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# A Critical Study: The Manifestation of Law of Attraction in Rhonda Byrne's *The Secret*

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**ABSTRACT :** The article focuses on the law of attraction how Rhonda Byrne depicted this law in her book *The Secret*. She thinks that one's energy will remain forever in the universe. Byrne goes on to say that everything that exists is a product of one universal mind, and since human beings are all parts of that one mind, having bad studies causes a person to become disconnected from everything that is positive and the one mind. As a result, one should put the pains of history and unfavourable studies behind ones. One becomes aware that people are in control of their surroundings by becoming frightened of their genuine power. The key is to practise mindfulness. One brings mindfulness to the present by incorporating it into one's hobbies and academic pursuits and by periodically checking in with how people are feeling. The study will try to find out the outcomes of this law of attraction and how the author employs this law in the real life.

**KEYWORDS:** Law of attraction, Energy, Universe, Mindfulness.

## I. INTRODUCTION

Rhonda, who was born in Australia, started her career as a radio listener before transitioning into the TV industry. When she launched *The Secret* talkie film in 2006, which was seen by millions of people worldwide, her work truly took a different turn. She then published *The Secret*, a best-selling book that has been translated into more than 50 different languages and has been printed in more than 34 million copies. *The Secret* is one of the most well-known books in the world. She insisted that by making the decision to keep her anonymity, she was able to preserve the significance of her message. The paper will sincerely disseminate the spiritual message to succeed in life Byron says that "Given that we tend to idolise others, I didn't want it to happen. I didn't want any of that to detract from the message, but I did want people to understand how I came to it and the year I was in. ... I don't want to influence anyone in any way. When I discovered this [Secret], my life was permanently altered. You deserve everything; therefore, you can have it." Further she describes in her book that "Decide what you want to be, do, and have, think the thoughts of it, emit the frequency, and your vision will become your life."

Rhonda had no interest in becoming a guru after sharing *The Secret*. Although she wasn't looking to argue, she was aware that there would be sceptics and opponents. Rhonda asserted that she is merely an ordinary person who has dedicated her life to promoting the Secret and helping others who desire development. What exactly is in *The Secret*, then, that has led to its global dissemination?

## II. THE LAW OF ATTRACTION

The law of attraction, how one thinks, in this regard Byrne depicts that on the school of greatness, we spend a lot of time talking about the law of attraction and the way you think. Also, I urge you to read or see the movie *The Secret* if you haven't already. The underlying tenet is the so-called law of attraction, which states that "like attracts like." The influence of the subconscious and the ability of thinking to create a material and real world is discussed in *The Secret*. That is taken to a whole higher plane in *The Greatest Secret*. 'Oh my god, it's very easy to construct anything I want,' you may realise after realising this. It will be difficult if we think it will be difficult. Everything about it is influenced by our thoughts and beliefs. In essence, the law of attraction states that we materialise what we think. We are going to experience boundless affection if we feel deserving of it. We'll remain poor if we think we're going to be poor. She additionally describes that we won't receive things if we think you aren't deserving of it. Sounds really, incredible, no? Unfortunately, many of individuals have pessimistic viewpoints. We might become stuck in these unfavourable cognitive patterns since negativity and judgement frequently repeat themselves. Fortunately, we can begin to replace these designs with fresh loops.

She defines the capacity of human brain and states that the human mind functions like a computer programme. It is on an adverse loop since that is how we configured it to operate. Repetitive is one of the activities that the mind enjoys. If you pay close attention to your thoughts, you'll notice that the same old emotions continue to come up repeatedly. Kind of serving up the exact same old stuff, [your thoughts]. A programme can be overridden by entering the opposite. It initially seems to indicate that you are lying. You may be attempting to inculcate wealth, success, and riches even when you have no money. You get a physical constriction every time you speak it because you are lacking it. After some time, you alter [your mental pattern] and the constriction gradually disappears. Then people start to see income flowing in various ways. You may receive items that you were planning to purchase but are no longer required to do so. As you begin this practise, one thing to consider is where those unfavourable thoughts are coming from. They frequently reside in our subconscious minds, according to Rhonda, and are the result of early indoctrination. Begin to listen to what you have to say and consider the issues on which you have very strong ideas. Whenever you possess a really, strong opinion, there is a belief that lies underneath it. You may get rid of such ideas and feel liberated. You feel entirely released every time the phrase "I believe" is said. It's fantastic to feel indestructible yet as light as a butterfly at the same time. In the majority of human life, uncertainty and trepidation play an integral part. These two things can also paralyse you. So, try to picture having no uncertainty in your life.

If that sounds like a desperate situation, it was but at the time, Rhonda was working through patterns that her parents handed down to her around manifesting abundance. She grew up hearing all the time, saying, "We can't afford that." Instead of letting that script deter her from making *The Secret*, she adopted a mindset of growth toward debt and spending. She would practice gratitude, put on some cheerful music, and pretend her bills were checks. Rhonda even started giving money away. That tale has such incredible impact. Rhonda said that she didn't give a damn about the money when *The Secret* was published. She only wished to have as several individuals as she could read *The Secret* in order to have an influence. She portrays "The more effortless you are, the greater you manifest everything that you ever dreamt of."

### III. THE SECRET IS THE LAW OF ATTRACTION

The whole universe's order, including everything that enters your life and everything you encounter, is predetermined by the Law of Attraction. Your thoughts' magnetic force helps it to achieve this. Like attracts like according to the Law of Attraction. You manifest what you think about. How does this work? Modern science is showing in the laboratory that each idea is formed of energy that has a distinct frequency. And when a single idea spreads out into the entire cosmos, its vibrations and frequencies naturally interact with the physical reality. Of course, it is widely understood that matter, or tangible items, are only sub-microscopic, quantum energy packets. Thus, when your idea spreads, it draws similar thoughts, objects, and possibly individuals back to you through the vitality and frequency it attracts.

### IV. THE SECRET TO MONEY

Every aspect of life may benefit from applying the law of magnet. The plutocrat is no different. Still, you should focus on your future money rather than any studies that claim you don't already have enough if you want to attract more plutocrats into your life. By focusing on the ultimate, you'll just increase the likelihood that you'll run out of money. But if you imagine and believe that you once had more plutocracy than you need, you'll make it happen. You'll inexplicably notice a shift in your connection with the plutocrat if you do this. Your financial situation will feel more secure, and plutocrats will start to enter your life. You will have all you could possibly desire if you are joyful in the moment. According to Byrne, people are the most significant energy transmission receptors. Every person vibrates at a different frequency depending on their interests and fields of study. The same may be stated for every impact you mention. These effects are made of energy, so when you think about something you desire, you cause it to jiggle at your frequency so that it arrives at you. This is due to the magnet rule, which states that like attracted like. The energy of your existence will never change because you are energy, and energy cannot be generated or destroyed. Your power will never die. Byrne also claims that because everything that exists is a product of one global consciousness, we are all one. As a result, when you have bad studies, you cut yourself off from the one thought and everything wonderful. As a result, you should put the pains of past and unfavourable studies behind you. You become aware that you are in control of your surroundings by being frightened of your genuine power. The key is to practise mindfulness. You bring awareness to the present by incorporating it into your hobbies and academic pursuits and by periodically checking in with how you're feeling.



## V. CONCLUSION

As mentioned above that you are free to occupy your life whatever you like. You can start over with *The Secret*. Start doing greater amounts of what brings you cheerful and make an altar to being happy, and following the rules of magnets will provide you more joyful benefits in abundance. The more you use the power of The Secret, which already resides inside you, the more you'll attract it to you. According to Byrne, everything that happens to you, including the sun rising and setting, the globe is turning. The most authentic version of The Secret is that you are the epitome of life. The potency of the impact of placebos is well-known in the repair industries. It's a significant miracle when patients are actually treated after being provided. Byrne claims that this demonstrates how you can create your own reality by just letting and believing your wounds have been healed. She holds the controversial view that by bringing an abundance of love and optimism into your everyday existence, she may heal yourself of complaint. In her argument that disease cannot exist in a body with harmonic research, Murphy offers imaging research demonstrating excellence. In a same vein, refrain from encouraging any unfavourable study habits by discussing how miserable you are feeling. Contrarily, express how wonderful you are feeling by talking about it. You may assume yourself to be in excellent health if you follow Byrne's logic. In this way, we can say that if you have positive energy and believe then you feel like attraction of the positive thinking.

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