

# NEWSLETTER

## WELCOME TO THE SECRET DISCUSSION GROUP A FORUM FOR LIKE-MINDED PEOPLE TO DISCUSS THE PRINCIPLES AND PRACTICES OF THE SECRET

Thanks to an article which appeared in the Sunday Times Magazine in July, Lisa Campbell has started the ball rolling by introducing a group of like-minded people to the principles of The Secret. This is Lisa's vision and a clear demonstration of just how The Secret works.

We must also thank Tony for the timely offer to use of the Conference facilities in the Cambridge Conference Centre. It provides not only the opportunity to pass on cooking for the evening, but a well catered for area for us to meet. Tony's generosity also permits the group to expand its numbers and bring new people into the fold.

The Secret is an exciting principle, it is something that a lot of us have been using most of our lives, but without being aware of it. Armed with the principles of The Secret, we can now benefit from the awareness and really have it work in our favour.

We meet every second Thursday at the Cambridge Conference Centre—registration is at 6.30 pm and the meeting starts promptly at 7.00 pm. We conclude at 9.00 pm. Contact details can be found on the back of this newsletter.

Anyone who can arrive early is asked to assist Tony in setting up the venue and again, at the end of the evening to restore law and order!

Something to nibble on during the break is always welcome as some of us come straight from work! We look forward to the group's growth, both on a personal level for everyone and the group as a whole.



Courtesy of Eric and Lori, we now have a web site up and running and it is a wonderful source of links to other interesting web pages.

For those of you who have yet to access the site, the address is : [www.thesecretaustralia.com](http://www.thesecretaustralia.com) and anyone wishing to contribute to the newsletter should email to [newsletter@thesecretaustralia.com](mailto:newsletter@thesecretaustralia.com).

---

## THE LAWS OF ATTRACTION—RECOMMENDED READING

**The Laws of Attraction : The Science of Attracting More of What You Want and Less of What You Don't** is a book which I highly recommend. There are many books written on the subject but the one written by Michael Losier is simple, easy to read and provides the tools to help you turn things around to make the Laws of Attraction work for you. It highlights the everyday phrases which most of us use without being fully aware of the consequences of our word choices. How often have we used the phrase "I don't want....", whatever it might be. Michael

Losier points out that the mind filters out the "I don't want" and draws to us, the very thing we are attempting to avoid! And then hey presto, we get what we didn't want in the first place! So it is well worth the read.

Whilst there are many books on this subject, this book in particular, is a good place to start! It is available from most book shops or alternatively, try the Amazon.com web site if you wish to order on line.

## USEFUL TIP

### LIPSTICK ON THE MIRROR!!!

Over the course of several meetings, we have had some ideas put forward as tools to use to apply the secret.

Without a doubt, the one that has been most interesting is the use of the lipstick on the mirror! However, due to the hard work cleaning it up, a marker pen has now superseded the Revlon Red and works just as well.

The idea of this is to write on the mirror before

retiring for the night, how you want your following day to unfold. When you go to bed, this is the last thing you see, when you wake in the morning, it is the first thing you see!

If you choose, you can write long term goals on the mirror—it doesn't matter. What does matter is that it is something that you focus on without effort. By registering what you have written, you are affirming your order to the Universe that this is what you want.

The Secret says that we have to spend time with our visions. By focusing on them, we give energy to them, and this in turn builds the momentum for our wishes to be granted. It needs to be somewhere that we can look at it, and see it every day—and what better way than by looking in the mirror!!!

If you prefer, use a white board, big, small—it doesn't matter. But give energy to your dreams—and the Universe will listen!



*Happiness is a voyage,  
not a destination,*

*There is no better time  
to be happy than now!*

*Live and enjoy the  
moment.*

*Author Unknown*

## SUCCESS STORIES

In just a very short space of time, The Secret has started to work for people within the group.

An example of this is (and without mentioning any names!!!) one person "put it out there" that he was looking for a new direction work-wise. During a casual discussion with someone during a tea break, common

ground was discovered—the organization was looking for someone with the right skills and background to promote their services—and this young man was the sort of person they were looking for. The end result was that he went for an interview and has now achieved his aim of changing career paths—a win-win situation for both.

There are no such things as coincidences—if you ask, the Universe will place you where you need to be in order to get to where you want to go!

All you have to do it ask, believe, receive—just as The Secret says! The Genie says "your wish is my command"!!!



## MEETING HIGHLIGHTS

### TALK ON QANTUM PHYSICS BY BRIDGET BLACK

**Quantum Physics** teaches that EVERYTHING is vibrating energy. Nothing is fixed and everything is in a state of potential.

Your thoughts are vibrations too!!

By understanding that

everything is vibrating energy and by focusing on your thoughts, you have the power to bring your desires into existence, your dreams into reality.

In essence, you have the potential and power to be, do and have whatever you desire!

**The Law of Attraction is quantum physics in motion. If you would like to know more about the scientific paradigm that explains the Law of Attraction, please refer to Bridget Blacks' notes on this topic in the secret forum :**

[www.thesecretaustralia.com](http://www.thesecretaustralia.com)



## USEFUL TIP— MIND MAPPING

In order to monitor progress with The Secret, it is important to be aware of the small things along the way that contribute towards its success. By using “mind mapping”, it becomes a record of where you started and where you want to be. A simple approach to this is to write down a piece of paper the following information :

- 1 Date
- 2 Where I am at the moment
- 3 Where do I want to be in a given period of time (three months, six months etc)
- 4 What changes do I need to implement in order to get there

This should then be put in a sealed envelope and marked to be opened up at a pre-determined date—ie three months, six months etc. You will then have an accurate picture of just how much progress you have made by employing the principles of The Secret.

By taking time to do this, you actually crystallize in your mind, what it is you wish to achieve. By randomly chucking out a load of “I want’s” to the Universe you may not be putting the right intention behind it. The Universe reads only black and white and does not necessarily understand the “yes, but’s” that accompany the “I want’s”. Therefore, it is a good idea to sit down and really think about what it is you wish to bring into your life. It doesn’t need to be time consuming or a lengthy piece of prose, it can be something short, sweet and to the point. Some might relate to the term “Mission Statement”, some might relate to the term “Goals” or “Milestones” - whatever works for you. The important thing is to commit it to paper, seal it up, file it away and then open it up sometime in the future and assess your journey to that point. Good luck!!!

## GRATITUDE JOURNAL

Living life according the principles of The Secret inevitably changes our perspective on things. It enables us to appreciate all the good things in life which in turn, makes our lives more fulfilling. Our thoughts have energy and therefore, it stands to reason that if we are pre-occupied with negative thoughts, it becomes evident in our personal energy field—and like attracts—so we attract more negative experiences.

How often do we find ourselves starting the day by “getting out of the wrong side of the bed” and the day appears to go downhill from there! Now we can change that! We can actively choose to have a good day versus “well I got out of the wrong side of the bed”!

One of the ways to change our thought processes is to acknowledge the good things that do happen throughout our day—they might be small but in the great scheme of things, nothing is irrelevant. Keeping a Gratitude Journal enables us to give conscious thought to those things which occurred during our day for which we should be grateful. A good habit is to just write five

Things at the end of each day to be grateful for. When you look back over your day, it is interesting what crops up.

Eventually, our thought processes will change and instead of creating more stressful energy, we will actually turn things around, thus drawing to us, by virtue of the Laws of Attraction, more of what we do want, and less of what we don’t!

This can even extend to paying the bills! As clearly illustrated in The Secret, instead of going “oh no, another bill”, receive the bill with positive feelings of being grateful that you can actually pay your bills!

Sandy Forster, who wrote Wildly Wealthy Fast, tells the reader how she actually draws little smiley faces on the back of her cheques and adopts a positive attitude towards paying her bills. Eventually, the stress of those bills piling up, fades away!

It is amazing what we can be thankful for—try it and see where it takes you.

---

## Secret Chapters for Discussion

---

One of the intentions of the Secret Discussion Group is to review a chapter of The Secret by watching the DVD. This then prompts lively discussion amongst members as we examine closely the ideas put forward. Needless to say, there are a wide range of opinions and experiences amongst the group, but what comes out of it is confirmation that it can work for us. Why not join us and find out for yourself!!

---

### ***Contact Details :***

***Founder : Lisa Campbell***

***Email : lisa@thesecretaustralia.com***

***Editors : Carol Tomes & Terry Granger***

***Mobile : 0419947831***

***Email : newsletter@thesecretaustralia.com***

***Venue Coordinator : Tony Flurscheim***

***Cambridge Conference Centre***

***Suite 17 & 18 Cambridge Forum***

***350 Cambridge Street, Wembley***

***Phone : 0418929842 / 9375 1900***

***Meeting Dates : October 4, 18, Nov 1, 15, 29***

***Times : 6.30 pm registration—7 pm start***