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"The Secret to having all you've ever wanted..."

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To order copies of this e-book, go to:
theGreatestSecret.com

Part 1

~ Introduction ~

You can have anything you want: wealth, a loving relationship, radiant health, true happiness, a life of ease, anything your heart desires, once you know *The Greatest Secret*...

For the first time in history, experts from all over the world, in all the major fields such as *science, psychology, medicine, spirituality, metaphysics, and human potential*, are all agreeing that there is only <u>one way</u>, one process, one *Secret* to creating <u>anything</u> in your life, including your happiness, prosperity, health, etc.. In fact...

This *Secret* is *the only known way* that anything has <u>ever</u> been created, and now you can use it to create your most heartfelt wants and desires...

People like *Bill Gates, Steven Spielberg, Tiger Woods, J. Rockefeller, Einstein, Thoreau, Gandhi,* and even *Jesus* and the *Buddha* have used this "Secret" to create *miracles,* and experts are now calling it the "Secret of Life," the "Alchemy of the Universe," "the very thing responsible for all things, everywhere." And with it, you can create *miracles* in your life.

Television specials relating to this *Secret* are beginning to be aired on *The Learning Channel*, *Discovery Channel*, the news, and more shows are being produced as we speak. This *Secret* is beginning to revolutionize how people live and function. Science books are having to be rewritten because of the discoveries revealed by this *Secret*. It is truly changing the world...

Many of the concepts we used to believe as fact are being overturned and a new science is emerging that shows without a doubt that people have the power to create what they truly desire... if they know and apply this one simple *Secret*...

So before you do anything else, read anything, "click-on" anything- <u>before you do a thing...</u> please put everything aside and read the following text because it will affect everything you do from this day forward. Why?

...Because the information you are about to read is the <u>foundation</u> for everything that *has* happened, *is* happening, and *will* happen in your life. It is the "root" cause for your current life situation, and the doorway to everything you desire in the future. In fact...

You could spend the rest of your life searching for what you want and never find it, until you understand this one *Secret*. The great *Masters*, experts, and leaders all agree: "there is only *One Truth, One Teaching, One Secret to Life*, and this is it..."

Are you ready to discover what it is? Then let's begin...

The Greatest Secret Revealed...



cience is now proving that there is only <u>ONE WAY</u> in which everything is created, including your happiness, prosperity, relationships, situations etc.. There is only one way, one process, one *Secret* to creating anything in your life, in the world, and in the

universe. And either you learn it and use it to create the life you've always wanted, or you can leave it to chance and take what life gives you. It's your choice...

If you take the time to learn this *Secret* now, you will have "mastered physicality." In other words, you will have the ability to create things in the physical world at will, whenever you want

them. This may sound absurd or "too good to be true," but science is now proving what many mystics and spiritual leaders have been trying to teach us for years... that we have the power to create our heart's desires at will, if we would just USE THE POWER!

So you can finally relax. You don't have to keep trying method after method, one technique after another, going from seminar to seminar, or reading book after book until you are buried in them.

"There is only
one way to
create anything
in your life."

There is only <u>ONE WAY</u> to create anything, and once you know and apply this process, you will get precisely what you create. This is an exact science. All other methods and techniques are but variations on one incredible *Universal Truth*... and there is an effective way to use it to get what you want, and many ineffective ways that could actually work against you.

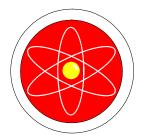
So it is very important that you understand exactly how this process works and how you can effectively and predictably use it to create what you desire in your life. In fact, this is one of the most important lessons you will ever learn in your lifetime so pay close attention. The rest of your life depends on it...

So here then is an outline of one of the most important discoveries of our time. Here is how *The Greatest Secret* works...

The Science Behind the Secret...

1. Everything is made of energy...

Science is now proving that our physical universe is really made of energy. If you were to break down everything you see around you, including yourself, into smaller and smaller particles (atoms, electrons, protons etc..), you would end up with very small, subatomic particles, which is pure energy.



Everything you see in your world, including the chair or couch you are sitting on, the people around you, the money in your wallet or purse, the building you are in... EVERYTHING is made of energy. So even though things seem to be solid and separate around you, on the atomic and subatomic levels, everything blends together in one big energy soup.

Since everything is made of energy, including you, your relationships, your health, your money, even your success and happiness, then these things are all affected by the *Laws of Physics* or the *Natural Laws of the Universe* as many spiritual leaders have called them for centuries. More importantly, once you understand these *Laws*, you can predictably affect and even direct things such as money, relationships, health etc.. into your life as you so desire. This may seem like magic, but it is nothing more than you working with the *natural*, *scientific laws* that have created everything that exists today.

2. We emit "thought" energy...

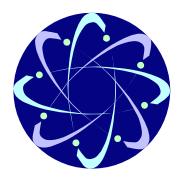
The next exciting discovery is the fact that the thoughts in our heads do not stay in our heads. Scientists have discovered that "thought" is actually pure energy and it is sent out or broadcast from our bodies into the universe. Thoughts are actually transmitted from our bodies like a radio transmitter and then this "energy" travels outward.

Everyone and everything on the planet- and in the universe- is emitting energy; and one of the primary ways of broadcasting this energy is with our thoughts. And this "thought energy" has the ability to create reality. And science is now proving this point...

3. Thoughts affect and create physical reality...

Science is now proving that our thoughts have the ability to literally create things in the universe. In the past, we did not have the equipment to gauge any changes or creations caused by our thoughts. But now, with the advent of what are known as *particle accelerators* (magnifying devices that allow us to see the smallest particles), we can witness the changes our thoughts produce in the physical world.

By using *particle accelerators*, physicists have discovered that subatomic particles (the essence or energy that makes up our physical world) appear to exist only when someone is thinking about them, or trying to observe them. When a scientist puts his or her attention on them, they flash into existence. This means that subatomic particles are created by sending thoughts in their direction.



So when a scientist begins to observe a viewing area, the particles or essence of all physical matter materializes. "Our attention directed to the formless wave energy is what creates the reality that we call particle or solid, or the physical world." In other words, you literally create *reality* with your thoughts.

Another shocking discovery was that when one scientist thought that the subatomic particles should act or behave in a certain way, they did. If another scientist thought they should behave in a different way, they did. In other words, the particles that make up our reality changed and responded according to the thoughts of the scientists.

The exciting conclusion of this observation is: "Creation of anything in the physical universe is determined by what kind of attention you place on it." In other words, what you think about the most, you bring about. What you focus on, good or bad, you begin to create.

But wait, it gets even better...

4. Like energy attracts like energy...

Thoughts are pure energy and energy is magnetic. One law of energy is this: Energy of a certain quality or vibration tends to attract energy of a similar quality and vibration. This is called the *Law of Attraction*. In this law, *like* attracts *like*. So *like thoughts* attract *like thoughts* and events.

The *Law of Attraction* states that like energy attracts like energy, like a magnet. And since thought is energy, thoughts attract anything related to them. So, if you think about something long enough, you can actually attract things related to those thoughts. This explains why when someone is thinking a lot about a person, that very person can call or show up out of the blue. But how is this possible?



Remember, everything is made of energy. People are made of energy, money is made of energy, everything is made of energy, and when you focus your attention on something, you are sending out energy which attracts like energy. So if you are thinking consistently about attracting money or wealth, and if you keep your attention on it long enough, you will attract it.

The *Law of Attraction* states: whatever you hold your attention on, <u>you will attract</u>... <u>IF</u> you know how to do it properly. Many people have tried using thoughts and failed to attract anything they desire into their lives. In fact, people have used mind techniques such as affirmations, visualizations, positive thinking, goal setting, Neuro Linguistic Programming (NLP), and a host of other mind techniques only to find themselves worse off than when they started. There is a reason for this and a simple solution that you will find in this book.

The Secret behind the Secret...

"Knowing <u>how</u> to use the Secret is as important as knowing what it is."

because it is a *Universal Law* that cannot be broken. It is as predictable as the sun coming up in

the morning or a rock falling to the ground instead of falling up to the sky. It is an exact science. But this does not mean that it will work the way you want it to...

This is an exact science that works on the subatomic level and quite literally copies your thoughts, words, and actions back to you. If you are unaware of exactly *how* the process works, you could be creating the opposite of what you want. In fact, if your life isn't exactly as you want it now, then it is because this process is working against you behind the scenes.

Remember...

You are already using energy every second of every day to create your current life situation. If you understand the process, you can use it to create <u>only</u> those things you desire in your life. If you remain unaware of the process, then you have to take what comes, including the things you don't want, like lack of financial abundance, dysfunctional relationships, unhappiness, disease etc.. The creation process goes on whether you like it or not, so it is of utmost importance that you understand it in order to have the life you've always wanted...

"The creation process goes on whether you like it or not... so make it work for you."

By understanding that everything is made of energy, and understanding the laws that control and shape energy into physical events and circumstances, you can predictably create what you desire, including *optimal health*, *wealth*, *happiness*, *success*, *or anything else you desire*. **But you must know how to do it correctly...**



WARNING: Please do not take this initial information and start trying to create things with your thoughts, because the very *Secret* that can get you what you desire can also push it away from you. You could try very hard to create something only to find the opposite happening. If this is not applied correctly, you

can end up in worse shape then when you started.

This is an exact science and it must be used in an exact way. It's not as simple as just visualizing your success. You must know what to do and what <u>not</u> to do. It's not complicated at all. In fact, my 9 year old child has learned it. But you must know exactly what to do in order to get results (I will explain the exact scientific steps in *Part 2* of this book). Once you know the

steps and apply them correctly, you can predictably bring the things you've always wanted into your life.

But how do we know this *Secret* really works?

How Do We Know this Secret Really Works?

Even though science is now clearly proving that the power of thought can and does create our lives, people have been witnessing this phenomena for years.

For centuries, there have been some among us who intuitively knew about the power of *thought*. Eastern mystics and philosophers spoke of our ability to manifest or create *anything* that we desire based on our *conscious thoughts*.

Great thinkers like *Aristotle* and *Plato* and many writers and poets spoke of the power that exists in our minds. Businessmen, presidents, and world leaders have all spoken of their belief in the power of our thought to literally create our lives. Here are a few examples:



- "Life does not consist mainly, or even largely, of facts and happenings. It consists mainly of the stream of thought that is forever flowing through one's head." -Mark Twain
- "...realize in your daily life that 'matter' is merely an aggregation of protons and electrons subject entirely to the control of Mind; that your environment, your success, your happiness, are all of your own making... All wealth depends upon a clear understanding of the fact that mind- thought is the only creator. The great business of life is thinking. Control your thoughts and you control circumstance." Robert Collier
- "A man is what he thinks all day." -Ralph Waldo Emerson
- "There is a science to getting rich, and it is an exact science, like algebra or arithmetic. There are certain laws which govern the process of acquiring riches, and once you learn and obey these laws, you will get rich [or anything else you desire] with mathematical certainty. [The basic fact is]...we are a Thinking Substance, and thinking substance always takes the form of that which it thinks about." Wallace D. Wattles & Dr. Judith Powell

- "Those people who think they can do something and those who think they can't are both right." -Henry Ford
- "Every thought has the power to bring into being the visible from the invisible. It is absolutely necessary for us all to understand that *everything we think, do or say comes back to us*. Every thought, word or action- without exception- manifests itself [in some way] as an actual reality." Ann Wigmore
- "Hold a picture of yourself long enough in your mind's eye and you will be drawn toward it." -Dr. Harry Emerson Fosdick
- "The greatest discovery of my generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives." -William James
- "I think, therefore I am." -Rene Descartes
- "You become what you think about." -Earl Nightingale
- "What you think about, you bring about."

And the quotes go on and on.

In the early 1900's, studies were done to observe people who were considered to be unusually "successful" and all of them pointed to the power of their thoughts as the #1 reason for their success. People like Abraham Lincoln, Albert Einstein, Alexander Graham Bell, Andrew Carnegie, Benjamin Franklin, Bill Gates, Tiger Woods, Martin Luther King, Steven Spielberg, Deepak Chopra, Wayne Dyer, John Glenn, Buddha, Henry David Thoreau, Henry Ford, Jesus, John D. Rockefeller, Mahatma Gandhi, Michael Jordan, Theodore Roosevelt, Thomas Edison, and countless others have all used methods that involve the conscious use of thoughts and imagination to create what they desired.

People who have tapped into the Secret:

Abraham Lincoln Albert Einstein Alexander Graham Bell Andrew Carnegie Benjamin Franklin Bill Gates Tiger Woods Michael Jordan Martin Luther King Steven Spielberg Deepak Chopra Wavne Dver John Glenn Jesus Buddha Henry David Thoreau Henry Ford John D. Rockefeller Mahatma Gandhi Theodore Roosevelt Thomas Edison

Over the years, many people have come up with methods to try to reproduce the miraculous results of these individuals who have used their thoughts to create their desired reality. The

"positive thinking" boom and "self-improvement" movement were a result of this quest to understand and then use the power of thought to create a desired outcome or reality. Many experts knew that certain "mind" techniques worked, but they didn't know the scientific reason behind why they worked, until now. And without the science behind these methods, the results were "hit and miss," with some people succeeding, while many others failed. Now science is showing us how to take the "guesswork" out of this process so we can create what we desire with mathematical certainty.

Spiritual and Biblical References...

Even the spiritual and religious communities made reference to the power of our thoughts. *The Bible* and nearly all Eastern philosophies have taught this principle for thousands of years:

- "We are what we think. All that we are arises with our thoughts.

 And with our thoughts, we make our world." -Buddha
- "As a man thinketh in his heart, so he is." -Proverbs 23:7
- "All things are possible to him that believeth."
- "By your faith shall ye be healed."
- "If ye have faith, ye shall say unto this mountain, move hence to yonder place; and it shall move; and nothing shall be impossible unto you." -Mathew 17:20
- "Look at what I can do. And know that these things, and more, shall you also do. For have I not said, ye are Gods?" -Jesus
- Ask and ye shall receive, seek and ye shall find, knock and it shall be opened unto you."
 Jesus
- "Therefore I say unto you, what things soever ye desire when ye pray, *believe that ye* receive them, and ye shall have them." Jesus



Notice in that last line that it doesn't say to just mindlessly pray, but "believe that ye receive" (what you desire), and you shall receive it. Jesus was speaking about using the mind (which is the direct

connection to *God / Universe / the energy of all that is*) to create what you desire based on the thoughts and images of you *already possessing what you desire*. This is the basic *Natural Law* of the universe and precisely how things are created.



It has been written that Jesus laid down the "universal law" when he said, "Therefore, I say unto you, be not anxious for the morrow, what ye shall eat, or wherewithal ye shall be clothes- but seek first the kingdom of God, *and all those things shall be added unto you.*" And what is the *Kingdom of God?* Jesus states that "The Kingdom of God is within you." It is the "Father"

within you- or as Robert Collier puts it, "It is Mind- your part of the *Universal Mind*. Seek first an understanding of this Power within you- learn to contact it- to use it- 'and all those things shall be added unto you."

We now stand at the place where science, spirituality, and religion have come to the same conclusion: "We create our own reality through the conscious use of our thoughts." In fact, for the first time in our history, the scientific, religious, spiritual, psychological, metaphysical, and human potential communities are all converging to support One Universal Truth: OUR THOUGHTS CREATE OUR REALITY!

This is the foundation for everything that is happening in your life. Your thoughts have the power to go out and literally create and attract the people, events, and circumstances in your life. You now have the option of using this power to bring about what you desire. If you use this power correctly, you can create miracles in your life and live the life you've always wanted. The only thing required for this is to be aware of the power that you possess, which I hope you now are beginning to be, and then learn and apply the exact steps necessary for putting this power to work for you (which we will cover in *Part 2* of this book).

It is vital that you learn the correct steps for putting this tremendous force of energy to work for you. Remember, if it's not done in the right way, it can actually push the things you want away from you. This *Secret* works every time it is used correctly, but you must know how to do it correctly. If you've ever tried visualization, affirmations, positive thinking etc.. with no luck, then rest assured that there is a way to direct the powerful force of *thought energy* to bring you

what you desire. *Part 2* of this book explains <u>the only known way</u> of creating anything you want in your life and the precise steps needed to do it. Want proof?

Here are some examples of people who new the correct steps and applied them to create miracles in their lives...

Real Life Examples...

I and many others have brought miraculous events and circumstances into our lives using this *Secret of Life*. For example, I have earned millions of dollars (as much as \$70,000 a day) by employing the very principle you will be learning. However, I have also lost a fortune when I forgot the lessons and let my fear and worry run things. The power goes both ways and I have now learned how to always keep the power flowing in the right direction.

Creating vibrant health...

I have used this *Secret* to dramatically improve my health and well-being. I simply put my attention *in a certain way* on the exact image and age of what I wanted to look and feel like. I remember stating that I wanted to look and feel like I'm in my early 20's (I'm 41 now). So I used the *Secret* in *a certain way* and like magic, things began to happen. I tried for years to take off some extra fat



around my mid-section, but within 2 months of applying the *Secret*, I took off almost 4 inches from my waist and I have kept it off for years. My appearance began changing over time so that now, people think I am *much* younger than I am. I even act younger.

I have also used the *Secret* to create vibrant, high energy vitality to the point where I now feel like I'm in my early twenties. I have energy to burn and I've never felt better. Even more amazing, my doctor gave me a complete blood test and check-up and he was stunned to find that my test results were incredible. He said "I have the physiology of someone in his early 20's." I then realized just how powerful the *Secret* is for creating dramatic, lasting health benefits. I didn't need a special pill or diet, I simply used the *energy power* of the universe to attract and create what I needed for better health. All you need to know is the exact steps to put this power to work and you're on your way to perfect health.

Finding love and romance...

I have also used this power to attract a wonderful personal relationship. I had an exact vision of the person, the personality, likes, qualities, etc.. and I kept my attention on her *in a very precise way*, and like a ray from heaven... she appeared in my life. She met every quality that I had dreamed of and it still takes my breath away when I think about it, even though I know this is how the power works. Even more amazingly, she later confessed that she had been thinking about a variety of characteristics she was looking for in her future partner and I met every one of them perfectly. Amazing!



There is also a well known doctor who actually prescribes the technique I will show you to his patients so they can create what they desire. At one point in his life he was looking for a serious relationship, so he wrote out 16 qualifications he desired in his "dream mate" and used the principles you will be learning. He wrote out the exact age range, height, weight, build, eyes, likes, schooling, religion, personality, etc.. His colleagues thought the

chances of finding this person would be astronomically slim and it would take the rest of his life to find her. Well, you guessed it, he applied the power precisely and was introduced to her in a very short period of time. She met every qualification... no exceptions, no compromises. And he met the very qualifications she was looking for in her perfect mate. This is how the power works. This is how the universe works. I will revisit the stories presented here and give you the specifics of how these miracles were created in a *Special Bonus Report* that you received with this E-Book.

Finding a job, business, or vocation that you love...

Others have used these same principles with miraculous results. One waitress was unhappy with her life because she really wanted to work with animals.

She had no time or money to go to veterinary school, but she was told to put her attention *in* a certain way on her desire to work with animals, and leave the rest up to the universe. A few weeks later, she met a man at a party. He was a veterinarian and they fell in love. About six

weeks later, the veterinarian's office assistant quit her job and he hired his new found love to work in the veterinary clinic. They were later married, and with her new husband's support, she began attending veterinary school to become a veterinarian. Her dream was fulfilled and it came about in a way that she could have never planned or anticipated. She didn't worry about *how* she was going to do it, she simply used the *energy power* that existed in her and in everyone to create another miracle.

There was also a nurse who was burned out in her profession. She really wanted to get into politics. She had no idea about *how* she would be able to do this, but again, she was told to put her attention on exactly what she wanted *in a certain way* and leave the rest up to the universe. She was taking care of an elderly woman in the hospital who had been diagnosed as terminally ill. The nurse was kind to her and gave her love and attention, all the while, she was thinking about her political dream *in a certain way*. The patient made an unexpected recovery and later hired the nurse

"Don't worry about how you will get what you want.
Just focus the 'energy' on what you want, and let the universe do the rest."

as her personal secretary at more than twice the salary. And with the financial backing and political influence of this former patient, the ex-nurse in now running for office! She could never have planned this route from nurse to politics on her own. She let the power, the *energy of thought*, make it happen for her. Again, this is how the universe works once you know how to make it work for you. Once you know how to direct the energy that exists in everything to produce what you truly desire.

Becoming wealthy...

As I said earlier, I have used this *Secret* to earn millions of dollars, not because of the specific business or vocation I was in, but because I focused the enormous *energy power* on becoming successful and wealthy. It didn't matter what I was doing, I would have succeeded in anything because I had this force working for me, not against me. Unfortunately, most people have the force working against them so no matter what they try, they do not end up being wildly successful. This book will change all that.

In another story, there was a man who had lost his job and was wrongly accused of embezzlement. He was down to his last few dollars and felt all was lost. Instead of wallowing in his situation, he was told to focus his attention *in a certain way* on the exact opposite of his situation. He began to put the *Secret* to work for him, not against him, and in a short period of time, he went from flat broke to being worth over two million dollars. He has now met the woman of his dreams and is moving to the country to enjoy life to the fullest as a rancher! Again, I will revisit these stories to show you how these wonderful events were created in a *Special Bonus Report* that you received with this E-Book.

Buying a dream home...

One working woman was left without any assets after a divorce and was living with a friend in a rented house. Living paycheck to paycheck, she couldn't imagine how she was going to move beyond her situation. She was told again to focus on what she desired *in a certain way*, so she began to use the *Secret* to get a pay raise. Within a month she got a raise. Then she decided that she was tired of living in a rented house so she began to use the *Secret* to create her dream house. She made a complete picture of this house and put her attention on it *in a certain way*. In less than a

year, she owned the exact home she imagined after miraculously rising from her low-paying job to a high-salaried position. She is so excited that she is now asking for bigger and bigger things... and you know she'll get them! And the truth is, so can you!

Creating a dream life...

Even if you live in a small town, with little opportunities, you can create the life of your dreams using this power. A woman who lived in a small town, who had recently lost her job and her husband, was about to be evicted from her home. She had children and was very scared for the future. She found out about this *Secret* and decided she had nothing to lose. Her dream was to own a dress shop and to live in a beautiful country cottage where her children could play.

She used a very specific technique that I will show you in *Part 2* of this book and began the process of creating her dream. I few weeks later she met an old friend of her husband's who was

going west for several months and asked if she could take care of his home in place of the rent.

A week later she was settled in, you guessed it, a beautiful cottage that was almost exactly as the one she pictured.

A little later, she saw an advertisement in the local paper for a woman to take charge of a lady's dress shop. The owner had to step down from the shop because of her health, so she took over the operations of the shop.



Within six months of using the *Secret* in a very specific way, she had achieved her dreams. The owner of the cottage came back and helped her to buy the cottage. The lady who owned the dress shop decided not come back and ended up selling the business to the woman who dreamed just a few short months earlier of owning a dress shop. She was now living in a beautiful cottage and she owned her dream dress shop. This woman experienced the incredible, miraculous power of this *energy*, this *Life Force*, this *Secret of Life*.

Creating anything you desire...

Again, people have used this *Secret* to create wealth, improve health, cure disease, attract relationships, find the perfect job or business, excel in sports, become famous, find love and romance, find happiness and peace of mind, help the world, create inspiring art and music, become successful, buy a house, lose weight, improve looks, overcome fear or phobias, create the life of their dreams, etc.. etc..

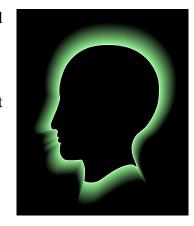
The richest people in world have used the *Secret* like Bill Gates, John Rockefeller, Carnegie, Getty, and every other billionaire. Spiritual leaders and visionaries have used the power like Gandhi, Buddha, Jesus, Martin Luther King, Roosevelt, and every other leader. Great thinkers like Aristotle, Plato, Einstein, Edison, and every other successful person throughout history has used this power. The truth is, <u>everyone</u> is using this power, only some people know *how* to direct the power to do great things.

The stories go on and on, but they all have one thing in common: every person used the power that already exists inside each one of us, to create precisely what they desired in their lives. You also have this power. Everyone does. Everyone is already using it every second of every day. The only question is whether you use it *consciously* and *deliberately* to create what you want in your life, or leave it up to chance. It's your choice. The bottom line is...

The Bottom Line...

The bottom line is, there is truly only <u>one way</u> in which everything is created in your life. Everything in your life is created from energy. This energy is released in the form of your

thoughts, words, & actions, and then it spreads out into the world creating and attracting the events and circumstances of your life, both good and bad. Although the situations in your life may seem to happen outside you and beyond your influence, the latest scientific evidence proves that this perception is inaccurate. "Scientists now believe that you are, in the most fundamental sense, making everything happen!" The evidence that we now have proves that thoughts literally create reality.



Whatever you have your attention centered on is what you will create in your physical world. Focusing your attention on what it is that you want to create is considered to be the secret of the *mechanics of creation*. This is the *Alchemy of the Universe- The Secret of Life*.

This is the foundation for everything. If you were to master <u>one thing</u> in your entire life, this is what it should be. Because this is the basis for everything that *has* happened, *is* happening, and *will* happen in your life. This is how the universe works. This is the blueprint. And *Part 2* of this book will give you the necessary steps so you can master this process <u>once and for all</u>.

This is the single most important thing you will ever learn, so please take this seriously. I can't stress this enough. This is not a technique to "try," this is how your life works. You are already using this power whether you know it or not, whether you want to or not. You can't opt out if it. The only question now is whether you will use it consciously, to get what you want, or whether you will leave it up to chance and take what comes based on your worries and fears.

This process works 100% of the time, every time. It can't not work. It is a *Universal Law*. It's like gravity. However, this doesn't always mean it works for you to produce what you want. It works every time to produce good or bad for you, depending on how aware you are of this

Law and if you are using it *consciously* to create what you want. Most people leave it up to their *unconscious* thoughts of worry, fear, anxiety, doubt, etc.. and the *energy power of thought* goes to work to produce those things in their lives.

As I said, it works every time, for good or bad, depending on how well you know and apply this process. If you want only good in your life, then you must master this process now, so you can live the life of your dreams now. Again, there is only <u>one</u> way to do this, so you might as well learn it now and save yourself years of trial and error. This is the way. It is nothing

"This process of creation works 100% of the time because this is how the universe works."

new. This has existed since the dawn of time. The only difference is, now we know how to use it to precisely create what we truly desire in our lives.

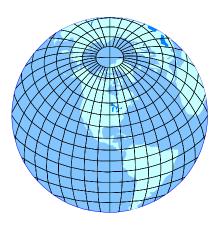
Science has not only proven that we have this *thought energy power* to create our desires, but it is also showing us the exact steps we need to take in order to predictably and powerfully put this incredible *Force* to work for us. There are precise steps that must be taken in order to ensure that this power works for us each and every time, and I will share these steps with you in *Part 2* of this book.

Why choose this life-altering book over the countless books and programs that exist today?

Why choose this book? Because *Parts 1 and 2* of this book provide you with *the only known* way to create anything in your life. And once you understand and apply it, you can create what you truly desire in your life with mathematical certainty. The psychology and personal development fields have provided clear examples of this power. The spiritual and religious leaders have professed it. The metaphysical world has known it all along. And science is now proving it! All of these worlds are converging upon the same truth: that we all have the ability to create anything we desire once we understand and apply the correct steps to put this *Energy Force* to work for us.

At the root of every problem, need, or opportunity, there is only *thought energy* or *Consciousness*. *Consciousness* is the root cause of everything. From *Consciousness*, all things flow.

In the understanding and use of this *Life Force*, lies the ability to cure all disease, eliminate poverty, manifest our heart's desires, and bring peace, love, and joy to the world. The worlds of science, psychology, medicine, religion, spirituality, metaphysics, and human development have all converged to



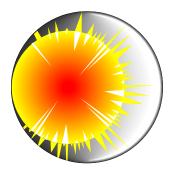
We truly control our individual fate, and the fate of our planet. By understanding how to use this immense power, we can solve our individual and collective problems, create unparalleled opportunities, and ensure lasting peace and prosperity for humanity.

support one Universal Truth: *Our Consciousness, our thought, does create our reality*.

The #1 priority that you should address right now is the understanding and use of this powerful force. You can pour money into program after program, book after book, seminar after

seminar, only to see the overall condition of your life continue to remain the same or decline. The one place to invest any time, money, and energy right now to ensure overall, lasting results in all areas, simultaneously, is in *Consciousness*. Invest in *Consciousness*, and everything else will fall into place.

You are already using this power to create your life. You have no choice. This is how your reality is created. The only question is whether you are going to use this power *unconsciously*, leaving your fate up to the whims of your fears and uncontrolled thoughts, or whether you are going to use this power *consciously*, *deliberately*, to create the peace, prosperity, love, and joy you seek. Will you be a sleepwalker? Or will you be conscious participant in the greatest era that humanity has ever witnessed? Will you miss out? Or will you become a *Master*- creating prosperity, joy, and peace for yourself and others. The choice is yours...



It's been said that "we have grown in our science and technology, yet now we will grow in our *Consciousness*. And this will be the greatest growth of all, making all the rest of our advances look insignificant by comparison." This is because *Consciousness* creates and directs everything. And with *Consciousness*, anything is possible. All it takes is the awareness and "waking up" of individuals to this

wonderful force that we all share together.

There are specific steps that have been developed, tested, and proven to harness this incredible force. I would like to share these steps with you so you can use this powerful force to create *any* desired result- whether it be to improve your health, your prosperity, your relationships, or your family's well-being. This *Secret* can work miracles in your life, in your family, and in the world.

There is so much more I want to share with you. I've given you just the tip of the iceberg. There is more... much more.

I will share all of the latest steps and discoveries with you so you can experience for yourself, the miraculous power of this *Secret*. And with these discoveries and your support, we can bring these *truths* to humanity and change the world forever. If you understand *Consciousness* and

The Law of Attraction, then you know that this book came to you for a reason. Only you know what that is...

I hope you can catch the vision and we can travel this wonderful journey together. It's going to be quite a ride I assure you. Please proceed now to *Part 2* of this e-book and begin creating the life you've always wanted...

"The Secret to having all you've ever wanted..."

Written by:
Darrell Daybré
Researcher, Writer, Scientist
Published by:
The Center for Extraordinary Living
To order copies of this e-book, go to:
theGreatestSecret.com

Part 2

~ Welcome ~

Welcome to *Part 2* of *The Greatest Secret*. This section will give you the exact steps you need to take in order to put the incredible power of the *Secret* to work for you. I hope that by now you understand and believe in the *energy power* that exists in all of us which allows us to create what we desire at will. I have attempted to prove this point in many different ways, over and over again, in *Part 1* of this book, so you will finally understand that there is only <u>one way</u> in which the events in your life are created, and you have the power to use this *way* to produce what you want. There is nothing complicated or confusing about it. All you need to do is take the necessary steps to use this power, and you can create the life you've always wanted.

Part 2 of this book explains in exact, scientific detail, the precise steps you need to follow to put the *energy power* of the universe to work for you. The steps are easy to understand and they flow in logical order. These are not theories or techniques to try. These are proven steps based on the latest findings from the scientific, metaphysical, psychological, and personal development communities. So learn them now and save yourself years of frustration. As I already said, there is a *right way* and then there are all the other ways.

Again, if you do not know precisely how to put this *energy power* to work for you, you could actually push things away from you, or at the very least, not produce any results at all. Most people fall into this category. They have tried many ways to succeed or get what they want, but the things they desire seem to remain just out of reach. If you've tried other methods or even similar sounding techniques to get what you want with no luck or results, then this will be a refreshing change for you. In fact, if some of this information sounds familiar to you and you think you've heard or tried it before, don't be fooled. There are key differences in this book that make all the difference between success and failure with these concepts. Although the process is simple, it is still an exact science. Leave out one step or use a step in the wrong way, and you will most likely get no results at all.

Part 2 will show you the exact steps you need to take to finally create what you want in your life. You will be shown the <u>one way</u> in which all successes and achievements have been created... since the dawn of time. There is simply no other way to do it. This is how the universe works. And this is how you make the universe work for you.

The following steps will put the power of the Secret to work for you, so let's begin...

Note: There is a *Summary Checklist for Creating What You Want* at the end of this book that summarizes all the steps. You can keep this checklist with you in order to make sure that you are always on track.

~ Step 1 ~

Believe and Accept the Truth: Thought Creates Reality

The first step you must take is to believe that this *energy power of thought* exists and then accept that it will work for you if you use it. I hope that *Part 1* of this book helped to convince you of the incredible power that exists in you and in everyone to create whatever we desire at will. I recommend that you re-read *Part 1* many times until you truly understand and believe in this incredible *Life Force*. There are also several books (in the *Resource Section*) that I strongly recommend that you read which will further your understanding and belief in this wonderful, miracle producing power. The combination of re-reading *Part1* of this book and continued reading and study of the books I have recommended will help to burn this most important information into your mind so you can call it up whenever you need it.

The goal here is to be able to understand the basics of what the power is, why it works, and how to use it. You should get to the point where you can recite these facts to someone at a party without skipping a beat. The more you understand this process, the better able you will be to use it. So become very familiar with the "what, why, and how" of *thought energy creation* so you can talk to yourself and others with authority. Then you know you have learned it.

Here are some key points to remember:

- Science is now proving that there is only <u>ONE WAY</u> in which everything is created, and once you
 know this one way, you can create what you desire.
- Everything is made of energy.
- Thought is pure energy and everybody emits *thought energy*.
- Energy is the only way to create matter or reality, thus our thoughts have the ability to literally create things in the universe.

- Energy is magnetic, so when we think about something long enough, we actually attract those things we think about to us. This is because everything is made of energy and our thought energy has the magnetic quality to attract the things we think about.
- What we focus on, we bring on. What we think about, we bring about.
- This is the foundation for everything. If you were to master <u>one thing</u> in your entire life, this is what it should be. Because this is the basis for everything that has happened, is happening, and will happen in your life. This is how the universe works. This is the blueprint.
- This is not a technique to "try," this is how your life works. You are already using this power whether you know it or not, whether you want to or not. You can't opt out if it. The only question is whether you will use it consciously, to get what you want, or whether you will leave it up to chance and take what comes based on your worries and fears.

And the first step to putting this power to work for you in the right way is to believe and accept that this power is real and will work for to bring you what you truly desire in your life. Again, please re-read *Part 1* of this book over and over again until you thoroughly understand and accept this miracle producing power as *Truth*. Let it be your *Truth* from now on. In fact...

I recommend that you read this book every day, or least parts of it, and commit much of it to memory. Study this book and make it your constant companion until you have mastered all of the ideas and steps contained here. You will have even faster success if you give up some of your recreational activities and concentrate on this until you master it. Also, please stay away from negative people, books, television, etc.. Stay away from anything that will serve to undermine or put doubt into your mind about these principles. These principles are based on absolute fact. So don't let anyone or anything pull you off track. This is the basis for everything in your life, so master it now, and live the life you've always wanted from now on.

~ Step 2 ~

Clean House: Make Room for Creation

Before you can begin to use these powerful principles to create what you want, you must "clean house" and make sure you are not holding on to any "old, dusty thoughts" or beliefs that may sabotage your efforts. Beliefs are thoughts that you have taken as truth. For example, you may have thought for years that "you never get what you really want," and since we know that thoughts create reality, you may have experienced not getting what you really want in your life. Over time, you began to see this thought of not getting what you want as truth, or in other words, you began to "believe" that you really don't get what you want and thus, this became your belief. Now, whenever you try to achieve something, this belief ("I never get what I really want") takes over and produces the experience of you never getting what you really want. Why?

Because beliefs are thoughts, and thoughts have the power to create, as we have been learning. In fact, beliefs have tremendous power to create because they are not only thoughts (which carry the energy to attract things related to them), they are also what you believe to be true, which means you are so sure that you don't get what you want, that the only energy you are putting out is this truth. So how could you possibly produce anything you want with so much energy to the contrary being pushed out ahead of you? You would be paddling up stream your entire life. It's time to clean house.

It is important to check your beliefs up front to make sure there are no habitual thoughts that will serve to undermine your dreams and goals. For example, you could decide that you are going to use these principles to buy the house of your dreams, and so you put your attention on your dream house, all the while your primary belief or what is called your "Sponsoring Thought" is still "I never get what I want." What do you think will happen? Most likely, you will produce the experience of not getting that house, until you uncover and get rid of that old, powerful belief.

So let's first take a look at how you uncover your current beliefs, and then we will cover how to eliminate any negative beliefs you may have.

Uncovering Your Beliefs:

There are some fast and effective ways to uncover your current beliefs and we will cover them here. The first technique involves taking an honest look at your life and seeing what beliefs may have contributed to it. For example, if there are things you like and do not like about your life, list them now. Get a piece of paper and write out those things you like and dislike about your life. You may have a list that looks like this:

Things I Like: Things I Don't Like:

I have a wonderful family life. I am not financially secure.

I enjoy golf and I'm a good golfer I hate my job.

I am a good person. I never get what I want.

I am a good friend. I am over-weight and I feel unhealthy.

Now look at your list and ask yourself:

"What would a person who created these things have to believe in order to create this life?"

This is especially important in those areas you dislike. For example, what would a person who is not financially secure, hates his or her job, never gets what he or she wants, and is over-weight and feels unhealthy... what would this person have to believe in order to create these things? Most likely, this person would have to believe that he is not financially secure or doesn't have the ability to be, he can't find a job he loves, he believes he never gets what he really wants, and he believes he can't lose weight or achieve radiant health. How come this is so? Because if this person honestly believed he could be financially secure, have the job of his dreams, get what he wants, and achieve perfect health, those thoughts would have been released into the universe to produce a completely different experience.

So it is vital that you take a few minutes and look honestly at your life. Write out the good, but focus especially on the things you do not like and then write out what beliefs would have to exist for you to create that reality. You can also do this again when you start writing out what you wish to create. When you write out something that you want, this obviously means that you don't have it now.

For example, if you wish to earn \$1,000,000, it is most likely the case that you don't have that now. So what belief would you have to have that has kept you from earning that \$1,000,000. Because if you truly believed you could earn this amount of money, then you would have it by now.

Money is	
Relationships are	 <u>.</u>
I am	
I can't	

You can also use "Phrase Completion" to uncover beliefs. Here are some examples:

You can list all those things that you are not satisfied with in your life and then start a sentence off with each item, filling in the blank as to what you believe or feel about each item. The point here is to uncover those limiting beliefs that may be holding you back.

Eliminating Your Limiting Beliefs:

Once you have identified those thoughts or beliefs that you feel are limiting you, you must remove them and replace them with a positive belief. The process is actually very simple, but you must make sure you truly have removed the old belief, and internalized the new, positive belief. The process of removing these destructive beliefs is as follows:

- 1. Write out the old, limiting belief on a piece of paper.
- 2. Write a new belief in the same syntax, same sentence structure.
- 3. Do a ritual (ie. meditation, declaration) to formally remove the old belief.

So, for example, let's say your limiting belief is:

"I never get what I want"

Write it out and then write:

"I always get what I want"

Then declare that the old belief no longer serves you and you are replacing it with a new belief. In the book, <u>Before You Think Another Thought</u>, by Bruce Doyle III (see *Resource Section*), a declaration is used to remove a limiting belief that declares:

"I have the belief that 'I never get what I want' and I choose to remove it from my belief system because it limits me. I choose to replace it with 'I always get what I want."

You can keep doing this process with every limiting belief you may have until you have successfully addressed any beliefs that may be holding you back. Then you can focus your attention and energy on the new belief and let that guide your life.

It is also my hope that *Part 1* of this book helped to expand your thoughts of what is possible, which can help remove some limiting beliefs. For example, if you've always thought that things just happened to you, that you have bad luck, that you have no control over the events in your life, I hope that the new realization of how you create your reality with thought has helped you see that those beliefs are wrong and that you really do control your destiny and you really can create what you truly desire. This empowering information can go along way toward smashing old limiting beliefs about what is possible in your life.

As you are going through old beliefs, re-read *Part 1* and see if that liberating, empowering information can help you overcome any thoughts of limitation. You are NOT limited by anything except your own limiting thoughts. The world isn't limiting you. The universe wants what you want. It's here to serve you. The only limits are your own limits.

"The only limitation you have is your thought that you have limitations."

You already have the ability to create anything you desire. Everybody has this ability. You are already a Master. You just don't know it. You can be, do, and have <u>anything</u> you desire. This is a *Universal Principle*. How's that for a new belief? And it's true! You truly can be, do, and have anything you desire once you realize and believe it (make it your new belief), and then take the necessary steps to put it into action.

Step 1 is to believe and accept this *Truth*.

Step 2 is to get rid of any notion to the contrary.

Destroy any beliefs that contradict the *Universal Truth* that you can create anything you desire using your own *thought energy*. You can do it! Everyone can do it!

Remember, this is how the universe works. As it was stated in <u>Conversations with God</u>, by Neale Donald Walsch:

"All physical life functions in accordance with natural laws. Once you remember these laws, and apply them, you have mastered life at the physical level. So what seems like bad luck is nothing more than a natural law asserting itself. Then once you know these laws- you would never experience your Self as being in trouble. You would put an end to all worry, doubt, and fear. You would have all the freedom, joy, peace, wisdom, and understanding and power of the Spirit you are. You would be a fully realized being. This is the goal of your soul. This is its purpose- to fully realize itself while in the body; to become the embodiment of all that it really is."

These natural laws are backed up by science and now prove that you have the ability to use your own thoughts to bring those things you've longed for into your life. Once you truly believe that this is so, then your new belief system will help drive those things you desire toward you with more ease and grace. Again, you are already using this *energy power* to create your life as it exists now. If you do not like what you see, then use that same power to turn it around into the life you've always dreamed of.

~ Step 3 ~

Decide What You Really Want

One of the first steps to creating what you want is to decide what you really want. It's been said that people can have anything they want, but most people haven't a clue about what they truly desire. They may have vague ideas about wanting more money, security, romance, better health, but few people are specific enough to create much of anything.

Remember, the universe is like a giant copy machine that simply copies back what you think about. So if you think vague thoughts about what you want, then you'll experience a vague life with not much happening. In order to use the incredible *energy power of thought* to create what you want, you need to give it directions. It's like pulling up to someone in your car and asking for directions to "somewhere." The person may ask you



"where do you want to go?" And if you simply answer "Just somewhere," then it will be impossible to get directions to where you really want to go.

Well, the universe is waiting for you to tell it where you want to go so it can tell you how to get there. So where do you want to go? What do you want to be? What do you want to do? What do you want to have? What do you really want in your life?

These can be a difficult questions for most people. Ask your friends or family what they really want in their life and I'll bet that most of them are not very sure or at least not very specific. I wrote a popular book on this topic called *How to Figure Out*, <u>ONCE AND FOR ALL</u>, What You <u>Really</u> Want to do With Your Life! (keep an eye out on our web-site for the e-Book version of this book coming soon). Most people are confused about what they really want. And your dreams will come true in exact proportion to how specific you are about them. Let's face it, you can't live your dream, until you know what your dream really is.

So it pays to spend some time thinking about what you really want to be, do, and have in your life. It is beyond the scope of this book to get into a full program of how to uncover your true wants and desires (that book is coming soon), but I will give you some pointers to direct you. It is helpful to break up your wants into three basic areas as follows: what you want to be, do, and have...

1. What do you want to be?

This section focuses on the feelings you want to experience in your life. Do you want to be happy, healthy, creative, at peace, loving, patient, gentle, forgiving, grateful, accepting, excited, passionate etc..? What emotions and feelings do you wish to experience on a regular basis? Think about the feelings you most want in your life and write down the most important ones. You will use these later when you are designing and creating the life you desire.

2. What do you want to do with your life?

This section focuses on your purpose or direction for your life. What do you want to do with your life? What ideal job, vocation, or situation do you want? How do you want to spend your time? What do you want to commit to? This is probably the most difficult area for most people. The vast majority of people are dissatisfied with their job or carrier, but when asked what they really want to do instead, most people have no idea. I've been on radio shows across the country discussing this topic and it seems universal that most people are not happy with what they are doing, but they have few ideas about what to do about it.

First off, I hope that you now realize that anything is now possible because of the power you have to create your reality, so you shouldn't limit yourself when thinking about your alternatives. Here are two questions to help get you thinking and even fantasizing about what you <u>really</u> want to do with your life:

1. What would you do if you knew you couldn't fail?

What if GOD came down and said you could choose any vocation, purpose, or calling and you were *guaranteed* to succeed no matter what, what would you choose to do? Think about this for a moment and write down your response. What would you do if you could do <u>anything</u>?

2. If time and money were no concern, what would you choose to do if you had to pick a vocation or purpose?

What would be your dream vocation if money was no concern? What purpose would you choose for your life? Fantasize about your dream life, your dream career, your dream direction for your life. What are you passionate about? What gets you all fired up? Write down all of the details. What would you be doing if you had all the time and money in the world? Really get into it and fantasize and dream about your ultimate desires for your life.

3. What do you want to have in your life?

This section focuses on what things or relationships you want to have in your life. How much money do you want to have or make? What possessions would you like? A new home? A new car? What kind of home or car? What kind of relationships are you looking for? Here are some questions to help guide you:

1. How much money do you want to have or make?

What bank balance would you like? What do you want your net worth to be? How much do you want to earn per month, per year etc..? What money goals do you have? Be specific. Decide what is most important (ie. being worth a specific amount of money or making a certain amount per year) and write down your main money desires. Put down specific amounts, like a \$500,000 bank balance, a net worth of \$1.5 million dollars, or earning \$250,000 per year. Whatever the amount you



choose, make it something you honestly believe you could make, keeping in mind that anything is possible with these principles. But don't say you want to be a billionaire if you don't truly want it or believe it. Write down what feels right to you.

2. What possessions would you enjoy having?

Would you like a new home? What does it look like? What is the setting? What's inside the home? How big is it? Would you like a new car? What kind of car? What color? What features? Would you like to own and preserve some land? How much acreage? Where?

3. What kind of relationships would you enjoy?

Are you looking for a life partner? What would he/she look like? What features are important to you? What would you like his/her age to be, personality, height, weight, likes, etc..? Are you interested in a family? How many kids? What kind of family life?

Go through each area of your life (ie. money, health, relationships, lifestyle, possessions, state of mind, etc..) and decide specifically what you want in each area. The point here is to list everything you want in your life, and be as specific as possible. Don't be vague. Put down sizes, colors, looks, design, etc.. Pretend you actually have what it is you want already and imagine in minute detail what it would look and feel like. Write down all of your wants and desires. Here are a few tips to think about as you are deciding what you want to be, do, and have:

- 1. Spend some quiet time alone, thinking or meditating on the previous questions. Don't just rush through them. Sit quietly, clear your mind, and contemplate the things you most want in your life. Spend as much time as you can alone, in silence, as you ponder your life.
- 2. Always ask yourself these two questions when you are deciding what you want:
- 1. Is this who I am?
- 2. Is this who I choose to be?
- 3. Ask for inner guidance when deciding what you want. Consult you intuition or *Higher-Self*.
- **4.** Don't be afraid to ask for large things. The universe is abundant and unlimited. It wants what you want. As long as you can truly believe that it is possible for you to have the things you desire, then ask for them.
- 5. Don't worry about <u>HOW</u> you will obtain the things you desire. Leave that up to the creative power of the universe. As you saw in the stories of people who used this power to create what they wanted, most of them had <u>no idea</u> how they were going to achieve what they wanted. They simply put their request out and received their miracles in unexpected ways. This is usually how the process works. The things you want seem to come from "out of the blue." Reread some of the stories mentioned earlier to reinforce the fact that you don't have to know <u>how</u> you will get what you want, just be clear on exactly <u>what</u> you want.

- 6. Don't think in terms of limits or competition. There are no limits when you are creating from the unlimited supply of this *Life Force*. You are not competing with others, with other companies, you are *creating* from scratch, what you desire. You are not taking away from someone else. You are creating and adding to the world. So ask for whatever you want and know that it can be created to add to the world, not take away from it.
- 7. Follow your passion. Passion is a strong emotion, and emotion is "energy in motion." So passion puts a lot of energy in motion to fulfill your desires. Without passion, you must try much harder to move enough energy to fulfill your dreams. Unless you really are passionate and you really want what you are trying to create, so that the desire is strong enough to hold your attention on that goal, then you should find something else that will stir the fires within you and keep you locked onto your desires. Passion is the key. It is the fuel for the engine of creation. You decide who you are and who you choose to be largely through those things you feel passionate about. So don't deny your passions, for they are who you are. Passion is the fuel for your creative engine, the power behind the achievement of your dreams.

Spend some time getting clear about what you really want to create in your life. After you have a list of those things, prioritize them. What things are most important to you right now? What needs are most urgent? Which things would you most like to manifest right now? Are you most in need of money, or better health, or are you most in need of a loving relationship? Choose the things you most want to see happen in your life right now. Write these down on a separate sheet of paper. These will be the first things you will create in your life.

~ Step 4 ~

Form A Clear Picture of What You Want

The next step is to get very clear about the things you most want to create in your life. As I said earlier, vague wants produce vague results. The more specific you can get, the more specific your results will be. Remember, the universe is like a giant copy machine copying back your thoughts to you, so if you give it clear pictures of exactly what you want, then you will experience these wonderful pictures in your life on a regular basis.

There are four effective techniques that you can use to get clear about your desires...

1. Write out a statement of what you desire.

Take the list of things you *most* want to create and write each one out as a positive statement. For example, if one of your wants is to have a \$500,000 bank balance, then write out the following statement: "I have a \$500,000 bank balance." The reason you want to write it out *as if you already have it* is because, again, the universe is like a giant copy machine and if you state: "I want a bank balance of \$500,000," then you get the experience of you *wanting* the money, not actually receiving it. This may sound picky but it is very important. Most people want many things in life, so they keep creating the experience of "wanting" these things in their lives, instead of actually creating them. The successful people who did create what they desired always used phrases like "I knew I was going to get it," "I felt I already owned it," "I saw myself already doing what I wanted to do." They were not begging and pleading for what they wanted, they saw themselves as already getting what the wanted, which sent powerful energy into the universe to attract those things to them.

Think of it this way, whatever you put after the word "I" becomes the creative command to the universe. So if you put "I want...," then you'll receive you *wanting*. If you put I have, I am, etc..., then you'll produce these things. For example, "I am creative, intelligent, happy," "I have a beautiful home that looks like..., I earn \$100,000 a year, I help the planet by...," these are creative commands that will tend to produce these things in your life, instead of the experience of you

wanting them. So write out the most important things you desire in your life as if you already have them.

2. Create a mental picture of your desires.

After you have your positive statements of what you desire, go through each one and form a definite, specific picture of each item. Fill in all the details that you can. Write out a complete description of the things you most want to create. Include the color, shapes, sizes, smells, tastes, feelings, etc.. Close your eyes and imagine those things you most want and describe exactly how they look and feel. Form a clear mental picture of it. See it in all its details. Again, you cannot transmit a desire effectively if it is vague or unclear. You must become very clear about what you want and what these things look and feel like. Be definite! Be specific! If you want a house, what color, what size, style, interior style, decor, furnishings, landscaping, country or city, etc.. Spend some time really getting specific about the exact image of those things you most want.



3. Create an Ideal Scene.

The next step you can take is to create what is called an "Ideal Scene" which can actually blend several of your wants into an ideal scene that you want for your life. For example, you could imagine yourself in your beautiful home, sitting at a table with a bank statement with your desired bank balance, as your new life partner hugs you etc.. In other words, create a scene or day in the life of the ultimate vision you have for yourself. Put as many details as you can into it and try to blend your most important wants and desires into it. Have fun with it. Create a scene that would give you goose-bumps just thinking about it. Make sure the scene stirs you, brings out the passion in you, makes you want to jump up and say "Yahoo! I want this more than anything!"

4. Create a Creation Board.

Another technique that can be fun and effective to do in your spare time is to create what is called a "Creation Board" of the things you most desire. A Creation Board is simply a collage of things that remind you of your wants and desires. It can be pictures cut out from magazines of the things you want, inspiring quotes and positive statements of your desires, actual objects that represent

your dreams and goals, or any physical reminders of those things you most want in your life. The usual method for creating a Creation Board is to glue or adhere these items to a large poster board or wall in order to make an inspiring collage of your desires. You can make one big collage of all your wants or create boards for each area of interest (ie. health/fitness, home, money, career, etc..) Simply collect anything that represents your highest wants and keep adding them to your Creation Boards. Make sure to look at this Board everyday, especially when you wake up in the morning and when you go to bed at night. This will help to instill these images in your mind, which will push more energy out into the universe to attract those things you most want.

Here are some tips to make these techniques even more effective:

- 1. Don't simply write out statements and create mental pictures like a robot or machine. Put your heart into it. Have the absolute intention and purpose that you will bring these things into your life. Have the unwavering faith that they are being created for you. It's been said that FAITH and PURPOSE are what make the difference between the scientist and the dreamer. This is not wishful thinking. This is not dreaming. This is not wanting. You must believe that you can create what you desire and have the purpose to do it, and the faith that it will be done... Period! Anything you desire is first created in thought, then it is made visible on earth. So what you desire has actually already been created in thought, and now you simply need to keep your attention on it long enough to bring it into your reality. You must have this faith that what you desire has already been created. Because it has! And with this intention and faith, nothing will be impossible to you. Nothing!
- 2. Take possession of the things you desire mentally. Own them now. Live in that new house, drive that new car, dance with your newfound love. Live in your "Ideal Scene" mentally, until it takes physical form around you. See those things you desire as already existing around you all the time. Own them, use them, be with them. Dwell upon your mental pictures and then take possession, take ownership of them, in the absolute faith that they are yours. Do not doubt for a minute that they are yours. You have already created them in thought. They are yours now. Do not doubt this for a moment. You must believe that you have created these things and have received them into your life. Even in the Bible, it states that praying is not enough. You must believe that you have already received what you are praying for. Like Jesus said,

"Whatsoever things ye ask for when ye pray, believe that ye receive them, and ye shall have them."

As it was aptly stated in the book, <u>The Science of Getting Rich</u>, by Wallace D. Wattles & Dr. Judith Powell:

"The whole matter turns on receiving, once you have clearly formed your vision. When you have formed the picture, it is well to make a verbal statement, addressing the Supreme in

reverent prayer. From that moment on you must, in mind, receive what you ask for. Live in the new house, wear the fine clothes, ride in the new car, go on that trip. Think and speak of all the things you have asked for in terms of actual present ownership. Imagine an environment and financial condition exactly as you want, and live



all the time in that imagined environment and financial condition. Watch, however, that you do not do this as a mere dreamer; hold to the FAITH that the imaginary is being realized, and hold to the PURPOSE and INTENT to realize it."

3. Expect to receive what you desire. In life, you don't get what you *want*, you get what you expect. So if you are desiring to have more money, more meaningful relationships, more things in your life, all the while you are doubting or not expecting to receive them, then you will not receive them. Why? Because inside, your controlling thought or what is called the "Sponsoring Thought" is saying "I don't expect to get it. I'll never get these things." And as we now know, thoughts are creative, and this doubt will be pushed into the universe and sabotage your efforts.

You must honestly expect to receive the things you most want. If you doubt, then re-read *Part 1* of this book to remind you that <u>anything</u> is possible. Also revisit your beliefs and make sure you are not holding onto beliefs that are putting doubt in your mind. And above all, have FAITH that what you desire can and will manifest in your life, if you do the things we describe in this book. Have FAITH! You have a right to a wonderful life. So expect it! You have the tools now. You have the same tools that have been used to create the greatest advancements

throughout all of history! You have all that you need. So have faith and expect to receive those things you are now creating in your life.

~ Step 5 ~

Focus on Your Desires

As you now should know, you create your reality, your life, by broadcasting the energy of your thoughts into the universe to create and attract anything related to your thoughts. What you think about, you bring about. So it is very important to watch what you think about because these things will invariably end up in your life at some point. So if you want only those things you desire to show up, then you must focus <u>only on those things you desire</u>. This is why it is so important to know what you want to be, do, and have, so you can then focus the powerful energy of your thoughts on those things and produce them in your life.

At this point you should have some idea about what you truly want in your life, and now we are ready to create it. *Part 1* of this book explained in detail how your reality is created and I recommend reading it over and over again until you understand it thoroughly. This will help you remain focused on your desires as you understand and know the power behind your thoughts. In life, *thought control* is everything. The ability to focus your thoughts on those things you desire is a *Master Skill* that you must learn in order to create the things you most desire. What you focus on becomes your reality. So the next step is to focus your thoughts on the most important desires you have in your life right now.

Here are some steps that will help you focus on your desires:

- Go through the desires you have from the previous section and decide which ones are most
 important to manifest now. Make sure you write out positive statements relating to them, you
 have a mental picture of them, and you have created an Ideal Scene or Creation Board of these
 important desires.
- **2.** Begin right now to start focusing your attention on these desires. Think about them. Think about them often. Experience them as already being attained.
- 3. Spend time writing out your statements, reading them out loud, and internalizing them.
- **4.** Spend time dreaming, visualizing, and picturing your desires and Ideal Scene, especially in the morning when you first wake up, and at night before you go to bed. These are the times when

- it is most effective to reach your subconscious mind, which will in turn, go to work for you to produce more thoughts and energy to attract what you desire.
- **5.** Don't forget to create a Creation Board or collage of those things you most want and look at it every day to further instill those energy powered images into your mind.

The point is to focus as much as possible on those things you most desire in your life. Again, what you focus on becomes your reality. So you must be diligent in your efforts to keep your thoughts on your dreams and goals. The more you place your thoughts on your desires, the more energy you place into the universe, the faster and more effectively you create or attract those things into your life.

~ Step 6 ~

Focus Continuously on Your Desires

This section may seem like a repeat of the last, but I have given it its own space because it is so important. Many self-help programs and systems have you set aside a special time to meditate, visualize, affirm, pray etc.. and these are fine, but what if the rest of the time you are thinking negative thoughts about why you can't or won't get what you want? In other words, if you just set aside a little time each day to focus on what you want, while the rest of the time is spent in fear and worry, then you will produce what you think about <u>most</u>, which in this case, would be your fear and worries.

You must spend as much time as possible focusing on your desires, especially in the beginning, when you are not used to doing this. You may be used to worrying or being anxious about things, so you naturally start drifting toward these thoughts. You must put what is called "continuous, consecutive" thought out into the universe if you want things to happen quickly and easily. Spend as much of your leisure time picturing those things you most desire. Focus on these things during the day, even when you are doing other activities or work. Focus as much as possible on your dreams and spend much of your time, especially in the beginning, thinking, speaking, picturing, and feeling your most heartfelt desires.

This process will not work if you think about your desires now and then, while spending most of your time in doubt and fear. Picture, affirm, "pray" all the time. In order to get what you want, it's been said that you do not need to set aside a "sweet hour of prayer," you need to "pray without ceasing." And prayer in this case means focusing your attention on your desire, with the intent or purpose to create it, and the faith that it already has been created by your thoughts.

Repetition is key. When you were a child, you most likely learned many skills by repeating them over and over again until they became a habit. The same thing applies here. You must think about your desires over and over again, until those thoughts become habits, and you habitually think about what you want, instead of what you don't want. When you are repeatedly thinking about your desires, two important things are happening:

- 1. You are sending *continuous*, *consecutive* energy into the universe to create and attract those things to you without any other messages to the contrary.
- 2. You are convincing your subconscious mind that these things are true, which in turn, produces more positive thoughts, thus pushing more energy into the universe to attract your heart's desires.

Many self-help programs make it seem like you just have to do a couple of techniques and the world will come to you. The reality is, you are creating everything all the time, and the more you think about what you want, the more your thoughts will produce that reality in your life. Doing a few techniques can work if the rest of the time you are not undoing everything with your worries and fears. But most people will need to focus much of their attention, at least in the beginning, on only what they want, not on what they don't want.

Another important point to remember is this: Keep choosing the same thing!

Keep choosing the same thing!

Although it is fine to review your dreams and goals, and change them from time to time, remember this: every time you change your desires, you are essentially starting all over again in the creation process. In other words, if you have been spending days or weeks putting your attention on a specific desire, picturing, thinking about it, and then you change your mind and want to create something else, all that energy you pushed out to create that past vision is now wasted and you must start all over again focusing on something new. You are at ground zero again.

Again, if you find that after awhile you really didn't want a particular dream or goal, then of course, you shouldn't force yourself to create it anyway. Just try not to keep changing your mind. Most people don't create much of anything because they either don't know what they want, or they keep changing their mind about it. And when you keep changing your mind, you never stay with anything long enough to create it. You send out partial messages and get back a partial life. This is why it is important to get as clear as possible about what you really want, and then stick to it.

The key to Mastery is to keep choosing the same thing. Stay with one thing. Don't take your mind off of it. Keep focused on it until it becomes a reality. A *Master* chooses something to manifest and doesn't go on to something else until he or she has manifested it completely.

If you choose to create something, stick with it. Choose it with all of your heart and soul. Be committed, persistent, and focused. Don't take NO for an answer! Do not go on to something else until you have created your chosen dream or goal. If you want your life to calm down and bring you what you want, stop changing your mind so often. OK?

~ Step 7 ~

Close Your Mind to Doubt and Fear

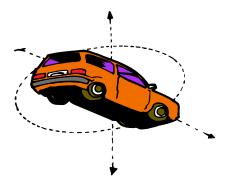
What you put your attention on, you create, good or bad. What you think about, you bring about. And once you understand that what you think about, you bring about in your life, you begin to be very careful about what you think about...

The good news is, you can create anything using your thoughts.

The <u>bad</u> news is, you can create anything using your thoughts.

It all depends on where your thoughts are; whether they are in a good place, or a bad place.

The moment you begin to think about anything contrary to your desires, to dwell in unhappiness, poverty, or things as they are, you begin to slip backward. You begin to fix your attention on these negative things, and your mind takes a mental image of these things, and begins to transmit this negative energy into the universe to attract those negative events into your life. Every minute spent in worry, fear, doubt, disbelief, etc.. pushes you away from those things you desire.



In my class where I taught these principles to children, I used a toy car to illustrate this phenomena. Let's say the car is you and your thoughts are what make it move forward or backward. The more you focus on what you want, the more the car (you) moves toward what you want (actually, the thing you want also moves toward you, but let's keep it simple). When you are *not* thinking about what you want, the car (you) is in neutral. However, if you

start to fear not getting what you want, or start thinking about the opposite, then you start to move away. When you start worrying, fearing, doubting that you can have what you really want, then you put the car (you) in "reverse" and move away from the things you most desire. And the saddest part is, most people spend their entire lives in reverse. They spend their entire lives fearing, doubting, worrying about not having what they desire. But what if you made a new choice?

What if you decided to focus <u>only</u> on your dream, your vision, your desires? What would happen? You would start driving that car directly into your dreams and you would park there for good. This is where the leaders, the visionaries, the successful people of the world are parked. Henry Ford is parked there, Albert Einstein is parked there, Jesus is there, Buddha, Rockefeller, all the great leaders and visionaries are parked there. They had the power to focus on their visions and not let thoughts to the contrary sabotage them. You have this power too.

I like how Dr. Wayne Dyer (world renown writer, counselor, speaker) puts it:

• You can't create what you want, if your attention is on what is:

If your attention is on "what is" and your circumstances, then you'll continue to create it. So if your present situation is not what you want, but you continue to focus on the problems, you'll keep creating the problems over and over again. This is why your life may seem at times to be a broken record, repeating the same problems and issues over and over again. You must get your attention off "what is" and onto what you want. And every time your thoughts go to "what is," you must shift them away to what you want.

• You can't create what you want, if your attention is on what has always been:

If you don't like what has happened in your past, then stop focusing on it! If you keep focusing on the negative things in your past, you'll keep creating the experience of them. Again, you must get your attention off the past and on to what you want.

• You can't create what you want, if your attention is on what others want:

If you are trying to please others all the time and you go against your own dreams and desires, then you'll continue to create what *others* want, instead of what *you* want. You must stand tall and decide what *you* want, and focus on that. Period!

The bottom line is:

Shift your attention off what you don't want and onto what you do want.

When you keep your attention on what you don't want, what you don't want keeps coming. But when you put your attention on what you want, and keep it there, you'll get it. Successful people rarely allow their thoughts to go onto what they don't want, and that is why they are successful.

Now don't get discouraged if you start to doubt or worry from time to time. That is natural. You don't have to think about what you want 100% of the time. Let's use the car example again. If you think about what you want more than what you don't want, you'll get what you want. The question is degree. If 60% of the time you think about your desires, and 40% of the time you are in worry or fear, chances are you will eventually get what you desire. But if you think about what you desire 80% of the time and only go in fear 20% of the time, you get there much faster and easier.

So don't get worried if you find yourself at times doubting or fearing. Just get yourself back on track by focusing on what you want, on what you desire, not on what you fear.

Make every thought count. Don't let any thought pull you away from what you want.

This may be difficult.

Controlling your thoughts can be the most difficult work you will ever do, but it is also the most rewarding. It is far easier to break a physical habit then it is to break mental habits. With a physical habit, like smoking for example, you could simply not pick up another cigarette. Now I know this is very difficult, but at least you can physically control the habit.

With mental habits, like worry and fear, it can be much more difficult because in an instant, you can start thinking about negative thoughts without even being aware. Sometimes people catch themselves obsessing over a worry or concern for hours without even realizing it. These thoughts just creep up and take over sometimes. It's been said that *sustained*, *consecutive thought* is "the hardest work in the world." But it is also the key to *mastering* the world.

To monitor your thoughts and keep them only on those things you desire will require constant, moment to moment, minute to minute attention, especially in the beginning, when you may be used to worrying or fearing. It has been called "a day-to-day, hour-to-hour, moment-to-moment act of supreme consciousness." This is *Conscious Creation*. You are becoming aware for the first time of the many thoughts that govern your life. This is a real awakening.

Most of us spend our lives sleepwalking. We are unaware of the thousands of unconscious thoughts that run through our minds everyday that can dramatically alter the course of our lives. When an unfavorable event seems to "happen to us," we are unaware of the thoughts that caused that event to

happen. This is a *call* to stop leaving our lives up to the whims of our unconscious thoughts and *consciously create* what we desire in our lives!

Here are some tips for keeping your thoughts in the right place:

- 1. Monitor your thoughts. Think about what you are thinking about. Notice the thoughts that are running through your mind throughout the day.
- 2. When you catch yourself thinking a negative thought, a thought that goes against what you really want, THINK AGAIN! Switch to a new thought immediately. Don't dwell in that negative thought. You can even say "Cancel" first and then move onto a new thought, a good thought.
- 3. Don't get distracted. Don't talk to people who are negative, especially if they don't understand and believe in these principles. Don't read books, magazines, watch television shows, etc.. that contradict what you are doing. If you start doubting that this process works, then nothing will work for you, because you will have the thoughts of this process not working and thus, you will create the experience of this process not working by using these negative thoughts. Thoughts are pretty powerful huh?

Thoughts can work for you or against you, depending on what they are. So remember to keep your thoughts on what you want, not on what you don't want. Focus on what you desire, not on what you fear. This is the *Master Secret of Creation*. Because what you think about, you bring about.

~ Step 8 ~

Have Gratitude

Gratitude and thankfulness are the ultimate states of being for the creation of anything in your life. All *Masters* throughout history had the ability to be thankful <u>in advance</u>, for that which they chose to create. They already *knew* that their desires were being created, even before they physically witnessed these creations in their lives. They took it for granted that the desire they chose to manifest was going to manifest. So the only thing left was to be grateful for the blessing that was to come.

Why is being grateful so important? Because gratefulness is a *state of mind* which implies that you <u>already have what you desire</u>. And if your mind accepts that you *already* have what you desire, that energy is released into the universe and immediately works to create or attract that desire into your life. Gratefulness is a *state of mind*, and *states of mind* are powerful energy releasers, and thus, powerful creators.

When you are grateful for something before you see it in your life, you are forming a concrete image of your desire already being fulfilled, which in turn, sends out the energy necessary for its creation. And this is why all great *Masters* were grateful in advance for those things they chose to create. First, they understood how things are created using thought energy and that all they had to do is put their attention on what they desired, with purpose and faith that it had already been created, and it would come to pass. Second, the only thing left to do in this case is be thankful to God, the universe, Life Force, energy (however one chooses to address this *creative force*) for this ability to create one's desire at will. This gratefulness further reinforces the creative energy by showing one's complete acceptance and receiving of the creation in advance. And as it is stated by *Masters* and even in the Bible, "that whatsoever things ye ask for when ye pray, believe that ye receive them, and ye shall have them."

This also brings up a good point about prayer. If you choose to use prayer to help create the things you most desire in your life, then you must pray in the *right way*. A prayer that begs, pleads, wants, or wishes for things, will produce the experience of you begging, pleading, wanting, or wishing for those things (as I discussed earlier). Never ask or want for anything. This request is a statement of lack

which produces the experience of you wanting the thing you desire, not having it. The most powerful prayer is a prayer of gratitude. Thank God in advance for those things you wish to create because, in essence, they *have* already been created in thought.

Burn this into your memory:

"Thought is your reality. The things you see around you are the result of thought.

Everything you see around you is <u>first created in thought</u>. Thus, thought is the creator, and whatever you "think," has <u>already</u> been created in thought. The rest is just the physics of how thought energy creates and attracts like energy to bring about what you desire. But your life, your reality, is created first in thought. Remember this always."

You must learn to cultivate this *knowing* that your thoughts create reality, even before you witness these things in your life. Once you begin to understand this principle and really *know it*, then you begin to move into *Mastery*. You begin to understand that your life, your reality exists in your thoughts and the very ability you have to think something, is the same ability you have to create it. Once you truly *know* this, then all that is left is to be grateful for those things you wish to create using thought.

As it was stated in **Conversations with God**:

"This place of knowing is a place of intense and incredible gratitude. It is thankfulness in advance. And that, perhaps, is the biggest key to creation: to be grateful *before*, and for, the creation. Such taking for granted is not only condoned, but encouraged. It is the sure sign of mastery. All Masters know in advance that the deed has been done."

It's been said that Jesus had this *knowing*. He would thank God in advance before every miracle. He never thought that the miracle would not happen. The thought "never entered his mind." Think about the statement for a minute, "the thought never entered his mind." This is what I have been discussing in these last few sections; holding to the thought of what you desire and not letting any other thoughts to the contrary enter your mind. Not letting fear, worry, or doubt seep into your mind and undo your creations. One way to eliminate worry and fear is to lock on to the statement (that is bolded earlier) that your desires have already been created in thought and now you can simply be grateful for them.

Cultivating a state of mind of gratitude can help to eliminate fear by focusing your attention on the *Truth*; the *Truth* which states that you can be, do, and have anything you desire because that is how the universe works. There are *Universal Laws* that govern your reality, and once you know these *Laws*, and learn to apply them (which you now have in this book), you can create what you desire at will.

Once you truly understand the process, how and why it works, and that it can truly give you anything you desire, then your fear, worry, and doubt will vanish. Gone will be these destructive feelings, and you will be filled with the peace and confidence, the *knowing* that you are already a *Master*, and those things you desire have already been created, in the energy of thought. WOW! What

"Your reality, your life, is first created in thought. Everything else is just a result of your thoughts."

power! What an amazing gift from God, from the universe, from the *Life Force* that drives all things. The only thing left to do is be grateful, be thankful for this miraculous ability we all share together.

See everything as a blessing. Even what appears to be a "bad" experience in your life. In every crisis, is opportunity. Maybe a crisis or "bad" experience has brought you to this material. That would truly be a blessing, wouldn't it? You never know what benefit you will gain from adverse experiences, so never condemn them. Bless them all. Most successful people admit that their success grew out of the failures they encountered along the way. Many big fortunes were created by people who were bankrupt just before they made their fortune.

Bless every experience. See the "silver lining" in everything. Remember, blessing every event, even the so called "bad" ones, is a *state of mind*, and this attitude of blessing sends positive energy into the universe to recreate the negative experience into a positive one. Why? Because by blessing a negative event, you are putting positive thoughts about the event into the universe and positive thought energy creates positive outcomes. So be grateful in advance for that which you choose to create and bless everything, and your life will truly be a blessing for you and for others.

~ Step 9 ~

Take Action and Bring Your Vision into Your Actions

Take action now. Once you are clear on what you want and you are continuously putting your attention on it with the purpose to create it and the faith that it had already been created, then it is time to act. You must act right <u>NOW</u> upon the people, things, and circumstances that make up your life. Simply thinking about what you want is not enough. If you locked yourself in a closet and just thought about earning a million dollars, do you think you would become rich? No! You've got to get out of the closet and into the world.

As you may have recalled from some of the personal stories of people who have used thought energy to create things in their lives, each one of them, including myself, experienced our miracles through the hands of someone else. There were other people or events that we could not have foreseen that brought these things we desired to us. Of course, it was our thoughts that attracted these people and events to us, but we were not hiding in a closet hoping they would find us. We were out in the world, visible, reachable, and open to anything.

Now by taking action, I do not mean that you must now develop a specific plan to achieve your dreams and start taking action to make your dreams come true. You may have no idea as to <u>how</u> you are going to create those dreams in your life, and that is perfectly fine. In fact, many times, it's preferable. People who rush in with big plans often fall flat on their face, because they did not let the attracting force of the universe, of thought energy, bring the things they desired to them. Again, in those stories you read in *Part 1*, everybody, including myself, had <u>no idea</u> as to <u>how</u> these desires were going to be created. There were no master plans, grand ideas, schemes, etc.. There was just a faith in the process that the *Law of Attraction* would bring these visions into reality, and it did! Miraculously! Re-read some of those stories to see what I mean.

Now don't get me wrong. If you have ideas as to how you are going to achieve your desires, by all means, go for them. This is still taking action and getting out there. But don't get attached to your plans. Always remain open to new ideas, people, events that may be drawn to you by the magic of

continuous, consecutive thought. Many things will come to you from sources you may have never expected. Just be open.

The point here is to not get caught up in just reading, thinking, visualizing, etc.. without taking any action. Yes, thinking will bring the things you want to you, but many times those things you desire will come from the hands of others in your environment. And to be available for those people and situations, you must take some action. Many self-help followers, metaphysical thinkers, positive thinkers, meditators, prayerful people, etc.. end up frustrated and discouraged at their lack of results because they fail to connect thought with personal action. They may think about what they want in the morning, and then they go off to work or raise their family without a thought about their desires for the rest of the day. Or even worse, them may get caught up in the problems of the day and begin to doubt or fear not getting what they want. These thoughts then go to work to create the negative images that are being created throughout the day in their minds, which completely overpower any benefit from their earlier positive thoughts.

Put Your Dreams and Visions into Your Actions

We are thinking and acting creatures and we must bring our dreams into our actions. So when you go out, don't leave your visions at home. Bring your thoughts, your dreams, your visions, your *Ideal Scene*- bring the thoughts of what you want with you and think about these things as you are taking action in your present environment.

You must hold the vision of what you want in your mind and take action <u>now</u>. Don't try to come up with some new, incredible scheme to get what you want. Most of the time the things you want will come from the actions you've been taking in your present situation. Except now, you are bringing your powerful thought energy into these actions in order to attract what you desire, through these existing channels. Use your present environment as a tool to get you into a better one.

The book The Science of Getting Rich sums it up like this:

"Every act can be made strong and efficient by holding your VISION while you are doing it, and putting the whole power of your FAITH and PURPOSE into it. We call this THE POINT OF POWER.

It is at this point that people fail who separate mental power from personal action. They use the power of mind in one place and at one time, and they act in another place and at another time. So their acts are not successful in themselves- too many of them are inefficient. But *if ALL POWER goes (mind, body, sprit) into every act, no matter how commonplace, every act will be a success in itself.* As in the nature of things, every success opens the way to other success, your progress toward what you want, and the progress of what you want toward you, will become increasingly rapid."

So it does not matter if you feel you are trapped in a dead-end job, or relationship, or situation, your purpose is to simply bring your vision of what you want into your present situation and let it inspire you to be and do your best, while it attracts to you what you desire. Let the vision of what you want put a kick in your step as you walk about your daily routine. Think and act like it has already been created, because it has! Remember, the *POINT OF POWER* is where your thoughts and actions meet.

Bring your thoughts with you and blend them into your actions. You can even say to yourself, "I am doing this action in order to be, do, and have these things I desire in my life..." and then think about your desires. Remember, those things you desire could come to you indirectly from a coworker, spouse, client, customer, acquaintance, your present work, your hobbies, recreational activities, church, school, your children's school, and on and on.

You just never know where a miracle will come from, so always empower you actions and your life with the visions of what you desire, and do all that you can do each and every day.

~ Step 10 ~

Share this Message and Reap the Rewards

There is a spiritual principle that states: "If you want something in your life, give it to another." So if you want love, give love. If you want money, give money or show others how to make money. If you want to be a *Master* and create anything you want at will, teach others how to become *Masters*. But why is this so? Why should you give what you most want?

The answer lies again in your *state of mind*. When you give something away, you have to have that thing to begin with. You can't give love if you don't already have love. You can't give money or advice on money if you don't have money or knowledge about money. And you can't give wisdom about creation using thought energy if you don't already have this wisdom yourself. By helping others with what you most want yourself, you are telling the universe that you must <u>already</u> have this thing you desire in order to be able to give it away or advise others about it. And when you put that *thought energy* out there that you <u>already</u> have what you desire, you ultimately get what you desire. We discussed this earlier about *receiving in advance* that which you most want.

There is a common adage that says: "Teach what you most want to learn." Now you know why this is true. By teaching what you most want to learn, you are telling the universe that you already have some wisdom, and now you are reinforcing this wisdom as you teach or talk about it. This is sending tremendous energy into the universe which attracts people and circumstances that will help you become a better creator; which will help you become a *Master*. So it is extremely beneficial to talk to others, teach others, help others, and share ideas and stories with others because this keeps your energy focused on creation, rather than fear. And what you focus on, becomes your reality. So what should you do now?

1. Talk to people about this book:

Talk to friends, family, acquaintances, coworkers, anyone and everyone. Share some of the stories that were given in this book about people who have used this miraculous energy power to create what they desired in their lives. Tell them to go to *the*GreatestSecret.com web-site for more information or to get a copy of the book. When others have a copy of the book along with you,

they will be able to talk on the same level as you, which will benefit all of you. Again, this keeps your focus on creation which, in turn, helps you create. You will also then have others to speak with, share stories, ideas, etc.. which will greatly strengthen the creative power for all of you. You could dramatically accelerate how fast you create the things you most want by having others to talk and share with.

Note: If you do share these ideas with people, please do not photocopy or print-out this book and give it away to people. We created this book to not only enlighten people, but to also give us the funds to survive, thrive, and help spread the word about the miraculous power we all have to change our lives and the world. The book is easy to get and inexpensive enough for anyone to afford, so simply direct the people you wish to have a copy to the web-site, or buy multiple copies to give away to friends and family. In this way, everyone wins.

2. Form a group of people to work on this together:

You could form a group of people dedicated to creating what they most want in their lives. You can share insights, stories, discoveries, and a wealth of knowledge that you couldn't tap on your own. It's truly inspiring and rewarding to work with others so you can all fulfill your dreams. Again, this sends powerful energy into the universe to further enhance all of your efforts.

The Biblical phrase "whenever two or more are gathered in *My* name" refers to the power of combined prayer, combined thought. Whenever two or more people are gathered for a similar purpose, the amount of *thought energy* is dramatically increased and the power to create is intensified. So the more people you can bring with you along the way, the more effective your efforts will be, and the more people you will help to live the lives they've always wanted. Believe me, they will never forget this gift of wisdom and creative power that you have given them. You will have given them the *keys to the universe* and they will be forever grateful. What a wonderful thing to do for those you care the most about, or for anyone whose life you touch.

So share ideas, share stories, share *the*GreatestSecret.com web-site, share your wisdom with others, and you will all benefit greatly in the process. You will enhance your own powers to create, you will have people to talk and dream with, and you will help others along the way. Now that's a great way to go through life.

Here are some tips that will further enhance the effectiveness of your efforts:

Choose to Create Bigger and Bigger Things

When choosing what to manifest or create, you may want to start small and try to create things that are more immediate. Sometimes people attempt to create big, far off dreams and they get discouraged because they see no immediate results. The answer to this is to either start off with some smaller dreams and build up to the bigger ones or at least have some smaller, immediate desires to create along with your big dream or vision. In this way, you can see progress along the way.



As you begin to create things in your life, you begin to develop a *knowing* that you truly can create your life at will, and the stronger that *knowing* gets, the more powerful you will be as a conscious creator. It's like riding a bike. It's one thing to have knowledge about riding a bike, it's another thing to *know* how to ride a bike. Once you truly *know* how to ride a bike, it gets inside you and you never forget it. You have a knowing that you can always ride that bike anytime you want.

The same goes for manifesting what you want. Once you start manifesting things you desire, you develop a *knowing* that you can do this again anytime, and you naturally start choosing to create bigger and bigger things. Your confidence goes up with each creation and you get closer to being the *Master* you were born to be.

Read this Book Daily

Keep this book around you as much as possible and read it throughout the day, every day, until you have it practically memorized. Dwell upon the ideas and principles until they flow off your tongue in any circumstance. Read this book (*Part 1 and 2*) over and over again until it becomes your way of thinking. Why is it so important to do this? Because you have been raised in a society based in fear, doubt, and lack. You have been conditioned to think that life is hard and abundance is only for the chosen few. The ideas in this book may be very new to you and until you begin to accept them as your truth, which then becomes your new beliefs, you will not be very effective in creating what you desire.

When you do begin to understand and accept the *Truths* in this book, you will then start "creating" from your new beliefs which will put the necessary *energy* out into the universe to attract what you desire. Beliefs are a *state of mind* and *states of mind* reproduce themselves in your life. If you have

the belief that you can truly be, do, and have anything you desire by using your own *thought energy power* (the same power that has created everything in the universe), then you will create anything you desire.

The concepts in this book are what you need to know about the process of how to create what you want in your life. You don't need to continue to look for other "techniques" to try. You don't need to bury yourself in more reports, seminars, or books, unless they are complimentary to these *Universal Principles*. That's the point of working with *Universal Principles* or *Truths*. The *Truth* is the *Truth*, period! It is the way things are, the way things work. And once you understand how the universe works, you don't need to keep finding the next "new" gimmick or technique. Stick with the *Truth* and

you will achieve all of your dreams. You will also spend more time *creating what you want*, instead of studying about <u>how</u> to create what you want.

"The Truth will set you free."

Many people get lost in the research and analysis of how to create what they desire. They read book after book without ever using any of the

principles. They keep trying to find another newer, faster, better method for doing it, without actually *doing* anything. But as I said, the *Truth* is the *Truth*. The *Truth* will set you free. And this book contains the *Truth* that will set you free.

If you want to order some of the books in the *Resource Section*, then please do. These books will help to reinforce the concepts and keep your attention focused on what works, instead of theories or speculation. I highly recommend you get some of those books and read a little from them each day. This will keep you connected and focused on the most important lessons you will ever learn in your lifetime. Because this information is the foundation for everything in your life. Everything flows from *Consciousness* or thought, and you need to understand and be able to make it work for you, to create what you desire.

This book contains the blueprints for how you create <u>anything</u> in your life. These *Truths* work every time, they are working right now in your life, to produce good or bad events. Your only choice is whether to *consciously* direct this power to produce only good in your life, or leave it up to chance and see what you get. If you employ the ideas contained in this book, you will create the things you have longed for in your life just as sure as the sun comes up in the morning. The principles can't not

work, this is how the universe works. These are scientific *Truths*. You just need to know how to use them on a continuous basis to always create good in your life. So make this book your constant companion until you have undone your past limited teachings, and fully accepted the unlimited potential of the universe.

If you don't have the life of your dreams right now, it may be helpful to see the reasons why you haven't been able to create what you want, and what you can do about it...

Why Haven't You Been Able to Create What You Want in the Past?

If you have not been very successful at achieving your desires, there are many reasons why this could occur. If you have been trying to use self-help techniques or positive thinking for years without much luck, then here are some reasons and solutions to this problem:

Reasons why you haven't been able to create what you want in the past and the solutions:

1. Problem: You don't believe you can have what you want. First of all, you may not truly believe that it is possible for you to have anything you desire. You may have tried techniques or ideas, all the while doubting that it is really possible to create these miracles. And as you know, if you believe that something won't work or doubt it, then you will push the things you want away from you. Your belief that you can't have what you really want will be created in your life as that *thought energy* goes to work to make sure you don't get what you want.

Solution: Believe that you <u>can</u> create what you want using thought energy. Read this book over and over again until you undo the negative belief that these principles won't work. Do the "belief removal" technique in Step 2 and then continue to reinforce your new belief by reading this book continuously. You must retrain your mind to accept these new *Truths* as your own beliefs. Yes, you truly can create what you want in your life and this book proves it.

2. Problem: You have been focusing on fear. You may have been focusing on the fear of not getting what you want, instead of the desire of what you want. Remember, focus on what you desire, not on what you fear. If you focus on what you fear, what you fear will manifest in your life. So if you fear not making that money, not finding that relationship, not being healthy, then you will produce poverty, loneliness, and ill-health all your life.

Solution: Focus on what you desire only. Do not focus on your fear of not getting it. This may be difficult at times, but you must focus your attention only on what you want, not on what

- you don't want. This requires discipline, especially if you are used to worrying all the time, but you can do it. Just keep your attention continuously on what you desire, and when a thought to the contrary arises, say "Cancel" and move your thoughts back to what you want.
- **3. Problem:** You haven't been sure about what you want. You may have never decided what you <u>really</u> want. Most people don't get what they want because they have no idea what they want. Until you are very clear about what you want to create, you will not have adequate instructions for universe to follow. You will not be sending specific *thought energy* out to attract what you want. Instead, you will be sending vague wishes and hopes which will produce vague results in your life.
- Solution: You must get very clear about what you want in your life. You must be as specific as possible because as I've been saying all along, the universe is like a giant copy machine, copying back your thoughts into your life. If you know exactly what you want and you are putting your thoughts on the specifics of those desires, then you will get precise results in your life, because your instructions are clear. So decide exactly what you want and keep your attention on the specific details of your desires.
- 4. Problem: You keep changing your mind. Even if you do decide what you want, you may have kept changing your mind about it, which sends mixed messages into the universe. Once you start putting your energy in a certain direction to create a desire, the energy works to begin attracting what you need to achieve your desire. But if you keep changing your mind about what you want, you have to keep starting over and you never put enough attention long enough to create anything.
- **Solution: Keep choosing the same thing.** Decide what you want and stick to it until it is created in your life. Don't keep changing the plan. Get very clear about what you want and put *continuos, consecutive* thought onto your desire until you see it appear in your life. In this way, you put enough attention long enough to create what you want.

The following is a *Summary Checklist* of all the major steps for creating what you most desire in your life...

Summary Checklist for Creating What You Want

(look at this throughout the day to make sure you are always on track)

- 1. Believe and accept that your thoughts create your reality. You can create anything you desire by focusing your *thought energy* on it.
- 2. Get rid of any beliefs that may be holding you back. Go through your beliefs and see if you have any beliefs that are limiting you and then remove them.
- 3. Decide exactly what you want to be, do, and have in your life. Answer the important questions in your life about what you really want and write down your desires. Prioritize your desires and write out the most important desires you wish to manifest right away.
- **4. Form a clear picture of what you want.** Get very clear about what you want and write out statements, create visuals, write out an *Ideal Scene*, and create a *Creation Board* collage to keep the images of what you want firmly in your mind. Get very specific with every detail you can imagine.
- **5. Focus on your desires.** Daydream, visualize, read your statements of your desires, picture what you most desire, especially right when you wake up and just before you go to bed.
- **6. Focus continuously on your desires.** Keep your attention focused on what you want. Don't rely on just a few sessions of visualization or prayer. Keep your attention on your desires throughout the day, wherever you are. Use *continuous, consecutive* thought to create what you want.
- 7. Close your mind to doubt and fear. Focus on what you desire, not on what you fear. Focus on what you want, not on what you don't want. Don't let your mind wander in worry and doubt. When you catch yourself fearing, say "Cancel" and move onto a thought about what you desire.
- **8. Have Gratitude.** Be grateful for this miraculous ability to create what you want in your life. Be grateful in advance for those things you are creating because they have *already been created* in thought. Remember, thought is reality. Everything you see around you is a *result* of thought.

- **9. Take action now and bring your vision into your actions.** Act now on the people, things, and circumstances in your life and bring your vision with you as you go about your activities. See that vision in everything you do. Say to yourself, "I am doing this action in order to have these things in my life..." The *Point of Power* is where your thoughts and actions meet.
- **10. Share this message and reap the rewards.** Talk to people about these principles and book. Share stories, ideas, insights and help them to be creators along with you. Direct them to *the*GreatestSecret.com web-site to get a copy of the book and then work with them or form a group to make all of your dreams come true. Remember, this will make you a far more powerful creator and bring the things that you desire into your life faster and easier.
- **11. Choose bigger and bigger things.** Start off by creating things you believe you can achieve in a relatively short period of time. As you begin to create what you want, you will naturally start asking for bigger and bigger things as your confidence and *knowing* increases.
- **12. Read this book daily.** Read this book (*Part 1 and 2*) and look at this *Summary* throughout the day and memorize it. Dwell on these principles until they are part of you. Be able to talk about them easily with others and think clearly about them so you will be more effective as a creator.
- **13. Keep choosing the same thing.** Don't keep changing your mind about what you want. Get very clear about what you want and then stick with it until you create it in your life. After you have created what you want, move on to other wants and desires.
- **14. Have fun!** Don't get bogged down in details and stress. Decide what you really want, fantasize about it often, and then put your entire thought energy behind it. Have fun with the process. Know that anything is possible with these techniques and expect the things you most want to appear in your life. Relax and enjoy the ride. Even if you are under extreme stress or pressure, know that this *Secret* is the answer and it will solve your problems and bring you your heart's desires. So have fun and enjoy your new life.

A Final Note...

You may be wondering how long it will take to create the things you desire? The answer is: it depends on you. If you dedicate yourself to learning this information and then apply it continuously in your life, results can be very fast. Some people have created things in hours or days. Others have taken weeks or months. It depends on your level of commitment. However, in many ways, it doesn't matter how long it takes. Even if it takes you weeks, months, or a year to understand, apply, and start manifesting things in your life, it's worth every minute. Because this is the foundation for your life. This is how you create anything. You are already doing it. And now you are called upon to do it consciously, with intention, to produce precisely what you want in your life.

Once you master this skill, you will have mastered life at the physical level. You can create what you want at will and begin enjoying and experiencing all of your creations. This is the goal of your *Soul*; to create and experience your desires. Why else are we here? To suffer? To take what we can get? To accept what is handed to us? NO!! Life is a process of creation. We create everything from our thoughts, good and bad, so it is our responsibility to focus on only what we desire, and create and experience that. Period! You no longer have to suffer, to be sick, to be financially stressed, to be anything you don't want to be. You have the power to create only those things you want and ignore everything else. It all rests on what you are focusing on and thinking about. Change your thoughts, and you change your life. Remember, what you think about, you bring about. So focus on what you want, not on what you don't want. Focus on what you desire, not on what you fear. And do it continuously, consecutively, until you have manifested what you want.

So if things are not happening for you right away, that's OK. It can take awhile to learn this and to get rid of the negative thoughts that plague your mind and your life. Things may not start to manifest immediately (although they certainly can and do), but keep on working at this until you start seeing things happen. You are already doing it anyway. This is all we are up to as humans... creating realities with our thoughts. So there is really nothing else to do. The only choice is whether you are going to consciously use your thoughts to create what you want, or leave it up to your unconscious fears and worries to create an unpredictable, usually stress filled life. The choice is yours. So read this book over and over again. Put reminders up on the wall of what you want, the steps to take for manifesting, quotes, your *Creation Board* collage, or anything that will remind you to keep focused on your desires.

Continue to put your thoughts on what you want. Visualize, affirm, and bring your vision with you everywhere you go. Read some of the other books recommended in the *Resource Section* of this book. Keep your attention on this until you see results. That is the only way it will work. There are no shortcuts to be found in other books, tapes, or seminars. There is only ONE WAY in which the universe works to help you create what you desire. This is it! So memorize it. Know it. Be able to recite how this all works to someone from memory. This is your homework; the most important homework you will ever do. So do it! Because once you have mastered this, you have mastered life, and you can truly have anything you desire, any time you want. And that, my friend, is true freedom. That is why, this is truly, *The Greatest Secret*....

I wish you much success and happiness in your new life. Watch your e-mail and log-on to our web-site at www.theGreatestSecret.com for updates, news, and information on any new books that may be available.

May peace, love, and joy be with you always, Darrell Daybré

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Resource Section

(Books and tapes that will further enhance your ability to create what you desire)

Conversations with God, Books 1,2,3, Neale Donald Walsch

These books (1,2,3) are absolutely life changing and I put them at the top of my list! There are three books in the series, but start with Book 1. Now, you may be wondering, what does a book about God have to do with creating what you want in life? Let me explain...

I have been a researcher for almost twenty years and I have studied many books on how one "manifests" or creates what he or she wants in life. Conversations with God-Book I is one of the best books I have ever read in showing you how and why you can truly be, do, and have whatever you want in life. Yes, the book does discuss many areas of your life including your relationship with God (which is very eye opening), but for our purposes here, it gives you a wonderful foundation of how to use the Universal Laws that govern everything in the universe, to create anything you desire! The book is very powerful and it works beautifully with The Greatest Secret e-Book. This is an amazing, life-changing book, and I consider it a "must read" for anyone. So please get a copy today! Then consider getting books 2 and 3 as well! In fact, it has been said that these three books are the only books you will ever need to read. See for yourself!

The Science of Getting Rich, Wallace D. Wattles and Dr. Judith Powell

This is a fast read, straightforward, yet extremely powerful book on exactly how to create anything you desire. Although the title implies that it is just about becoming wealthy, this book can be applied to all areas of your life. However, it is a very powerful book for creating unlimited wealth and success. This book can be read in one sitting (for those with little time), and it is packed with very useful, practical steps for creating anything you desire using the incredible energy power that exists in the universe.

The Healing Power Within, Ann Wigmore

This is a pocket sized, very fast read, yet powerful book that takes you through the process manifesting your heart's desires in one sitting. It sums up centuries of wisdom in a very simple and efficient manner. This book not only shows you how to create anything you desire, but it shows you how to heal any physical ailments that you may have as well as how to achieve perfect, radiant health!

Creative Visualization, Shakti Gawain

This book is considered a "classic" in the field of how to create what you desire using thought energy. It is simple, straightforward, and very useful in helping you understand how to use your mind energy to create what you want in your life.

The Secret of the Ages, Robert Collier

This is a "classic" book that was originally written in 1926 by a master of success. It is very inspirational and it shows that anything is possible, if you use your thoughts in the right way. Although the book is decades old, the wisdom is timeless and powerful. It is over 300 pages and takes some time to go through, but it is worth the time to reinforce the incredible power behind the greatest secret of all time... the secret that makes anything possible for you.

How to Solve All Your Money Problems Forever, Victor Boc

This is a simple, straightforward book that shows you how to eliminate money worries forever, and create unlimited wealth in your life. It teaches the principles of using thought energy to bring wealth to you, and it can be applied to any other area of your life. This book is 300 pages and very informative.

Before You Think Another Thought, Bruce Doyle III

This is a short, fast-read book that shows you in words and in pictorials how thought is used to create your reality. For those of you who like visual interpretations instead of just words, then this book will suit you. It is basic, to the point, and easy to understand.

The Sermon on the Mount, Emmet Fox

For anyone who wishes to learn what Jesus was trying to teach us, this book is very eye opening. This book is based on a sermon that Jesus gave that basically summed up all of his teachings into a concise, easy to understand sermon. This book shows that Jesus taught how to use "thoughts" to create miracles. Jesus shows us how He created miracles, and how we can too. As Jesus said in the Bible, "Look at what I can do. And know that these things, and more, shall you also do. For have I not said, ye are Gods?" This book shows us that we have the same power as Jesus, the same power as every great healer, visionary, or leader, and that all we have to do is use it.

Secrets of Manifesting What You Want, Part 1 and Part 11, Lazaris

(cassette tape series available from Concept Synergy (800) 678-2356). Part I and 11 cost \$24.95 each but they are well worth it. These tapes discuss how you use Universal Laws and principles to create anything you want in your life! They are very powerful! These tapes will help you manifest or create what you want with ease, elegance, and joy! They are also very helpful in giving you perspective on just how the universe works and how to make it work for you. The information on these tapes is "channeled" from a higher source, and if you are not familiar with this process or don't believe in it, don't worry, the wisdom is undeniable and powerful. You'll see.

~ Special Bonuses ~

Congratulations! You have qualified to receive the following bonuses because of your prompt ordering of *The Greatest Secret e-Book!*Thank you for your patronage and enjoy your new life!

ATTENTION:

The following bonus reports will be far more effective, once you have read the compete *e-Book*. Please read the *e-Book* now and then use these bonuses to help create the life you've always wanted.

Live Your Dream



What is your dream? What is your ultimate desire for your life? What do you <u>really</u> want to do with your life? Any ideas?

If you ask people what they really want to do with their lives, most people have no idea. So how about you? What do you desire? What would you most want to do with your life?

This topic was covered briefly in *Step 3* of *The Greatest Secret e-Book*, and I'll summarize it here so you won't have to go looking for it:

What do you want to do with your life?

What do you want to do with your life? What ideal job, vocation, or situation do you want? How do you want to spend your time? What do you want to commit to? These can be a difficult questions for most people. I wrote a popular book on this topic called *How to Figure Out*, <u>ONCE AND FOR ALL</u>, What You <u>Really Want to do With Your Life!</u> (keep an eye out on our web-site for the *e-Book* version of this book coming soon). Most people are confused about what they really want. And your dreams will come true in exact proportion to how specific you are about them. Let's face it, you can't live your dream, until you know what your dream really is.

Here are two questions to help get you thinking and even fantasizing about what you <u>really</u> want to do with your life:

1. What would you do if you knew you couldn't fail?

What if GOD came down and said you could choose any vocation, purpose, or calling and you were *guaranteed* to succeed no matter what, what would you choose to do? Think about this for a moment and write down your response. What would you do if you could do <u>anything</u>?

2. If time and money were no concern, what would you choose to do if you had to pick a vocation or purpose?

What would be your dream vocation if money was no concern? What purpose would you choose for your life? Fantasize about your dream life, your dream career, your dream direction for your life. What are you passionate about? What gets you all fired up? Write down all of the details. What would you be doing if you had all the time and money in the world? Really get into it and fantasize and dream about your ultimate desires for your life.

It is important to spend some time pondering the direction for your life. Review *Step 3* and spend time meditating on what it is you really want to do. However, if you have pondered these questions and still have no idea what you really want to do with your life, then let the "Secret" do the work for you...

Let Your Dream Come to You

If you are still unsure about what you really want to do with your life, that's OK. Simply focus on the "essence" of your ideal purpose or direction, and let the *energy* bring in the right outlet. For example, you may want your work, career, business, or life to be fun, exciting, passionate, something you love to do etc.. Well, since we now know that the universe works to copy back literally what we think, do, or say, then tell the universe these things. Write out and affirm the following statements:

I am doing what I love to do.

I am following my passions.

My work is play and play is work.

I am having a blast doing what I love to do...

...And I am very successful at it!! (this can lead to money or success thoughts/statements).

What you are doing with these statements or any similar statements is putting out the energy that you <u>already</u> have a career, business, purpose etc.. that you love, so the energy goes to work to attract everything you need to fulfill this thought. In other words, you attract the ultimate direction for your life by putting out there the ultimate feelings, thoughts etc.. that you would

have if you already had this in your life. This technique uses the universe to help find your perfect place in the universe. What better source is there for that?

This may sound crazy to you, but if you know how the universe works, then it makes perfect sense. You see, thought energy can manifest and attract anything related to your specific thoughts, goals, pictures etc.. But it can also fill in those pictures when you are unsure about certain areas of your life. By simply using the "essence" or the feelings that you would receive (ie. fun, excitement, passion, love, etc..), this energy goes to work to attract things that support these feelings, including possible careers, businesses, or life directions.

Of course, if you have some specific interests or passions such as music, writing, painting,

animals, the environment, nature, helping others, etc.. you can include these interests in your statements and let the specific career or direction come to you. This is how the waitress in the *True Life Stories* section became a veterinarian. The waitress wanted to become a veterinarian because she loves working with animals. However, she had no money for school and no time for it either. So instead of trying to figure out some master plan of how



she could possibly get money and time to attend veterinary school, she was told to simply write out a statement that read something like: "I work with animals on a daily basis."

She was then told to keep her attention on this thought as if it were <u>already</u> a reality and let the universe do the rest. And as the story went, she later met a veterinarian who she fell in love with, married, and he paid her way to vet school, and the rest is history. The point here was that she didn't worry about *how* or *what* she was going to do, she simply let her thought energy and the universe (which is the playing field for energy) attract the right situation to support her thoughts.

So even if you are not sure about what you want to do and how you would do it once you figured it out, that's perfectly fine. Just get the essence of what you want (thoughts, feelings, interests, passions) and push them out into the universe using statements, thoughts, visuals etc.., and let the universe take care of the rest. Then you will always be in the right place at the right time in your life.

Perfect Health

The *Secret* can be used to create most anything, including radiant health and youthfulness. In order to achieve perfect health and vitality, you have to "think" perfect health and vitality. This may seem to easy to be true, but you'd be amazed at how many people dwell on sickness and fatigue vs. prefect health and energy.

Everywhere you look, you see more reports on how our food, air, stress, lifestyles, etc.. are making us sick. Report after report convince us that we are doomed in this fast paced, fat filled, fanatic world we live in. After years of being bombarded with this information, we start to believe either consciously or subconsciously that we are destined for ill-health, so we begin to create and attract things into our lives that support this belief. Thus, we become sicker, more fatigued, and generally unhealthy.

Now I agree that there are many factors that exist today that contribute to ill-health including genetics and our environment. However, we all have the ability to attract the perfect ingredients for our optimal well-being if we would just focus on good health, instead of dwelling on bad. Remember how the universe and thought energy work. Whatever you focus on, becomes your reality. So if you focus on ill-health or issues relating to it, then you will begin to attract ill-health into your life.

Stop and think about how many people you know who talk about the negative health issues in their lives and in the world. It's OK to be up on current events, but to continually dwell on Aids, SARS, cancer, heart disease, etc.. doesn't make you any healthier. Yes, you should take proper precautions, but then focus on good health. Actually, forget that. Focus on GREAT HEALTH!! FOCUS ON PERFECT HEALTH!!!

So how do you achieve perfect health, vitality, and youthfulness? Define what these things mean to you and write down a description. Write out what you would look and feel like if you had perfect health, energy, and a youthful glow. Write out your perfect weight, your optimal

waist size, pant size, dress size, your physique- thin, muscular, defined, etc.. Describe your desired energy level, the age at which you wish to feel etc.. Here are some questions to help get you going:

- 1. My definition of perfect health is... (describe)
- 2. My optimal energy level is: (describe what you would be able to do)
- 3. I wish to feel like I am _____ years old.
- 4. My ultimate waist size is _____ inches.
- 5. My ultimate dress size is a size _____.
- 6. My perfect weight would be _____ lbs.
- 7. My ultimate physique would look like... (describe)

Include any other questions or descriptions that would help define perfect health to you. After you have answered these questions and completed your descriptions, write them out as positive statements. For example, you could write:

- I have perfect health.
- I am healthy.
- I am physically fit and attractive.
- I am energetic and filled with vitality.
- I feel like I am 23 years old.
- My have a 32" waist.
- I wear a size 7 dress.
- I weigh 160 lbs.
- Man: I am 160 lbs. of lean muscle with a 32" waist. I have a muscular, defined body- I have broad shoulders, big, muscular arms, a big, chiseled chest, a wide, thick back, a 32" waist with chiseled abs, strong legs etc..

 Woman: I am 120 lbs. with a slim body, great muscle tone, thin waist, beautiful, sexy curves, gorgeous hair etc..

The point here is to define perfect health for you and then focus on it. Keep that vision of yourself in front of you even in the midst of negative influences you see in the world. Think health, not sickness. Think strength, not weakness. Think vitality, not tiredness. Again, your thought energy will go out and attract whatever you are thinking about, so you might as well think about great health, instead of sickness. As you begin to focus on optimal health, you'll find that you attract the right foods, the right people, the perfect exercise routines, etc.. for you.

As I mentioned in the *True Life Stories* section, I have used this *Secret* to dramatically improve my health and well-being. I went through the previous questions and came up with the exact image and age of what I wanted to look and feel like. I remember stating that I wanted to look and feel like I'm in my early 20's (I'm 41 now). I described how I wanted to feel and the specifics of my physical appearance, and like magic, things began to happen.

I tried for years to take off some extra fat around my mid-section, but within 2 months of

applying the *Secret*, I took off almost 4 inches from my waist and I have kept it off for years. This happened because I attracted a healthy way of eating and exercising that worked for me. Instead of chasing diets and exercise programs, they came to me. I would seem to just stumble upon an article or book that was perfect for me. I would see

"Your thought energy will attract anything you are thinking about, so think about perfect health, not sickness."

a special on TV at just the right time, or see an interview with a person who held the answer I was looking for. This happened because I kept my attention on the ultimate image of what I wanted for my health, and I let my thought energy attract the perfect vehicles to get there.

My appearance began changing over time as well, so that now, people think I am *much* younger than I am. I even act younger. And this is not because I am putting on an act. I simply just focus and even kiddingly say to people when they ask my age, "Oh, I'm 23." I give no attention to older age, fatigue etc.. and thus only attract younger energy and vitality.

Now I have energy to burn and I've never felt better. Even more amazing, my doctor gave me a complete blood test and check-up and he was stunned to find that my test results were

incredible. He said "I have the physiology of someone in his early 20's." I then realized just how powerful the *Secret* is for creating dramatic, lasting health benefits. I didn't need a special pill or diet, I simply used the *energy power* of the universe, of my focused thought, to attract and create what I needed for better health.

The bottom line is: focus only on perfect health and vitality for yourself and don't dwell on anything to the contrary. Let your thoughts attract only good health and wellness to you. When other people try to engage you in all the woes of the world, refuse to go there. Say "all these negative things may exist, but I choose only perfect health for myself." Remember, talking about disease and sickness only helps to produce more disease and sickness. So focus on great health, and your health will be great.

Millionaire Maker



The following financial theorem is responsible for some of the biggest fortunes in history! The richest, most successful self-made people in the world will all agree that this is the single most important ingredient for their success. Many of these successful individuals have made statements to back this up. So what is the big secret?

If you haven't guessed by now, it must have something to do with "thought." When asked what was the single most important contributor to their success, almost every self-made millionaire said it was their "state of mind." Henry Ford went as far to say that "if he lost his entire automobile empire, he would think of something else that everyone needed and have it all back in 5 years." How's that for attitude? But it goes beyond mere positive thinking. There is a *science* to this use of thought and a theorem to go with it that is very powerful.

I think you can agree by now that *thought* is the driving force behind your reality, including your financial success. As it was previously stated, what you think about, you bring about. You attract what you think about, so if you are thinking about yourself enjoying grand wealth and affluence long enough, without conflicting thoughts of poverty or money worries, you will attract wealth into your life. However, if you are always worrying about money, even though you wish to be wealthy, you will ultimately attract a lack of money into your like. So how do you tip the scale in your favor? By simply applying the following principle:

Make every thought pay you a profit!

Think about this for a moment. *Make every thought pay you a profit*. Make sure that most of your thoughts are about profit, wealth, financial increase, etc.. and don't dwell on any thoughts that represent loss, poverty, financial decrease, worry, etc.. I realize that this sounds too simple to be true, but this is what separates the financially successful people form the rest. Financially

successful people fill their minds with thoughts of wealth, success, profit, gain, affluence etc..

Unsuccessful people fill their minds with worry, concern, not enough, struggle etc..

Now imagine if these unsuccessful people concentrated on making every thought pay them a profit. If more thoughts were profitable than were not, then inevitably, scientifically, profit would be attracted to these people. And the same goes for you! If you concentrate on making every thought pay you a profit, you will attract financial increase into your life just as sure as the sun comes up in the morning. It has no other choice. This is how the universe works.

Your *thought energy* leaves your body and travels outward into the universe attracting anything related to those thoughts. If most of your thoughts are "paying you a profit," if they are focused on financial increase, then you will attract profit, wealth, financial increase into your life. The key is to remember to keep your thoughts on the "plus" side. Make every thought pay you a profit! Make every thought count! Don't waste a thought. If you could truly realize that your future, including your financial future, is riding on every thought you have, then you would carefully guard every thought. Well guess what? Your future does ride on every thought, so don't waste a single one!

I have made "reminder" out of this important principle so you can put it up on the wall where you work. Also, if you are an employer and you want to motivate your employees to produce more for you and themselves, place a copy of the memo where they work. This single statement if read, internalized, and applied, can draw money to you like a magnet. It can make all the difference between a life of endless struggling with money and survival, or a life of wealth and ease, where money flows effortlessly to you. So take the following "reminder" and put it up wherever you make your money, and watch the profits roll in...

"Make Every Thought Pay You A Profit!"

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Irresistible Attraction



Energy is like a magnet. As it was explained in "*The Science Behind the Secret*" in *Part 1* of the e-Book, thoughts are pure energy and energy is magnetic. One law of energy is this: Energy of a certain quality or vibration tends to attract energy of a similar quality and vibration. This is called the *Law of Attraction*.

The *Law of Attraction* states that like energy attracts like energy, like a magnet. And since thought is energy, thoughts attract anything related to them. And thus, people who hold certain thoughts become magnets, attracting other people to them for love, romance, intimate relations, or any other desire.

Everyone has been around someone who seemed to emit an energy that was irresistible. People would flock to this person because he or she possessed a kind of charisma or charm that made people feel good. If you are already one of these charismatic people, then congratulations and continue to enjoy your popularity (although continue to read because you can enhance your energy field for even greater experiences). However, if you don't feel you are a person who attracts others with ease, then this is how to transform yourself into an irresistible magnet...

Becoming a Magnet



As with everything else you desire in your life, your level of magnetism depends upon your thoughts. If you think and truly believe you are an attracting force for others, than you are. If, however, you have doubts, fears, worries etc.. about your ability to attract others, then you attract your

concerns, not others. Your life flows with your thoughts, and people flow to or away from you based on your thoughts.

All of your thoughts and beliefs form what may be called an "attitude" that you project out into the world. This "attitude" can be very powerful both in the physical sense (how you relate to others) and in the energy level (the thought energy that you project into the universe). For example, the *Travel Channel* recently had a "special" titled: *The Top Ten Ways to Win in Vegas*. #3 on the list was "Have a Winning Attitude." They performed an experiment where the host of the show was told to walk into a casino and play black-jack doing only one thing; he must exude a completely confident, winning attitude. He was given \$200 to play with so he had nothing to lose, and he went in and played "as if he was a winner." He was confident, boisterous, and played with no fear or worries. Well guess what? He won, and won, and won! He even started attracting other people around him who were mesmerized by his confidence, charisma, and his winning.

The host admitted he was amazed at how this "winning attitude" attracted success and people to him. He said that he just went for it and even "hammed it up" a bit, which made it work even better. He also played other games and won as well. The experts said that in a physical sense, he played like he should have, with no fears or concerns. And in an "energy sense," he turned on his magnetic force and began moving the universe toward his favor.



The previous example shows just how powerful your attitude, or more specifically, the thoughts that make up your attitude, really are. If you put your attention on what you desire (attracting the opposite sex, being irresistible, being the ultimate romantic, winning, etc..) and not on what you fear (being shy, embarrassed, awkward, uncomfortable, losing, etc..), then your attitude shifts, which produces not only physical changes in you (you carry yourself with more confidence and charisma), but it also puts the "thought energy" out there which attracts people and situations that support your desires. It's very much a "win/win" opportunity for you. So here are some suggestions for magnetizing your life...

Turning on Your Magnetic Force

As with any of your other wants and desires, you should get clear about what you want. Write out your desires in terms of your relations to others. Do you want to attract the opposite sex? Are you looking for romantic relationship? Are you simply looking for a sexual partner or partners? Are you looking to improve your sex life with your current partner? Do you want to attract more friendships? Are you looking to attract more customers, sales, professional relationships? Define what and who you are looking to attract. Then, write out statements as if you have already attracted them. You can start off general, then get specific. For example, you could write the following statements:

- I am sexy and attractive.
- I am irresistible.
- I am a magnet. I attract (describe)...
- I have charisma and charm.
- I attract handsome/beautiful men/women.
- I have a romantic, sensual relationship with (describe person)...

Write out how you want to be and what you want to attract. Then, focus your attention on these statements and thoughts and do not entertain any ideas to the contrary. When thoughts enter your mind that make you doubt your attracting ability, acknowledge them, then cast them out like the trash. Bring your thoughts back to these truths that you have written. You are literally rewriting, rethinking yourself into a new person, with new attitudes, and a new attracting force that will prove irresistible in this sometimes negative, fear filled world.

You will stand out like other charismatic people because you refuse to be run by thoughts of fear and inadequacy. Instead, you are driven by thoughts of beauty, romance, confidence, and desire which attracts people and situations to support you. You are building a new attitude, a new self-esteem that will draw others to you like gravity. It is simply a matter of choice. Choose to think of yourself as an attracting force, and you will attract. Know what you want to attract and focus on that, and you will attract what you desire into your life. Have that "winning attitude" about life, and you'll be a winner all your life.

Is it really that simple? Yes, if you can keep your thoughts on what you want, not on what you don't want. Decide what you want, focus on these people and things as if you already have them, don't let thoughts to the contrary enter in, and you'll have the life you've always wanted.