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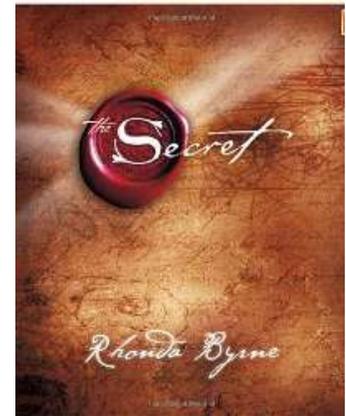
The URGENT Coach

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***The Secret* – Just what is it anyhow . . .**

At least once a week, someone asks me if I ever read ***The Secret*** and what do I think about it. Yes, I have read ***The Secret*** by Helen Byrne. It is not a new book- it was published nearly five years ago, and it was based on concepts introduced back in 1910 by Wallace Wattles in his book called *The Science of Getting Rich*. And what do I think of it? It is one of the books that I keep by my desk- not on the bookshelf- so that I can open it up and remind myself that I am in control and have the power over my own destiny. I simply have to remember whatever I am thinking will lead to an outcome. As Bob Proctor says: “If you see it in your mind, you’re going to hold it in your hand.” Whatever is the dominant thought in your mind is what you will bring into your life. If you are listening to your “Inner Whiner” and negative thoughts, you will experience negative events. If you are listening to your “Inner Winner” and positive thoughts dominate your mind, then you will experience positive events.



Now being a scientist by training, I am always skeptical of what seems to be a “fad” concept”. ***The Secret*** is no fad. It is all about a simple scientific law: The Law of Attraction. “Everything that is coming into your life you are attracting into your life. It’s what you are thinking. Whatever is going on in your mind, you are attracting to you.” In 1912, Charles Haanel described the Law of Attraction as the “greatest and most infallible law upon which the entire system of creation depends.” Quantum physicists tell us that the entire Universe emerged from thought. When we become aware of this great law is when we become aware of how powerful we actually are. What ***The Secret*** teaches is that no matter where we are right now, no matter what has happened to us in the past, by consciously choosing our thoughts, we can change our lives.

The first step is to become aware of our thoughts and then set the intention that you are going to focus on the positive in every situation. This is not always an easy thing. Often our minds get bogged down with one or two things that we can’t seem to get out of our minds. That is when training our minds can be helpful. Some folks can do it on their own. Others need tools and techniques like meditation, music, exercise, quiet, being around positive people, a coach, etc. The key is that you can learn to attract what you want. And we can learn how to turn the switch so that we can leverage the Law of Attraction.

If you have not read ***The Secret***, you absolutely must put it on your priority list. Here is a link so you can order it today: <http://www.coachcarolscorner.blogspot.com>. You will find it under "My Favorites".

If you are stuck with negative thoughts, you need to implement some techniques and tools that can help you. Setting goals, having plans, surrounding yourself with other positive people, developing your talents, learning how to alter your thoughts are all helpful.

The most important thing to remember is that you can have more control over your own destiny. The key is to know what you really want and to believe wholeheartedly that you can achieve it. For more information and tips on how you can leverage the Law of Attraction contact carol@impactlearninginc.com

Now- this minute- think about your perfect day. Picture it in your mind. Really see it and try to use all of your senses. Okay - now go out and have that perfect day!!!