

Revealed:

Three Master

Keys

to

"THE SECRET"

by Andrea Conway

Marketing consultant, M.Ed.,
Law of attraction certified life coach,
and publisher of the
Successful Self Employment
in Any Economy Newsletter
andrea@successfulselfemployment.com

Revealed: Three Master Keys to *The Secret*

Confession: I never expected Law of Attraction to become a household term in my lifetime. But when I watched The Oprah Winfrey Show in February 2007, as many of you did, we witnessed the tipping point: the transformation of an ancient esoteric teaching into an accepted way of approaching life.

It doesn't get more awesome than that for genius creators (that's us). A huge global wave of asking for Spiritual empowerment was answered in one staggeringly illuminating hour on ordinary national TV. The hidden routes to self awareness have rarely become topics of discussion on network media. There's been an amazing shift. No longer do seekers of truth need to spend a lifetime performing esoteric meditation practices in the hope of eventually finding enlightenment.

If you sometimes wonder whether life on planet earth is improving or getting worse, consider this: today Spiritual truth is more accessible to the ordinary person than ever before in the history of humankind.

A new opportunity: available now

Exciting as this development is, let's not forget that it would be premature to call it mainstream. Historians and commentators writing about 2007 probably won't talk about *The Secret* DVD. They'll be reporting on lack as usual. But you and I know the deeper truth. Something unprecedented is happening in our world right now, and all who align themselves with the energy of Law of Attraction can receive an increasing abundance of blessings.

But you must be one who consciously chooses to align.

Most people who watch *The Secret* DVD or read the book or watch teachers from the DVD on Oprah or Larry King Live won't get all that much benefit from what they see or read. I'm not talking about the majority, who find the information presented too outrageous to be credible. I'm saying that even those who resonate with Law of Attraction won't be able to fully benefit from what they hear. They may feel a momentary excitement, they may even rush out and purchase follow-on products. But in most cases, they won't know how to nurture the living seed of Law of Attraction in their beings to create a new life for themselves.

This booklet seeks to improve your odds in applying the "secret" Law of Attraction to your life in a way that brings you amazing results. What I am about to reveal to you is this: how, exactly, you can align yourself with the eternally expanding energy of Law of Attraction and receive ALL of the good that Spirit wants you to have.

Whatever you have struggled to attain, whatever has seemed ever out of reach can finally be yours with these master keys to vibrational alignment.

But first -- a warning (and a tip)

Tip: Law of Attraction has never been a secret. Some say the teachings can be traced as far back as ancient Egypt and Atlantis. Others call it a more recent development, an outgrowth of Christian Science and other modern thought movements. But if you think about it, how could the essential principle on which the entire universe operates ever have been a secret?

Let's remember the truth of who we really are: individualized aspects of the One Spirit. We are, in fact, the very Spirit that set up Law of Attraction in the first place. (You'll learn more about who we really are in Master Key #2.)

According to Abraham-Hicks and others, we -- you and I -- are eternal beings. We have a simultaneous physical and non-physical existence. Our non-physical selves are by far the greater portion of who we are. Our eternal non-physical selves are always aware of Law of Attraction, even if we in physical form have temporarily forgotten it.

My view: the knowledge has always been available to those who sought it. I don't agree with the notion that Law of Attraction has been deliberately suppressed by religious institutions, etc. That's giving those institutions entirely too much power over us. Law of Attraction has always responded to the specific desires of each individual. If you wanted the knowledge, you'd be led to it. Depending on the time and place your eternal self was experiencing, you'd have been exposed to whatever the leading-edge thinking was. You may have become a priest in Atlantis, an early Christian mystic, a Wiccan herbal healer, a Native American shaman, a Toltec warrior, a Zen initiate... Wherever you were, your non-physical self made sure the knowledge was available if you were inspired to seek it.

Behind the media frenzy

What is unique about today's experience with Law of Attraction is this: there has never have been another time when this principle has been so popularized through mass media.

That's great news, right? Well, not necessarily. If you aren't aware of what's really going on when the mass media crank up the popularity contest on a new (to them) idea, you may get caught in the unavoidable backlash around Law of Attraction.

Any topic that makes its way into the media arouses extreme debate and controversy. War, abortion, global warming -- all of it. Or for those who

aren't into politics, the environment or social issues, there's always the debate about who is at fault for the latest Hollywood couple's break-up.

The controversial nature of most news items is no accident. Few of us realize that the mass media have a hidden mission -- to fan the flames of any and all controversy. As a college freshman, my Public Relations professor at Boston University's communications school had been a high-ranking officer in the U.S. military. From him I learned that the art of persuading large masses of the population is nothing if not deliberately managed.

Why do the media stir things up? Simple. Like the rest of us on the material plane, they prefer survival, success, and -- in our society -- money. The mass media know that the more controversy they enflame, the more advertising dollars they attract, and the more money they make. I'm not judging the media. The having of money and success is dear to most of us in physical form in the modern world. The individuals in the media are no less well-meaning than anyone else. The focus on controversy is simply the way the game is played.

I bring up how the media think so that the backlash against *The Secret* won't take you by surprise, throw you off course, and ultimately leave you disappointed. The master keys presented here will enable you to work with *The Secret* on our own terms, not the media's.

What *The Secret* can't do

If you're thinking that the widespread availability of *The Secret* is going to immediately usher in a new era of peace on earth and planetary transformation -- well, it's not. The masses of people on the planet are not ready to work consciously with Law of Attraction. Instead of wondering about who will or won't use *The Secret*, focus on the only user who creates your world: yourself.

Periodically in the unfolding of human history there are fantasies about outside events that will instantly and miraculously transform the world, at least for those insiders in the know. Back in the 1990s, a lot of people were hanging around waiting for extra-terrestrial and ascended buddies to surround the Earth in astral vehicles called Merkabah and beam up the faithful en masse. (Please don't laugh. I was one of those hanging around waiting.) This pattern of believing that a small elite group will be saved from the disastrous fate of the masses has been going through recorded history. If you're interested in the phenomenon, a fascinating book is *In Pursuit of the Millennium*, by Norman Cohn (the "millennium" referred to is the eve of the year 1000 A.D.)

Have you ever wondered why the world hasn't ended already?

Ascension, enlightenment, peace on earth -- whatever you want to call it -- has always been a personal, inside job. Yes, as more of us live our lives using the principles of Law of Attraction, we help make the knowledge of personal freedom available to more people. But ultimately every person must do her or his own transformational work. There's no "right group" to join that will protect you or ensure your enlightenment. Watching *The Secret* is no guarantee either. You must do the work inside your own mind.

So here comes *The Secret* on TV in our very own living rooms, and this is what it meets: a world of people whose lives are driven by fear and worry. Nearly all of us in the modern world are used to worrying. We worry that there is not enough, that we won't get our share, that something we can't control -- illness, business reversal, terrorism -- will thrust itself into our lives and ruin us or our loved ones. The media match this vibration of fearful worry with endless programs about troubles of all kinds.

We have a mass consciousness governed by fear and worry and a mass media industry that exists to increase awareness of things to fear. And in the middle of this, we now have mass media coverage of Law of Attraction.

People who are ready to hear about Law of Attraction immediately grasp that this is an entirely new approach to living. Such people will be relatively few. The others are likely to respond with fear, because fear is the normal response of humans in "tick tock" existence, as Stuart Wilde named the world of those who are not yet consciously evolving.

Given that fear mongering is what the media do best, can we expect to see a media backlash against Law of Attraction? It's happening already and is likely to get worse. When you see it, stand your ground.

Get the real benefit

What I want to make sure you know is that DVDs such as *The Secret* are, to the media, nothing more than meat for the grinder. *The Secret* is another new idea that's caught people's attention and that the media can use to stir up controversy and keep their ratings and advertising income. And you know what? None of that has anything to do with whether or not you derive value from *The Secret*.

Don't lose your own path listening to debate and criticism. They are irrelevant to you, and paying attention to them only opens you to further manipulation by the forces of fear.

Remember that you possess an innate ability to discern what is true and good for you, and hold to that power of discernment.

The Secret is, in many ways, nothing special, particularly if you have been studying Law of Attraction for a while. The DVD and the teachers who speak on it are no substitute for your own guidance.

Just because someone is interviewed in *The Secret* doesn't mean that person has anything to teach you. They may or they may not. Each teacher has his or her own energy, which may or may not resonate with you. Further, if some teachers strike you as insincere, obnoxious, flashy, "wrong," etc., that doesn't make Law of Attraction or *The Secret* bad.

Notice any tendencies you may have to apply all-or-nothing thinking to the phenomenon that is *The Secret*. Are you trying to judge it, to decide whether it is good or bad? It's neither. It is simply -- as is every other physical phenomenon in your world -- an opportunity for you to observe, discern and choose what you prefer. Take what works for you. Give no more thought to what doesn't.

To those who have written asking me for recommendations about teachers or their follow-on products, I have this answer about which programs to invest in: none.

Don't misunderstand -- my gratitude for and appreciation of these teachers knows no bounds. These men and women have offered the world access to the eternal horn of plenty that waits to be invited into our lives in all its magnificent abundance.

But here's something to think about: when you ask me what follow-on products to buy, that probably means you don't feel genuinely inspired by any of them. If you were fueled by inspiration, you'd have an inner knowing to take action. You'd make that purchase without having to check in with me or anyone else. You wouldn't be using your mind to try to "figure out what to do." You'd know.

Without that inner knowing, you're taking action based on mental effort, not on inspiration. If it feels like mental effort, it's not going to bring you what you want.

Which brings us, at last, to Master Key #1 and the heart of this e-booklet.

Master Key #1: Any action taken from the vibration of effort is *counter-productive* to your mastery of Law of Attraction.

Many Law of Attraction teachers emphasize action, and I think they're oversimplifying. It's true that action is necessary, but few of us perceive the difference between action and effort. That lack of perception about the difference is what causes people to say, "Law of Attraction didn't work for me." Usually, they exhausted themselves with "positive thinking" and relentless effort, and all they got in return was more exhaustion.

Am I saying that good old-fashioned, time-honored toil and struggle actually go against your alignment with what you desire? You bet I am. I want you to know what doesn't work. What wastes your time and can even set you back as you pursue learning how to apply the Law of Attraction to your personal success. In this case, it happens to be exactly the thing that your upbringing, schooling, and typical work environment have convinced you was the key to success: effort.

It's a big lie. Effort is not what Law of Attraction is about. Law of Attraction is about ease. It's about naturally attracting what you want.

Does this mean you can say an affirmation or two, head for a tropical beach, and return home a few days later to find a check for a million dollars

in your mailbox? It's not impossible. You could manifest that if you were 100% aligned with that scenario in your mind, heart and gut. But the fact of the matter is almost no one achieves that level of alignment. And by the time you did the personal work required to achieve that instant-manifestation-of-a-million-dollars of consciousness, you'd already have acquired more than enough money for whatever you desire. You wouldn't need to manifest a paltry million.

Don't get me wrong. You don't need a superhuman level of alignment to manifest your dreams, even the great big dreams. Spirit didn't set it up to be as difficult as we like to make it. No matter what your current circumstances, you can start to change them immediately and see concrete results within a day or two.

Is there a better way to take action?

Sure is. As you learn it, your life gets so good that you're no longer feeling miserable all the time and praying desperately for a miracle you have little faith can ever come true for you.

Let me be clear: ease does not equal inaction. Even when you acquire complete faith in Law of Attraction, you're still using action. Because we live in a physical world, action is part of what we're here to experience. What you'll discover about action, though, is that there's a huge vibrational difference between action taken from a sense of struggle and effort and action taken from a sense of inspiration.

Action from a vibration of struggle is action laced with resistance. What is resistance? Think of it as your foot on the garden hose, an analogy offered by 20th century New Thought minister Emmet Fox. The water of abundant life is always flowing to you, but your foot on the hose keeps you from receiving it. You are the only obstacle that can keep your desires from

manifesting. You're also the only person in your world that you have the power to change. So all in all, this is very good news. All you need to do is take your foot off the hose.

Sometimes the vibration of struggle and resistance is difficult to ferret out, especially if you consider yourself to be a "positive thinker." Because many people equate using Law of Attraction with positive thinking, let's take a moment to examine how something that seems to be positive in thought can actually be resistant. Example: affirmations. They may be the quintessence of positive thinking, but even affirmations can become laced with struggle. That's because:

- Much of the time you don't believe what you affirm, thus you feel that you are lying when you make your affirmations. If you pay attention, you can sense how your energy field shrinks when you say, think or write the affirmation, because, at heart, you don't tolerate lying. (If your affirmations make you feel great, stick with them -- there's no resistance going on, and they're working for you.)
- If you don't see results from your affirmations fairly soon, you may start to feel tension when you speak or write them. You can begin to feel as though the affirmations aren't working, and you worry that you are failing. That tension also causes resistance that works against your manifestations.

Action from a place of resistance is futile. But action from a vibration of inspiration is blissfully powerful. Your work flows, your needs are met, your timing is startlingly brilliant.

Exercise: ease or effort?

Learn to distinguish the amount of effort or ease around your actions. Make a list of the actions you think you must take in the next year in order to succeed. Write down at least 10 -- more if you can.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Go back through your list and speak each item aloud slowly to yourself. To help access your inner being, lower your head as you speak, or place your hand on your stomach or solar plexus -- according to releasing expert Larry Crane, this helps disengage your all-powerful mind so you can better sense the communication from your body.

Notice whether your energy field shrinks or expands as you say each item on your list. If you sense an expansion, mark that item with an up arrow (↑). Otherwise, mark it with a down arrow (↓).

Not everyone senses expansion or shrinking in the same way. But with focus you will sense something that generally feels either positive or negative. Learn the way that your body communicates with you. It's time.

Now...how many items received an up arrow? Most of you will find that relatively few of your to do list items make you feel expanded. There's nothing to feel bad about if that's the case -- most of us are completely driven by our to do lists. The point is that, for you, almost nothing on your list is bringing you the results you've been asking for. Do you get it? Nothing on your action list is working on your behalf. Is it any wonder progress is slow?

You don't have to dump the down arrows. Just be aware that, for now, they are energy-draining, and focus on the up arrow activities instead. Keep this in mind: it's totally possible to release your resistance to the down arrows. As you change how you think about them, they'll transform into up arrows. In the meantime, focus on the up arrows you have today. Follow the easy path, and more will open to you.

If the down arrows are so upsetting you can't ignore them -- maybe all of your items got down arrows and you can't think of a single up arrow anywhere in your life -- don't worry. There's nothing wrong with you. You're probably a super-conscientious, over-scheduled person who's temporarily forgotten that life is supposed to be fun. In that case, make a list of 10 fun things you used to enjoy before life got so grim and practice doing one of them every day.

If you've become more dourly serious than all of our Puritan forebears put together, start with very small acts of fun. Maybe you'll buy a new pen in a crazy ink color. Maybe you'll buy a silly bumper sticker (don't panic, you don't have to actually put it on your car). Put it on your to do list: have fun every single day.

Build fun into each day so that Law of Attraction can increase your joy in life. Once you have true joy in life, you have attained the point of attraction that brings everything else you want to your door.

If you had all 10 up arrows, you're either an enlightened being or you have temporarily lost touch with your ability to sense your energy field accurately. If you're enlightened, put this e-booklet down and get on with your fabulous life. If you think you may have trouble sensing your energy field, make an intention to become more aware of your energy field. Do nothing except make the intention and trust that your inner being will help you. Then forget about it. After a few days, try the "Ease or Effort" exercise again.

When to get help

Too many down arrows? Too little fun? Can't read your energy field? Getting help when you need it is a sign of self worth.

As a certified life coach working with clients on their mastery of Law of Attraction, I'm a big believer in coaching as a way to help you achieve real, lasting success. Law of Attraction works for anyone who becomes conscious about it -- but even the smartest among us sometimes need help opening to that consciousness and staying on track.

Many people who could use help don't take action to get it because, sometimes unconsciously, they don't believe it will work for them, or they don't believe they deserve it. Sometimes this lack of self worth masks itself as: I don't have the money. That old excuse about money is almost never what's really going on. What's really going on is that we don't want to spend the money on ourselves. Why? Good question. Why is it we don't give ourselves help that would make our lives better and help us attain our goals?

If you aren't getting the results you deserve, and you're ready to change that, coaching really can help. But you need to take action. Consider this your official invitation to email andrea@successfullselfemployment.com and ask me about Law of Attraction coaching. Coaching with me is

guaranteed: if you aren't satisfied with the first session, you pay nothing at all, no questions asked.

Roy's story may be just the inspiration you need to get help, and it also leads us to Master Key #2.

Master Key #2: Know the magic of who YOU really are

My client Roy had painted himself into a bleak financial corner. A moderately successful photographer, he'd recently become interested in making substantially more money to support a growing family. To accomplish this goal, he did what many of us do: he invested in a program that promised to teach him how to create a million-dollar income through selling his products online and through public speaking. While Roy was exposed to many ideas through this program, he wasn't coached on how to turn those ideas into a workable plan for achieving a new level of income. For nearly a year, he'd been living on credit cards, hoping that the next advanced seminar on multiple streams of income through public speaking would give him the missing piece in ramping up his income overnight.

Roy had a wife and two children and a depressingly expanding pile of debt that grew more unmanageable each month. Though driven by a desire to succeed, stress had temporarily blinded him to the magic and power of who he really is. Roy's days became a frantic race to accomplish the tasks on his to do list, and he worked from a sense of desperation. Naturally, according to Law of Attraction, he made little progress. Desperation was his constant companion and drew to him increasingly desperate and frantic circumstances.

Because Roy had forgotten who he really is, he was unwittingly drawn into powerlessness, worry and exhaustion. It happens to the best of us.

Once and for all, let's remember who we really are. You've probably read the ideas listed below a hundred times and dismissed them as too grand to apply to you. I invite you now to read them again and decide to accept them as your reality. Because they are the truth.

Who are we, really?

1. We are individualized aspects of the One Spirit that creates and sustains the universe.
2. We took on the illusion of physical separateness to experience the contrast of life on the physical plane.
3. We did this in order to make individual choices and assist the universe in its eternal expansion.
4. As aspects of the One Spirit, we are eternal energy. We were never born, and we will never die. Our physical forms change and are replaced with new forms, but who we really are is eternal.
5. As aspects of the One Spirit, we possess its love, power, and other magnificent attributes. These attributes are ours by right -- we do not have to struggle to attain them. If the illusory separateness of the world causes us to forget our inborn attributes, we can reclaim them simply by remembering that they are within us.
6. As aspects of the One Spirit, we are completely taken care of. We can never be harmed. All that we need is given to us, even before we ask for it. Suffering is not a requirement of life on Earth. Neither is poverty, fear, struggle or any kind of limitation.
7. At any time, under any circumstances, any individual can decide to release her or his limitations and remember who we really are.

Saying good-bye to your "damaged core"

Years ago, when I wanted to get to the next level of commitment to my Spiritual path, I took a wonderful workshop at Kripalu Center in western Massachusetts. I don't remember the name of the workshop (they don't teach it there any longer), the facilitators or anything else. I arrived for the weekend with one small suitcase and decades of emotional baggage -- I was shy, lacked confidence, was convinced I had an inner flaw that kept God and people from loving me.

A decade before, in my early 20s, a so-called Spiritual teacher had told me that my eyeballs were too hard and I would never be able to surrender to God's will -- and I'd believed her! Through most of my early life, I was convinced there was something wrong about me at my core, something even God rejected.

During the weekend we did emotional healing around our parents and other relationships. We also shared our stories with each other, in small groups or one on one. I don't remember the point at which it happened, but I suddenly realized that everyone at the workshop shared the same feeling I did. We were all convinced we had a deep inner flaw. I further realized that having another person share with me her secret inner flaw made me well up with almost overwhelming love for her. And in that way I first entertained the possibility I, too, was lovable in spite of my imperfections.

It's time that humans let go of the sense that we are deeply flawed and that our imperfections keep us from Enlightenment, Nirvana, The Kingdom of God -- whatever term you want to give it.

We all have flaws. They are quirky, interesting, and lovable -- once you get over judging them or trying to fix them.

If you are having trouble accepting who you really are, ask yourself if you are still buying into the outdated myth of your damaged core, the flaws you just can't ever seem to get out of your system.

After that weekend at Kripalu, I continued intense personal work, all aimed toward uncovering the root cause of my damaged core. It seemed that the more I dug, the greater the mystery grew. That is because whatever we focus on expands (says Law of Attraction), and I was focused on damage. Eventually after another decade of work I attained a half-hearted sense of peace with myself, though I never felt that I had reached that mysterious root cause.

When I spent a weekend with the amazing Byron Katie at Esalen in 2006, she taught that the reason we never get to the bottom of our emotional damage is that it was never ours to begin with. Hearing that was electrifying!

According to Katie, there's a collective energy of negative emotion floating around the planet. Most of us are exposed to it as small children, and sensitive souls that we are, we take it on. We internalize it and accept it as the truth of ourselves. But it truly never had anything to do with us. In therapy we might decide it came from our parents -- but they weren't the source either. They innocently accepted it when they were children, just as we did. There is no root cause.

If you are dealing with emotional pain that prevents you from accepting who you really are, I recommend Byron Katie's books and her website www.thework.org.

Deepak Chopra, interviewed in *Science of Mind* magazine, said this: "One of the greatest things I ever heard is from the Indian teacher Krishnamurti. He said the highest form of human intelligence is to observe

yourself without judging yourself." As you look for "core damage" notice whether you judge yourself about it. If Chopra is correct, our task is not about fixing ourselves but only about observing from a nonjudgmental place.

Abraham teaches that self-judgment creates resistance, stopping the flow of our eternal abundance. It's another way in which we put our foot on the hose.

Most of us observe ourselves through the internalized voice of judgment that damns our every imperfection. Toltec teacher Don Miguel Ruiz, in his book *The Voice of Knowledge*, tells us where that internalized voice of self-judgment comes from -- and how to silence it.

The voice of judgment, the one we took on as innocent children out of our innate desire to please others, is the voice that prevents you from knowing who you really are. Not sure if you're a harsh judge of yourself? Consider how much you judge others. If you're constantly complaining about others' flaws, or comparing yourself to others and finding yourself either superior or inferior, you can be sure the voice of self-judgment is whispering its lies to you.

You can silence this voice. Make the decision. Refuse to listen anymore. Get help if you need it. You are worth it.

When we remember who we really are, money, love, success and everything else we want come into our lives, because we no longer feel separate from the good stuff. We are the good stuff.

How, exactly, do we get to the good stuff? Master Key #3 shows the way.

Master Key #3: Make big intentions, take small actions

I'm in full agreement with Spiritual teachers who say that most of us settle for far less than what our destiny promises us. That's why nearly all of us benefit from having large intentions. They stretch us to offer our gifts to the world on a grand scale, to receive enormous incomes and the material success that we desire, to express what we believe in, and to help change the world for good.

There's just one problem with all of this Big Thinking. It's that most of us are not a natural vibrational match to it. If we were, we'd already be experiencing huge success. In other words, you'd probably be too busy deciding how to manage your millions and how to be of even more service to be reading this e-booklet.

Signing up for programs on how to create big dreams usually gives us a momentary high, followed by a crash. We take the workshop for a weekend and return home flying. We know we can do what the workshop leader has inspired us to accomplish. But after a few days back at the typical grind, we lose the passion. Then we feel bad about failing (again). Repeat this pattern enough and, vibrationally, we can end up worse than when we started.

Thus, the third master key is about thinking big -- and being willing to take small steps. Small steps don't enflame our resistance and cause us to crash and burn. Instead, they build confidence and shift our vibration one step at a time.

For my client Roy, small steps were about taking some immediate action to bring in more income. These were simple actions that did not require more investment in training or anything in the future. What we

wanted to do immediately was lessen the flow of money going out in credit card debt and open up the flow of money coming in.

Instead of plowing ahead blindly, Roy returned to basics, taking action he believed in and was familiar with to start selling his products again. He put the public speaking aspect of his new career on temporary hold as he worked at what he felt confident in. And, with coaching, he learned how to appreciate and acknowledge the small signs of success that began to appear almost immediately. As the weeks went by, Roy "miraculously" found himself making steady Internet sales. He also bought himself some relief by reducing his payments to major creditors, and he sold several items of value to collectors.

Still, these were hardly major changes in Roy's life. Was anything really happening?

When the tide turns, it's hard to notice at first. Is it coming in or going out? But as each wave hits the shore, over time you can clearly see discern the tide's direction. For Roy, a few weeks of conscious work on his vibration, coupled with small believable steps, started the tide flowing in, carrying his abundance toward him. With each small success his faith grew.

It took Roy several more months to ramp up to a decent income and to launch a lucrative public-speaking career based on his love of photography. But after those first three weeks, he dropped nearly all of his struggle and worry. He rarely doubted his path, and as his faith in Law of Attraction grew, he no longer obsessed about when and how things would turn around for him.

When he stopped his resistance-laden efforts to control everything, along with his self judgments about failing his family, Roy naturally came into alignment with the flow of abundance. He naturally became attractive to

what he desired. The tide turned slowly at first, then built increasing momentum.

Overnight miracle? No. Just gradual, permanent transformation

No one goes from a consciousness of desperation to one of vast riches in a day or two. That's not because the Law of Attraction doesn't support our desires. It most assuredly does. But initial progress is often slow because Law of Attraction can meet us only where we are.

We imagine that we must have the big manifestations in order to feel good about ourselves. Because the manifestations don't come easily when we feel bad about ourselves, we're stuck in a negative, endless loop. We don't have what we want, we feel bad, we don't vibrate with success, we don't have what we want.

By taking a few small steps, we break free of the endless loop. We still don't have what we want, but we start to feel OK anyway. Feeling OK lets us vibrate with a willingness to trust the universe, willingness to trust matches us with small results, we feel even better, we vibrate with increasing success, we manifest more results, repeat, repeat, repeat, we get what we want.

It really is that simple.

You aren't stuck

If you're far from feeling good in the absence of what you want, you tend to say: "I'm stuck. This stuff isn't working for me." That's a natural response, but it's not useful in terms of shifting your vibration.

Fortunately, you aren't stuck where you are. Ever. You've simply been creating the same thing over and over with the endless negative loop. You did it to you. That's good news, because you can undo it at any time.

If you could really and truly get stuck, there would be no point learning about Law of Attraction, because change would not be in your power to make. Fortunately, change is in your power to make -- always. So how do you move to confidence and wealth when you feel desperate and poor?

Remember this: "ask and it is given." That's the title of a wonderful book by Esther and Jerry Hicks and Abraham. It's also the perfect description of the infallibility of Law of Attraction.

In Master Key 2, we spoke about our eternal self, who we really are. In short, we are eternal Spirit. When you ask for wealth -- even from your place of desperation -- your non-physical eternal self immediately goes to that place of wealth. It's there instantly! And it begins broadcasting a signal that you can follow to reach the wealth you've asked for in physical form. That's what metaphysical teacher Florence Scovel Shinn was referring to when she said we "catch up" with our own good fortune.

This signal broadcast to us from our nonphysical self creates our path of intuition, and small steps help you follow it to your big manifestation.

Why small steps? When you make a leap that's too big, you normally don't make it across the chasm between desperation and wealth. You typically crash and reinforce that you're a failure -- your "core damage" has sabotaged you again.

When you make a series of small intuitive steps that feel good, the way Roy did, you build a solid bridge to the wealthy life that your eternal self has been enjoying since the moment you asked.

As you learn to follow your intuition and build the bridge, you learn to trust Law of Attraction and your ability to work with it.

Roy's tide has turned. Money now flows toward him. He no longer believes in his desperation. Instead, he believes in his future. Each day, often many times a day, he receives confirmation that he is on the path. New orders come in, unexpected breaks show up. He knows he is on his way.

Once you know you are on your way, you also know it's only a matter of time before you arrive. As Abraham has said, it's no different from a road trip. Once you KNOW that your destination is achievable, you become a vibrational match to everything necessary to create your path.

Summary of the Three Master Keys to *The Secret*

Master Key #1: Any action taken from the vibration of effort is *counter-productive* to your mastery of Law of Attraction.

- **End the struggle. Learn a better way to take action.**
- **Read your body, and learn to sense expansion vs. contraction.**
- **Take action from a sense of ease, not a sense of effort.**
- **Be willing to get help if you need it.**

Master Key #2: Know the magic of who YOU really are.

- **Decide, finally, to accept the truth of who you really are.**
- **Decide, finally, to release the myth of the "damaged core."**
- **Decide to silence the voice of self-judgment.**
- **Believe you are one with good, because you are.**

Master Key #3: Make big intentions, take small actions.

- **Think big -- and be willing to act in small steps.**
- **Go for the changes that last, instead of the quick highs that lead to a crash.**
- **Break the endless loop of negativity with small steps that prove we can feel OK before the results show up. (And then the results show up.)**
- **Remember that your nonphysical self already knows how to get where you want to be. Tune in to its broadcast.**
- **Know you are on your way.**

What will you do next?

The three master keys are now yours. What you do with them is up to you. To fully derive the value from this e-booklet, apply what you have read. Here's a 7-step process for doing that:

1. Write your big intentions for the next twelve months. Dream big, think big, write big.

2. Pick one intention and write several next small steps -- they will feel exciting and easy. (Don't forget the easy part.) Limit yourself to 2-6 small steps. Schedule your small steps in your calendar.
3. Also schedule your daily fun in your calendar.
4. Tell your steps to a friend or coach who will help hold you accountable.
5. Follow up.

6. Give yourself a reward when you accomplish them.
7. If you find you are not doing what you planned, chances are you made the steps too big -- or gave yourself too many steps --and enflamed your resistance. Recalibrate with smaller steps and start again. Consider getting help if you need some.

Oh, and there's an 8th step: Stick with it. Repeat steps 2-7 as needed to achieve your big intentions through small actions.

Write your next small steps here:

"Habitual wrong thinking, false beliefs long entertained, not only produce fear, but they build up a conviction, both conscious and subconscious, that we have to rely upon ourselves. Of course, nothing could be more discouraging...In this state, we think less and less about God, and we usually make desperate though forlorn efforts of willpower... This describes perfectly that sense of insecurity and apprehension that has always beset the greater part of mankind, because they have not known -- or even partially realized -- the All-Presence and All-Power of God and their essential unity with It."

-- Emmet Fox, "The Tower of Babel"

About the Author

Andrea Conway is a professional marketing consultant, Law of Attraction certified life coach, teacher and writer. She brings new insight into the process of self change as it applies to business owners. Whether you are leaving an old job, career or business—or taking the business you have now and growing it to the next level—Andrea’s advice is dedicated to helping you manage fear, embrace the adventure and achieve results more quickly.



Andrea has been coaching small business owners since 1992, when she quit her job as product marketing manager in a Fortune 50 computer firm and started Conway Marketing Associates, a marketing consulting and communications firm specializing in high-technology businesses. Her clients have included HP and many top tech firms.

In 2001, recognizing that a new wave of economic instability would result in dramatic changes in people’s working lives, Andrea launched a second business: Successful Self Employment in *Any Economy*. Coaching by phone, she assists business owners worldwide in mastering the Law of Attraction for greater success and satisfaction. Comments from Andrea's clients attest to the power of this attraction-based approach to business -- read what they say at www.successfulselfemployment.com/testimonials.htm

Get a free subscription to **Successful Self Employment News**, published every other Friday, at:

www.successfulselfemployment.com/signup.htm?/.sse.pages.subscribe

Revealed - Three Master Keys to "The Secret"

Successful Self Employment

700 Colorado Blvd. #303

Denver CO 80206

303 388 1895 - phone (U.S. Mountain Time)

303 379 7401 - fax (24 hours)

Web site: www.successfulselfemployment.com

Email: andrea@successfulselfemployment.com