

The Secrets

Within

*“The Secret”*

by

**Marguerite Bonneville**

**Practical Techniques for Implementing  
the Changes Suggested in *The Secret* DVD**

**Volume 1**

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## A little about me...

If you haven't yet seen the amazing documentary called [\*The Secret\*](#), you owe it to yourself to experience it at least once, if not many, many times.

I've been on my personal quest for 'how life works' for a long time, but, as often happens, a gap had arisen between what I'd learned and what I actually practiced. I'd lost touch with the part of myself that knew the law of attraction to be true, until a friend loaned me *The Secret* a couple of months ago. Listening to the speakers I had a sense of coming home, and the feeling of relief brought tears to my eyes. From the depths of my closet I dragged out an old treasure map (or vision board, as it's called in *The Secret*) and hung it on the wall. I updated my intentions and placed them on the board. Things started happening almost immediately. People contacted me out of the blue, offering business services I'd been searching for in vain. I manifested parking spots, rare items I wanted to buy but couldn't source, and a chance meeting with my best friend from high school whom I hadn't seen in 10 years. And I've been flooded with new ideas for my business.

This ebook is inspired by what *The Secret* has added to my life, and is offered to encourage you to use this wonderful gift to enhance yours. Everything you need to know is there in *The Secret*, but I'm presenting some additional information that may make it easier for you to implement the excellent suggestions the movie presents.

Many of these techniques and strategies have been on my web site for years, and others live in binders on my bookshelves. Some may help you incorporate the suggestions in *The Secret* into your daily lives; others may not appeal at all. As always, take what you need and leave the rest.

### Disclaimer

Please note this is an unauthorized work. I have no connection with the producers of *The Secret*, nor have they seen this material or my web site. Obviously, everything written here is from my point of view. I'm not a published author or a 'guru' – I'm simply a fellow student on this journey called life who's picked up some excellent information along the way. I've been involved with psychology for two decades and was certified as an NLP Practitioner in 1985. I'm happy to share what I've learned with anyone brave enough to question the status quo and want more out of their lives than what's traditionally on offer.

Enjoy!

Marguerite Bonneville  
NLP Practitioner/Trainer

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## Suggestion 1: Stop thinking about what you don't want.

This can be a tough one to implement because you're usually surrounded by it. It's the basic theme of both *The Secret* and this entire ebook, so while we're addressing it right up front, be aware that all the other techniques in this ebook work towards the same end.

As a starting point, you can set aside short periods of time each day where you focus on what you DO want.

Here are some suggestions for doing this:

1. Create your list of [goals or intentions](#).
2. Tape [affirmations](#) to your bathroom mirror and say them as you shave, brush your teeth, put on make up, etc. You can use Post-it notes or 3x5cards, whatever works for you.
3. Use [Post-it notes software](#) on your computer and read them whenever you turn it on.
4. Download a [motivational quotes screensaver](#).
5. Create your own Affirmations PowerPoint presentation and watch it daily.
6. Create a treasure map and place it in a private place where you'll be reminded of what you do want (see Part 13).
7. Set aside 15-30 minutes a day to meditate or visualize your goals or intentions (see Part 10).
8. Watch [The Secret visualization videos](#) daily.
9. Every time you look at what you **don't** want, say to yourself,
  - "That's what I used to manifest" or
  - "That's what the old me used to manifest."
  - Then add, "Now I'm manifesting X (insert the goal that will replace what you're currently looking at)."
  - If you don't yet know what that should be, take a moment to ask yourself, "What's the solution?" or "What do I want instead of this?"
  - Feel a frisson of excitement as you quickly contemplate what's coming to replace this.

## **Suggestion 2: Remind yourself that positive thoughts are 1,000 more powerful than negative thoughts.**

1. Write this on a Post-it note or 3x5 cards and add it to your vision board.
2. Remind yourself that it took you **years** of thought to manifest whatever negatives are in your life now – you had to really work at it. Realize that attracting new positives won't take nearly that much energy.
3. Test it with something small.

### **Let Them Eat Cake**

Sarah doesn't usually keep cake in the house as it's too much of a temptation for her (she has a weakness for cake and chocolate). One morning she found herself thinking, "Wow, I'd really love a piece of cake right now. It's been ages since I had any."

Sarah knew she had no intention of buying one so she dismissed the thought from her mind. But two days later her neighbor arrived with a box containing a coffee flavored cheesecake. It was to thank her family for keeping an eye on his house while he was out of town. Her first thought was, "Oops!" Her next action was to turn off her conscience for the moment and totally enjoy the treat.

You can try something similar and see how long it takes to show up in your life.

4. Think of all the catastrophes you imagined that never eventuated. Many of those had very strong emotions attached to them and yet they didn't happen.
  - You didn't get arrested when you made out in your friend's car
  - Your headache didn't turn out to be a brain tumor
  - You didn't get mugged when you walked through that dark parking lot to your car

How many times in your life did you fret or worry over worst-case scenarios that never happened?

Thank God we don't materialize every negative thought or most of us wouldn't have survived!

Goes to show they really are quite toothless.

**The fact that you won't manifest a thought immediately works in your favor here.**

Be grateful that you don't manifest those catastrophic thoughts immediately.

### Suggestion 3: Begin to feel good now.

This is based on the idea that you can attract more of what you want from a positive state than from a negative one.

Legendary success coach Anthony Robbins emphasizes in his Personal Power Program that since many of your goals involve feeling a certain way, you don't have to wait until you achieve them to feel that way. You can feel it now.

The NLP technique of [anchoring](#) is one of the ways you can do this. It's very easy to do and takes just a couple of minutes.

1. Make a list of the ways you want to feel:

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Healthy    | <input type="checkbox"/> Energetic  |
| <input type="checkbox"/> Attractive | <input type="checkbox"/> Passionate |
| <input type="checkbox"/> Happy      | <input type="checkbox"/> Fulfilled  |

You can find a fuller list on our [Desirable Resources](#) page.

2. Then visit these pages for the NLP techniques:

- [Basic Anchoring](#)
- [Additional Anchors](#)
- [Physiology](#)
- [New Behavior Generator](#)

Experiencing these feeling now alerts the Universe to give you more of the same.

The other obvious way of feeling good is to do more of the things you enjoy. In *The Secret*, Jack Canfield talks about spending time with his pets and going on hikes.

3. Make a list of activities that make you feel good. Put them up on your vision board. When you're feeling low and 'unresourceful', you can take a look at your list and find something quick and easy to do that will change your state in an instant.

#### Claire's Resource List

When Claire slipped into her habitual depressed state, the last thing she was capable of was thinking of a quick way out. So she put together the following "Feel Good" list and placed it on her notice board:

Play with my dog	Burn incense	Do stretch exercises
Drink jasmine tea	Go for a run	Visit my rose garden
Listen to rock music	Call my best friend	Play <i>The Secret</i>

Now she uses it to pull herself out of a slump – which is becoming far less frequent the more she relies on her list.

## **Suggestion 4: Use the 3-Step Manifestation Process.**

### **□ Step 1: Ask for what you want.**

Presumably you have some kind of goals list or you're very clear on what you want. You ask by holding the thought of what you want in your mind. You can do this in a number of different ways (see Suggestion 1).

In *The Secret* Bob Proctor offers another way to do your goals list. He suggests you write:

**“I am so happy and grateful now that...”**

Joe Vitale offers a fabulous metaphor: think of the Universe as a giant catalogue. You simply place an order for what you want and the Universe will deliver it.

Sandy Forster, in her excellent book *Wildly Wealthy*, uses the metaphor of a warehouse. Imagine a warehouse where every goal you've ever imagined lies waiting for you to claim it. You just need to put yourself into the right mindset to receive them.

### **□ Step 2: Wait for an Answer. The Universe will provide what you want.**

This part is the job of the Universe. The Universe will say YES to what you focus on, whether it's positive or negative. You can't force it but you can take appropriate action to smooth the way.

For example, you may affirm that you want your business to succeed, but if you lie in bed till noon every day, trusting that clients will find their way to your door, you may have a while to wait.

But if you place some ads in the local paper and give free talks at your local businessmen's clubs, you're creating avenues for clients to reach you, and also demonstrating that you're ready to take on more clients.

Which bring us to the next step.

### **□ Step 3: Receive. You must put yourself into alignment with the goal.**

In *The Secret*, Esther Hicks states that you must put yourself in the 'feeling place' of a goal in order to bring it onto your life.

1. In our previous example of the business owner speaking at businessmen's clubs, he's more likely to attract more clients if he feels confident, competent and successful while he's giving his talks. This is another situation where you can use [anchoring](#) to achieve a particular feeling.

2. With visualization, you need to go beyond just seeing the intended result to feeling it as well. You can do this by enhancing your other senses.

In NLP this is called working with the submodalities of experience. So when you visualize what you want, you make the image more desirable by

- ❑ Enhancing the colors
- ❑ Bringing the image closer
- ❑ Making sure the image is a movie and not a still picture
  
- ❑ Adding in sound. It might be
  - “Yes!!”
  - “Well done!”
  - “Go for it!”Or whatever motivating phrase works for you
  
- ❑ Adding music
  - It may be a theme from a movie or some other music that inspires you.
  
- ❑ Stepping into the experience and seeing it through your own eyes
  - This can really powerful.
  
- ❑ Feeling the emotions you would have if this were happening now
  
- ❑ Feeling the physical sensations you would have if this were happening now

The key is to engage all your senses.

3. Two additional NLP techniques that work here are:

- ❑ [Acting As If](#)
- ❑ [New Behavior Generator](#)

These techniques are designed to help you become the person you need to be in order to manifest your goals.

## **Suggestion 5: Take action.**

In *The Secret*, several speakers suggest ways of enhancing the Asking step of your manifestation process:

1. Test drive the car you want
2. Inspect the house you want
3. Try on the clothes, jewelry etc. you want

The point is to feel the feeling of actually having your goal. Celebrate and remind yourself that it's on its way.

We'd like to add a few more "as if" experiences:

1. If you're focusing on attracting wealth, get your like-minded friends together and have a Millionaires Night Out.
2. Buy at least one outfit that makes you feel prosperous. That includes accessories like shoes, belts and jewelry.
3. Rent your dream car for a day.
4. Spend a weekend in a luxury hotel (during the off-season if that's what works).
5. Rent a limo for a special occasion.

Make sure you get photos taken to place on your treasure map or vision board.

### **Ben's Dream Family**

Ben wanted a home and family. He lived in a rented apartment but fantasized about living in a cozy little house with a wife and several children. He dated a lot of women but couldn't find anyone he wanted to settle down with. Finally he gave up on the search and decided to go ahead and buy his dream house – where he could at least enjoy a part of what he wanted.

Eight months later, at a friend's party, he met the woman he wanted to marry. She had four daughters so he got an instant family. They lived in his cozy little house for a short while but eventually moved to a larger one. Renting out the first house taught him the value of investment property. He and his family have since built a substantial real estate portfolio and share their time between their home in the city and their seaside villa in the south of France.

## Suggestion 6: Act on your impulses.

This is partly an extension of the previous suggestion.

As Joe Vitale states in *The Secret*, the Universe likes speed. So when you get an inspired idea, act on it quickly.

It still may take time to get all the pieces in place, but take Step 1 as soon as possible.

For example, imagine you have an idea for a book.

Step 1 might be to jot down some initial ideas.

Step 2 might be to get a reputable book on how to write or structure your book. While it's great to act on your impulses, you'll also need to get some expert guidance if you want to create a professional product.

- ❑ If it's a How To book, you might want to look at an excellent speed-writing course called [Write A Book Now](#).
- ❑ If it's a digital book, you might use Joe Vitale's book on [How To Write And Publish Your Own eBook in as little as 7 Days](#).
- ❑ If it's another type of writing, you'll need to find an expert in that area. For example if you want to write a screenplay, you might need a basic book on structure like Syd Field's *Screenplay*.

Step 3 might be to plan out your chapters (or plot points in a screenplay).

Step 4 might be to do some research to fill in the gaps in your knowledge.

And so on. You only need to know the first steps as each one leads to or suggests the next.

This fits with Jack Canfield's analogy of driving from one coast to another in a car at night. Although your headlights will only light the road for 200 feet in front of you, if you follow them you'll eventually cover the distance of several thousand miles and arrive at your destination. The point being that you only need to see the 200 feet in front of you, which keeps moving with you until you reach your goal.



## **Suggestion 7: Remember that size is irrelevant to the Universe.**

The Universe manifests your thoughts no matter what. So if you think of a piece of cake, you get a piece of cake. If you think of a luxury cruiser, you get a luxury cruiser.

The Universe doesn't put a value on what you want – you do.

There are several ways you can go about this.

- ❑ You can start with small things like manifesting parking spots or finding silver coins.
- ❑ You can go for the gold and ask for your wildest dream.

### **Rob's Red Porsche**

Rob was a new client of mine and during one of his sessions the subject of fantasies came up. Rob confessed that he dreamed of owning a red Porsche but he knew it was a long way off as he'd only saved \$5,000 towards it.

I asked him if he wanted to manifest it sooner and he said in a slightly skeptical tone, "Sure, why not?"

I led him through an NLP visualization process called the Swish Pattern in which he pictured himself driving his new red Porsche. We had a few more sessions until he felt he'd resolved his initial problem and then I stopped seeing him.

A month later he called me and said he had "something I want to show you". I replied that I'd drop by his house the next day as I planned to be in the neighborhood. As I drove up to his house I saw a shiny red Porsche in the driveway. Rob excitedly explained that the previous owner was leaving town to take a job in Europe and had placed an ad in the paper looking for a quick sale. The price he accepted for his as-new vehicle? \$5,000.

There's another great quote about dreams:

**Dreams should scare you a little and excite you a lot.**

Tony Robbins explains that some people don't reach their goals because the goals themselves are "impotent". In other words, they lack the ability to excite and motivate the person into really desiring and pursuing them. Sometimes these goals are simply what you think you **should** want, rather than what you truly, deeply desire. So forget about 'shoulds' and go for what makes your heart race.

## **Suggestion 8: Make a habit of being grateful.**

One of the easiest ways to start focusing on the positives in your life is to begin expressing gratitude. It forces you to find things to be grateful for, no matter how small they are, and it triggers the Universe into giving you more of what you're focusing on.

Here are some practical ways to give thanks:

- ❑ Use Bob Proctor's method for goal setting but this time use it for things you already have right now. So start your sentences with:

**“I am so happy and grateful now that...”**

- ❑ Start an abundance list.

This is an amazing exercise. You'll be surprised at what you've taken for granted in your life. For some tips on how to create your abundance list, click on [Abundance](#).

- ❑ Create a gratitude book.
- ❑ Do gratitude affirmations every morning. You can use your abundance list or type out a list of everything you're grateful for in your life.

The key to gratitude, as with many other techniques, is to really FEEL it.



### **Tips on Using a Gratitude Book**

1. Purchase a small lined notebook.
2. Place the notebook and a pen or pencil beside your bed in a place where you'll see it every night as you turn down the covers.
3. Take a few moments before you get into bed to write down all the things that occurred during the day that you're grateful for. If you're stuck for anything specific, just list some of the general things you're grateful for. Make this a regular habit.

### **Suggestion 9: Use a gratitude rock.**

The story of the gratitude rock is one of the highlights of *The Secret*.

You can find your own gratitude rock in a stream, at the beach, by the road, or you can buy one in a nursery or garden center.

I have one all-purpose rock by my bed, and keep three on my desk. You can try something similar.



Each rock can represent a different part of your life. The first rock may represent your relationships, the second rock may be about personal well being (health, beauty, creativity, peace of mind), and the third rock can represent public success and accomplishment.

You can also use gratitude rocks in conjunction with feng shui.

A small fountain in the wealth corner of your home or office can feature a base surrounded by gratitude rocks.



The purpose of the flowing water is to attract money into your life, and the rocks are a symbol of your gratitude for the resulting financial abundance.

## **Suggestion 10: Visualize daily.**

Here are a couple of ways to find time to visualize your goals each day:

1. Keep a list of your 3 most important goals or intentions by your bed. They could be on a 3x5 card, listed in your gratitude book or on a sheet of paper.

Take 5 minutes before you get out of bed in the morning to read each one, then close your eyes and picture it as vividly as possible.

2. Set aside some private time at the end of the day. It need only be 15 minutes after dinner or before bed.

Read your list of goals, closing your eyes after each and visualizing it.

3. Keep in mind the submodalities of your visualization:

- Enhance the colors
- Bring the image closer
- Make sure the image is a movie and not a still picture
  
- Add in sound. It might be  
“Yes!!”  
“Well done!”  
“Go for it!”  
Whatever motivating phrase works for you
  
- Add music  
It may be a theme from a movie or some other music that inspires you.
  
- Step into the picture and see the events through your own eyes
  
- Feel the emotions you would have if this were happening now
  
- Feel the physical sensations you would have if this were happening now

Engage all your senses.

### **If you have difficulty visualizing...**

1. Examine the back of your hand closely. Close you eyes and “imagine” looking at your hand. Picture your hand pointing to the image you wish to visualize.
2. If you’re one of those people who has problems imagining in pictures, stop worrying about it and just think of your goal in whatever way feels natural and comfortable for you. There is no right or wrong way to think about your goals – as long as you do think about them in a way that attracts them to you.

## **Suggestion 11: Dwell on the end result, not the 'how'.**

The key to visualizing an intention is to picture the end result. See your dream home, fantasy car or ideal romantic partner, then put yourself in the picture with them.

You don't need to worry about the steps required to get there – that's the job of the Universe.

All that's required of you is to take the first step. Once you've done this, the next step will become obvious. And you'll be surprised at the things that will fall into place once you're clear on your end goal. Yes, you'll most likely encounter some obstacles, but that's usually your own doubts and misgivings temporarily getting the upper hand. But you'll also notice a number of coincidences that show up in your life and move you towards the goal.

### **Danni's Web Sites**

Danni was an artist who dreamed of starting a web design business. While studying HTML and web design she honed her skills by building a site for herself. She spent many hours learning the concepts of Internet marketing and discovered which topics were most popular in the search engines. Two of these subjects really appealed to her and she flirted with the idea of creating her own sites around them. But she had no background in either so she reluctantly put the idea on the back burner.

Three months later she landed her first design client. The client offered services in a field where Danni had once worked, so she was able to offer valuable insight into the client's marketing strategies in addition to completing the design work. But her second client really blew her away. He wanted two web sites – on the two subjects Danni dreamed of building sites around. Not only that, but he was so impressed with her work that he offered her part-ownership of both sites.

Coincidence can pop up in your life in many forms:

1. You can meet the right person who'll show you your next step.
2. You can pick up a magazine and find an article that suggests a solution to one of your biggest obstacles. You can also stumble across the exact information you need in a movie, a song, an ad or a chance remark.
3. You can have a new idea out of the blue that steers you closer to your goal.
4. A detour or delay on your journey can turn out to be the best piece of luck in creating an even better outcome than the one you imagined.

## **Suggestion 12: Don't quit just before you manifest your intention.**

One of the saddest scenarios is learning about someone who gave up just short of a goal. There are lots of examples in the history of exploration, where men died within a short distance of base camp or a rescue party. But it also happens in business:

- ❑ People sell a business just before a boom in their industry.
- ❑ Someone sells a property months before a developer snaps it up at a premium price to make way for a mall.
- ❑ Investors dump their stock just before an upturn in the market sends prices into the stratosphere.

No, we don't have a crystal ball and few of us can predict the future, but in these scenarios the failure to obtain a positive outcome is less about the markets and more about the mindset of the investor/owner.

That nagging thought about dumping a 'bad' investment may be a flash of intuition, or it can be a means of self-sabotage. Look at your track record and see what you've been manifesting. If you have a habit of cheating yourself out of the good things in life, start working on your mindset today.

### **Ellen's New Car**

Ellen purchased tickets in a local lottery on a regular basis, dreaming that she'd one day win first prize – a brand new car. Her husband Ben occasionally griped about the monthly expense, but after six years of buying tickets his criticism was becoming more vehement. "It's a waste of bloody money!" he moaned whenever he came across the direct debit notice on their bank statement. "You need to stop this nonsense."

Ellen almost caved in to his demands but then compromised by saying, "I'll give it one more year. If we don't get at least a small prize – say \$10 or \$20 – then I'll stop buying tickets." And she began to seriously visualize driving her new car.

Six months later Ellen received a phone call, informing her that she had just won first prize. Ben is in love with their sporty new car, and Ellen is so glad she didn't quit buying tickets before her winning number came up.



## **Suggestion 14: Create more visual aids.**

There are several great examples of visual aids mentioned in *The Secret*:

### **1. The \$100,000 bill**

Jack Canfield talks of adding zeros to a \$100 bill and attaching his new “one hundred thousand dollar” bill to the ceiling. This way he could be sure of seeing it every time he woke up.

### **2. A healthy bank statement**

David Schirmer added zeros to his bank statement balance to help manifest a greater income.

He also visualized lots of checks arriving in his mailbox, which was soon reflected in reality.

Here are a number of additional suggestions for visualizing successful outcomes:

### **1. Your Newspaper Headline**

Write your own newspaper article about your sensational achievements. Include your favorite photo of yourself and make the headlines large.

### **2. The Bestseller List**

If you're a budding author, grab a copy of a newspaper that features the New York Times bestseller list or the equivalent in your country. Replace the name and title in the number one position with your own book.

### **3. Posters and Oscars**

If your dream is to be a famous actor, take an image of a movie poster and replace the star's name and photo with your own.

Or purchase one of those souvenir Oscar statuettes from a movie theme park and place a sticker with your name on the base.

### **4. Mock-Ups**

Whatever your goals, create a mock-up celebrating your achievements by asking the following questions:

- Which list do you want to top?
- Which awards do you want to win?
- Which trophies do you want on your shelves?

Then create some sort of visual symbol that reminds you of this goal.

To print a mock-up \$1,000,00 bill, visit [A Million Dollars](http://www.hidden-wealth-keys.com).

## **Suggestion 15: Set your intentions with deadlines.**

For some people, adding a deadline to a goal or intention works really well. An example might be:

**I'm receiving an unexpected gift of \$25,000 within the next 30 days.**

For others, missing a goal's deadline can lead to an onslaught of self-deprecation, along the lines of

- ❑ "I knew this would never happen!"
- OR
- ❑ God, I'm a loser!

And so on.

This can lead to the 'giving up early' scenario.

There are two ways you can handle this:

1. If you suspect you'll handle missed deadlines badly, perhaps you can initially use this suggestion with goals that you're fairly confident of achieving. Then you can build up to goals that are little more challenging.
2. Or you can start setting deadlines with smaller goals and build up to larger ones after you've had some success.

### **Meg's Firebird**

In 1988 Meg was driving an old Datsun and shopping around for a new car. The one she really wanted was a black Pontiac Firebird, which was on sale at a local dealer's for \$8,888 – in keeping with the year-end sale theme. But this sum was beyond her budget at the time.

She gave up on the idea but was still drawn to Firebirds whenever she attended an auction looking for a 'more sensible' car. Somehow she never found anything quite suitable.

Then in 1990 Meg heard of a government auction and one of the cars on offer was a dark grey Pontiac Firebird. Her budget was only \$3,000 but the bids were sealed so she thought she would take a chance. On a whim, she added \$5 to the sum and bid \$3,005. Meg was notified that she'd won the bid – and her dream car.

## **Suggestion 16: Avoid declaring negatives.**

In NLP, this is referred to as a negative command.

For example, if a mother says to her young daughter, “Don’t spill your milk!” the child must imagine actually spilling the milk in order to make sense of her mother’s instructions. So it becomes very likely that she *will* spill the milk, despite trying hard to avoid it. In a sense she is manifesting the negative scenario in her mind.

It would be more effective for the mother to say, “Place your glass of milk carefully on the table.” The child will then imagine a positive action and duplicate that scenario.

It works the same way with self-commands. If you tell yourself you won’t put on weight this Christmas, the image you’re focusing on is your body carrying extra weight. So this is most likely what you’ll manifest.

### **Anne’s Negative Self Talk**

Anne grew up in a very disciplined and critical family, and from her earliest years she dreamed of growing up and escaping them. As she grew older she was very clear on what she didn’t want, but she had a hard time imagining what she did want.

Anne slowly learned to turn each “I don’t want...” into “This is what I want instead,” starting with small choices like what she wanted for lunch to larger goals like what career she wished to pursue and what city she wanted to live in.

At first she needed to monitor her self-talk closely, but within a short time she developed a new habit – stating her intentions in the positive. And she began manifesting them one by one.

## **Tips on Reversing Negative Declarations**

1. Check over your written goals and make sure all are stated in the positive.
2. For the next week, listen to the statements you make to yourself and others and catch yourself whenever you say the words “I don’t want...”
3. Immediately state, “What I want instead is...”
4. If you have a difficult time imagining your future, start with what you know you don’t want and work forward from there. Imagine different scenarios one at a time and discard the ones that don’t excite you. Keep searching until you find one that does.

5. If this conscious method doesn't work for you, create a visualization of yourself as contented and fulfilled, and begin affirming that you will discover your path over the coming months. Trust that the Universe will show you the steps you need to take to discover it.

## Conclusion

In this report we've looked at the general areas discussed in *The Secret*.

Volume 2 will covers more specific areas such as relationships, health, society, abundance and creating your own reality. If you'd like to receive a free copy, please [contact us](#) requesting *The Secret Report Volume 2*.

Until then, please make good use of these techniques. They work.

Marguerite Bonneville