

## Evaluating "The Secret": cosmic candy store or is it for real?

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With all the hype around "The Secret" going on, it is opportune to say a few things about this whole thing; the more so, since I have written about the use of the powers of the mind since 1994 in my various articles as can be found in my e-book [on science and spirituality](#) (especially the article "The psychological key to man", sections 3 and 4 contain very valuable information).

So, is there anything to this "secret"?

First of all, the idea that the mind is a kind of magnet, that attracts certain powers from the universe, is nothing new. Many people have written about this, among which Ralph Waldo Trine, and other proponents of New Thought like [Wallace D. Wattles](#), but ages before that the Hindus knew about the various energies or shaktis that work in our cosmos, among which is counted kriya shakti - the power to form and objectify images.

If the knowledge about this used in an impersonal way, that is, one forms an image of what one wants to be, an ideal image that resonates deeply within oneself, including the idea of serving others, following your passion, *learning to give and receive*, than this is a safe way to proceed. All other use is bound to recoil on the dabbler with astral forces.

After all, if you only want to get stuff for personal gain, without any consideration for others, the whole affair degenerates quickly into a competition for resources and plain fantasies about endless happiness, wealth, and the like.

This is not how the cosmos works. It is not a candy store where you can walk in and take what you want or buy your health, wealth and happiness cheaply. It requires a certain prolonged effort and a certain mentality.

**There is one conscious substance that penetrates all** and we need to operate from a deeper level than mere fantasy. True imagination is something else. It is a force that operates from the level of one's true Self. It is a *creative power* that is very strong. It can only be used properly when a certain level of moral maturity has been reached. Know yourself to be a part of a great stream of life and love that encompasses all, and work from that understanding and feeling. Then it will work out fine, sooner or later. *Learn to truly give and to receive.*

[Wattles says](#): "A man's highest happiness is found in the bestowal of benefits on those he loves; love finds its most natural and spontaneous expression in giving". Very true, and this constitutes a healthy outlook on life in my opinion. A little note on "wanting to become rich": wealth is a relative thing. Very few people want to be poor, I think, although there may be quite some people who want to live a frugal lifestyle. Fair enough. Excessive wealth is an extreme thing and on those who have

an excess of resources rests the moral obligation to share their wealth with others. Such is the order of things. We are talking of true creativity and love, a level of mind and soul where one naturally wants to share what one has with others. How many of us have reached that level?

There are of course extreme ideas in the whole "The Secret" movement, like sometimes is demonstrated in workshops or seminars when it is said to people who suffer from ill health that they don't truly wish their own well-being, that they don't imagine their being healthy strong enough. This is clearly nonsense. Nature does not work that fast. If one has a serious health-problem it may require a life-time (or more!) of work on yourself to balance the disturbed energy-equilibrium. (I am not so much thinking of diseases caused by extreme conditions of the environment, but of those caused by inner imbalance of the energy-system of the body and especially that of the psyche. There is much to be discovered by future researchers here.)

The wisdom-teachings are clear on this and a good observation of natural processes will confirm this statement. There is a certain inertia in all the processes of nature and it is there for a reason. Without resistance there can be no acceleration. Try to move on a total resistance free surface and you will lose your balance.

**To conclude** this short essay: there is something to this "secret", but it might be a little different than many think it is.

If one learns to develop a vision of where one wants to be, how one wants to be, and if one is prepared to let the forces of cosmos flow naturally through one's mind, and cooperate with the creative flow, that is all fine and it will work out fine, especially when your motive is impersonal, having the well-being of all others in mind.

One may encounter setbacks, resistance, etc., but these things belong to life too.

One cannot expect perpetual happiness as that would not only be boring but an impediment to spiritual evolution. There always will be the working of two poles, or pairs of opposites, happiness and sadness, success and failure, but these are relative things. One learns to take these states as they come and go, while ever progressing to and expressing deeper levels in understanding, creativity and love.