



52 Books a Year presents:

THE SECRET

By Rhonda Byrne

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About The Author

Rhonda is an Australian television producer and writer. Before getting into television she was a radio producer. In 2006 she released her movie *The Secret* and followed it up with her book *The Secret*.

The movie has been viewed by millions around the world and can be found on Netflix. The book is a worldwide bestseller and available in 50 languages.

The book has been on the New York Times Bestseller list for 190 weeks and was named by USA Today as one of the top 20-best-selling books of the past 15 years. As one of TIME Magazine's most influential people, Rhonda has changed the lives of millions of people with her movie and her books. She has since

released three more books in the series, *The Power*, *The Magic*, and *Hero*.

"The Secret" details how The Law Of Attraction works in all of our lives to create every situation we face, both positive and negative. In this summary you will learn about The Law Of Attraction and how to use it to manifest better health, better relationships and a better world.



Rhonda Byrne



Summary

The Law Of Attraction - Universal law that forms your entire life experience and is controlled by the power of your thoughts. Simply put like attracts like. Whatever you focus on is what you will have more of. If you are perpetually worried, you will have more to be worried about. If you are always thankful, you will have more to be thankful for.

How Do I Use The Law Of Attraction?

The first thing that you need to understand about The Law of Attraction, is that your thoughts and feelings are the key to attracting anything you want. Think of them like magnets, pulling situations, people, and things toward you. What they attract is anything similar to them.

Worried thoughts and feelings can only attract worrying things.

Angry thoughts and feelings can only attract things that make you angry.

But the good news is that gratitude and feeling thankful can only attract things that make you feel grateful and thankful. Understanding this is the first step to understanding how to use The Law of Attraction in your life.

Everything that has happened up until now, is the residual effect of what your dominant thoughts have been up until now.

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How Do I Change My Thoughts and Feelings?

The best place to start to master your thoughts is to learn how to quiet your mind through the use of meditation. You do not need to meditate for hours every day, just set aside 3-10 minutes a day to work on controlling your thoughts. You can also meditate on the phrase "I am the master of my thoughts." Say it often to help keep yourself aware of your thoughts.

Your feelings give you feedback on what kind of thoughts you are having, if you are feeling bad, you are thinking bad thoughts. So you need to pay attention to your feelings, and ask yourself often "How am I feeling?" so that you can catch your negative thinking patterns and change them.

One way to shift yourself from feeling bad to feeling good is to close your eyes, focus on what you are feeling and smile for one minute.

The feeling of love is the highest frequency that there is. The more love you feel and emit, the more power you are controlling.

The Creative Process helps you create what you want by using these 3 steps

Ask - you need to ask the universe for what you want by clearly seeing it in your mind. Also if you aren't sure what to do, or what direction to go, just ask!

Believe - now you need to start acting, speaking, and thinking like you already have what you want. When you are able to emit the frequency of having already received it, the law of attraction gets to work.

Receive - you need to feel the way you will feel once you have the thing you desire. Feeling good will put you on the same frequency of what you want.

Once you are ready to receive you must be ready to take inspired actions. Inspired actions are effortless and feel like the Universe is conspiring to give you what you want, because it is!

People often put themselves in harm's way by thinking and feeling low frequency things. While you would never deliberately bring bad things into your life, remember you are attracting anything that is on the same frequency as your feelings.

Each day, begin by thinking through your day in advance. Start by saying to yourself "I am going to have a pleasant visit or a pleasant journey" so that you are starting the day on the best possible frequency. You need to make the law of attraction a habit in your daily life, and integrate it into your way of being.

Powerful Processes For Manifesting

Pruning the Shears of Revision from Neville Goddard - At the end of every day, take the time to think through the events of the day. Anything that didn't go the way you wanted, replay them in your mind going a way that thrills you. This is a way to clean up any negative frequencies from the day so you go into tomorrow emitting a new frequency.

Gratitude - Every day first thing make a list of things to be grateful for. This is a powerful way to shift negative thoughts and thinking. Try not to get out of bed until you have felt feelings of gratitude.

Visualization - the process of creating pictures in your mind of what you want and seeing yourself with it, is an excellent way of lifting your frequency and feeling like you already have what you want. This will help attract it into your life.

Four Powerful Processes

Expectation is powerful in attracting. You expect the things that you want, and don't expect the things that you don't want.

Gratitude can shift your energy and bring more of what you want into your life. Being grateful for the things you have will attract more things to be grateful for.

Giving thanks in advance for what you want boosts the signal you are trying to send to the universe.

Visualization by creating pictures in your mind of yourself enjoying what you want, generates powerful thoughts and feelings of having it right now.

The Secret To Money

In order to attract money you need to use your imagination and creativity to make-believe that you already have all the money you need. When you see something you want think "I can afford to get that!" to shift your thinking away from thoughts of lacking money.

It's also good to give generously and feel good about sharing your money in order to attract more money toward you. Visualize getting unexpected checks in the mail, or deposits into your bank account.

The Secret to Relationships
When you want to attract a relationship, you first need to make sure you are treating yourself with love and respect. You have to take care of yourself and fill yourself up first, or you will have nothing to give to anyone else. When you feel bad about yourself, you block love and attract more people and situations that will come and make you feel bad about yourself.

Start by focusing on the qualities that you love about yourself, and then the law of attraction will start showing you more things for you to love. Once you are ready to attract a relationship, make sure your words, actions, and surroundings don't contradict your desires. When you have found a relationship, make sure to focus on the other person's strengths and what you appreciate about them. Don't focus on complaints.

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The Secret To Health

The powerful phenomenon called the placebo effect is a prime example of the law of attraction at work. People believe that what they are taking is a cure for what they have, and they believe so strongly, that their bodies react and are cured. Medicine and the law of attraction can work well together, for instance if you're in pain, and take a painkiller, you can focus on being in great health, and that allows you to manifest great health.

Stress is created by a pattern of negative thinking. You can just as easily reverse stress by having one small positive thought, and then another, and another until you've changed your pattern of thinking to be positive and at a higher frequency.

"Laughter is the best medicine" is more than a cliché, laughter has the power to raise your frequency, and create more positive thoughts. By using this tool for positive thinking you can think your way into the perfect state of health, the perfect body, perfect weight, and eternal youth.

Our bodies are constantly regenerating, and every few years you have an entirely new body. By keeping your thoughts positive and thinking of your body as perfect, you are able to disregard society's messages about diseases and aging, and keep yourself healthy and youthful. Release all thoughts about aging, and focus only on health and eternal youth.

The Secret To The World

The world can often be a scary place and make it easy to get caught up focused on the negative things that are going on. It's important to keep your frequency high and to not let the negative things distract you. Keep yourself focused on trust, love, abundance, education, and peace. You have an unlimited capacity of positive thoughts and feelings, and you can use them effect change. Keep yourself aligned with love, praise and bless everything in the world because there is enough good in the world for everyone. Don't let yourself get distracted with negative world events because focusing on the negative, will just add to the conflict. Instead bless and praise everything in the world to do your part in dissolving negativity.

The Secret To You

Everything in the Universe is energy, including you. You are energy and energy cannot be created or destroyed - it only changes form. This is how the Universe has the unlimited capacity to grant you whatever you desire.

You have an unlimited supply of ideas and possibilities and the infinite ability to bring them into existence. To do so you need to let go of difficulties from your past, let go of social beliefs and cultural codes, and focus on simply creating the life you deserve. Start to see what you want as absolute fact and you will create a shortcut to manifesting your desires.

The Secret To Life

The secret to life is to do what you love. Commit to what brings you joy and you will attract more people, experiences, and things that bring you immense joy. We are in an exciting time to experience the best of humanity in every area of creation, and all we need do is let go of negative thoughts. You are in control and get to fill the blackboard of your life with whatever you want, and all you need to do is to feel good now. Use the power of feeling good to draw more power toward you.

Key Quotes

"If you can think about what you want in your mind, and make that your dominant thought, you will bring it into your life." **pg.9**

"The only reason why people do not have what they want is because they are thinking more about what they don't want than what they do want." **pg.12**

"There is no such thing as a hopeless situation. Every single circumstance of your life can change!" **pg.19**

"Everything in the Universe has a frequency and all you have to do is change a frequency or create an opposite frequency. That's how easy it is to change anything in the world, whether that's disease or emotional issues or whatever that is. This is huge. This is the biggest thing that we have every come across." **pg.138**

Key Takeaways

- I. Your reaction to what happens in your life dictates what happens next.
- II. Negative thoughts are not true.
- III. Letting go allows for manifestation.
- IV. If you're suffering or struggling, it's because you're believing a story that isn't true.
- V. Don't be in conflict with anyone or anything.
- VI. Nothing stays the same, tomorrow things will be different.
- VII. Don't resist negative thoughts.
- VIII. The fewer opinions you have, the fewer conclusions you come to, and the fewer fixed ideas you hold on to, the more bliss and joy will be yours.
- IX. Resistance causes suffering. Allowance eliminates suffering.
- X. Be aware, and be here now.

The ONE Action To Take

If there is one key to manifesting what you want in your life, it is visualization.

Build up your manifesting muscles by starting with some small things every day that you want to manifest:

Perfect parking space
A cup of coffee
A dollar

These are a few ideas to get you started.

Now clearly picture what you want, in your mind. Imagine you having it already. How does it feel to have the thing that you want? Help yourself get into a state of joy with a huge grin. Smiling even when you don't feel like it, has been proven to help you change your mood quickly. Work on making yourself feel deep joy and gratitude for receiving what you want. Practice a few times a day. The more you practice the better you will get at keeping yourself in a positive manifesting state.