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by: Pz

pz's perspective

much ado about

The Secret

Unless you've been on the island with the cast from *LOST* or under a shade tree with Rip Van Winkle you've certainly heard about *The Secret*. Rhonda Byrne's new book is making its way around the world and has already created quite a stir on many of the prominent shows like Oprah, Larry King, *The Today Show*, and *Good Morning America*. According to the book, the secret is a mystery guarded for centuries and its heralded discovery, advancement and prosperity through millennia, was largely withheld from the public, and kept tightly under wraps and locked away from view. Luminaries like Plato, Jesus, Einstein, Newton, Emerson, Lincoln, and Ford all knew the secret, we're told, and applied it successfully and accordingly to their lives. But now, it seems, the secret is finally coming to a store near you, it's been allowed out the box, unveiled for the rest of mankind to discover.

So what's all this buzz about? What has people so deliriously giddy like they just struck the mother load? So what's *The Secret*?

Simply stated, *The Secret* is a philosophy, a method, a self-improvement technique based upon the Law of Attraction-- where like attracts like. What thoughts you think, feelings you feel, words you say, and actions you take consist of energy and that energy attracts more of its own kind. (Positive energy attracts the positive and negative energy attracts the negative.) What you think is equal to your life. You cannot behold or experience anything that is not the result of your vibration magnetizing to a corresponding manifestation. By changing your mind you, therefore, change your life.

To anyone familiar with consciousness dogma—this is not a new concept.

The Secret contains wisdom and practical insights from modern-day teachers, authors, and life-coaches that show the reader how thoughts create reality. They profess, that by applying the knowledge of *The Secret*, anyone can achieve wealth, health, and happiness, just as they have. Incredible and enlightening stories of eradicating disease, attaining massive wealth, overcoming insurmountable obstacles, and achieving the impossible are shared throughout to reinforce their compelling point. The list of exceptional contributors is impressive: Jack Canfield (*Chicken Soup for the Soul*),

Neale Donald Walsch (*Conversations with God*), Hale Dwoskin (*The Sedona Method*), John Gray (*Mars and Venus*), Rev. Dr. Michael Beckwith (Founder of Agape International Spiritual Center), and many others.

The book, and now DVD, teaches you how to use *The Secret* in every facet of your life and in every interaction you encounter in the world. By letting go of old patterns of thinking, feeling, and behaving, you can make room for a new way of living. You will attract it. Letting go is the secret behind *The Secret*-- all in an easy-to-use approach. It suggests you'll begin to tap into the hidden power that's within waiting to emerge, and this revelation can bring you limitless and bountiful joy.

So what, you ask, is NOT to love about this? Why would anyone question the motives or comment on the content of such a powerful and positive message? Who wouldn't want the world to benefit from such a magnificent idea as *The Secret*? Who wouldn't want the world to become a better place if adopting *The Secret* can make it so?

First, anyone who has been teaching or preaching a positive, hopeful, empowering message of motivation or enlightenment or self-help has always been on board with *The Secret*. It's an ageless, timeless philosophy that is at the core of countless books written and countless words spoken. Perhaps, until now, that message

has been more quietly enveloped in a plain brown bag—and, in my case, in a glossy paper magazine. Perhaps, until now, that message was one that used this terminology in a bigger context and not reduced it to such narrow explanation. Oh, if it were only so easy. Oh, if it were only this simple.

Let's see. Envision it, believe it, receive it OR Envision it, stay focused, believe it, stay focused, plan it, stay focused, act upon it, persist, act upon it some more, persevere, stay focused, act on it everyday in everyday, then, act on it some more and then . . . there is a very good probability you'll receive it. Gee, I think I'll take the first option, too!

My intentions here are good. I'm not trying to rain on *The Secret* parade. It is, I believe, a seemingly new and exciting presentation, wrapped lovingly in a fresh and exquisite package, on a tried and true ideology. I also believe it falls short of telling the reader the rest of *The Secret* story—on purpose, and only time will tell if my feelings are accurate. Still, if there are those who benefit and whose lives are improved, and, apparently, that seems to be the case thus far, then I'm all for it.



Pz's Pointers on what to do with The Secret: Do You Have the Sheep Mentality?

—So many folks are searching for answers. Some want simple answers to why they live in unhappy marriages or are unable to make more money or build bigger biceps. Some are searching for the answers to deeper questions like why there is so much violence and suffering and what is their true purpose and what comes after this life. Regardless where you fall, when someone comes along with a message that resonates to our very soul we are quick to grab on tight and not let go. We want life to be better. We want life to make sense. We want to matter. If someone pulls our coat and whispers in our ear that they have The Secret that will change our world, it's hard to resist. They just might have the answers—or maybe only some of them. Ask yourself are you blindly following the herd, are you blindly accepting the message as fact, and are you blindly tossing your own good sense, intuition, and smarts to the wind, replacing them with the feel-good flavor of the week? Or are you looking with an open mind and an open heart, deciding what actually works for you and applies to your life? As long as you take what you need and it's getting you where you want to be and no one is getting hurt along the way, then move forward with optimistic anticipation of better things to come. Move forward in your way and on your terms. Sheep follow. The only thing you should follow is your internal voice. Listen and it will lead you in the right direction.

Understanding the semantics—The Law of Attraction has its roots in something we all are well-versed in and clearly understand—quantum physics! Yeah, sure, right! When we go from something tough for the average brain to comprehend and we break it down to its simplest parts, and call it, THE SECRET, we run the risk of a few pieces of the equation getting lost in translation. While this is thought of as a fundamental law or cause and effect or karma or the golden rule—it still isn't a concept most of us easily and fully embrace. Not everyone is on the same cosmic or spiritual page. We have a tendency to throw words around like we really understand them. Take the time to understand this law beyond this book. Read other works by other authors. Compare and contrast the knowledge you gain from many sources as you take an active role in your own life and your own destiny.

Be Careful How You Interpret the Message—A proponent of The Secret, in a recent interview, was asked by the host of the program about the basis of the book—the Law of Attraction-- and do people attract consequences through their vibration. Specifically, he was asked to comment on the Jessica Lundsford case—where the 9-year-old had been kidnapped, raped, and buried alive and whether the little girl had attracted her murder. This guest, with great conviction, answered yes, and that each of us attracts our own outcomes and there are NO exceptions. I'll share with you that I went to the memorial service for this precious child and even with the teachings I know to be true, this is something impossible to comprehend on a human plane. I feel sure that this guest was not affixing blame or fault to little Jessie. An abused person as a child can attract an abuser as a spouse or become an abuser themselves. A poor person growing up in poverty can only see themselves as poor and can't envision the likelihood they will ever be anything other than poor. Low expecta-

tions equal low expectations. Self-fulfilling prophecies abound. If The Secret is designed to empower people to enable them to turn their situation of abuse or poverty or failure or sadness into something positive and for the good, then this guest failed miserably at explaining why he answered the way in which he did. The typical listener does not fully grasp the concept of attraction and beyond. This message is powerful stuff. In the right hands and with the right intentions it can work wonders. The messengers of this philosophy need to be more discerning when they present it. They run the risk of holding themselves up as god-like figures declaring edicts like King Henry VIII contaminating and misrepresenting the entire process.

Bad things still happen to good people—The basic premise of the book cannot and does not explain away all actions in the universe with the painting of their Law of Attraction broad brush. It does little to deviate from that stance and offers only snippets of the fact that there is MUCH MORE TO IT than this complex concept, made simple—which there is. I'm aware that, in theory here, all other laws emanate from this one. I'm also aware they want the reader to at least begin to "get it" and the presentation succeeds beautifully and on a grand scale when it comes to supporting this cause. But one needs to know that in keeping with this law that good and harmony and evil and disharmony are synonymous. We human beings still have a personal basis of judging good and evil and many of us are perhaps not evolved enough to fully adopt the impersonal as our guide. When bad things happen to good people we struggle with an explanation that will make sense. That's just the way it is.

Only one piece of a bigger puzzle—The Law of Attraction is not all there is to the puzzle of life. There are other laws that work in conjunction with this one waiting patiently in the wings to be revealed; I'm sure at a future date. A segment of the followers of this book will not have the tools to put their new-found miracle message into motion. Their expectations will not jive with their reality. They may end up disappointed and disillusioned and in worse shape than they were prior to learning about The Secret. I hope not. I would have preferred it if the author and the self-help gurus were more forthright and less secretive about the other 'secrets' yet to come. (Feels a little too much like manipulation and makes one question if marketing genius trumps the pure motives that may actually exist.) When they do come out with Secret #2, and they refer to the law of action and motion, you can say you read it first, right here!

Thought without the right action falls short—All the wonderful, positive thoughts in the world are still just thoughts until you take them to the next level. That level is the level of action. I can speak from experience on this one in a big way. I've had my very own book as a positive thought in my mind for a long time. I was attracted to the concept and of the idea that I could help others. Then, my efforts shifted and focused on the actual writing of the book. After that, I put it aside. I just wasn't ready to take action. I just wasn't ready to take it to the next level. As time passed, and I grew in mind and spirit, it occurred to me I was finally ready to bring that book to life. I could only help folks with the message in the book if I took action. And so I did. Now the book is a reality, and what started as an idea, evolved

into an actual finished product, that took a great deal of energy, effort, and action. My next step is getting it into the hands of faithful readers like you. All of these actions are the right actions. I know because I did them, and I already feel the intrinsic reward for having done so. It is all worth it. The same can be true for whatever you aspire to in your own life. Yes, conceive it. Attract all the positive energy the universe and The Secret has to offer. Yes, believe it. Suck every ounce of can-do thoughts out of the sea of can-do thoughts. Then, receive it. Release that energy and those can-do thoughts back into the universe and make it happen. It's the right action applied diligently and whole heartedly to those inspiring and uplifting thoughts that makes you a giver rather than a taker. When you become the contributor you are meant to be then everyone and everything on the ladder of the life rises up a higher notch right along with you.

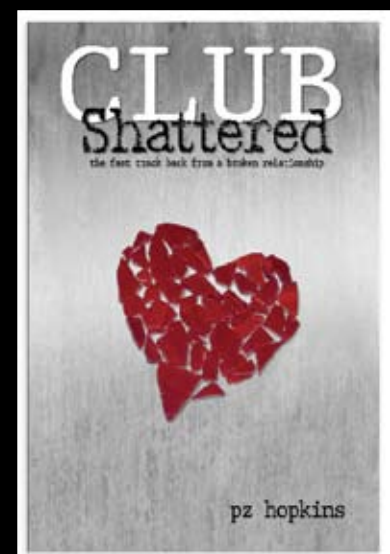
Pz is a motivational writer specializing in the area of relationships and the human condition. Have a topic you would like to feature? Contact Pz with ideas, questions, or comments: pzpower@aol.com

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