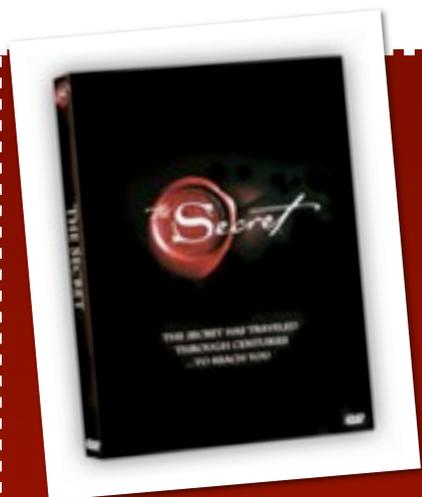


A C O M M E N T A R Y O N
the
SECRET DVD

IN THIS COMPREHENSIVE RESOURCE READ ABOUT THE TEACHERS
AND HOW THEY CAN HELP YOU



The Secret DVD

With The Secret DVD you learn the powerful process of applying the Law of Attraction. It teaches you how to shift your emotions and put yourself in alignment with what you are asking for. The Secret movie makes you aware of your power to change. The Secret to health, love, money and life itself are all revealed in this astounding film.

✧ The Impact of The Secret ✧

This commentary and quotes from the Teachers comes from The Original version of 'The Secret' DVD

FIND THE SECRET TO EVERYTHING

Did 'The Secret' have a big impact on you? It blew me

away. I have been on a path of discovery and learning for years and thought I was

beginning to get a handle on some things. But "The Secret" really opened my eyes. I was excited. It was awesome. NOW I understood.



For a time I watched it over and over – trying to get all the

little nuances and understandings. But for me, I sometimes understand better when I can read something, and

ponder about it. Even better if I can read and listen at the same time

Enjoy these ponderings and comments on 'The Secret'.

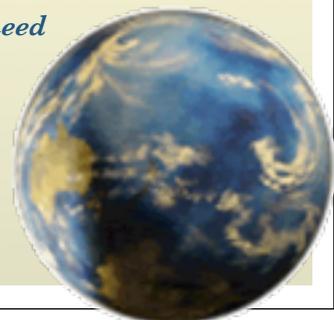
It's all about you, every bit of it you...

www.the-secret-dvd.net

Get to know YOU. With The Secret you will be able to discover the real you and your potential as a human being.

YOU are capable to be, have, do ANYTHING you want...

You just need to know how.



Introduction

TO 'THE SECRET' – A DVD WHICH IS HELPING TO CHANGE ATTITUDES AROUND THE WORLD!

'The Secret' is really about Goal Setting. It is about getting what you want. For many of us this is the first time that we have understood that we are responsible for what comes to us – maybe not for certain events, but certainly for the way we handle things, how we respond to life. It can be a very empowering thought – that we can send a message to the Universe and create what we want. But is it that simple? Sometimes people have thought that it is simply a matter of buying a lottery ticket, of cutting out a picture of a mansion that we want or a holiday trip to a tropical island. Is it that easy? Read on.

Perhaps 'The Secret' does not go far enough for us to grasp all that is involved in working with this phenomenal power that is the Law of Attraction. There are hints and clues in it that lead us to understand how the Law of Attraction works, and what our part is.

IT'S MIND-BOGGLING REALLY TO THINK THAT SOMETHING AS SIMPLE AS A LITTLE DVD CAN HAVE SUCH A WIDESPREAD AFFECT. WHY IS THIS?

I think that the message in 'The Secret', although it has been around since Adam was a pup, has been presented in such a graphic way, that we can easily grasp the concepts and comprehend and appreciate the idea that we are in fact responsible for the outcomes in our life. Some of us take in information more easily when it is presented to us in such an explicit and lifelike way in a visual form as in 'The Secret' DVD, some of us like to read the printed word, some of us learn just by listening – we all learn differently from each other.

ARE YOU ONE OF THOSE WHO HAVE WATCHED 'THE SECRET' OFTEN?

Perhaps you go back and back to learn and understand a bit better. Another way to study and think about the concepts is to use this resource to find the bit you are interested in today. Print it off, or save it to your computer, so that you have it at your fingertips whenever you want to dip into it.

FEEL FREE TO SHARE THIS RESOURCE WITH YOUR FRIENDS

About the Producer

Rhonda Byrne is not only the producer of 'The Secret', but she is the inspiration behind it.

Read about this amazing woman and how 'The Secret' came about.



Rhonda Byrne

Rhonda says she stumbled on what she calls 'The Secret' at the end of 2004. At the time, everything in Rhonda's life had fallen apart—physically, emotionally and financially—and she was in "total despair." Then her father died suddenly, and she was worried about her grief-stricken mother. "I wept and wept and wept, and I didn't want my daughter to see me sobbing," Rhonda says.

The Science of Getting Rich

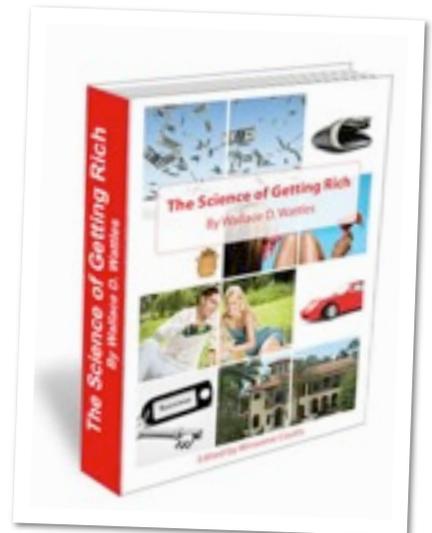
That's when Rhonda's daughter gave her a copy of **The Science of Getting Rich**, a book written in 1910 by Wallace D. Wattles. "Something inside of me had me turn the pages one by one, and

I can still remember my tears hitting the pages as I was reading it," Rhonda says. "It gave me a glimpse of 'The Secret'. It was like a flame inside of my heart. And with every day since, it's just become a raging fire of wanting to share all of this with the world."

After that first discovery, Rhonda read hundreds of books, listened to hundreds of hours of audio tapes and scoured the Internet for more information.

She says she traced the idea of The Secret through history—all the way from 3500 B.C. to the present day. "Since I discovered 'The Secret', every single moment of my entire life has changed, and I am living my life for the first time," Rhonda says.

Having previously worked as a senior producer for Australia's Nine Network, with 20 years experience in commercial television production, Rhonda launched Prime Time Productions in 1994. Under her guidance and direction, Prime Time Production's focus is to continue to create film and television projects which will bring an inspiring, touching and uplifting messages and to help create joy for millions of people around the planet.



[The Science of Getting Rich](#)



In making 'The Secret' Rhonda flew to America in 2004 to interview and film most of the 70 teachers. Then cutting work began back in the studio in Australia to select the 24 teachers for the final production.



Rhonda Interviewed on Oprah

When interviewed on Oprah, Rhonda said **“if you follow its philosophy, you can create the life you want—whether that means getting out of debt, finding a more fulfilling job or even falling in love”**

‘The Secret’ unfolds or explodes around the world

‘The Secret’ unfolds or explodes around the world and millions of people are drawn into a global community who collectively decide to accept their power and responsibility to become conscious creators. We all know that there is an enlightenment revolution of sorts taking place on this planet. Every intentional act to support or hasten that revolution is a good thing; whether it something as small as my individual choice to make this post in this forum, or it is something bigger in scope, like ‘The Secret’, that has the potential to impact the perspective of millions of people.

As Rhonda says, even in unhappy or sad situations there is always a gift – we can be forever thankful and grateful that the gift of ‘The Secret’ has arisen from her own anguish and grief.

Since producing ‘The Secret’ Rhonda has now provided for us ‘The Secret Audio Book’ - CDs so that you can listen to it in the car or on your walkman, ‘The Secret Book’ and ‘The Secret Gratitude Book’.

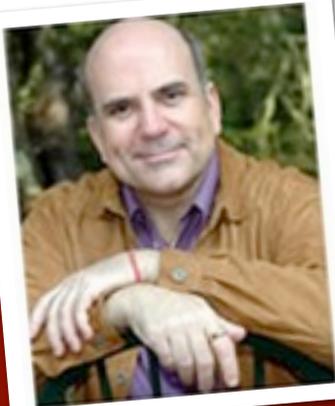
[Click for more info about the products](#)



the SECRET

✘ Note ✘

This commentary and notes on the words of the 'teachers' in 'The Secret' represent the opinions and ideas of Global Secrets International. The quoted words of the teachers below are not the words of Global Secrets International but are quoting what said in 'The Secret' DVD.



Joe Vitale

As a prominent teacher on The Secret DVD, Joe Vitale is considered to be one of the top 25 marketing specialists in the world. Dr Vitale is also a powerful and inspirational speaker, who has presented to hundreds of business groups, teaching thousands of people. The Speakers Platform rated Joe as one of the top 25 speakers in the world on sales and marketing.

~~~~~  
*Joe Vitale's Website*  
– [www.mrfire.com](http://www.mrfire.com)

**Rhonda Byrne:** “A year ago, my life had collapsed around me. I’d worked myself into exhaustion. My father died suddenly, and my relationships were in turmoil. Little did I know at the time, out of my greatest despair was to come the greatest gift. I’d been given a glimpse of a great secret. I began tracing the secret back through history.”

The Emerald Tablet.

The secret was buried.

The secret was coveted.

The secret was suppressed.

“I couldn’t believe all the people who knew this. They were the greatest people in history. Plato. Shakespeare.

Newton. Hugo. Beethoven. Lincoln. Emerson. Edison. Einstein. Why doesn’t everyone know this? All I wanted to do is share the secret with the world. I began searching for people alive today who know the secret. One by one they began to emerge.”

**Bob Proctor, Philosopher:** “You know, this secret gives you everything you want: happiness, health and wealth.”

**Joe Vitale, MSC, D. Metaphysician:** “You can have, do or be anything you want.”

**John Assaraf, Entrepreneur:** “We can have

### Comment

*Rhonda was living in Australia at the time, since then her life has changed and she has moved to live in the United States*

### Information

For additional information about the teachers here: [http://www.the-secret-dvd.net/the\\_secret\\_teachers.html](http://www.the-secret-dvd.net/the_secret_teachers.html)

### Web-resources

[www.the-secret-dvd.net](http://www.the-secret-dvd.net)



## Jack Canfield

*Jack Canfield is a teacher on The Secret DVD, who is highly acclaimed as the co-creator of the best-selling series of Chicken Soup for the Soul books. These books have now sold over 100 million copies in 39 different languages throughout the world.*



Jack Canfield's  
Website -  
[www.jackcanfield.com](http://www.jackcanfield.com)



### Comment

*The quote from Joe Vitale has now become famous. It is well worth making this your motto in life... "You can have, do or be anything you want."*

whatever it is that we choose. I don't care how big it is."

**Bob Proctor:** "What kind of a house do you want to live in?"

**Loral Langemeier, Financial Strategist:** "Do you want to be a millionaire?"

**Bob Proctor:** "What kind of a business do you want to have?"

**Marie Diamond, Feng Shui consultant:** "Do you want more success?"

**Bob Proctor:** "What do you really want?"

**Reverend Doctor Michael Beckwith, D.D., Visionary:** "I've seen many miracles take

place in people's lives. Financial miracles, miracles of physical healing, mental healing, healing in relationships."

**Jack Canfield, Author:** "All of this happened because of knowing how to apply the secret."

(voiceover): "This is the great secret of life. "

**"THE SECRET IS THE ANSWER TO ALL THAT HAS BEEN, ALL THAT IS, AND ALL THAT WILL EVER BE" – RALPH WALDO EMERSON, 1803-1882**

### Information

For additional information about the teachers here: [http://www.the-secret-dvd.net/the\\_secret\\_teachers.html](http://www.the-secret-dvd.net/the_secret_teachers.html)

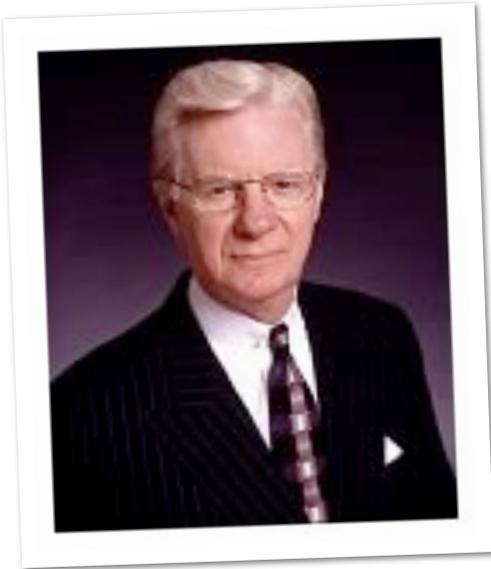
### Web-resources

[www.the-secret-dvd.net](http://www.the-secret-dvd.net)

# Introducing the Law of Attraction

*Bob Proctor introduces the Law of Attraction, which has been known and understood for centuries. Read what the various teachers tell you in their own words about how it is our thoughts which are so important; it is our thoughts which set the process of attraction in motion.*

## Bob Proctor Says:



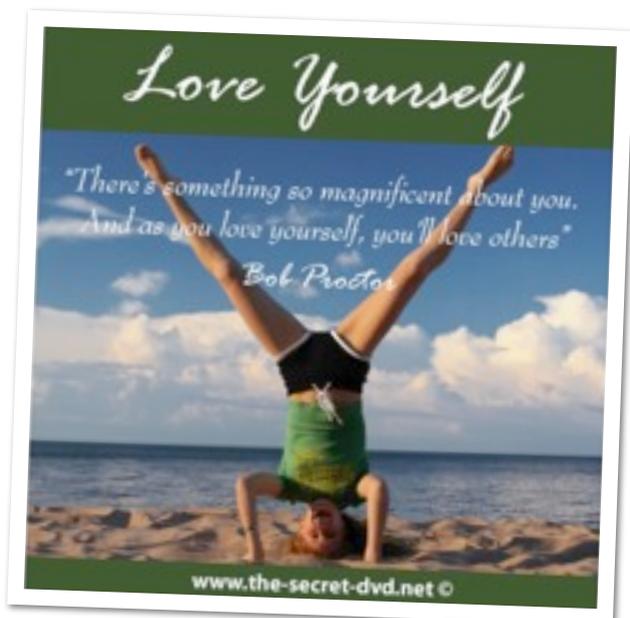
**Bob Proctor**

You've probably been sitting there wondering, what is the secret? I'll tell you how I've come to understand it. We all work with one infinite power. We all guide ourself by exactly the same laws. The natural laws of the universe are so precise that we don't even have any difficulty building spaceships. We can send people to the moon and we can time the landing with the precision of a fraction of a second. I don't care if you're in India, if you're in Australia, New Zealand, Stockholm or London, or Toronto or Montreal or New York. We're all working with one power. One law. It's attraction. The secret is the law of attraction. Everything that's coming into your life, you are attracting into your life. **And it's attracted to you by virtue of the images you are holding in your mind.** It's what you're thinking. You see, whatever is going on in your mind, you are attracting to you.

Now wise people have always known that. You can go right back to the ancient Babylonians. They've always known this. It's a small, select group of people. Why do you think that 1% of the population earns about 96% of all the money that's being earned? Do you think that's an accident? It's no accident. It's designed that way. They understand something. They understand the secret. And you are being introduced to the secret."

Send free  
eCards to your friends-

[www.the-secret-dvd.net](http://www.the-secret-dvd.net)





## Mike Dooley

*From his teenage years Mike was questioning the “truths of being”. He says that at first he was unconsciously practising what he now knows about the power of the mind – the lesson we learn in *The Secret*.*

*Mike is a philosophical and erudite man, an entertaining and inspirational speaker who today travels the world teaching people how “thoughts become things”*



Mike Dooley's  
Website -  
[www.tut.com](http://www.tut.com)

**John Assaraf:** “The simplest way for me to look at the law of attraction is if I think of myself as a magnet and I know that a magnet will attract to it. “

**Bob Doyle, Author:** “Very basically put, the law of attraction says that like attracts like. But we’re really talking at a level of thought.”

**John Assaraf:** “Our job as humans is to hold on to the thoughts of what we want. Make it absolute clear in our minds what we want and from that we start to invoke one of the greatest laws of the universe and that’s the law of attraction. You become what you think about most but you also attract what you think about most.”

Bob Proctor: “If you see it in here, you’re going to hold it here.”

**Mike Dooley, Writer:** “And that principle can be summed up in three simple words: Thoughts become things.”

**John Assaraf:** “What most people don’t understand is a thought has a frequency. Every

thought has a frequency. We can measure a thought. And so if you’re thinking that thought over and over and over again or if you’re imagining in your mind, ok having that brand new car, having the money that you need, building that company, finding your soul mate, if you imagine what that looks like, you’re emitting that frequency on a consistent basis.”

**Joe Vitale:** “Thoughts are sending out that magnetic signal that is drawing the parallel back to you.”

**Bob Proctor:** “See yourself living in abundance and you will attract it. It always works. It works every time, with every person.”

**John Assaraf:** “Here’s the problem. Most people are thinking about what they don’t want. And they’re wondering why it shows up over and over and over again.”

‘THOUGHTS BECOME THINGS’ - MIKE DOOLEY



## Bob Doyle

*Bob is showing others through his powerful multi-media curriculum on the law of attraction, practical steps on how to bring success, abundant wealth and awesome relationships into their lives.*

*Just for fun Bob writes music, does voiceover work, writes, provides consulting in various areas of marketing (but only to the extent that it's fun to do that!), and other things that simply occur to him as fun to do. What a wonderful life!*



*Bob Doyle's Website*

*[www.wealthbeyondrea-  
son.com](http://www.wealthbeyondrea-<br/>son.com)*

**Bob Doyle:** “The law of attraction doesn’t care whether you perceive something to be good or bad or whether you don’t want it or whether you do want it. It’s responding to your thoughts. So if you’re sitting there, looking at a mountain of debt, feeling terrible about it, that’s the signal you’re putting out into the universe. Wow, I feel really bad because of all this debt I’ve got. You’re just affirming it to yourself. You feel it on every level of your being. That’s what you’re going to get more of.”

### **Esther Hicks, The**

### **Teachings of Abraham:**

“So when you’re looking at that thing you want and you’re saying yes to it, you’re activating a thought, and the law of attraction is responding to that thought and bringing you things that match that. But when you’re looking at something that you do not want, and you shout, “No!” at it, you’re actually not pushing it away. Instead you’re activating the very thought of

what you do not want, and now law of attraction is lining those things up for you also. This is a universe that is based upon attraction. **Everything is about attraction.**”

**Bob Proctor:** “The law of attraction is always working, whether you believe it or understand it or not. It’s always working.”

**Esther Hicks:** “You might be thinking about the past, or the present, or the future. But whether you’re remembering, or observing, or imagining, still in that process you are activating thought and law of attraction, which is the most powerful law in the universe, is responding to your thought.”

### **Michael Beckwith:**

“Creation is always happening. Every time an individual has a thought, or a prolonged, chronic way of thinking, they’re in the creation process.

**Something is going to manifest out of those thoughts.**”

**‘THE LAW OF ATTRACTION  
DOESN’T CARE WHETHER YOU  
PERCEIVE SOMETHING TO BE  
GOOD OR BAD’ - BOB DOYLE**



## Bill Harris

*Bill Harris has been involved in personal development for over thirty-five years. After graduating from Portland State University, Bill completed further graduate study in music. He is a Certified Trainer of Neuro Linguistic Programming and is trained in Ericksonian Hypnosis as well as in psychology, quantum mechanical physics, the evolution of non-linear systems (chaos theory) and the effects of a wide range of neurotechnologies on human change, evolution and healing. He drew on this vast and varied experience and knowledge in forming his astounding Holosync sound technology.*



*Bill Harris Website -  
[www.centerpointe.com](http://www.centerpointe.com)*

**Jack Canfield:** “Law of attraction says we’ll give you whatever it is you say and focus on. So if you’re complaining about how bad it is, what you’re creating is more of how bad it is.”

**Bill Harris, Therapist:** “I had a student named Robert. Robert was a gay man and he was taking an online course I have, part of which entails email access to me, and he outlined all of the grim realities of his life. In his job, all the people ganged up on him and it was constantly stressful because of how nasty they were with him. When he walked down the street he said every block he was accosted by homophobic people who wanted to abuse him in some way. He was wanting to become a stand-up comedian and when he went out and did a stand-up comedy job, everybody heckled him about being gay. And his whole life was one of a lot of unhappiness and misery and it all focussed around this idea of being attacked because he was gay. I began to teach him that he was focussing on what he did not want. I directed him back to his email he sent me and said, “Read it again, look at all the things you do not want that you’re telling me about. And I can tell you’re very passionate about this,

when you focus on something with a lot of passion, it makes it happen even faster.” And then he really started taking this thing about focussing on what you want to heart. And he began really trying. What happened within the next six to eight weeks was absolutely a miracle. He said that all the people in his office that had been harassing him either transferred to another department, quit working at the company or started totally leaving him alone, and he began to love his job. He noticed that when he was walking down the street that nobody came up to him and harassed him any more. They just weren’t there. When he went and did his stand-up comedy routines, he started getting standing ovations and nobody was heckling. His whole life changed because he changed from focussing what he did not want, what he was afraid of, what he wanted to avoid, to focussing on what he did want.”



[Centerpointe](http://www.centerpointe.com)

## BECOME AWARE OF YOUR THOUGHTS

**Dr John Hagelin, PhD, A.B. M.A., Quantum physicist:**

“So we may be very positive in our outlook and orientation and we tend to attract positive people and positive events and circumstances. We may be very negative in our orientation, or very angry in which case we tend to attract negative angry people and negative angry circumstances.”

**Michael Beckwith:** “And so you end up attracting to you the predominant thoughts that you’re holding in your awareness, whether those thoughts are conscious, or whether they are unconscious. That’s the rub.”

**Dr John F. Demartini, D.C.**

**BSc, Philosopher:** “If you look very carefully, when it comes to the secret, the power of our mind, the power of our intention, in our daily lives. It’s all around us. All we’ve got to do is open our eyes and look.”

**Esther Hicks:** “You see law of attraction evidenced in your society when you see that the one who speaks most of illness, has it. When you see that the one who speaks most of prosperity has it. The law of attraction is evident everywhere around you, if you’re

understanding what it is. It has to do with you being a magnet, attracting thought, attracting people, attracting events, attracting lifestyle. Indeed everything that you bring into your experience you bring because of this powerful law of attraction.”

**Fred Alan Wolf, PhD,**

**Quantum Physicist:** “I’m not talking to you from the point of view of just “wishful thinking” or imaginary craziness. I’m talking to you from a deeper, basic understanding. Quantum physics really begins to point to this discovery. It says that you can’t have a universe without the mind entering into it. The mind is actually shaping the very thing that is being perceived.”

**Bob Proctor:** “Now if you don’t understand it, doesn’t mean you should reject it. You don’t understand electricity probably. First of all, no one even knows what electricity is. And yet you enjoy the benefits of it. Do you know how it works? I don’t know how it works. But I do know this. That you can cook a man’s dinner with electricity and you can also cook the man.”

**Michael Beckwith:** “People oftentimes when they beginning to understand the great secret become frightened of all of

these negative thoughts that they have. Two things they need to be aware of. One, it has been proven now scientifically that an affirmative thought is hundreds of times more powerful than a negative thought. So that eliminates a degree of worry right there.”

**Esther Hicks:** “You live in a reality where there is this buffer of time. And truly that serves you. You’re really not wanting to be in an environment where your thoughts manifest immediately. The evidence is long in coming and that is really a good thing.”

**Joe Vitale:** “So you want to become aware of your thoughts, you want to choose your thoughts carefully and you want to have fun with this, because you are the masterpiece of your own life. You are the Michelangelo of your own life. The David that you are sculpting is you. And you do it with your thoughts.”

**Denis Waitley, PhD,**

**Psychologist:** “The leaders in the past who had the secret wanted to keep the power and not share the power. So they kept people ignorant of the secret. People went to work, they did their job. They came home. They were on a treadmill with no power because the secret was kept in the few.”

## MAKE SURE TO FEEL GOOD

**Michael Beckwith:** “We live in a universe in which there are laws. First there is the law of gravity, if you fall off a building it doesn’t matter whether you’re a good person or a bad person, you’re going to hit the ground.”

**Joe Vitale:** “Everything that’s around you right now, in your life, including the things you’re complaining about, you’ve attracted. Now I know at first blush that’s going to be something that you hate to hear. You’re going to immediately say, “I didn’t attract the car accident, I didn’t attract this particular client, I didn’t particularly attract the debt, I didn’t attract ...” whatever it happens to be that you’re complaining about. And I’m here to be a little bit in your face and to say, “Yes you did attract it.” And this is one of the hardest concepts to get but once accepted it its life-transforming. This is part of the overall giant secret here.”

**Bob Doyle:** “Most of us attract by default. We just think we don’t have any control over it, our thoughts are on autopilot, our feelings are on autopilot, and so everything is just brought to us by default.”

Joe Vitale: “Now, if this is your first time to hear this it may feel like, “Oh, I now have to monitor my thoughts? This is going to be a lot of work.” It will seem like that at first, but that’s where the fun begins.”

### COMMENT:

*Note this carefully – our emotions, what we are feeling – are a very strong and clear guide to what we are thinking, and to what we are creating. Once we understand this we can learn to observe our emotions and feeling, and thus learn to use them to help us to get where we want to be. As Michael Beckwith says – we can make a shift in our awareness.....*

**Esther Hicks:** “We do not encourage that you try to monitor your thoughts. That will sort of make you crazy, there are so many thoughts coming to you from so many different directions about so many different subjects. That’s where your emotional guidance system comes in. Your emotions, your emotional guidance system, is what helps you to understand what you’re thinking.”

**Bob Proctor:** “So your thoughts cause your feelings.”

**Bob Doyle:** “The emotions are this incredible gift that we have

to let us know what we’re attracting.”

**Esther Hicks:** “There are only two emotions from our perspective. One feels good and one feels bad. You call them all sorts of different things, but essentially all of those negative emotions, whether you call it guilt, or anger, or frustration, all feel much the same. They do not feel good. And all of those are guidance saying, that which you are thinking about right now is not in line with what you are really wanting.”

**Dr Ben Johnson, M.D., N.M.D., D.O., Physician:**

“On another level, it’s called bad frequency, or bad vibes, or whatever you want to call it.”

**Esther Hicks:** “The one that feels good, that feeling of hope or happiness or love. That good feeling, that positive emotion, is guidance saying, that which you are thinking right now is in alignment with what you are wanting.”

**Bob Doyle:** “So it’s really so simple. It’s right there. The answer is, What are you attracting right now? How do you feel? I feel good. Well good. Keep doing that!”

**Jack Canfield:** “Our feelings are a feedback mechanism to us about whether we’re on track or not, whether we’re on course or off course.”

## YOU'RE GETTING EXACTLY WHAT YOU'RE FEELING ABOUT

**Esther Hicks:** “The better you feel, the more in alignment you are. The worse you feel, the more out of alignment you are. What you are doing as you are moving through the variety of your day to day experience is you’re offering thoughts that are literally formulating your future experience and you can tell by the way you feel if the things that you’re moving toward will please you when you get there. Whatever it is you are feeling is a perfect reflection of what you are in the process of becoming.”

**Bob Doyle:** “You’re getting exactly what you’re feeling about, not so much what you’re thinking about. That’s why people, if they stub their toe out of bed, they tend to spiral. The whole day goes like that you know, they have no clue that a simple shifting of their emotions can change their entire day, and life. If you start out having a good day and you’re in that particular happy feeling, as long as you don’t allow something to change your mood, you’re going to continue to attract by the law of attraction, more situations, circumstances, people that sustain that happy feeling. Good

days, bad days, rich get richer, poor get poorer, it’s all about what these people are predominately and continually feeling.”

**Michael Beckwith:** “You can begin right now to feel healthy. You can begin to feel prosperous. You can begin to feel the love that’s surrounding you, even if its not there and what will happen is the universe will correspond to the nature of your song. The universe will correspond to the nature of that inner feeling and manifest because that’s the way you feel.”

**Bob Doyle:** “So basically, what you focus on with thought and feeling is what you attract into your experience, whether or not it’s something you want.”

**Esther Hicks:** “What you think and what you feel and what you manifest is always a match. Every single time. No exception.”

**Michael Beckwith:** “It’s hard to swallow. But when we can begin to open ourselves up to

that, the ramifications are awesome. It means that whatever thought has done in your life, it can be undone through a shift in your awareness.”

**Joe Vitale:** “It’s really important that you feel good. Because this feeling good is what goes out as a signal into the universe and starts to attract more of itself to you. So the more you can feel good, the more you will attract the things that help you feel good and that will keep bringing you up higher and higher.”

**Bob Proctor:** “When you’re feeling down, do you know you can change it like that? Put on a beautiful piece of music. Start singing, that’ll change your emotion. Or think of something beautiful. Think of a baby. Maybe one you love. And dwell on it. Really keep that thought in your mind. Block everything out but that thought. I guarantee you’ll start to feel good.”

“YOU CREATE YOUR OWN  
UNIVERSE AS YOU GO ALONG.”  
WINSTON CHURCHILL,  
1974-1965



## James Arthur Ray

*James is a highly successful coach and mentor, having taught thousands of individuals and organizations to create what he calls "harmonic wealth" in all areas of their businesses and lives. Learning from James is a privilege and a delight.*



## James Ray's Website

[www.jamesray.com](http://www.jamesray.com)

**Joe Vitale:** "It's really important that you feel good. Because this feeling good is what goes out as a signal into the universe and starts to attract more of itself to you. So the more you can feel good, the more you will attract the things that help you feel good and that will keep bringing you up higher and higher."

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**James Arthur Ray, Philosopher:** "This principle applies to your family pet for instance, which I believe are wonderful because they put you in a great emotional state. When you feel love for your pet that's a great state of love that's going to bring goodness into your life. What a gift that is."

**Esther Hicks:** "And when you begin to get the hang of this, when you **begin to guide your thoughts based**

**upon the way they feel, and you begin to notice the correlation between what you're feeling and thinking** and what's coming back to you, before you know it, you will know that you are the creator of your own reality and those who are watching from a distance will stand in amazement at the perfect life you live."

**Jack Canfield:** "Since I learned the secret and started applying it to my life, my life has truly become magical, I think the kind of life that everybody dreams of, and I live on a day to day basis. I live in a four and a half million dollar mansion, I have a wife to die for, I get to vacation in all the fabulous spots in the world, I've climbed mountains, I've explored, I've been on safari, and all of this happens



and continues to happen because of knowing how to apply the secret."

**Bob Proctor:** "Life can be absolutely phenomenal, and it should be, and it will be, when you start using the secret."

# How to Use The Secret

*Turn dreams into Goals. Learn about Goal Setting – then 'Just Do It'. Those people who have seriously studied and set goals for themselves understand the power of this process – they take their thoughts and feelings into alignment with their goals. This becomes extremely potent.*

**Joe Vitale:** “Well, a lot of people ask me what their job is in the creative process and what the job of the universe is. So let’s look at that for a moment.”

**James Arthur Ray:** “Let’s use this metaphor. If you think about Aladdin and his lamp, you’ve probably heard of that one. I mean, Aladdin picks up the lamp, he dusts it off and out pops the



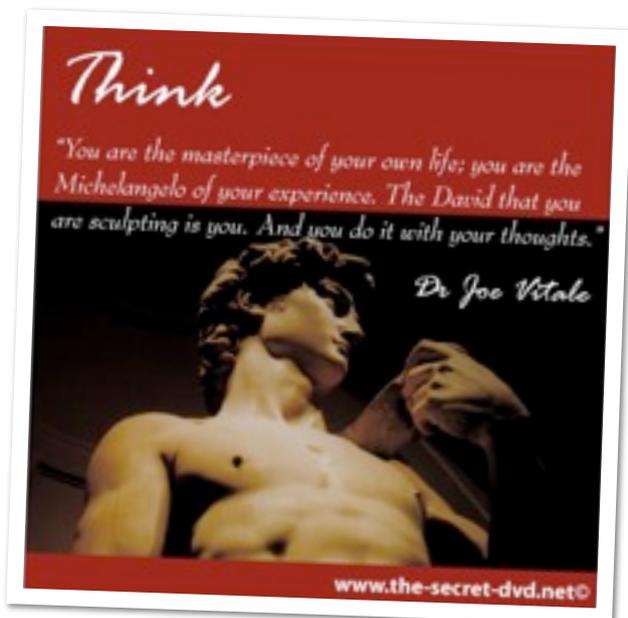
genie. The genie always says one thing: “Your wish is my command.” If you trace the story back to its origins, you know we now think there’s three wishes but if you trace the story back to its origins there’s absolutely no limit whatsoever to the wishes. Think about that one. Now let’s take this metaphor and blow it out and apply it to you and your life.

Remember Aladdin is the one who always asks for what he wants. And then you’ve got the universe at large which is this grand genie and traditions you know have called it so many different things: your holy guardian angel, your higher self, I mean we could put any label on it, and you chose the one that works best for you. But every tradition has told us there’s something bigger than us. And the genie always says one thing, “Your wish is my command.”

**Esther Hicks:** “So we like to say to you that the creative process is a three-step process. Step one is you must ask for what you want. **You do not need to use words to ask, in fact the universe is not even using words from you. The universe is responding completely to your thoughts.**”

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**Joe Vitale:** “And this is really fun. This is like having the universe as your catalogue and you flip through it and say, “Well I’d like to have this experience, and I’d like to have that product, and I’d like to have a person like that.” It is you just placing your order with the universe. It’s really that easy.”

**Esther Hicks:** “The second step is, answer. An answer to what you are asking. And that is not your work in your physical form. The universe will do that step for you. All of the universal forces are responding to the thoughts that you have set into motion.”

## YOUR WISH IS MY COMMAND

**Joe Vitale:** “And the universe will start to rearrange itself to make it happen for you.”

**Jack Canfield:** “Most of us have never allowed ourselves to want what we truly want, because we can’t see how it’s going to manifest.”

**Bob Proctor:** “If you do just a little research, it is going to become evident to you that anyone that ever accomplished anything did not know how they were going to do it. They only knew that they were going to do it.”

**Joe Vitale:** “You don’t need to know how it’s going to come about. You don’t need to know how the universe will rearrange itself.”

**Bob Proctor:** “You don’t know how. It will be shown to you. You will attract the way.”

**Esther Hicks:** “So then our friends say, “Something must be going terribly wrong, because I know I am asking, so where is my stuff?” And we say, “You are asking, you are completely step one, you can’t help but do that. The universe is answering, every time, no exception. But there is another step that you must understand. And it is called step three which is the receiving step, which means, you must bring yourself into alignment with what you’re asking for.” When you’re in alignment with what you want, you feel wonderful. That’s what enthusiasm is, that’s what joy is, that’s what appreciation is, that’s what a feeling of passion is. But when you are feeling despair, or fear, or anger, those are strong indicators that you are not right now in alignment with what you are asking for. And so, when you begin to realise that the way you feel is everything and you begin to direct your thoughts based upon how they feel, little by little you can find the feeling place of it and now you are one with it and now it must manifest

into your experience.”

**Bob Proctor:** “And when you turn that fantasy into a fact, you’re in the position to build bigger and better fantasies, and that, my friend, is the creative process.”

**Bob Doyle:** “So the law of attraction, the study of the law of attraction is figuring out what will help you generate the feelings of having it now. Go test-drive that car. Go shop for that home. Get in the house. Do whatever you have to do to generate the feelings of having it now and remember them. Whatever you can do to do that will help you to literally attract it. It could be you wake up and it’s just there, it’s manifest. Or you might get some inspired idea of some action to take. You certainly shouldn’t be going, “I could do it this way but man I would hate that,” because you’re not on the right track if that’s the case. Action will sometimes be required but if you’re really doing it in line with what the universe is trying to deliver, it’s going to feel joyous, you’re going to feel so alive. Time will just stop. You could do it all day.”



**Joe Vitale:** “The universe likes speed. Don’t delay, don’t second-guess, don’t doubt. When the opportunity is there, when the impulse is there, when the intuitive nudge from within is there, act. That’s your job, and that’s all you have to do.”

**Bob Proctor:** “You will attract everything that you require. If it’s money you need, you’ll attract it, if it’s people you need you’ll attract it. If it’s a certain book you need you’ll attract it. You’ve got to pay attention to what you’re attracted to. Because as you hold images of what you want, you’re going to be attracted to things and they’re going to be attracted to you. But it literally moves into physical reality with and through you, and it does that by law.”

**Michael Beckwith:** “You can start with nothing. And out of nothing, and out of no way, a way will be made.”

**Jack Canfield:** “Think of this. A car driving through the night, the headlights only go a hundred to two hundred feet forward and you can make it all the way from California to New York driving through the dark because all you have to see is the next 200 feet. That’s how life tends to unfold before us. And if we just trust that the next 200 feet will unfold after that and the next 200 feet will unfold after that, your life will keep

unfolding and it will eventually get you to the destination of whatever it is you truly want because you want it.”

**Joe Vitale:** “Well another thing

“Take the first step in faith. You don’t have to see the whole staircase. Just take the first step.”  
Martin Luther King,  
1929-1968

people wonder about is how long is this going to take? How long will it take to manifest the car, the relationship, the money, whatever it happens to be? Well I don’t have any rule book that says it’s going to take you 30 minutes or three days or thirty days. I think it’s more a matter of you being in alignment with the universe itself.”

**Bob Doyle:** “Size is nothing to the universe. It’s no more difficult to attract on a scientific level something that we consider huge to something that we consider infinitesimally small. The universe does everything it does with zero effort. Grass doesn’t strain to grow, it’s effortless. It’s just this great design. It’s all about what’s going on up here. It’s what we put in place, saying, “This is big, it’s going to take some time, this is small, oh, I’ll give it an hour.” Those are our

rules that we define. There are no rules according to the universe. You provide the feelings of having it now, it will respond. Some people have an easier time with little things. So we sometimes say, “Start with something small, like a cup of coffee. Make it your intention to attract a cup of coffee today.”

**Bob Proctor:** “Hold an image of talking to an old friend that you haven’t seen for a long time. Somehow or another someone’s going to start talking about that person. That person’s going to phone you or you’ll get a letter from them.”

**David Schirmer, investment trainer:** “People are amazed how I line up car parks. And I’ve done this right from when I first understood the secret. I would visualise a car space exactly where I wanted it and 95% of the time it would be there for me and I’d just pull straight in. Five percent of the time I’d have to wait just a minute or two and the person would pull out and I’d pull in. So I do that all the time.”



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# Powerful Processes

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*If you sometimes feel stuck ... you love this information, you are sure it works but don't know how to move forward: study this section carefully for clues.... What is it that you have to do differently?.*

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**Joe Vitale:** “A lot of people feel stuck or in prison or confined by their current circumstances. And I’m trying to point out that whatever your circumstances right now, that is only your current reality. And current reality will begin to change as a result of watching this and beginning to use the secret.”

**Esther Hicks:** “Sometimes it feels like you’re stuck because you continue to think the same thoughts over and over again and so you tend to get the same results, over and over again. And the reason is because most people offer the majority of their thought in response to what they are observing. You see, if you’re just looking at what is, then you’re just thinking about what is. And when you think about what is, law of attraction gives you more of it. And then if you just observe what is, then you’re just thinking about what is, and law of attraction gives you more of what is. And then if you just observe what ..... we’ve been over this haven’t we? You have to find a way that you are approaching what is through a different vantage point.”



**James Ray**

**James Arthur Ray:** “Most people look at their current state of affairs and they say, “This is who I am.” That’s not who you are. That’s who you were. You see if you look at your current state of affairs right now, let’s say for instance you don’t have a lot of money in bank your bank account, or you don’t have the relationship that you want or your health and fitness isn’t up to par. That’s not who you are. That’s the residual outcome of your past thoughts and actions. So we’re constantly living in the residual if you will of the thoughts and actions we’ve taken in the past. When you look at your current state of affairs and define yourself by that, then you doom yourself to have nothing more than the same in the future.”

**“ALL THAT WE ARE IS THE RESULT  
OF WHAT WE HAVE THOUGHT.”  
BUDDHA**

**Joe Vitale:** “Ok, what can you do right now to begin to turn your life around? I’ll tell you two or three things.”



*John F. Demartini*

*John Demartini's words of wisdom inspire your mind, open your heart and motivate you into action. His philosophy and revolutionary understanding of the power of unconditional love is reshaping psychology as we know it, and his personal transformation methodologies are helping thousands of people to find a greater order and happiness in their lives.*



*Dr. John F  
Demartini's Website -  
[www.drdemartini.com](http://www.drdemartini.com)*

## GRATITUDE

**Joe Vitale:** "Start making a list of things to be grateful for. Start with that because this shifts your energy. It starts to shift your thinking. Where before this exercise you might be focussing on what you don't have, you might be focussing on your complaints, and you might be focussing on whatever the problems are. When you do this exercise you start to go on a different direction, you start to be grateful for all the things that you feel good about."

### COMMENT:

*As Joe says, when you start listing things you are grateful for – you start to shift your energy. This is really profound. Make it fun, create a Gratitude Book*

*[Click here to see how to make a gratitude journal](#)*

**Esther Hicks:** "Gratitude is the way to bring more into your life."

**John Gray, PhD, psychologist:** "Every man knows that when his wife's appreciating him for the little things he does, what does he want to do? He wants to do more. It's always about appreciation. It pulls things in. It attracts support. "

**John F. Demartini:** "I've said for many years, whatever we

think about and thank about we bring about."

**James Arthur Ray:** "Because that's that feeling that you have to have, and so for me, it's been such a powerful exercise. Every morning to get up and say, "Thank you." Every morning when my feet hit the floor, "Thank you." And then I start running through what I'm grateful for as I'm going to brush my teeth and doing the things I do in the morning. And I'm not just thinking about them and doing some rote routine, but I'm putting them out there and I'm feeling the feelings of gratitude."

**Joe Vitale:** " Because as soon as you start to feel differently about what you already have, you will start to attract more of the good things, more of the things you can be grateful for. Because you can look around and say, "I don't have the car I want, I don't have the house I want, I don't have the health I want, I don't have the spouse I want..." Back up, back up. Those are all the things you don't want. Focus on what you already have that you're grateful for. And it might be: you have the eyes to watch this. It might be the clothes that you have. Yes you might prefer something else and you might get something else pretty soon, if you start feeling grateful for what you have. "



## Lee Brower

*Lee Brower is a visionary in thought and action; a change agent of our time. He's on a mission to revolutionize how people create and nourish their wealth—at home, at work and beyond. He is a noted authority on helping prestigious families create enduring legacies that flourish generation after generation; he is also an accomplished teacher and mentor for entrepreneurs and CEOs.*



*Lee Brower's  
Website-  
[www.leebrower.com](http://www.leebrower.com)*

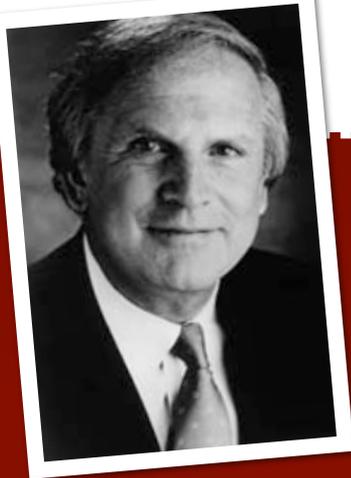
**Lee Brower, teacher:** "I think everybody goes through times when they say, "Oh man, things aren't working right, things going bad." There were things going on in my family and I found a rock. I'm just sitting here holding this rock, you might see me carrying it around. I found a rock and I stuck it in my pocket, and I said, "You know what every time I touch this rock, I'm going to think of something that I'm grateful for." And so every morning when I get up in the morning I pick it up off the dresser and put it in my pocket and I go through the things that I'm grateful for. At night, what do you do? You empty your pocket and there it is again. And I've had some different experiences with that. I've had some amazing experiences. I had a guy from South Africa, he saw me drop it, he said, "What is that?" I explained it to him, so he started calling it a gratitude rock. Two weeks later I got an email from him from South Africa. He said, "My son is dying from a rare disease, a type of hepatitis." He said, "Would you send me three gratitude rocks?" Now, they were just rocks I found off the street, so I said, "Sure." I had to make sure that the rocks were very special so I went out to the stream and looked, picked out the right rocks and sent them off to him. Four or five months later I get

an email from him. "My son's better, he's doing terrific," he said, "But you need to know something." He says, "We've sold over a thousand rocks at ten dollars a piece as gratitude rocks and we've raised all this money for charity. Thank you very much." And so it's very important to be in an attitude of gratitude as I call it."

### COMMENT:

*So the suggestion is to be in a constant 'attitude of gratitude'. Another idea – just a simple thing to prompt you is the idea of having a Gratitude Rock in your pocket....*

**Joe Vitale:** "Another thing I would suggest that you do right now to turn your life around. And this is so huge that I can't find the words to describe just how powerful this could be for you."



## Denis Waitley

*Dr Denis Waitley is one of America's most respected authors, keynote lecturers and productivity consultants on high performance human achievement. He has inspired, informed, challenged and entertained audiences for over 25 years from the board rooms of multi-national corporations to the locker rooms of world-class athletes and in the meeting rooms of thousands of conventioners throughout the world*



*Dr. Denis Waitley's  
Website -*

*[www.waitley.com](http://www.waitley.com)*

## VISUALISE

### COMMENT:

*It's not all that long ago that we would perhaps have scoffed at the idea of imagining or visualising ourselves doing something that we currently are not in a position to do. Now, there is scarcely a football team, any sports team, a successful performer, a big corporation, a flourishing business that doesn't consciously sit down and 'visualise' a successful outcome to their goals and plans. It is very powerful.*

**Denis Waitley:** "I took the visualisation process from the Apollo program and instituted it during the 1980s and '90s into the Olympic program. And it was called visual motor rehearsal. When you visualise, then you materialise. And the interesting thing about the mind is we took Olympic athletes and then hooked them up to some sophisticated bio feedback equipment and had them run their event only in their mind. Incredibly, the same muscles fired, in the same sequence, when they were running the race in their mind as when they were running it on the track. How could this be? Because the mind can't distinguish whether you're really doing it or whether it's just a practice. I think if you've been there in the mind, you'll go there in the body."

**Mike Dooley:** "When you're visualising, when you've got that picture playing out in your mind, always and only dwell upon the end result. Here's an example. Look at the back of your hands right now. Really look at the back of your hands. The colour of your skin, the freckles, the blood vessels, the rings, the fingernails, the fake fingernails, take in all those details right before you close your eyes and then see those hands, your fingers, wrapping around the steering wheel of your brand new car."

**Joe Vitale:** "This is such a holographic experience so real, so real in this moment that you don't even feel like you need the car because it feels like you already have it."

### COMMENT:

*This is important to note: Jack Canfield points out that it is not just seeing the picture in your mind's eye of what it is you want, but feeling the feelings of excitement or happiness, or what ever emotion it is for you – that is the force for attraction.*

**Jack Canfield:** "It's the feeling that really creates the attraction, not just the picture or the thought. I think a lot of people they think, "Well if I think positive thoughts or if I visualise having what I want, that'll be enough." But if you're doing that and still not feeling abundant or

feeling loving and joyful, then it doesn't for my money really create the power of the attraction."

**Bob Proctor:** "This is where the secret actually moves into action."

Bob Doyle: "You put yourself in the feeling place of really being in that car, not, oh I wish I could get that car, or someday I'll have that car, because that's a very definite feeling associated with that. It's not in the now, it's in the future. If you stay in that feeling, it will always be in the future."

**Mike Dooley:** "Feel the joy, feel the happiness, no matter how silly it seems in that dark and quiet room, where you're going, "Woo-hoo." Do it! A lot of people are saying, "Come on, do I have to do that?" How bad do you want change?"

**Michael Beckwith:** "Now that feeling, and that inner seeing will begin to be an open doorway through which the power of the universe will begin to express."

"What this power is, I cannot say. All I know is that it exists."  
Alexander Graham Bell,  
1847-1922

**Jack Canfield:** "Our job is not to figure out the how. The how

will show up out of the commitment and the belief in the what."

**Mike Dooley:** "The hows are the domain of the universe. It always knows the shortest, quickest, fastest, most harmonious way between you and your dream."

**Joe Vitale:** "If you turn it over to the universe you will be surprised and dazzled by what is delivered to you. This is where magic and miracles happen. Well I would say you want to do this virtually daily but my disclaimer is this should never be a chore. What's really bottom-line important here to the whole secret is feeling good. You want to feel exhilarated by this whole process. You want to be high, happy, in tune as much as possible."

**Marci Shimoff, MBA,**

**Author:** "The only difference between people who really are living this way and people who aren't living in the magic of life is that the people who are living in the magic of life have habituated ways of being. They have habituated this process and magic happens with them wherever they go because they remember it and they do it all the time, not as a one-time event."

**James Arthur Ray:** "People will hold that for a while and they're really a champion at it,

and they'll say, "You know what, I'm fired up I saw this program and I'm going to change my life," and yet you know results aren't showing, results aren't showing and beneath the surface it's just about ready to break through and someone will look at the surface results and go, "This stuff doesn't work." And you know what, the universe says: "Your wish is my command", and it goes down."

**John Assaraf:** "Knowing the law of attraction I wanted to really put it to use and see what would happen and in 1995 I started to create something called a vision board where I would take something I would want to achieve or something that I want to attract like a car or a watch or a soul mate of my dreams and I would put a picture of what I wanted up on this board called a vision board and every day I would sit in my office and I would look up at this board and I would start to visualise, I would really get into the state of having already acquired it. I was getting ready to move so we put all the furniture and all the boxes into storage and I made three different moves over a period of five years and then I ended up in California and bought this house, renovated it for a year and the had all the stuff brought from my former home five years earlier. One morning, at 7:30 in the morning my son comes into

my office and one of the boxes that was sealed for five years was right at the doorstep and my son Keenan was sitting on the box banging away at the box and I said, "Sweetheart would you please stop I'm doing some work here," and he said, "What's in the boxes daddy?" And I said, "Well honey those are my vision boards," and he said, "What's a vision board?" and I said, "Well it's where I put all my goals up and cut them out and put all my goals up something that I want to achieve in my life." Of course at five and a half years old he didn't understand so I said, "Sweetie let me just show you, that'll be the easiest way to do it." And so I cut the box open and when I pulled up the vision boards there was a picture on there of a home that I was visualising five years earlier and what was shocking to me was we were living in that house. Not a house like it. I had bought my dream home, renovated it, and didn't even know it. When I looked at that house I started to cry because I was blown away. "Why are you crying?" "Honey, I finally understand how the law of attraction works. I finally understand the power of visualisation. I finally understand everything I've read, everything I've worked with my whole life, the way I've built companies. It worked for my home as well. And I bought

our dream home and didn't even know it."

"Imagination is everything. It is the preview of life's coming attractions."  
 Albert Einstein,  
 1879-1955

**Jack Canfield:** "Decide what you want. Believe you can have it. Believe you deserve it. Believe it's possible for you. And then, close your eyes every day for several minutes and visualise having what you already want and feeling the feelings of already having it. Come out of that and focus on what you're grateful for already and really be enjoy it. And then go into your day and release it to the universe and trust that the universe will figure out how to manifest it."

**COMMENT:**  
*This is the best advice! Read Jack Canfield's words carefully, then "Just Do It". When highly successful people like Jack Canfield, John Assaraf, Bob Proctor, Joe Vitale, Mike Dooley, Marci Shimoff and James Ray; in fact ALL of the people in The Secret DVD recommend this practice: then if we want to achieve our own dreams, it is a **MUST** do practice for us to start right now.*



[The Dream Big Collection](#) not only teaches you about the Law of Attraction, it explains, step-by-step how to apply the principles for results. The **KEY** to Living the Law of Attraction, The Gratitude Journal, Jack Canfield's unique Vision Book and the collection of affirmations and inspirational messages are all tools that will help you manifest your dreams. [Click here to learn more](#)

# The Secret to Money

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## How to Move Ahead with your Goals

*More about Goal Setting – these gurus just keep talking about the power of setting specific goals.... Now, here is another important point. When you feed your subconscious mind with your goal, it starts to go to work for you. You wake up one day with a great idea to get you closer to your goal; you are walking along the street and suddenly get an “Aha!”, standing in the shower a great idea suddenly comes to you. Jack Canfield says you MUST act on these. Read on ....*

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**Jack Canfield**

**Jack Canfield:** “The secret was definitely a real transformation for me because I grew up in a family where my dad was very negative - thought that rich people were people who had ripped everybody off, thought that anyone who had money must have deceived somebody. So I was brought up with a lot of beliefs about money, if you had it it made you bad, only evil people had money, “Money doesn’t grow on trees”, that was a big one. “Who do you think I am, Rockefeller?” That was one of his favourite phrases. So I grew up truly believing that life was difficult, it was hard - you had to struggle. And it was only when I met W Clement Stone that I began to shift my life.”

“WHATEVER THE MIND OF MAN  
CAN CONCEIVE IT CAN ACHIEVE”  
W. CLEMENT STONE 1902-2002

**Jack Canfield:** “When I was working with Stone, he said, I want you to set a goal that’s so big that if you achieved it, it would blow your mind and you would know it’s only because of what I’ve taught you that you would have achieved this goal. Well at the time, I was making about \$8,000 a year and for some reason I wanted something that was really measurable so I said, I want to make \$100,000 in a year. Now, I had no idea how I could do that, I saw no strategy, no possibility but I just said, “I’m going to declare that, I’m going to believe it, I’m going to act as if it’s true and release it.” And so I did that. And one of the things he taught me was every day to close your eyes and visualise the goal as if it’s already achieved. I’d actually made a \$100,000 bill that I put on the ceiling so the first thing I’d see when I woke up I’d look up and there it was and it would remind me that this was my intention. Then I would close my eyes and visualise having this \$100,000 a year lifestyle. And interestingly enough nothing major happened for about 30 days. I didn’t have any great

breakthrough ideas, no one was offering me more money and all of a sudden I was in the shower, it was about four weeks into it and I had a \$100,000 idea it just came right into my head. I had a book I had written and I said if I could sell 400,000 copies of my book at a quarter each, that'd be \$100,000. Now, the book was there. But I'd never had this thought. And one of the secrets is when you have inspired thought, you have to trust it, and you have to act on it. Now I didn't know how to do that. I didn't know how I was going to sell 400,000 copies. We'd never done that. And then I saw the National Enquirer at the supermarket. I'd seen that millions of times and it was just background and all of a sudden it jumped out at me as foreground and I thought, "Wow, if readers knew about my book, certainly 400,000 people would go out and buy it." And about six weeks later I gave a talk at Hunters college in New York to 600 teachers and this lady comes up to me at the end and says, "That was a great talk. I'd like to interview you. Let me give you my card." I said, "Who do you write for?". "I'm a freelancer but I sell most of my stuff to the National Enquirer." You know I had this little theme from the twilight zone go off in my head ... wow this stuff's really working. So that article came out and our book sales started to take off but the point I want to make is I was attracting into my life all these different events including this person and to make a long story short, I did not make \$100,000 that year. We made \$92,327. But do you think we were like depressed and going, "This doesn't work"? No, we were going, "This is amazing!" And so my wife said, "Wow if this works for 100,000 do you think it'll work for a million?" And I said, "I don't know, I think so, let's try it." My publisher wrote me a cheque, a royalty cheque for my first book Chicken Soup for the Soul book and he actually put a smiley face in the signature because it was the first million-dollar cheque he'd ever written. And so, I know from my own experience, because I wanted to test it, does this secret really work? Can we put it to the test? It absolutely worked and now I live my life from that, every single day."



This is another time when writing yourself a fabulous check/cheque from the Universe can help you with your visualizing. [Click here to get your check/cheque now](#)

### Commitment

*Decide! Intend! Declare! This is a discussion in itself. A Goal is not a WISH or HOPE. Once we truly decide to go for something, truly intend it to happen; we are then sending that clear message to the Universe. It doesn't matter if you don't know yet how you are going to get from here to there. Once you understand this simple step, once you decide to get what it is you want, then the resources you need will start to appear. You know how it feels when you meet someone who is totally committed to succeed. Make the same commitment to your goal and you will feel energised and totally motivated too.*

*When you set your new goal, spend some time figuring out very clearly exactly what it is you want, and why you want it, then DECLARE it – 'This is my Goal, Make it so!' Do not ask for your goal, or hope for it; as Joe Vitale says: "Intend it"*

**Joe Vitale:** “Well I can just imagine what a lot of people that are watching this are thinking. And that is, how can I attract more money in to my life? How can I get more of the green stuff? How can I get more wealth and prosperity? How can I when I love my job, deal with the credit card debt that I have and the realisation that maybe there’s a ceiling on the money that can come in because its coming to me from my job. How can I bring in more? Intend it. This goes back to one of the things we’ve been talking about throughout the whole secret. Your job is to declare what you would like to have from the catalogue of the universe. Well if cash is one of them; say how much you would like to have. I would like to have \$25,000 unexpected income within the next 30 days or whatever it happens to be. It should be believable for you.”

**ACTION**  
*Do we miss ‘hearing’ this bit in ‘The Secret’? Do we actually have to DO something?*

**Bob Proctor:** “Most people have a goal of getting out of debt. That will keep you in debt forever. Whatever you’re thinking about, you’ll attract. You say, “But it’s get out of debt.” I don’t care if it’s get out or get in, if you’re thinking debt,

you’re attracting debt. Set up an automatic debt repayment program and then start to focus on prosperity.”

**James Arthur Ray:** “So many times people say to me, “Well, I’d like to double my income in the next year” and then you look at their actions and they’re not doing the things that are going to make that happen, and they’ll turn around and go, “I can’t afford that”. Ok, guess what? “Your wish is my command.”

**Esther Hicks:** “As you are fussing about not having enough money, as you are talking to your friend about not having enough money, as you are feeling unhappy about not having enough money, you are actually activating within yourself or continuing the activation of a thought that is very different from the desire that you have launched. What it just comes down to is you can’t want more money and focus upon not enough.”

**David Schirmer:** “When I first understood the secret, I was getting bills. Every day I would get a bunch of bills in the mail and I thought, “This is, how do I turn this around? The law of attraction states that what you focus on you will get. So I got a bank statement and I whited out the total and I put a new total in there. I put exactly how much I

wanted to see in the bank. I thought, what if I just visualise cheques coming in the mail, so I just visualised a bunch of cheques coming in the mail. Within just one month, things started to change. And it’s just amazing, today I just get cheques in the mail. I get a few bills, but I get more cheques than bills.”

*If you like this idea – go get one of your bank statements. Don’t just read about it; get one out of your filing cabinet and make changes the way David suggests. You may like to try the check/cheque to yourself from The Universe. Help yourself to one of these checks/cheques here.*  
[http://www.4lifesehelp.com/self\\_help\\_tools.html](http://www.4lifesehelp.com/self_help_tools.html)

**Loral Langemeier:** “I grew up on: “You have to work hard for money, you have to work hard for money,” and so I replaced that with: “Money comes easily and frequently.” Now in the beginning, it feels like a lie. Right? There’s a part of your brain that will say, “Oh you liar, it’s hard.” So you have to know it’s this little tennis match that will go on for a while.”

**David Schirmer:** “When it comes to creating wealth, wealth is a mindset. It’s all about how you think.”

**Loral Langemeier:** “I’d say 80% of my coaching that I do



## Loral Langemeier

*Loral Langemeier is featured in The Secret because of her tremendous skills as a master coach and financial strategist. From an everyday farming background with no financial skills or contacts Loral built her first business in high school, and by the time she was 34, she'd established a multi-million-dollar portfolio of properties, businesses, gas oil and notes.*



*Loral Langemeier's  
Website –  
[www.liveoutloud.com](http://www.liveoutloud.com)*

one-on-one with folks is about their psychology and the way they think. And I know people are listening and saying, “Oh, you can do it. I can’t.” Every person has the capability to change the way their inner conversation and relationship with money.”

**James Arthur Ray:** “I find so many people who maybe make a tremendous amount of money, but their relationships stink. That’s a technical term by the way. That’s not wealth. It



really isn’t. You know, you can go after the money and you might get rich but it doesn’t guarantee you’ll be wealthy. I’m not suggesting money isn’t a part of wealth, it absolutely is, but it’s only a part. And then I meet a lot of people who are quote unquote spiritual but they’re sick and broke all the time. That’s not wealth either. Life is meant to be abundant in all areas.”

**Marci Shimoff:** “Many people in Western culture are striving for success. They want to have the big home, they want their business to work, they want all of these things. But what I’ve found in my research is having



those things certainly doesn’t guarantee what we really want, which is happiness. And that’s when all those outer things come. They don’t come from going after them first to get happiness. It’s backwards. You go for the sense of inner joy, of inner peace, of inner vision first, and then all the other things from the outside appear.”

**“ EVERY  
PERSON HAS  
THE CAPABILITY  
TO CHANGE  
THE WAY THEIR  
INNER  
CONVERSATION  
AND  
RELATIONSHIP  
WITH MONEY. ”**

Loral Langemeier

# The Secret to Relationships

**Marie Diamond:** “The secret means for me actually that we are creators of our universe and that every wish of what we want to create will manifest in our life. Therefore it is very important what you wish. What your thoughts are. What your feelings are. Because it will manifest. Now, one day I went into somebody’s home and he was an art director of a very famous film producer and in every corner he had this beautiful image of a woman, a naked woman dressed with a fabric, kind of doing this, kind of saying, “Huh, I don’t look at you, I don’t see you,” you know. And I said, “I think you have



trouble in your romance.” “Are you a clairvoyant or something?” “No, but look, seven places you have exactly that woman.” “But I love that kind of painting, I painted it myself.” “That’s even worse!” I said. “Because you put all your creation and your creativity in it.” Now here’s a gorgeous looking man, he has all these actresses around him because that’s the work he does. He doesn’t get romance. I said, “What do you want?” “Well, I want to date three women a week.” “Ok, paint yourself with three women and hang it in every corner.” Six months later I see him in Europe I said, “How is your love life?” “Great. They just call me. They all want to date me.” “Because that’s your wish.” “Now I have, like, three dates a week. They’re fighting over me.” “Good on you.” “But I really want to stabilise a little bit. I want marriage, and I want romance.” “Well, paint it!” Ok, so he painted a beautiful romantic relationship and a year later he got married. He’s very happy. Because he put another wish out. But he wished it in himself for years, but it did not happen because his wish could not manifest because the outer level of himself, his house, was just contradicting himself all the time. So if you know this knowledge, you should start playing with it.”

## COMMENT

Are we wanting ‘someone’ else to make us happy? It doesn’t work that way ....

**Lisa Nichols, Author:** “Inside relationships, it’s important to first understand who’s coming into the relationship. And I don’t mean about your partner, I mean about you.”

**James Arthur Ray:** “How can you ever expect anyone else to enjoy your company if you don’t enjoy your own company? And so, again, the law of attraction or the secret is about bringing that into your life and you’ve got to get really, really clear. Here’s the question I’m going to ask you to consider: Do you treat yourself the way you want other people to treat you?”



## Bob Proctor

*Bob Proctor is a philosopher, author, business consultant, entrepreneur and educator who travels the globe extensively, assisting businesses and individuals to create lives of prosperity, abundance and spiritual fulfilment. His contribution to The Secret DVD is a significant one.*

Read Bob Proctor's summary of The Secret here!

*Bob Proctor's  
Website -  
[www.bobproctor.com](http://www.bobproctor.com)*

**John Gray:** “You become the solution for you. Don’t like “Now you owe me and you need to give me more.” Instead, give more to yourself. Take time off to give to yourself. In a sense to fill yourself up to fullness so now you can overflow in giving.”

**Lisa Nichols:** “I got into many relationships expecting my partner to show me my beauty. I needed to see him showing me my beauty because I didn’t feel beautiful. Because when I was growing up my ‘she-roes’ were Charlie’s Angels, the bionic woman, wonder woman, and though they were wonderful women none of them looked like me. It wasn’t until I stopped and I fell in love with Lisa - full lips, round hips, mocha skin, afro - that the rest of the world began to fall in love with Lisa.”



**Bob Proctor:** “There’s something so magnificent about you. I have been studying me for 44 years. I want to kiss myself. Because you’re going to get to love yourself. I’m not talking about conceit. I’m talking about a healthy respect for yourself. And as you love yourself, you’ll love others.”

**Esther Hicks:** “Sometimes people will say, “Those people at work are so negative,” or “The man I live with is so angry,” or “My children are so worrisome to me”. And we say, “You must orient yourself to the best part of those people who surround you. We encourage that you get a notebook and that you make a list of the positive aspects of the people that you spend a lot of time with. There could be someone that you have a terrible experience with, a terrible relationship with. And in the privacy of your own mind, and with quite a bit of work, we will admit, as you focus upon things that you like most, those people will become that, mostly to you. And even though you cannot create in their reality, if they are in a mood or an attitude that doesn’t match the mood or attitude that you have about them, they’ll zig while you zag. The law of attraction will not put you in the same space together. Your frequencies don’t match up. If you knew your potential to feel good, you would ask no one to be different so that you can feel good. You would free yourself of all of that cumbersome impossibility of needing to control the world or control your mate or control your child. You are the only one who creates your reality. For no one else can think for you. No one else can do it. It is only you. Every bit of it you.”

# The Secret to Health

*This is possibly the most controversial discussion for many. People ask: 'How can a child create serious illness?' or 'How can someone cure their own cancer?' It is certainly true that people have cured themselves, but questions arise when people 'try' really hard and still remain seriously ill. Have they failed? How can this work?*

**John Hagelin:** "It's important to recognise that our body is really the product of our thoughts. We're beginning to understand in medical science the degree to which the nature of thoughts and emotions actually determines the physical substance and structure and function of our bodies."



**John Hagelin**

**John F. Demartini:** "We know in the healing arts, of a placebo effect. A placebo is something that supposedly has no impact and no effect on the body, like a sugar pill or something. You tell the patient that this is just as effective and what happens is the placebo has the same effect if not greater effect than sometimes the medication that is supposed to be designed for that effect. So they found out the human mind is the biggest factor in the healing arts, more so than some times the medication. If somebody is in a situation where they are sick, and they have an alternative to try to explore what is in their mind and creating it, versus using medicine, if it's an acute situation that could really

bring death to them, then obviously the medicine is a wise thing to do while they explore what the mind is about. So you don't want to negate medicine. Every form of healing has a place."

## COMMENT

*Perhaps the fact that disease still continues is a matter of belief?  
Perhaps it is because we don't actually change what we have been  
doing which created the illness.*

**Esther Hicks:** "There is only a stream of wellbeing that flows, you know. It is a stream of pure positive energy and the universe, all that we know, is abundant with only that. This is a world that is based upon wellbeing, and wellbeing dramatically abounds. And when you are allowing that stream to flow in its fullness, you feel very, very good. And when you are pinching it off a bit, you feel not so good. There is only a stream of goodness or wellbeing which you are allowing or not. And your magnificent emotions are telling you what the mix is. How you're doing in your allowing or your resisting of this connection."

**Bob Proctor:** "You know people who have had terminal disease. Stop and think of the word, disease. Hyphenate the word. That's a body that's not at ease."

## COMMENT

*Stress on our bodies and in our lives is a contributing factor creating imbalance, disharmony and dis-ease.*

**Ben Johnson:** “We’ve got a thousand different diagnoses and diseases out there. They’re just the weak link. They’re all the result of one thing: stress. You put enough stress on the chain, you put enough stress on the system and one of the links breaks.”

**John F. Demartini:** “Our physiology creates disease to give us feedback, to let us know we have an imbalanced perspective and we’re not level and we’re not grateful. So the body’s signs and symptoms are not something terrible.”

**Michael Beckwith:** “The question is frequently asked when a person has manifested a disease in the body temple or some kind of discomfort in their life, “Through the power of right thinking can it be turned around?” and the answer is absolutely, “Yes.”

**Cathy Goodman:** “On November 23, I was diagnosed with breast cancer. I truly believed in my heart, with my strong faith, that I was already healed. During the day, all day long I would just say, “Thank you for my healing.” On and on and on I went, “Thank you for

my healing.” I believed in my heart I was healed. I saw myself as if cancer was never in my body. One of the things I would do to heal myself is watch very funny movies. That’s all we would do is just laugh, laugh, laugh. We couldn’t afford to put any stress in my life because we knew that stress was one of the worst things you could do while you’re trying to heal yourself. From the time that I was diagnosed which was November 23 to the time I was healed totally was approximately three months and that’s without radiation and chemotherapy.”

**Ben Johnson:** “We come with a basic program. It’s called self-healing. You get a wound, it grows back together. You get a bacterial infection? The immune system comes and takes care of those bacterium and heals it up. The immune system is made to heal itself.”

**Bob Proctor:** “Dis-ease cannot live in a body that is in a healthy emotional state. Your body is casting off millions of cells every second and it’s creating millions of new cells.”

**John Hagelin:** “In fact literally parts of our bodies are replaced every day. Other parts take a few months, other parts a couple of years. But within a few years we have a brand new physical body.”

**Bob Proctor:** “If you have a disease and you’re focussing on it and you’re talking to people about it, you’re going to create more diseased cells. See yourself living in a perfectly healthy body. Let the doctor look after the disease.”

**Esther Hicks:** “Can you feel the difference between having painful arthritis in your hips and feeling fearful about it or having painful arthritis in your hips and feeling hopeful about it? The difference between fearful or hopeful is the difference between recovery or not.”

“ See yourself living in a perfectly healthy body. Let the doctor look after the disease.”  
Bob Proctor

**John Hagelin:** “Happier thoughts lead to essentially a happier biochemistry, a happier, healthier body. Negative thoughts, stress has been shown to seriously degrade the body and the function of the brain because it’s our thoughts and our emotions that are continuously reassembling, reorganising, recreating our body.”

**Ben Johnson:** “Remove physiological stress from the body and the body does what it was designed to do. It heals itself.”

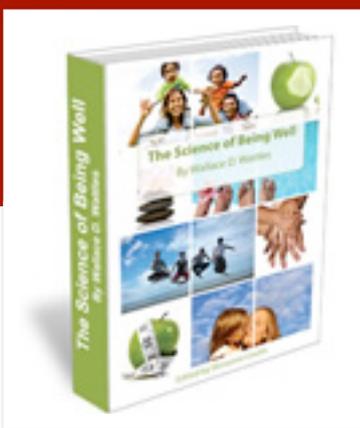


## Morris E. Goodman

*Morris Goodman, at age 35 was Mr. Success. And then things turned upside down. While attempting to land his airplane one afternoon, Morris crashed. His injuries were too severe for him to survive.*

*By using the power of his mind, Morris was able to walk out of hospital eight months later, earning him the title 'The Miracle Man' by professionals who said it was impossible.*

*Morris feels you too can learn to be happy, have peace of mind, and accomplish all your goals and dreams no matter what hand life deals you.*



[The Science of Being Well](#)  
[By Wallace D Wattles](#)

**Michael Beckwith:** "I've seen kidneys regenerated, I've seen cancer dissolved. I've seen eyesight improved and come back."

**John F. Demartini:** "I always say that incurable means curable from within."

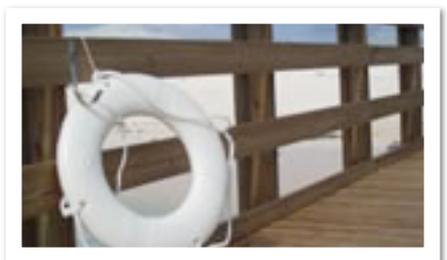
Michael Beckwith: "You can change your life and you can heal yourself."

**Morris E. Goodman, The Miracle Man:** "Well, my story begins on March 10, 1981. It really changed my whole life. It was a day I'll never forget. I crashed an airplane. I ended up in the hospital completely paralysed. My spinal cord was crushed, I broke the first and second cervical vertebrae, my swallowing reflex was destroyed and I couldn't eat or drink. My diaphragm was destroyed. I couldn't breathe. All I could do was blink my eyes. The doctor of course said all my life I'd be a vegetable, all I'd do is blink my eyes for the rest of my life. That's the picture they saw of me, but it didn't matter what they thought, the main thing was what I thought. I pictured myself being a normal person again, walking out of that hospital. The only thing I had to work with in the hospital was my mind and once you have your mind you can put things back together again. I was hooked to a respirator and they

said I'd never breathe on my own again because my diaphragm was destroyed but this little voice kept saying to me, "Breathe deep. Breathe deep." Finally I was weened from it. They were at a loss for an explanation. You see I could not afford to allow anything to come into my mind that would distract me from my goal and from my vision. Well I set a goal to walk out of the hospital on

**"Man becomes what he thinks about."  
Morris E. Goodman,  
The miracle man**

Christmas. That was my goal. Eight months later I walked out of the hospital on my own two feet. They said it couldn't be done. That's a day I will never forget. For people that are sitting out there right now watching this program that are hurting, if I wanted to sum up my life and sum up for people what they can do in life, I would sum it up this way in six words: Man becomes what he thinks about."



# The Secret to the World

*This is so simple, but we often miss the point. These explanations and examples have been one of the major contributors to us clearly understanding how we have been sending negative messages 'out there' – and getting exactly what we 'asked' for. Not what we really wanted.*

**Esther Hicks:** “We notice that there are so many people who are living life in a very conditional way, they look out and they see things that are wonderful and they say, “Yes we want more of those, we would vote for that. We would support those with our time and energy and money.” But then they look out and they see things they do not want. Terrible things they do not want to live and they do not want to see others live, and they say, “We’ve got to do something about getting rid of those things”. But they don’t realise that as they push against the unwanted, they add power to it. In this world there is a war against poverty and a war against cancer and a war against teenage pregnancy and a war against terrorism and a war against violence and a war against terrorism. We mentioned that there’s a war against terrorism and all of this pushing against is only adding to because you can’t say no and make it go away. When you shout, “No!” law of attraction is lining that up.”



**Esther Hicks**

**“WHAT YOU RESIST, PERSISTS.”**  
**CARL JUNG, 1975-1961**

**Bob Doyle:** “The reason that what you resist persists is because if you’re resisting something you’re saying, “I don’t want this thing because it makes me feel this way the way I’m feeling right now.”

So you’re just putting out this

really strong emotion of I don’t want this feeling and its there and it just comes racing towards you.”

**Jack Canfield:** “You know the anti-war movement creates more war. The anti-drug movement is creating more drugs. Because we’re focussing on what we don’t want, drugs.”

**Esther Hicks:** “People will say, “Well shouldn’t I focus upon that? That is true!” and we say, that is like saying, “Because someone gave their attention to something they did not want long enough that now it is manifested, I should do it too.” And we say, “We don’t really understand that reasoning.”

**Jack Canfield:** “Mother Theresa was brilliant. She said, “I will never attend an anti-war rally. If you have a peace rally, invite me. I mean she knew. She understood the secret. Look what she manifested in the world.”

**Hale Dwoskin, Author:** “If you’re anti-war, be pro-peace. If you’re anti-hunger, be pro-people having more than enough to eat. If you’re anti a particular politician, be pro his opponent. Often elections are tipped in favour of the person people are really against, because he’s getting all the energy and all the focus.”



**Jack Canfield:** “You want to focus on what you want, not what you don’t want. It’s ok to notice what you don’t want because that gives you contrast to say this is what I do want, but the fact is, the more you talk about what you don’t want or talk about how bad it is, read about all of that all the time, and then saying how terrible it is, well you’re creating more of that.”

**James Arthur Ray:** “Well so many times people say to me, “Oh James, I have to be informed.” Maybe you have to be informed, but you don’t have to be inundated.”

**Michael Beckwith:** “Learn to become still. And to take your attention away from what you don’t want, and all the emotional charge around it, and

place your attention on what you wish to experience.”

**John F. Demartini:** “I would say when the voice and the vision on the inside become more profound and more clear and loud than the opinions on the outside, you’ve mastered your life.”

**Esther Hicks:** “You are not here to try to get the world to be just as you want it to be. You are here to create the world around you that you choose while you allow the world as others choose it to be to exist also.”

**Joe Vitale:** “One of the questions I get almost all the time and it’s probably on somebody’s mind right now if it’s not on yours and that’s the idea that if everybody uses the secret and they all treat the world like a catalogue, aren’t we going to run out of stuff? Won’t everybody just make a run for it and bust the bank?”

**Michael Beckwith:** “What’s beautiful about the teaching of the great secret is that there’s more than enough to go around for everyone. There is a lie that acts like a virus within the mind of humanity, and the lie is, there’s not enough good to go around. There’s lack and there’s limitation and there’s just not enough. That lie has people living in fear, greed, stinginess. And those thoughts of fear, greed, stinginess and lack

become their experience. So the world has taken a nightmare pill. Now the truth is there’s more than enough good to go around. There’s more than enough creative ideas, there’s more than enough power. There’s more than enough love. There’s more than enough joy. All of this begins to come through a mind that is aware of its own infinite nature.”

**James Arthur Ray:** “Every great teacher who’s ever walked the planet has told us that life was meant to be abundant.”

**John assaraf:** “And so just when we think that resources are dwindling, we find new resources to achieve the same things.”

**John F. Demartini:** “And so even though we say we have lack, it’s because we don’t open up our vision and see all of what’s around us.”

“ Now the truth is there’s more than enough good to go around. There’s more than enough creative ideas, there’s more than enough power. There’s more than enough love. There’s more than enough joy. All of this begins to come through a mind that is aware of its own infinite nature.”

Michael Beckwith



## Michael Beckwith

*Reverend Dr. Michael Bernard Beckwith is one of the most inspiring teachers in The Secret. Dr Beckwith's vision is to create a world united on an ethical basis of humankind's highest spiritual and social development. He is seeking authentic spirituality, personal development and transformation through selfless service to humankind.*



Reverend Dr.  
Michael Beckwith's  
Website -  
[www.agapelive.com](http://www.agapelive.com)

**Joe Vitale:** "You know, when everybody starts to live from their heart, and go for what they want, they don't go for the same things. That's the beauty of this. We don't all want BMWs. We don't all want the same person. We don't all want the same experiences. We don't all want the same clothing. We don't all want ..... fill in the blank."

**Michael Beckwith:** "There's enough for everyone. If you believe it, if you can see it, if you act from it, it will show up for you. That's the truth."

**Esther Hicks:** "So let the variety of your reality thrill you as you get to choose from among it those things that you're wanting.

And when you see something that you want in your experience, think about it, find the feeling place of it, get inside of it, talk about it and write it down.

Write a script about it. Make it your reality by becoming a match to it. And when you see those things that you are not wanting in

your experience, do not talk about them, don't write about them, don't join groups that worry about them, don't push against them. Do your best to ignore them. Remove your attention from the things that you do not want while you give your undivided attention to the things that you do want."

**Denis Waitley:** "Most of the leaders of the past missed the great part of the secret which is empowering and sharing with others. This is the best time to have ever been alive in history. It's the first time we've ever had the power to gain knowledge at our fingertips."

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# The Secret to You

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## USING OUR THOUGHTS DELIBERATELY

*We have the ability to use knowledge and understanding of the power of the Law of Attraction, and to use the understanding of the other Laws of the Universe, to make the changes we want to see in the world. Everything in the Universe is 'Energy'. We are all 'Energy'..... when we focus on outcomes for ourselves and for the goals that are genuinely for the greatest good of all, these powerful tools come into play. It starts with us.*

[Click here to read about the other Laws of the Universe – on Global Secrets website](#)

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**John Hagelin:** “When we look around us, even at our own bodies, what we see is the tip of the iceberg.”

**Bob Proctor:** “Think of this for a moment. Take your hand and look at it. Now your hand looks solid, but it’s really not. If you put it under a proper microscope, you’d see a mass of energy vibrating.”

**John Assaraf:** “Everything is made up of the exact same thing, whether it’s your hand, whether it’s the ocean, or whether it’s a star.”

**Ben Johnson:** “Everything is energy. And let me help you understand that just a little bit. There’s the universe of course, and our galaxy and our planet and then individuals and then inside of this body are organs systems. Then there are cells and then there’s molecules and then there’s atoms and then there is energy. So there are a lot of levels to talk about something on, but everything in the universe is energy.”

**Bob Proctor:** “I don’t care what city you’re living in. You’ve got enough power in your body, potential power, to illuminate the whole city for nearly a week.”

**James Arthur Ray:** “Most people define themselves by this finite body. But you’re not a finite body. But I mean even under a microscope, you’re an energy field. What we know about energy is this. You go to a quantum physicist and you say, “What creates the world?” and he or she will say, “Energy.” “Well describe energy.” “Ok, it can never be created or destroyed, it always was, always has been. Everything that ever existed always exists, it’s moving into form, through form and out of form.” Ok, great. You go to a theologian and you ask the question, “What created the universe?” and he or she will say, “God.” “Ok describe God.” “Always was and always has been, never can be created or destroyed, all that ever was, always will be, always moving into form, through form and out of form.” You see, it’s the same description, just different terminology. And so if you think you’re this meat-suit running around, think again! You’re a spiritual being. You’re an energy field operating in a larger energy field.”

**John Assaraf:** “We’re all connected. We just don’t see it. There isn’t an “out there” and an “in here”. Everything in the universe is connected. It’s just one energy field.”

**Esther Hicks:** “You’re extension’s a source energy. You’re here in these magnificent bodies but your bodies have distracted you for the most part from who you really are. You are source energy. You are eternal beings. You are god force. You are that which you call god.”

**Michael Beckwith:** “Scripturally we could say that we are the image and the likeness of God. We could say we are another way that the universe is becoming conscious of itself. We could say that we are the infinite field of unfolding possibility. All of that would be true.”

James Arthur Ray:” Every great tradition has told you that you are created in the image and the likeness of the creative source. That means that you have God potential and power to create your world, and you are! You are! And maybe you’ve created things to this point that are wonderful and worthy of you and maybe you haven’t. The question I’d ask you to consider is, do the results you have in your life, are they what you really want? And, are they worthy of you? If they’re not worthy of you, then when would NOW be the right time to change things? Because you have the power to do that.”

“ALL POWER IS FROM WITHIN  
AND IS THEREFORE UNDER OUR  
CONTROL.”

ROBERT COLLIER, 1885-1950

**Jack Canfield:** “You know, a lot of people feel like they’re victims in life and they’ll often point to past events, perhaps growing up with an abusive parent or in a dysfunctional family and I would add as a parenthesis here that most psychologists believe that about 85% of families are dysfunctional so it’s like, all of a sudden you’re not so unique. My parents were alcoholics, my dad abused me. My mother divorced him when I was six.”

**John Assaraf:** “From the age of 13 to 18 I was involved in street gangs.”

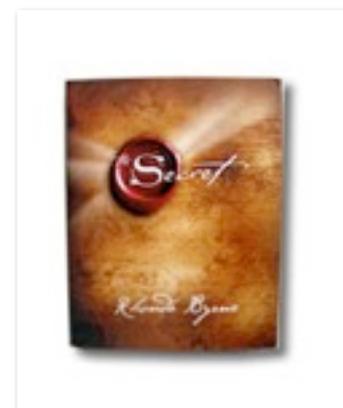
**James Arthur Ray:** “I had a sever motorcycle accident.”

**Joe Vitale:** “I was homeless at one point in Dallas. I lived in poverty for 15 years in Houston.”

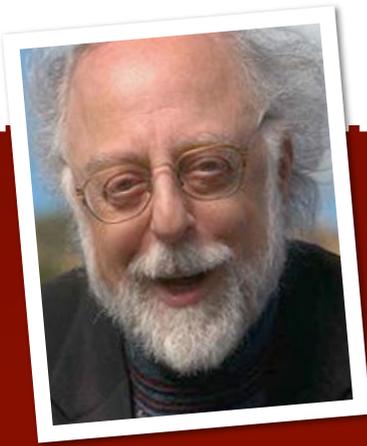
**John F. Demartini:** “When I was a child, I had learning difficulties, and I was considered learning disabled and I was told I would never read, write or communicate, never amount to anything and not go very far in life.”

**Jack Canfield:** “That’s almost everybody’s story in some form or another. So that’s just called, so what? The real what is, what are you going to do now? What do you choose now? Because you can either keep focussing on that, or you can focus on what you want. And when people start focussing on what they want, what they don’t want falls away. And that part expands and the other part disappears.”

**Esther Hicks:** “We’re wanting you to come to the place where you’re beginning to offer your thought deliberately. Where you are guiding your thoughts on purpose, where you are the creator of your own experience. Because you are the manager of your own thought.”



[The Secret Book](#)



## *Fred Alan Wolf*

*Fred Alan Wolf is a physicist, writer, and lecturer who earned his Ph.D. in theoretical physics at UCLA in 1963. He continues to write, lecture throughout the world, and conduct research on the relationship of quantum physics to consciousness. Wolf's inquiring mind has delved into the relationship between human consciousness, psychology, physiology, the mystical, and the spiritual.*

*Author of many books, Wolf is well known for his simplification of the new physics and is perhaps best known as the author of *Taking the Quantum Leap*.*

*Dr Wolf says: "Quantum physics really begins to point to this discovery. It says that you can't have a universe without the mind entering into it. The mind is actually shaping the very thing that is being perceived."*



**Michael Beckwith:** "The beautiful thing about the law of attraction is you can begin where you are. And you can begin to think real thinking and you can begin to generate within yourself a feeling tone of harmony and happiness. The law will begin to respond to that."

**Joe Vitale:** "And so now you start to have different beliefs, like, "there is more than enough in the universe", or you have the belief that "everything goes right for me". Or you have the belief that, "I'm not getting older, I'm getting younger". We can create it the way we want it. By using the law of attraction."

**Michael Beckwith:** "And you can break yourself free from your hereditary patterns, cultural codes, social beliefs and prove once and for all that the power within you is greater than the power that's in the world."

**Fred Alan Wolf:** "Some of you may be thinking, "Well, that's very nice, but I can't do that," or "She won't let me do that," or "He'll never let me do that," or "I haven't got enough money to do that," or "I'm not strong enough to do that," or "I'm not rich enough to do that," or "I'm not, I'm not". Every single "I'm not" is a creation."

**"Whether you think you can or you can't, either way you are right."  
Henry Ford, 1963-1947**

**Michael Beckwith:** "Are there any limits to this? Absolutely not. We are unlimited beings. We have no ceiling. The capabilities and the talents and the gifts and the power that is within every single individual on this planet is unlimited."

# The Secret to Life



**Neale Donald Walsch, Author:** “There is no blackboard in the sky on which God has written your purpose, your mission in life. There’s no blackboard in the sky that says: “Neale Donald Walsch, a handsome guy, who lived in the first part of the 21st century, who” colon, and then there’s a blank, you know and all I have to do to really understand what I’m doing here, why I’m here, is to find that blackboard, and find out what God really has

in mind for me. But the blackboard doesn’t exist. So your purpose is what you say it is. Your mission is the mission you give yourself. Your life will be what you create it to be and no one will stand in judgement of it, now or ever.”

**Jack Canfield:** “It took a lot of years for me to get this, because I grew up very much with this idea that there was something I was supposed to do and if I wasn’t doing it, God wouldn’t be happy with me, you know. When I really got that my primary aim was to feel and experience joy, then I began to do only those things which brought me joy. We have a saying, “If it aint fun don’t do it,” you know.”

**Neale Donald Walsch:** Joy, love, freedom, happiness, laughter. That’s what it is. And boy, if you’ve just experienced joy sitting there and meditating for an hour, by golly, do that. If you experience joy eating a salami sandwich, then do that.”

**Jack Canfield:** “When I pat my cat, I’m in a state of joy. When I walk in nature I’m in a state of joy. So I want to constantly put myself in that state. And when I do that, then all I have to do is have the intention of what I want and what I want manifests.”

**John Hagelin:** “So inner happiness actually is the fuel of success.”

**John Gray:** “Anything that makes you feel good is always going to be drawing in more. You are listening to this right now. It’s you that drew this into your life. And it’s your choice whether you want to take it and utilise it, if it feels good. If it doesn’t feel good, then you know, let it go. Find something that feels good. That resonates with your heart.”

“FOLLOW YOUR BLISS AND THE  
UNIVERSE WILL OPEN DOORS FOR YOU  
WHERE THERE WERE ONLY WALLS.”  
JOSEPH CAMPBELL, 1994-1987



**Esther Hicks:** “Joseph Campbell said, “Follow your bliss”. We think those are the best words we have ever heard spoken from a human tongue. And if one could follow one’s bliss, you would follow the trail to abundance and wellbeing on all subjects.”

**Bob Proctor:** “Enjoy life with us, because life is phenomenal. It’s a magnificent trip.”

**Marie Diamond:** “You will live in a different reality, in a different life and people will look at you and say, “What do you do differently than me?” Well the only thing that is different is that you work with the secret.”

**Morris E. Goodman:** “And then you can do and have and be things that people will say, “That’s impossible for you to do and have and be.”

**Fred Alan Wolf:** “We’re really now moving into a new era. It’s the era where the last frontier is not space like Star Trek would say but it’s going to be “mind”.”

**John Hagelin:** “I see a future of unbounded potential, unbounded possibilities. Remember we’re using at most five percent of the potential of the human mind. 100% of potential is the result of proper education, so imagine a world where people were using their full mental and emotional potential. We could go anywhere, we could do anything, achieve anything.”

**Bob Proctor:** “See yourself with the good that you desire. Every religious book tells us that, every great book on philosophy, every great leader.”

Emerson, Edison, Einstein.

**Bob Proctor:** “All the advertisers who have ever lived. Go back and study the wise ones. Many of them have been presented to you in this program. You know what? They all understood one thing. They understood the secret. Now you understand it. And the more you use it, the more you’ll understand it.”

**Esther Hicks:** “You may be feeling that it would be easier to be hearing these words if they had come to you the first day of your experience upon this earth. And if we were talking to you on your first day of physical life experience, we would say to you, “Welcome to Planet Earth. There is nothing that you cannot be, or do, or have. You are a magnificent creator. And you are here by your powerful and deliberate wanting to be here. Go forth, giving thought to what you are wanting, attracting life experience to help you decide what you want and once you have decided, giving thought only unto that. Most of your time will be spent collecting data. Data that will help you decide what it is you want. But your real work is to decide what you want and then to focus upon it. For it is through focussing upon what you want that you will attract it. That is the process of creating.”

**Michael Beckwith:** “I believe that you’re great, that there’s something magnificent about you. Regardless of what has happened to you in your life, regardless of how young or how old you think you might be. The moment you begin to think properly, this something that is within you, this power within you that’s greater than the world, it will begin to emerge. It will take over your life. It will feed you, it will clothe you, it will guide you, protect you, direct you, sustain your very existence. If you let it. Now that is what I know, for sure.”

*Feel Good*  
www.the-secret-dvd.net

Comment

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