

The Truth About Manifestation and The Law Of Attraction

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Abstract

The purpose of my research project is to develop a stance on whether or not manifestation is a real phenomena. Manifestation is the idea that a person can actualize their desires by using the power of their subconscious beliefs, and there are numerous entities that purport this to be a real ability we possess as humans. In order to gather information, I plan on conducting virtual interviews with fifteen of the top experts in the manifestation world. In these interviews, I will focus on three topics: the scientific (or spiritual) basis for manifestation, anecdotal evidence of theirs, and different manifestation techniques. After the interviews, I plan on analyzing the various opinions to determine what theories were most commonly referenced and which were the most promising. As a result, I hope to be able to make an informed argument on whether or not manifestation is possible. Finally, I will incorporate this argument into a written report overviewing the theories and techniques of manifestation.

Introduction

Manifestation is defined as the power we possess as conscious beings to influence our realities through our subconscious beliefs. The concept was popularized in Rhonda Byrne's 2006 novel, *The Secret*, which discusses how a person's mindset has direct effects on their life. In the novel, Byrne asserts that the Law of Attraction is the force that is responsible for the manifestation of our beliefs. This universal law is based on the idea that "like attracts like", and that the energy of our subconscious beliefs will actually attract the real-life version of itself. For instance, if a person deeply believes that he is well liked by his coworkers, then the Law of Attraction would cause that to happen (Byrne 2006). Aside from Byrne, there are numerous other influential people that promote manifestation as a self-help strategy and truly believe it to be more than a fictitious idea. Many of these people even claim to have their own manifestation success stories, asserting that they used the Law of Attraction to make their dreams come true. Based on all the stories out there, it may seem that manifestation is a very real concept. However, can we prove through either scientific or statistical evidence that manifestation is actually responsible for these results?

Background

The initial work that inspired me to look into manifestation was the CIA Gateway Document. This document discusses the "Gateway Process", which is a CIA-designed training system used to teach a person how to channel the energy waves that comprise their consciousness towards specific purposes. This process is based on the theory that if a person can focus enough to bring coherence to the frequencies and amplitudes of their left brain waves and right brain waves, then they potentially have the ability to move their consciousness beyond their body and into the external universe. The basis for the Gateway Process' validity is in part based on a few theories about the universe's structure and how everything within it is made up of energy. The reason the CIA spent the time and resources developing this process was initially to solve issues of national security; for example, they used a person trained in the Gateway Process to look at the inside of a Russian seacraft. I remember reading this document and thinking it was incredibly interesting that a government agency actually spent time and resources on developing a process for manifestation. What's even more interesting is that they had high levels of success in using it (McDonnell 1983). Reading this set me on a search to find more details and theories regarding the scientific basis for manifestation.

Many of the following sources I found actually came from a variety of famous authors and gurus who have built their careers around promoting manifestation. For instance, I read and watched various pieces of content from Bob Proctor - a famous self-help guru whose methods are based on the Law of Attraction. Proctor believes that he actually used manifestation himself

in order to build his multi-million dollar business. His idea of the Law of Attraction is quite similar to that described within the CIA Gateway Document. Proctor asserts that everything in the world vibrates at a certain energy frequency, and if we can put our own vibrations in sync with that of our dreams, then there is nothing stopping us from achieving them (Proctor 2016). Another influential figure in the manifestation world, Greg Kuhn, capitalizes upon Proctor's opinion with his theories on quantum physics. In his book, *Why Quantum Physicists Create More Abundance*, Kuhn references the famous Double Slit experiment - a test that many quantum physicists argue gives credence to the idea that all matter exhibits both energy wave and particle properties, and its state of being is not manifested until it is observed. Kuhn goes on to assert that our universe is built upon a quantum field - an invisible field of energy that represents all possibilities and has the potential to become anything. As the energy vibrations of our subconscious thoughts interact with this quantum field, our own expectations command the quantum field to create the physical world around us (Kuhn 2013).

Some of the most interesting sources I found were the ones that provided anecdotal evidence for manifestation. For instance, in Richard Aubin's work, *The Science of Manifestation*, he writes about how manifestation seems to fail for most people because the Law of Attraction only works for your subconscious beliefs, not your conscious thoughts. In other words, you can't manifest something by just thinking it to yourself over and over - you must truly believe it deep down. Aubin goes on to discuss how the main obstacle stopping us from turning our conscious thoughts into subconscious belief is the "Doorman" - our rational feelings of doubt that our thoughts are not true. Aubin's method of overcoming this "Doorman" is through a process called NAPS. To use this method, a person must first create audio recordings of their own affirmations. Then, they must listen to their affirmations on repeat while they are asleep. This works because we sink into Theta brain waves at certain times during our sleep, and this sleep phase is most susceptible to suggestion. Aubin asserts that, through using this method, he was able to manifest significantly more sales for his business (Aubin 2011). Aside from *The Science of Manifestation*, another source I found that offered anecdotal evidence was Lena Kay. Decades ago, Kay was at an intense low in her life, as she was overweight, depressed, homeless, and even had a brain tumor. Once she learned about the power of neuroscience and the Law of Attraction, she began to actively manifest a better life for herself. Now she is a successful entrepreneur who helps people to manifest the lives they desire. In Kay's Ted Talk, she cites one of her success stories about a woman she worked with who was experiencing knee pain. This woman's doctors had told her that she had bad arthritis that would only continue to worsen. Kay told the woman to disregard the doctors, and she helped her to focus on the parts of her body that were healthy and to imagine her knee was healthy as well. In three weeks, the woman's knee pain was completely gone, and in six months, her blood tests showed that her arthritis had reversed itself (Kay 2017).

Overall, there is an abundance of stories from people who believed that they succeeded in manifesting things for themselves. Some of these are more believable than others. However,

there seems to be less work in the area of determining the actual scientific reason behind why manifestation happens. In the sources I found, there were a decent amount of theories proposed, but there haven't been any actual scientific experiments done in the name of manifestation.

Methods

In my endeavor to answer my research question, I plan to interview 15 of the top influential figures in the manifestation world. These figures include a wide variety of people: people who have either done academic or scientific work regarding manifestation, people who own self-help businesses centered around using manifestation, authors who have written about manifestation, etc. I would initially reach out to thirty of these people, with hopes to hear back from at least half. If I do not hear back from 15 at the minimum, I would reach out to others instead. Many of these experts have their own websites or companies, so I would easily be able to find their contact information and reach out to them. I might need to use LMU's connections in order to get a response from certain experts. For those who do not have the time for an interview, I would just send them my questions via email.

There would be three major topics that I would ask these experts about. The first would be how exactly the Law of Attraction works from a scientific or spiritual level. The second would be their manifestation success stories that seem to be evidence of manifestation. The final topic I would ask about is the best strategies for manifesting your desires. Since we are in Covid times, the interviews would be conducted via Zoom, and the only thing I would require for them is my laptop. Once I interviewed 15 of the top experts, I would analyze the interviews and see which opinions are most common and which ideas are most compelling.

I believe that conducting interviews with these people is the best way to gain information on manifestation because it is such a nebulous topic that would be incredibly difficult to perform a scientific experiment on. Our best bet for determining whether or not manifestation is possible is to go off of statistical evidence of it occurring for people.

During the first week of my project, I would engage in research to decide who the top thirty figures in the manifestation world are. During the following week, I would take the necessary steps to reach out to each one. Some people will take more time than others to contact depending on how easily I can acquire their information. I would give the following three weeks to hear back from these contacts. Once I hear back from one, I would try to schedule the interview as promptly as possible. If, after the first three weeks, I do not receive at least fifteen responses, I would reach out to 15 more people. I do believe that once I get enough responses, all the interviews can be conducted within two months of starting the project. This all depends on

the availability of the figures I am interviewing. For the sake of time, I have also decided that I could email the questions and ask for a written response if necessary as well.

Regarding time, I would hope to interview each expert for about an hour each, so that should take me about 15 hours total for the interviews. If I get more than fifteen responses, I will gladly interview more experts. After the interviews, which should conclude about two months after the project start date, it will probably take me about 5 hours to compile all the opinions I received and then draw comparisons between them.

Expected Results

After conducting all the interviews, I would hope to have 15 expert opinions on each of the three aforementioned topics. From there, I would compile a document that compares the final results and shows which ideas are most popular. There will most likely be certain prevailing opinions on what the scientific basis for manifestation is, as well as the best strategies for manifesting your desires. My report will also give an overview of the wide range of opinions that exist in the world regarding manifestation.

Conclusion

The concept of manifestation seems almost too good to be true. How can manifestation - the idea that a person can actualize their desires by manipulating their subconscious beliefs - be possible? My research endeavors to answer this question by determining whether or not there is sufficient evidence that proves the validity of manifestation. Through my research, I also hope to gather information on the various manifestation techniques that people use and the logical reasoning behind why they're successful. By interviewing 15 of the top experts in the manifestation world, I will be able to compile enough opinions to determine the overarching theories. Although I most likely will not be able to provide concrete evidence of the Law of Attraction and manifestation, I believe my research will provide a substantial argument that supports whether or not manifestation is possible. Furthermore, my research will offer a comprehensive overview of the major opinions regarding manifestation, as well as common techniques that are used to practice it. I believe my final report will be a great resource for anyone looking for a wide range of perspectives on manifestation all in one place.

Budget

Based on the research methods I would use, I do not believe this project would require money unless I have to pay an expert for their time. In that case, my budget would depend on the rate they ask for. However, since many of these experts are big philanthropists and educators, I am hoping that they would be willing to let me interview them for free as a college student performing research.

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