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The Secret: Book by Rhonda Byrne

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The Secret

Dr. Umar Hameed
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What is the Secret?

The Great Secret of Life is the

“ Law of Attraction ”



What 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 mind you are attracting to you.

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Thoughts are magnetic, and thoughts have a frequency. As you think thoughts, they are send 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.

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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.

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**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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The law of attraction is a law of nature. It is as impartial as the law of gravity. Nothing can come into your experience unless you can summon it through persistent thoughts

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To know what you're thinking, ask yourself how you are feeling. Emotions are valuable tools that instantly tell us what we are thinking.



Your thoughts determine your frequency, and your feelings tell you immediately what frequency you are on. When you feel bad, you are on the frequency of drawing more bad things. When you feel good, you are powerfully attracting more good things to you

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Secret Shifters, such as pleasant memories, nature, or your favorite music, can change your feelings and shift your frequency in an instant. The feeling of love is the highest frequency you can emit. The greater the love you feel and emit, the greater the power you are harnessing.

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How to use the Secret?

If you think about Aladdin and his lamp, Aladdin picks up the lamp, dusts it off, and out pops the Genie. The Genie always says one thing :

“Your wish is my command!”

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Step 1 - Ask

The first step is to ask. Make a command to the Universe. Let the Universe know what you want. The Universe responds to your thoughts.



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.



Step 2 - Believe

Step two is believe. Believe that it's already yours. Have what I love to call unwavering faith. Believing in the unseen.



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 attraction moves people, events, and circumstances for you to receive.

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Step 3 - Receive

Step three, and the final step in the process, is to receive. Begin to feel wonderful about it. Feel the way you will feel once it arrives. Feel it now.



**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**

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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. Create your day in advance by thinking the way you want it to go, and you will create your life intentionally.

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Powerful Process

Your current reality or your current life is a result of the thoughts you have been thinking. All of that will totally change as you begin to change your thoughts and your feelings.

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**Expectation is a powerful
attractive force. Expect
the things you want, and
don't expect the things
you don't want.**

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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.



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.

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At the end 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.



The Secret to Money

To attract money, focus on wealth. It is impossible to bring more money into your life when you focus on the lack of it.

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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.

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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.

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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.

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When you want to attract a relationship, make sure your thoughts, words, actions, and surroundings don't contradict your desires.



Treat yourself with love and respect, and you will attract people who show you love and respect. Focus on the qualities you love about yourself and the law of attraction will show you more great things in you.

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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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The Secret to Health

Our body is really the product of our thoughts. We're beginning to understand in medical science the degree to which the nature of thoughts and emotions actually determines the physical substance and structure and function of our bodies.

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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

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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.

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The Secret to the World

Anything we focus on we do create. So if we're really angry, for instance, at a war that's going on, or strife, or suffering, we're adding our energy to it. We're pushing ourselves, and that only creates resistance. We tend to fight everything we don't want, which actually creates more of a fight...



**What you resist, you attract,
because you are powerfully
focused on it with emotions. To
change anything, go within and
emit a new signal with your
thoughts and feelings.**

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**You cannot help the world by
focusing on the negative
events, you not only add to
them, but you also bring more
negative things into your own
life.**

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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.

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The Secret to You

When we look around us, even at our own bodies, what we see is the tip of the iceberg. Everything is made up of the exact same thing, whether it's your hand, the ocean, or a star.

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

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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.

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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

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Let go of difficulties from your past, cultural codes, and social beliefs. You are the only one who can create the life you deserve. Your power is in your thoughts, so stay aware. In other words, "Remember to remember"

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The Secret to Life

There is no blackboard in the sky on which God has written your purpose, your mission in life. So your purpose is what you say it is. Your mission is the mission you give yourself. Your life will be what you create it as, and no one will stand in judgment of it, now or ever

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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 a joyful things because you are radiating joy.

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**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.**

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