

The Secret by Rhonda Byrne (2006)

The author interviewed people who had this secret. The Secret is the law of attraction. Some acquired massive wealth, lost it & did it again [their dominant thoughts were on wealth]. We are what we think. **Your life right now is a reflection of your past thoughts.** If you want to change your life, change your thoughts [frequency]. What we think about most will appear as our life.

If we think about what we don't want, that's what we get [negative]. Think about what we do want [positive]. Make a decision to stop negative thoughts & proclaim positive thoughts. I am master of my thoughts. You have a choice. Make the last thoughts before we go to sleep good thoughts. And wake up by being thankful. Passion accelerates the results of your thoughts.

If you are feeling bad, find out why & change your frequency to good. **You can have whatever you want in life if you believe [no limits].** Make a list of things that can snap you out of bad thinking (music, memories, loved ones, etc). Love is a great power that draws happiness into your life; hate only brings unhappiness. You deserve all good things life has to offer.

Ask-Believe-Receive! We have not because we ask not. Be clear of what you want. Speak it in present tense thankfulness [I'm thankful for having this]. See the things we want as already ours. Envision the body you want & believe it will come. Expect good things. Turn every situation into a positive one. **Create your day in advance by thinking the way you want it to go.**

When things didn't go as planned, recreate them in your mind [don't play a negative loop]. Make a list of things you are grateful for. Appreciate others & be grateful for all. **Create a vision [dream] board.** If you allow doubt into your mind, more doubt will follow. **Expect good thing to happens [that's faith].** Focus on the abundance of money, not the lack of. Download a blank check from Secret's website & write a check to you for \$1M. Negative thoughts block good things from happening to you [throw them out]. Don't say "I can't afford that"; say "I can buy that". Be happy! Focus on prosperity. Say **"I am a money magnate."** Give to others.

Visualize the perfect partner & take action that will attract them. Focus on what we appreciate in people [not negatives]. Treat yourself the way you want others to treat you [love]. Fill yourself up first or you have nothing to give others. Situations & others don't control my happiness, I do. Stress begins with one negative thought that went unchecked. When we get sick, we think about the sickness, then we talk about it [STOP!]. Turn your greatest challenge into your greatest gift. "I am healthy, wealthy & happy.

We cannot help the world by focusing on the negative. We can see lack or we can vision the abundance around us. Praise God for all things. Look for needs & vision how they are met. Bitterness only hurts the one holding it. Bring me back to the present. Be aware of our surroundings; God speaks to us all the time. **Your life is what you create it as.** What you choose to do with this information is up to you.

Quotes: “Thoughts become things [what we think about becomes realty].” (Mike Dooley); “Thoughts are sending out that magnetic signal that is drawing the parallel back to you.” (Dr. Joe Vitale); “Your feelings are your frequency feedback mechanism.” (Jack Canfield); “You create your own universe as you go along.” (Winston Churchill); “Most people who accomplished anything, did not know how they were going to do it. They only knew they were going to do it.” (Bob Proctor); “Take the first step in faith. You don’t have to see the whole staircase. Just take the first step.” (Martin Luther King Jr); “All that we are is a result of what we have thought.” (Budha); “When you visualize then you materialize.” (Dennis Waitley); “Imagination is everything. It is the preview of life’s coming attractions.” (Albert Einstein); “Whatever the mind...can conceive it can achieve.” “I want you to set a goal that’s so big that if you achieved it, it would blow you mind.” (Clement Stone); “Success comes from within, not from without.” (Ralph W. Emerson); “Man becomes what he thinks about.” (Morris Goodman); “Are the results you have in your life really what you want? ... then wouldn’t right now be the time to change it?” (James Ray); “Whether you think you can or think you can’t, either way you are right.” (Henry Ford);

Books: Millionaires of the Bible (Catherine Ponder);

Movie: The Secret

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