

The Secret

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- The secret is the answer to all that has been, all that is, and all that will ever be (Ralph Waldo Emerson 1803-1882)
- 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're holding in your mind. It's what you're thinking. You see whatever is going on in your mind you are attracting to you. (Bob Proctor-Philosopher).
- 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.
- You can change your life by focussing on what you do want instead of focussing on what you don't want, what you are afraid of and what you want to avoid.
- Your life is a physical manifestation of the thoughts that go on in your head.
- It has been proven now scientifically that an affirmative thought is hundreds of times more powerful than a negative thought.
- Everything that's around you right now in your life, including the things you're complaining about, you've attracted. This is one of the hardest concepts to get, but once you've accepted it it's life transforming.
- Our feelings let us know what it is we're thinking. So your thoughts cause your feelings. Emotions are an incredible gift that we have, to let us know what we're attracting.
- When you celebrate the good feelings, you'll draw to you more good feelings and things that make you feel good.
- Our feelings are a feedback mechanism to us about whether we're on track or not, whether we're on course or off course.
- If you're feeling good than you're creating a future that's on track with what you're desiring. If you're feeling bad, you're creating a future that's off track with your desires.
- Whatever you're thinking and feeling today is creating your future.
- Your thoughts and your feelings create your life.
- You create your own universe as you go along (Winston Churchill 1874-1965)
- Once you begin to understand and truly master your thoughts and feelings, that's when you see how you create your own reality. That's where your freedom is, that's where all your power is. That's when you see how you can become a deliberate creator of your life. And when you are a deliberate creator of your life, and you use this law of attraction, you will have a life that is beyond what you can possibly imagine right now. (Marcia Shimoff MBA, Author)
- Take the first step in faith. You don't have to see the whole staircase, just take the first step (Dr Martin Luther King Jr. 1929-1968)
- Who you are now is the residual outcome of your past thoughts and actions.
- All that we are is the result of what we have thought (Buddha)
- Powerful processes:
 - Gratitude (be grateful for what you have)
 - Visualize (when you visualize then you materialize)
- It's the feeling that really creates the attraction, not just the picture or the thought. And I think for a lot of people, they think, "Well, if I think positive thoughts or if I visualize having what I want, that will be enough". But if you're doing that and still

not feeling abundant or feeling, you know, loving or joyful, then it doesn't from my mind really create the power of the attraction (Jack Canfield, Author).

- What this power is, I cannot say. All I know is that it exists (Alexander Graham Bell 1847-1922).
- Imagination is everything. It's the preview of life's coming attractions. (Albert Einstein 1879-1955).
- Decide what you want, believe you can have it, believe you deserve it, and believe it's possible for you. And then close your eyes every day for several minutes and visualize 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, okay. And then go into your day and release it to the universe and trust that the universe will figure out how to manifest. (Jack Canfield, Author)
- Whatever the mind of man can conceive, it can achieve (W. Clement Stone 1902-2002)
- When you have inspired thought, you have to trust it and you have to act on it.
- You need to go for the inner joy, the inner peace, the inner vision first, and then all of the outer things appear. (Marcia Shimoff MBA, Author)
- Only one person can be in charge of your joy, of your bliss. And that's you. (Lisa Nichols, Author).
- What you resist persists (Carl Jung 1875-1961).
- How much sense does it make for us to give the problem all the energy? As opposed to focussing on trust, love, living in abundance, education, peace.
- I will never attend an anti-war rally. If you have a peace rally, invite me (Mother Theresa).
- I always 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. (Dr John F. Demartini D.C. Bsc., Philosopher).
- Energy flows where attention goes.
- Everything in the universe is energy.
- All power is from within and is therefore under our own control (Robert Collier 1885-1950).
- When people start focussing on what they want, what they don't want falls away. And that part expands, and the other part disappears.
- You are the designer of your destiny. You are the author. You write the story. The pen is in your hand and the outcome is whatever you choose.
- 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.
- Whether you think you can or you can't, either way you are right (Henry Ford 1863-1947).
- Inner happiness is the fuel of success (Dr John Hagelin PHD A.B. M.A. Quantum Physicist).
- Follow your bliss and the universe will open doors for you where there were only walls (Joseph Campbell 1904-1987).
- 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 began to think properly, there's something that is within you, there's 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.