



BeliefBusters

Special Report

The Secret behind "The Secret"

The Law of Attraction simply states that what you focus on is what you create... What rules the focus of our attention is often what we have agreed to believe.

Ray Dodd

Everyone is talking about the movie, "The Secret". It is been on Oprah and Larry King. On vacation last week it seemed as if we heard "Secret" conversations almost everywhere we went.

"The Secret" is primarily about the Law of Attraction. Written about many times in many ways, the Law of Attraction simply states that what you focus on is what you create - what you put out is what you get back.

The movie: "The Secret" states that to harness the Law of Attraction (LOA) you must follow three steps -

Ask, Believe & Receive

Easy to do? Perhaps? For most of us however the most difficult step is to believe. You see, belief is much more than what we think is true. Often what we say we believe is merely an opinion – a fabrication of the mind. What we really believe is what we have no doubt about.

For example, you could say to yourself – "I believe I will be successful." But what happens when there are setbacks, or challenges? What do you say to yourself, or out-loud, when things don't work out as expected? Does your behavior and align perfectly with what you say you believe?

The self-talk or behavior that arises when things don't go well arises from the place of no doubt – what we truly believe.

A good friend of ours was laid off from her job last fall and deliberately put the LOA into action. She quickly attracted several good job offers. She carefully picked the best one and went back to work. A few weeks ago she called complaining about her new job. She was unhappy. What was interesting was that her complaints about the new job were eerily similar to the ones she had about her old job. In fact, what she was unhappy about bore a striking resemblance to the complaints she had about all the jobs she had ever had. She had used the LOA all right, and attracted exactly what she believed was possible.

Noticing that you are attracting things, people and situations that align with what you believe is not cause for giving up, but rather a cause for celebration. What always stands in the way of what we say we want is ourselves - and what we have chosen to believe. Becoming aware of where you have placed your time, energy and faith, with honesty and self-love, is a giant step towards achieving your goals.

The LOA states that what you focus on gets bigger and attracts more of the same.

What has our attention most of the time? Is it your own self-chatter? That incessant voice is the smoke arising from the fire of our beliefs. Our beliefs are an energetic matrix imbuing the whole human being – body, mind and soul. They are the filter we experience life through imbedded with emotions and a distinctive point of view. Our beliefs are the culmination of all our experiences, and our agreements about those experiences. Our beliefs are where we have placed every ounce of our faith.

The real secret behind "The Secret" is simply this:

Where we place our attention – what we focus on – has a major impact on what we create in our lives.

What rules the focus of our attention is often what we have agreed to believe. Once you understand the true nature of belief, you'll instantly begin to harness the awesome possibilities of the law of attraction.



In 1996, after a chance meeting at the pyramid ruins in Teotihuacán, Mexico, **Ray Dodd** embarked on a 6-year apprenticeship with don Miguel Ruiz M.D. (author of the best-selling book, *The Four Agreements*). Now author of *BeliefWorks* and *The Power of Belief*, he helps both individuals and businesses forge new beliefs to affect lasting and positive change. A former professional musician and engineer with many years in corporate management, he is a leading authority on the subject of belief, teaching seminars about *BeliefWorks*[™], and applying the age-less wisdom of the Toltec to life and business. Ray can be reached at ray@everydaywisdom.us and his website is: <http://www.everydaywisdom.us/>
