

The Secret Behind the Secret:

1. **FRIENDLY UNIVERSE:** Pg. 40: Einstein: "The most important question any human being can ask themselves is, "Is this a friendly Universe?" Based on law of attraction the answer is: "Yes the Universe is friendly." Why? Because when you answer in this way, by the law of attraction you must experience that."
 - **Genesis 1:31:** And G-d saw all that He had made, and behold it was very good.
 - **Luzzatto:** G-d created the world in order to give pleasure to mankind
2. **MAN AS CREATOR:** You are a creator -"Your wish is my command!"
 - **R' Chaim of Voloshin:** Man being created in the image of G-d means that he is similar to G-d, who is the 'master of all forces.'
3. **FREE-WILL:** Pg. 20: "*Your life is a mirror of the dominant thoughts you think.* All living things in this planet operate through the law of attraction. The difference with humans is that they have a mind to discern. *They can use their free will to choose their thoughts.* They have the power to intentionally think and create their entire life with their mind."
 - G-d is control of everything in this world except for man's free-will choices.
 - Those choices create energies o strengthen G-d's ability to give us more.
4. **LAW OF ATTRACTION:** Pg. 13: "**The law of attraction is a law of nature. It is impersonal and it does not see good things or bad things.** It is receiving your thoughts and reflecting back to you those thoughts as your life experience. The law of attraction simply gives you whatever you are thinking about." Pg. 14: **The law of attraction is "THE MIGHTIEST POWER IN THE UNIVERSE."**
 - Mystical chain of command from heaven to earth and returning from mankind to heaven.
 - **Zohar:** When the Jews think, speak, and do proper activities we strengthen the spiritual realms and vice versa.
 - **Nefesh Hachayim:** No Jew should ever say "What am I, what is my power through my lowly activities?" What I do can't be that important.
5. **Empowerment:** Pg. 28: Issue: Do you believe that *your life experience is in your hands* and only all good can come into your life because that is the way you think? OR that you have no control over circumstances? Pg. 32: "You can have whatever you want in life, no limits."
 - **Nefesh Hachayim:** "You should know that there is not one detail of your thoughts, speech, and actions **every moment of the day** ,that gets lost.
 - "**G-d is your shadow**" – He reflects back everything on you in the precise way you do it.
 - Zohar: The giver can only give to the degree that the receiver is capable of receiving. G-d is always in the giving mode – we have to do the things that will enable us to receive.
 - Recap the Jewish law of attraction- *We have the free will choice to attract G-d – the source of all power in the Universe – to us – to give us all the things in life that we need.*
6. **FEEL GOOD -But there's one catch: You have to feel good. And when you think about it, isn't that all you ever want?** The law is indeed perfect.
 - **Rabbi Nachman of Breslov:** It is a great Mitzvah to be happy
 - A Mitzva is defined as something you do that attracts G-d to you.
 - **Luzzatto:** defines good for us: "Truthfully, when you look further into the matter, you will see that only bonding [attaching oneself] with G-d constitutes true perfection [and happiness]. This is what King Said meant when he said, 'But as for me, the nearness to G-d is my good. For this alone is true good, and anything besides this which people deem good is nothing but emptiness and deceptive worthlessness.'"
 - **Maharal:** Happiness is an emotion that deals with the soul and not the body.
 - Chovos Halvavos: That what you put your trust in, that is what will take care of you.
7. **YOU CAN CHANGE:** Pg. 71: "A lot of people feel stuck or imprisoned or confined by their current circumstances. Whatever your circumstances right now that is only your current reality, and current reality will begin to change as a result of beginning to use the Secret."
8. **GRATITUDE – KEY TO CHANGE:** Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have, and you will attract more things. It changes you from being a negative person into being a positive person. It makes you feel good about things.
 - Jewish gratitude is meant to connect you to G-d – not just give you happy thoughts.