

## Book “ The secret”, by Rhonda Byrne

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My intention in creating *The Secret* was—and still is—that it will bring joy to billions around the world. **Rhonda Byrne**

## Ch 1:The secret revealed

**BOB PROCTOR**

*You've probably been sitting there wondering, "What is TheSecret?" I will tell you how I've come to understand it. We all work with one infinite power. We all guide ourselves by exactly the same laws. The natural laws of the universe are so precise that we don't even have any difficulty building spaceships, we can send people to the moon, and we can time the landing with the precision of a fraction of a second. Wherever you are—India, Australia, New Zealand, Stockholm, London, Toronto, Montreal, or New York—we're all working with one power. One Law. It's attraction!  
**The Secret is the law of attraction!***

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

The greatest teachers who have ever lived have told us that the law of attraction is the most powerful law in the Universe. Poets such as William Shakespeare, Robert Browning, and William Blake delivered it in their poetry. Musicians such as Ludwig van Beethoven expressed it through their music. Artists such as Leonardo da Vinci depicted it in their paintings. Great thinkers including Socrates, Plato, Ralph Waldo Emerson, Pythagoras, Sir Francis Bacon, Sir Isaac Newton, Johann Wolfgang von Goethe, and Victor Hugo shared it in their writings and teachings. Their names have been immortalized, and their legendary existence has survived centuries. Religions, such as Hinduism, Hermetic traditions, Buddhism, Judaism, Christianity, and Islam, and civilizations, such as the ancient Babylonians and Egyptians, delivered it through their writings and stories. Recorded throughout the ages in all its forms, the law can be found in ancient writings through all the centuries. It was recorded in stone in 3000 BC.

"Every thought of yours is a real thing—a force."

*Prentice Mulford* (1834-1891)

BOB PROCTOR

*Why do you think that 1 percent of the population earns around 96 percent of all the money that's being earned? Do you think that's an accident? It's designed that way. They understand something. They understand The Secret, and now you are being introduced to The Secret.*

## **Chapter 2- the Secret made simple**

- The Great Secret of Life is the law of attraction.
- The law of attraction says like attracts like, so when you think a thought, you are also attracting like thoughts to you.
- Thoughts are magnetic, and thoughts have a frequency. As you think thoughts, they are sent out into the Universe, and they magnetically attract all like things that are on the same frequency. Everything sent out returns to the source—you.

- You are like a human transmission tower, transmitting a frequency with your thoughts. If you want to change anything in your life, change the frequency by changing your thoughts.
- Your current thoughts are creating your future life. What you think about the most or focus on the most will appear as your life.
- Your thoughts become things

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### **Chapter3: How to use Secret**

- Like Aladdin's Genie, the law of attraction grants our every command.
- The Creative Process helps you create what you want in three simple steps: ask, believe, and receive.
- Asking the Universe for what you want is your opportunity to get clear about what you want. As you get clear in your mind, you have asked.
- Believing involves acting, speaking, and thinking as though you have already received what you've asked for. When you emit the frequency of having received it, the law of attraction moves people, events, and circumstances for you to receive.
- Receiving involves feeling the way you will feel once your desire has manifested. Feeling good now puts you on the frequency of what you want.
- To lose weight, don't focus on "losing weight." Instead, focus on your perfect weight. Feel the feelings of your perfect weight, and you will summon it to you.
- It takes no time for the Universe to manifest what you want. It is as easy to manifest one dollar as it is to manifest one million dollars.
- Starting with something small, like a cup of coffee or parking spaces, is an easy way to experience the law of attraction in action. Powerfully intend to attract something small As you experience the power you have to attract, you will move on to creating much bigger things.
- Create your day in advance by thinking the way you want it to go, and you will create your life

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### **Chapter 4: Powerful processes**

- "Imagination is everything. It is the preview of life's coming attractions."

*Albert Einstein (1879–1955)*

- "Nothing can prevent your picture from coming into concrete form except the same power which gave it birth—yourself."

*Genevieve Behrend*

- *Expectation is a powerful attractive force. Expect the things you want, and don't expect the things you don't want.*
- *Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have, and you will attract more good things.*
- *Giving thanks for what you want in advance turbo-charges your desires and sends a more powerful signal out into the Universe.*
- *Visualization is the process of creating pictures in your mind of yourself enjoying what you want. When you visualize, you generate powerful thoughts and feelings of having it now. The law of attraction then returns that reality to you, just as you saw it in your mind.*
- *To use the law of attraction to your advantage, make it a habitual way of being, not just a one-time event.*
- *At the end of every day, before you go to sleep, go back through the events of the day. Any events or moments that were not what you wanted, replay them in your mind the way you wanted them to go*

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## **Chapter 5: The Secret to money**

- "Whatever the mind . . . can conceive it can achieve."-

*W. Clement Stone (1902-2002)*

- "The good news is that the moment you decide that what you know is more important than what you have been taught to believe, you will have shifted gears in your quest for abundance. Success comes from within, not from without."

*Ralph Waldo Emerson (1803-1882)*

- *To attract money, focus on wealth. It is impossible to bring more money into your life when you focus on the lack of it.*
- *It is helpful to use your imagination and make-believe you already have the money you want. Play games of having wealth and you will feel better about money; as you feel better about it, more will flow into your life.*
- *Feeling happy now is the fastest way to bring money into your life.*
- *Make it your intention to look at everything you like and say to yourself, "I can afford that. I can buy that." You will shift your thinking and begin to feel better about money.*
- *Give money in order to bring more of it into your life. When you are generous with money and feel good about sharing it, you are saying, "I have plenty."*

- *Visualize checks in the mail.*
  - *Tip the balance of your thoughts to wealth. Think wealth, you become a magnet.*

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## **Chapter 6: The Secret to Relationship**

- *The Secret means that we are creators of our Universe, and that every wish that we want to create will manifest in our lives. Therefore, our wishes, thoughts, and feelings are very important because they will manifest.*

By **MARIE DIAMOND**, FENG SHUI CONSULTANT, TEACHER, AND SPEAKER

- *"To acquire l o v e . . . fill yourself up with it until you become a magnet."*

*Charles Haanel*

- *When you want to attract a relationship, make sure your thoughts, words, actions, and surroundings don't contradict your desires.*
- *Your job is you. Unless you fill yourself up first, you have nothing to give anybody.*
- *Treat yourself with love and respect, and you will attract people who show you love and respect.*
- *When you feel bad about yourself, you block the love and instead you attract more people and situations that will continue to make you feel bad about you.*
- *Focus on the qualities you love about yourself and the law of attraction will show you more great things about you.*
- *To make a relationship work, focus on what you appreciate about the other person, and not your complaints. When you focus on the strengths, you will get more of them*

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## **Chapter 7: The secret to health**

### **1. DR JOHN DEMARTINI**

*We've known in the healing arts of a placebo effect. A placebo is something that supposedly has no impact and no effect on the body, like a sugar pill.*

*You tell the patient that this is just as effective, and what happens is the placebo sometimes has the same effect, if not greater effect, than the medication that is supposed to be designed for that effect. They have found out that the human mind is the biggest factor in the healing arts, sometimes more so than the medication.*

*When patients think and truly believe **the tablet is a cure**, they **will** receive what they believe, and they **will** be cured.*

### **2. DR. BEN JOHNSON, PHYSICIAN, AUTHOR, AND LEADER IN ENERGY HEALING**

*We've got a thousand different diagnoses and diseases out there. They're just the weak link. They're all the result of one thing: stress. If you put enough stress on the chain and you put enough stress on the system, then one of the links breaks.*

All stress begins with one negative thought. One thought that went unchecked, and then more thoughts came and more, until stress manifested.

### **3. DR. JOHN DEMARTINI**

*Our physiology creates disease to give us feedback, to let us know we have an imbalanced perspective, or we're not being loving and grateful. So the body's signs and symptoms are not something terrible.*

### **4. MICHAEL BERNARD BECKWITH**

*The question frequently asked is, "When a person has manifested a disease in the body temple or some kind of discomfort in their life, can it be turned around through the power of 'right' thinking?" And the answer is absolutely, yes.*

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Laughter is the best medicine

### **1. CATHY GOODMAN, A PERSONAL STORY**

*I was diagnosed with breast cancer. I truly believed in my heart, with my strong faith, that I was already healed. Each day I would say, "Thank you for my healing." On and on and on I went, "Thank you for my healing." I believed in my heart I was healed. I saw myself as if cancer was never in my body.*

*One of the things I did to heal myself was to watch very funny movies. That's all we would do was just laugh, laugh, and laugh. We couldn't afford to put any stress in my life, because we knew stress was one of the worst things you can do while you're trying to heal yourself. From the time I was diagnosed to the time I was healed was approximately three months. And that's without any radiation or chemotherapy.*

This beautiful and inspiring story from Cathy Goodman demonstrates three magnificent powers in operation: The power of gratitude to heal, the power of faith to receive, and the power of laughter and joy to dissolve disease in our bodies.

Cathy was inspired to include laughter as part of her healing, after hearing about the story of Norman Cousins.

Norman had been diagnosed with an "incurable" disease. The doctors told him he had just a few months to live. Norman decided to heal himself. For three months all he did was watch funny movies and laugh, laugh, laugh. The disease left his body in those three months, and the doctors proclaimed his recovery a miracle.

As he laughed, Norman released all negativity, and he released the disease.

Laughter really is the best medicine

### **2. DR. BEN JOHNSON**

*We all come with a built-in basic program. It's called "selfhealing".*

*You get a wound, it grows back together. You get a bacterial infection, the immune system comes and takes care of those bacteria, and heals it up. The immune system is made to heal itself*

**3. BOB PROCTOR**

*Disease cannot live in a body that's in a healthy emotional state. Your body is casting off millions of cells every second, and it's also creating millions of new cells at the same time.*

**4. DR. JOHN HAGELIN**

*In fact, parts of our body are literally replaced every day.*

*Other parts take a few months, other parts a couple of years.*

*But within a few years we each have a brand new physical body.*

If our entire bodies are replaced within a few years, as science has proven, then how can it be that degeneration or illness remains in our bodies for years? It can only be held there by thought, by observation of the illness, and by the attention given to the illness.

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**Think thoughts of perfection.**

1. Illness cannot exist in a body that has harmonious thoughts. Know there is only perfection. Imperfect thoughts are the cause of all humanity's ills, including disease, poverty, and unhappiness.

**2. BOB PROCTOR**

*If you have a disease, and you're focusing on it, and you're talking to people about it, you're going to create more diseased cells. See yourself living in a perfectly healthy body. Let the doctor look after the disease.*

**3. BOB DOYLE**

*When people are completely focused on what's wrong and their symptoms, they will perpetuate it. The healing will not occur until they shift their attention from being sick to being well. Because that's the law of attraction.*

**4. DR. JOHN HAGELIN**

*Happier thoughts lead to essentially a happier biochemistry.*

*A happier, healthier body. Negative thoughts and stress have been shown to seriously degrade the body and the functioning of the brain, because it's our thoughts and emotions that are continuously reassembling, reorganizing, re-creating our body.*

Happiness is a feeling state of being.

**DR. BEN JOHNSON**

*Remove physiological stress from the body, and the body does what it was designed to do. It heals itself.*

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- *The placebo effect is an example of the law of attraction in action.*

*When a patient truly believes the tablet is a cure, he receives what he believes and is cured.*

- *"Focusing on perfect health " is something we can all do within ourselves, despite what may be happening on the outside.*
- *Laughter attracts joy, releases negativity, and leads to miraculous cures.*
- *Disease is held in the body by thought, by observation of the illness, and by the attention given to the illness. If you are feeling a little unwell, don't talk about it —unless you want more of it. If you listen to people talk about their illness, you add energy to their illness. Instead, change the conversation to good things, and give powerful thoughts to seeing those people in health.*
- *Beliefs about aging are all in our minds, so release those thoughts from your consciousness. Focus on health and eternal youth.*
- *Do not listen to society's messages about diseases and aging. Negative messages do not serve*

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**Chapter 8: The Secret to the world**

**1. HALE DWOSKIN**

**TEACHER AND AUTHOR OF *THE SEDONA METHOD***

*Anything we focus on we do create. So if we're really angry, for instance, at a war that's going on, or strife,*

**2. JACK CANFIELD**

*The anti-war movement creates more war. The anti-drug movement has actually created more drugs. Because we're focusing on what we don't want—drugs! or suffering, we're adding our energy to it. We're pushing ourselves, and that only creates*

3. "What you resist persists."

*Carl Jung (1875–1961)*

As you resist what has appeared, you are adding more energy and more power to those pictures you don't like, and you are bringing more of them at a furious rate. The event or circumstances can only get bigger, because that is the law of the Universe.

**4. JACK CANFIELD**

*Mother Teresa was brilliant. She said, "I will never attend an anti-war rally. If you have a peace rally, invite me." She knew. She understood The Secret. Look what she manifested in the world.*

5. We buy more newspapers when a huge drama is the headline. The news channels' ratings skyrocket when there is a national or international disaster. So the

newspapers and news services give us more bad news because, as a society, that's what we are saying we want. The media is effect, and we are cause. It is just the law of attraction in action!

The news services and newspapers will change what they deliver to us when we emit a new signal and focus on what we want.

6. DR. JOHN DEMARTINI

*I always say, when the voice and the vision on the inside become more profound, clear, and loud than the opinions on the outside, you've mastered your life!*

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***The universe as abundant***

1. Praising and blessing dissolves all negativity, so praise and bless your enemies. If you curse your enemies, the curse will come back to harm *you*. If you praise and bless them you will dissolve all negativity and discord, and the love of the praising and blessings will return to you. As you praise and bless, you will feel yourself shift into a new frequency with the feedback of good feelings.

2. MICHAEL BERNARD BECKWITH

- *There's enough for everyone. If you believe it, if you can see it, if you act from it, it'll show up for you. That's the truth.*
- *What you resist, you attract, because you are powerfully focused on it with emotion. To change anything, go within and emit a new signal with your thoughts and feelings.*
- *You cannot help the world by focusing on the negative things. As you focus on the world's negative events, you not only add to them, but you also bring more negative things into your own life.*
- *Instead of focusing on the world's problems, give your attention and energy to trust, love, abundance, education, and peace.*
- *We will never run out of good things because there's more than enough to go around for everyone. Life is meant to be abundant.*
- *You have the ability to tap into the unlimited supply through your thoughts and feelings and bring it into your experience.*
- *Praise and bless everything in the world, and you will dissolve negativity and discord and align yourself with the highest frequency—love.*

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**Chapter 9: The Secret to you**

1. DR. JOHN HAGELIN

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

2. DR. BEN JOHNSON

*Even/thing is energy, and let me help you to understand that just a little bit. There's the Universe, our galaxy, our planet, and then individuals, and then inside of this body are organ systems, then cells, then molecules, and then atoms. And then there is energy. So there are a lot of levels to think about, but everything in the Universe is energy.*

3. Being energy, you also vibrate at a frequency, and what determines your frequency at any time is whatever you are thinking and feeling.

All the things you want are made of energy, and they are vibrating too. *Everything* is energy. Objective forms and so we find that the law is the creative force behind every manifestation, not only of atoms, but of worlds, of the Universe, of everything of which the imagination can form any conception."

#### 4. JAMES RAY

*Most people define themselves by this finite body, but you're not a finite body. Even under a microscope you're an energy field. What we know about energy is this:*

*You go to a quantum physicist and you say, "What creates the world?"*

*And he or she will say, "Energy." Well, describe energy. "OK, it can never be created or destroyed, it always was, always has been, everything that ever existed always exists, it's moving into form, through form and out of form."*

*You go to a theologian and ask the question, "What created the Universe?" And he or she will say, "God." OK, describe God. "Always was and always has been, never can be created or destroyed, all that ever was, always will be, always moving into form, through form and out of form." You see, it's the same description, just different terminology.*

*So if you think you're this "meat suit" running around, think again. You're a spiritual being! You're an energy field, operating in a larger energy field.*

## *The One Universal Mind*

1. "Ninety-nine percent of who you are is invisible and untouchable."

*R. Buckminster-Fuller (1895-1983)*

2. "All power is from within and therefore under our control."

*Robert Collier*

# *You Are Not Your Past*

## 1. LISA NICHOLS

*You are the designer of your destiny. You are the author. You write the story. The pen is in your hand, and the outcome is whatever you choose.*

## 2. DR. JOE VITALE

*So now you start to have different beliefs, like, "There is more than enough in the Universe." Or you have the belief that, "I'm not getting older, I'm getting younger." We can create it the way we want it, by using the law of attraction.*

## 3. MICHAEL BERNARD BECKWITH

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

4. "Whether you think you can or think you can't, either way you are right."

*Henry Ford (1863–1947)*

Be aware of your thoughts

1. Your mind can be like a runaway steam train if you let it. It can take you off to thoughts of the past, and then take you off to thoughts of the future by taking past bad events and projecting those *into* your future. Those out-of-control thoughts are creating too. When you are aware, you are in the present and you know what you are thinking. You have gained control of your thoughts, and that is where all your power is.

2. "The real secret of power is consciousness of power."

*Charles Haanel*

3. Everything we want, whatever it may be, is motivated by love. It is to experience the feelings of *love* in having those things—youth, money, the perfect person, job, body, or health. To attract the things we love we must transmit love, and those things will appear immediately.

4. "The absolute truth is that the ' I ' is perfect and complete; the real ' I ' is spiritual and can therefore never be less than perfect; it can never have any lack, limitation, or disease."

- *Everything is energy. You are an energy magnet, so you electrically energize everything to you and electrically energize yourself to everything you want.*

- *You are a spiritual being. You are energy, and energy cannot be created or destroyed—it just changes form. Therefore, the pure essence of you has always been and always will be.*
- *The Universe emerges from thought. We are the creators not only of our own destiny but also of the Universe.*
- *An unlimited supply of ideas is available to you. All knowledge, discoveries, and inventions are in the Universal Mind as possibilities, waiting for the human mind to draw them forth. You hold everything in your consciousness.*
- *We are all connected, and we are all One.*
- *Let go of difficulties from your past, cultural codes, and social beliefs. You are the only one who can create the life you deserve.*
- *A shortcut to manifesting your desires is to see what you want as absolute fact.*
- *Your power is in your thoughts, so stay aware. In other words, "Remember to remember."*

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Chapter no 10

# *The Secret to Life*

1. Do the things that you love and that bring you joy. If you don't know what brings you joy, ask the question, "What is my joy?"

And as you find it and commit yourself to it, to joy, the law of attraction will pour an avalanche of joyful things, people, circumstances, events and opportunities into your life, all because you are radiating joy.

2. DR. JOHN HAGELIN

*So inner happiness actually is the fuel of success.*

Be happy *now*. Feel good *now*. That's the only thing you have to do.

If that's the only thing you get from reading this book, then you have received the greatest part of The Secret.

3. DR. JOHN GRAY

*Anything that makes you feel good is always going to be drawing in more.*

- .....
- *You get to fill the blackboard of your life with whatever you want.*
  - *The only thing you need to do is feel good now.*
  - *The more you use the power within you, the more power you will draw through you.*

- *The time to embrace your magnificence is now.*
- *We are in the midst of a glorious era. As we let go of limiting thoughts, we will experience humanity's true magnificence, in every area of creation.*
- *Do what you love. If you don't know what brings you joy, ask, "What is my joy?" As you commit to your joy, you will attract an avalanche of joyful things because you are radiating joy.*
- *Now that you have learned the knowledge of The Secret, what you do with it is up to you. Whatever you choose is right. The power is all yours.*