

100 Quotes from “The Secret” Video:

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 attract 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 a 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. EVERYTHING in your life you have attracted... 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 thought and feeling 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. The 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... every day look at it 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... its YOU... ONLY YOU.
83. Health: thank the universe for your own healing. Laugh, stress free happiness will keep you healthy.
84. The immune system will heal itself.
85. Parts of our bodies are replace 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, and 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 it's 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 your attention on what you "do want".
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.