

## Discovering the secret of 'The Secret'

Bradenton Herald Newspaper

Joan Dickinson, ED.D.

October 13, 2007

I've just returned from becoming certified at the Chopra Center for Well-Being as a Meditation Instructor, then traveled to England and Italy, thus the absence of my columns. Did I have a great time? Yes, I did. Did I manifest these trips using the secret laws of attraction? Perhaps I did just that. I did meditate with travel as an intention and these opportunities arose.

There's been a lot of buzz about *The Secret* and *The Law of Attraction* in the last few years. Their joint message is that if we follow the laws of nature, we can actually have what we want. Now that's a secret worth knowing, a true revelation, magic and worth millions to millions. Happiness here I come.

Are you finding yourself saying "yes, but", seeing a red flag, shaking your head, thinking "This can't be true!" Well, I once felt that way, had a hard time getting my arms around the concepts of natural law. But it took the scientific community, the field of quantum physics to convince me that the age-old notion of soul and spirit embraced by many religions, called universal consciousness by others, actually exists.

How can we harness these laws to manifest our dreams and desires? One way is to meditate, silence our thoughts.

I did practice cognitive behavioral therapy as a psychologist. I do believe that we can change our thinking, from negative to the positive, rid ourselves of anxiety and depression. This notion of positive thinking is not much different from the Dale Carnegie lessons my Dad believed in fifty years ago.

If we can change our focus, attend to the present and intend the best to happen, our actions will follow. Now this can be hard work, working at the cognitive level, to change all those old childhood scripts, let go of the past, change our thinking, but it can be done, at least some of the time, and is sufficient enough to create better living.

But let's take that notion of thinking positive a step further. What if we didn't think at all? That indeed might be a miracle, to be free from obsessions or even gentle thoughts. It is, after all, a human trait to think. And what a rest that would give our precious, but overactive mind. We don't think when we sleep, so our body can restore itself, but the minute we dream or wake, here come those thoughts again.

Of course, sometimes we are successful at interrupting our thoughts during present focused, intense physical activities. How soothing the absence of thoughts is to our spirit, restorative to our mind. Do you notice that after a brisk walk, you see more creative

solutions to existing problems? Do you ever laugh to yourself after a good night's sleep, wonder why something worried you so much the day before? The key is silence.

OK, so what does silence have to do with manifesting our dreams as talked about in *The Secret*? Everything. Meditation is the key to getting what you want. It's silencing our mind, if only for a few seconds at a time, and accessing the gaps between our thoughts that allows the best of our creativity to flow.

Meditation is an old practice but studies in the last twenty years have shown it to be successful in treating stress, which is responsible for many physical, as well as mental illnesses. How? With silence.

If you'd like to set some goals to manifest in your life, I invite you to join me for a fun, interactive workshop on *The Secret* and *The Law of Attraction*. Place: Anna Maria Community Center Date: Oct. 25, Thursday Time: 7:00 to 8:30 Cost: \$10. For reservations call the Center at 778-1908.