

The Secret

by Rev. Deborah Olive

*"It doesn't matter who you are or where you are,
The Secret can give you whatever you want."*

~ Rhonda Byrne, author of The Secret

Perhaps you are one of the people who sat on the edge of your chair when Larry King interviewed his panel of guests discussing *The Secret*. Perhaps you watched Oprah and her guests respond to viewers' stories of how *The Secret* changed their lives. Perhaps your heart races at the possibility of knowing how you can be, do or have anything you desire. What is this "secret" that trades the frustrations of "wanting" for a genuine experience of living your dreams?

"*The Secret*," selling over 1.75 million books and 1.5 million DVDs in just over 3 months introduces The Law of Attraction in a way that has stirred hearts around the world. For bringing this universal principle to the masses, Byrne is to be commended. While the material in this book is heavily touted, it is also criticized. *The Secret* isn't really a secret at all. The Law of Attraction has been taught for thousands of years and is often the doorway that reveals that we, not circumstances, have an enormous amount of control over our life experience.

When we first discover The Law of Attraction, it can produce results that seem like "magic" in our lives. This magic is very appealing. At first blush, the Law of Attraction can be interpreted, "Oh, all I need to do is think a thing and it will appear on my doorstep." It's no surprise that the material has also attracted critics. A *Newsweek* article flatly states, "On a scientific level, the

law of attraction is preposterous."

The critics touch only the surface of the material being presented, discounting the simplistic notion that this law can magically produce whatever you choose. Byrne writes, "The Creative Process helps you create what you want in three simple steps: ask, believe, and receive." One bullet point later she writes, "Believing involves acting, speaking, and thinking as though you have already received what you've asked for." Critics tend not to reveal that Byrne also calls the practitioner of The Law of Attraction into action. What would your life be like if you consistently harnessed this law? Practiced across cultures and throughout the ages by many who achieve mastery, anecdotal evidence abounds that the Law of Attraction is just that – a law. When we move past our own inner skeptic, *The Secret* offers nothing less than the possibility of living our dreams.

Thirty-eight years ago, I implemented The Law of Attraction to land my first "real" job. Over the years this spiritual principle has served me well, not only to have one amazing experience in my life after another, but in ways that have impacted a number of service projects both locally and globally. The "things and stuff" pale, however, compared to the spiritual journey opened as a result of living this "secret."

Wisdom written in the Psalms, "As a man (woman) thinketh in his heart,

so is he (she)," precedes our calling it The Law of Attraction; nevertheless, it is the same principle. To consistently harness this law requires that we align our thoughts wholly toward a particular objective – and this requires attention, intention, focus and discipline. Byrne points out that we have some 60,000 thoughts a day. These thoughts are both conscious and unconscious. Focusing our attention on every thought and assuring they are aligned with the object of our desire would not only be exhausting, but impossible. Requiring far more than our mental capacities, consistent application of The Law of Attraction inevitably leads the practitioner beyond thought and into the frontiers of spiritual inquiry.

There are many who teach and practice this material today. New Thought Christianity (Unity, Religious Science and others) has not only embraced The Law of Attraction for well over a hundred years, but follows the thread which it begins into the deeper spiritual truths to which it points. Providing a holistic approach, New Thought Christians teach the practices that engage not only our mental, emotional and physical self, but our spiritual self as well. The real power of the "secret" is in the deeper connection with the Universe and the journey that awaits all who step across the threshold and take the journey that "*The Secret*" begins. See ad on page 9.

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