

**SAMPLE - NOT FOR DISTRIBUTION**



# **FEATHERS ARE EVERYWHERE**

A Practical Application of the  
Law of Attraction

Randy Nathan, MA, MSW

**SAMPLE - NOT FOR DISTRIBUTION**

---

## INTRODUCTION

*“When feathers appear, angels are near.”*

*Author Unknown*

Feathers are vital to a birds survival. They help birds fly, keep them warm, provide protection from nature’s elements, and serve as camouflage from predators. With over 10,000 different types of birds, feathers are as colorful as they are unique. They are everywhere.

Birds primarily loose feathers during a process called molting. Depending on the species, it can occur only once or at various times shedding old feathers with the new. As the feathers detach, gravity pulls them to the ground.

What happens when you stumble across a feather on your path? What does it mean to you?

The ancient Egyptians believed feathers were a symbol of the Goddess of Truth, Justice, and Order. While Native Americans believe that feathers carry stories, mystical meaning and even magic. In the Bible, feathers represent loving care, protection, and a symbol of dreams. In those dreams, feathers often suggest wealth and riches, or undertaking a journey. Feathers are also spirituality connected. For some, finding a feather is a magical moment transcending time connecting consciousness to a higher spirit. Regardless of your belief, there is no doubt you have seen a feather or two.

---

## INTRODUCTION

Feathers can represent how the universe sends us signs. Since life has ups and downs, twists and turns, and is often unpredictable, it is essential to develop strategies to provide meaning during the difficult times. It is easy to live when life provides riches, rewards and wealth. However, it is when the “going gets tough” that requires vital survival skills to keep moving forward.

What if seeing a feather was truly magical? What if it really was the universe providing support, guidance and love? What if feathers are sent your way to comfort you and encourage you along your path? Feathers have a connection to birds, and birds have wings. Wings are a symbol of flight, and angels have wings. Angels soar above us, looking at things from a different perspective. They know that you can move beyond all limitations.

### ***Being Happy***

It seems nearly everyone has a negative attitude. People either act like a victim of their circumstances or live with significant feelings of conflict. If we are not feeling sorry for ourselves, we are angry with others for what occurs in our life. How can it be that so many are not able to achieve what they desire most? Why does happiness seem so elusive?

---

## INTRODUCTION

The truth is, most people are not taught correctly about happiness. They are trained that happiness is a result of certain actions. Happiness is achieved by following appropriate steps. Do “A” and “B” then happiness will be attained. There is a presumed “blueprint” that originates in middle school ~ study hard, get good grades, get into a good college, get a good job, make a lot of money, and be *happy*. To be *happy*, one must accomplish these various steps with happiness being the outcome. It is so ingrained in us that any steps that deviate from this “blueprint” may create just the opposite of happiness. And, that result is not acceptable.

### ***The Opposite of Happy***

What is the opposite of happy? Sad? Not true. The opposite of happy is ~ not happy. Napoleon Hill<sup>1</sup> often said, “The only thing that has meaning, is the meaning you give to things.” Even though being “not happy” can mean a number of different feelings, the belief is that sadness is the opposite and must be avoided. Being sad is bad. It is an emotion that must be evaded at all costs. In Disney’s Pixar movie (2015), “*Inside-Out*” this desire plays out in a perfect example. Without spoiling the plot, throughout the movie there is constant drive to keep sadness away without interfering in life. However, the harder the characters try to keep sadness away, the more

---

## INTRODUCTION

invasive it becomes. It is a perfect metaphor for life. The more we focus on not being happy the more it seems to be relevant. It appears that no matter what transpires a constant stream of unhappiness is present with an inability to be happy as the consequence.

*What would give for an entire year's worth of happiness?*

Let's assume that you will receive 365 days of continued happiness upon conclusion of this book. How would you know at day 217 that you are truly "happy?" The answer may seem obvious as the most common response is often, "I'm happy because that's the way I would feel." Yet, by day 217, there is really no way to know if you would be truly "happy." The only way to feel happy is to have something to compare it to in that moment. One must experience being unhappy to gauge their level of happiness. And, accordingly, the only way to experience being unhappy is to know what it feels like to be happy. The opposites coexist for us to appreciate both feelings. No one can ever be happy without also being unhappy.

### ***The Millennial's Pursuit for Being Happy***

The generation currently impacted the most in this search for happiness is the Millennial generation. These are the youngest identified generation born

---

## INTRODUCTION

between 1980 and 2001. They have grown up in a tech savvy environment, raised by ‘helicopter’ and ‘snowplow’ parents, with happiness being the ultimate reward.

A 2014 study administered by Allidura, GSW and The Harris Poll surveyed over 3500 Millennials, Gen Xers, and Baby Boomers.<sup>3</sup> Millennials are considered by many experts to be the first generation to deal with challenges primarily through data and technology. The most significant life-defining events that have shaped the Millennial generation are the shootings at Columbine High School, 9/11 Terrorist Attacks, Corporate scandals, the War on Drugs and the War on Terror. These moments in history have played a significant role in their overall goals and life experiences. Throughout childhood, their parents have played a very “hands-on” role, yet have done so from a substantial distance. Since the cost of living has increased so substantially throughout the country, Millennials are the first generation to be raised by support providers other than their parents, or other family members. Most were raised by day care centers, babysitters, nannies, and other care givers.

A main focus for parents of these Millennials is a desire for their children to be successful and happy. With that, parents went out of their way to provide life experiences to ensure their children's

---

## INTRODUCTION

happiness. The outcome is that nearly 97% of Millennials say that being happy is important to them.<sup>3</sup> However, what is most interesting is just how disconnected this generation is in terms of what happiness truly is and how it can be achieved.

### ***A History Lesson***

Viktor Frankl was a prominent psychiatrist and neurologist living in Vienna in 1942. He was arrested and transported to a Nazi concentration camp with his wife and parents. Three years later, following the liberation of his camp, most of his family, including his pregnant wife were dead. His prisoner number **119104** was permanently embedded in his arm as a reminder of what was forever taken from him.

Within a year of leaving the camp (1946), Frankl published one of the top ten most influential books in American history, *Man's Search for Meaning*.<sup>4</sup> He wrote about his experience in the camp in nine days and concluded that the primary difference between those individuals who survived compared to those that did not came down to one basic thing: *meaning*. The prisoners that were able to find meaning in the most horrendous of life experiences were more resilient than those that could not. Frankl wrote, "Everything can be taken from a man but one thing, the last of the human freedoms -- to

---

## INTRODUCTION

choose one's attitude in any given set of circumstances, to choose one's own way.<sup>4</sup>" You can only control your attitude and your effort. However, many seem to have difficulties with their overall attitude. Since so much meaning is directed towards happiness, it often becomes an obsessive march towards an expected outcome. Then, even when the outcome is favorable, the feeling of happiness is often evasive. Therein, lies one of the largest challenges of human life.

### ***Feathers are Everywhere***

Although this book is not specifically about being happy, it is about the symbolism of feathers and finding happiness as a byproduct of what occurs all around us. Most individuals experience happiness as a result of some type of achievement, or goal (witness the Millennials). Happiness is only experienced when something goes right. The formula for this is:

*If I get A, then B happens*  
*If I do not get A, then I do not get B*  
*A = Goal/Achievement/Money*  
*B = Happiness*

It is a formula that is instilled in most people at a very early age. It is a process that gets reinforced through our schools, parenting, athletics, work



---

## INTRODUCTION

environment, and so on. However, this process is no longer sufficient. It is no longer the way life has to be viewed. Whether it is through quantum physics, Law of Attraction, Positive Psychology, or other alternatives that focus on happiness, goals and achievement, information (both through research and opinions) is available that proves and demonstrates that happiness is a state of being, not a result of a life's occurrences.

Happiness really is all around us, even in the most difficult of times and the darkest of days. Feathers remind us there is a silver lining. It takes understanding, certain skills, and a little bit of faith to help most individuals see that on a daily basis. This book is designed to provide a basic and simple understanding of the Law of Attraction (LOA), identify unique skills to incorporate the LOA, and introduce a number of principles that can be utilized immediately.

Just like happiness is a state of being and is all around us, feathers are everywhere, both literally and figuratively. It is just a matter of awareness and being able to see them in every day life. I encourage you to test out this concept. The idea is to "attract" a feather into your life. Be open to the idea at some point in the next few days, you will see a random feather. It will present itself, but you must be willing to be open to the idea that it is

---

## INTRODUCTION

possible. All you have to do is look and it will appear. Once you start attracting feathers, your mantra will become “Feathers Are Everywhere.” However, it really is a metaphor that represents so many items relevant to life. Whether its happiness, money, love, kindness, or good health all that needs to be done is look around and notice how it already is within every element of life. Happiness is everywhere; money is everywhere; love is everywhere!

