

Don't Just Think Positive – Make Positive Things Happen!

I recently asked James Ray how he handles those people who say that gratitude has nothing to do with success. Here is what he said:

We live in a really exciting time, a time where spirituality and science are realizing they are sister studies. They're not in opposition. So, I can talk from the standpoint of a lot of spiritual traditions which I've studied and people can argue with me about that. But when I talk from a scientific perspective, you can't argue with it.

First and foremost, what you have to understand is that we live in a universe. Every single thought, every single emotion, coupled together puts a feeling out which is a vibration. A vibration, a feeling, is visceral. You feel that in your body. It has a vibratory rate.

We can capture with Kirlian photography a thought spike in your energy field. You can capture the energy field of a person and their vibrational rate with Kirlian photography. We've been able to do that since the 50s. Quantum physics tells us that every single thing is comprised of energy or light. Everything in this universe is 99.999 percent light or energy--those are synonyms. And so, consequently, light and energy vibrate.

It has a vibrational rate. Now in the physical form, you know, the chair you're sitting at wherever you are right now, the clothes you're wearing, all that is vibration. It's a mass of molecules in a rate of vibration. You put it under any microscope and you're going to see a mass of molecules vibrating. At the physical level, it's a much lower rate of vibration, and it goes up in scale to the spiritual level which is higher and high rates of vibration.

Let me just go on the record right now and tell you that I don't believe positive thinking works. Positive thinking is a crock. That's a technical term, and let me tell you why. I'm one of the most positive people and optimistic people you'll ever meet, but here's the metaphor, you're going down the highway and your gas gauge is on empty. You slap a smiley face on and think it's going to take care of itself. It doesn't take care of itself. Positive thinking is putting on a smiley face on the root of the problem.

You've got to pull over and fill up the gas tank. And, consequently, as a result, you have to deal with the root or the cause in your life as well. Many people will teach affirmations. I learned affirmations back in the early 80s with a guy named Lew Tice. I taught, you know, some of his programs back in the early 80s and what I found is that sometimes they work, but most times they don't. The reason is because you are reciting, I am abundant, I am abundant, I am abundant, I am abundant. But the feeling, vibration inside of you says, It's a crock, it's a crock, it's a crock.

Well, the universe picks up the vibration. Words are noise. The vibration is what attracts things into your life. To be in a state of gratitude is a vibratory rate and it's attracting goodness into your life. It's not about pumping yourself up and putting a smiley face on every once in a while and saying everything's wonderful when you know inside, you know, it's not.

About the Author

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