

RHONDA BYRNE'S *THE SECRET*: A BOOSTER TO WILL POWER AND POSITIVITY

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Regarded as a life-changing, *The Secret* by Rhonda Byrne is a self-help book that embarks to motivate the reader about a universal paradigm about success that can be achieved through it. The present research paper explores about unveiling this little secret which may transform how people look at things and lead them on to the road of success and true happiness. According to the author, the book makes proper use of the 'law of attraction' and shows how positive thinking can open treasure trove of bountiful happiness, health and wealth.

The Secret is regarding the power of positive thinking. The book suggests the notion that like attracts the like, which means if you emit positive energy, it will be very beneficial because people will attract positive things to them. Byrne proposes that positive thinking magnets positive outcomes. Thoughts have a frequency. As people think, those thoughts are sent out into the universe, and they magnetically attract all like things that are on the same frequency. Everything sent out returns to the source. Simply believing in what you want to acquire or become will become of you. *The Secret* portrays that the secret is mainly about the law of attraction but it also highlights gratitude and visualization. The primary technique of ask, believe and receive is explained further by stating some facts from some of the Secret's practitioners. The book promotes encouragement for people in times of trials or deepens their urge to succeed. Happiness, wealth, success in relationships, and even health improvement is all justified as achievable by the application of the so-called secret.

Rhonda Byrne, an Australian TV writer and producer, has made a name with her thought books, *The Secret*, its sequel *The Power*, *The Magic* and *The Hero*. Byrne, in 2007 has also featured in the Time's list of 100 people who shape the world. She lives by the philosophy that one may achieve all desires, wishes and dreams if one truly believes in it. After suddenly losing her father in 2004, Rhonda Byrne's life fell into turmoil. Her relationships with colleagues and loved ones tattered, and she became increasingly dejected. However, during this period of soul-searching and self-inquiry, she discovered what she refers to as 'The Secret' to life. By tracing its origins throughout history, she realized that the world's greatest thinkers, from Plato and Shakespeare, to Edison and Einstein, all knew The Secret, and it was the key to their success. Byrne first made her extensive knowledge and discoveries public by creating a film called *The Secret*. Soon after, she started receiving letters from people claiming to have witnessed miracles, recovered from terrible pain, or gotten the job, life partner, or promotion they desired thanks to its wisdom. Believing wholeheartedly in the power of The Secret, Byrne decided the next step was to write a book. *The Secret* includes the wisdom of the 24 different teachers featured in the film, in addition to Byrne's tips to help you live a life you have only

dreamed of. Byrne states that you can be, have, or do anything you want and get to know who you really are.

While Byrne packaged the idea in a new way, which appealed to the masses, the law of attraction itself is as old as we are: like attracts like. In German there is a saying: “*As you shout into the woods, so they echo back.*” In essence, **the law of attraction states that what you think and feel determines what you will attract into your life.** *The Alchemist* by Paulo Coelho, *The Master Key System* by Charles Haanel, and even the book Rhonda herself found it in, *The Science of Getting Rich* by Wallace Wattles, all describe it in different forms. For example, if you focus on all the negative feedback you get as an artist, you will likely encourage more criticism. Similarly, it is hard to imagine a person who hates money to become wealthy, and so on.

One of the case studies of the law of attraction is Jim Carrey, who, funnily enough, discussed his experience with Oprah in 1997, also before she knew about *The Secret*. As an aspiring actor, Carrey would stop on his drive home every night, think about his future accomplishments and visualize them. He took comfort in the fact that he “[*did*] have these things, I just don’t have a hold of them yet, but they’re out there.” He even wrote himself a check for ten million dollars and post-dated it 5 years. He did end up making the sum from *Dumb and Dumber*, just around the deadline. What’s remarkable about the way Carrey did it, and Rhonda says this is a prerequisite for the law of attraction to work, is that he always envisioned the positives that would come into his life, rather than the negatives he was trying to avoid. Consequently, Byrne believes that your current life is a reflection of your past thoughts. You attract what you think about the most. To change your life, you must change your thoughts. You literally think your life into existence. What you are thinking now will create your future life. One way to master your mind is to learn how to quieten it. Each teacher who contributed to *The Secret* practices daily meditation. By quieting your mind, you become aware of your thoughts and, thus, learn that you can control both your thoughts and your life.

All humans are creators. According to Byrne’s application of the law of attraction, you create your whole life. To use the law of attraction to your advantage, you must adhere to the following steps:

1. Ask: This is about being specific in what you want out of life. To get what you want; you must first ask for it. However, you must be clear about what you want before you ask for it.
2. Believe: Here, you must believe that what you want is already yours. This is about radiating confidence, so that the people you meet along the way will support you. Don’t be blindly optimistic, but in a go-getter spirit. Understand that the moment you ask for it, you will have received it. Once you ask, the universe shifts to accommodate for your want. You must have faith in the law.
3. Receive: The final step in the process is simply receiving what you have asked for and relishing in it.

The law of attraction only works when people think in positives, not negatives. Besides regularly thinking about your goals, visualizing them, and framing them positively. Yet, Byrne controversially states that like frequencies of thought attract like events. However, she goes on to suggest that once you have accepted this as truth, you can take full ownership of your life. Building on this, Byrne believes that your feelings are your greatest tool. Because they are caused directly by your thoughts, they let you know what you are thinking.

As you begin to change your thought patterns, powerful changes will take place in your life. One of the most beneficial steps to begin changing the way you think is to practice gratitude. Start by making a list of all the things you are grateful for. This will shift your energy and, thus, your thoughts. Make gratitude part of your daily routine, and you will see dramatic, positive changes in your life. By feeling more grateful for the things you already have, you start to attract more of the good things. In addition to gratitude, practicing visualization is also an excellent technique for using the law of attraction. By visualizing what you want, you generate thoughts and feelings as if you already had what you desire.

The law of attraction can be applied to every area of life. Money is no exception. The chapter 'The Secret to Money' describes 'Wealth is a mindset'. However, to invite more money into your life, you must focus on your future wealth, not on any thoughts that say you don't currently have enough. By focusing on the latter, you will only create more circumstances in which you won't have enough. Yet, by visualizing and believing that you already have more than enough money, you will manifest it as a reality. By doing so, you will instantly see your relationship to money change. You will feel more at ease with your finances, and then money will begin to flow into your life. By feeling happy in the present, you will get everything you could want. By radiating feelings of joy, the universe will reflect that back to you in abundance. Byrne argues that this is the fastest way to accumulate money.

By looking at our actions, we can see the physical manifestation of our thoughts. If you want to cultivate something in your life, you must ensure that your actions don't contradict your wants. You must act as if you have already received your deepest desires. This is also true for relationships. The chapter 'The Secret to Relationships' has notion that if you don't treat yourself the way you want others to treat you, your actions contradict your desires for a happy, healthy relationship. As Lisa Nichols says: "Inside relationships it's important to first understand who's coming into the relationship, and not just your partner. You need to understand yourself first." (117) First, you must start with yourself. You are responsible for your own joy. When you independently create joy in your life, you will naturally be more loving to those that surround you. This will attract more people to you.

By treating yourself with love and respect, the law of attraction will bring people into your life who love and respect you. However, if you don't love yourself, you will block all of the gifts the universe has to offer. Instead, you will only attract more people, situations, and circumstances that strengthen your belief that you are unlovable or a bad person. By starting to focus on the positive parts of your character and what you like about yourself, you will begin to change your frequency and attract better partners.

In the chapter 'The Secret to Health' Byrne suggests visualizing thoughts of perfection, as she argues that illness cannot reside in a body that has harmonious thoughts. In the healing arts, the power of the placebo effect is well-known. It is a powerful phenomenon in which patients are cured even when they have been given, for example, a sugar pill as opposed to a pharmaceutical drug. According to Byrne, this proves that by simply thinking and believing that you have been cured, you manifest it as a reality. She controversially believes that if you fetch an abundance of positivity and love into your life, you can cure yourself of disease. Likewise, if you feel unwell, don't reinforce any negative thought patterns by talking about how sick you feel. Instead, do the opposite and talk about how great you feel. According to Byrne's logic, you can think yourself to a state of perfect health.

Byrne says that humans are the most powerful transmission receptors for energy. Every individual vibrates at their own frequency dependent on their thoughts and feelings. The same is said of all the things that you desire. These things are composed of energy and, thus, when you think about what you want, you cause that thing to vibrate at your frequency so that it comes to you. This is because the law of attraction states that like attracts like. As you are energy, and energy can neither be created or destroyed, the energy of your being will always be. Your energy will always exist. Further, Byrne states that what exists does so within one universal mind and, thus, we are all one. Therefore, when you have negative thoughts, you separate yourself from the one mind and all that is good. Consequently, you should let go of past hurts and negative thoughts.

By becoming aware of your true power, you realize that you are the master of your world. It is the awareness that is key. By bringing awareness to your thoughts and feelings, by asking yourself what you are thinking and feeling throughout the day, you bring awareness to the present. By doing so, you bring awareness to any negative thoughts and feelings, and you are in a position to transform them into positive frequencies.

While dealing with the last chapter 'Secret to Life', Byrne states that you get to fill your life with whatever you want. With *The Secret*, you get to have a fresh start. Start doing more of what brings you joy and commit yourself to happiness, and the law of attraction will bring you more joyful things in abundance. We are in the midst of a glorious era. As we let go of limiting thoughts, we will experience humanity's true magnificence, in every area of creation. As *The Secret* lives within you, the more you use its power, and the more you will draw it to you. Byrne believes that the world turns, the birds sing, and the sun rises and sets all for you. You are the perfection of life, and that is the truest form of *The Secret*.

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