

Appreciating Small Things and the Law of Attraction

Appreciation is clearly a positive action. When you appreciate something or someone, you are sending positive energy into the universe. That can only benefit you with positive energy coming back to you. That is a foundation of the Law of Attraction (LOA).

Perhaps you aren't a believer in such principles as LOA. You think it's hokum, and that the universe doesn't have a points system of sorts. However, it's been shown time and again that when people put out positive energy, they receive that in kind. The same is true for negative energy.

Even if you aren't a believer, what can it hurt to project positivity into the world? Your small circle of friends and your family will notice it. That is enough to justify staying positive and appreciate those smaller things in your life.

Negativity surrounds you, and this makes it easy to get swallowed up in it. The news reports seem to show nothing but bad news on every channel. It's gotten worse with the proliferation of the internet. Someone can post a negative tweet, for instance, and hundreds of people see it. People then share the tweet and so the list of people seeing it grows into thousands.

Because the internet allows people to post comments anonymously, that makes matters worse. They would never say to someone's face the negative stuff they write. But, have no trouble spewing garbage on the internet. LOA works on the internet as well. People who post negative messages will find them returned. They cannot hide in their anonymity either. The universe has a way of bringing it back to them.

If you are one to say or post negative messages, think about the impact that has on others. It's hurtful, and it will affect them. Also, think about how wonderful those people would feel if you posted something nice about them. You shouldn't make up these attributes. They should be true. But, you should be able to find something nice to say about others. There is an old saying that if you can't find something nice to say about someone, don't

say anything. People should incorporate this saying and live by it, especially on the internet.

If you believe that the small items don't make a difference concerning LOA, think about the number of people that are alive on the planet. There are over six billion people. If everyone projected his or her appreciation for one small item, that would be a massive surge of positive energy.