

The Hidden Law That Governs Baseball



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Below is an excerpt from Dr. Tom Hanson's new book, **PLAY BIG: Mental Toughness Secrets that Take Baseball Players to the Next Level:**

A man hidden behind a fence is coaching a struggling young player...The man could sense my impatience, but, as with most everything so far, he wanted to make me come to my own answer.

'Remember our guiding principle is simplicity,' he said.

'Simple wins,' I said proudly.

'This law takes everything we've talked about so far and boils it down into one idea. In fact, it takes everything about baseball and boils it down into one idea. This law is acting on everyone out here all the time, whether they're playing baseball or not. Understanding this law is the key to...'

'Well,' I said impatiently, 'what is it?'

'The law is called the Law of Attraction.'

The Law of Attraction? Once again the man had built a bunch of drama about something and once again it disappointed me. But the ugly sunglasses had turned out to be very cool, so I hoped the Law of Attraction was more than met the eye as well.

'The Law of Attraction says 'that which is like itself is drawn.' A more familiar way of saying it is birds of a feather flock together,' or 'like attracts like.'

'Okay,' I said, obviously not yet impressed.

'Thanks to those glasses you see it happening out there right now,' he said.

'Look at the energy coming in to Kamin versus the energy coming in to the second baseman.'

'Kamin's got a lot of the good blue stuff coming in, and the other guy only red negative stuff.'

'Right. And can you see that they are both bringing in what they are giving off?'

'Yes.'

'And you can see the results they're producing. Those results stem from their vibrations.'

'Hmm,' I uttered, not committing to buying the idea or rejecting it.

'Imagine yourself as a giant broadcasting and receiving station. You're broadcasting your thoughts and emotions out into that Field. Imagine that every thought you have is sent out into the giant energy field. That's your vibration, you're always broadcasting your vibration, and it goes rippling out through the energy field.'

'Okay.'

'That energy bounces off everything else out there and comes right back at you in some physical way. The quality of what comes back to you is a match for what you sent out there in the first place. You get back what you give out to The Field in terms of your vibration, your energy. The universe sends you results, people and experiences that are a vibrational match for what you are sending out.'

Remember those 'pitch-back' screens you probably used as a kid, where you could throw the ball into the net and it'd come back to you?'

'Sure, those things are awesome.'

'That's just the way the universe works: Whatever you throw out at it comes shooting back at you. With the pitch back if you throw the ball hard it comes back hard; if you throw it soft it comes back soft. With the universe if you send out good vibes you get good news back, and if you send out bad vibes you get bad news back. Can't get much simpler than that.'

'Huhm,' I said (a combination of a thoughtful hmhm and an I'm-not-so-sure huh?).

'You get back what you give off,' I said, considering the idea.

'You got it,' the man said. 'And you can take this literally, meaning what I'm saying about sending a vibration 'out to The Field' is all actually true as I'm describing it, or figuratively, meaning this is one way of thinking about what's happening. I don't care which way you go, but I do want you to get that your performance and everything else in your life is going to be tons better the higher vibe you're giving off.'

'Well,' I said, 'it's hard not to take it literally when I can see it happening live through these funky glasses.'

'All you have to remember is the term vibrational match.'

'Vibrational match?' I said, requesting clarification.

'Yes. You attract things into your experience that are a vibrational match to you. During your first AB today you were a vibrational match for bad hitting. Your vibe attracted a bad AB. Kamin is a vibrational match for high-level pitching right now, and that's what he's getting.'

'I see.'

'We'll get to this in depth in a moment, but the key to getting anything you want is you must first become a vibrational match for it. You must vibrate at a frequency that will attract or allow that result to happen. The game is to raise your vibration to a level that matches what you want before you get what you want.'

Get the book at
www.PlayBigBook.com.

