

Healing and the Law of Attraction

Shawngela Pierce, MS



Healing and The Law of Attraction

by

Shawngela Pierce, MS

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To IAM
Thank You for Your Guidance

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Sincerely yours,
Shawngela F. Pierce



Preface

This book has been a long time in the making, and has evolved from the multitude of questions that have plagued me in my search for health and balance.

As a child growing up in Detroit, Michigan, I experienced some major traumas that would shape both my health and career choices in the future. Unfortunately, I was never really equipped to handle all the emotional burdens of my surroundings. As with many children, I was taught to bottle up my emotions. The basic theme of childhood was that no one liked a crybaby. Life was tough, so you just had to learn to deal with it, or be crushed by it. These weren't all necessarily taught to me verbally, but it was definitely what was taught in my family and in the community at large.

As a result, I was determined not to be crushed by it, but to deal with it the best way I could. I did this by graduating in the top 1% of my class in Detroit. I then went on to graduate with a BS in Biology and minor in Chemistry from Purdue University. It was during my time at Purdue, however, that the burdens of the past started to surface. At first, I went through bouts of depression and anger towards authority. By the time I started working in Ohio as a Forensic Scientist, I had been diagnosed with asthma. In the beginning, the asthma diagnosis didn't worry me because I felt healthy overall. I thought it was a fluke and would soon resolve

itself. This was not going to be something that crushed me. I had already learned this lesson.

Meanwhile, my life moved on to other adventures. I earned a master's degree at Old Dominion so that I could teach college-level human anatomy & physiology. Unfortunately, as life was moving on, so was my asthma, but not like I had hoped. My asthma worsened dramatically and I became very chemically sensitive. The prognosis from the medical doctor and specialist was very dissatisfying, to say the least. I was basically condemned to a chronic dis-ease that would only worsen over time. I was given steroids, an inhaler for emergencies and literally sent out the door.

This treatment, if you can call it a treatment, was unacceptable to me. In my mind, this was profoundly crazy to think that the human body could not heal beyond this. I had always felt I had a strong vital force. Many times I would just go to sleep, when I felt bad. I would then wake up feeling much better. In any case, I was not going to accept conventional wisdom. I knew in my heart that I could heal.

My search for a cure eventually led me to pursue a naturopathic medical degree. I felt the answers and healing I sought would be found in medical school. I would then be able to share this knowledge with others. Boy was I correct! I did find the answers, but not in the way I expected at all.

While in medical school, I started getting treatment for my asthma and sensitivities. The transformation was amazing and I felt so much better. I felt my healing had truly begun. Despite this, I was still perplexed why even in medical school, all of the teachers had a different approach to healing. If I had gone to another naturopath, they would have treated me differently for my ailment. As a result, I started looking at the entire system and wondered why this was

the case.

What I observed was, in addition to the different approaches by the teachers, there were so many different modalities taught that also had their own theories of healing. We were taught Chinese medicine, herbal medicine, nutrition, homeopathy, hydrotherapy, mind-body therapy, physical medicine and more. On top of this, each and every student had their own personal opinions and beliefs. With all of these differences, the story just kept getting more and more muddled. I had so many questions. Who was right? Why were there so many different ways to heal? Was there one clear path to health? The only thing we all agreed upon was that traditional or allopathic medicine was not working for the masses. Even then, there were disagreements as to the degree that it was not working.

I had many discussions with my classmates. However, no one could satisfactorily answer my questions. I also could not make sense of it in my mind and felt really frustrated. As a result, I began to ask my source for answers, which led me to three profound books that changed the course of my career. The books were *Conversations with God, Book 1*; *The Law of Attraction* and *The Power of Now*. *Conversations with God* had the most profound effect, and felt like a lifesaver. It really resonated with me, and confirmed what I had innately felt to be true. We are powerful creative beings and have the ability to heal ourselves. The book also made me look back at my childhood. When I did, I realized how strong of a connection I had to spirit. I wasn't aware of it at the time, but it was what truly saved me. This is also what literally kept driving me for more answers.

This new insight, which felt like a revelation, changed my outlook on medical school. Over time, I began to realize that this was not going to work for me. It didn't fit into my belief system any longer. Yes, I truly admired and still admire the work of naturopathic doctors but

my values had changed. In medical school, they worked from the traditional paradigm, where a patient goes to a doctor and expects the doctor to heal them. For me, it was time for a paradigm shift in how we thought about healing.

Eventually, my struggle between what I believed and what was being taught was so strong that after 3 1/2-years into a 4-year program, I left. It was one of the hardest decisions of my life but one of the best choices I have ever made. Of course, I can say this now but it didn't feel like it at the time.

After leaving, I went on what I call a 2-year personal meditative sabbatical. I didn't go to any exotic place, I just remained in my condo. I meditated several hours a day for more clarity on my direction in life; for answers to the multitude of questions that still remained; and to deepen my connection to my source. During this time, it became clear that I would teach what I knew. Teaching had always been my passion so it was the natural route for me to take.

To ensure that my teachings would be authentic, I decided to allow my source to "speak" and "work" through me. I do this by naturally quieting my mind and allowing the thoughts to come forward. Some people would call it channeling, however, we all have the ability to do this. We all have the capability to quiet our mind and allow ourselves to come into alignment. Many people do it from time to time; such as with moments of inspiration, moments of clarity or being in the "zone." Unfortunately, very few people do it on a continuous basis. I, on the other hand, have made it my mission to rely on my source. As such, my source, whom I affectionately call "IAM," is the source of the teachings in this book as well as all the work that I do.

This book is written as a framework to help guide you on your path to healing, no matter what route that healing takes you. Whether

that path is in conjunction with a doctor, healer or by yourself, is not important. Everyone has a unique path to healing. As such, this book is not written as a recipe book of techniques. However, some techniques are given as suggestions to help you in the beginning. This book is really designed to empower you in your role in healing and give you the tools you need to become whole again. One such tool is developing a relationship with your source. In this way, you follow your true path to healing.



Introduction

If you are reading this, you could be doing it for several reasons. You could be reading this because you know in your mind or heart, that you can heal yourself. You could be reading this because you are familiar with the law of attraction and need more guidance on applying the principle to healing. You could be reading this because you were drawn to it. You could also be reading this because all other alternatives for you have failed and now you are reaching out to what you feel may be “one of your last resorts.”

Well let us reassure you that you can heal yourself. It is the innate ability of everyone on this planet to do so.

Have you ever wondered how powerful you are? Have you ever felt internally powerful as a child but then let that idea fade away as you became older? Have you ever wondered how you could heal yourself? Have you ever wondered why God or whomever you call your Higher Source, would make humans in such a fashion as to have it be necessary for someone else to intercede on behalf of their health? Have you ever wondered why someone else is always telling you what is best for you; especially concerning your health and well-being?

If you have ever asked any of these questions, you are not alone. Many people have these same burning questions but few truly seek to find the answers.

Throughout your life, you have been trained to believe there is always someone outside of you who is more knowledgeable than you. You have your teachers, your doctors, your parents, your friends, experts, etc. As a result, you have been raised to rely on others to make decisions regarding your life. In this book and from our perspective of healing, we challenge you to start relying on yourself and your own true inner connection to source. This is not to say that you will never need another. On the contrary. It is only to say that the true force of healing lies within you. When you understand that, then you can use the tools of the world around you to heal yourself.

You are far more powerful than you can imagine. You create and uncreate your health. It is as simple as that. There is nothing out there causing anything unto you that you have not brought into your reality. This may sound harsh but it is something we must make you aware of if you are to continue down this path. Of course, no one sets out to consciously create dis-eases or ailments. Most of it is done from an unawakened state. Most people do not realize how they are creating their reality. As such, they attract conditions in their lives, such as poor environments, unhealthy food, stressful jobs or a multitude of factors that support the development of a dis-ease. However, despite not knowing in the beginning, you can heal.

We assume that one of your first thoughts about our previous statement would be related to those who you feel have a mental or genetic disorder that is beyond cure from the conventional point of view. Well we tell you that this is not true. Any and all who desire can manifest better health into their reality. It is as simple as that and as powerful as that. Don't let anyone tell you otherwise. The choices of those souls who come here in what you consider an incapacitated state, is a choice of those individual souls. Judge not what you consider to be an inferior experience; for it is not.

For those who strongly believe the true causes of dis-ease are factors such as the environment, food, nutrition, etc.; let us make this clear to you, that you are the creator of your reality. This means you have created the conditions of where you live, the environmental conditions in which you live, what you eat, what you do, etc. You have also created how each of these affect you. If your first response is that “I was born there,” let’s again remember that you created that as well. The purpose of this book is not to get into the details of your prebirth choices. However, let us reassure you there were no mistakes in your place of origin.

If you are willing to accept all that we have outlined to you, walk down this path with us and we will show you how to heal yourself of any and everything.

Before we delve more into how to heal yourself, let’s first talk about the law of attraction. The law of attraction information we provide in this book is best suited for someone who already has a basic knowledge of the subject. However, if you do not already have this basic understanding, we will provide you with a basic overview. If you have further questions after reading the material, we advise you to explore this subject matter in more detail. This book is about law of attraction healing and a basic understanding is all that is needed.



Section I

The Law of Attraction

The principles of the law of attraction outlined.



Chapter I

Law of Attraction

Basic Overview

CREATIVE BEINGS

You are creative beings on this planet and are creating every aspect of your life. The Law of Attraction is a principle that outlines the way in which you create. The principles of the Law of Attraction have been called many things throughout the millennia, but the concept is still the same. Unfortunately or fortunately, depending on how you look at it, the Law of Attraction is working all the time. As such, you have been creating your entire life based on these principles. Most people do it unconsciously, however, once you become aware, you can do it consciously to heal and create a magnificent life for yourself.

As a creative being, you create both individually and collectively as a group. Collective consciousness is the term we use to describe creating collectively as a group. There are many levels of collective consciousness. There is the collective creative force of the planet all

the way down to the collective creative force of your immediate surroundings. For instance, there is a collective consciousness of the planet, your country, your nationality, your family, your work environment, etc.

Despite collective consciousness, your ability to navigate through the collective conscious force is of your doing. This means, you have the ability to create and maneuver the life you desire within the parameters of the environment, the food, the water, the air, the living situation, the job, the relationships, the health care, the government, etc. As a result of having the ability to create your life as you desire, we address much of the teachings from the perspective of raising your creative power “above” that of collective consciousness.

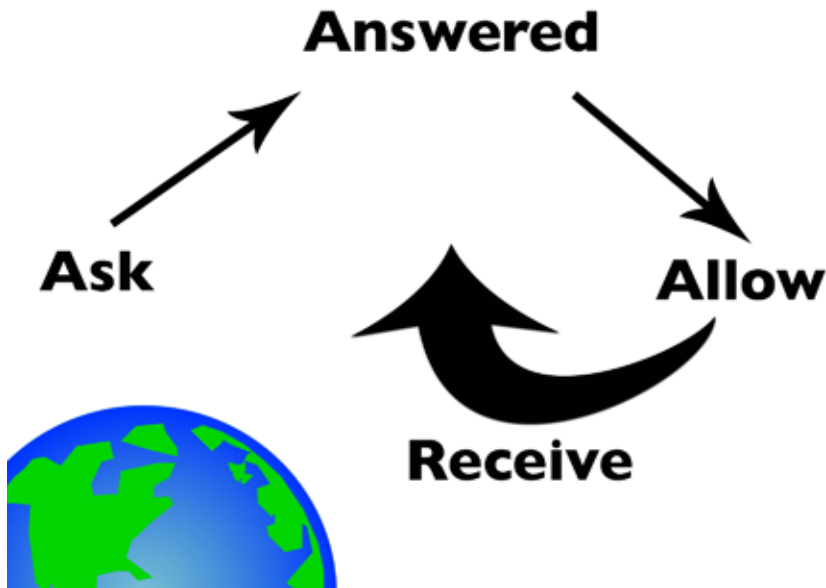
CREATIVE CYCLE

As you can see from the picture, the law of attraction creative cycle starts with the asking. When you ask, your source answers 100% of the time. Your job is to allow. When you allow, you receive that for which you ask. If we break the creative cycle into parts, we would have: Ask | Answered | Allow | Receive.

Note: Source is a general term we use to help explain the non-physical. It matters not if you call your source God, Heavens, Providence, Universe, Yahweh, Angels, Spiritual Guides, etc.; the concept of the law of attraction is the same. It is a universal concept.

If you truly stood in your power as a creative being, you would innately understand this natural flow of the creative universe. You would know that as soon as you asked, it would come into your reality at some point in time. There would be no need to doubt or question your worthiness. You would know that it was yours already and you would literally walk in faith until it arrived in your reality.

Because you have grown up in your society not understanding how you have created your reality, you have come to believe that you are not guaranteed the things for which you ask. Especially if you perceive the desire to be too big. Well we are here to tell you that that couldn't be further from the truth.



Law of Attraction Creative Cycle. Ask | Answered | Allow | Receive

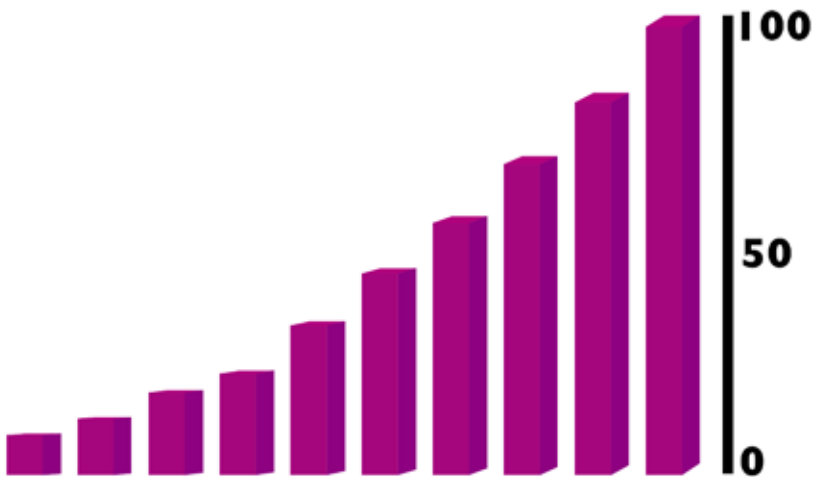
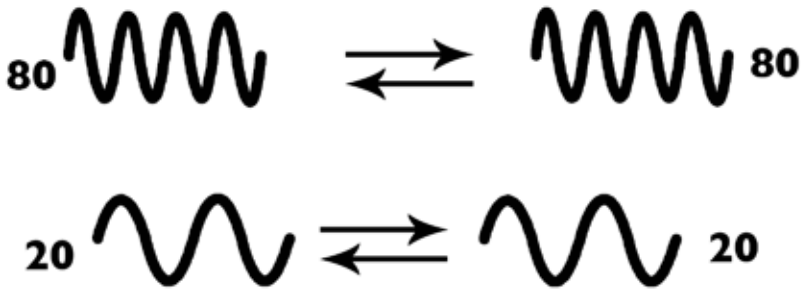
MATCHING VIBRATIONAL UNIVERSE

We live in a vibrational universe, where everything in it is made of energy vibrating at certain frequencies. This includes animals, plants, buildings, materials, dirt, humans, DNA, thoughts, emotions, cells, muscles, proteins, the body, etc. The concept of $E=mc^2$ outlines this the best.

Not all of the various forms of energy vibrate at the same frequency.

There are various frequencies for each and every thing. Some are similar and some are not.

What is created in your reality is based on vibrational matching of frequencies. As a result, similar vibrational frequencies will be attracted to each other. This is the same as saying like frequencies attract like frequencies. It is not, an “opposites attract” world,



A representation of a matching vibrational universe, where like frequencies attract like frequencies.

despite the popular concept in regards to romantic relationships. It is a creative universe based on matching vibrational frequencies.

To help clarify this concept, we like to use a vibrational scale of 0 to 100. Zero is the lowest vibrational frequency and 100 is the highest frequency of vibration.

As an example, if your thoughts are vibrating at a level of 20, then you will attract into your life people, places, situations, etc., that are of the same vibrational level of 20. On that same note, if your thoughts are at a higher frequency of 80, then you will attract people, places, environments, feelings, etc., that are of the same vibrational level of 80. Of course, this is an arbitrary scale, using arbitrary numbers, but it gives you an idea of how the universe matches frequencies.

Now that we have given an overall view of the law of attraction and matching vibrational frequencies, let's delve deeper into the specific parts, as we have defined them. Remember we break up the parts into: Ask | Answered | Allow | Receive.