

EXAMINING SENTENCE CONSTRUCTIONS IN LAW OF ATTRACTION AFFIRMATIONS FROM LANGUAGE PERSPECTIVE

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ABSTRACT

This research discusses the sentences used in affirmation when applying Law of Attraction (LoA). The aims of this research are to introduce the sentences used in applying LoA successfully, and contribute in science and language fields. There are three research questions offered in this research, first. how do language elements are used in applying LoA, second, how are the sentences arranged to direct positive vibes, and the last, what words should be chosen to attract positive vibes. The data are taken from several books used by LoA practioners. The conclusions are the language elements used in LoA: *nouns, verbs, adjectives, adverbs, possessive adjectives, prepositions, determiners, conjunctions, or pronouns*, the sentences are arranged to direct positive vibes by applying Losier (2007) tools, namely *identify desires, give your desire attention, and allow it*, chosen words to attract positive vibes commonly are *attracting, getting, come, radiate, better, worthy, good, grateful, effortlessly, every way, love, joy, positivity, abundance, and prosperity*.

Keywords: Law of Attraction (LoA), positive vibes, goals, word choices

ABSTRAK

*Penelitian ini membahas tentang kalimat-kalimat yang digunakan dalam afirmasi ketika menerapkan Law of Attraction (LoA). Penelitian ini bertujuan untuk memperkenalkan kalimat-kalimat yang digunakan agar sukses dalam menerapkan LoA, dan memberikan kontribusi dalam bidang ilmu pengetahuan dan bahasa. Ada tiga pertanyaan penelitian yang diajukan dalam penelitian ini, pertama, bagaimana elemen bahasa yang digunakan dalam menerapkan LoA, kedua, bagaimana kalimat-kalimat tersebut disusun untuk mengarahkan getaran positif, dan yang terakhir, kata-kata apa yang harus dipilih untuk sukses menarik getaran positif. Data diambil dari beberapa buku yang digunakan oleh para praktisi LoA. Kesimpulannya adalah elemen-elemen bahasa yang digunakan dalam LoA: kata benda, kata kerja, kata sifat, kata keterangan, kata sifat posesif, kata depan, kata penentu, kata penghubung, atau kata ganti, kalimat-kalimatnya disusun untuk mengarahkan positive vibes dengan menerapkan alat bantu dari Losier (2007), yaitu *identify desires, give your desires attention, dan Allow it*. Kata-kata yang dipilih untuk menarik positive vibes pada umumnya adalah *attracting, getting, come, radiate, better, worthy, goud, grateful, effortlessly, every way, love, joy, positivity, abundance, and prosperity*.*

Kata kunci: *Law of Attraction (LoA), getaran positif, tujuan, pilihan kata*

I. INTRODUCTION

The Law of Attraction (henceforth: LoA) is defined as attracting anything you pay attention and focus on, to our life either they are positive or negative (Losier, 2007). There are some beneficial values in LoA such as your mind is a magnet for positive thought so that it can be your destiny (Holliwel, 1985), it turns ideas or thought into reality (Love, 2011), and secrets to make you succeed in your life (Byrne, 2008).

There are some tools are used in LoA, namely visualization, gratitude, affirmations, vision board, focus wheel, LoA planner, weighing scale, and LoA games and exercises.

Words have significant roles in applying LoA. Most of the tools in LoA are related to language, the use of words, and more importantly, the feelings generated by words. Therefore, it is strongly suggested to choose the right words to achieve people goals or attract any positive desires. Not only words, but LoA also compose positive sentences in practice. There are specific words and sentences are used to attract positive vibes into people's mind. In doing so, Linguistics, which is the scientific study of language, which includes the study of words and sentences, has a significant role in LoA. Especially syntax, which is the study of how words combine to form grammatical phrases and sentences (Bresnan, J., & Kaplan, R. M. ,2014). Kasirzadeh, A., & Gabriel, I. (2023) agreed that Syntax is concerned with the rules and constraints that govern how speakers of a language can organize words into sentences.

Studies in syntax analysis have been conducted in many topics. Mohammadi Gorji, et al, (2023) found that space syntax analysis is a useful tool for identifying risks of aggression in hospital spaces and for identifying interventional opportunities. In analyzing language, Dorđević, T., & Stojković, S. (2020) believed that syntax analysis could solve the issue of ambiguity. Nyame, J., Adomako (2023) concluded within the purview of Brown and Levinson's face theory, that Nzema idiomatic expressions used as indirection strategy. Furthermore, Handayani W, (2021) analyzed system of grammar analysis in the ideology of Prince Harry's first speech after Royal split. Then to the best writer's knowledge study about syntax analysis connected to sentences in LoA have not been conducted. Therefore, this study is conducted to introduce the sentences used in applying LoA successfully, and the second goal is to contribute in science and language fields. The LoA analysis makes this study different from the previous studies. By that, it is beneficial to bring new insights to the readers in understanding sentence structures and words choices in applying LoA.

This study employs three research questions as follow:

1. How do language elements are used in applying LoA?
2. How are the sentences arranged to direct positive vibes?
3. What words should be chosen to attract positive vibes?

II. RESEARCH METHODOLOGY

This research is qualitative research (Bengtsson, M ,2016). This research analyzes positive vibes sentences suggested in applying LoA. To analyze the data, a set of procedures was taken. The first step was collecting the positive vibes sentences that have related meanings with LoA from several books that

discuss LoA. From the data, 10 positive sentences or positive affirmations were found. Furthermore, each sentence was analyzed using Halliday & Matthiessen (2013)' Systemic Functional Grammar (SFG).

The data were collected by analyzing the frequent sentences from LoA books, all types of sentences related to the aim of the research can be utilized. Then ten sentences were chosen by the writer. The ten sentences were considered reliable since the elements fit LoA affirmation sentences.

To analyze, the writer familiarize herself with the data and read some LoA books to obtain the sense of the whole before it can be broken down into things related to aim of the research. Furthermore, SFG along with some LoA experts' theories are applied to examine language elements, sentences, and chosen words.

III. DISCUSSION

How do language elements are used in applying LoA?

To answer research question number one, let us see the sentences captured the most in LoA books:

1. "I am attracting abundance and prosperity into my life effortlessly."
2. "Every day, in every way, I am getting better and better."
3. "I am worthy of all the good things that come into my life."
4. "I radiate love, joy, and positivity, attracting the same energy back to me."
5. "I am grateful for all the blessings in my life, and more are on the way."
6. "I trust in the universe to guide me towards my highest good."
7. "I am open to receiving all the miracles and opportunities that come my way."
8. "I believe in my ability to create the life of my dreams."
9. "I am a magnet for success, happiness, and abundance."
10. "I deserve to live a life filled with love, joy, and fulfillment."

The elements used are subjects, which must be "I", then verbs either in simple present or simple present progressive (verb+ing). Furthermore, objects present in "nouns' elements and for some purposes the sentences are completed by adverbs or adverbs phrases. The sentences can be in simple or complex sentences in which clauses are added.

The use of "I" as the subject is a foundational principle in LOA since it emphasizes personal agency and responsibility. By starting sentences with "I," individuals affirm their role as creators of their reality and express their desires or intentions (Byrne, R, 2008). Furthermore, as stated by Love (2011), Byrne (2008), using verbs in the simple present or present progressive tense reinforces the idea of immediate action and manifestation. It signifies that what one desires is happening or is in the process of

happening now. it is stated in LoA, individuals need objects in saying the affirmations. According to Holliswell (1985), Objects in LOA language typically represents the specific desires or manifestations that individuals are focusing on. Nouns are often used as the objects to complete or to clarify the goals of the subjects (Halliday & Matthiessen 2013). It is in line with LoA as well. Meanwhile in LoA, these nouns can range from material possessions to emotional states or experiences (data no 1, 3, 4,5). The purposes of including objects in sentences are to clarify and solidify the desired outcome.

Furthermore, adverbs or adverb phrases are used to modify verbs, providing additional context or intensity to the action being described. In LOA language, adverbs can enhance the clarity and emphasis of intentions. For example, using adverbs like "effortlessly" , "towards my highest good" can amplify the energy and focus directed toward manifesting desires.

The choice between simple and complex sentences depends on the complexity of the idea being expressed. Simple sentences are straightforward and direct, often used for clear affirmations or intentions. Complex sentences with clauses allow for more nuanced expressions, incorporating multiple ideas or conditions into the manifestation process. As observed, those are expressed in data number 7,8, and 10. As Losier (2007) stated that people should think, read and write their desires, some precise words should be chosen. those data are considered excellent examples for *opportunities, dreams, joy, love, and fulfillment.*

How are the sentences arranged to direct positive vibes?

This is the second research question offered by the writer. Positive vibes are closely integrated in LoA. Your unconscious and conscious mind automatically filters out the words don't, not and no. When you use these words, you are actually internalizing in your mind the exact thing you are being told not to (Losier, 2007, p.22). In order to create positive vibes, do not, or not, should be eradicated from people's minds. People are trained to control their conscious and unconscious minds by focusing on positive vibes only.

Losier (2007) suggested that words containing negative statements actually giving attention and energy to what you do not want. Conversely, words containing positive statements giving attention and energy to what we want. Furthermore, positive desires must be stated to direct positive vibes. An affirmation is a statement spoken in the present tense and used to declare a desire. Saying "I have a happy, slender body," is an example of a positive affirmation. The following are other positive things or desires that should be thought then stated by people: *All my family relationships are harmonious, I'm a millionaire, My business is booming, I have ideal health, I have a perfect life mate.*

The first step to arrange positive vibes is identify your desires. Generally, money, health, relationship, are big pictures in human's life. Then those should be specific depends on individual's desires. In identify desires, Losier (2007) taught three elements to the Desire Statement:

- ◆ The opening sentence
- ◆ The body
- ◆ The closing sentence

the following statement is an example to attract ideal financial situation:

Opening sentence

I am in the process of attracting all that I need to do, know or have to attract my ideal financial situation.

Body

I love knowing that my ideal financial situation allows me to have and enjoy everything that I need and desire to bring more joy and freedom to my life.

Abundance is a feeling and I love the feeling of abundance all around me.

I love knowing that all my bills are paid with joy, knowing that what I am billed for is an exchange, using money to honor that exchange.

I'm so excited at the thought of a constant flow of money coming to me from known and unknown sources.

I love knowing that my ideal financial situation brings me the comfort and the knowledge that I can travel where I want, shop where I want, and have whatever will make me feel great.

More and more, I receive gifts, win more prizes, and receive what I need from unknown and known sources.

I love the thought of stashing money away into excellent investments.

Closing sentence

The Law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desire.

The second step to arrange positive vibes is *Give Your Desire Attention*. It means you have to increase your vibration by giving positive attention, energy, and focus. Positive attention ensures you to include the vibration of your current desire. The examples of desire statements can be seen as follows: I am in the process of attracting all that I need to do, know or have to attract my ideal relationship. The Law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desire.

You raise your vibration when you give your desire attention, energy and focus.

The third step to arrange positive vibes is *Allow it*. Commonly, people who practice LoA said "I've had desires in the past that I got excited about and they never resulted in anything." these negative vibes can be avoided by remembering that you have a three-step process. In this third step, Allowing is

simply the absence of negative vibration and doubt is a negative vibration. It means you should keep being positive thinking about everything you have not achieved. If you doubt you can have something, you are sending a negative vibration. This negative vibration is diluting or cancelling the positive vibration of your desire.

There is a tool to create allowing statements. Start by asking yourself if there is anyone currently doing what you want to do or having what you want?

◆ If so, then how many people have been doing this today?

Yesterday? Last week? Last month? Last year?

◆ Write your statements in general terms (3rd person), because making reference to yourself may create more doubt.

◆ Ensure that the statements are plausible.

Here is an example of how to create Allowing Statements for the following limiting beliefs:

I'd like to have a more slender body but I can't because all my family members are big.

Question: Is there anyone on the planet who has a different body size than other members of their family?

Answer: Yes

Question: If so, how many people have this today? Yesterday? Last week? Last month? Last year?

Allowing Statement:

Thousands of people, even in my neighborhood, have different body sizes than their family members. There are millions of men on the planet that have a more slender body than their father or brother.

What words should be chosen to attract positive vibes?

This is the last research question offered by the writer. In order to achieve the goals in applying LoA, there are many positive words should be either thinking or saying. Some LoA books (Love,2011; Losier,2007; Clifford, 2021; Hicks & Hicks, 2009) mentioned many positive words for instance *happy, grateful, progress love, worthy, or success*.

From Halliday & Matthiessen (2013)' point of view those positive words are categorized as nouns, verbs, adjectives, adverbs, possessive adjectives. The data can be listed as follows:

Dat a	Nouns	verbs	adjective s	Possessiv e adjectives	adverbs	Preposition s	Determiner s	Conjunction s	Pronoun s
1	abundance	attractin		My life	effortlessl	into		and	I

	prosperity	g			y				
2		getting	better and better."		Every day; every way				I
3	things	come	Worthy; good	my life		into	That		I
4	love, joy, positivity, energy	Radiate; attracting	same		back	to		and	I; me
5	life		grateful		on the way	For; in	All; more	and	I; my
6	universe; good."	Trust; guide				In; to; towards			My; me
7	Miracles; opportunities way."	am receiving come;	open			to	All; that	and	I; my
8	Ability; life; dreams."	Believe; to create				In; of			I; my
9	I; magnet; success; happiness; abundance					for		and	I
10	a life; love, joy; fulfillment."	Deserve; To live	filled					With; and	I

IV. CONCLUSION

In conclusion, this LoA study focusing on positive sentences to achieve goals has provided the readers into the critical state of hopes. The following are the language elements are used in LoA: *nouns, verbs, adjectives, adverbs, possessive adjectives, prepositions, determiners, conjunctions, or pronouns*. I must be the subject of the sentence of affirmation. Then verbs are stated either in simple present or simple present progressive. In addition, *nouns* are stated as the objects of the goals. Furthermore, *adverbs, possessive adjectives, prepositions, determiners, conjunctions, or pronouns* stated as well to complete the clear goal of the individual.

The sentences are arranged to direct positive vibes by applying Losier (2007) tools. He taught firstly to *identify desires*, second is *give your desire attention*, then the third is *allow it*. To practice *Identify desires*, people should apply desire statements that consists of three elements: *the opening sentences*, *the body*, and *the closing sentences*. The sentence examples, that cover the three elements are “I am in the process of attracting all that I need to do, know, or have to attract my ideal financial situation, I love knowing that all my bills are paid with joy, the law of attraction is unfolding and orchestrating all that needs to happen to bring me my desire.”

second is *give your desire attention*. This is done by increasing vibration through positive sentence based on the goals. The last step is *allowed it*. This is done by keeping being positive thinking about everything you have not achieved. Feeling doubt to have something can send a negative vibration. Chosen words to attract positive vibes commonly are *attracting, getting, come, radiate, better, worthy, good, grateful, effortlessly, every way, love, joy, positivity, abundance, and prosperity*.

This conclusion is ended by offering several suggestions for further study. Future study may delve deeper into other language aspects besides language construction, analyzing the results of LoA application among LoA group members, or examining Bahasa Indonesia for LoA sentences.

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