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### *All is Well*

Hello!

I asked myself this morning what I most needed to hear. As I sat on my patio, the air moist from the overnight rain and birds chirping as they do everyday, I suddenly had the sense that all is well. I can't tell you how but I can tell you that it is. And this, I believe, is one of the biggest rewards of working with Law of Attraction.



*The Secret* tells us part of the story. It tells us that we attract that to which we put our attention. It tells us that the stronger we make our magnet, by intentionally focusing our thoughts on those things with the highest vibration, the more quickly and the more easily our experience becomes that. The word "intentionally" is the key here though. We are always vibrating. That is just simple physical law. But we are not always attracting those things that we want because we are not always intentionally setting our vibration. More often the thoughts and feelings that we experience are without conscious thought. They are formed by unconscious and conscious reactions to what we are already experiencing, and as such they perpetuate what we are already experiencing. *The Secret* teaches us to master our conscious vibrations with intention, but what about those in the unconscious? *The Secret* really does not tell us this side of the story.

While we may find ways to create positive thoughts and feelings to achieve the highest vibration, there is usually a myriad of other thoughts happening at the unconscious level. If Law of Attraction is correct, then these thoughts are at least as powerful as those in our consciousness. At least. Sometimes they are even more powerful, because there are more of them or because they are more pervasive.

So what do we do about these unconscious thoughts that, left in the unconscious, stand to undermine everything that we are doing to keep our vibration high? The answer is as simple as remembering three words: All is Well.

God, the Universe, the Higher Self - choose your label. It makes no mistakes. There is Divine Order about us 100% of the time. We may or may not understand that Order and we may or may not like what we experience, but it is all perfectly orchestrated nonetheless. All is Well.

So our task, is to get to the place of absolutely believing this. We can do this by reminding ourselves of it at every opportunity. All is Well. When anxiety slips into our consciousness we can say these three words to ourselves. All is Well. When we feel ill, we can remind ourselves. All is Well. When we experience joy and happiness, we can tell ourselves. All is Well. Every morning when we open our eyes before our feet hit the ground we can think for a moment. All is Well. And by doing this consciously over and over again the message will slowly slip into our unconscious. And where our unconscious mind once vibrated gloom and doom or fear, it will begin to vibrate from a place of peace no matter what we experience. Because it knows. All is Well.

They say it takes 21 days to create a habit. How about trying this one for the next 21 days?

All is Well!

Enjoy the Journey,

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**News Flash!** *The Secret* is Just the Beginning! If you are ready to live your life in alignment with what you really want, get in touch today and let's make it happen! Individual sessions and money-saving pre-paid packages are available at [www.arcuri.org](http://www.arcuri.org).

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