



SCIENCE OF THE SOUL—EVERYTHING IS ENERGY

As far as science goes, quantum physics says that as you go deeper and deeper into the workings of the atom, you see that there is nothing there — just energy waves. It says an atom is actually an invisible force field, a kind of miniature tornado, which emits waves of electrical energy. Those energy waves can be measured, and their effects seen, but they are not a material reality, they have no substance because they are just energy.

We are of course made up of atoms. And atoms are continuously giving off, and absorbing, light and energy, all the time (even when we sleep!). Like energies tend to attract each other in order to create more of it, just as differing energies tend to repel each other.

So, if everything is vibrating a certain frequency, and that frequency is like a magnet attracting to it what it's putting out, than what does that say about us? Today, we are going to take an honest look at what our “magnet” has been attracting. **Answer the questions below.**

In the last month, what have you attracted into your life?

1. In terms of relationships: _____

2. In terms of finances: _____

3. In terms of work: _____

4. In terms of health: _____

5. In terms of success: _____

6. In terms of disappointments: _____

If you had to look at what you've created in the last month in terms of being a "positive magnet" or a "negative magnet" which energy would you say your magnet is attracting?

Who I've been in the last month to attract what I have attracted is . . . (Example: selfish, complaining, stressed/grateful, loving, committed) _____

YOUR STEP OF GREATNESS: Today, be intentional about your "magnet." Consciously send out positive energy and vibrations and watch what you are able to attract.