was certain I would blow the delivery, sleep through my baby's cries, and never lose my baby weight. What frightened me even more was the advice I received from a well-intentioned healer, in whom I confided.

"Fear is a powerful emotion," she said. "Better think positive thoughts or you will create what you are most scared of."

The advice did not help me much – rather - time did. I made it through the delivery, although I cannot say I was very polite to my husband, and my son was born hale and hearty,

with lungs so well developed that I could have slept next door and still heard him. Within a short amount of time I even lost – well - re-proportioned the pregnancy weight.

Was I just lucky? Or is there a deeper principle at play, one more important than the Law of Attraction?

Recently a client told me that she was sure she had caused her own breast cancer. "My mother had breast cancer. I saw what she went through and have always been scared the same thing would happen to me. I guess I gave myself cancer."

Unfortunately, many people exposed to the Law of Attraction share the same type of inverted logic, which has become an integral mainstream doctrine. What we think and feel can shape how we perceive reality, but can a single thought or fear really cause everything that happens to us or to another person?

There are seven billion other people on this planet, all with voting rights. We have 60,000 or so thoughts a day and our feelings cycle continually, a primary emotion like anger - often including several secondary and dozens of tertiary emotions. Not only that but we can feel several primary emotions at once, which include joy, surprise, anger, sadness, fear—and love.

Can the fear of giving birth to a challenged child singularly create a disability? Let's ask the question a different way:

Cannot love cover a mother's desire to want the best for her child?

Can a woman scared of getting breast cancer actually give it to herself?

Maybe the better question is this -- can a client's love of life help keep her alive?


My client's sense of guilt began to disappear when I told her that because she was scared, she had regular mammograms. The cancer was caught early and was highly curable. Why shame herself for her fear? Rather, why not understand it, embrace it, and then affirm the positives that had resulted because of it? After seeing the situation this way, my client stopped feeling "bad," she stopped beating herself up for being scared. The fear went away.

None of us want to live with constant anxiety and fear. Telling ourselves that our fears are causing all the bad things in our lives might not create our physical reality, but it will



make us miserable. This is why it is important to get to the bottom of a fear or stressful emotion, and help our clients do the same. Ultimately every feeling is doing us a favor, pointing out a place where we can transform our perception from fear based to love based. If we help a client transform the energy of an emotion into a constructive decision, action, perception, or goal, we can better achieve the goal of healing, which is to increase our ability to give and receive love.

As said by the Buddha, "Our sorrows and wounds are healed only when we touch them with compassion."

Perhaps we should rename the Law of Attraction. How about -- the Law of Love? 



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more

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