

100 quotes from the movie "The Secret"

1. We all work with one infinite power .
2. The Secret is the Law of Attraction (LOA).
3. Whatever is going on in your mind is what you are attracting.
4. We are like magnets - like attracts like. You become AND attract what you think.
5. Every thought has a frequency. Thoughts send out a magnetic energy.
6. People think about what they don't want and attract more of the same.
7. Thought = creation. If these thoughts are attached to powerful emotions (good or bad), that speeds the creation.
8. You attract your dominant thoughts.
9. Those who speak most of illness have illness, those who speak most of prosperity have it, etc.
10. It's not "wishful" thinking.
11. You can't have a universe without the mind entering into it.
12. Choose your thoughts carefully; you are the masterpiece of your life.
13. It's OK that thoughts don't manifest into reality immediately (if we saw a picture of an elephant and it instantly appeared, that would be too soon).
14. You have attracted EVERYTHING in your life. Accept that fact. It's true.
15. Your thoughts cause your feelings.

16. We don't need to complicate all the "reasons" behind our emotions. It's much simpler than that. Two categories: good feelings, bad feelings.
17. Thoughts that bring about good feelings mean you are on the right track. Thoughts that bring about bad feelings means you are not on the right track.
18. Whatever it is you are feeling is a perfect reflection of what is in the process of becoming.
19. You get exactly what you are FEELING.
20. Happy feelings will attract more happy circumstances.
21. You can begin feeling whatever you want (even if it's not there) - the universe will correspond to the nature of your song.
22. What you focus on with your thoughts and feelings is what you attract into your experience.
23. What you think and what you feel and what actually manifests is ALWAYS a match - no exception.
24. Shift your awareness.
25. "You create your own universe as you go along." Winston Churchill
26. It's important to feel good. ((((((good)))))))
27. You can change your emotion immediately by thinking of something joyful, or singing a song, or remembering a happy experience.
28. When you get the hang of this, before you know it you will KNOW you are the creator.
29. Life can and should be phenomenal - and it will be when you consciously apply the Law of Attraction.
30. Universe will re-arrange itself accordingly.
31. Start by using this sentence for all of your wants: "I'm so happy and grateful now that. . . "

32. You don't need to know HOW the universe is going to rearrange itself.

33. LOA is simply figuring out for yourself what will generate the positive feelings of having it NOW.

34. You might get an inspired thought or idea to help you move towards what you want faster.

35. The universe likes SPEED. Don't delay, don't second-guess, don't doubt.

36. When the opportunity or impulse is there, ACT!

37. You will attract everything you require - money, people, connections. PAY ATTENTION to what's being set in front of you.

38. You can start with nothing - and out of nothing or no way - a WAY will be provided.

39. HOW LONG??? No rules on time; the more aligned you are with positive feelings the quicker things happen.

40. Size is nothing to the universe - unlimited abundance if that's what you wish. WE make the rules on size and time.

41. No rules according to the universe - you provide the feelings of having it now and the universe will respond.

42. Most people offer the majority of their thought in response to what they are observing - bills in the mail, being late, having bad luck, etc.

43. You have to find a different approach to what is, through a different vantage point.

44. "All that we are is a result of what we have thought." - Buddha

45. What can you do right now to turn your life around?? Gratitude.

46. Gratitude will bring more into our lives immediately.

47. What we think about and THANK about is what we bring about.

48. What are the things you are grateful for?? Feel the gratitude. Focus on what you have right now that you are grateful for.
49. Play the picture in your mind - focus on the end result.
50. VISUALIZE!!! Rehearse your future.
51. VISUALIZE!!! See it, feel it! This is where action begins.
52. Feel the joy. Feel the happiness. :o)
53. An affirmative thought is 100 times more powerful than a negative one.
54. "What this power is, I cannot say. All I know is that it exists."
Alexander Graham Bell
55. Our job is not to worry about the "How". The "How" will show up out of the commitment and belief in the "what".
56. The Hows are the domain of the universe. It always knows the quickest, fastest, most harmonious way between you and your dream.
57. If you turn it over to the universe, you will be surprised and dazzled by what is delivered .. this is where magic and miracles happen.
58. Turn it over to the universe daily, but it should never be a chore.
59. Feel exhilarated by the whole process - high, happy, in tune.
60. The only difference between people who are really living this way is they have habituated ways of being.
61. They remember to do it all the time.
62. Create a Vision Board - pictures of what you want to attract. Look at it every day and get into the feeling state of already having acquired these wants.
63. "Imagination is everything. It is the preview of life's coming attractions." Albert Einstein

64. Decide what you want, believe you can have it, believe you deserve it, believe it's possible for you.
65. Close your eyes and visualize having what you already want - and the feeling of having it already.
66. Focus on being grateful for what you have already. Enjoy it!! Then release into the universe. The universe will manifest it.
67. "Whatever the mind of man can conceive, it can achieve" W. Clement Stone
68. Set a goal so big that if you achieved it, it would blow your mind.
69. When you have an inspired thought, you must trust it and act on it.
70. How can you become more prosperous?? INTEND IT!!
71. 'Checks are coming in the mail regularly,' or change your bank statement to whatever balance you want in there, and get behind the feeling of having it.
72. Life is meant to be abundant in ALL areas.
73. Go for the sense of inner joy and peace then all outside things appear.
74. We are the creators of our universe.
75. Relationships: Treat yourself the way you want to be treated by others - love yourself and you will be loved.
76. Healthy respect for yourself.
77. For those you work with or interact with regularly, get a notebook and write down positive aspects of each of those people.
78. Write down the things you like most about them (don't expect change from them). Law of attraction will not put you in the same space together if your frequencies don't match.
79. When you realize your potential to feel good, you will ask no one to be different in order for you to feel good.

80. You will free yourself from the cumbersome impossibilities of needing to control the world, your friends, your mate, your children.

81. YOU are the only one that creates your reality.

82. No one else can think or feel for you – it's YOU, ONLY YOU.

83. Health: thank the universe for your own healing. Laugh. Stress-free happiness will keep you healthy.

84. Immune system will heal itself.

85. Parts of our bodies are replaced every day, every week, etc. Within a few years we have a brand new body.

86. See yourself living in a new body. Hopeful = recovery. Happy = happier biochemistry. Stress degrades the body.

87. Remove stress from the body and the body regenerates itself. You can heal yourself.

88. Learn to become still and take your attention away from what you don't want. Place your attention on what you wish to experience.

89. When the voice and vision on the inside become more profound and clear than the opinions on the outside, then you have mastered your life.

90. You are not here to try to get the world to be just as you want it. You are here to create the world around you that you choose.

91. And allow the world as others choose to see it, exist as well.

92. People think that if everyone knows the power of the LOA there won't be enough to go around. This is a lie that's been ingrained in us and makes so many greedy.

93. The truth is there is more than enough love, creative ideas, power, joy, happiness to go around.

94. All of this abundance begins to shine through a mind that is aware of its own infinite nature. There's enough for everyone. See it. Believe it. It will show up for you.

95. So let the variety of your reality thrill you as you choose all the things you want. Get behind the good feelings of all your wants.

96. Write your script. When you see things you don't want, don't think about them, write about them, talk about them, push against them, or join groups that focus on the don't wants. Remove your attention from don't wants and place them on DO wants.

97. We are mass energy. Everything is energy. EVERYTHING.

98. Don't define yourself by your body. It's the infinite being that's connected to everything in the universe.

99. One energy field. Our bodies have distracted us from our energy. We are the infinite field of unfolding possibilities, the creative force.

100. Are your thoughts worthy of you? If not, NOW is the time to change them. You can begin right where you are right now. Nothing matters but this moment and what you are focusing your attention on.

[The Masters of The Secret](#) is a free 8 lesson online course, featuring interviews with 8 of the most prominent stars from "The Secret." Each lesson expands on the Law of Attraction and the topic of how to create the life you've always wanted.

And if you're serious about diving deeper into the principles that have now been put on center stage by "The Secret," and learn some invaluable 'insider' information about just what it takes to manifest a much better life for yourself, this is exactly what you need:

[Masters of The Secret - a Talking Book](#)

And there's more! See next page...

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A collection of quotes about Positive Thinking

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. –Sir Winston Churchill

I am confronted by insurmountable opportunity. –Pogo Possum

I am an old man and have a great many troubles, but most of them never happened. –Mark Twain

Humor is the great thing... the minute it crops up, all our hardnesses yield, all our irritations and resentments slip away and a sunny spirit takes their place. –Mark Twain

Laughter is the lubricant and elixir of life. Being able to laugh at yourself and the everyday incongruities of your daily situation is the best way to quell stress. Lighten up and enjoy life! –Susan Smith Jones

Angels fly because they take themselves lightly. –Scottish Proverb

Sometimes I go about pitying myself, and all the time I am being carried on great winds across the sky. –Ojibway Indian saying

The sun shines not on us, but in us. –John Muir

Birds sing after a storm, why shouldn't we? –Rose Fitzgerald Kennedy

There are two ways to live your life: One is as though nothing is a miracle. The other is as if everything is a miracle. –Albert Einstein

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. –Mark Twain

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. –Philippians 4:8

This time, like all times, is a very good one if we but know what to do with it. –Ralph Waldo Emerson

I don't think anything is unrealistic if you believe you can do it. If you are determined enough and willing to pay the price, you can get it done. –Mike Ditka

To try is to risk failure. But risk must be taken because the greatest hazard of life is to risk nothing. The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, live, and love. –Leo Buscaglia

Faith is the only known cure for fear. –Lena Sadler

When there is no enemy within, the enemies outside cannot hurt you. –African Proverb

I will go forth in perfect faith in the power of Omnipresent Good to bring me what I need at the time I need it. –Paramahansa Yogananda

What do I think about when I strike out? I think about hitting home runs. –Babe Ruth

When one door closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us. – Helen Keller

Faith is not a matter of trusting that events will always occur to our liking, but of trust that, whatever happens, our inner resources will be equal to the moment. –John Robbins and Ann Mortiffee

Worry is a word that I don't allow myself to use. –Dwight D. Eisenhower

The art of being wise is knowing what to overlook. –William James

Grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. –Reinhold Neibuhr

The secret of abundance is to stop focusing on what you do not have, and shift your consciousness to an appreciation of all that you are and all that you do have. –Wayne Dyer

Remember that not getting what you want sometimes is a wonderful stroke of luck. –Dalai Lama

You have to accept whatever comes, and the only important thing is that you meet it with courage and with the best that you have to give. –Eleanor Roosevelt

The decline of vigor in old age is largely the result of people expecting to decline; they have unwittingly implanted a self-defeating intention in the form of a strong belief, and the mind-body connection automatically carries out this intention. –Deepak Chopra

The body is truly a miracle of miracles . . . and should be highly respected and loved. To experience total aliveness, don't let your health take a back seat to anything. Cherish, appreciate and nurture your body. –Susan Smith Jones

When man is serene, the pulse of the heart flows and connects, just as pearls are joined together or like a string of red jade, then one can talk about a healthy heart. –The Yellow Emperor's Canon of Internal Medicine, 2500 B.C.

If we could loosen the grip we have on the mechanical view of our own bodies and the body of the world, many other possibilities might come to light. We could exercise the nose, the ear, and the skin, not only the muscles. We might listen to the music of wind in the trees, church bells, distant locomotives, crickets and nature's teeming musical silence. We could train our eyes to look with compassion and appreciation. . . . The ensouled body is in communion with the body of the world and finds its health in that intimacy. –Thomas Moore

The same stream of life that runs through the world runs through my veins night and day and dances in rhythmic measure. It is the same life that shoots in joy through the dust of the earth into numberless blades of grass and breaks into tumultuous waves of flowers. – Rabindranath Tagore

Emotional and physical states can be altered by changing the breathing pattern. –Wilhelm Reich

Our mental and emotional diets determine our overall energy levels, health, and well-being to a far greater extent than most people realize. Every thought and feeling, no matter how big or small, impacts our inner energy reserves. –Doc Childre and Howard Martin

Zest is the secret of all beauty. There is no beauty that is attractive without zest. –Christian Dior

If we knew how powerful our thoughts are, we would never think a negative thought. –Peace Pilgrim

Our cells are constantly eavesdropping on our thoughts and being changed by them. A bout of depression can wreak havoc with the immune system; falling in love can boost it. Despair and helplessness raise the risk of heart attacks and cancer, thereby shortening life. Joy and fulfillment keep us healthy and extend life. This means that the line between biology and psychology can't really be drawn with any certainty. A remembered stress, which is only a wisp of thought, releases the same flood of destructive hormones as the stress itself. – Deepak Chopra

The best medicine is to stop thinking about yourself, and start thinking about other people. –Frederic Loomis

When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free. – Catherine Ponder

Peter came up and said to Him, "Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy times seven." – Matthew 18:21-22

Disturbing the peace is a crime. When you rant and rave and stomp and fret over life's petty grievances, arrest yourself! –Carol Ann Morrow

Don't take yourself and your life so seriously, forgetting that life is meant to be a great adventure to be lived fully. When you become too serious, life loses its luster and you have a hard time being happy. – Susan Smith Jones

Care more than others think wise. Risk more than others think safe. Dream more than others think practical. Expect more than others think possible. –Howard Schultz

A man would do nothing if he waited until he could do it so well that no one at all would find fault with what he has done. –Cardinal Newman

If you believe in what you are doing, then let nothing hold you up in your work. Much of the best work of the world has been done against seeming impossibilities. The thing is to get the work done. –Dale Carnegie

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift. –Albert Einstein

I take nothing for granted. I now have only good days, or great days. –Lance Armstrong (cancer survivor and multiple Tour de France champion)

The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them. –George Bernard Shaw

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. –Melody Beattie

As for old age, embrace and love it. It abounds with pleasure if you know how to use it. The gradually declining years are among the sweetest in a person's life. –Seneca

Health depends on a state of equilibrium among the various factors that govern the operation of the body and the mind; the equilibrium in turn is reached only when man lives in harmony with his external environment. –Hippocrates (circa 400 B.C.)

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves. –John Muir

Learn to be a radiant human, and then shine on others. –Sark

How wonderful it is that nobody need wait a single moment before starting to improve the world. –Anne Frank

Don't hold to anger, hurt or pain. They steal your energy and keep you from love. –Leo Buscaglia

If you judge people, you have no time to love them. –Mother Teresa of Calcutta

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. –Winston Churchill

"There's no use in trying," said Alice. "One can't believe impossible things." "I daresay you haven't had much practice," said the Queen. "When I was your age, I always did it for half-an-hour a day. Why, sometimes I believed as many as six impossible things before breakfast." –Lewis Carroll

Things work out best for the people who make the best out of how things turn out. –Art Linkletter

Life is full of obstacle illusions. –Grant Frazier

It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult. –Seneca

In the middle of a difficulty lies opportunity. –Albert Einstein

I like to remind my friends frequently how short life is. This is the important message of death: not a day to waste, not a day to quarrel, not a day to brood upon yourself. This is not losing the joy of life; this is gaining the joy of life. –Eknath Easwaran

How necessary it is to cultivate a spirit of joy. I believe we are called to the duty of delight. –Dorothy Day

No matter what the question, Love is the answer. No matter what the pain or illness, Love is the answer. No matter what the loss, Love is the answer. No matter what the fear, Love is the answer. –Gerald Jampolsky & Diane Cirincione

He who fears something gives it power over him. –Arab Proverb

The secret of forgiveness is not to procrastinate, but to free yourself immediately of stress by totally forgiving this instant. –Gerald Jampolsky

Life is not easy for any of us. But what of it? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained. –Marie Curie

To fight fear, act. To increase fear—wait, put off, postpone. –David Joseph Schwartz

Go forward bravely. Fear nothing. Trust in God; all will be well. –Joan of Arc

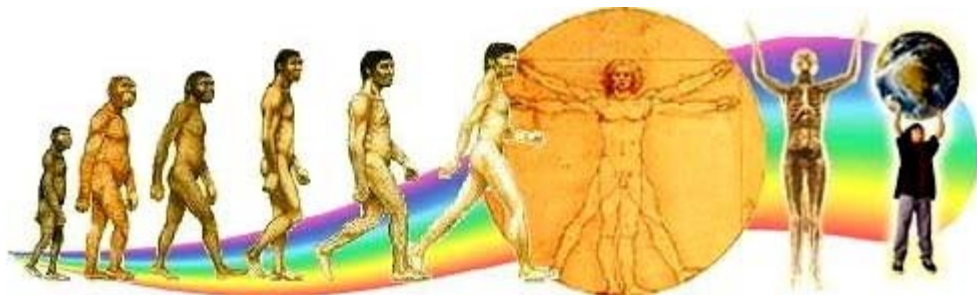
Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. –Arnold Schwarzenegger

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose. –Elisabeth Kubler Ross

No one can depress you. No one can make you anxious. No one can hurt your feelings. No one can make you anything other than what you allow inside. –Wayne Dyer

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be. –Patanjali

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Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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