

The Secret to the Secret Workbook

We are so excited that you are choosing to use the Secret to the Secret to change your life for the better. You see, whether you are programmed to use the Law of Attraction in the best way possible or not, the Law of Attraction is always at work for you. The trick is to get it to work for you in the most positive and fulfilling way possible! That's what our cd and this complimentary workbook are for. Use our cd and the tips and tricks in this for one month and the Secret will be a part of who you are. You won't even have to think about using it, what the steps are, and how to keep the Law of Attraction working for you in the best way possible.

You are the keeper of the most powerful secret in the entire Universe. You have this power now, and you have always had it. The President has it, Kings and Queens have it, and the homeless man on the street has it, too. Every human being on this planet comes with this factory-direct, standard equipment. It is the power to create your own reality through your thoughts, feelings, and expectations using the Law of Attraction. Whether you know it or not, you use this power every day. But without your conscious awareness of how you are using the power, sometimes you are using it to your detriment. And chances are pretty good, if you're not aware of how it works, you are not using it to its fullest potential.

“What we think about (and thank about), we bring about.” Remember this saying, as it is the master key to The Secret. How often have you started a day, where things went wrong, and the more things that went wrong, the more you told yourself “Oh no, this is going to be one of *those* days,” and then, sure enough, it was. Had you told yourself, “Okay, a couple of things have gone wrong, but it stops now. The rest of my day is going to be great!” You may think this is just positive thinking. It is positive thinking, but it is much more. When you change your thoughts to positive, healthy, uplifting thoughts, you change your emotions. When you change your emotions, you change your energy. When you change your energy, you change your ability to create that which you desire.

Here's how it works.

It's simple. Think of a garden. You plant seeds and you expect them to grow. But you do not water them. You do not supply them with nutrients. And you deprive them of sunlight. Your visualizations and good feelings are the water, the nutrients, and the sunlight of the garden of your desires. In order for the garden of your desires to grow to its full potential, you must continually tend to it using your good feelings as the sun, the food, and the water.

Ask for anything, and the Universe will supply it. You only need ask once. We recommend that you write it down. Here's the trick about writing it down. Write it down in great detail as if it has already happened. Brain imaging tests have proved that your mind cannot tell the difference between real and vividly imagined and felt experience. When you are writing it down, allow yourself to feel all the good feelings of having it happen. Writing it down is the planting of the seeds, feeling those good feelings will start the process of them growing. Once you have done that, the wheels have been put in motion. In order to keep the wheels turning, you must work in your garden every day. Remember, your visualizations and positive feelings are the sun, the soil, and the nutrients that keep the flowers of your deepest desires growing.

As a brilliant person who has decided to implement The Law of Attraction into your life, there are several things for you to keep in mind – 24 hours a day, 7 days a week, and 365 days a year!

- Your cd has a built in anchor. When we ask you to rub your thumb and forefinger together while feeling good feelings, your mind/body is pairing the action of finger rubbing with good feelings and thus an enhanced vibration. To feel better throughout the day, just rub your thumb and forefinger together on the same hand that you did while listening to your cd. You will instantly enhance your vibration.
- Treat every thought that you have as a wish. If you think “oh darn, I could never do that!” or “I’ll never be rich” or “I’m not good enough and I don’t deserve that,” be aware that you are creating more of that reality for yourself.
- Be aware of your self-talk. Self-talk is everything you say to yourself and out loud. Remember that your self-talk is just as, if not more important, than your internal thoughts, particularly when spoken out loud. Then you’re really giving these thoughts feelings, and therefore power to create your reality!
- When you say or think something negative and non-serving to yourself, immediately change the energy of your thought or spoken word to something positive or serving. If you can’t think of anything positive to say in a given circumstance, then at least diffuse the negativity by thinking or saying something neutral.
- Each day is a new beginning. Whatever existed in your past, leave it there. Stop blaming other people, situations, and circumstances for things that are going on in your life now. Take full responsibility – now – for your reality. Know that you are creating everything that shows up in your life, and if you blame others, you are seriously disempowering yourself. Disempowering yourself = negative feelings. Negative feelings = more negativity showing up for you.

- Your subconscious beliefs are a huge component that will help to create your reality. Check in with yourself to discover if you have any non-serving beliefs that you are aware of. If you're not aware of them, don't go looking for them. If it feels true right then, you can change that belief. Use my technique Mindful Meridian Therapy which is a cousin of Emotional Freedom Techniques. You will see this technique below.
- Ask yourself, does this feel good? Know that if you are feeling good, you are drawing more good to you. If you feel bad, the opposite is true. And watch those thoughts and spoken words!! While you will be imagining your happy reality each day, as if it is already here, it is the moment-to-moment care that you give your feelings, thoughts, and words that will make the difference between success and failure.
- Some other great ideas for feeling good and enhancing your vibration are to listen to uplifting music, go out in nature, breathe deep breaths while thinking pleasant thoughts, remember a happy experience, think about a loved one, etc.
- Something really simple to change your energy in an instant is to become aware of how great your life really is. Gratitude is such an easy energy shifter, and anybody that is reading this now has eyes to see. Can you be grateful for your eyes? Can you be grateful right now for your pumping heart? Can you be grateful for your uninterrupted breath? There's so much to be grateful for – right now.

Here are some other benefits of optimism and gratitude for you to ponder! This was a study from the Mayo Clinic (www.mayoclinic.com):

Researchers continue to explore the effects of optimism on health. The health benefits optimism may provide are:

- Decreased stress
- Greater resistance to catching the common cold
- A sense of well-being and improved health
- Reduced risk of coronary artery disease
- Breathing easier if you have chronic obstructive lung disease, such as emphysema
- Improved coping ability for women with high-risk pregnancies
- Living longer
- Better coping skills

Highlights from the Research Project on Gratitude and Thankfulness

Dimensions and Perspectives of Gratitude

Co-Investigators: Robert A. Emmons, University of California, Davis

Gratitude Interventions and Psychological and Physical Well-Being

- In an experimental comparison, those who kept gratitude journals on a *weekly* basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events (Emmons & McCullough, 2003).
- A related benefit was observed in the realm of personal goal attainment: Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period compared to subjects in the other experimental conditions.
- A *daily* gratitude intervention (self-guided exercises) with young adults resulted in higher reported levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy compared to a focus on hassles or a downward social comparison (ways in which participants thought they were better off than others). There was no difference in levels of unpleasant emotions reported in the three groups.
- Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another, relative to the hassles or social comparison condition.
- In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of high energy positive moods, a greater sense of feeling connected to others, more optimistic ratings of one's life, and better sleep duration and sleep quality, relative to a control group.
- Of course, everybody has moments where they are upset, angry, depressed, and disgruntled. Don't judge yourself for having these emotions. Always be kind to yourself. However, know that when you are feeling these emotions, your vibration is slowed down, which is not the optimal state for manifestation. Allow yourself to feel them as long as you want, but remember the longer you stay in them, you are stopping the flow of good. You can change them right away, if you choose. The next tool is fantastic and will help immeasurably.
- Mindful Meridian Therapy. Mindful Meridian Therapy is a cousin of Emotional Freedom Techniques (EFT). If you are familiar with EFT, you will recognize many of the same components, and some will be new to you.

Mindful Meridian Therapy – Definitions

Like emotional acupuncture without the needles, this two to three minute technique is good for ridding one's self of all negative emotions, non-serving beliefs and many physical pains that have an emotional component. Once you have rid yourself of whatever negative emotion you are feeling, your vibration will instantly change for the better! Once the negative is gone, you can visualize your success and enhance your vibration.

Aspects - All Meridian Therapies – All therapies that use the energy system of the body in concert with the powers of the mind to change cognition, feelings, habits, and circumstances. They are like emotional acupuncture- without the needles.

Releasing Statement – In order to stay in the moment of (and to remind yourself what you are tapping about), you will say a statement while tapping at each point. This statement's construction is "I now release this (problem/pain/non-serving belief)."

Full-Body Breath – This breath is slow and gentle. Never holding the breath, silently and gently inhale through the nose beginning at the diaphragm all the way up into the throat, and then gently release through the mouth, allowing the air to "fall out." Let your shoulders drop.

SUD – Subjective Unit of Distress (i.e. on a scale of 0-10, 10 being the most), how much does a problem/non-serving belief/pain bother you).

Sore/Tender Spot – In the upper quadrant of the chest – poke around until you find it – this is lymphatic congesting. It feels great to rub these spots. Don't be surprised – they move!

Karate Chop Point – The part of the hand that you would use to make a karate chop (the fleshy part opposite the thumb below the pinky).

Non-Serving Belief/Serving Belief- Nothing exists under the sun that believing does not make it so. You create your own reality. If that is so, and it is true that we are in charge of what we think and believe, then we **MUST** choose thoughts, beliefs, and emotions that transform our lives for the better. Mindful Meridian Therapy will make it much easier to transform your belief system, change your energy, enhance your vibration, and manifest your desires.

Mindful Meridian Therapy

1. Set the intention for the healing by speaking or thinking it. It is also quite helpful to write it down. (Example: “I want to release this feeling of being pissed off that Bobby didn’t do what I told him to, and instead to feel at peace.”)
2. While tapping your “Karate Chop Point” or rubbing your “Sore Spot,” verbalize the following:
 - 1) “Even though I have/believe/feel (insert problem, belief, or pain), I still deeply and completely love and accept myself – say this 2 times.
 - 2) “And even though I have/believe/feel that (insert problem, belief, or pain), I NOW CHOOSE TO have/believe/feel (insert your desired outcome here).
3. While staying focused on the problem/non-serving belief/pain, tap and speak your releasing statement at each point. The releasing statement is constructed by stating: “I now release this problem/non-serving belief/pain.” Say this at each point in the sequence. The Sequence: (tap or rub on both sides of your body unless you are driving or speaking on the phone, then you can tap or rub with one hand. Top of the Head (TH), Eyebrow (EB), Side-of-the-Eye (SE), Under-the-Eye (UE), Under-the-Nose (UN), Chin (CH), Collar Bone (CB), Under-the-Arm (UA), Under the Wrists (UW), Top of the Wrists (TW), Top of the Thigh (TT). TAKE A FULL BODY BREATH. Check your SUD. If you aren’t down to a one or two, proceed to Step 4. (Note: It is not the verbalizations that are so important, as the intention. It is also important to STAY TUNED IN to the issue.)
4. The 9-gamut procedure – While tapping on your gamut point (between the pinky and ring finger on the back of the hand), close your eyes, open your eyes, look down hard to the left, look down hard to the right, roll your eyes in a clockwise circle, roll the eyes counterclockwise, hum (any song for a few notes), count to five, hum again. TAKE A FULL BODY BREATH. Check your SUD. If you aren’t down to a one or two, repeat step 3.
5. Check to see if you have released the problem/pain/non-serving belief/pain. Do as many rounds as it takes to feel confident that you have released the issue/challenge/belief/pain.

***(Important Note:** Make sure that you are checking on the same thing as when you began the process. You may be checking something *else* that needs to be released! And if something else does come up while you are tapping, know that if you feel it does not serve you, you definitely *should* tap that out as well.

Once you have released the problem/pain/non-serving belief, imagine yourself enjoying exactly the feeling that you do want. Imagine it with great detail. Imagine yourself in your own body experiencing whatever pleasurable feelings you want to feel. See the colors and details, hear the sounds, smell the smells. Enjoy a vivid internal experience of your desired state. You can even take a minute or two to once again focus on your desires as if they are here and now. While you are doing this, rub your thumb and forefinger together on the same hand as when you are listening to your cd.

*This technique is very forgiving. If you forget to tap a point, tap out of order, say the wrong thing, the technique will still work. Do the technique even if you think you are doing it incorrectly. In two or three minutes you can easily go from upset to blissful – the optimal state for allowing all the good that you desire.

**Use this technique for all non-serving beliefs! Beliefs are just thoughts that we've thought for too long! Use the releasing phrase: "I now release the belief that..." Read all of the beliefs below. If they feel true for you, you will want to tap them out. Don't go looking for them, and don't assume you own them. The litmus test is when you say them out loud, and they feel true. Then you'll want to tap them out! By focusing on the good, by staying in a state of gratitude, by enjoying the simple things in life, by remaining ever conscious of all of the good that you already have, by being kind and gentle with yourself at all times, you will instantly change your reality and thus your beliefs, but if you have to deal with them, some common ones that may get in the way of you receiving all that you consciously desire are:

*I don't deserve it.

*If I get it, I won't be the same person.

*If I get it, my friends won't love me anymore.

*Money is the root of all evil.

*I'm afraid to become too successful.

*I will feel guilty if I have success and my friends don't.

*It's not right to want all of this!

*I am worried about all of the poor people in the rest of the world.

*I'm afraid of how my life will change when my circumstances change.

*I'm secretly comfortable with my life exactly as it is.

*I'm worried about looking greedy.

*I wasn't meant to have money, success, or good things.

*I'm paying a karmic debt, and so I don't deserve good now.

*My significant other will feel inadequate when I'm doing better than they are.

*My life will change too much, and I'm scared.

- *Some things to **avoid** for keeping your vibration high: the news (don't listen or watch unless you must, and then if you feel sad or agitated afterward, then tend to your vibration), poisonous people, naysayers, and energy vampires, depressing music, books, and anything that stops you from feeling good.*

*Please see our resources page on our website.

You can never have too many great ideas for helping to change bad feelings to good, and for enhancing good feelings. The better you feel, the faster your heart's desires will manifest.