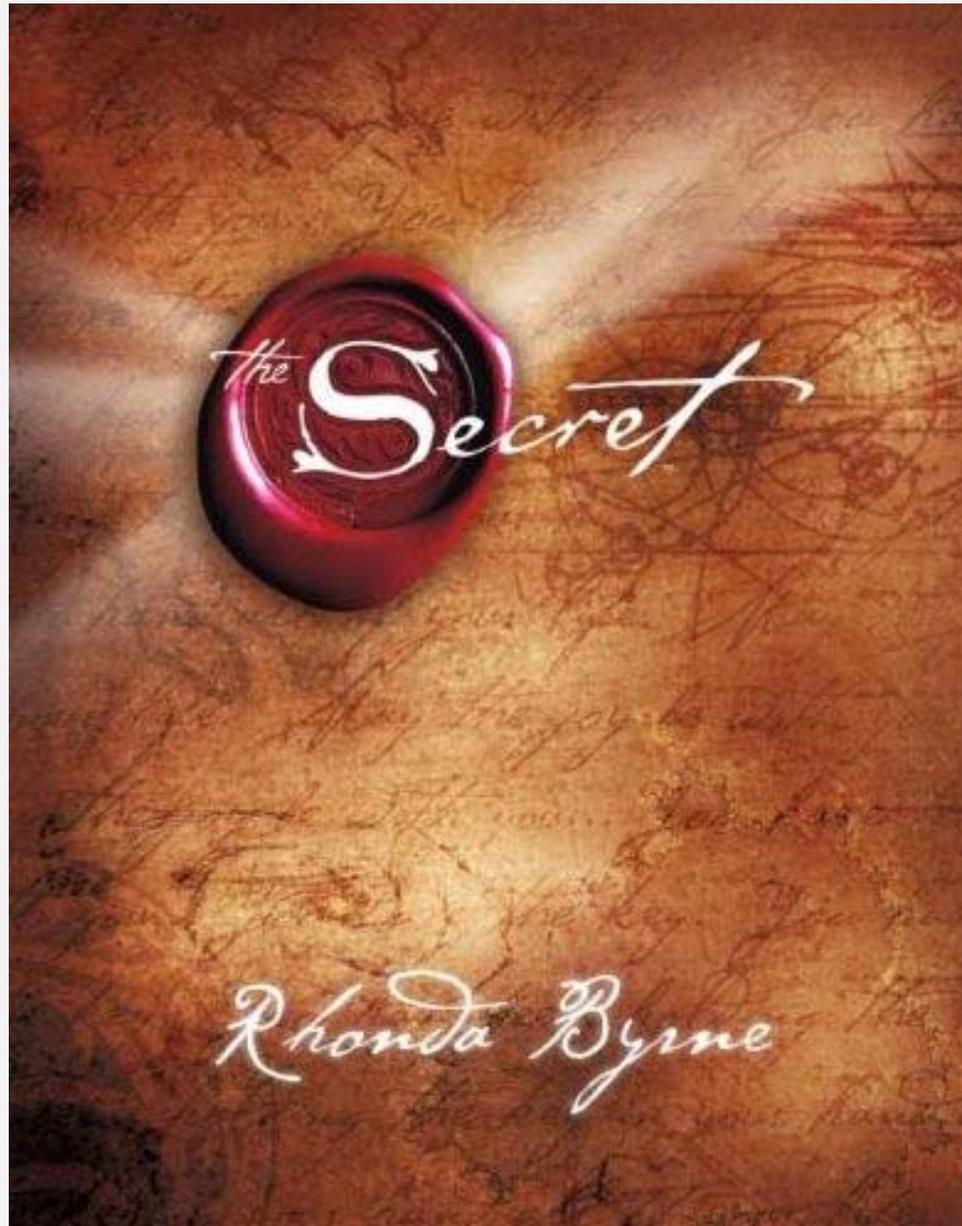


Knowledge Essence of



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Knowledge Essence™ from Achievepedia identifies a best selling Personal Development book each week, distills the very essence from that book and presents it in an easily understandable Mind Map such as in this document.

When authors write books, they explain the core theme and then describe it further in detail in a variety of ways. The knowledge contained in most books can be obtained without the additional information. Knowing this information prior to reading the book also provides a framework for understanding when one reads the book.

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The **Core Purpose** of "The Secret" is to teach you to **achieve anything you desire through the Law of Attraction.** This Law says that what you think and feel about will be attracted to you.

Decide what you want in life, focus your thoughts on it, feel having it, act to receive it when the Universe hands it to you.

Using the Secret -
The Creative Process -
Turn Fantasy Into Fact -
Move to Larger Fantasies

Do this everyday for all your desires

Focus on What You Want - Never Focus on What You Don't Want Instead Focus on the Opposite of What You Don't Want

Attract What You Want by Changing Your Thoughts and Feelings Now, Guide Your Thoughts Based On How They Feel to Create Your Reality

The Secret
by
Rhonda Byrne

The Secret is The Law of Attraction

Attraction is a Result of Thoughts and Feelings

The Mind is Shaping Your Outcomes in Real Time

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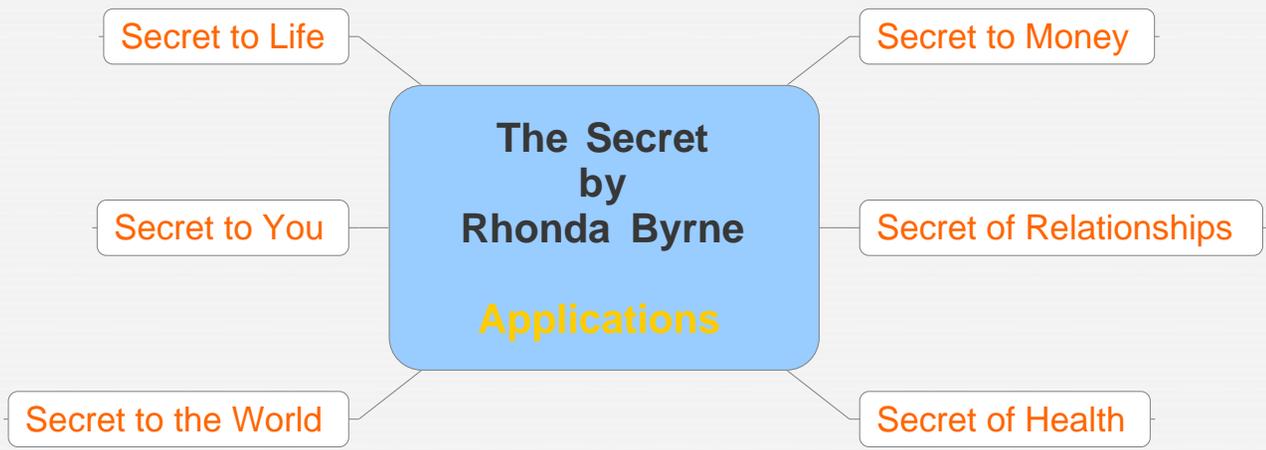
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This part of "The Secret" highlights some areas of your life where you can apply the secret and shows you some tactics for each area.



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Responds to Your Thoughts and Feelings to Create Your Future

Most powerful law in the Universe

Gives you anything you want

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Doesn't care about your perception of good or bad nor if you want or don't want

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The Secret is The Law of Attraction

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Attraction is a Result of
Thoughts and Feelings

Your Thoughts

Form images in the mind

Are always creating and they become things

Three types

Remembering - Past

Observing - Present

Imagining - Future

Everyone can change their thoughts
just by changing the focus

Positive thought many times more powerful than
negative thought - So positive results are yielded sooner

Thoughts take some time to manifest
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Your Feelings

Thoughts cause feelings

Feeling Good indicates alignment with
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Feeling Bad indicates not in alignment with
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Your feelings predict your outcomes

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What you are now is a result of your past thoughts and feelings

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Do this everyday for all your desires

Ask what you desire

Think about what you desire, form the feelings, write it down, talk about it, enact it, experience it make it your reality

Be focused on the desire with lot of passion

Believe you can have it, it is possible, and you deserve

Universe will Answer

The universe will rearrange to provide the answer

Do not be concerned how

No definite time period for answering

Our mind puts the time limits not the universe

Be ready to Receive

Express gratitude by making a list of things that you are grateful for

Appreciation brings more support

Visualize having what you desire and feel the feelings of having it

Use a Vision Board - A simple board on which you can put pictures of what you desire

Stay in a happy feeling to attract good situations

Shift bad feelings quickly by thinking something good

Experience the feeling of having it now by trying, enacting or imagining

When you have inspired thought, trust it and act on it

When the opportunity arises, act with speed

More passion and good feelings will quicken the process

Make your environment match your desires

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Applications

Secret to Money

Wealth creation is about how you think

Don't set a goal of getting out of debt as that will keep you in debt

Setup an automatic debt repayment program and focus on prosperity

If you want more money focus on that and not on the lack of it

Visualize money flowing in

Change limiting beliefs about money to beliefs of abundance

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Applications

Secret of Relationships

Know what you are bringing to the relationship

Enjoy your own company; Only then others will

Treat yourself the way you want other people to treat you

Start loving yourself and you will know to love others

Be satisfied and you can satisfy others

Focus on the good of the people around you

List the positive qualities of people close to you

If you realize your control over your feelings, no one else has to change for you to feel good

You create your reality and others theirs

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Applications

Secret of Health

Your body is product of your thoughts and feelings

The human mind plays an important part in healing

The fundamental reason for all diseases is stress

Diseases are indicators of imbalanced perspective

When you are sick, besides the medications,
explore what in your mind is causing it

Be in a healthy emotional state and
disease will leave your body.

Let the doctor focus on your disease, you
focus on a healthy body

Be hopeful as it helps recovery

Have happy thoughts and avoid negative
thoughts and stress

Remove the physiological stress and the
body will heal itself

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Applications

Secret to the World

With global and social issues don't be anti anything, be pro something

There is more than enough for all to live in abundance

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Applications

Secret to You

Everything in the universe, including you, is energy and connected as one energy field

You are a spiritual being in the image of God

You have God potential and the power to create your own world

There are no limits to achieving as we are unlimited beings

If you are not happy with where you are in life then change it now

Focus on what you want and achieve

If circumstances make you feel like a victim, your experiences are not unique so get over it

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Applications

Secret to Life

God has not preordained our purpose or mission in life; we set it, we create it

Life is meant to be abundant in all areas

Our primary aim is to feel and experience joy

Seek happiness within, not outside

Inner happiness is the fuel of success

Attain inner joy, vision and peace and the outside is automatically created

Do only those things that bring you joy

If you follow your bliss you will follow the trail to abundance and success in all areas

You have mastered your life when the voice and the vision that is inside is more profound than the opinions outside

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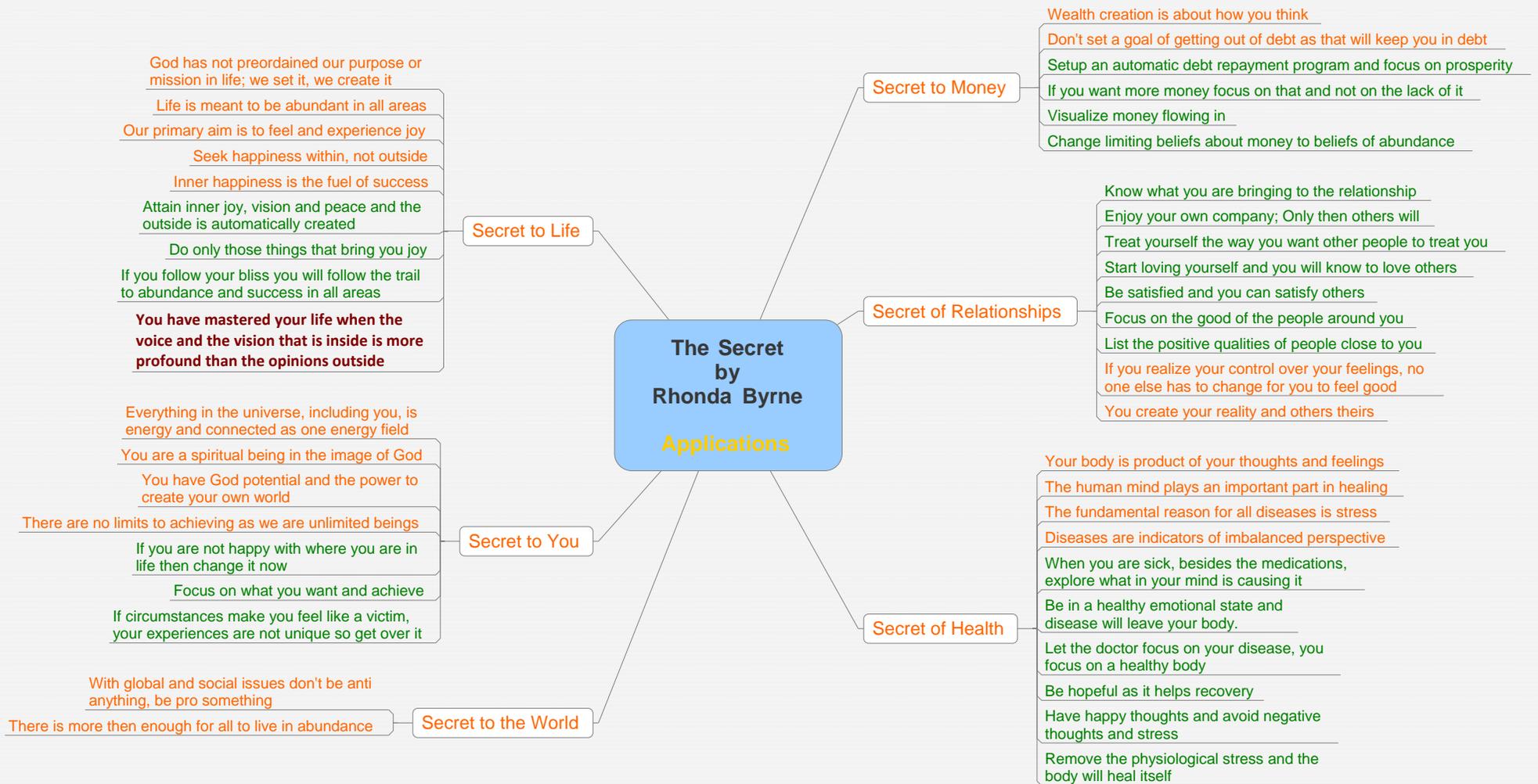
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