

Part One



The Key

Anybody who has been seriously engaged in scientific work of any kind realizes that over the entrance to the gates of the temple of science are written the words:

Ye must have faith.

—Max Planck, winner of the 1918 Nobel prize in Physics

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The Missing Secret

Beliefs are the determinant of what one experiences. There are no external causes.

—David Hawkins, *I: Reality and Subjectivity*

Admit it. There is something in your life you've been trying to attract, achieve, or resolve and you simply haven't accomplished it yet.

It's not for lack of trying. You've read self-help books, seen movies such as *The Secret* and *What the Bleep Do We Know?*, attended seminars, and more. But you keep hitting your head against the wall when it comes to this one thing (or more) that you want and just can't seem to attract.

What gives? Why can you easily attract some things into your life but have a stubborn problem in this one area? Does the Law of Attraction really work or doesn't it? Does *anything* really work?

What's the missing secret to attracting whatever you want, anyway?



Everything in your life is there because you attracted it. This includes the bad stuff. You simply attracted it on an unconscious level. When you become aware of the mental programming that is operating behind your experiences, you can then change it and begin to attract what you prefer.

When you “get clear” (which I’ll define shortly) of the hidden beliefs stopping you from attracting whatever you want, you get what others may call miracles. For example:

- When I got clear of the issues I had about being overweight, I lost 80 pounds, entered six fitness contests, and transformed my body and my life.
- When I got clear of the hidden beliefs within myself regarding having a new car, I went on to attract 12 new ones, including now owning two BMWs and a stunning hand-assembled luxury sports car named Francine, a Panoz Esperante GTLM.
- When I got clear of why I created potentially deadly swollen lymph nodes in my chest, between my lungs, the nodes became harmless.
- When I got clear of why I was once homeless and then a struggling writer living in virtual poverty, I went on to become an Internet celebrity, a best-selling author of over 30 books, and one of the stars in a hit movie, *The Secret*.

Obviously, getting clear of your inner blocks is the missing secret to attracting whatever you want. How can you tell if you need to get clear right now? If you have to ask, you probably aren’t clear. But here’s a quick way to find out. Just truthfully answer these questions:

- Do you have a recurring problem area in your life?
- Have you ever set a New Year’s resolution and not kept it?
- Are you frustrated by self-help methods that haven’t worked for you?
- Are you not taking action to get what you want?

- Do you feel like something is sabotaging your success?
- Have you seen the movie *The Secret* and still not attracted what you want?

If you're completely honest with yourself, you know there is at least one area of your life that seems too stubborn to fix.

It may be in the area of weight loss. You've tried diets and you've exercised, and the weight either stays on or comes back on fast. You feel cursed.

It may be in relationships. You've tried dating, you've tried online services, you've been in relationships and maybe even married, but the love doesn't last. Something always happens to kill the romance.

Or finances. You've had jobs, and none of them fulfill you. Or you can't seem to find the right vocation for you, no matter how many guidance counselors you see and resumes you write. It just feels like the world isn't supporting you in going for your dreams. You're always broke or always trying to catch up with your bills.

Or health. Maybe you have a nagging backache, or something more challenging, like cancer or a muscular disease. Maybe it's an allergy, or a persistent cough, or asthma. Whatever it is, it feels like you can't heal it or cure it because you feel destined to have it.

The general feeling in every stuck issue is that you feel like a victim. You feel that the problem is yours but the cause is elsewhere. It's the fault of your boss, your neighbors, the president, the government, the terrorists, the pollution, global warming, your DNA, the IRS, or even God.

What's the solution?

What's The Key?



I've experienced this stuck feeling in my own life, when I was homeless and starving. I felt like the world was out to get me. I was angry at everyone, from my parents to the system, even to God. I didn't feel I deserved this life. Struggling to eat, then to find a place to live, then to find a car were agonizing and frustrating experiences. They certainly weren't my fault. I was a nice guy. I deserved better.

I had the same stuck experience in trying to lose weight. I was overweight as a child, as a teenager, and most of my adult life. I hated it. I blamed my parents for my body structure. I blamed them for how they raised me and how they fed me. I blamed my gym teachers for making me feel humiliated. I felt destined to stay fat, and I didn't like it one bit.

In both cases I had a recurring problem and didn't think I was the cause. I blamed outer circumstances. That's what most of us do when we hit a wall and can't get around it. It isn't us, we think; it's the wall. We might be successful in every other area of our lives, but when we come to this one stubborn area, we aren't clear and can't see our way out.

The point of this book is that there is a way out.

I call it The Key.



The Key is the missing secret to attracting whatever you want. I mean this in the most sincere way possible. It's the truth. It's reality. It's your ticket to freedom.

When I was homeless, I had to look at my own beliefs. I realized that the main reason I was unhappy and struggling

was because I *expected* to be. I woke up to the idea that I was modeling my life on authors who had been suicidal. Since I wanted to be an author like they were, I thought being melancholy was the curriculum. Once I changed my beliefs, I began to attract a new reality. I began to get work, then money, then happiness. Today I am the author of dozens of books and I'm seen in such movies as *The Secret* and *The Opus*.

What happened to the stubborn problem that I blamed others for?

The same thing happened with my obesity. Today I'm average if not fit. I've been in six fitness contests. I built my own gym. I've trained with famous bodybuilders, such as Frank Zane.

What happened to my lifelong problem that I blamed my DNA for?

In both cases I used The Key to break free.

That's what this book is about. It's a manual on how to attract your wildest and most wonderful dreams—no matter what they may be.

All you need is The Key.

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