



100 Quotes From "The Secret"

Compiled by [Kate Loving Shenk](#)

- 1) We all work with one infinite power.
- 2) The Secret is the Law of Attraction (LOA).
- 3) Whatever is going on in your mind is what you are attracting.
- 4) We are like magnets — like attracts like. You become AND attract what you think about all day long.
- 5) Every thought has a frequency. Thoughts send out a magnetic frequency.
- 6) People think about what they don't want and attract what they don't want into their lives.
- 7) Thought = Creation. If these thoughts are attached to powerful emotions (good or bad) that speeds the creation.



- 8)** You attract your dominant thoughts.
- 9)** Those who speak most of illness have illness, those who speak most of prosperity have it, etc.
- 10)** It's not wishful thinking.
- 11)** You can't have a Universe without the mind entering into it.
- 12)** Choose your thoughts carefully — you are the masterpiece of your life.
- 13)** It's ok that thoughts don't manifest into reality immediately — (If we thought of an elephant and it immediately appeared, that would be too soon!)
- 14)** EVERYTHING in your life you have attracted — accept that fact because it's true.
- 15)** Your thoughts cause your feelings.
- 16)** We don't need to complicate all the reasons behind our emotions. It's much simpler than that. Two categories: good feelings and bad feelings.
- 17)** Thoughts that bring about good feelings means you are on the right track. Thoughts that bring about bad feelings means you're on the wrong track.
- 18)** Whatever it is you are feeling is a perfect reflection of what is in the process of becoming.



- 19)** You get EXACTLY what you are feeling.
- 20)** Happy feelings will attract more happy circumstances.
- 21)** You can begin feeling whatever you want (even if it's not there) — The Universe will respond to the nature of your song.
- 22)** What you focus on with your thoughts and feelings is exactly what you attract into your experience.
- 23)** What you think and what you feel and what actually manifests is ALWAYS a match — no exceptions.
- 24)** Shift your awareness.
- 25)** "You create your own Universe as you go along," said Winston Churchill



- 26)** It's important to feel good (((god))). Say, "I feel GOOD!!" ((I feel GOD))



- 27)** You can change your emotion immediately, by thinking something joyful, by singing a song that you love, or remembering a happy experience
- 28)** When you get the hang of this, before you know it, you'll know you are the (co)creator.
- 29)** Life can and should be phenomenal and it will be when you consciously apply the Law of Attraction.
- 30)** Universe will re-arrange itself accordingly.
- 31)** Start by using this sentence for all your wants: "I'm so happy and grateful now that..."
- 32)** You don't need to know HOW the Universe is going to re-arrange itself.
- 33)** LOA (Law of Attraction) is simply figuring out for yourself what will generate the positive feelings that will attract to you everything you have ever wanted.
- 34)** You will get an inspired thought or idea to help you move towards what you want faster.
- 35)** The Universe likes speed. Don't delay. Don't second guess. Don't doubt.
- 36)** When the opportunity or impulse is there... ACT.
- 37)** You will attract everything you require — money, people, connections — PAY ATTENTION to what is being set in front of you.



- 38)** You can start with nothing and out of nothing a WAY will be provided.
- 39)** HOW LONG? No rules on time — the more aligned you are with positive feelings the quicker things will happen.
- 40)** Size is nothing to the Universe (unlimited abundance if that's what you wish). We make the rules on size and time — and these rules can easily be broken.
- 41)** The Universe has no rules — you provide the feelings of having it now and The Universe will respond.
- 42)** Most people offer the majority of their thought in response to what they are observing (bills in the mail, getting old, always repeating statements of poor self-esteem).
- 43)** You have to find a different approach to what is — through a different vantage point.
- 44)** "All that we are is a result of what we have thought," said the Buddha.
- 45)** What can you do RIGHT NOW to turn your life around? Practice Gratitude.
- 46)** Gratitude will bring more into your life immediately.
- 47)** What we think about and THANK about is what we bring about.
- 48)** What are you grateful for? Feel the gratitude. Focus on what you have right now and feel the gratitude.



- 49) Play the picture in your mind. Focus on the end result.
- 50) Visualize!! Rehearse your future!
- 51) VISUALIZE!! This is where the action begins!
- 52) Feel the Joy! Feel the Happiness!!
- 53) An Affirmative thought is 100 times more powerful than a negative one!
- 54) "What this power is, I cannot say. All I know is that it exists," said Alexander Graham Bell.
- 55) Our job is not to worry about "The How". The "How" will show up out of the commitment and belief in the "What".
- 56) The Hows are the domain of the Universe. It always knows the quickest, fastest, most harmonious way between you and your dream.

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- 57)** If you turn it over to the Universe, you will be surprised and dazzled by what it delivers. This is where the magic and miracles happen.
- 58)** Turn it effortlessly over to the Universe daily.
- 59)** Feel exhilarated by the whole process — high, happy and in tune.
- 60)** The only difference between people who are really living this way is they have habituated ways of being.
- 61)** People with habituated ways of being remember to live these principles all the time.
- 62)** Create a Vision Board of pictures you want to attract. Every day, look at it, and get into the feeling state of having already acquired these wants.
- 63)** "Imagination is everything. It is the preview of life's coming attraction."
Albert Einstein.
- 64)** Decide what you want. Believe you can have it. Believe you deserve it. Believe it's possible for you.
- 65)** Close your eyes and visualize having what you want and feel the feeling of having it already.
- 66)** Focus on being grateful for what you have already. Enjoy it!! Then release it to the Universe. The Universe will manifest it.



- 67)** "Whatever the mind of man can conceive, it can achieve." W. Clement Stone
- 68)** Set a goal so big that if you achieved it, it would blow your mind.
- 69)** When you have an inspired thought, you must trust it, and act on it.
- 70)** How can you become more prosperous? INTEND IT!
- 71)** Visualize Prosperity: say, "Checks are coming in the mail regularly." Change your bank statement to whatever balance you want and get behind the feeling of having it.
- 72)** Life is meant to be abundant in ALL areas.
- 73)** Go for the sense of inner joy and peace — and the inner will become the outer.
- 74)** We are the creators of our Universe.
- 75)** Relationships: Treat yourself the way you want to be treated by others — Love yourself and you will be loved.
- 76)** Have only the healthiest respect for yourself.
- 77)** For those you work with or interact with regularly — get a notebook and write down positive aspects of each of those people.



- 78)** Write down the things you like most about the people in (77) without expecting them to change. Law of Attraction will not put you in the same space together if your frequencies don't match.
- 79)** When you realize your potential to feel good, you will ask no one to be different in order for you to feel good.
- 80)** You will free yourself from the cumbersome impossibilities of needing to control the world, your friends, your mate, your children.
- 81)** YOU ARE the only one that creates your reality.
- 82)** No one else can think or feel for you. It's YOU!! ONLY YOU!!
- 83)** Health: Thank the Universe for your own healing. LAUGH: Stress-free happiness will keep you healthy.
- 84)** The Immune System Will Heal Itself!
- 85)** Parts of our bodies are replaced every day, every week, etc. — within a few years we have a brand new body.
- 86)** See yourself living in a new body. Be hopeful = Recovery. Be Happy = Happier biochemistry. Stress degrades the body.
- 87)** Remove stress from the body and the body regenerates itself. You can heal yourself.



- 88)** Learn to become still. Take your attention away from what you don't want, and place your attention on what you wish to experience.
- 89)** When the voice and vision on the inside become more profound, and are clearer than the opinions on the outside, then you have mastered your life.
- 90)** You are not here to try to get the world to be just as you want it. You are here to create the world around you to be aligned with your highest destiny.
- 91)** Choose the world of your own creation, and allow the world as others choose to see it, exist as well.
- 92)** People think that if everyone knows the power of the Law of Attraction (LOA) there won't be enough to go around. This is a lie that's been ingrained in us and creates greed.
- 93)** The truth is there is more than enough love, creative ideas, power, joy and happiness to go around.
- 94)** All of this abundance begins to shine through a mind that is aware of its own infinite nature. There's enough for everyone. See it. Believe it. It will show up for you.
- 95)** So, let the variety of your reality thrill you as you choose all the things you want. Get behind the good feelings of all your wants.
- 96)** Write your script. When you see things you don't want, don't think about them, write about them, talk about them, push against them, or join groups that focus on the "don't wants". Remove your attention from "don't wants". Place your attention on your "do wants".



97) We are masses of energy. Everything is energy. EVERYTHING!!

98) Don't define yourself by your body. Define yourself by the infinite spirit that's connected to everything in the Universe.

99) Our bodies distract us from Source Energy. There's only one Energy. We are the infinite field of unfolding possibilities, called the Creative Force.

100) Are your thoughts worthy of you? If not, NOW is the time to change them. You can begin right where you are right now. Nothing matters but this moment and what you focus your attention on.

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