

SECRET

There is no secret.

Currently there is a popular book and video called The Secret. The authors have been on Oprah, Larry King, and many other shows. All of a sudden people became aware of the secret and began to believe they could immediately manifest what they wanted after watching the video or reading the book.

The book The Secret and the video The Secret are wonderful marketing and promotion pieces. They are slick and they do sell and attract people. For most, they do not deliver as expected.

First, it is not a secret. Second, it is not common or usual for it to 'work' with the first attempt to manifest what you want. As soon as it does not work there is a negative reaction. The book or the video is blamed as being wrong or not working.

The laws of life are far simpler than they appear. We seem to make the easy, difficult and the simple, complicated. We create the problem with our beliefs and energy.

We are energy and vibration. The secret of manifestation is allowing our energy, our vibration, to match that which we want. Yes, we can do it. No, it is not always automatic, and it does take time and learning.

If we want \$1,000,000 we have to vibrate and believe we are worth it, it is possible, and it is already ours. We have to be, do, and live from the fact that it already is. Doing that means we are vibrating in a certain way. The issue is that if we have \$10,000 we are vibrating at the \$10,000 level.

Working and believing we can change and vibrate at a higher level. The problem is that few, if any, can change the vibration from \$10,000 to a \$1,000,000 level. The jump, the change, is just too much for our belief system all at once. We need to take one believable step at a time.

What we manifest we have to believe, know, and live. This is where the problem occurs. Just reading or repeating a list of wants and desires that we do not truly believe are possible will not do anything for us.

The Secret is a good start and a good guide. Abraham-Hicks has several books on manifestation that have been out long before the popularity of The Secret. They refer to it as the law of attraction. [Ask and It Is Given](#) and [The Astonishing Power of Emotions](#) are two of their books that I recommend.

Life itself is not a secret but an open book. We just need the vision and the vibration in order to read it and know it. When we are ready we will know and understand. Today we can see and know so much. A year from today we can read the same material again and read it for the first time with new insight, new learning, and new understanding.

Life is to be lived. It is in the living that we learn and grow. Learn and grow - learning, believing, and acting as if, are the building blocks of life.

The secret is to work at it with attention and focus. The more focus, the more learning and understanding. The learning and understanding will lead to new beliefs and new manifestations.

The manifestations already exist. They are available to us and waiting for us to be ready for them. In the learning is the preparation and, therefore, the coming.

When you are ready, when you are in a vibrational match, and believe, your manifestations will appear.