



THOUGHT VIBRATION OR THE LAW OF ATTRACTION IN THE THOUGHT WORLD

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OR
THE LAW OF ATTRACTION IN THE
THOUGHT WORLD**

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Atkinson.

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PREFACE

In which we learn something of the author and how the book was born.

IN December, 1901, William Walker Atkinson in assuming the editorship of the popular magazine *New Thought*, introduced himself to the readers of that periodical in a memorable article. That article contained a clear, ringing, forceful statement of his individual creed, than which nothing can afford a deeper insight into the character and inner self of the man whose name appears as author of this book. It is the crystallized expression of the world-principles, the truths, which his writings seek to illuminate, and in my opinion should be read by every student of his works, as the key to the philosophy he teaches.

For this reason there has been prefixed to this, his latest book, under the title "*My Working Creed*," the most vital of the fundamental beliefs enunciated by Mr. Atkinson in that famous introductory statement of 1901. None can read the recurring, ringing "I Believe" of this author, without feeling an answering thrill of exaltation and power. To those who read this book I would say, imbue yourself thoroughly with the broad and beautiful spirit of those few preliminary paragraphs that you may pass on understandingly to the perusal of the teachings which follow.

Those who have an opportunity to refer to the article from which this Creed is taken, should do so.¹ It tells of the work, the material success, followed by over-strain, physical and mental breakdown and financial disaster, which marked the earlier years of William Walker Atkinson. It shows how he came to know what he now holds to be the truth, and how, in his own life, he has demonstrated its value. For from mental and physical wreck and financial ruin, he wrought through its principles, perfect health, mental vigor and material prosperity.

Mr. Atkinson, during the many years of his connection with the magazine, *New Thought*, built for himself an enduring place in the hearts of its readers. For four years his literary work was confined to its pages (including in addition, three books for its publishers), and article after

¹ Included in "New Thought Annual for 1902" published by The New Thought Publishing Co.

appeared dark to us, and would be able to use the wonderful power, Thought Force, just as we use any other manifestation of Energy.

As I have said, when we think we set into motion vibrations of a very high degree, "*but just as real as the vibrations of light, heat, sound, electricity.*" And when we understand the laws governing the production and transmission of these vibrations we will be able to use them in our daily life, just as we do the better known forms of energy. That we cannot see, hear, weigh or measure these vibrations is no proof that they do not exist. There exist waves of sound which no human ear can hear, although some of these are undoubtedly registered by the ear of some of the insects, and others are caught by delicate scientific instruments invented by man; yet there is a great gap between the sounds registered by the most delicate instrument and the limit which man's mind, reasoning by analogy, knows to be the boundary line between sound-waves and some other forms of vibration. And there are light waves which the eye of man does not register, some of which may be detected by more delicate instruments, and many more so fine that the instrument has not yet been invented which will detect them, although improvements are being made every year and the unexplored field gradually lessened.

As new instruments are invented, new vibrations are registered by them— *and yet the vibrations were just as real before the invention of the instrument as afterward.* Supposing that we had no instruments to register magnetism— one might be justified in denying the existence of that mighty force, because it could not be tasted, felt, smelt, heard, seen, weighed or measured. And yet the mighty magnet would still send out waves of force sufficient to draw to it pieces of steel weighing hundreds of pounds.

Each form of vibration requires its own form of instrument for registration. At present the human brain seems to be the only instrument capable of registering thought waves, although occultists say that in this century scientists will invent apparatus sufficiently delicate to catch and register such impressions. And from present indications it looks as if the invention named might be expected at any time. The demand exists and undoubtedly will be soon supplied. But to those who have experimented along the lines of practical telepathy no further proof is required than the results of their own experiments.

We are sending out thoughts of greater or less intensity all the time, and we are reaping the results of such thoughts. Not only do our thought-waves influence ourselves and others, but they have a drawing power—they attract to us the thoughts of others, things, circumstances, people, "luck," in accord with the character of the thought uppermost in our minds. Thoughts of Love will attract to us the Love of others; circumstances and surroundings in accord with the thought; people who are of like thought. Thoughts of Anger, Hate, Envy, Malice and Jealousy will draw to us the foul brood of kindred thoughts emanating from the minds of others; circumstances in which we will be called upon to manifest these vile thoughts and will receive them in turn from others; people who will manifest inharmony; and so on.

A strong thought, or a thought long continued, will make us the center of attraction for the corresponding thought-waves of others. Like attracts like in the Thought World—as ye sow so shall ye reap. Birds of a feather flock together in the Thought World—curses like chickens come home to roost, and bring their friends with them.

The man or woman who is filled with Love sees Love on all sides and attracts the Love of others. The man with Hate in his heart gets all the Hate he can stand. The man who thinks Fight generally runs up against all the Fight he wants before he gets through. And so it goes, each gets what he calls for over the wireless telegraphy of the Mind. The man who rises in the morning feeling "grumpy" usually manages to have the whole family in the same mood before the breakfast is over. The "nagging" woman generally finds enough to gratify her "nagging" propensity during the day.

This matter of Thought Attraction is a serious one. When you stop to think of it you will see that a man really makes his own surroundings, although he blames others for it. I have known people who understood this law to hold a positive, calm thought and be absolutely unaffected by the inharmony surrounding them. They were like the vessel from which the oil had been poured on the troubled waters—they rested safely and calmly whilst the tempest raged around them. One is not at the mercy of the fitful storms of Thought after he has learned the workings of the Law.

We have passed through the age of physical force on to the age of intellectual supremacy, and are now entering a new and almost unknown

field, that of psychic power. This field of energy has its established laws, as well as have the others, and we should acquaint ourselves with them or we will be crowded to the wall as are the ignorant on the planes of effort. I will endeavor to make plain to you the great underlying principles of this new field of energy which is opening up before us, that you may be able to make use of this great power and apply it for legitimate and worthy purposes, just as men are using steam, electricity and other forms of energy today.

CHAPTER 2. THOUGHT-WAVES AND THEIR PROCESS OF REPRODUCTION

How thought-waves traverse the sea of Mind—The power possessed of reproducing themselves—Vibrations which affect us—Those which do not—Why?—We are what we have thought ourselves into being—The agency of others' thoughts in shaping our destiny— The working of the Law of Attraction illustrated by the Marconi wireless instruments—The Mind has many degrees of pitch—Positive thought—Negative thought—We are positive to some, negative to others—A knowledge of Mental Law can change us from negative to positive—More people on negative plane than on positive plane—Consequently more negative thought-vibrations—How to counterbalance them—Affirmations and auto-suggestions, and their uses—Establishing new mental attitudes—Development of the Will—A high tension not at all times desirable—Advantage of changing from positive to receptive, at will.

Like a stone thrown into the water, thought produces ripples and waves which spread out over the great ocean of thought. There is this difference, however: the waves on the water move only on a level plane in all directions, whereas thought-waves move in all directions from a common center, just as do the rays from the sun.

Just as we here on earth are surrounded by a great sea of air, so are we surrounded by a great sea of Mind. Our thought-waves move through this vast mental ether, extending, however, in all directions, as I have explained, becoming somewhat lessened in intensity according to the distance traversed, because of the friction occasioned by the waves coming in contact with the great body of Mind surrounding us on all sides.

These thought-waves have other qualities differing from the waves on the water. *They have the property of reproducing themselves.* In this respect they resemble sound-waves rather than waves upon the water. Just as a note of the violin will cause the thin glass to vibrate and "sing," so will a strong thought tend to awaken similar vibrations in minds attuned to receive it. Many of the "stray thoughts" which come to us are but reflections or answering vibrations to some strong thought sent out by another. But unless our minds are attuned to receive it, the thought will not likely affect us. If we are thinking high and great thoughts, our

minds acquire a certain keynote corresponding to the character of the thoughts we have been thinking. And, this keynote once established, we will be apt to catch the vibrations of other minds keyed to the same thought. On the other hand, let us get into the habit of thinking thoughts of an opposite character, and we will soon be echoing the low order of thought emanating from the minds of the thousands thinking along the same lines.

We are largely what we have thought ourselves into being, the balance being represented by the character of the suggestions and thought of others, which have reached us either directly by verbal suggestions or telepathically by means of such thought-waves. Our general mental attitude, however, determines the character of the thought-waves received from others as well as the thoughts emanating from ourselves. We receive only such thoughts as are in harmony with the general mental attitude held by ourselves; the thoughts not in harmony affecting us very little, as they awaken no response in us.

The man who believes thoroughly in himself and maintains a positive strong mental attitude of Confidence and Determination is not likely to be affected by the adverse and negative thoughts of Discouragement and Failure emanating from the minds of other persons in whom these last qualities predominate. At the same time these negative thoughts, if they reach one whose mental attitude is pitched on a low key, deepen his negative state and add fuel to the fire which is consuming his strength, or, if you prefer this figure, serve to further smother the fire of his energy and activity.

We attract to us the thoughts of others of the same order of thought. The man who thinks success will be apt to get into tune with the minds of others thinking likewise, and they will help him, and he them. The man who allows his mind to dwell constantly upon thoughts of failure brings himself into close touch with the minds of other "failure" people, and each will tend to pull the other down still more. The man who thinks that all is evil is apt to see much evil, and will be brought into contact with others who will seem to prove his theory. And the man who looks for good in everything and everybody will be likely to attract to himself the things and people corresponding to his thought. We generally see that for which we look.

You will be able to carry this idea more clearly if you will think of the Marconi wireless instruments, which receive the vibrations only from the sending instrument which has been attuned to the same key, while other telegrams are passing through the air in near vicinity without affecting the instrument. The same law applies to the operations of thought. We receive only that which corresponds to our mental attunement. If we have been discouraged, we may rest assured that we have dropped into a negative key, and have been affected not only by our own thoughts but have also received the added depressing thoughts of similar character which are constantly being sent out from the minds of other unfortunates who have not yet learned the law of attraction in the thought world. And if we occasionally rise to heights of enthusiasm and energy, how quickly we feel the inflow of the courageous, daring, energetic, positive thoughts being sent out by the live men and women of the world. We recognize this without much trouble when we come in personal contact with people and feel their vibrations, depressing or invigorating, as the case may be. But the same law operates when we are not in their presence, although less strongly.

The mind has many degrees of pitch, ranging from the highest positive note to the lowest negative note, with many notes in between, varying in pitch according to their respective distance from the positive or negative extreme.

When your mind is operating along positive lines you feel strong, buoyant, bright, cheerful, happy, confident and courageous, and are enabled to do your work well, to carry out your intentions, and progress on your road to Success. You send out strong positive thought, which affects others and causes them to co-operate with you or to follow your lead, according to their own mental keynote.

When you are playing on the extreme negative end of the mental keyboard you feel depressed, weak, passive, dull, fearful, cowardly. And you find yourself unable to make progress or to succeed. And your effect upon others is practically *nil*. You are led by, rather than leading others, and are used as a human door-mat or football by more positive persons.

In some persons the positive element seems to predominate; and in others the negative quality seems to be more in evidence. There are, of course, widely varying degrees of positiveness and negativeness, and B

may be negative to a, while positive to c. When two people first meet there is generally a silent mental conflict in which their respective minds test their quality of positiveness, and fix their relative position toward each other. This process may be unconscious in many cases, but it occurs nevertheless. The adjustment is often automatic, but occasionally the struggle is so sharp— the opponents being so well matched—that the matter forces itself into the consciousness of the two people. Sometimes both parties are so much alike in their degrees of positiveness that they practically fail to come to terms, mentally; they never really are able to get along with each other, and they are either mutually repelled and separate or else stay together amid constant broils and wrangling.

We are positive or negative to everyone with whom we have relations. We may be positive to our children, our employees and dependents, but we are at the same time negative to others to whom we occupy inferior positions, or whom we have allowed to assert themselves over us.

Of course, something may occur and we will suddenly become more positive than the man or woman to whom we have heretofore been negative. We frequently see cases of this kind. And as the knowledge of these mental laws becomes more general we will see many more instances of persons asserting themselves and making use of their new-found power.

But remember you possess the power to raise the keynote of your mind to a positive pitch by an effort of the will. And, of course, it is equally true that you may allow yourself to drop into a low, negative note by carelessness or a weak will.

There are more people on the negative plane of thought than on the positive plane, and consequently there are more negative thought vibrations in operation in our mental atmosphere. But, happily for us, this is counterbalanced by the fact that a positive thought is infinitely more powerful than a negative one, and if by force of will we raise ourselves to a higher mental key we can shut out the depressing thoughts and may take up the vibrations corresponding with our changed mental attitude. This is one of the secrets of the affirmations and auto-suggestions used by the several schools of Mental Science and other New Thought cults. There is no particular merit in affirmations of themselves, but they serve a twofold purpose: (1) They tend to establish new mental

attitudes within us and act wonderfully in the direction of character building—the science of making ourselves over. (2) They tend to raise the mental keynote so that we may get the benefit of the positive thought-waves of others on the same plane of thought.

Whether or not we believe in them, we are constantly making affirmations. The man who asserts that he can and will do a thing—and asserts it earnestly— develops in himself the qualities conducive to the well doing of that thing, and at the same time places his mind in the proper key to receive all the thought-waves likely to help him in the doing. If, on the other hand, one says and feels that he is going to fail, he will choke and smother the thoughts coming from his own subconscious mentality which are intended to help him, and at the same time will place himself in tune with the Failure—thought of the world—and there is plenty of the latter kind of thought around, I can tell you.

Do not allow yourselves to be affected by the adverse and negative thoughts of those around you. Rise to the upper chambers of your mental dwelling, and key yourself up to a strong pitch, away above the vibrations on the lower planes of thought. Then you will not only be immune to their negative vibrations but will be in touch with the great body of strong positive thought coming from those of your own plane of development.

My aim will be to direct and train you in the proper use of thought and will, that you may have yourself well in hand and may be able to strike the positive key at any moment you may feel it necessary. It is not necessary to strike the extreme note on all occasions. The better plan is to keep yourself in a comfortable key, without much strain, and to have the means at command whereby you can raise the pitch at once when occasion demands. By this knowledge you will not be at the mercy of the old automatic action of the mind, but may have it well under your own control.

Development of the will is very much like the development of a muscle—a matter of practice and gradual improvement. At first it is apt to be tiresome, but at each trial one grows stronger until the new strength becomes real and permanent. Many of us have made ourselves positive under sudden calls or emergencies. We are in the habit of "bracing up" when occasion demands. But by intelligent practice you will be so much

strengthened that your habitual state will be equal to your "bracing up" stage now, and then when you find it necessary to apply the spur you will be able to reach a stage not dreamed of at present.

Do not understand me as advocating a high tension continuously. This is not at all desirable, not only because it is apt to be too much of a strain upon you but also because you will find it desirable to relieve the tension at times and become receptive that you may absorb impressions. It is well to be able to relax and assume a certain degree of receptiveness, knowing that you are always able to spring back to the more positive state at will. The habitually strongly positive man loses much enjoyment and recreation. Positive, you give out expressions; receptive, you take in impressions. Positive, you are a teacher; receptive, a pupil. It is not only a good thing to be a good teacher, but it is also very important to be a good listener at times.
