



The Secret: What I have learned & The Process

I have put together this synthesis after a limited reading of the Bob Proctor and others and the anonymous 100 messages from the Secret. This is my work in progress and will revise it. You may contact me for any feed back.

MIND

Everything that's coming into your life, you are attracting into your life. And it's attracted by virtue of the images you're holding in your mind. It's what you're thinking. Whatever is going on in your mind, you are attracting to you.

1. Poor thoughts (like misery) will attract poor results, that is why we have poor people are becoming poorer. Good thoughts will attract good results, that is why Rich gets richer.

Like most people, your dominant thoughts are usually about your daily worries, fears, and what you lack.

2. The law of attraction is always working. You can never escape it. You're attracting everything that comes into your life. When you understand this law - you understand The Secret - and you can now dictate what you choose to come into your life.
3. We are programmed to think negative, competitive and reflect on what is going around you. It is hard work to think otherwise, this is called "Current Reality Trap". It's time to escape the current reality trap and to create your future a new.
4. You have to learn how to tap into it using your mind.
5. Our wired mind is competitive and critical (and mostly negative); we have to turn it into creative (and positive).
6. Unconscious mind may think negative thoughts, if they do, do not put any emotions into those thoughts. Put energy and emotions (the joy of those achievements) in the positive thoughts.

UNIERSAL ENERGY

1. There is a universal energy (in us and around us) which makes things and events happen.
2. In religious mind frame, we have: Believe, Ask, Receive and thank.
3. In this paradigm, we have: Believe, think, create the emotions to go with it, thankful as if you already have it, and you will receive.
4. We are all at sub-atomic level made of energy, similar to the universal energy.
5. Good energy attracts good energy and bad attract bad one. That is why it is called "Law of Attractions"
6. God? God sits in the temple of every human body. You ARE DIVINE.
7. You have free will to think, so you have free will to achieve. Nothing is pre-determined.

YOU ARE RESPONSIBLE FOR WHAT YOU ARE

1. Most people don't take personal responsibility for their present results. They honestly believe the cause of their current results lies outside of themselves, due to conditions or circumstances they have no control over.
2. The key to mastering the Law of Attraction is to understand that you are responsible for everything in your life. EVERYTHING. At some level - consciously or unconsciously, you attracted every person, every job, every idea, every illness, every joy and every bit of pain into your life.
- 3.

CHANGING YOUR MIND AND ACTION FRAMEWORK

1. Hold a clear vision of whatever you want.
2. Express gratitude that this is coming to you.

You must have unwavering faith and devout gratitude.

3. You must be active. You must do all that you can do each day to make this vision a reality. Especially strive to deliver to others something of value greater than what they paid you for.

Notice, again our actions are always unproductive, we try to get the best bargains, best value, etc. The law of attraction says "what goes around comes around (more than what you gave).

4. Change your negative mind set in three steps:
 - (a) Instead of negative thoughts, take stock of good things you have and be grateful for that.
 - (b) Start visualizing what you want to do, what it COULD be.
 - (c) Get bolder with your thoughts, small events happening may help you to do that. This will put positive emotions (which is the magnet to attract the universal energy).
5. Why this works is because when you express gratitude for what you have, you put YOURSELF in a frame of mind - one that's of joy and expectancy. Because you now focus on what you HAVE rather than what you DON'T HAVE, the energy you're sending out is I HAVE A LOT.

And in return the Law of Attraction has to reciprocate by giving you A LOT MORE.

6. The Energy Redirection Technique: When faced with a bad situation - think of a way to turn it into a CHALLENGE.

THE PROCESS

1. Knowing What You Want
2. Moving into a Meditative State of Mind
3. Creative Visualization:
 - (a) use all your five senses (more the better)

(b) Emotions help magnify your power of attraction. When visualizing the life you want, feel the joy, happiness and excitement of the situation. The stronger your emotions - the faster you can manifest into your reality that which you're trying to attract.

(c) To increase the emotions associated with your visualization - build the feeling of having it NOW.

(d) Seek the Greater Good: imagine more than just you benefiting from your attraction.

4. Taking Definite Action:

DO NOT worry if you're unsure of what action you need to take. Begin at once to channel your thoughts towards what you're trying to attract and the answer you seek - the action you need to take - will come to you.