



*The 'Law of Attraction' And  
The 'Ultradian Rest Response'*

*Getting A Feel For 'Intuition'*

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## The 'Law of Attraction' And The 'Ultradian Rest Response'

Few things are as important to 'attraction' (or rather your act of 'creation') as what some scientists call the 'ultradian rest response'. You may have never heard of this before, but it's one of the keys to bringing about in your life what you want to see.

You see, there is a great difference between 'thinking' and 'knowing'. Thinking is a purely intellectual activity. It mainly takes place as electrochemical processes in your body and brain.

'Knowing' on the other hand, transcends intellect. It is what is often called 'intuition'. Intuition is often defined as 'immediate knowing', without the conscious use of reasoning. There is no sequence of thoughts following up on each other leading to an outcome. It's just there, instantly. Bang! You suddenly get it.

"Aha!"

It appears to be stemming from a whole different source of awareness compared to the 'rational mind' or intellect that we tend to use so much in our lives.

In our modern societies, we find ourselves under so much pressure to ignore intuition and to rationalize everything that happens. We'd rather go with our 'heads' than go with our 'hearts'. We learn that from an early age in our education system, which puts the main focus on the left part of the brain, the intellectual and analytical part.

As a consequence, if you're like most people, you tend to 'overrationalize' everything. You regularly get the feeling that you want to do something, and it really makes your heart sing.

But then your intellect rears its ugly head, and suppresses the 'intuitive knowing' you just experienced by using the limiting thoughts and emotions that have been dominating your being and thinking for long. You start to think and feel things like:

- "Oh dear, who am I to think I can do that?"
- "Oh my, what will my mother say?"
- "Goodness, what will the boys at the bar think if I do that?"
- "Dear me, my parents will get angry for not doing something with my education..."
- "That can't be right. Scientists say that this is not true. Who am I to think otherwise?"

Thoughts like this have ruled most people for all their lives and forced them into submission. The repetition that has been going on for years has created 'habits' to go with the 'head' all the time instead of the 'heart'.

The moment you have intuitive knowing and your heart starts to sing, you immediately begin to doubt it and you're pulled back into line.

- "I can't do that, it's not responsible. What about my job?"
- "I'd love to do this, but..."
- "If I could ever do this... Nah, I can't do that. I must have gone mad."
- "What will the neighbours think?"

You're systematically pulled in line, back to the image of artificially imposed norms of what 'society' or others think you are supposed to be. It is ignoring the deepest core of yourself, and the intelligence of the magnitude that you are deep inside.

**When you look at it this way, it's not a surprise that your intuition is often at odds with what you think. The intuitive knowing stems from a source that has a much greater overview, the bigger picture. It sees what the 'knowing' and associated action will lead to.**

The rational intellect always has a limited perspective that is quite likely even coloured by societal and religious 'norms', or 'bad memories' of certain events, which itself are often limited

interpretations of what were actually stepping stones into a whole new reality.

Ernest Rossi, Ph.D., is an internationally renowned psychotherapist, teacher, and pioneer in the field of mind/body healing. In his book [The Psychobiology of Mind/Body Healing](#), he describes how during an ultradian rest response your body goes into a mode that makes you more receptive to the unconscious parts of your being:

*"This is the time when it is easiest to access our own intuition, your own internal imagery. Thoughts are most likely to be closer to the unconscious. This is a time when the unconscious wants all the energy it can get. If you train yourself to just watch and observe and not intrude, you are going to fall into what is called 'reverie' or 'hypnagogic state', what I call its more naturally intuitive state."*

So when do you 'know' instead of just 'think'? How can you distinguish?

Well, it's largely a feeling, but Dr. Laurie Nadel gives you some hints in her book [Sixth Sense: Unlocking Your Ultimate Mind Power](#):

*"Do you find yourself losing concentration during certain times of the day? Perhaps it comes as a sudden touch of fatigue, or a subtle mental fuzziness. All of a sudden, you feel droopy. Your eyes may tear. You can't stop yawning, or you sigh. Maybe you find yourself staring out the window, your mind far away from the tasks at hand. If somebody speaks to you, you find yourself startled by the sound of his voice. Or you don't understand what was said the first time and ask the speaker to repeat himself."*

According to Dr. Nadel, these are signs that your body is entering the ultradian rest response. At times that this occurs, your body is most attuned to your intuition, as the four main regulatory systems of your body (endocrine system, autonomic nervous system, immune system and neuropeptides in your brain) align to the unconscious, greater levels of yourself.

The clearest memory that comes to mind of experiencing an ultradian rest response myself was during a final math exam back in

high school. I had trouble with one of the questions and finally drooped away. It was like I temporarily switched to the realms of 'no-time', staring out of the window without being conscious of what was happening around me.

Then suddenly some kind of realization kicked in, and I suddenly knew how to get on my way of solving the question that I didn't seem to understand at first.

This is not something uncommon. Everyone experiences this all the time, probably daily. The trick is to recognize it. Even some of the greatest minds in modern history accepted the importance of intuition:

*"The only real valuable thing is intuition."*

*Albert Einstein.*

*"It is by logic that we prove, but by intuition that we discover."*

*Henri Poincar*

*(one of France's greatest mathematicians and theoretical physicists)*

According to Dr. Nagel, ignoring the signals of the ultradian rest response or trying to suppress them can cause you to become irritable, uncomfortable, and even depressed. However, she emphasizes that if you allow them and flow with them, they can be moments of great inspiration. Here's what she says:

*"This is the best time to take a break rather than forcing yourself to push through the fatigue. You can think of it as your intuition break, time to take a deep breath, close your eyes, and allow impressions from your intuitive right hemisphere [right brain] to flow through your mind. You are working on a project and would like help from your intuition, this is the time to ask for it. It is also a good time to meditate."*

Meditation is not a must. All you need to do is trust your intuition and listen to your inspirations. True enough, you are blessed with an intellectual mind too. But it shouldn't dominate your intuitive knowing and suppress it.

**The thing is that 'attraction' doesn't happen like things just falling out of the sky right on your lap. It often works through inspirations to do something or go somewhere. Your inspirations and hunches point you towards things you can do to bring about the changes in your life that you desire.**

**Ignore them, and you won't 'attract' what you want. But follow along with them, and magic happens.**

And finally, always realize this 'intuitive knowing' can be unique to the knower, which is you. What may feel good for *you*, doesn't have to feel good for others. Everyone is unique.

You will be inspired to do something that is best for you, and that matches what you want. That can be totally different from anyone else. Besides, not everyone wants the same thing, at least if everyone would follow their true 'wants', not the 'wants' imposed by the image of what others think you should want.

No one should judge or ridicule what another feels is good for him or her, as long as the person never seeks to impose anything on anyone else.

That is the freedom of life we need, that will change everyone's life radically, and the whole world with it.

**Gotta go now. I feel an ultradian rest response kicking in...**

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## *Final Words*

So that's it for this article!

We hope this has been insightful and useful for you.

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Henk and Nicholas

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