



“The Secret” has the potential to change your life.

The Law of Attraction is I believe as close as human beings have come to understanding how God made us and the world work. The idea that thought creates matter is something very hard to understand, but is clearly taught in the Bible.

He replied, **"Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."**

And God said, "Let there be light" and there was light.

And God said, "Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the firmament of the heavens."

And God said, "Let the earth bring forth living creatures according to their kinds: cattle and creeping things and beasts of the earth according to their kinds."

Then God said, "Let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth."

God created the world from verbalized thought (He said)

God teaches us that our thoughts (beliefs) can move mountains!

What I like about the movie:

1. **What you think about you bring into your life.** This is not a mystical power, but that your thoughts, although invisible, contain a massively powerful energy that others are affected by without knowing and at a deeper level affects all things.
2. **Think only about the things you like about people will bring more of that out of them.** If you think about the things you don't like about someone, it brings more of that out of them. If someone is struggling with a relationship, what do we normally do? We focus constantly on what we don't like about the other person. They are abusive, mean, unkind, selfish, etc. It goes against our tendency to ignore these thoughts and to force ourselves to think only of the person's good qualities. The Law of Attraction states that if you do this, you will bring more of the person's good qualities out and eventually the bad qualities will go away. Most people would think: "that will never work!" But I ask: "how many of these doubters have ever tried this for several weeks to see the result?"
3. **Think of only what you want.** Don't think of what you don't want because thinking of what you don't want brings more of that into your life!

4. **Thinking of your problems brings more problems!** Wow...don't we know people who just seem to have one crisis after another.
5. **Your emotions tell you if your thoughts are in or out of balance.** Wow! When you feel a negative emotion, you know your thinking is off what you want and on what you don't want. When you feel positive emotions, you know your thinking is on what you want.

What I don't like about the movie:

1. **The movie starts off overly mystical over-done in my opinion.** Don't let this throw you off.
2. **It might seem to some that all you have to do is sit around and think of money, a new house, a great spouse, kids that listen, etc. and it will magically appear.** The Bible says that without action faith is nothing. *"Faith by itself, if it is not accompanied by action, is dead." James 2:17*
3. **The Law of Attraction is portrayed as a "mystical or magical power".** To me there's nothing mystical about it. If a person dwells on their mistakes or problems, they will be in a certain state and carry certain negative beliefs with them that cause their actions to be different than a person who carries positive beliefs. The only thing "magical" is how our thoughts radiate outside of our minds like a radio signal being broadcast. In the movie it shows a young man who was worried about his bike being stolen, and sure enough, it got stolen! I believe his thoughts were transferred out like an advertisement saying: "I believe my bike will get stolen" which was picked up by others and motivated someone who was looking to steal a bike or needed a bike to be drawn to his. Have you ever just had a "feeling" about something? This is you picking up a thought from someone else.

How to use this movie to change your life:

Watch the movie leisurely the 1st time. Watch it again in a few weeks and take a few notes of the things you find particularly interesting that you would like to implement into your life.

Take that list and prioritize it. If you're having problems with a relationship, you should practice thinking only what you like about that person. Make a list and think about it daily like it's an exercise program. Do this rather than make a visualization board. People often make the mistake of trying to do it all and burning out or doing nothing.

Believe that you can see results in YOUR life from developing the skill of guiding your thinking to take advantage of the law of attraction. Don't think this stuff is for highly educated people. The law of gravity works for those with even only a High School education....so does the law of attraction!