

# Tapping into the energy level

BY DAVID TAYLOR

**WHO hasn't wanted unlimited happiness, love, health and prosperity?**

The ability to transform any weakness into power, peace and abundance.

You may think the answer to that is a closely guarded secret ... you'd be wrong.

Wiganer Mark W Foster is one of the leading experts in the country in a field who believe they have the answer to life, the universe and almost everything.

The 44-year-old from Aspull first discovered the little known "Law of Attraction" seven years ago and since then his life has been transformed.

Demand for his "hobby" went through the roof in 2006 when the highly acclaimed film *The Secret* presented the idea to a new generation. He has quit his job of 20 years as a firefighter and now tours the country giving talks and has set up his own business - Infinite Possibilities.

"The Law of Attraction is a way of managing your energy. At the lowest level everything is energy, the way we feel, what we think, and this is about making that knowledge work in your favour.

"The science of attraction is about getting more of what you want and less of what you don't want.

"I'm living proof that it works. I'm just an ordinary lad from Wigan whose life is unrecognisable because of this," said Mark.

"At any given moment we are vibrating because we are energy. I teach how to consciously manage that energy. The best example I can give is to imagine a drum on either side of yourself. On one side we're banging a negative one everytime something goes wrong, like when we blame the boss for being on such a poor wage etc. You are choosing to beat that negative drum instead of the positive one. By choosing to bang the positive drum you are changing the path in a positive way.

"At its heart this is about how the mind affects matter."

Two of the biggest criticisms levelled at "the law" is that if the universe can be altered by a mere thought why can't people think themselves better when they are ill and secondly where is the scientific research to warrant calling it a "law".

Mark said: "The body is just energy, everything is energy and you can control that energy.

"If part of the body is not working and you worry and worry and worry about it, it will make matters worse. "Alternatively you can change those thoughts into positive ones, I'm not saying it replaces medicine, but it can be really powerful.

"If a hypochondriac can think himself ill surely people can think themselves better.

"This is not meant to replace religion or undervalue other beliefs. It's about managing circumstances and getting more out of what you want.

"There's scientific proof because quantum physicists are also telling us now that thoughts can be measured in energetic wave form. It's a law as unchanging as gravity. It works every time for everybody but it's up to you how much you allow it to."

Mark's tutoring is in high demand from companies interested in exploring energising their staff.

His next workshop will be at Formby Hall in Atherton on Sunday December 2. Call Wigan 706112 or visit <http://markwofoster.com/default.aspx> for more details.

