

The Law of Attraction in Action: Actively Manifesting the Power of Thoughts

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The Abstract

The Law of Attraction, (Its contemporary counterpart, "Manifestation,") popularized by *The Secret*, claims that people can attract what they want—such as wealth, health, or relationships—through their thoughts, beliefs, and emotions. It is based on the idea that “like attracts like” on an energetic level. This research aims to understand how the Law of Attraction can be used positively and to explain its basic concepts. It also highlights examples of well-known individuals who have applied it and achieved success. What matters most is that manifestation should be practiced wholeheartedly and correctly—not casually or for fun—if one expects meaningful results. The Law of Attraction works best when thoughts and emotions are aligned. Avoid negative phrasing, stay confident, and express gratitude. Use vivid visualization, take inspired action, and release doubts or impatience, trusting the process to unfold in its own time. Overall, this paper explains the appropriate methods for practicing manifestation and highlights essential recommendations on what to follow—and what to avoid—for achieving better outcomes.

Keywords: Law of Attraction, Manifestation, The Power of thoughts, thin positive.

INTRODUCTION

In September 2025, when the Indian team lifted the Asia Cup, an interesting story came to light. After Team India landed in Dubai for the tournament, players were asked to write down what they wanted to manifest. On his paper, Rinku Singh wrote “Win Run,” expressing his desire to hit the winning runs for India.

Just before the final, he was included in the playing XI—and amazingly, he played single ball and did hit the winning runs for the team. This moment sparked a wider discussion about the power of manifestation (A., 2023) and how intention, belief, and focus can influence real-life outcomes.



The mind, as the true essence of human beings, holds immense power—known as the Law of Attraction, it has the power to change how humans understand reality (Kumari, 2018). Once accepted and applied in daily life, it can help expand human awareness and move beyond current limits of mental potential (Sprock, 2017). Scientifically, this law demonstrates that through their thoughts and emotions, humans have the ability to shape and create their own future (Ibad, 2023). Previous studies have suggested that there are common mechanisms between perceptual and value-based processes (J., 2020).

According to Gautama Buddha, the Enlightened One and founder of Buddhism: -

"We are what we think.

All that we arise with our thoughts.

With our thoughts, we make the world."

In essence, a person's real identity is reflected in his/her thoughts and beliefs. Similarly, Mahatma Gandhi echoed this idea when he said: -

"A man is but the product of his thoughts.

What he thinks, he becomes."

The power of thought is also beautifully captured in literature. William Wordsworth compared the mind to a garden, stating: -

"Your mind is a garden; your thoughts are the seeds.

You can grow flowers, or you can grow weeds."

This metaphor emphasizes how thoughts shape one's reality, much like seeds determine the nature of a garden. Thoughts are mental constructs shaped by perception, reasoning, memory, and imagination (Beenish Zulfiqar, 2025). They manifest as ideas, emotions, beliefs, or intentions, serving as the foundation for decision-making, creativity, and self-awareness (Lackner, 2024).

In metaphysics, thoughts are considered energetic forces that influence reality. The concept that "thoughts are things" (Tomas Hampejs, 2025) suggests that they are not passive but possess vitality, actively shaping personal experiences and even external circumstances (Nikunj Saunshi, 2025).

From a scientific perspective, thoughts originate from neural activity in the brain, involving complex electrochemical processes. Even in quantum physics, if the Hubble Law is applied strictly, it appears that this mass of stars is accelerating toward us. And throughout the entire existence of planet Earth (R., 2019).

Philosophically and spiritually, thoughts are seen as powerful creative agents, capable of manifesting desires, attracting outcomes (as in the Law of Attraction), or even shaping one's destiny. Whether viewed through the lens of neuroscience, philosophy, or metaphysics, thoughts remain central to human consciousness and experience.

The Law of Attraction

Thoughts possess both active and passive qualities. When we consciously envision wellness and prosperity in our lives, coupled with unwavering faith that our desires will inevitably materialize (Vugt, 2025), this profound act of assured conviction—untainted by doubt—is known as manifestation. The act of manifestation is a structured process that unfolds step by step, requiring adherence to certain principles (Tewfik, 2025). These principles, widely recognized as the Law of Attraction,

It is believed that everything that humans think about will happen in the future (Najma Ranni Nurfaiza, 2024), govern the alignment of thoughts, beliefs, and actions with one's desires. When individuals come to recognize that happiness, health, success, prosperity, and all other circumstances or conditions are merely outcomes—shaped by thought, whether deliberate or subconscious—they will begin to appreciate the profound significance of understanding the principles that govern the mind.

The Law of Attraction scientifically demonstrates that humans create their future through the power of their thoughts and feelings (Najma Ranni Nurfaiza, 2024). By managing their thought and emotional patterns, they can shape the course of their lives (Ibad, Lectures, 2023). Napoleon Hill exactly defined law of attraction when he said

"Whatever the mind of man can conceive and believe, it can achieve."

The law of attraction had been used by many people and had been promoted by many influencers and motivators since centuries. One of the most influential books, inspiring many other titles, is Rhonda Byrne's *The Secret*. This book reveals the principle that "like attracts like." (Nurdin, 2012)

The Law of Attraction (LoA) is a metaphysical principle that suggests that thoughts and emotions have the power to shape reality (Danoebetia, 2025). According to this concept, individuals attract experiences, people, and circumstances into their lives based on their dominant thoughts, beliefs, and vibrations. This law is often summarized by the phrase "like attracts like."

Law of Attraction: Myth Or Reality?

Law of attraction, by hearing or thinking these three words one can assume that it is about someone's interest or crush to fall into love (Abdur Rahman, 2022). But it has deeper psychological connections than simply love interest (Al Gadri H. H, 2019). Law of attraction possesses a mystical charm from the ancient times. In world history this is a taboo or curiosity which people are following and testing these magical lines waited for the magic to happen.

The concept of the law of attraction proposes that optimistic thinking yields favourable consequences, while pessimistic thoughts lead to undesirable outcomes (C., 2021). Essentially, maintaining a positive outlook attracts success and happiness across various domains such as health, wealth, and interpersonal connections (J., Attraction to similar options: The Gestalt law of proximity is related to the attraction effect, 2020).

Given these assertions, one might ponder:

Does the law of attraction hold true?

This principle has garnered significant interest, particularly with the rise of literature like Rhonda Byrne's *"The Secret"*. However, a deeper examination reveals that it's not mystical forces at play but rather the psychology of mindset that influences outcomes.

The workings of the law of attraction revolve around the notion that the energy from your thoughts materializes into your reality (The, 2025). Positive thoughts yield positive

experiences, and conversely, negative thoughts attract unfavourable outcomes. Proponents of this philosophy advocate for several core universal principles:

1. Like attracts like: this principle posits that similar entities are drawn to each other. It implies that individuals not only attract others who share similar traits but also manifest outcomes aligned with their predominant thoughts. Negative thinking purportedly invites negative experiences, while positive thinking cultivates desirable ones.

2. Nature abhors a vacuum: According to this aspect of the law of attraction, eliminating negativity from one's life creates space for positivity to flourish. It rests on the premise that an empty space in the mind and life is unsustainable, as something will inevitably occupy it. Therefore, proponents advise filling this space with positivity to facilitate personal growth and fulfillment.

3. The present is always perfect: This principle emphasizes the potential for improvement in every moment. Despite any perceived flaws in the present, proponents urge individuals to redirect their focus from despair to proactive engagement. Rather than lamenting the current state, the focus shifts toward seizing opportunities to enhance the present moment, thereby fostering a more fulfilling existence.

The Law of Attraction: A Deep Dive

The Law of Attraction (LoA) is a metaphysical principle that suggests that thoughts and emotions have the power to shape reality. According to this concept, individuals attract experiences, people, and circumstances into their lives based on their dominant thoughts, beliefs, and vibrations. This law is often summarized by the phrase "like attracts like."

Core Principles of the Law of Attraction

1. Thoughts Become Reality

The Law of Attraction posits that the thoughts we focus on—whether positive or negative—manifest into real-life experiences. If a person constantly thinks about success, they are more likely to take actions that lead to success. Conversely, dwelling on failure or fear may attract negative experiences.

2. Vibrational Energy

Everything in the universe, including thoughts and emotions, is believed to emit energy vibrations. Positive thoughts generate high-frequency vibrations that attract favourable outcomes, while negative thoughts emit low-frequency vibrations that bring undesired circumstances.

3. The Power of Belief and Expectation

The Law of Attraction emphasizes the importance of belief. If a person truly believes in their ability to achieve something, they align themselves with the energy needed to attain it. Doubt or skepticism weakens this alignment and prevents manifestation.

4. Gratitude and Visualization

Practicing gratitude for what one already has and visualizing desired outcomes enhances the effectiveness of the Law of Attraction. By emotionally experiencing success in the mind before it occurs, individuals strengthen their connection to their goals.

5. Action and Alignment

While thought and belief play a crucial role, action is equally important. The Law of Attraction is not about passive wishful thinking; rather, it encourages aligning one's behaviour, mindset, and habits with their desires.

Scientific and Psychological Perspectives

Though the Law of Attraction is often associated with spirituality and metaphysics, certain psychological concepts align closely with its principles (J., 2020). In cognitive psychology, the Reticular Activating System (RAS) plays a crucial role in filtering information based on what we focus on. For instance, if someone consistently thinks about success, their RAS heightens awareness of opportunities that support this goal. Similarly, the idea of a self-fulfilling prophecy demonstrates how strong beliefs can unconsciously shape behaviour, ultimately turning expectations into reality (Aseem Mehra, 2024). Positive psychology further reinforces this connection, as research suggests that maintaining a positive mindset enhances well-being, motivation, and resilience, thereby increasing the likelihood of success (Albert, 2020).

Spiritual and Religious Connections

Beyond psychology, many religious and spiritual traditions echo the core principles of the Law of Attraction (Khushabu Gupta, 2025). In Hinduism and Vedanta, the concepts of karma and manifestation emphasize that our thoughts and actions actively shape our reality. Christianity offers parallel ideas through biblical verses such as “As a man thinketh in his heart, so is he” (Proverbs 23:7) and “Ask, and it shall be given to you” (Matthew 7:7), both of which reflect the philosophy of attracting outcomes through belief and intention. Buddhism also highlights the transformative power of thought, with Gautama Buddha’s teaching that “what we think, we become,” underscoring how mental focus influences life experiences.

REVIEW OF LITERATURE

The Law of Attraction has a long and evolving history that begins with ancient philosophies such as Hinduism, Buddhism, and Hermetic teachings, all of which emphasized the creative power of the mind and the idea that one’s thoughts shape one’s reality (Ohnemus, 2023). Hindu texts (Anand, 2023) like the Upanishads and Buddhist teachings both highlighted that individuals become what they think, while Hermetic philosophy introduced the principle that “All is Mind,” laying early foundations for the concept of “like attracts like.” These ideas took a more formal and structured shape in the 19th century through the New Thought movement, led by thinkers like Phineas Quimby, who argued that thoughts and beliefs directly influence health and life circumstances. In the early 20th century (Sonal Yadav, 2024), authors such as Wallace Wattles and Napoleon Hill brought the Law of Attraction into popular culture by framing focused thought, visualization, and belief as pathways to wealth and success. Later, the spiritual teachings of Abraham-Hicks expanded the concept into a vibrational law, suggesting that emotions and energies attract matching experiences. In 2006, Rhonda Byrne’s *The Secret* propelled the Law of Attraction into global mainstream awareness, presenting it as a universal force that responds to human thought. Today, the Law of Attraction stands as a major pillar of self-help and motivational philosophy, blending spirituality, psychology, and modern manifestation practices into a widely recognised personal development framework.

Sprock expands on the concept of the Condensate, explaining that God consciousness exists within an infinite spiritual dimension. Through frequency waves, this consciousness vibrates to form matter, shaping both the physical universe and human awareness. These frequencies are believed to encode divine consciousness, transmitting it to humans via the brain and subconscious mind (Diego, 2017). Within this framework, manifestation is understood as the belief that individuals can realize their desires through the power of the subconscious mind. Many scholars and practitioners claim that this is a genuine ability

inherent to human beings (Holmes, 2024). Echoing this perspective, Wayne W. Dyer emphasizes the creative power of thought, stating: “You shape your thoughts, your thoughts shape your intentions, and your intentions create your reality.”

Ancient History

The Law of Attraction (LoA) refers to the belief that thoughts—whether positive or negative—bring corresponding experiences into a person’s life. Its roots are both philosophical and spiritual, evolving across cultures and centuries (Joseph, 2022). In Hindu philosophy, particularly within the Vedic texts, the Upanishads and Bhagavad Gita highlight how thoughts (*manas*) and intentions (*sankalpa*) influence reality. The principle of karma—“as you sow, so shall you reap”—is an early articulation of this idea. Buddhism similarly reinforces the LoA principle, with the *Dhammapada* stating: “All that we are is the result of what we have thought.” Hermetic philosophy from ancient Egypt and Greece also contributes to this lineage, with *The Kybalion* introducing the principle of Mentalism: “The All is Mind; the Universe is Mental,” reflecting the belief that thoughts shape existence.

The Law of Attraction (LOA), popularized by *The Secret*, claims that thoughts and emotions can attract desired outcomes like wealth or health through vibrational energy (Saras, 2025). This literature review explores LOA’s historical and philosophical roots, critiques its metaphysical claims, and examines psychological explanations for its perceived effectiveness. It questions whether LOA is a true metaphysical law or better understood through established psychological principles.

Historical and Philosophical Origins The contemporary LOA is not a novel invention but a modern repackaging of ancient philosophical and New Thought ideas. • **New Thought Movement:** Scholars like Dresser (1899) and later, Braden (1963), trace the direct lineage of the LOA to the 19th-century New Thought movement, which emerged in opposition to Calvinist predestination. Thinkers like Phineas Quimby proposed that illness was a result of erroneous beliefs and that correct thinking could foster healing. This established the foundational principle that mind precedes reality. **Precursors in Idealism and Transcendentalism:** The concept resonates with earlier philosophical traditions. Berkeley's subjective idealism (*esse est percipi* - to be is to be perceived) posits that reality is fundamentally mental. Similarly, the American Transcendentalism of Emerson and Thoreau emphasized the individual's intuitive connection to a universal spirit or oversoul, aligning with the LOA's concept of a responsive universe (McIntyre, 2018). **Modern Popularization:** The watershed moment for the LOA was the 2006 book and film *The Secret* by Rhonda Byrne, which synthesized these ideas into a simple, marketable formula: Ask, Believe, Receive. This brought the concept into mainstream global consciousness, framing it as a timeless, universal "law."

Scientific and Philosophical Critiques The claims of the LOA as a literal, metaphysical law face significant scientific and philosophical challenges. **Lack of Empirical Evidence:** The primary critique from the scientific community is the absence of rigorous, replicable evidence supporting the LOA's core mechanistic claim—that thoughts directly influence external physical reality. Systematic reviews have found no evidence for paranormal claims underlying the LOA (Shermer, 2016). Proponents often rely on anecdotal evidence and confirmation bias, where individuals notice and remember successes while ignoring failures. **The Problem of Testability and Falsifiability:** Philosophers of science, notably Popper (1963), emphasize that a scientific theory must be falsifiable. The LOA often evades falsification through ad-hoc explanations. For instance, if a desired outcome is not achieved, it is attributed to a lack of belief or "negative vibrations" in the individual, rather than a failure of the "law" itself. This makes the theory unfalsifiable and, therefore, unscientific in a strict sense. **Ethical and Social Implications:** A significant ethical critique

concerns "victim-blaming." If one's reality is a direct product of one's thoughts, then poverty, illness, and misfortune can be framed as the fault of the individual's negative thinking (Hoffmaster, 2018). This perspective ignores systemic issues like socioeconomic inequality, structural racism, and genetic predispositions, promoting an individualistic and potentially harmful worldview.

Psychological Mechanisms and Explanatory Models While the LOA may fail as a physical law, research in psychology offers compelling explanations for why people experience positive results from its practices. **The Role of Goal-Setting and the Reticular Activating System (RAS):** The practice of focusing on a specific goal (e.g., a new car) primes the brain's Reticular Activating System, a neural network that acts as a filter for relevant information (Zadra & Pihl, 2013). By clarifying a goal, individuals become more attuned to opportunities and resources they would have otherwise overlooked, creating the illusion that they "attracted" the opportunity. **Positive Psychology and the Broaden-and-Build Theory:** LOA practices like gratitude journaling and visualization align closely with interventions in positive psychology. Fredrickson's (2001) "Broaden-and-Build Theory" posits that positive emotions broaden an individual's thought-action repertoire, leading to the building of lasting personal resources (e.g., resilience, social connections). This improved mindset increases the likelihood of taking productive actions toward goals. **Self-Efficacy and the Placebo Effect:** Believing in a positive outcome can enhance self-efficacy—one's belief in their ability to succeed (Bandura, 1997). This increased confidence reduces anxiety, improves performance, and fosters persistence. This is analogous to the placebo effect, where belief in a treatment's efficacy can trigger real physiological and psychological improvements. **Cognitive and Behavioural Changes:** The process of "manifesting" often involves detailed visualization and affirmations. This can enhance motivation, improve problem-solving, and lead to concrete behavioural changes. For example, someone visualizing a successful career may feel more motivated to network, update their resume, or acquire new skills, thereby creating the very outcome they desire through action, not mere thought.

Gaps in the Literature and Conclusion In summary, the literature presents a clear dichotomy: the Law of Attraction lacks credible support as a metaphysical principle governing the universe but finds a robust explanatory framework within cognitive and positive psychology. The reported successes of LOA practitioners are more plausibly attributed to psychological mechanisms like enhanced goal-setting, increased self-efficacy, positive emotional states, and subsequent behavioural changes than to the attraction of specific outcomes through thought waves. Several gaps in the literature remain. First, there is a need for more longitudinal studies that track individuals using LOA practices to isolate the specific psychological variables (e.g., changes in motivation, social behaviour, or stress levels) that lead to outcomes. Second, research could explore the potential negative psychological impacts, such as increased anxiety or self-blame, when desired manifestations fail to materialize. Finally, a more nuanced cultural analysis is needed to understand why these beliefs resonate so powerfully in specific socio-economic contexts. Future research should continue to demystify the LOA by focusing on its components as psychological tools rather than metaphysical laws. This approach can integrate the valuable aspects of these practices—such as fostering optimism, clarity, and proactive behavior—into evidence-based coaching and therapeutic contexts, while moving beyond its scientifically untenable claims.

METHODOLOGY

The research procedure for this paper will involve a combination of online and offline sources to ensure the collection of accurate and high-quality information. Internet resources, including various academic and professional platforms, will be consulted alongside books written on manifestation and the Law of Attraction, such as *The Secret*. Databases and search engines like ResearchGate, Mendeley Reference Manager, and Google Scholar will be used to access scholarly articles, research papers, and credible publications. Additionally, relevant videos, lectures, and audio recordings will be reviewed to gather diverse insights and perspectives. Throughout the process, the primary focus will be on selecting reliable, well-supported, and appropriate material to strengthen the overall quality of the research.

Observations: -

Practical Steps to Apply the Law of Attraction

1. Set Clear Intentions – Define what you want in specific terms.

Setting clear intentions means stating your goals in a simple and exact way so they can be turned into real actions. Instead of saying “I want to be successful,” a clear intention would be “I want to publish a research article on indigenous innovation by the end of this academic year.” Being specific helps you stay focused, notice helpful opportunities, and track your progress. Clear intentions guide your decisions like a compass and help you stay connected to what truly matters to you. They turn your wishes into practical plans that lead to real results.

2. Visualize Success – Imagine yourself achieving your goals daily.

Visualizing success means mentally practicing your achievements before they happen. Every day, spend a few minutes imagining yourself reaching your goals—see it clearly, feel the emotions, and hear the positive words. For example, if your goal is to present a strong research paper, picture yourself speaking confidently, the audience listening closely, your slides looking good, and your message coming across clearly. This habit boosts your confidence, reduces stress, and helps your mind support your goals. Over time, it creates a mental plan that guides your actions toward making that vision real.

3. Practice Gratitude – Focus on the positives in your life.

Visualizing success means imagining yourself achieving your goals before they actually happen. Every day, take a few minutes to picture it clearly—what you see, how you feel, and what you hear. For example, if you want to give a good research presentation, imagine yourself speaking confidently, the audience paying attention, your slides looking neat, and your message being understood. This practice increases your confidence, reduces nervousness, and helps your mind focus on your goals. Over time, it creates a clear mental picture that guides you toward making it happen.

4. Affirmations – Repeat positive statements that reinforce your desires.

Affirmations are positive statements you repeat to help build a strong and confident mindset. When you say them regularly, they change the way you talk to yourself and increase your belief that you can succeed. For example, if you are preparing a difficult research presentation, you can use affirmations like “I speak clearly and confidently” or “My work has value and impact.” These statements should be in the present tense, as if

your goal is already happening. With time, affirmations help reduce self-doubt and support a mindset focused on growth and success.

5. Eliminate Negative Thoughts – Shift focus away from doubt and fear.

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6. Take Inspired Action – Work toward your goals while staying aligned with positive energy.

Taking inspired action means working toward your goals with genuine interest and positive energy, not because you feel forced or scared. It’s about noticing what feels exciting, meaningful, or right for you, and letting that guide your next steps. Instead of pushing yourself to be productive, you act with clarity and purpose.

For example, if you are preparing a research presentation, inspired action could be exploring a topic you truly enjoy, asking a mentor you trust for advice, or creating slides that show your creativity. These actions feel motivating rather than tiring because they connect with your deeper purpose. When you mix clear planning with inspiration, your progress becomes effective and enjoyable.

Findings

Celebrities across the world often credit their achievements to the power of belief, visualization, and positive thinking, offering compelling real-life examples of manifestation in action. From Hollywood icons like Oprah Winfrey, Jim Carrey, Lady Gaga, and Will Smith to Bollywood stars such as Deepika Padukone and Anushka Sharma, these stories highlight how mental practices like affirmations, visualization, and inner conviction can shape one’s journey. While the level of evidence varies for each case, their experiences collectively illustrate how a focused mindset, strong belief, and purposeful intention can influence personal growth and professional success



Oprah Winfrey

Oprah credits visualization and gratitude as key tools in her journey. She famously manifested her role in *The Color Purple* by deeply believing in it before auditioning.

The claim that Oprah Winfrey used visualization and gratitude to manifest her role in *The Color Purple* is moderately supported by available sources. Several popular “manifestation-celebrity” blogs and Medium articles suggest that she vividly imagined herself in the role prior to auditioning, framing her journey as an example of manifestation in action. Supporting this, a YouTube clip features Oprah discussing the “spiritual journey” behind her involvement in the film, while in a more recent context—during the unveiling of her portrait at the National Portrait Gallery—she referenced the color purple as deeply

significant, tying it back to her transformative role. However, caveats remain: there is no rigorous interview or peer-reviewed source confirming that she engaged in structured manifestation practices such as vision boards or repeated affirmations specifically for this role. Much of the evidence comes from anecdotal accounts or third-party interpretations rather than direct documentation. Thus, while Oprah's own reflections and symbolic associations provide moderate support for the idea that visualization and spiritual framing influenced her experience, the more elaborate claims promoted by "manifestation guru" narratives are not equally substantiated.



- Jim Carrey

He wrote himself a \$10 million check for "acting services rendered" and kept it in his wallet. Years later, he received that exact amount for *Dumb and Dumber*.

The widely circulated story that Jim Carrey wrote himself a \$10 million check for "acting services rendered," kept it in his wallet, and later earned that amount for *Dumb and Dumber* is one of the most prominent celebrity examples cited in discussions of manifestation. Multiple interviews and retrospective accounts confirm that Carrey himself described writing the check, post-dated to Thanksgiving 1995, as a symbolic act of faith in his future success. On *The Oprah Winfrey Show* in 1997, he recalled: "I put it in my wallet ... And then, just before Thanksgiving 1995, I found out I was going to make ten million dollars for *Dumb & Dumber*." Retrospective articles also highlight how Carrey visualized success, imagining directors praising his work, and used the check as a tangible reminder of his goal. However, financial reporting complicates the narrative, suggesting that his actual contracted salary for *Dumb and Dumber* was closer to \$7 million rather than the exact \$10 million figure often repeated in popular accounts. Carrey himself has acknowledged that visualization alone was not sufficient, emphasizing that his achievements were equally the result of sustained effort and hard work.

Verdict: While the check story is strongly grounded in Carrey's own recollections and has become a cornerstone of "manifestation celebrity" lore, the precise financial details remain somewhat murky. The account illustrates how symbolic acts of visualization can inspire persistence and focus, but Carrey's reflections underscore that belief was paired with rigorous dedication to his craft.



- Lady Gaga

She has spoken about using affirmations like “I’m a superstar” long before she became famous, reinforcing her belief in manifestation.

The claim that Lady Gaga used affirmations such as “I’m a superstar” before achieving fame is supported by several anecdotal and interview-based sources. According to *The Universe Unveiled*, Gaga employed affirmations early in her career, declaring, “I’m going to make a number one record ... I’m a superstar.” She later admitted that these statements were “a lie” at the time but emphasized the transformative power of repetition: “You’re saying a lie over and over ... and then, one day, the lie is true.” This suggests that affirmations functioned as a psychological tool to reinforce her belief in eventual success. Similarly, *Good Vibe Blog* references an interview in which Gaga explained that individuals have “the freedom to pull the superstar out” of themselves, implying a deliberate process of identity construction. Her Monster Ball Tour and subsequent interviews further framed her artistic journey as a battle against “monsters,” symbolizing internal and external challenges she overcame while solidifying her persona.

Verdict: There is fairly strong support that Gaga consciously used affirmations and identity-shifting strategies—akin to the “fake it till you make it” approach—to cultivate a mental image of success. While the sources are not peer-reviewed, her own reflections and consistent narrative across interviews provide credible evidence that affirmations played a meaningful role in shaping her career trajectory.



- Will Smith

He’s discussed the power of belief and positive thinking in interviews, saying, “Thoughts become things.”

The assertion that Will Smith has explicitly spoken about the power of belief and positive thinking, often summarized in the phrase “Thoughts become things,” is less substantiated than comparable celebrity manifestation narratives. While numerous lists of manifestation-using celebrities include Smith, these references tend to rely on anecdotal accounts or secondary reporting rather than primary sources. A thorough review reveals no reliable, high-quality interview transcript or major media documentation in which Smith is directly quoted using the exact phrase. Some retrospective articles and blogs attribute similar sentiments to him, but without clear citation to a specific interview, podcast, or book, the evidence remains weaker than that available for figures such as Jim Carrey or Lady Gaga.

Verdict: The claim is plausible and fits within broader “celebrity manifestation” lore, but strong, publicly verified proof is lacking. Without direct documentation from reputable outlets, the narrative remains more speculative than rigorously supported.



- Deepika Padukone & Anushka Sharma

These Bollywood stars have shared how they used positive thinking and visualization to manifest their careers.

Deepika Padukone & Anushka Sharma

Claim

Bollywood stars such as Deepika Padukone have spoken about the role of positive thinking, intuition, and visualization in shaping their careers, aligning with broader ideas of manifestation.

Evidence / Analysis

In a 2022 interview with *Allure*, Deepika Padukone reflected on her journey into acting, stating: “*Sometimes I just know [things] deep down inside. ... I just know ... that I would eventually be an actor.*” This statement highlights a form of intuitive certainty and self-belief that resonates with manifestation principles. Rather than framing her success as accidental, Padukone emphasizes an inner conviction that her aspirations would materialize.

Her words suggest a psychological process similar to visualization: holding a mental image of her desired future and reinforcing it through belief. This aligns with theories of self-fulfilling prophecy and identity construction, where repeated internal affirmations strengthen confidence and guide behavior toward achieving goals. Moreover, her reflection illustrates how manifestation is not always expressed through overt practices like vision boards or affirmations, but can also manifest as a deep, intuitive trust in one’s path.

From a cultural perspective, Padukone’s narrative also reflects broader themes in Bollywood, where many actors describe their careers as a blend of destiny, hard work, and belief. Her account bridges the spiritual undertones of “knowing” with the psychological mechanisms of positive thinking, making her story a compelling example of how manifestation principles are embedded in personal and professional journeys.

Verdict

Deepika Padukone’s reflections provide credible evidence that positive thinking an

Similarly, Shah Rukh Khan

Shah Rukh Khan frequently emphasizes **belief, destiny, and hard work** in his success narrative. He has said: “*If you want to become something, achieve something in life, then always listen to your heart.*” He also stresses that “*Success is not a good teacher; failure makes you humble*” and “*There is only one religion in the world — hard work.*” These statements reflect a blend of **positive thinking, self-belief, and resilience**, which align with manifestation principles.

Priyanka Chopra

Priyanka Chopra has often spoken about **mindset shifts and self-visualization** in her career. In interviews, she describes consciously building confidence to command respect in spaces where she felt underestimated. She has shared career advice emphasizing self-confidence, affirmations, and the importance of visualizing success to overcome barriers. Her narrative reflects the “identity construction” approach—similar to Lady Gaga’s—where affirmations and visualization help shape professional reality.

Apart from cinema, many globally recognized figures credit visualization and positive belief—key principles of the Law of Attraction—for their achievements. Jay-Z has often spoken about imagining success and believing in his future long before he became a music icon. In sports, UFC champion Conor McGregor frequently attributes his victories to visualization, stating that he pictured himself holding championship belts years before it happened. Similarly, Arnold Schwarzenegger used mental rehearsal to envision winning bodybuilding titles, later applying the same mindset to his Hollywood and political careers. In the music world, Will.i.am has shared how affirmations and positive thinking helped him manifest major milestones with the Black Eyed Peas. Jim Carrey’s well-known story also reflects this practice—he famously wrote himself a \$10 million check for “acting services rendered,” which he achieved later through belief paired with consistent effort.

RESULTS:

The list above may seem brief when considering situations where individuals do not receive positive outcomes from the Law of Attraction or manifestation practices. Although the observation section explains how to attract or apply this law, it is equally important to discuss factors that can increase the likelihood of achieving desired results.

One key point is that the Law of Attraction does not recognize negation (such as “not” or “no”). For example, if a person wearing white clothes thinks, “My clothes should not get stained,” the law may instead interpret the focus on “stains” as a desire for them. Therefore, thoughts must be framed in a positive manner, such as, “My clothes will remain clean, white, and stain-free.”

Likewise, any manifested desire requires complete and unwavering faith. Doubts weaken the connection and prevent the fulfilment of one’s wishes, as the Law of Attraction leaves no room for uncertainty. Faith must remain strong in all circumstances.

Once you firmly believe that your wish has already been granted, the next step is to express gratitude—such as by saying “thank you”—and patiently wait for its realization. So, we can give following pointers: -

- **Use affirmative language:** Always phrase desires positively. Example: “*My clothes remain white and stain-free.*”
- **Strengthen faith:** Cultivate unwavering belief through affirmations, visualization, and meditation.
- **Gratitude rituals:** Daily gratitude reinforces the vibration of abundance and signals readiness to receive.
- **Visualization with emotion:** Imagine the desired outcome vividly, and feel the joy as if it’s already real.
- **Consistency:** Repeat intentions regularly, keeping them clear and focused.
- **Detach from the outcome:** Trust the process without obsessing over timing. This reduces resistance.
- **Inspired action:** Take small, aligned steps toward your goal — manifestation isn’t passive.

CONCLUSION

The Law of Attraction serves as a powerful reminder that mindset, focus, and belief significantly influence life's outcomes. Whether viewed as a spiritual law, a psychological principle, or a self-improvement tool, it encourages individuals to take control of their thoughts, emotions, and actions to create a fulfilling life.

Each of these quotes highlights the transformative and creative power of thought in shaping reality and personal destiny. Thoughts are mental constructs formed by the mind through processes such as perception, reasoning, memory, and imagination. They can take the shape of ideas, emotions, beliefs, or intentions and serve as the foundation for decision-making, creativity, and self-awareness.

In metaphysics, thoughts are often considered energetic forces that influence reality. The idea that "thoughts are things" suggests that they possess a certain vitality, shaping personal experiences and even external circumstances. From a scientific perspective, thoughts emerge from neural activity in the brain, involving complex electrochemical processes.

Philosophically and spiritually, thoughts are sometimes viewed as powerful creative agents, capable of manifesting desires, attracting outcomes (as in the Law of Attraction), or even shaping one's destiny. Whether seen through the lens of neuroscience, philosophy, or metaphysics, thoughts are at the core of human consciousness and experience.

For effective manifestation, thoughts and emotions must remain aligned. This includes avoiding negative phrasing, maintaining confidence, expressing gratitude, using vivid visualization, and taking inspired action. It also requires releasing doubts and impatience while trusting the process to unfold naturally.

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