



The Secrets Behind The Secret

The missing keys to manifesting

W: www.CoachCarly.com
E: carly@coachcarly.com
FB: [facebook.com/CoachCarlyEvans](https://www.facebook.com/CoachCarlyEvans)
Twitter: [@CoachCarlyEvans](https://twitter.com/CoachCarlyEvans)

The Secret

Most people by now have either watched “The Secret” by Rhonda Byrne, read the book, or at least heard about it on the grapevine. The Secret introduced the Law of Attraction to the masses, and millions of people all over the world began to question their reality and what they were attracting into their lives. People started to realise that they had a lot more control over their reality than they probably wanted to admit.

However, The Secret provided just one piece of the puzzle of life. There are in fact many more Universal Laws for manifesting abundance, which, once understood and put into practice, are like putting a nitrous oxide tank on your manifesting skills.

In the following pages I have provided a short explanation of each of the Universal Laws. In terms of using them, there are several things you can do. I have included one page for each Universal Law which can be printed and placed up wherever you like, so that you see it daily and use it to focus on that Law. You could use several at a time, or perhaps one per day or week to really cement that Law into your mindset for the week. You can do a “lucky dip” and pick one to focus on, or you can select whichever Law resonates for you at the time.

I like to have mine printed out and up on the walls of my office or at home, and to spend a bit of quiet time each day reflecting on those Laws that resonate with what's going on in my life at that time. I also like to create some positive affirmations around them, and I will give you an example for each Law that you can use if you wish. By utilising the *other* Universal Laws rather than just the Law of Attraction, you will come to get a much deeper understanding of how this whole process of manifesting works.

So, have a mosey around this freebie e-book, enjoy, have a play and get creative! I would love to hear your feedback on whether you enjoyed this freebie and what you were able to create in your life through using these Laws. Welcome to the Secret behind the Secret!

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Law of Deliberate Creation

The Law of Deliberate Creation states that thoughts become things. So if you think negatively, you will attract negative experiences into your life. Deliberately *choose* those thoughts today that bring you your desires tomorrow.

Law of Divine Oneness

The Law of Divine Oneness states that each of us is connected to the other – including all plants, animals and nature. Energetically we are all connected and therefore everything that we say and every action we take can influence the Universe in a positive or negative way. Focus on showing kindness and compassion, and on seeing the good in others. Look for kindness and compassion in others and more of it will show up in your life. This Law can have a bigger impact on us than any of the other Laws. If the human race really starts to see how connected we are to every living thing, perhaps we can reverse some of the damage we have already done to our beautiful planet.

Law of Vibration

The Law of Vibration shows us that everything in the Universe is comprised of vibrating packets of energy. Each thing, sound, thought, emotion and word has its own vibration or frequency. We are in tune with others who are “on our wavelength”, and spending time with people who are not can be uncomfortable if they vibrate at a lower frequency, or enlightening if they are a higher frequency than

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us. Life is a constant journey of doing things that increase our vibration, which in turns makes us feel happier, healthier, and assists us in manifesting more of what we want. What things do you do that make you feel lighter? I love taking walks on the beach at sunset, walking my gorgeous puppy, playing with my step-son, having cuddles with my partner, or having a healing treatment like Reiki, massage or acupuncture. I also do plenty of positive affirmations, meditation, exercise, visualisations, writing out my cosmic wish lists and creating vision boards.

Each thought you have and action you take has its own energy. Positive energy attracts positive energy, and likewise with negative energy. So, if you are a negative thinker or doer, you will attract more of the same into your life. If you are generally a positive person, who takes positive actions in life, then the things you want and dream about are more likely to flow easily to you.

Law of Action

The Law of Action states that in order to achieve our dreams we must move in the direction of them. So in a nutshell, you have to ensure that the actions you are taking are in support of you moving towards your goal rather than moving you away from them. You wouldn't type an address into your GPS and then drive in the opposite direction, would you?

What are your current list of goals and dreams? Are your actions and thoughts moving you closer towards achieving those goals and dreams, or are you moving away from them? Take stock of where you are at, and what you need to do to move yourself towards your dreams.

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Law of Correspondence

Ever heard of the saying “as above, so below”? This is the Law of Correspondence which basically states that everything in life has its own corresponding counterpart. It also means that your outer world is a direct reflection of your inner world. If you are experiencing conflict from external sources, it means that there is unrest in your internal being. Everything in your outer world is showing you what you believe to be true about the world and yourself.

Now this is a tricky one to get your head around. Many people like to blame others for what happens “to” them. For example, if you are surrounded by friends who are no good for you and don't treat you well, then that is what you have manifested as that is what you believe you deserve. I'm not saying this happens consciously, but subconsciously there is something you believe to be true about yourself for you to want to spend time with people who don't respect you. After all, if you respected yourself and loved yourself enough, you wouldn't bother wasting your time with people who didn't make you feel good.

The Law of Correspondence also shows you what you are hiding about yourself that you don't like, as it will be reflected in your outer world. So, if you are moaning about a characteristic of your partner, friend or colleague, pay attention to what you are saying and reflect on those times when you have displayed the same traits to others but denied to yourself your ability to be that way because it isn't an aspect you appreciate about yourself.

Each of us is capable of *anything* given the right set of circumstances. There are certain aspects to our personality – e.g. the Addict, Prostitute, Saboteur – that we see as unsavoury parts of ourselves and therefore we deny to ourselves and others that we could ever hold such traits. The very act of denying these traits lead us to

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segregate certain parts of ourselves. Only when we are able to integrate all parts of us and accept that we *can* be those things (not necessarily meaning we *will* be those things) can we be true to our whole selves. So the next time you are moaning that so-and-so never picks up after themselves, or gossips about people, or is always late – pay attention as there is something in your nature that you need to integrate.

Law of Cause and Effect

Most people have heard of the Law of Cause and Effect. Basically it states that every action has an equal or opposite reaction. You get out of life what you put in, and nothing happens by chance. This is where Karma comes into the mix, because the old adage is true “you reap what you sow”. If not in this life, then in the next one! If you feel you are being given a rough ride in life, have a think about what you're putting into it.

Law of Compensation

The Law of Compensation follows on from the Law of Cause and Effect as they are similar Laws – this Law relates to how good things appear in our lives as blessings through our daily thinking and behaviour. Good deeds are rewarded accordingly.

Law of Attraction

This Law is the most recognised thanks to publications such as *The Secret*. The basic premise of the Law of Attraction is that you get what you focus on – “energy

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flows where attention goes”. Where is your focus the majority of the time? For example, you may be sitting there wondering “why is it that I am focused on bringing in more money into my life, and yet it just seems to disappear out of my wallet quicker than it comes in and I'm still broke?”

Often people think they are focusing on what they want, but in reality they are focusing on the perceived *lack* in their lives of the exact thing they are trying to manifest. So if you are focusing on getting more money, but tell yourself all day long “we can't afford that”, “how am I going to pay these bills” etc, then you are still focusing on LACK rather than releasing your dream of more money to the Universe and holding a strong belief that the money is there and waiting to flow to you.

A good example of this is asking single people who are looking for a relationship what they want in a partner. They can easily reel off a list of things that they *don't* want, based on previous experiences. But when it comes to what they *do* want they find this harder to answer. How can the Universe deliver something or someone to you if you don't even know what you want? You wouldn't go out for dinner and ask the waitress to “just bring me something nice please”, would you?

Law of Transmutation of Energy

The Law of Transmutation of Energy states that each of us have the ability and power to transform their current situation. This is done by changing the energy that you put out into the world. What is it that you want to attract that you don't currently have? Whatever it is, do, give or be more of it yourself. If you want more love from the people in your life, you have to show your commitment to that cause by *giving* more love to them. If you want more compassion from others, give more compassion to the people around you. By putting out that vibration, you will attract a like vibration back to you.

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Law of Polarity

The Law of Polarity states that everything in nature has a polar opposite – positive and negative, light and dark, sunrise and sunset, yin and yang. This Law also shows us that along with every failure goes the chance of success... and with every success, the fear of failure. However, as with everything in life, whether you see the good or the bad this is purely *your choice* and again is a reflection of your inner world.

Law of Relativity

This Law states that all things are relative. Things that we see as problems for us may be solutions for others. There are millions of people in the world who, if they could swap places with you for a day, would feel like the luckiest person in the world. Why compare yourself to your neighbour or friend because they are paid more, have a bigger house or car, when you could equally see how lucky you are because you are infinitely more abundant than the majority of people in this world? It's all relative and depends on how you view the world and your place in it.

Law of Rhythm

The Law of Rhythm shows us that everything that exists can be observed to have its own rhythm which is very important to its existence. We experience the seasons of winter, spring, summer and autumn, high and low tide, sunrise and sunset, and have our own body clock and circadian rhythm. There is an appropriate time for everything, so trust that everything will happen in divine perfect timing and release any need for urgency.

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Law of Gender

The Law of Gender is very simple in that it states there is a male and female energy to all things in nature. To create balance in our lives (yin/yang) we are invited to open ourselves up to both energies, which helps us to integrate the masculine and feminine of our own energy. Every one of us holds that male (doing) energy and the female (thinking) energy. Just as it takes both genders to create new life, in order to achieve balance in our own lives it is important to be aware of the role our masculine and feminine aspects play.

Law of Detachment

The Law of Detachment gives us the wisdom of uncertainty. This Law states that in order to successfully manifest something, you must first detach yourself from the outcome. Any feeling of attachment to a particular outcome shows to the Universe that you do not trust 100% that you will have your desire brought to you. If you believed in your heart that you would manifest that thing, you would have no attachment around whether you got it or not, as you would be simply waiting for its arrival. Any negative emotions of fear, doubt or craving just give you more of the same, which is the opposite of what you are seeking. When you are attached to something you give your power away to it.

Law of Allowing

Stop, breathe and relax. Amidst all the conflict and roller-coaster emotions, just let it go, surrender any negative thinking around the situation, and allow yourself to

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become an observer of your own world. Through this process of allowing, all will be resolved in a far easier way than if you were stuck in a place of resistance.

Law of Abundance

The Law of Abundance affirms that there is always enough for everyone, and that our human notion of perceived lack is just that – our perception. Open your eyes to how much abundance there is in the world and know that you have everything you need within you to manifest your dreams and desires whenever you choose to.

So there you have it! The missing ingredients...

On the following pages I have put each Law on its own page with an affirmation, which can be printed and put up anywhere you like so you can keep your focus on it for as long as you want. Remember to surrender to these Laws, stay true to them and remove any doubt, fear, craving, worry or focus on lack.

For more information and regular updates on all things Law of Attraction and how to manifest your dreams, reach your potential and OMG! your life, go to CoachCarly.com and don't forget to “like” my page on Facebook – Coach Carly (facebook.com/CoachCarlyEvans). I am also on Twitter - @CoachCarlyEvans.

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Law of Divine Oneness

We are all connected.
Show compassion and
kindness to others
and you will see this
reflected back to you in
your world.

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Law of Vibration

Like attracts like

Choose today to take actions
to increase your vibration,
and watch the process unfold
as you attract better people
and things into your life

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Law of Action

Get clear about your goals,
and ensure your actions
reflect your commitment to
moving forwards towards
your goals, not away from
them

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Law of Correspondence

Your outer world is a direct
reflection of your inner world

What can you do today
to change your inner world for
the better

therefore having a positive
influence on your outer world?

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Law of Cause and Effect

Be conscious of your
actions and behaviour
They are the seeds from
which your tomorrow
blooms

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Law of Compensation

What goes around comes
around

Be cautious of your actions
and stay true to your
integrity

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Law of Attraction

What you focus on is what you
attract.

Where is YOUR focus today?

Where attention goes, energy
flows

Focus your energy on what it is
you want to create and know that
it is manifesting NOW

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Law of Transmutation of Energy

Change the energies you put out to the world, and watch as you transmute situations that you deemed previously negative or challenging change for the better

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Law of Polarity

It is up to you to choose whether
to experience life as a series of
dramas, or whether to see it as a
magical adventure full of learning
experiences and wonderment
Look for the good in everyone and
everything

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Law of Relativity

There are millions of people all around the world who, if they could swap places with you for a day, would feel like the luckiest person alive

Give thanks and gratitude today for all you have in your life

Write a list of all the things that you are grateful for today

If you are not grateful for what you have, why would the Universe give you more of it?

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Law of Rhythm

If something doesn't work out for you quite how you thought it would, instead of believing something went wrong, consider that it may be exactly the right outcome for reasons that are not yet clear to you

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Law of Gender

Embrace your masculine
and feminine energies
today

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Law of Detachment

The Universe always supports me for
my highest good

I trust the Universe to manifest my
desires

I am safe, loved and divinely guided

I surrender to the Universe and release
my desires, knowing they are coming
to me now in divine perfect timing

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Law of Allowing

Stop, breathe and relax

Allow the Universe to work its'
magic

You never know which people or
things are here to transform your
reality and help you achieve your
dreams, even if they seem bad at
the time

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Law of Abundance

There's a limitless supply of every
amazing and wonderful experience in
the Universe, enough to go around
everyone and then some

Put your trust in the Universe that this
is so, and so it shall be

Allow the flow of abundance into your
life now

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Law of Deliberate Creation

Thoughts become *things*
Deliberately *choose* those
thoughts today that bring
you your desires tomorrow

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With love...



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