

Triangle Philosophy Meetup Group Debate Guide, 12/3/07

“The Secret”

After we watch the movie, “The Secret,” we will discuss its content using the questions below.

Our discussion will be facilitated by Jeff Brown, a person experienced in “The Secret” and who gave a Consciousness Group presentation on it a few months ago.

Many of us want to learn how to create and have more of what we want in our lives. To do so, we must effectively align our thoughts and feelings to focus on what we want. But what does this mean? It seems clear that just “knowing” and thinking about it isn't enough, or we'd already have manifested the new car or house, the fulfilling career, or the perfect partner.

In “The Secret” you will learn about the Law of Attraction, which simply stated is “that which you focus you attention and emotions on is what you will create in your life.” To work with this Law, we must learn to identify our emotional states, and then to effectively focus them to our advantage.

1. What does the Law of Attraction mean to you?
2. Do you believe that you can create what you want?
3. Think about some people you know. What are the attitudes of those who are generally happy and successful, and what are the attitudes of those who aren't? Is there a correlation?
4. Look at something (or someone) that is now in your life, which you wanted but weren't sure how you'd get it. How did you manifest it? Be sure to approach this question not from your logical mind, but from your inner knowing.
5. Pick one thing or situation you want to experience that is not in your life now, and you're not sure how you'll be able to create it. In other words, it won't happen just by your doing what you're already doing.
6. How do I feel now about this situation or thing that I want... What are my thoughts and beliefs about it? Be honest. Do you feel optimistic, believing that it will happen? Or do you really feel more like 'I don't know, it'll never happen'?
7. If the Law of Attraction worked, how would I want to feel in order to attract this thing into my life?
8. What obstacles can get in the way of manifesting?