

## THE SECRET IS NO SECRET

The principles described in the popular new movie and book, *The Secret*, have been used by metaphysicians to create reality throughout the ages. If there is something that you want in life, here is a two-step process that you can use to get what you want to manifest in physical reality.

Start by acknowledging that you are where you are because you've made choices. For a multitude of reasons- but, regardless, you have made choices in the past that are largely why you are where you are. Choices may be active or passive. Allowing others to choose for you is an example of a passive choice.

Find a quiet place and write down what you want (or a piece of what you want) in a simple sentence. Phrase this sentence as if it is already happening, as if it is a sure thing, but always tell the truth. Don't say "I am a millionaire" if you are not one- no one believes a liar, including you. You have to build up credibility with yourself. Say instead, "Everyday I become more and more wealthy."

Pause each time after you write your statement and listen to the chatter of your subconscious mind. This chatter is what you have been telling yourself for who knows how long! These are the powerful affirmations (only in this case negative drag-you-down statements), that you have repeated to yourself so many times that you can't even hear yourself thinking them anymore- they are the background music to your life. The process you are engaged in here is replacing that hold-you-back background music with lift-you-up background music, e.g., "I am becoming wealthier and wealthier every day," "Money flows to me effortlessly, whether I expect it or not," "Receiving money feels good," "Receiving cash feels good to me."

Write down the negative affirmations that have been running your life on a separate piece of paper. No matter how silly they seem. Often there will be phrases or fragments that don't really make sense. Write everything down, kind of like associative writing or automatic writing. Allow any feelings associated with the chatter to arise to the surface, feelings of frustration, anger, resentment, jealousy, hurt. Stop writing while you let the feelings be fully felt. Take deep breaths and feel it all- don't try to understand what you are feeling. Sometimes there will be visual, verbal, or body memories that go with the feelings, sometimes not. If you uncover more or deeper negative thoughts, write those down.

Deeper, older negative thoughts called "stands" are frequently formed at birth or in the early pre-verbal years of life. They can form a basic backdrop for your whole life. An example would be "I'm not good enough" or "I am not worthy of love" or "I don't love good enough". These types of negative belief patterns have deep roots and are usually not reversed overnight. A great deal of emotion must be processed before you can get those positive affirmations to work if they go against your stand. So the first time you go through this process it is a major deal. Then each time after that when you work on building your positive music, it is easier, quicker.

When the flow of words and emotion stops and there is quiet in the pause, write your positive affirmation again. Let all the objections come up again and write them down. Keep repeating this process. NEVER do anything else while writing affirmations, such as watching TV- also this

process is best done alone. A metaphysical rule of thumb has always been to write the affirmation 70 times a day for 7 consecutive days. The 70 don't have to be all at one sitting. Of course if major life issues are coming up with the writing of each sentence, you can see that you may not be able to do 70 each day, unless you quit your job, and stay home and devote yourself to this process (which may be worth it!) I would suggest, try to do 10 minimum if you can. When the processing begins to go more quickly, then start your 70 times 7. Remember, this is an investment in all future programming. Those major underlying issues will come up many times, and whatever work you do now will pay off next time you use this process. Also, it may take a day or two for the objections to arise, especially the deeper ones. This process works, so keep going.

When you have finished with this process, you may want to create a ritual of letting the negative thoughts go and accepting the new affirmations into your life. One such ritual might be to burn your negative affirmations. Perhaps burn the papers with the negative affirmations in a bowl or ashtray, then in an elegant glass which has been sitting nearby on top of your written positive affirmation, throw a few drops of water from the glass (or wine or whatever beverage you want-make it special) on top of the ashes and say goodbye and good riddance, then read the new affirmation aloud and drink to it, thanking God/Goddess/ All There Is, your higher self and whatever helpers you may have in your life. It is important to feel gratitude here. To experience support and joy. It may also be necessary here to forgive yourself for not doing all this sooner-feel the remorse and feel the gratitude/joy that now you have it, and can look forward to the rest of your life. The ritual is important- the rebirth- the start of something new. The line in the sand between what was and what is now. Believe me, your angels, guides, the Goddess herself will be there to celebrate with you!

One thing that tends to happen a lot in this affirmation process is that the affirmation of importance changes from a simple material thing like "I want a new red car by September" to something like "My lifestyle continually reflects my abundant prosperity, my love of beauty, my love of fun, and my generosity and compassion." The second affirmation is in many ways a more useful affirmation because it doesn't have a beginning and an end. Once you have the new car, then what? Do you want to back and do everything all over for another bauble? It would get boring. Feel free to revise that starting affirmation into exactly what it is you really mean!

So that is how to work with affirmations, basically a process of working with the subconscious mind, and working with first, second, third, and on some beginning level the fourth functions of thought, associated with the first, second, third, and fourth chakras. And it is core work!

The next piece is to program for what you want- and this is great fun! Imagine yourself already there- it is a dream of the future and you want it to be vivid, filled with detail and full of the future-memory of the senses and the feelings and emotions that go with them. Say you want a red snappy sports car- why not? Your lifestyle continually reflects your abundant prosperity, your love of beauty, love of fun, and your generosity and compassion (Naturally others will want to ride around in your car and you will be overjoyed to take them with you!). Imagine yourself driving up the beach road, laughing and smiling, a friend by your side, hair flowing in the wind, sunshine on your face, LizClaireborne sunglasses adorning your eyes. Feel the wind in your hair. What length is your hair? How does it feel whipping in your face? What do the sunglasses look

like? How do they feel perched on your nose? Imagine the red finish on the hood gleaming in the sunshine. What temperature is the air? What is the view as you drive? Can you hear the surf crashing over the roar of your car, the sound of the radio? What is the song that is playing? Hear the high-quality of the speaker system in your snappy car. Feel the music come into your ears! What does the car smell like? What does the fresh air smell like? Sense every detail as best you can. Feel your hands on the rich leather-covered steering wheel. Lean forward and touch the dashboard, feel the comfort of the seats against your back and tush. Perhaps you might even open your mouth and taste a drop of salt if you are at the beach! Or taste your Starbucks coffee from your mug in your convenient cupholder.

Connect with your emotions. How do you feel driving around in this new car? What emotions well up in you? Excitement? Joy? Do you feel grateful? Moved to tears? Loved and appreciated by the universe? If you feel any negative emotions in your imagining, you might have to go back and do some more affirmation work. For example, if you are imagining yourself driving around in your cool car and you begin to feel guilty, or have thoughts that you won't get to keep your car and all that it reflects, that you might have a car crash, or that the car loan company is coming to get your car because you haven't made the payments when you get home, or you're Bonnie of Bonnie and Clyde and are going to drive off the cliff- STOP your programming. Construct an affirmation that if it was true would not allow that negative feeling to exist. For example, if you feel guilty, go back and work some more on the I deserve affirmation. Or construct an affirmation that acknowledges the power that others have to get what they want. "Others make choices every moment, just as I do. Each individual has the right, and the power to lead the life they want, including me." When you've done the needed affirmation work go back to the imaging step.

You don't need to imagine every single possible setting of being in the new car. Just one really strong image will do the trick. When you have built the imaginary detailed multi-sensory experience of the future you as best you can, you then have to let go of it. You have to seed the future so that the 6<sup>th</sup> function of mind can do its work and take you to it. In your mind, toss the image out there. (This is another opportunity for a ritual. Rituals speak directly to all the levels of mind.) If you've built certain timeframes into your image, such as the age of your friend or your own looks and age, the year of the car- you can expect to come pretty close as to when you will get what you want. But you have GOT TO LET GO of it. Just forget it. Expect it to happen, yes. But just like you expect spring to come, you don't have to DO anything for it to happen. Just know it is coming, and relax. Now as life puts its little choices before you, yes, make the choices that move you closer to where you want to go, not in the other direction. But even if you make a couple of wrong choices, your mind will right itself, because the beacon of the future you created is calling to it.

The hardest part of this whole process is working with the affirmations. Especially when you first start the process and you begin to clear up your stands. The old emotion that comes up can show up as discomfort in the body or health issues. This is core work that can be done alone, but may require support. My personal preference is breathwork, and I like to start people with 10 sessions so their subconscious and unconscious knows the time and care that is needed to come to a plateau of completion is going to be there. I say "plateau" because the journey is lifelong. If you have what feels like overwhelming emotion while working with the affirmations, you might

choose to work with a rebirther or other person who understands how to help you integrate your emotional past. It is important to integrate emotions from the past, not discard them, because emotions are how you know the impact of your choices, and your choices are your point of power. To the degree you recognize and acknowledge your choices, i.e., take responsibility, in your life, that is the degree to which you will be able to be authentic. This topic is a whole book in itself, so we will leave it at that mention for now.

Written by Nancy Toner Weinberger, June 9, 2007.

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