

# How we create our reality

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There is a certain principle which rules this universe. It is known by the term “law of attraction” or “law of resonance”. In fact it is a rather important thing and unfortunately we do not learn much about it in school. What is it about: In short, that what we send out, that comes back to us.

First let's get an understanding what is meant by “to send out”, “that what we send out”. Thoughts and emotions are unfolding within our consciousness. Thoughts and emotions create a certain quality within us, one could also say, a certain energy, mood or temper. It is that when we ask someone, “how is it going today?” or “are you in a good mood today?”. We could also call that kind of inner state vibration or frequency. In fact it is related to vibration. It is comparable with the vibration of a sound. Every human is different with regard to his or her vibration and so is each day.

Now, it is necessary to understand that every human has a vibration inside him or her, in each and every instant. The thing is, this vibration does have an effect towards how we experience the world and has an effect towards what is happening in our world.

As a sound, this vibration can be slow, respectively low, somewhere in the middle or fast, respectively high. The spectrum is endless. For example, thoughts and emotions of fear, blame, sadness, frustration or despair create a low vibration. Conversely, thoughts and emotions of happiness, joy, confidence, gratitude, trust, love, compassion result in a higher vibration.

It is not about being all the time in a high vibration, to have perfect thoughts and emotions. For most humans that is not possible anyway on Earth at this current time. I would like to invite you now, whether you can sense or feel a vibration, your vibration. And also to do this now and then. Please don't have a bad consciousness if you figure out that your vibration is not very high. That is the way for lots of humans. Believe me, to realize that one has a vibration, that in itself is precious, that in itself is the half way so to speak.

So, the law of resonance tells that what you send out, that comes back. That what you send out, that is the vibration that you have. The higher your vibration the more easy your life can become. It also gets easier to fulfill your wishes and to live as you like it. That can be said in general but also can be applied to a specific scenario. Here is an example: If you want to have more understanding from your beloved fellow human beings you need to be more understanding for others in the first place. If you want experience more compassion from others, then be more compassionate in the first place.

Another example: Money, finances. You may give attention where you put your focus. Are you focused on lack, on being poor, if so, that may manifest in your reality. Sometimes this happens on an unconscious level. You need to become aware where you put your focus regarding the different areas of your life. You can change your focus, for example you can focus on abundance, be it financial or otherwise. Whenever you see success in the world, just be happy for the person, for what you see.

Take care of what you think about yourself, about what believes you have about yourself. For example, if you believe “I don’t deserve this” or “I am not worthy enough for that” or similar things, then this will have an effect on your thoughts and emotions. It will effect your vibration and thus will effect your reality.

As you can see, your believes and your thought patterns are important. Those have been formed during childhood. Often there is some negative part in them. We observed the world around us and we listened what others told us about our self. We have believed it. Our parents didn’t know better. They had their own wounds and they didn’t have the knowledge and the means to heal them. The schooling system and TV have also contributed to this. It is all connected, no one is to blame, it is as it is. However now is the time to look at this with more consciousness and then it can change for the positive.

So, now the question comes up, what can we do in order to raise our vibration. First of all it is very helpful to bring more mindfulness, more conscious into our lives. We achieve this by becoming more present in the here and the now. Often times our awareness is preoccupied with thoughts in our mind. Those thoughts may be about a past that is over and a future that does not exist. We can come more into the now by giving more awareness to our senses. What do we see, what do we hear, what do we smell, what do we feel. It would be good to slow down our life, to rest more, to spend more time with our self, to spend time in nature. We can do the daily routines in a more conscious way.

At times, it might be difficult to focus on that what we really want. For example, abundance, health, love, hope, peace, connection, joy, gratitude and so on. Often times we have inner pictures and thoughts from the opposite. What is the reason for this? It is related to our wounds and our thought patterns. It is possible to heal our self, to forgive others, to discover our true self, to accept our self and to cherish our self. Then it will be easy to focus on that which we want to have more of.

With small steps we can influence how our vibration develops. We can choose what music we listen to, what movies we watch, what books we read, what humans we surround our self, what topics do we want to talk about, what vision do we have for our self, what thoughts do we empower. The fastest and most powerful way to raise the vibration is to practice gratitude. To have gratitude for the big things and the small things in our life. If you cannot find a thing to have gratitude for then look for the small things, like a bird sound, the rays of the sun, a good tea or coffee, to give or receive a smile.

Another piece in this puzzle, is to be peaceful inside. We can say yes to the present moment, to say yes to the way the present moment presents itself to us. It is all good, it is all well. It doesn’t mean to say yes to everyone who approaches us. In the contrary. Often times we say yes to requests from other humans when we really mean to say no. It is about accepting what is. This present moment is not about a story or a certain interpretation of the present moment. The present moment really is our direct experience of the now, where we are, how we feel, what we are doing currently, whom we are with, what the state of the body is etc.

It is really consuming a lot of energy if we fight that what is. It is already as it is, no one can change the present moment. If there is rain then there is rain, if we are in a traffic jam, then that is how it is, it is all good. We come into peace and from this peace power is arising. With that power we can create our future as we like it to be.

To conclude this text I want to add that it is important not to avoid or suppress emotions and feelings of unease. All emotions want to be felt. See more details in the chapter healing.