

The Secret and how to use it !.

By: Neil McHugh, Author of Dreaming Your Way to Pain Free Living

From a very young age in life I was always fascinated by “The Mind” and researching how to tap into the power. My hero was Bruce Lee. He had developed a way to increase his strength and ability by using a combination of the mind and body. He was not just simply a martial artist. He was a visionary. He understood that the mind controlled his body and paid as much attention to the mind as he did to his training.



I have been practicing the fundamentals of the Secret for many years. I have achieved more than most people, including healing a damaged spine and re-gaining the ability to walk. Seven years later, I was diagnosed with a damaged heart valve and was shown the problem during multiple ultrasound tests. Within 12 months I also reversed that problem to the point it could not be seen by the doctors who originally tested me. To me this was testament to the power we all possess.

I have an awesome life with a great family and friends and everyday I aspire to learn something new. Although I have managed to manifest everything I wanted in life, I am still challenged with the negative voices telling me I am not good enough, or I will never gain the additional things I drive to achieve.

Six months ago I was shown “The Secret” on DVD. This was the first time I had seen so many people confirm what I had believed for 30 years. The secret is ~ we possess the power to do anything we want.

Last month, the Oprah Show featured “The Secret” and the country went mad. Their book sales exceeded 175,000 and the DVD 150,000 in the first few weeks after the show. Like most TV productions, they made the whole process sound so simple. All we need to do was watch the movie and our lives would be transformed. They even had some people on the show the following week talking about how much their lives had changed.

The frenzy has caused people to believe that that transformation can happen overnight as the book releases the magic into our lives. Unfortunately, this is all just frenzy. What they have forgotten to mention is this requires a complete change in our attitudes to life and to others we share this planet with.

This magic will not work if you are a miserable SOB walking about kicking the dog and stealing from old ladies. It requires some self analysis about where we are today. How we lead our lives and how we view others. The universe also is bound by Karma. What we put out comes back ten fold. So, if we cheat others expect the same sort of life as you do unto others. Be a good citizen and be honest in your daily thoughts and kindness will be repaid. It is not rocket science. It is how God has always asked us to live. Treat others the way we want to be treated.

So, how should you use this secret? Firstly, I applaud the production group that put this all together. If 50% of the people on this planet watch it, read it and practice it. The world will be a much safer place for us all to live. We need to eradicate hatred of cultures and religions we do not necessarily participate in ourselves. We should allow others to lead their own lives without interruptions. There needs to be more gratitude to the amazing planet and life we all have.

Have you ever wondered how many reporters and journalists there are out there looking for negative stories to write about and air on there TV news programs? Where are all the reporters that are looking for the “good” news stories that happen every minute of the day?

So, **Step 1** of using the secret is to eliminate as much of the negativity in your lives as possible. Just stop reading newspapers, stop watching negative news stories and surround yourself with positive minded people.

Be aware of the negative thoughts that come into your life. Analyze them, address them and discard them. Replace them with something good. We all have plenty of good thoughts. Start controlling the thought we tend to day-dream about.

Revisit the things that make you angry and ask yourself why, and then get rid of it. Think about the people that make you mad and the people that have wronged you in the past. Accept it, forgive them and you and move on.

The idea here is to re-adjust your attitude to your past and present. Only good thoughts should exist in your world. This will take sometime, so do not expect to do this in one day. It takes conditioning of the mind so be patient. Eventually it will cleanse your mind and make you more appreciative and happier in yourself.

Step 2. Identify what you want in life. Some people laugh when I tell them that many people do not know what they want. Try it yourself; ask a few friends where they see themselves in five years or ten years. It is very common to not know exactly what you want. So here is a way of determining the list.

A word of warning here! *Be careful what you wish for, you may just get it.*

When I was younger I visualized my ideal life. Great career, lots of travel. Visiting exotic places on business trips staying in first class hotels. I always visualized me traveling on my own and that is exactly what I got. Worldwide travel to the best hotels in the world. On my own! This was not a good thing as I was married. So, my dream came true by I became divorced at the same time.

Write down all the things you do not want. Write next to them the complete opposite and you now have what you do want. Be detailed in your “wish” list. If you want to be living by the beach, visualize how. In a cardboard box, or a Condo or a beach house. See it, visualize it over and over. Go through the process over and over until it becomes second nature. Have you ever told a lie so much that you have difficulty yourself remembering the truth? This is how you need to visualize it. It is not a dream, it is your future.

Step 3. Continue the process with total belief. It may take weeks, months or even years to come true, but the more you practice and believe the more it will come true. Now, here is an important tip. Let's say that you have visualized having your own shop that sells amazing cakes and chocolates and this is your dream but you do not have a penny in the bank for the first month's rent. And one day you are told about a shop in the high street that is closing down and the owner is looking for a new renter. You **MUST** take that opportunity even if you do not have the money for the rent. You must take the opportunities the universe presents and we must have the belief that it will work out. It takes more than thought. It takes action. We must act as if our dreams are coming true, otherwise they will not.

When I was struck down with a spinal disease I could not afford to sit around and feel sorry for myself and not have the belief in my own power. I had no choice I had to believe 110% or suffer the consequences. So, my advice is don't do this half-hearted. The Secret works. We can all do what we want, but it takes effort, consistency, tenacity and determination.

Follow Your Heart and make your Dream your reality

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Teacher of the Secret
One very happy man.