

## **Behind "The Secret"**

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Many have seen or heard about the book or movie "The Secret" by now. It markets the notion of how "like attracts like", or that whatever you are thinking about and feeling is in the process of becoming. Human beings, like all matter, are made of energy that by one of many universal laws, attracts that same energy. The movie itself is geared to fascinate most any individual, regardless of religious beliefs, as it is so well-produced to appeal to humanity's need for hope and optimism. It is a feast for the senses in terms of visual effects and music. The Secret viscerally taps into one's desire for emotional well-being that most are left wringing out their tissues by the end.

Newsweek, in the March 5<sup>th</sup> issue, challenges both the premise and the methods of the movie, "On a scientific level, the law of attraction is preposterous...modern physics says that atomic particles influence one another in ways that violate our ordinary understanding of space and time, a phenomenon called 'quantum entanglement.' The question is whether quantum signals can be perceived on the scale of something like a neuron, a brain or a human being". Also, The Secret "...concerns itself almost entirely with a narrow range of middle-class concerns-houses, cars and vacations, followed by health and relationships, with the rest of humanity a very distant sixth."

However, whether or not you believe that "The Secret" has been "out" long before, in concepts embedded in some religious traditions, positive psychology, or "New Age" thinking, there is much to learn in how we can embrace opportunities in our lives. Most people have had experiences in synchronicities in their lives and have felt a positive surge of energy when this has happened and following these moments. We, even if only momentarily, are focused entirely in its emotion and impact. We find ourselves replaying the image or thought in our head over and over. Perhaps we even reinforce the event by recounting it to someone else. One of the major concepts behind "The Secret" is to use our imagination and emotions to direct thoughts positively. We now know that even modern medicine can not explain *how* yet can advocate for patients to focus on positive thoughts, to hope and to self-advocate in order to advance healing.

The Secret may not be new, it may not even be innovative, but it certainly reminds us that being aware of our thoughts and feelings is an impetus for change-especially if we don't like what we're feeling and thinking. At its fullest potential, embracing the "law of attraction" unleashes our own personal potential for creative thinking and hence creative action. With all of that in place, just imagine what we can manifest!

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