

The Secret

By Jeanie Buchanan, PLS

Have you heard about the book "The Secret" and its fantastic repercussions throughout the world? I urge you to get this book, go to the website, watch the movie, listen to the tapes. Change your life!

Ask
Believe (Visualize)
Receive (Gratitude)

The story of The Secret was recently featured on Oprah. Taking the summary from a friend of mine, "this is all about asking what you want for your life, believing it's on its way, visualizing your life with it, and then being grateful to receiving it."

We all are successful at what we do because we believe in our skill, we are able to visualize being successful. We have a goal in mind, an "intention." This "Secret" takes it a step further. **It's all based on the Law of Attraction.** What you focus on expands. If you focus on debt - it grows, if you say you are heavy, you grow ☹, if you say your are thin, you start to lose weight. The panel on Oprah used the scenario of how "The Secret" works by describing the process of putting in an order at a restaurant. When you place your order with the waiter, you expect to receive exactly what you ordered. It's the same with the Law of Attraction. If you put in an order for "I don't think I can do this business" then the universe will bring you your order. Situations will pop up making you right that you can't do this business. Whatever you ask for, and follow the steps in The Secret, you will receive. The video gave another visualization of how The Secret works, by sharing the story of Aladdin. When Aladdin rubbed the lamp, his Genie appeared, and the Genie said to him, "Your wish is my command". We all have this power. We all have a Genie, and it's the Law of Attraction. What would you wish for? This is why writing down your goals, and even making a visualization board, where you cut out pictures of all the things you want and stick them on this board, come into play.

Here are the steps of **The Secret**:

1. **Ask** (you only need to ask once - write it down. Asking twice shows you are not doing step #2)
2. **Believe** (visualize yourself already achieving it and feel the excitement)

When you add feeling & emotion to this part, it will happen faster.
3. **Receive** it. (be grateful that it's on its way)

Starting your day being grateful for everything you have in your life is the key. Only when you can be grateful for what you have, will you be given more.

The following is a synopsis from the website www.theseecret.tv.com:

The Secret Synopsis

The Secret has existed throughout the history of humankind. It has been discovered, coveted, suppressed, hidden, lost and recovered. It has been hunted down, stolen, and bought for vast sums of money. Now for the first time in history, The Secret is being revealed to the world over two breathtaking hours.

A number of exceptional men and women discovered The Secret, and went on to become known as the greatest people who ever lived. Among them: Plato, Leonardo, Galileo, Napoleon, Hugo, Beethoven, Lincoln, Edison, Einstein and Carnegie, to name but a few.

Fragments of The Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation which will be life transforming for all who experience it.

Some of today's greatest teachers will be presented in The Secret and will impart this special wisdom that has been known by so few. They include some of the world's leaders in the fields of business, economics, medicine, psychology, history, theology and science. Each of these teachers is living proof of The Secret; each of them a walking marvel of achievement and success...

Included are; 'Miracle Man' Morris Goodman, who tells his awe inspiring story of how he recovered from paralysis by using The Secret. Dr. Denis Waitley, who used various aspects of The Secret in training Olympic athletes and Apollo astronauts to reach new heights of human endeavor. Best selling authors and philosophers including Bob Proctor, John Assaraf, James Ray and Joe Vitale, explain how they have created lives of phenomenal success utilizing The Secret. Doctors in the fields of medicine and quantum physics explain the science behind The Secret.

The Secret reveals amazing real life stories and testimonials of regular people who have changed their lives in profound ways. By applying The Secret they present instances of eradicating disease, acquiring massive wealth, overcoming obstacles and achieving what many would regard as impossible.

The Secret reveals how to apply this powerful knowledge to your life in every area from health to wealth, to success ad relationships.

The Secret is everything you have dreamed of... and is beyond your wildest dreams.

Quotes on Success and Attaining Success

By Remez Sasson

When the mind thinks of success, the outside world mirrors these thoughts.

Success is the outcome of thinking, visualizing, planning and taking action.

Your mind is the generator of failure, and also the generator of success.

What you think today is what you live tomorrow.

Success is a state of mind.

Happy thoughts make your life happy. Miserable thoughts make your life miserable.

The image you have of yourself is responsible for the way people see and treat you.

An attitude of success attracts success.

Choose your thoughts carefully; they are the builders of your life.

Success manifests in small daily events, not only in accomplishing great things.

A happy mind manifests success.

The mental movie in your mind is the cause of everything that happens to you.

Nurturing a feeling of success attracts success.

Nothing can stand in the way of absolute belief and confidence.

Your inner world controls your outer world. Learn to improve your inner world, and your outer world would be affected too.

The mental movie that you play in your mind is the life that you will live tomorrow.

When you rehearse failure in your mind, you meet failure.

When you rehearse success in your mind, you experience success in your life.

Attaining peace of mind, happiness and good relationships also mean success.

The scope of your success is determined by your thoughts.

Rehearsing success in the mind, produces success in the material world.

Success is not only more money, promotion and social status. Success is also maintaining happiness, the ability to get along harmoniously with others and spiritual awakening.

Do not undervalue the importance of success in small matters. It proves to you that with persistence, bigger success is possible too.

Play a movie of success in the projection room of your mind, and soon this movie will turn into reality.

Your thoughts and mental images create your circumstances. Master your thoughts and mental images, and you gain power over your circumstances.

Attaining peace of mind, happiness, satisfaction, inner strength, spiritual enlightenment and realizing the inner self is spiritual success.

Attaining good health, love, good relationships, promotion, status, money and possessions, and realizing desires and ambitions is material success.

Your outer circumstances are the mirror of your inner world. Change your inner world, and you change your outer world.

Ambition is the fuel that feeds your thoughts, visualization and actions.

Willpower, persistence, patience and work bring your desires into manifestation.

Visualize your goals clearly, add desire and faith, and you will surely achieve them.