

Behind The Secret

by Judith Waller, "The Soul Connector"

Have you seen or read [The Secret](#)? It's such a phenomenon now, it's probably hard *not* to have heard at least something about it! So what's it all about? And does it really work? Here, I go beyond the hype and back to the original source material, and explain how to apply the principles behind *The Secret*.

The Law of Attraction...

Fundamentally, *The Secret* is about the Law of Attraction. Author and executive producer of *The Secret*, Rhonda Byrne, says that she was initially inspired by reading the classic text entitled [The Science of Getting Rich](#), which was written in 1910 by Wallace D. Wattles.

Many others (including me) have been equally inspired by this book, which describes how to understand and utilise the Law of Attraction to attract health, wealth and happiness into your life. In his book Wattles explains that, at the heart of the Law of Attraction:

"Everything you see on earth is made from one original substance, out of which all things proceed."

In other words, no matter how things may appear on the surface, at a quantum level everything on earth and indeed throughout the entire universe, consists of energy – pure creative potential – and this is the basic building block for all matter.

Wattles says:

"A thought, in this substance, produces the thing that is imaged by the thought."

So what this means is: **if you can think it, you can create it.** If you first generate something in your mind, then you can cause it to be created in your life – out of the creative substance of the universe. Just like a magnet, you draw what you want towards you.

Like attracts like, so by maintaining a positive focus in your mind, you can build positive energy into whichever area of your life you wish to grow – whether that be a higher income, better relationships, a more satisfying career, improved health, you name it. There is no limit to what you can attract into your life in this way. If the entire universe is made up of this creative substance, then it's never going to run out, is it?

One is All, and All is One...

Remember though, that what you wish for should be for the benefit of others as well as yourself – in line with the principle that "One is All, and All is One". I think this is something that *The Secret* didn't emphasise strongly enough. As Wattles puts it:

"The universe desires you to have everything you want to have. Everything is natural for you. Make up your mind that this is true. It is essential, however, that your purpose should harmonize with the purpose that is in All."

This doesn't mean that you shouldn't desire all of life's comforts – on the contrary, life IS meant to be easy! Merely that, in wishing to create an easier and more richly rewarding life for yourself, the others around you are also benefiting from greater wellbeing for themselves.

Thus, Wattles cautions:

"You are to become a creator, not a competitor; you are going to get what you want, but in such a way that when you get it every other man will have more than he has now."

Remember that there is unlimited abundance available to all, so there is no need to compete with others. If you get away from the notion of lack and limit, then your natural impulse is to wish others to enjoy life as much as you do. That's certainly how it's worked for me!

Affirmative thought beats negative thought...

Okay then, if your thought creates your reality, what about the impact of negative thoughts? This is one of the big issues that often comes up when you start working with the Law of Attraction. As you begin to pay attention to your thoughts – understanding that whatever you are giving energy to, you are actually bringing into being – you may be appalled to discover the amount of negative thoughts you've been having!

Well, don't worry... As Michael Beckwith, one of the individuals interviewed for *The Secret*, explains:

"It has been proven now scientifically, that an affirmative thought is hundreds of times more powerful than a negative thought."

That's very reassuring, isn't it? Now you know that you've got all the ammunition you need to combat negative thinking – simply by concentrating on introducing one new affirmative thought at a time, you can drown out those other niggly little negative ones.

Oh, and know that you've always got time to make better choices too. In case you're wondering why you don't get instant results from this new thinking process, consider for a moment what would happen if you did. Imagine if every single thought that flew through your mind instantaneously manifested in real life – eek!

Remind yourself of this if you ever reach a point where you're feeling frustrated or disheartened about not seeing visible results straight away. The reason that there's a bit of a time delay built into the process is to give you the opportunity to be really sure that you DO want something and to allow it to unfold in the best possible way. But it doesn't always have to take a long time... miracles *can* happen, you know!

Begin it now...

So what are you waiting for? Go ahead and tap into the power of the Law of Attraction right now...

Think it... believe it... HAVE IT!

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