

The Secret

1. Tell us about your journey in becoming part of *The Secret*...

Rhonda Byrne was, and is, a subscriber to my daily Notes from the Universe, and had purchased both my audio programs. When it came time to start filming, I was on her list of folks to call.

2. In *The Secret*, you say, "Thoughts become things!" Is there a process to reinforce the thoughts that we want to become things, and what do we do to eliminate the thoughts that we do not want to manifest?

There is no process. The best way to incorporate this principle into one's life is by first grasping that it is truly a principle, exactly as gravity is. It's not just about positive thinking, it's not a "sometimes" process, it's not merely a way to influence events and circumstances, in my view it's the end all and be all of living in time and space. With this kind of realization, one immediately senses their true power to manifest life-changes, which serves as the best possible motivation for attempting to work with our thoughts. This also answers the second part of your question, because as we come to learn of our immense power, so too do we realize our immense responsibility to think thoughts that serve us, and to no longer indulge in negative, unproductive thinking.

3. *The Secret* tells us that we can have anything that we want. How do you feel about this?

It's the truth... with one caveat: We can't control other people. They have their own thoughts. Still, however, we can have great relationships with others. We just can't manipulate them with our thoughts.

4. Can one want the wrong things?

Not really, although we all certainly see people pursuing things that we know won't make them happy. Yet what better way to learn such lessons than by bringing about whatever it is they're focusing on and seeing this for themselves? So if nothing else, wisdom will be attained.

5. If what we want to bring into our lives is not a physical thing, but is more amorphous, like good health, how do we visualize it?

Intangible manifestations work the same as tangible manifestations: We simple need to define and focus upon the end result we're after. For good health, more friends, harmony, etc., one would imagine their life as if their goals were *already* achieved, and then physically prepare the way for it.

6. What about doing? Does *The Secret* really fall short about encouraging people to take action?

I don't think so. I don't think anyone would watch *The Secret*, and then think all they have to do to have the life of their dreams is visualize on the couch all day long. Taking action in the direction of our dreams is critical, and this was clearly implied, and often demonstrated, throughout *The Secret*.

7. Do you think that the world will someday wake up from this whirlpool it is submerged in and that *The Secret* will be one of the answers to that?

Absolutely. It's already begun.

8. Why participate in a project like this?

For the fun and joy of it.

9. To face life in a positive way is a common thing to many philosophies and religions. What is the difference in *The Secret*?

The Secret goes far beyond positive thinking. *The Secret* explains how we are creators. Divine creators. That our thoughts have an energy and a life force that brings them back into our lives as physical manifestations. This doesn't work sometimes, it works all the time, as long as you have the courage to dream (which includes taking action), they have to come true.

10. Do you believe that *The Secret* – The Law of Attraction – is really the most powerful one in the world as Prentice Mulford affirms?

Yes I do, but to clarify, the reason there is a Law of Attraction is because of the power of our thoughts. And because all matter is initially made of thought, and because we get to choose our thoughts, this secret is at the root of our power as creators of our lives.

11. Many affirmations in the book suggest that *The Secret* "grants all that we want," "thoughts materialize in things," etc. In this matter, and following Erich Fromm's speech, is *The Secret* more inclined to "having" than "being"?

The Secret is about one aspect of the glory of BEING, that we can DO things and HAVE things. When it comes to doing and having, using the Secret is the key. But this is not to say that life itself is only about doing and having.

12. The idea that "you obtain what you feel, not what you think," as Bob Doyle says, it seems that the feeling comes before or is stronger than thought, however most of the text says that you "attract all that you're thinking."

I think the confusion here is just based on the limits we have when using words. It is a semantics challenge. Bob was pointing out that it is the thoughts that evoke feelings that will prevail over the thoughts with no feelings. Our feelings are thoughts; they are not different than thoughts.

13. *The Secret*, is it a life philosophy or a guide of self-help?

It is both. It is much more than a theory. It explains one of the fundamental tenants of life within time and space. It's about understanding that we have the power, and therefore the responsibility, to create happiness in our lives, and this ability comes from the proper use of our thoughts, imagination, and focus. By truly understanding this tenant, one's life will automatically begin improving.

14. Where do you think *The Secret's* success lies?

I believe the secret speaks to the truth of our divinity. It speaks to the truth of how life really works. And therefore every reader of the book or owner of the DVD immediately feels they resonate with what they're absorbing. Our entire lives are proof to what *The Secret* talks about. These aren't new ideas. They've been around as long as humanity. They keep reappearing. But only now are people finally tired enough of the old belief systems that they are having the courage to begin thinking in broader terms, and because of this, *The Secret* is a best seller in every single country it has been published.

15. Why do you think *The Secret* and other such personal empowerment trends are suddenly so popular?

Unlike any time in recorded history, industry and technology have taken millions of people from working the land from sun up to sun down, and given them free time to become philosophers, asking questions about their life, its purpose, and how to manifest change. People are no longer satisfied with pat, stoic beliefs and no longer identify with the strict, angry god many of us were raised believing in. They feel their power, they want their freedom, and most of all, they want answers that make sense and feel right. And as with anything, desire combined with action creates results. It turns out these answers have been staring us in the face since the year dot. Master after master, in some cases prophet after prophet, even holy books, have all referred to us as creators, explaining that through belief (thought) all things are possible, that what one has done all may do, and that we are literally Gods (Moses, Psalms 82:6). The existence of metaphysical teachings isn't new, but the ripeness, if you will, of our philosophical curiosity, is. And when peaked, as was achieved by the clear and contemporary revelation of these truths by Rhonda Byrne in *The Secret*, a tipping point was reached in the market place, and a new era begun.

16. Is *The Secret* really a "secret"? Or is this stuff just a lot of New Age thinking?

In my opinion *The Secret* is justifiably called *The Secret* because the truths it shares, namely the law of attraction, have been around forever, and are literally what have made possible the fortunes and misfortunes of every human being in history, yet for the most part, we've been blind to these very truths. In other words, there are timeless, absolute truths about reality that people just haven't known or been told about, making such truths secrets. But since these truths are ageless, there have been many seers and wise men who have been tuned in, sharing their insights with those who would listen, to the chagrin of many. There are even early biblical writings that, in my view, threatened the church's grip on society. Concepts such as the equality and power of women, reincarnation, and other views on the inherent divinity of mankind (that would include our power to create through belief and imagination), did not fit with prevailing cultural values and certainly did not foster a "need" for religion. Such writings were therefore either deleted or purposely misinterpreted. For instance, according to the mega-international bestselling book, "Many Lives, Many Masters" by Brian Weiss, MD, "There were indeed references to reincarnation in the Old and the New Testaments. In A.D. 325 Roman emperor Constantine the Great... had deleted references to reincarnation..." and such deletions were later confirmed by "...The Second Council of Constantinople, meeting in A.D. 553." The Gnostic Gospels are also known to wildly contradict the main stream interpretation of the Bible and its generally accepted books. Furthermore, "back in the day," it's well known that teachers and scholars who openly questioned the church's positions were executed, which is what prompted the formation of many secret societies (explained in *The DiVinci Code*). Some of which, ironically, exist to this very day, even though there's virtually no risk to them of persecution in modern times, and in spite of the fact that their secrecy even jeopardizes the clarity of, and keeps hidden, the truths they once sought to protect for the masses.

17. Is there anything that you feel *The Secret* left out?

Not for the 92 minutes they had!! An amazing amount of priceless information was packed into those 92 minutes, covering everything from relationships, to health, to finance, and much more. Of course, there are weeklong workshops now available in the marketplace by a variety of organizations on each of those individual topics, meaning there are a lot of nuances that can later be explored, but as an introductory program, I don't think *The Secret* could be any better than it is.

18. How did you use *The Secret* to bring about *TUT* and the *Adventurers Club*?

Seven years ago I was starting over. I had wound down a family business and had no idea of how I would reinvent myself, but I knew then that the “hows” are to be left to the Universe. The end results I defined were loose and general: wealth and abundance, friends and laughter, health and harmony, international travel, creative fulfilling work. Once I was clear on this, I then began physically moving, day by day, in their direction. As I like to say, I began knocking on doors and turning over stones. These kinds of actions put us in a place so that we can be reached by The Universe, so that we can be predisposed to life’s so called accidents, coincidences, and serendipities that will lead to stunning life changes.

19. Some purists have criticized “The Secret” saying that it is a typical American movie focused on obtaining material wealth. What would be your opinion on this?

Abundance has received a “bad image” historically, because there is an underlying belief that for any one person to “gain,” it must come at the expense of another person. With a spiritual understanding of life; that we are creators, the very eyes and the ears of the divine, that life is a dream we forge with our thoughts, then we can begin understanding that there truly can be “enough” for everyone, and that abundance need not mean “unspiritual.” There is nothing wrong with accumulating or possessing material wealth, in and of itself. The view, however, that money can buy happiness is indeed bankrupt, and if people watch *The Secret* and all they get out of it is a drive to live in abundance rather than a drive to understand their heritage and enjoy their life as the artful creators they are, then they will likely be unhappy for a very long time, whether or not they succeed at creating wealth.

20. Regarding negative comments about *The Secret*

First of all, what many viewers of *The Secret* don’t yet realize, is that *The Secret* is about much more than positive thinking. It’s about more than the choice of what we focus on, and it’s not simply an optional approach to life.

In my view, the law of attraction, or as I prefer to reference it, “thoughts become things,” reveals an absolute principle alive in all of our lives since the beginning of time. This law or principle already exists. It’s not something we learn to turn on; in fact, we couldn’t turn it off if we wanted to. It’s the be all and end all of reality creation within the illusions of time and space, with no mitigating factors, be them luck, fate, karma, astrology, etc. It is our trump card and it fully explains how we have indeed been given dominion over all things, as the architects of our lives. *The Secret* is about understanding that we are already creators through the thoughts we think, and that therefore, to change our lives, we *must* first change our thinking. In this sense, *The Secret* is truly worthy of its name, as it is the pillar that holds this reality together, unbeknownst to many - which speaks to the great value and need of such teachings.

Secondly, to address the “blame the victim” question, one must first realize it’s loaded. “Blame” implies fault, a very negative way to characterize responsibility. We don’t typically “blame” young children when, through their own naivety they burn themselves on a hot stove, trip and fall while running, or catch chicken pox from classmates, and similarly, we should not “blame” adults who, through their own naivety, dwell and focus on things that may not serve them. A belief in “victims” completely disregards the premise that we are absolute creators. We are not part-time creators nor is “dominion over all things”

conditional, and therefore, no matter how challenging the concept may be, there really is no such thing as a “victim,” although this is rather impossible to see when we view and try to understand life with our physical senses alone, which take any event completely out of the larger context from which it arose.

So to answer your questions in the most complete sense, I first need to set the stage so that my later remarks make sense and have a foundation. To begin with, we must first understand that our “thoughts becoming things,” or the “law of attraction,” arises from our intrinsic, inescapable spiritual heritage. Not to imply, as most tend to, that there is a spiritual world, then a physical world. There is only spirit. We are pure spirit; the physical world is an apparition, if you will, of our vastly greater spiritual existence. Understanding this, all life questions or purported mysteries, should be approached with our spiritual lenses on. In other words, even though relevant and entirely applicable, far more than the “law of attraction” is necessary to explain the triumphs and tribulations of the human experience. While this law entirely explains the constructs of all matter and events, it doesn’t speak to the reasons, motivations, or lessons involved in our day-to-day focuses. I’m implying something here that is a bit of a tangent, and, for some, will require a great leap, but to me there is a knowable spiritual realm that we are all a part of. It has its own knowable absolutes, reasons, and rationales. For example, from witnessing our own lives, as well as from gleaning many ancient spiritual texts, here are a few such truths that will help me make points a little later: We are creators. For the effortless possession of our own, life must be eternal. And finally, time and space must be illusions that spring from a greater, deeper reality. It’s within these truths that “thoughts becoming things” unfailingly operates, yet again, it cannot speak to the reasons, rhythms and rhymes that move us into thought. Just as gravity actually makes atmospheric flight possible, it explains nothing of aerodynamics. They, too, exist whether or not we know of them, and they can help us understand the hardest questions.

Religion was our ancestors attempt to explain the spiritual realm, but in perhaps every single case those attempts became bogged down in unnecessary rights, rituals, and dogma. God was personified, made male even. Rules were invented, and even salvation, became exclusionary – “either you believe as we do, behave as we do, or your soul will be cast into oblivion (if not tortured for eternity!)”. In my view, people have outgrown such profoundly limiting views of reality. They no longer accept that life’s truths aren’t or can’t be known, and we are witnessing a tidal wave of enlightenment sweep across the globe as millions are discovering that spirituality need not be dependent upon religion, that in fact, I believe, it can and will flourish in even grander and more loving ways without it.

To get to the point, when it comes to explaining “‘bad’ things happening to “good people,” we have to step way outside of the box, looking to the true nature of our reality and our spiritual place in existence. For instance, I’ve met with countless spiritually aware cancer survivors, and to my initial dismay, all deemed their cancer experience as one of the greatest gifts ever bestowed upon their life. Why? Because by taking their focus off of the hideous destructive nature of the disease, and looking at the far bigger picture, in other words, seeing the cancer in the greater contexts of their entire lives, priceless benefits were garnered. To give you just a few examples, oftentimes such an experience will draw family members, with heretofore irreconcilable differences, back together. Oftentimes by beating a

so-called "incurable" disease, a person's true power can emerge, which, post-cancer, can at last be put to use in their life. Or, when someone who feels very little appreciation of life, in general, is only given a few months or years to live, a brand new zest for living will often emerge, which, post-cancer, can lead to greater fulfillment and joy than was ever known before their experience. In such cases, was their cancer a bad thing after all? The ones I've met would tell you no. And of those who perished from cancer, or other diseases, with our spiritual lenses on, understanding their transition will have new meaning. Drawing from my own inner lessons concerning life's truths, I believe we all come here with certain adventures and lessons in mind. When we complete these, the option exists to move on, at which point it's just a matter of *how*, which we will similarly choose at an awareness level we are not familiar with, based upon our own desires (however hard this may be to imagine at a conscious level). Although when you view existence as eternal, as a blessed never-ending dance in creation, instead of just viewing it with your physical senses, it becomes far harder to believe that for the one who has passed, it was a "bad" thing. Even greeting cards on today's gift store shelves refer to one's passing as moving onto a "better place." (Sometimes we know more than we let on.) Of course, for those "left behind," particularly those using their physical senses alone, the loss is devastating, but this does not diminish the truth of our everlasting nature, and ideally, such pain can be used to ask and insist upon "answers" with meaning, thereby revealing truth.

Of course, for the even trickier questions, like why do "bad" things happen to children, again the answer begins by taking the bigger picture view and first realizing that they are not virgin souls with hardly any thoughts of their own, but eternal, everlasting giants who knew full-well the stage they chose to be born onto and the possibilities for adventure and lessons it would contain. For every tragedy that a child encounters, there would be a different personal, individual reason, so it does little good speculating. For example, why young Madeline was kidnapped in Spain no one can know for sure, but one can deduce that for all involved, Madeline, her parents, the abductor, there was a confluence of thoughts, beliefs, and intents that brought it to bear. Of course, her story is horrific, the pain is real, and massive comfort should be extended to those suffering her loss. I am in no way justifying violence or "bad" things, any more than a doctor explaining Aids justifies it. I am, however, trying to explain that we are all creators, that there are no accidents, and that when "difficult" things are not defined exclusively by our physical senses alone (and thereby viewed entirely out of context), far more understanding can be had.

And to explain natural disasters and their effect on the masses, again, it's not reasonable to want the law of attraction, alone, to explain this, anymore than it would be fair to expect either physics or quantum physics to explain affairs of the heart. We must again look at the far bigger picture with our spiritual understandings of the nature of reality. Logistically, we must first recognize that time, space and every event they contain are illusions, exactly like the illusions we dream up when asleep. With this perspective, although seemingly farfetched to the "newcomer," we will come to understand that all physical world events are first inner world events, assembled "behind the curtains of time and space" only later to be perceived with the physical senses in a sequential order. This goes way beyond the scope of this article, but it at least reveals, yet again, that we are creators, not bystanders, and for the truly curious student, this little bit will throw new doors to insight wide open, and the answers they yearn for will follow.

What's most important for readers of this article and viewers of *The Secret* to understand is that there is a beauty, order, and perfection to life. And should someone be in a place where they would like to manifest change, let today be their starting point with their spiritual eyes cast forward, focusing on the good they wish to perpetuate, enhance, and bring about in their lives.

21. Regarding materialistic complaints

There's good news and bad news. *The Secret* will absolutely work when it comes to manifesting abundance. It's exactly how all fortunes were made, whether or not the tycoons behind them even knew they were using it. Abundance is our birthright; there is nothing inherently unspiritual about it. To the contrary, oftentimes we can do more good and reach more people with the freedom and reach money gives us. The bad news, of course, is that abundance cannot buy happiness, which speaks to the sadness of conspicuous consumption, or the desire thereof. Moreover, if one is motivated more by money in the future than happiness in the now, wires are invariably crossed, they're misunderstanding the entire point of life, and for such confusion chances are great that their attempts to live in abundance will be thwarted from the errant thoughts and focus they possess.

But there's another issue at play here that has caused some hair splitting. Some viewers, and more often than not they're the press looking for cracks in "the formula," unfairly interpret *The Secret* as a movie that is solely about getting rich quick. First of all, *The Secret* was about far more than living in abundance. Equal portions of the film were directed to health, relationships, overcoming adversity, and living in joy. Secondly, while using *The Secret* to accumulate wealth or anything else *is* "the easy" way compared to the traditional dogmatic approaches of "blood, sweat and tears," not one of the teachers featured claimed to have sat around and done nothing but focus their attention on the life changes they sought. I don't think any honest person could walk away from viewing *The Secret* and think all they have to do to live the life of their dreams is visualize with a vision board on their couch all day long. Taking action towards one's dreams is absolutely crucial, and this was implied and demonstrated throughout the entire film. Action accentuates our focus, it belies (and shores up) the beliefs we possess in our own success, and it puts us out in the world where life's magic, its laws and principles, can reach us. This criticism is tantamount to complaining that a college degree has not given you a better life, even though after graduation you never went and got a job! Neither a college degree, nor *The Secret*, can change one's life if not followed up with action.

To literally cake oneself in material wealth, and abundance of every sort, one should still follow the timeless wisdom of following their heart, being motivated by joy, not money. And once they've clearly defined the life they wish to live and have spent time with their visualizations and vision boards, go out into the world and dance life's dance.

22. Will you participate in the next *Secret* project? Do you have any hints as to what that will be about?

Only "The Universe" knows. If invited, I would be honored. But I can't worry about the "hows" of my happiness and the reach of my life's work, even while insisting upon end results that will please me. If I'm not in the next installation, and surely there will be one, there will undoubtedly be other, equally amazing adventures that await.

The Law of Attraction

1. What do *you* mean, "Thoughts Become Things"? (Mike's main lesson)

For me, the principle of "thoughts becoming things," is the end all and be all of living the life of our dreams. In my mind this principle is what powers the much referenced "Law of Attraction." There are no mitigating factors, no exceptions, and no other causes for the experiences of our lives. Our thoughts possess an energy and life force all their own that *literally* rearranges the players and circumstances of our life, predisposing us to the so called accidents, coincidences, and serendipities that will *physically* bring about whatever we've been focusing on. Therefore it behooves all of us to spend a little time each day mentally imagining our life as if our dreams had *already* come true (otherwise known as visualization), and, equally important, physically moving in the general direction of our dreams (taking action, acting "as if," the baby steps), so that we can be "reached" by this magic-like process.

2. How does this work? To ask for something once but to think about it frequently in order to attract it?

Asking implies that "we are without," which is not the most ideal vibration to possess. Still, it can be necessary to at least get clear on how we'd like things to change. Thinking frequently about what we want should always be done in a context of ownership – as if we ALREADY possessed what we now dream of having. This is how to invoke change in your life, by thinking and acting as if it has already changed. In other words, pretending.

3. Should people really believe they can have anything they want?

Absolutely! I think a lot of people have an issue with this, and for those who think the answer is "no," they've unwittingly robbed themselves of any incentive to not only improve their lives, but to live as abundantly and happily as they can. For these people, I would ask, if we shouldn't believe in our own abilities to craft our lives, what would be the point in living? So that life can happen to us? So that we can pass tests on being patient, dutiful, "good" or obedient to some detached, judgmental God? To pay for the sins of our fathers? That's old school thinking, though unfortunately not so old that it wasn't handed down to both you and I. Life is banquet, a feast, and a gift given with the intent that WE LIVE IT, not that we grovel, sacrifice, and deny ourselves its pleasures. We are the face of God, who joyfully and playfully created this paradise, so that "She" might experience it through us. In a very real sense, WE are God, with dominion over all things, granted free will and the power to choose our thoughts, so as to maneuver and give direction to the lives we lead. As I once said in a missive to members of my Adventurers Club, "You are not beholden to life, life is beholden to you. You are its reason for being. You came first."

4. If thoughts become things, how can people use their thoughts to help with their weight-loss?

"Thoughts become things" says as much as possible, in as few words as possible, about the nature of our reality and how we can make the most of it. I believe in the truth behind these three words, without exception. I believe there are no mitigating factors, nor any other outside forces that determine the outcomes of our lives, *however*, and this is a huge however, this principle applies to all of our thoughts, not just the five minutes we may spend visualizing each day. And when you realize that we think thousands and thousands of thoughts every day, paying little attention, if any, to them, it behooves everyone to ask the billion dollar question, "How can I direct, or program, my normal thinking mind, my wandering imagination, so that it produces thoughts that are aligned with the things I want, be them weight loss, a new Bentley, or improved relationships?" And the answer is to work

with and align your beliefs with the things and events you want to experience.

Beliefs are all important when it comes to affecting changes in our lives because they filter, limit, and inspire the mighty thoughts that run through our heads. If someone believes, for instance, that they gain weight easily, or if they typically think of themselves as "overweight," then they will likely entertain fearful images of themselves gaining weight every time they eat, and such mental images will eventually come to pass. How? Through the magic of the Universe. Circumstances will creep and situations arise that will have them turning to food more often than they otherwise would have, and that's just the beginning. Their metabolism will literally slow down, their hopes will be dashed, they'll become less physically active, depression might arise, and the pounds will easily arrive. You see, this principle is non-judgmental. Our thoughts, all of them, strive to become things, whether or not they are helpful or harmful. That's why we're so powerful, because we can think as we choose, which in turn commissions the entire Universe to deliver what we've thought about, and that's also why we need to be so responsible with what we choose to focus upon. As above (in thought), so below (in matter).

Of course, there are other, more complicated reasons why someone might be dealing with weight issues, but again, these would always be tied to limiting and/or conflicting beliefs, which then trigger or suppress similar thoughts, which then set into motion the Universe. Perhaps someone believes that "relationships never last and always end painfully," or that physical pleasures are "bad," or that in order for someone's spirituality to shine, less emphasis should be placed on physical appearances. Such thinking will very deliberately, though covertly, set someone on a path where they will actually sabotage their "less important" desire and efforts to lose weight. Deep down they want to avoid having to deal with those "greater" issues that they believe will arise from losing weight.

The trick with beliefs, and really this is the ultimate lesson we all must learn in time and space, is that they come first, prior to their manifestations, even though it appears that we only believe something as a result of our experiences. Most people feel like their beliefs are based on their life's observations of reality, but what really happened is that their beliefs formed their reality. People are not overweight so much because of what they eat, but because of what they think. Their thinking, their beliefs, dictate the foods they eat, the exercise they get, their metabolism, their hopes and optimisms (or lack thereof), and then through the magic of the Universe, their expectations are met in the flesh by way of the accidents, coincidences, and circumstances of their lives. Always, our thoughts rule, and always, it's our beliefs that govern the vast majority of our thoughts.

So how do you work at uncovering these so-called "hidden" beliefs? First off, they're not so hidden. Their effects are everywhere in our lives! Just look to the issues you're grappling with and the limiting beliefs are just beneath them. Second, these beliefs can quite easily be ferreted out through the use of our truth barometers, our feelings. Follow your feelings, and then ask yourself questions. If something doesn't feel right, ask yourself why, and ask yourself if the reason is truly valid and still serving you. Third, watch yourself. We can't help but to think, speak and act in line with our beliefs, so if you catch yourself saying something like, "relationships never last," or you find yourself avoiding intimacy with someone you love, or entertaining daydreams that forecast unpleasant circumstances like weight gains or arguments, immediately realize you've just discovered some "hidden" beliefs at work—not aspects of reality, but your expectations of reality. Immediately remind yourself of the greater truths you know that exist, and perhaps think of people you know that seem to live according to a different set of rules than you, using such people and their lives as proof that you do have choices over how to view your situation.

Finally, rather than tell someone trying to lose weight that they should just visualize being thinner (which IS good advice), they must also take an honest look at their beliefs about themselves, their body, their relationships, and anything else that affects how they feel about their appearance.

5. Can you please share your favorite affirmation for inspiring yourself to have the healthy body most people dream of?

I can't say that I have a favorite because affirmations for me change as fast as my life, and if they're not new, they're likely to get stale and meaningless. But as a little exercise, here's something I often do during long walks or when I'm outside running. With each step I take, I affirm, one at a time, every imaginable body part and organ I can think of as being beautiful and healthy, or I "give thanks" for the same, one at a time, over and over. While I do this, I imagine a gold light surrounding and penetrating whatever I'm talking about, or engulfing my entire body, and I see it in my mind as radiant, clean, and in perfect condition. These kind of exercises are excellent, even if, especially if, you have an ailment or some disease. These statements help take your attention away from the "imperfections," suspending those beliefs that have perhaps weighed you down, and they give the Universe a new target to aim for. It's a little more difficult imagining something that directly conflicts with what life is showing you, it can even feel awkward and uncomfortable, but it can provide the spark that changes EVERYTHING.

6. Can you tell readers how you use the Law of Attraction on a daily basis and how it has changed your life?

For me, the law of attraction, or the principle of "thoughts becoming things," is the end all and be all of living the life of our dreams. There are no mitigating factors, no exceptions, and no other causes. Therefore it benefits all of us to spend a little time each day mentally imagining our life as if our dreams had *already* come true and physically moving in their general direction so that they can reach us. Both of these steps, visualizing and taking action towards my dreams, are part of my daily routines, and have brought me extraordinary success in the corporate world (6 years with the then Price Waterhouse), as an entrepreneur selling over 1 million of my company's "Totally Unique T-shirts" in the 1990's, as a writer and international speaker, as well as in every area of my life from health to relationships.

7. How do we learn to utilize it with responsibility and find the correct path?

The word "responsibility" is the key. Along with the fantastic power we've been bestowed with, so have we inherited fantastic responsibility, and our greatest responsibility is bringing JOY into our *own* lives. This is the best way to enrich the world we live in; it's far more effective than being selfless! But to truly be responsible for ourselves, we must consider the short term and the long term. Short term views alone tend to make people gravitate immediately toward abundance at any "price." Long term views demand from us that we consider others, that we learn to be honest with ourselves as to what will really make us happy, and perhaps above all, require that we learn how to be creatively fulfilled in our lives (meaning we take responsibility to discover and learn how to work, dance, and play with others, in all of our day-to-day affairs). This is sadly but often asking more than most people are prepared to give, and so they "cop-out" and just look for ways to get rich quick, even though this will do absolutely nothing to ensure their long term happiness.

8. If all our wants and needs are focused on what we want for our own well-being, how could this contribute to the well being of the Universe?

The Universe exists for us! It was designed for us! It is inclined and conspiring for our happiness! When we strive for well-being, we are working with the Universe, getting closer every day to the real reasons we chose to be alive. Furthermore, as we learn to be honest

with ourselves, understanding our motivations and what it is that really matters to us, others around us are able to learn the same things for themselves. Our joy begets joy in the lives we touch. Their joy enhances our own. And the next thing you know an "upward" spiral begins, and everyone finds it much faster.

9. The Law says "similar attracts similar," what happens with the theory that opposites attract?

The first speaks to energies, the second speaks to personalities. If we pay attention, however, to the most successful relationships, these typically occur when the partners have similar natures, characters, and life perspectives.

10. What is necessary to share this new way of life?

Help people understand the truth about their power and their responsibility.

Life

1. Why are we here?

Suppose you learned that we are the eyes and the ears of the divine? That all things are possible through the thoughts we choose? That we are powerful beyond measure? That life is part of an eternal dance; a celebration of becoming? That everyone means well, salvation is assured for all, no one is judged except by themselves? That becoming who we most want to be, living the life we most want to live, controlling all aspects of our experience, especially our happiness, is not only possible, but our greatest responsibility? If all these things were true, would you want to partake in the adventure called life? In my view, that you are even reading this means you chose "yes" a long, long, long time ago, and that you've already been doing some philosophizing of your own.

2. Why do people look for answers to their life outside themselves?

Because we have been taught to do so throughout recorded history. Scientists often think human beings are little more than bystanders to the grandeur of life, whereas many religions portray us to be weak, frail, and broken beings. The truth is that we are all timeless, spiritual beings, and that within all of us are the answers and the powers we need and want to begin loving and enjoying heaven on earth.

3. When I make a decision to change my life, how can I be sure that it's right for ME, and I'm not doing it to please others?

We're all equipped to know the truth. Whether it's about the nature of our reality, or ourselves and the decisions we make. It's as if we all have built-in "Truth Barometers" and they're called our feelings. For instance, if the things I say, here or elsewhere, sound false... bells will go off in your head and heart. It will feel wrong. Whereas, if what I say rings true, it will feel right. I think this explains the incredible success of my Adventurers Club and "Infinite Possibilities." Even though I have a lot of very unconventional things to share about our reality and dream manifestation, my listeners feel it is truth. And because much of what I say bucks the mainstream thinking that we were all raised on, they find it as refreshing as it can be startling, and they want more. What makes your question slightly more complicated, are the layers of limiting beliefs that we've accumulated growing up, which

were passed on to us by a society that supposedly wants "what's best for us." So, it's almost unavoidable to make any decision without our thoughts first being filtered by these beliefs. But just because these beliefs can cloud our vision and make decision making more difficult, doesn't mean we don't try, and the good news is that it gets easier and easier the more we look within, to our feelings, for answers. Besides, no matter what we've ever been told by others, it remains our own responsibility to discern the truth, and to live it to the best of our abilities.

4. How do we learn to hear and detect our inner voice?

It speaks through our feelings and intuition, and points to joy.

5. Does the present world cause a feeling of emptiness that people cannot fill?

Our present misunderstandings about life and reality cause this feeling. People have not learned of their power and magnificence, so it's no wonder they have not exercised it. Similarly, people have not learned of their own responsibilities with regard to their own happiness, so they spend much of their lives blaming everyone but themselves. With understanding, and fortunately it is now sweeping the globe, comes enlightenment, and then happiness. This is a very exciting time to be alive!

6. How does the Universe know the best way between one and their dreams?

The Universe, for me, is a metaphor for God. All knowing, all wise, all compassionate, all helpful. It always knows the way, or what I call the "hows." During times spent visualizing, we needn't, and shouldn't, mess with the hows. Simply see your life as if your desired dream had already taken place. Clearly define the end result you're after. Like digital satellite navigation systems that are now available over the counter. Once you program in your "destination," they take into account every possible way you could get there, finally suggesting the fastest, safest, most harmonious route. This is what the Universe does for us when we have a dream and move with it.

7. Can you tell us what the concept of "Infinite Possibilities" means and how it can help us to a better life?

It's a reminder of what lies in store for each one of us, every minute of every day, and by keeping it in mind, it forces us to remember the bigger picture, the magic behind reality, and the fact that we are never as trapped, limited, or lost as we sometimes fear. It's too easy to fall prey to negative thinking when we become obsessed with our past or overwhelmed by the conditions presently before us, and then worse, we begin to program our futures, based on the very unfavorable conditions we've been focusing on. "Infinite Possibilities" is a reminder that our life, and our fortunes, can radically change for the better, on a dime.

8. Where is the answer and path to the great questioners of humanity, is it in spirituality, is it with conscious thought, is it through material wealth, or by another means?

Our greatest power as spiritual beings lies in understanding the true nature of our reality. Understanding that it is a knowable reality. That there are knowable principles. Very simply: We are creators. We create exclusively through imagination, belief, and expectation. We are not at the mercy of the past or others. We are here because we chose to be, for the sheer adventure of it, for learning, and for love. What happens beyond this life is not nearly as important as what happens here and now. We chose this focus for reasons that will be abundantly clear to us later. For now, we must take responsibility for learning these

extremely simple truths, and then for living these truths, letting joy and happiness be our guide.

9. From your perspective, who might some of the great leaders of the world be? Who could help the world grow?

Although there will always be the need to have teachers, I believe we are outgrowing our need to have leaders who tell us what to do. It's time for individuals to awaken from their spiritual slumber and recognize their magnificence and importance. As the individual is awakened, as we all take responsibility for ourselves, a new, brilliant age will dawn on earth.

Happiness

1. Are there particular factors/attributes you consider imperative if one is to be happy?

Avoid the "all or nothing" approach to living your dreams. Begin living your dreams today, rewarding yourself with adventures and the like, to the degree you now comfortably can. For instance, many people dream of "one day" traveling far and wide, yet because they haven't earned millionaire status yet, or won the lottery, they may not be allowing themselves to travel at all. Too often people put off for tomorrow, the dreams they could modestly begin living today. For them, they make it into all "all or nothing" affair without realizing they are doing this. This is just as true for the big ticket items (like booking a safari in Kenya) as it is for the little ticket items (like taking more Friday's off from work, buying a bicycle to tool around the neighborhood, enjoying more picnics, socializing, etc.).

Another factor to making people happy: Most people understand that because we are, by nature, playful, adventurous, and social, once a dream comes true for any one of us, it will very quickly be replaced by a new, grander dream. The same is true of our challenges. Once we've tackled one, as we keep dreaming, we keep pushing ourselves into new territory, and new challenges arise. What most people have not stopped to consider, is that for these very reasons, it means that for each of us, we will always have unrealized dreams and unconquered challenges. Not that today's dreams won't eventually come true, but rather that once they do, they will be replaced by bolder dreams. In other words, possessing the traits unrealized dreams and unconquered challenges are constants in all lives. The trick is learning to be happy and to enjoy your life, in spite of the fact that you now have dreams and unconquered challenges, *which will always be true in your life*. Do this, and bingo, "game over," you win.

2. Is happiness something we can achieve through others (i.e., is it about what is within us and our attitude or because we are essentially social animals and our happiness is dependent on our relationship with others)?

Both. We are social animals, and having a fulfilling social life requires others, yet this should not imply the need for dependency or limitation. While we do need "people" in our lives, it should not be read that we must have a "person" in our life. The difference is obviously night and day.

3. Can one be happy all the time?

When life is viewed as an irrevocable, undeniable march into knowingness, adventure, and becoming... as a journey instead of isolated snapshots which will always appear out of context, the answer is an emphatic, "ABSOLUTELY!"

4. If there was a phrase to motivate and inspire people, what would it be?

You live in a Universe that adores you, a Universe with inviolate principles that anyone can harness without limitations or regard to their past, and one in which dream manifestation is inevitable once you truly understand the nature of your reality and your divine heritage. You can do no wrong, you've made no mistakes, and even now as you read these words, you are bathed in infinite love. All is well.

Religion

1. To affirm that you can be the "owner of the universe" and that the Genius or guardian angel or superior being is there to serve *you*, or that you can give "orders" to the Universe, clashes with many deep religious roots. What is your opinion on this matter?

The Genie or "The Universe" referred to in *The Secret* are both metaphors for "the greater aspects of ourselves." They are not meant to displace the concept of God. Nevertheless, I do admit that I and many of my fellow teachers do not agree with a lot of the dogmas that often go hand in hand with religion, however this need not be part of my lessons. The law of attraction springs from spiritual philosophies, all religions spring from spiritual philosophies, let's just agree to respect one another's beliefs, while at the same time embracing the concepts from each other's philosophies that DO overlap and bring us joy and hope.

2. Religion vs. Spirituality

Like night and day. Spirituality is defined by the individual and therefore is without dogma, rites of passage, rituals, or other strings attached. Religion, however, is generally imposed upon the individual. A spiritual person typically has their own understanding of who or what God is, why they're here, and allows others to believe as they wish. Whereas religion is most often exclusionary – "you are either with us or you do not experience eternity." Spirituality trusts and believes in the inherent goodness of each person; religions are built upon a rock that presumes we were born broken and flawed. Spirituality recognizes the power, importance and sacredness of the individual; religion, much like communism, tends to subjugate the individual, generally in the name of the people, God, or the afterlife.

3. God vs. the Universe

The term "God" has a lot of baggage. At worst it conveys the image of an angry, aged white man with a long white beard, who is ready, willing, and able to cast his children into blazing pits of fire *for eternity* should they stray just a little out-of-line. At best, it conveys the image of a judgmental, yet loving, father. People have long outgrown the need for such a figure (which was based entirely upon our perceived frailties instead of our greatness) and are beginning to think that perhaps God is something that lives inside us all. Surely, if there is a divine intelligence capable of creating the sun, the moon, the stars, and all the infinite beauty, perfection, and majesty that we find on our little planet, wouldn't such intelligence also be infinitely compassionate? All forgiving? Inspired to see the smile on everyone's face no matter who they are or what mistakes they've made? And going one step further, as portrayed in my *Notes from the Universe*, wouldn't such intelligence be charming, witty, and playful? Using the term "The Universe" allows for God to be much more than we've presumed through religion.

Notes from the Universe

1. What was your inspiration to start your *Daily Notes from the Universe* program?

They evolved from all the doors I knocked on, one idea gradually following another idea. Their manifestation was effortless, and their affect on my life and the lives of my 250,000 subscribers has been humbling.

2. Do you still read your own *Daily Note* every day?

Oh yes, but since I know the punch lines in advance it's not the same for me as for others.

Personal

1. When you're not Mike Dooley, or anything else, what are you?

For now Mike Dooley has got my hands full!

2. Tell us about your childhood: family, friends, idols, etc.

I had a very happy childhood, with the exception of terminal shyness which created a lot of awkwardness. Played lots of competitive sports, particularly tennis, which gave me, or perhaps revealed, an inclination toward goals. I was also very philosophical at a young age, wondering about all the things people wonder about: How come? Why? Who says?

3. Tell us the details of your education experience & then initial entry into the workforce? What's the TUT development story, foundation & future?

Please see: <http://www.tut.com/about/bios/?EmployeeId=1>. Being goal driven, and with a mum who told me I could have it all with work and persistence, I finished college and became a Certified Public Accountant working for PriceWaterhouseCoopers. I specialized in international tax and lived in NYC, the Middle East, and wound up in Boston. After 6 years in the corporate world I had had enough. I quit, moved to Florida, and launched a T-shirt biz with my mother and brother. After a brilliant 10 year run, selling over 1 million t-shirts, I became a full time writer and speaker.

4. What's the most inspiring part of your story?

The most inspiring part of the story was discovering that by setting yourself into motion, toward the realization of ANY dream, you also set into motion the entire "Universe" and all its wisdom, which will then, and only then, conspire tirelessly on your behalf (even taking you "off course" if need be) to avail you of treasures and rewards beyond your greatest expectations.

5. Any special events that were turning points for your success?

Reading Ayn Rand's *Atlas Shrugged* and Jane Robert's *Seth Material*.

6. Did you have any mentors or special connections that guided you?

Yes, my mother.

7. What is the best advice you could give someone starting out in your business today?

Same as for someone starting out in any biz: Do what you love, or at least what you really, really think you are going to love. Always hold firm to the end results you're after, preferably generally set, not too specific, like abundance, creative fulfillment, international travel, friends and laughter. And then get busy turning over every stone and knocking on every door, so that life's magic can reach you.

8. MD philosophy on life?

Live it. Be active. Get out more.

9. What is your definition of mind, body & spiritual wellness?

Happiness is the key.

10. Top 10 tips on feeling good (alignment/happiness) in life?

1. Do what you love.
2. Visualize end results.
3. Don't worry about "the cursed hows."
4. Keep busy.
5. Be social, get out more.
6. Think for yourself.
7. Honor your preferences.
8. Go for walks.
9. Give big tips.
10. Never buy cheap garden hoses.

11. Belief systems that have been secrets to your success?

I never worry about what my beliefs are. It can get too complicated. Instead, I know to act as if my dreams are now coming true, and such actions, coupled with visualizing, have always been enough for me to make the changes I most wish to see in my life.

12. What is the most sublime thing that The Law of Attraction has brought to your life?

PEACE OF MIND. As I said, the Law of Attraction springs from spiritual principles which spring from a spiritual understanding of life. By my seeking to understand life, I found, in my opinion, answers to some of life's hardest questions: essentially, we are creators, we are divine, we are the eyes and ears of God, living in a paradise of our own creation so as to rediscover the beauty and majesty in all things. These truths about reality have set me free. It's the greatest gift to learn that you were not born "bad," that you are not being judged, that you are loved and adored and will be forever and ever and ever. As for the Law itself, perhaps what I value most in my life, at this time, is that it has worked to bring me a career I truly love, writing and speaking to people all over the world. In the past 9 months, I've spoken on 6 continents.

13. Is there something you have wished to attract in your life that has not been granted yet?

Of course, this is part of being alive. Whenever we have one dream come true, we instantly think of a new one to replace it! This way we are forever learning, growing, and being challenged. The trick to being happy, therefore, is learning to be happy even though you do not yet have all you want, because for the reason just given, you never will.

14. What impact has accrued from this work in your life?

This work, for me, began over 20 years ago. Long before my role in *The Secret*. At the age of 20 I had discovered life's truths, and in the last 25 years my objective has been to physically live and embody what I had theoretically learned. Like any student, I've had my share of ups and downs, but I have found fantastic success in the corporate world with PriceWaterhouseCoopers, as an entrepreneur with my own start-up business, and today as an author and speaker. I've also used it to create abundance, have rewarding relationships, improve my health, and above all, to be happy in the adventure called life. There is no day that ever goes by that I am not extremely mindful of my role as a creator, and in which I haven't exercised my creative powers, primarily through the thoughts I choose to think.

15. Do you have a spiritual side? If so tell us about it...

It's my only side. Yours too.

16. What kind of Corporate Wellness facilities are you a part of?

None.

17. Tell us about any Management Wellness Training programs you have consulted on?

None.

18. What's your vision for bridging the gap between the Corporate/Spa worlds and how do they relate & complement one another?

Work and relaxation both need one another to give the other meaning.

19. What are your signature TUT Wellness Products & Services?

My audio program, *Infinite Possibilities: The Art of Living Your Dreams AND Leveraging the Universe and Engaging the Magic*. My free, daily *Notes from the Universe* emails, now received by 250,000 people 5 days a week in 182 countries.

20. Where are your top 3 favorite places to visit? Why?

England—my mother is British, and though she has lived in the US my entire life, I always feel like I'm going home when I visit England. Hawaii—it's the ultimate paradise. The woods—any woods. Walking in the quiet, preferably with my dog, in and out of secretive trees, in any part of the world.

21. If you experienced for yourself that there are more universes than there are grains of sand on all the beaches in the world, would it still be important to you to fulfill your desires in this world, in this universe? Why or why not?

There *are* more universes than there are grains of sand, yet for the fact that you and I are here now, says a lot. Once we deal with what's on our plate in this moment, other options become available. Let's walk before we run.

22. Suppose you learned that being able to attract or manifest anything and everything you desire or need turned out to be a lot of trivial nothingness in the larger scope of things, and that for you to advance spiritually and gain real power you would have to give up any desire to attract or manifest anything at all, and that for you to truly grow you would have to give up even the desire to be in control of your own life, including your own body. Would you be able to do that? Why or why not?

That sounds like an Eastern religion! Suppose you learned that we are the eyes and the ears of the divine? That all things are possible through the thoughts we choose? That we are powerful beyond measure? That life is part of an eternal dance; a celebration of becoming? That everyone means well, salvation is assured for all, no one is judged except by themselves? That becoming who we most want to be, living the life we most want to live, controlling aspect our experiences, especially our happiness, was not only possible, but our greatest responsibility? If all these things were true, would you want to partake in the adventure called life? In my view, that we are even here at all, means we chose "yes" a long, long, long time ago.

23. What has been the most exciting thing to have ever happened to you? Tell us about it...

All of a sudden, waking up one day, and finding I write for a living.

24. What is your vision for the future in mind, body, and spiritual wellness

The entire world is waking up to spirit now, finally, and there's nothing anyone can do about it. No vision necessary.

25. What has been the biggest lesson you have had to learn in life?

Not trusting appearances. We must be the change we wish to see, before we see it. I'm talking personally, not globally, for instance if you want to live in abundance or improve your health or start a new relationship, you must start acting *as if* these things were already true, even though, in the beginning, the world around you shows a reality that conflicts with your vision.

26. Where do you see your personal wellness in 5 years, 10 years?

I see myself as an even happier person than I am today. And from such happiness, wellness is assured.

27. Anything you have always wanted to do, but never got around to it?

Yep, but this is supposed to be family content, right?

28. How has serendipity played key roles in your success?

Every step of the way, my life has been one nonstop miracle.

29. What would you best like to be remembered for?

I don't care if I'm remembered. But I would like to have made a difference in millions of people's lives.

30. Final words of wisdom from Mike Dooley?

Thoughts become things.