

The Secret: It's just the beginning...

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Most every day I hear someone mention *The Secret*. They have seen the movie or they have read the book. It is more widely available now, and it seems that everyone knows what it is about. They are intrigued, and rightly so. The message is simple: we get that to which we put our attention. And, if we don't like what we are getting we can get something else by changing what we think about. It does make sense. Indeed, we have been told this in various forms for thousands of years. *The Secret* is nothing new, nor is it a secret. But is it really that simple? Does *The Secret* tell the whole story?

Last month I wrote about moving toward what we want rather than away from what we no longer want. But this is not just a thinking process. Aligning our life with our goals is a critical step. William Glasser suggests that we need to ask ourselves what we want, what we are doing, and whether what we are doing is getting us what we want. He has a point. If we want something, we need to think about it and we need to envision it and we need to create the reality in our mind that we already have it, AND *we need to begin to live our life in a way that is consistent with having what we want*. In my work I call this living a life that is congruent with our dreams.

If we consciously make choices every day that are congruent with what we seek to have, then we will create an environment that can nurture our dreams and that will invite those dreams to come true. If we want a partner and our current lifestyle is inconsistent with having that dream partner, then even if we should meet the man or woman of our dreams there would be no place for that person. Law of Attraction is not going to give us something that we are not able to have regardless of how clearly we focus on it.

We often work against ourselves outside the realm of our thinking. *The Secret* is correct that a shift in thinking is necessary. But that is only part of the story. It is only the beginning.

In the coming weeks I invite you to make small, or not so small, changes that align your everyday life with what you want. This may mean that you will choose to stop doing something or it may mean that you will start doing something new. Perhaps you need to "clear the clutter." Maybe it is time to reevaluate certain activities or relationships that are inconsistent with what you are asking for. The rule of thumb is simple: if you were to be given your dream right now, what in your life would no longer have a place? Eliminate that now, in faith, and watch your dreams manifest like never before!

Dr. Mark Arcuri is a nationally recognized transformational coach based in Santa Fe, NM. Office and phone consultations and workshops may be arranged by calling 505-216-7635 or by email at drmark@arcuri.org. Information and the free Weekly Tip from Dr. Mark e-letter are also available at www.arcuri.org. *Feng Shui and Law of Attraction: Rearrange Your Stuff, Shift Your Thoughts, Improve Your Life!* An interactive workshop with Dr. Mark and Carol Olmstead, FSII – June 23, 2007 at Sunrise Springs. Limited seating available now by calling 505-216-7635.