

**INSPIRATIONAL BOOKS AS A DISCOURSE ON LIFE: PERSPECTIVES IN  
JOSEPH MURPHY' S *THE POWER OF THE SUBCONSCIOUS MIND***

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**ABSTRACT**

Literature has always had an appeal to readers catering to their aesthetic sense. Literary writings exploit any aspect of life for their discussion and make that their literary discourse. Inspirational books are indeed literature too but are quite often treated as mild and not as grave or 'high' as to be part of academic literature or the recognized literature's of the world. The following study probes into how inspirational books fuse several interdisciplinary thoughts such as religion, philosophy, psychology and science to form its matrix which makes it all the more an interesting study. Inspirational books attract readers of all religions and walks of life for its intentions are progressive and base their arguments more on the general ethics of life than in terms of propagating any individual religion. This particularly impresses any reader who is thereby not compelled to listen to any religious propaganda or discourse. Besides, the arguments delve into practicalities that are highly relevant and crucial for the sanity of everyday life unlike literature that tends to combine with imagination. Though inspirational books do appease the imagination too it also expands the scope for the reader to visualize and realize too the latter ones which give a practical approach to life for every reader who involves himself in reading such inspirational books. Therefore, the study attempts to look at Joseph Murphy' s inspirational book titled, *The Power of the Subconscious Mind* identifying the various aspects of the text that appeal to the reader in an aesthetic manner at par with that of literary texts.

I

If literature is a reflection of life then to reflect on how we lead our lives and how to deal with our lives also require attention. While books of literature reveal different aspects of life through various genres, themes and characters, inspirational books deal with the question that probes into the why's and what's of life itself. They keep arguments of religion markedly apart yet thrive lavishly on the psyche of the readers by letting them perceive why human predicament varies and what causes miseries and misfortunes in life. These books analyze all types of problems that they seem to relate to all types of readers for such books are often authored by writers from various disciplines such as from backgrounds

as religion, philosophy, psychology, management and anthropology. As a result, every type of reader and human being finds some significance in the arguments presented therein. Above all, these books offer a solution too which, in fact, make them more relevant to life. While literary writings are revelations of human predicament inspirational books teach us how to deal with the predicaments of existence. Joseph Murphy's book renders valid strategies that act as an anodyne to man's psyche and to related problems of life

The introduction attempts to enlist the principles that authors of inspirational books usually take up for discussion. The suggestion they make is that, such principles if adhered to or followed could help an individual face life with a positive attitude and would help him defy even the toughest of hardships and would enable him to outgrow that situation. A brief history of the main principle which is the 'law of attraction is credited as a tenet which is a doctrine in itself and which is something that forms the basis for all other concepts of inspirational writings. The belief held by many theorists is that the universe is governed by a set of universal laws. These laws cannot be changed, cannot be broken but can be applied to every individual, regardless of age or nationality. These laws are the river banks which guide the flow of individual life on its journey to its ultimate end. The law of attraction is one such universal law. The law of attraction is the belief that anyone can determine their destiny through the power of his mind.

Joseph Murphy observes: "The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflection of your habitual thinking."

Before we go deep into the modern applications of the law of attraction it is important that we understand that this is not simply a New Age nonsense ( as most descriptions of the law of attraction refer to it as a product of a New Age Mentality). The principles of the law of attraction date back far beyond the new found popularity of the New Age. As per Buddhism, the immortal Buddha was actually one of the first to introduce man to the law of attraction. He said, "What you have become is what you have thought." This was a principle that the people of the east were acquainted with for centuries before it began to sweep into the western hemisphere. The concept of karma, is a major one for Hindus which also may have drawn its roots from the law of attraction. Karma states that you will eventually be revisited by that which we have sent out into the universe. If we have practiced kindness and compassion we will receive just the same. If you have been deliberately cruel to another you will receive into your life that cruelty which you have sent out. Your actions and thoughts morph into physical entities, causing the universe to react in kind. The law of attraction began to gain popularity in the west in the 19th century.

People began to appreciate the power of positive thinking and began to practice and apply it to their lives. This new concept was first introduced to the general public by William Walker Atkinson, the editor of 'New Thought' magazine, who published a book called Thought Vibration or the Law of Attraction in the Thought World in 1906. As you can see, the law of attraction is not new. The concept that thought can have a predominant effect on the course of a man's destiny has been taught by wise men throughout the ages, and has given rise to a whole new era of beliefs.

Related to the principal law of attraction are the rest that are subordinated to this. The tenets discussed here, have, by and large, views that relate to the psyche of man complemented with religion, philosophy, science and ethics. Most inspirational books work on a combination of these that convince the readers with regard to their individual problems and the related success that is desired. The theory behind the law of attraction is the belief that energy attracts its like in the vast expanse of space and time that comprises our universe. Each person's being is constantly radiating energy out into space; the type of energy being radiated is determined by the emotional state of the individual in question and may differ from day to day-sometimes even hour to hour. This emotional energy is what is commonly known as a "vibe" and is referred to as a 'vibration' by scientists studying the law of attraction. The term is quite commonly used today. For instance, the logic of this is, has any one ever been with someone who is so happy that they seem to be radiating a "glow which inspires happiness in all those around them. Or by the same token, if anyone ever spent time with someone who was so critical and unhappy that they consistently gave off a "negative vibe" which seem to sap the life and happiness out of all those around them.

The observation demanded herein is merely psychological and is a perception related to body language for instance. You do not have to possess psychic powers to be able to feel the vibes that people emit; this energy is very much on a psychological plane and will affect anyone, anywhere and at any time. In lay terms it could be called 'intuition'. Our vibrations are usually an unconscious response to some form of environmental stimulus; something happens which causes us to feel happy, or sad, or scared, or confused, or stressed, etc., and our subconscious responds to this (because vibes are generated and projected from the subconscious rather than the conscious) and this is something that is beyond our control. Chances are that the person who is emitting a negative vibe does not always choose to be unhappy, nor do they wish to inflict their unhappiness on all those who are around them by their presence; Of course, there are some exceptions to this rule. Misery does love company and there are many who take a great deal of delight in inflicting their own problems and pain on others. It is important

to understand that this is not usually done with a desire to cause pain for others but out of a desire not to feel so alone in their unhappiness. Or in terms of psychology to overcome a sense of insecure feeling. There are a number of thoughts and feelings which lead to positive and negative vibes being emitted. It is important before we continue with any form of discussion to come to a clear-cut understanding about the law of attraction and that one should thoroughly understand how each of these culminate within the law of attraction thus leading individual lives to reach the peak of success or achievement.

In this context, Positive vibes, rightfully procures priority. They are generated from good feelings, such as Joy, Love, Excitement, Abundance (of anything that causes a positive response), Pride, Comfort, Confidence, Affection.

### **Negative vibes**

Negative vibes are generated from negative feelings, such as: Disappointment, Loneliness Lack (of any of life's necessities or luxuries), Sadness, Confusion, Stress, Anger, Hurt. These emotions are packed within themes and characters of literary genres. But do not acquire such prominence in inspirational books. Therefore, it is important also to know how these vibes correlate with the law of attraction and how inspirational books also discuss the same emotions without employing any imaginary characters instead the protagonist in inspirational books are the readers themselves who read these books in order to gather solution for their own lives. However, as we mentioned earlier the fundamental principle of the law of attraction is the belief that like energy attracts like energy. This means that if a person is emitting positive vibes they will draw good things to themselves and if they are emitting negative vibes they will draw bad things to themselves. Just as how a good reading of a literary work influences the reader and imposes a change in his attitude likewise, inspirational books too, thus influence its readers what to pursue and avoid for good living. What a literary author indicates to his readers through his works the author of inspirational books attempts to employ in a practical set-up relating the instructions and observation directly to life. For instance, *You are a living magnet, attracting what you want.*"

You have seen this principle in practice before. Have you ever known someone who was always upbeat and positive and seemed to be too lucky to be true? On the flip side, you have. Certainly there is always someone who loved to complain and look at the darker side of life – someone who always seemed to have something new to complain about because things were always going wrong in their lives. These examples show how people attract the results of the energy they are giving off. "Remember, you attract

to your life whatever you give your attention, energy and focus to, whether wanted or unwanted.” Michael J. Losier.

In all this discussion of the ‘law of attraction’ so far, a combination of the codes of human behavior—such as ‘vibes’ was involved. Now, it is crucial to discuss the philosophy of the mind. The mind is a powerful thing, and where the mind goes the feet will soon follow. This implies that life then is a combination of what the mind thinks, decides or instructs, sanctioned, conducted and executed by human behavior. But the foundation of any success you are going to encounter in life is not the ability of your physical body to overcome obstacles but of your mind to believe that ways lie around them. “Where there’s a will, there’s a way.” Where your mind can believe that there is a way for the body to achieve its heart’s desire, a way does really begin to exist. This is the logic of the law of attraction. This common plane is what is embedded both in a literary text as well as in an inspirational text. In a literary text the reader remains an outsider, an onlooker at the predicament of the protagonist and the other characters in order to comprehend the various situations of life that are explained therein; while in an inspirational book the reader partakes of all situations that are described therein and draws conclusions from them.

The next part of the discussion views how to make use of these principles in practical, day to day life. In this, human ethics and codes of behavior play a major role. Unless such principles are available for practical application they fail to appeal to the reader. Inspirational books have survived in the literary archives merely because of their practical orientation to life. Therefore, the question how they may be put to use is an excellent aspect to survey. After all, it doesn’t do much good to know what the law of attraction is if one does not know how to use it to achieve success in life. Once these basics of the law of attraction are mastered then automatically one will be able to apply it to any area in of one’s life.

Thus, quite scientifically and strategically the following steps are discussed as seen in Joseph Murphy’s book. The same features could be traced in literary writings too where the reader is allowed to judge a certain situation in which the protagonist or the characters are involved. While in inspirational writings the reader reads the situations and solutions more for himself. The purpose is the same in both the writings though among the two literary writings receive greater prominence and more recognition.

So, further discussion will lead and concentrate on what Joseph Murphy’s *The Power of the Subconscious Mind* postulates. Through this study an attempt is made to establish that while literary texts are ‘texts of life’ inspirational texts are ‘texts for life and in both the ‘law of attraction plays a vital

role in influencing the reader and allowing him to perceive, and tackle issues of life from various perspectives.

In this, the first step in finding success through the law of attraction is to take responsibility for the things that have occurred in your life, both good and bad. This is often the most difficult part of achieving success through manifestation because we are taught from childhood to believe that our environment contributes to a large extent to the circumstances in which we find ourselves. It's very hard to acknowledge the fact that the atmosphere was not the major contributing factor in each of the events in life; in many cases one will have no one to blame but oneself. In order to help yourself move past these events one should take a moment and write down on a piece of paper all of the major events that had occurred in your life (again,. Leave plenty of room under each that is jotted down. Now, if we take a moment to go back and review these events and write down what the feelings were at the time they happened, how we felt before they happened and what events had occurred prior to this. Chances are that we would realize that events occurring in your favor occurred at times when you possessed a positive attitude and other things in your life were going right. On the flip side, events which occurred probably happened concurrently with other events in your life which caused you to have a negative outlook on life.

Once you have accepted the fact that you are responsible for your own fate it is time to go one step further and determine what it is about your life that you would like to change. Do you want to find another job? Move to a new house? Enter into a meaningful relationship? Receive a promotion? Identify the things you wish to achieve and write them down. Display them in a prominent place; constantly being able to view the anticipated results of your endeavors will help to keep you on the right track. In essence, with the creation of this list you are asking the universe for what you want. Take the time to think on this for a while so that it is embedded firmly in your mind, and keep your goals specific; making a goal too big or too general is an almost certain guarantee that you will not be able to achieve it because you will be too busy worrying about how you are going to achieve it.

Raise the essential vibrations within the individual ability so that they are all positive. Act and feel as though you are confident that the end result you are hoping for is going to occur. This is an essential part of the law of attraction because it is very easy to allow the mind to begin to wander to all the difficulties which may be encountered with when trying to achieve your goals. This will cause vibrations to become negative and will work against you rather than for you.

Accept that it can happen. Many times the subconscious is a stumbling block; Attempting to convince the conscious mind that something can happen while at the same time the subconscious could be picking out the reasons that it will never work. In order to help overcome this stumbling block and have absolute faith in the fact that you will be able to effect this change in your life you should look again at the sheet of paper upon which you have written your goals and attempt to write them in terms that will help your mind and body accept them as a fact. It is recommended that you write these statements in the third person rather than the first; it is often difficult for the mind to accept something as fact when it is couched in such relative terms as I, me or my. For example, if you are attempting to find a new job you could say, "Millions of people every year work in jobs which make them happy." If you are seeking to enter a meaningful relationship you could say, "Millions of people around the globe have found their soul mate and are now happily settled in comfortable, established relationships". The purpose of writing these statements down is to purge the negative vibes and doubts from your mind. If you are unable to accept the outcome as fact your subconscious mind is going to conjure a different outcome, and it is going to be this outcome that your mind and body focuses on; therefore, this outcome is going to be the one that will become your reality and you will walk away absolutely certain that the law of attraction is a hundred percent false. So, we need to look into what can these laws actually do for us. For instance,

"Why is true success so relatively effortless? It might be likened to the magnetic field created by an electrical current through a wire. The higher the power of the current, the greater the magnetic field that it generates. And the magnetic field itself then influences everything in its presence." (DH 12)

The law of attraction can help us to determine the course of your future, and the successes or failure which you may encounter along the way.

Let us for a moment consider the possibilities of the law of attraction when applied to your working environment. For those who are searching for a job it may be impossible to find one which suits them. Is this because such a job does not exist, or is it because in their subconscious mind they believe that they will not be able to find a job and consequently are releasing so much negative energy out into the universe that they are actually driving these jobs away? Anyone who has ever tried to search for a job knows that you have a drastically improved chance of finding gainful employment when you are already employed elsewhere than when you are unemployed. For someone who has lost their job and is currently without employment it may seem easier to climb Mount Everest than to get that first all-important interview. (not clear!) Why is this? It certainly cannot be because there is no employment opportunities out there; after all, chances are that they would not have applied for the job if the employer had not

already made obvious his interests in recruiting new employees clear. Why, then, do people suffer from unemployment for months or even years at a time? The answer to that is they often believe they will not be able to find a job, and consequently they have stopped trying in their subconscious minds. They do not truly believe that any of their efforts will bear fruit and so they are projecting that negative energy all around them. On the other hand, an individual who already has a job is secure and confident in their ability to find a job and do it well; after all, someone has obviously thought them worthy enough to hire them (and keep them) in the first place, and chances are if they are searching for a new job it is because they are confident enough in their abilities that they believe they deserve a job that will treat them better/pay them more/provide more stimulating work/etc. It is this quiet confidence that will lead to the obvious effects of the law of attraction becoming practical. . Since they are projecting this positive energy around them they will be drawing in positive energy as well, attracting the job that they truly want. Remember when you were listing your goals above and you had to accept the fact that they could happen? Chances are that you too are looking for more above the career than what is at hand right now; if you are not, then you probably don't need to be reading this because you have obviously already mastered the ability to chart your own destiny. If you are still seeking out that golden opportunity, ask the universe for it, then sit back and wait, secure in the knowledge that the universal law of attraction will bring it to your doorstep. It might not be today, it might not be tomorrow, but it will occur. Let us say that you are satisfied with the job you have but you are seeking a promotion; after all, no one wants to be at the bottom of the forever. In order to get the promotion you are dreaming about the first thing to be done do is remove any doubt from the mind. If we walk in to an interview with such an attitude we could bear a one hundred percent assurance that the position will be ours; remember, if you are still live with the belief that the position may be above you and you are not certain that you have the necessary skills to fill the position you shall prove yourself right!

According to Michael Beckwith, "We are unlimited beings...we have no ceilings." The same principle can be applied to the opening of a new business as well. If you have ever gone to high school you have probably received the lecture on what to do and what not to do in an interview. One of the biggest don'ts in an interview protocol is to let the interviewer see that you are nervous. By showing the interviewer that you have confidence in your ability to handle any job which they throw at you, you are increasing your value as an employee in their eyes. The same can be said of any attempts to open a business. It is essential when approaching prospective investors that you have one hundred percent confidence in yourself and your business in order to guarantee that they will be willing to take a chance with you.

Is this need for absolute confidence a coincidence only, or is it the law of attraction at work? By having confidence in your abilities you are sending positive energy out into the universe, and consequently drawing the positive energies currently existing in the universe back unto yourself. It is impossible to over-emphasize the importance of vibrating positive energy when you are talking about the law of attraction, and you will see this theme repeated in any and all conversations pertaining to it. The release of positive energy into the universe is what allows you to chart the course of your destiny on a strong route to success rather than a wavy road of uncertainty that will eventually lead you to unhappiness, either through the failure to achieve the goals for which you have worked so hard to reach, or through the constant ups and downs of your life, and never being certain which is going to dominate.

As you will have gathered from previous sections, the law of attraction does not always work the way that all parties involved would like it to. Why is that? After all, if the law of attraction is universal, why does it only work part of the time? The answer to that is found in the minds of the people who are attempting to use it to their own benefit. The only thing standing between you and success is yourself; this was discussed earlier. If the mind is clogged with so much negative energy that it cannot release the positive vibes which will attract the positive energies of the universe, the law of attraction will not be able to help them. They must first rid themselves of all of these negative vibes and start afresh.

There are a few moves that prove to be erroneous and they are related to human behavior. Though they are common and could pass off as normal human responses to situations yet they are detrimental to positive vibes. The following analysis would serve to understand the concept better. Believing that positive thinking is enough to attract what you want positive thinking occurs only on the conscious level; this is why positive thinking is not enough to put into effect the law of attraction. It is necessary for belief to enter the subconscious as well. The mind is always operating on two levels, the subconscious and the conscious. The conscious mind is being given hundreds of bits of information at any given time from all five senses. This is an incredible amount of information to process, even from such an advanced tool as the human brain. The mind would slowly go crazy if it had to deal with all of that information all of the time. Instead, the mind develops the conscious mind, which serves as a filter to review the information sent to it by the senses and retain anything that it deems important. Anything that it does not deem important is passed along to the subconscious. It is the subconscious which will retain this information, acting as the guardian of repressed memories until such time when those memories are needed again. It has long been held that the subconscious has a direct effect on the actions and beliefs of the conscious mind, a topic which will be discussed in greater detail a bit later on, but for now it is

sufficient to say that if the conscious mind is attempting to think positive thoughts while the subconscious retains a negative energy the two will cancel each other out, and the desired effect will not be achieved.

The universe works at its own speed; remember, every action carries with it an equal and opposite reaction. It is essential that the other environmental conditions be right in order for an event to occur just as it should. This means that the law of attraction may take weeks, months or even years to effect a fruitful reaction to the desires of a single individual. People of today's society are spoiled; they want what they want and they want it now. A new theory that does not produce instant results is not going to be received with a great deal of favor.

In addition to that, disbelieving in the law of attraction because it does not meet your established timetables (after all, it never says precisely when all of these wonderful rewards will be reaped, only that they will) is a direct violation of the guidelines required to see positive results in and of itself. You were merely testing the law in order to see if it will produce results; if you were confident in its ability to affect the desired results you would be content to sit and wait, knowing that what you want most will come to you in time.

On the other hand, the fact that you are not indicates that you do not have confidence in its ability to bring about the desired results. This means that somewhere in your being is a small kernel of negative energy, sufficient to throw a monkey wrench into the whole process of positive attraction. Remember, if you are vibrating negative energy you will attract negative energy back onto yourself. (I am tired of telling you to avoid using "you" and "we". Such study has to be objective and not written like an assignment. I am sorry you have paid little heed to what I've been telling you and hardly any secondary source has been utilized justly!)

Determining ahead of time how and when you will attract what you want let the universe work! It is possible to become so focused on what you think is going to happen that you manage to totally miss the event when it occurs if it does not occur in precisely the manner you pictured it would. As we said before, the universe will choose its own time and place for all things to occur, and these events may take place through rather unusual means. By predetermining exactly how you will receive the rewards which you are seeking, you are taking away the choice from the hands of nature, which direct the ebb and flow of the energies of life, and setting yourself up for a hard fall. The ability to choose upon yourself is essentially saying that you do not have faith in the ability of the law of attraction to affect the desired results in time;

again, by setting your own time line for events to occur you will eventually come to disbelieve in the law of attraction (after all, it didn't do what it was supposed to, did it?), which will cause your subconscious to radiate the negative energy which will drive the positive energy away.

Allowing your emotions to be led by external evidence. In order to reap the full benefits of the law of attraction you need to believe that what you see now is a result of what you have been attracting to this point; again, it is essential that you realize that what has occurred in your life to this date and what will happen later on is determined by you. Whatever successes or failures you have experienced have been the result of the energies that your mind and body have released out into the universe. It is very easy to look at the events of your life and think, "I certainly didn't want that to happen; the law of attraction must be untrue because I would never wish for something so awful." What you have to realize is that it is not always what your conscious mind wishes for that influences what your subconscious mind is projecting. This leads us to the fifth most common mistake: Not removing the idea of limiting our beliefs. There are many occasions in which people fall into a self-defeating cycles because they are unable to control the thoughts and attitudes of their subconscious.

A common argument against the law of attraction is, "Why is there so much suffering in the world if people have the ability to determine the events of their life?" No, these people have not chosen a life of starvation and servitude; however, due to their history many of them do not truly believe that they have any choice. This disbelief in their ability to change their circumstances because "it is the way that it's always been" means that they will continue to live this way. Their subconscious continues to project that disbelief and negative energy out into the universe, drawing back negative energy which will cause them to continue to live in this self-destructive cycle of events. It is those who have dared to dream, and believe in the possibilities presented by these dreams, who have affected the greatest changes in the world. Do you think that if the colonized had really believed that they would never be free of the British they would have been able to win the revolutionary war? If Henry Ford had not truly believed that man could ride in a car, do you think that the Model T could have been invented? If women really believed that they were destined to live the rest of their life under the thumb of their fathers and husbands, with no say in the lives they would lead, would their women's liberation have ever occurred? The removal of limiting beliefs such as these is absolutely vital to the ability of the law of attraction to work as it is intended to. If you truly feel that the law of attraction is not working for you, take a moment to consider the things that you are wishing for. Do you truly believe that these events can take place, or are you merely making idle wishes? Do you secretly believe that you have a "one in a million" chance of any of those things actually

taking place for one thing or another? In order to project the positive vibes which are necessary to draw the energies of the universe to you it is essential that you be one hundred percent confident in your ability to effect a change and willing to believe that all of the events occurring up to that point have been a necessary prerequisite to bringing these events to be. The basic key to the law of attraction in all its entirety is acceptance of responsibility to one's own self and to the world outside. Or in other words, the world within and the world outside. "...When the voice and the vision on the inside become more profound, more clear and loud, than the opinions on the outside, you've mastered you life" Dr. John F. Demartini

However, there are quite a few arguments too within the collateral disciplines that serve to construct inspirational books that at times argue against the Law of Attraction. Though this sounds a little confusing yet such contradictory arguments themselves peculiarly serve to strengthen the spirit of positivism in inspirational writings. For instance, while the law of attraction can be universally applied this should not be misconstrued to mean that it has not been the recipient of its fair share of criticism following the revelation of its potential to the general public. Numerous scientific and theological societies have gone to great lengths to voice their disapproval of this upstart of a new theory.

In Science, among the most fervent of the protesters are those who choose to poke holes in the scientific foundation upon which the law of attraction is built. This scientific theory is best explained by Michael J. Losier in a segment of his recently published novel (or book??) Law of Attraction.(p.no.)"There is a physiological foundation for positive thinking and its effect in creating the law of attraction. As you may recall from your high school science classes, there are many forms of energy: atomic, thermal, electromotive, kinetic and potential. Energy can never be destroyed.

You may also recall that all matter is made up of atoms, and each atom has a nucleus (made up of protons and electrons) around which orbit electrons. Electrons in atoms always orbit the nucleus in prescribed "orbitals" or energy levels that ensure the stability of the atom. Electrons may be compelled to assume "higher" orbits by the addition of energy, or may give off energy when they drop to a "lower" orbit. When it comes to "vibrations," if atoms are "aligned," they create a motive force, all pulling together in the same direction, in much the same way as metals can be magnetized by aligning their molecules in the same direction. This creation of positive (+) and negative (-) poles is a fact of nature and science. Suffice to say, science has shown that if there are physical laws that can be observed and quantified in one arena, there are most probably similar laws in other arenas, even if they cannot at this time be quantified. So you see, the law of attraction isn't a fancy term or new age magic; it is a law of nature that

every atom in your body is constantly responding - whether you know it or not. The ideas contained within this explanation were briefly touched on in previous explanations concerning the foundations of the law of attraction; however, in order to understand the controversy surrounding these assumptions it is important that you first understand what these assumptions are. Supporters of the theory claim that the effectiveness of the law of attraction stems from its origin in the field of physics and its supporting facts in the field of quantum mechanics; after all, the primary argument against many metaphysical occurrences is that while their origins may be speculated on, these origins very rarely have more than a small amount of circumstantial physical evidence to back them up. Who is going to argue about the validity of a theory which, although assumed to actually be manifesting itself on a higher plane, has its roots planted firmly in the grounds of modern science. Unfortunately, much of the "scientific evidence" which has been brought forward to date in support of the law of attraction has not been conclusively proven with sufficient productivity to allow it to be considered an actual law of nature. The entire axis upon which the scientific world revolves was best described by Richard Feynman, one of the finest physicists of his time and a man whose writings and teachings can still be found in almost every bookstore and college campus in the country. In his book, *Six Easy Pieces* Feynman states:

...nature, as we understand it today, behaves in such a way that it is fundamentally impossible to make a precise prediction of exactly what will happen in a given experiment. This is a horrible thing; in fact, philosophers have said before that one of the fundamental requisites of science is that whenever you set up the same conditions the same thing must happen. This is simply not true, it is not a fundamental condition of science...We stated...the sole test of the validity of any idea is experiment."

As we mentioned before, scientists are not the only ones with a bone to pick with regards to the law of attraction. Various religious sectors have taken great offense to the concept of a person being able to decide their own fate based entirely on the power of their mind. Why is that? After all, one would think that if anyone would appreciate the potential of a person being able to direct their own course in life it would be those who have a deeper understanding of all things unseen. The reason for their opposition is the fact that if people are able to control the course of their own lives it more or less usurps the position of a God in this lifetime. The theory of the role of a deity in most religions is that it is prayer and sacrifice to this deity which will determine your lot in life, as well as in the afterlife. The ultimate decision with regards to your ultimate fate rests entirely on their shoulders, and if you are fortunate your deity will be

a forgiving one and grant you much prosperity in life. If you choose to follow a path that you believe will allow you to take control of your life out of the all-knowing hands of your deity what does that say regarding your faith? It is argued that belief in the law of attraction means that the believer doubts the power of their deity, an action which not only sacrifices the fundamental principles of any religion (the ultimate, unquestioning belief that is the platform upon which any deity rests; after all, what is a god but someone who has found someone to worship them?) but could cause doubt to fall upon the entire religious caste, an event which most societies are simply not ready to deal with.

Another belief that has suffered a hard hit in the presence of the belief in the law of attraction is that which states that the universe exists in a delicate balance, and all events which occur are a result of the universe attempting to maintain that balance. The possibility that man can decree the events that happen in his own life is a slap in the face to the belief in that balance; after all, if man can decide the events of the future what is there to ensure that that balance remains? How can human beings live comfortably knowing that at any time their entire way of life as they know it could come to an end as the power of the law of attraction could cause the play of events in the world to be changed entirely?

## II

The Law of Attraction as a Philosophy and Conviction The existence of God has always been questioned but in any religion it is a matter of belief and by the end of any religion we learn that although the existence of God is invisible but His presence is felt everywhere and in everything. Since his existence is being questioned His qualities are also being questioned. The infinite powers that God possesses such as harmony, glory and all other positive energy etc. He blessed His entire creation with the same qualities. Since human beings doubted on God's existence, they doubted His qualities too which in fact they also do possess. Hence in order to regain that belief in God and in oneself inspirational books or self-help literature play an important role. These books have become the bridges that fill the gap between human beings and God. These books deal with the spirituality and philosophy of life and focuses upon innate human potentials.

A study of inspirational books is considered here owing to the fact that Literature springs from such sources as Myths, legends, philosophy and religion. As a result, at some point or the other they form a fragment to make up the matrix of what is called literature. But quite often readers do not resort to reading a religious book or a book that deal with. In such cases, inspirational book serve to cater to those readers and to them what religious literature would do to a reader. As a result inspirational books or

motivational speakers stand as a mediator between God and human beings. These inspirational books are intended to understand the real potentials of human beings and attempts to guide the common reader who may or may not have religious convictions to pursue.

Many literary giants depict the philosophy of life through their experiences and inspire through their works hence the very idea of literature itself is to inspire. Therefore, these books play an important role in literature too and also in setting certain ethics for the future generations that may be lost to essential convictions of life.

Inspirational writers have their own importance in the society. Through their work they help people to understand their real potentials and make them realize their real caliber. These writers help people to comprehend life better and help them to carry their lives forward in any situation with a positive spirit. Every written work does not usually inspire whereas, the main intention of these writers is to inspire others which make them different from others.

The intention of writing these books is to lead people towards the betterment of society. In every society there are varieties of people and their behavior which matters the most. These inspirational books guide them to carry on with their lives in a very peacefully and amicably. These books help to maintain the harmony and peace of any society. They are meant to change human minds and make them feel good about themselves as well as about others. Therefore, basically inspirational books focus on disciplining and motivating people exploiting their own positive energy. They ultimately act as a fusion of religions and dogmas rendering them on a non- religious plane.

A great deal of negative energy seems to devour the contemporary world. Malaise and malice seem to be the order of the day. Religion though apparently exists still to think or speak in terms of religion has either become out-dated or a restricted practice. One of the reasons why inspirational books have become a text meant for common reading is this .The society seems to suffer from a gaping, wide open lacuna that seems to nullify the once positive energy, attitude and outlook that filled human lives.

### III

In *The Power of Your Subconscious Mind* by Dr Murphy, the author draws the reader's attention to the infinite power of the human mind. According to him-the mind is divided into two namely the conscious and the subconscious. He wants the readers to understand the law of attraction and he believes that we are all governed by the same law.

In chapter one and two of his book he gives glimpses of the mind's strength. He claims that we attract what we think repetitively. Our subconscious mind turns our dreams into reality. For example, a university student was going for holidays from Buffalo to New York; so she went shopping; she saw a very attractive traveling bag. She was about to say that 'I cannot afford that bag', but suddenly she changed her mind and inverted the negative thought and said, 'The bag is mine; I am going to buy it'. This positive energy seems to have had its effect for. On Christmas Eve, her fiance presented her with the same kind of bag that she had seen, while shopping earlier.

Dr. Murphy observes that we do not have two minds, but they are just two spheres of activity within one mind such as the conscious and the subconscious. Our subconscious accepts anything as truth whatever our conscious mind believes. Here, Dr. Murphy claims that if we think well, goodness is attracted to our lives and likewise evil begets evil.

As Swami Budhananda in his *The Mind and its Control* quotes Swami Vivekananda words, "We are what our thoughts made us; so take care of what you think. Words are secondary. Thoughts live, they travel far. Each thought we think is tinged with our character, so that for the pure and holy man, even his jest or abuse will have the twist of his own love and purity and do good."(SB 99)

Our conscious mind is like the watchman at the gate and its main duty is to protect our subconscious mind. Dr. Murphy's belief in the basic law of attraction reemphasize this principle and this law applies to every situation in life. His main intention is to make readers think positively. To re install the power man himself is innately endowed with. Dr. Murphy goes on to establish that its effect begins with effective prayers, a positive routine that has diminished to nothing in the contemporary years or has been minimized to an insignificant ritual with no true essence attached to it. Inspirational books therefore intend to revive this dying habit or re-install a certain positive self-motivation and attempts to motivate a wayward world into a more meaningful and vital path.

Part of human nature is to be constantly developing, growing and moving towards a balanced and mature way of being. Our present personality is determined by both whom and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional well being, understanding and effectiveness, and to share this knowledge with others. Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our

spiritual inner nature is repressed. Ultimately, what rules each individual being is the animal. . We make no room for unconditional love. Even though culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might with all its rich vastness and diversity. We are now paying the price for human selfishness and inconsideration. Moving forward with our lives on this earth, the quality of our lives on this planet - even our survival - now depends on each one of us taking up the responsibility for our personal and individual growth. Every human being needs to awaken to the soul that inhabits each body and attaining success lies in acquainting ourselves with our true selves and the source of inner knowledge. . Such awakening occurs through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become deliberately conscious instead of being ruled by the dictates of our instincts, past habits and fixed beliefs. Instead of living in constant fear of our survival and competitive angst, we will then be motivated by our own compassionate understanding and creative love.

Although the power of the law of attraction has yet to be supported by any physical means its effects have been proven time and again. In spite of the opposition which you will surely face, both within your own mind and throughout the rest of your social acquaintances, if you adhere carefully to the guidelines set forth, you too will be able to unlock the power hidden within the depths of your own mind and chart the course of your own destiny.

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