



Law of Attraction (3000BC)

Law of Attraction is a great Law says that “You are a living magnet”. You invariably attract into your life people and situations in harmony with your dominant thoughts. You have probably heard of the Principle of Sympathetic Resonance. This is where you strike a musical note (such as “A”) on a piano. If you walk across the room to the guitar sitting by itself in the corner you will find the “A” string vibrating in harmony with the piano.

With a closer look you will see that we live in a world of vibration. Everything is vibrating. We may not see it with our physical eyesight yet under a microscope we know that nothing rests. Everything is in a constant state of vibration.

Thought is one of the highest forms of vibration there is. So it makes sense that what we think about begins to attract things of a like nature to us. Much like the “A” note being struck. The initial vibration sets up a chain reaction where things of a like nature (vibrating in harmony) attract themselves to each other.

Knowing this, it is fair to say that the people, results and things you have in your life are ones that you have attracted.

Question for you – what results are you attracting in your tennis?

The state of vibration (we call these states, feelings or moods) you are in determines the level at which you play. People who coat themselves in negativity operate from a lower form of vibration. They naturally attract things of a like nature. Fear, loss, frustration and anger become their ruling states.

People who have an understanding of what we are talking about here, tend to operate from a higher place. One where peace, love and passion for what they do become the core of their success.

Let’s take tennis for example...

Successful tennis players play tennis because they love it. They love every part of it. The challenges and difficulties that each game tests them with only serve to make them more complete as a person.

They attract people who encourage them, who are fun to be with and play with. Their matches and practice times together are where they produce their best tennis.

Why do you think Agassi and Sampras always played such great tennis matches? Together they went to higher levels. Higher levels of thinking, higher levels of feeling and higher levels of performance. Interestingly they also attracted each other to a number of showdowns in Grand Slams finals. The pinnacle of the game has long been reserved for the players in the right states of mind for the period of those two weeks.

The Law of Attraction is so precise in its nature that you will get exactly what you think about, in proportion to the emotional involvement you have with it. The greater the intensity of emotion you feel with an idea the faster you attract it into your life.

Have you had this experience? Read on to see if you can relate...

You are about to serve a second serve, and for some reason a double fault flashes across the screen of your mind. You begin to feel certain that this is going to happen. The doubt overwhelms you, flooding your body in an instant. You toss the ball in the air, strike it and look down the court to see your ball fly out (or hit the net).

You have probably experienced the opposite when in a split second you pictured the ball hitting the line. It happened so fast that you failed to recognize it as it happened. You look up to witness your ball hitting the dead centre of the line. It feels so good. It's almost like you ordered that exact shot and it arrived for you at just the right moment.

This is a basic example that almost all tennis players can relate to. If you look closely you will see it relates to all areas of life.

Just as you are like the piano, the living magnet you are, you will surely attract into your life, things consistent with your vibration.

"Think positive" is too often used as a cute saying. Being positive is something that holds deep meaning. It must be thought about and felt with every cell of your body. Once mastered, you can use it to achieve results that most people often only dream about. And you can have them whenever you want.

The Law of Attraction is working for you whether you realize it or not. Knowing that this Law is always present and working relentlessly to bring you what you think about, the question worth asking yourself is, "Am I thinking about what I'm thinking about?"

Focus your thoughts on the things that you want and you will inevitably and often surprisingly receive them. The more you understand how this Law works, the less surprised you will be.