



CHAPTER 1

How Life Works - The Rules of the Game

We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world.

- Gautama
Buddha

Now that's a bold title, isn't it? So, what ARE the rules of this Game called Life? Clearly we can expect a better outcome when we understand and apply the appropriate rules to the particular game we're playing. What if the Seattle Mariners baseball team were invited by the Los Angeles Lakers to play basketball? No matter how well trained Seattle is, no matter how hard they try, they don't have a chance. Their bats and balls are ineffective on a basketball court. Their rules don't match the game. It's the same with Life. To play and win and enjoy the game, it's essential to understand the rules. The number one, most important rule to understand is the Law of Attraction.

Law of Attraction

According to this Universal Law, we magnetize and attract to ourselves whatever we focus on - *whether we want it or not*. For example, if you think about and imagine yourself feeling exuberantly healthy all the time, you are attracting vibrant good health. If you worry about some dreaded illness and read scary statistics about the vast numbers of people who are afflicted with it, you are attracting illness.

When you focus on the object of your desire, it doesn't matter if you wish upon a star, offer prayers, or practice meditation, you are applying the magic of the Law of Attraction. This magic is not the exclusive province of any particular religion or philosophy. This magic is inherent in Life.

Thought-Feelings

I like to view *Thought-Feelings* as one hyphenated word because these two guys - thoughts and feelings - are the dynamic duo. Thoughts produce feelings. Choose a Thought - Get a Feeling.

Thought-Feelings are vibrational Energy which we are constantly transmitting to the Universe. This vibrational Energy attaches, like a magnet or a sticky note, to universal Energy that matches our transmission. That's why it's true that *what goes around comes around*.

**What You Think
+ What You Feel
—————
What You Attract**

When you give your attention to something, you are focusing Energy toward it and connecting vibrationally with it, and the physical manifestation will follow. The caveat – *Be careful what you ask for* – is apt since the Law of Attraction works equally well for creating what you want as for creating what you do not want.

Obstacles are those frightful things you see when you take your eyes off the goal.

– Hannah
Moore

Well-Being is Your Natural State

Joy is your natural state. Vibrant good health is your natural state. Thriving is your natural state. Prosperity is your natural state. Your natural state is high frequency pure Life Force Energy. Because the fundamental essence of the Universe is joy, when you feel joy, you are vibrating in concert with the current of Source Energy. When you are connected to this continuous inexhaustible flow of creative life force, you are literally *Full of Life*.

The Cosmic Café

You place your order via your Thought-Feelings and the Cosmic Café fulfills your request without judgment. The Cosmic Café does not distinguish between what you want and what you don't want. It simply responds to your vibrational Energy – *Coming right up!*

If you are joyous and believe that Life is a thrilling adventure, the Cosmic Café will serve you endless delicacies to enjoy. If you believe Life is a series of obstacles, the Cosmic Café will serve you difficulties day after day. In the Cosmic Café, you get what you vibrate.

If you think you're undeserving of joy, if you think that suffering is inevitable, if you think you can't really have what you want, the next chapter will shine a light on these limiting beliefs and help you release them from your vibration.

