

CHAPTER SIX

THE LAW OF ATTRACTION

There comes a time when enough inquiry generates a response. There comes a time when, at the behest of the student, the teacher appears. There comes a time when, as we become open to new interpretations of life, the Universe in all of its knowing and capacity responds.

As a result of my own quest, I was introduced to Transcendental Meditation in 1973 and I have been meditating ever since. Interestingly, I find the daily discipline of meditation a match and an equal to the process of meditation itself. The mind is initially quite unruly and meditation is a great antidote. After all, if we are going where no man has gone, a bit of order for our minds is not a bad idea. For those wishing to become more intentional in their lives, meditation brings a great return on investment. The discipline and regularity of the practice alone is a very powerful tool.

There is the concept of right-handed and left-handed crutches. A left-handed crutch is similar to alcohol or drugs or other “helpers” to get us through the day, though with a strong potential for debilitating

VISIONARIES THRIVE IN ALL TIMES

side effects. A right-handed crutch successfully aids in our daily affairs and enhances the quality of our life for the long term. Meditation brings a comfort and certainty to our lives as we become accustomed to becoming quiet and “listening” with our nervous system. As we make choices to include habitually healthy routines to enhance our being, we begin a process of ready expansion and growth.



For those wishing to become more intentional in their lives, meditation brings a great return on investment.

Meditation is a process by which we attune our nervous system to the thrivings of the Universe. Meditation is about sensitivity and refining our existence. It would be fair to state that learning to align with the cosmos is the purpose of meditation. For example, think of the nervous system as an extensive antenna system,¹ for which meditation attunes and aligns us to a bigger picture. Refinement of our nature is the result.

There is ample evidence that a majority of people go through their lives without this introduction due to a fear of the unknown, or a fear of what might be their underlying nature. We all know we are full of wreckage, so why go to the trouble to look? Certainly there are many who go through life with the least introspection possible, much less as their primary objective. For many, ignorance equates with bliss.

When I first began to meditate, I had never spent 20 minutes alone with myself. In fact, I had never been introduced to myself. I did not know myself, and somehow, I thought that what was inside of me was going to be far more sobering than I cared to experience.

Besides, who was “me”? One of the few things I knew growing up was that I didn’t want to be like my father. But I didn’t know how not to. I had no idea how not to. The idea of venturing within seemed like no-man’s land, and certainly I was afraid of what I might find out about myself. Besides, what would I do with what I found? I wasn’t sure I wanted to know. It wasn’t much different than being afraid of



THE LAW OF ATTRACTION

the dark and dealing with the unknown, except this was “me.” But my life was not flowing effortlessly along, and the question “Is this all there is?” was clanging around in my head, telling me I needed to be doing something different.

Slowly but surely, I decided there had to be more to life. In combination with the memory of my earliest years and wanting to put the expression “rhythm of the universe” into some perspective, I decided to move forward. It was during a particularly trying time that I heard a radio commercial extolling the virtues of Maharishi Mahesh Yogi and Transcendental Meditation that caused me to act. The next thing I knew, I had shown up with a piece of fruit as a gift, and I was off on a lifelong adventure that had a deep felt influence on my immediate life, and, ultimately, a vast influence on the direction and outcome of my entire life.

Within the safe structure of Transcendental Meditation, I ventured into myself. Initially, I noticed, besides the introduction of myself to myself at the ripe old age of 23, my day was calming down. My day was becoming a bit easier to manage, a bit less frazzled on the edges, and for that matter, at its core. I meditated for 20 minutes twice a day, every day, and, over a period of years, customized and refined the process quite a bit. After all, this was in the privacy of my own mind and my own free time. Adulthood was complex and confusing, and I needed all the help I could get. Meditation was a great deal of help.

Meditation brought a type of peace to the fray that made a difference. During hectic periods in the early days, I took advantage of sitting in bathroom stalls (as was taught) or out in my car and meditated for a quick five minutes, which seemed to bring me back to that state of comfort and peace. I then went back to my day renewed and refreshed. Over a period of years, and now after 30 years, I relish the time spent alone and have come to rely on meditation as an important part of my daily routine. It has never occurred to me to quit. It was actually 10 years before I even took my first major break during the America’s Cup Trials in Newport, Rhode Island, in the summer of 1983.

VISIONARIES THRIVE IN ALL TIMES

That summer, Australia's entry, "Australia II," skippered by John Bertrand and their secret winged keel, won the America's Cup from the New York Yacht Club and Dennis Connors for the first time in 132 years. Obviously, America and the New York Yacht Club had dominated yacht racing for quite some time, and this was a huge upset. This particular summer was the setting for vast intrigue and extensive rule book review, not to mention extensive partying and celebrating by the spectators. Newport's America's Cup competition and reverie became so predominant that meditation took a back seat for the one and only time in my life. Of course, when my life settled down, meditation came back like an old friend.

Other than that one significant time frame, I meditated every day because, as I often expressed it, "Meditation glued my day together." Meditation gave me an edge that I could not get anywhere else.

I remember making a decision sitting on a bar stool at the young age of somewhat less than 30, that I could either continue to generate substantial bar bills and ego-generated gratuities or take my life a bit more seriously. After all, I finally decided that running up hefty bar tabs and getting out of the bar without knocking anything over and backing my car out without hitting anything was little more than a big ego trip. I remember choosing intentionality and the commitment to self-improvement over the easy road of drinking myself into a fun type of stupor with the limitations of that sort of adventuring.

I discovered that meditation, self-hypnosis and goal-setting worked very well together. Somehow, meditation and clarity about goals and subconscious programming was bringing me everything I wanted. I was married to a beautiful woman who was also a flight attendant. We traveled extensively, and I sold sailboats for a living. With the help of meditation and goal-setting, I traded up through five boats in five years, and by the age of 27, I was at the wheel of my new 39-foot sailboat, moving it down the intercoastal waterway² to its new home port of Key Largo, Florida. By my divorce at age 30, my wife and I had

plenty to split, and we were ready to go our separate ways. Though I'd had a few bumps along the way, life was beginning to make some sort of sense.

I discovered an aspect of my inner life in meditation and the focus of my outer life in goals and goal-setting. I became an observer of my realities and began to look to see how I could influence and improve them. As any commission sales person knows, how we prepare for the day has a great deal of influence on how our day turns out. And, as any commission salesperson knows, we understand a great deal about how to “season” the mind and how to accept setbacks as we move toward our goals.

I learned that every “no” was one more no toward getting the yes that I required for a sale. Selling became much easier as I learned to look for buyers instead of attempting to sell boats to potential customers. Luckily for me, selling sailboats was an easy and comfortable lifestyle. I still remember eating lunch by myself most days to regroup after the first half of my business day and many, many days sitting in my car meditating, and otherwise doing what I could to encourage the quality of my outcomes. I was absolutely driven to improve the quality of my life, which, in my earlier years, was more predisposed toward the quality and quantity of my paychecks and building my asset base. At the same time, meditation was a very pleasurable experience.

The Busy and the Quiet

My meditation shifted over the years. At some point, the mantra fell away, and meditation became second nature to me. I discovered the teachings of Bhagwan Shree Rajneesh (Osho) around 1979 and, among other things, I was introduced to “Dynamic Meditation,” from which I added a bit here and a piece there to my own meditation. In “Dynamic Meditation,” one dances wildly in place in a darkened room to wildly beating drum music going through four phases of instruction and

VISIONARIES THRIVE IN ALL TIMES

catharsis until suddenly the voice on the tape authoritatively commands, “Stop!” When we come suddenly and perfectly to a complete stop after wild gyrating, mindless dancing and perspiration running down our face, we discover that God or Source or Infinite Intelligence is “right there,” and, of course, the realization that God or Source has always been “right there.”

The point of the meditation, the dancing and crying and hooting and yelling and catharsis, was to throw the mind (habitual belief systems) so far off-center, that when we came to a stop, we suddenly found ourselves for several minutes faced with a perfectly quiet and still mind. A quiet mind has a direct link to God, or, Source. This is the purpose of meditation. What I now incorporate into my meditation and do so every day is a quiet aspect, a somewhat dynamic aspect, and then a quiet aspect for an even deeper meditation experience.

For a number of years, I used a yoga asana called “Salute to the Sun,” which settled my brain into a disciplined pattern of activity (throwing the brain off its regular noise) for which I would do 12 sets (144 repetitions) and then immediately settle into meditation. After a period of time, I began to include affirmations. During the “in” breaths I would state a short affirmation, similar to “I am open to receive” or eventually “I am open.” On the exhalations I always used “I release the past” and eventually “I release.” I would then immediately go into my meditation. I found this to be a very powerful experience as I continued to refine my attempts at fusing my conscious and subconscious belief systems with intention and interaction with Source.

Today, I meditate for approximately 20 minutes, do some yoga stretching (without disturbing the meditation state) for 5 to 10 minutes, and then I go back to meditation for another 10 minutes or so. The last 10 minutes is typically much deeper. Typically, I then journal for another 15 minutes on the computer as I attempt to maintain the state I have just come from.

THE LAW OF ATTRACTION

Somewhere I learned that by keeping one eye closed when disrupted in meditation I was able to maintain my connection. As I moved from meditation to journaling, for example, I would take advantage of one eye closed, allowing me to bring the state of meditation to my computer and my journaling experience, which eventually surfaced as this book. Typically, before I write, I meditate. I then bring my meditation experience to my writing, having full appreciation for the quiet that is available to me as I attempt to transpose what is in my mind onto paper.



*The less the mind runs
unconsciously, the
cleaner our realities
begin to show up.*

I find journaling to be a very valuable and insightful discipline. Initially, I used journaling as a catharsis to relieve and release whatever was floating and bumping around at the surface of my mind, and then as a tool for moving deeper toward contact with my inner nature. I then discovered the technique of pretending that I was writing from a third-party perspective. The third-party perspective allowed me latitude and freedom of expression. It also removed me from the constraints of my day-to-day beliefs. I used to begin: “Good morning, Jim. We are pleased to speak with you,” and then I would begin to write.

What I learned is that meditation takes me from my busy mind to my connection with Source. My natural state is my connection with Source, Infinite Intelligence, God, etc., while my noisy mind drowns out this subtle insight and connection that is otherwise so readily available to me. The more we are connected with Source, the less our mind runs endlessly. The less our mind runs endlessly, the less our mind runs unconsciously. The less our mind runs unconsciously, the more capacity we have to listen, and the cleaner and clearer our realities begin to show up.

I invite you to experience this. It is apparent that what we output, we create as our reality. As we output cleaner and clearer thinking and

less extraneous thinking, what has been producing our reality begins to settle down. Our outside world begins to show more order, more symmetry and more harmony. Our days are held together by a new type of glue, of which I will speak more a bit later.

The Abraham Teachings

I was introduced to the Abraham teachings in about 1994. Abraham is the name of a non-physical group of teachers who take the name Abraham, which to them means teacher. Abraham, as a group of entities and corresponding wisdom, is channeled by Esther Hicks. She and her husband Jerry have amassed a substantial library of tapes and techniques to improve one's life and generate alignment with one's inner nature. Abraham seminars occur most weekends of every month around the country and comprise a relatively simple, introductory 20-minute statement and theme, with the entire balance of the seminar as a question and answer session from the audience.

Abraham picks audience members in an order that allows for an expansion of ideas, culminating in what is always described by the audience as a powerful and heartfelt experience. There is a purity, love and compassion for the attendees that attest to the character and



*What we broadcast
matches up with
Universal Forces
and our realities
come to exist.*

wisdom that is Abraham's much broader view and overview. There is also vast compassion for the inquiring minds that show up for these seminars. Similar questions are often asked again and again, for which the Abraham perspective continues to offer answers, perspectives and tools for the inquiring mind without fault.

Time and time again, vast wisdom is displayed before audiences, for which one's gut and internal mechanisms clearly indicate that they are hearing information that is useful to their journey within. Abraham explains that individuals may be picked for questions because they have