

Joanne, I thought you would enjoy this letter I sent my group. I just LOVE the LOAs. -Linda

Dear Shaklee Friends,

Ray Pizar sent me these quotes from THE SECRET on Friday. I had no awareness of THE SECRET. I had not seen the Oprah program about it, nor had I seen the DVD. But once I read the laws of attraction below, I had an "Ah Ha" moment, which causes me to share something personal with you.

All my life one of my favorite sayings has been, "It never rains on my parade", and it hasn't. I expect things to go well and they do (or some funny version of "well") Sure there have been some challenges, but not many. There are those who lovingly say that stupidity helped in my not noticing more issues. My son had a girlfriend once who said, "Your Mother can never know "true happiness" as she is always happy." My reply was, "Oh darn! And all this time I thought I was truly happy." Yep, stupidity helps.

Another favorite quote of mine is credited to Abraham Lincoln. "You may not always get what you want out of life, but you will always get what you expect". I sometimes felt guilty preaching it because it didn't always happen for everyone else. But I didn't know about the "secret" then, although I was accidentally practicing it daily. I do remember being in the 3rd grade and telling myself, "No matter what happens to me, I am going to be happy". I don't know why I even did that as I was having a wonderful childhood. But so many of the laws below explain to me why I have had the life I have. And of course, our own Dr. Shaklee has always taught and lived by this philosophy.

Of late, I have been asked to speak on how I do high PV. I am sure that many other people do higher PV. but I am just recently coming out of a 4-5 year hiatus, so I seem "fresh". Every time I spoke on this subject, I said that doing high PV was as simple as expecting high PV. I told people to just see themselves as a person who does 3000, 5000, 7000, 10000, etc. (along with doing the things that create more PV). And then I felt guilty, because maybe that only worked for me, and so I hadn't elaborated. But remember, I didn't know about the "secret" then.

When I advanced as a Director with 6500PV in 1976, my Upline told me to never expect less than 6000. How simple was that !! And so I didn't, and have never done less than that. Then my PV grew from there as I changed my expectations due to one stimulus or another.

But once when we were doing 12000PV, I told my office manager I was tired of our having to unpack all those products and then pack them again to ship (that was before the wonderful treat we have now of Shaklee doing all that work for us) and I flippantly said, "I don't care if we only do 7000PV this month! And that is exactly what we did !! . Where did the other 5000PV go??? I got just what I asked for and expected. Needless to say, I didn't ever say that again.

And the same thing held true with our making Master. I don't like being on stage and in the limelight, so I was scared of that rank. But Donald was so tired of having to save seats for me and my friends at convention (as we finished our last cup of coffee and put on lipstick) that he begged me to become a Master so Shaklee could save the seats for us. And so I did. I just changed my expectation of how I saw myself. Gosh, even now, if the proven universal laws of attraction weren't listed below, I would be worrying about your thinking I am crazy. It is truly that simple.

So what I really want to say to you is this. We are so fortunate to have this "secret" (that Dr. Shaklee always knew), brought to our attention and awareness again. All one has to do is read, reread, and practice the "secrets". They DO work. Your whole life and your Shaklee business can become so much easier, more fun, and more rewarding if you take the time to "own" these laws of attraction.

As I said, I have not seen Oprah or the DVD yet. I will one day, but for now I am just going to enjoy the fact that I don't have to feel guilty anymore about espousing these philosophies.

Expect the best,  
Linda

PS: I just remembered something else. When we sponsored into Shaklee in 1976 I wanted to send our 3rd child to private school. Donald said we couldn't afford any more private schools. The tuition was \$1400 (you can tell that was a long time ago) so I promised Don I would make \$100 a month for 12 months if he would pay the other \$200. He agreed and 3 months later we were new Directors and our bonus check was \$1403! I hadn't a clue what I was doing or how I did it, but I was having fun. So it wasn't where I lived, who my Upline was, what talent I did or didn't have (more of the latter) that mattered, it was that I was happy, I felt good and I was attracting positive results. That kind of thing has happened endless times in my life. I am so lucky that my gene pool included this attribute.

## 100 Quotes from "The Secret"

1. We all work with one infinite power
2. The Secret is the Law of Attraction (LOA)
3. Whatever is going on in your mind is what you are attracting
4. We are like magnets - like attract like. You become AND attract what you think
5. Every thought has a frequency. Thoughts send out a magnetic energy
6. People think about what they don't want and attract more of the same
7. Thought = creation. If these thoughts are attached to powerful emotions (good or bad) that speeds the creation
8. You attract your dominant thoughts
9. Those who speak most of illness have illness, those who speak most of prosperity have it..etc..
10. It's not "wishful" thinking.
11. You can't have a universe without the mind entering into it
12. Choose your thoughts carefully .. you are a masterpiece of your life
13. It's OK that thoughts don't manifest into reality immediately (if we saw a picture of an elephant and it instantly appeared, that would be too soon)
14. EVERYTHING in your life you have attracted .. accept that fact .. it's true.
15. Your thoughts cause your feelings
16. We don't need to complicate all the "reasons" behind our emotions. It's much simpler than that. Two categories .. good feelings, bad feelings.
17. Thoughts that bring about good feelings mean you are on the right track. Thoughts that bring about bad feelings means you are not on the right track.
18. Whatever it is you are feeling is a perfect reflection of what is in the process of becoming
19. You get exactly what you are FEELING
20. Happy feelings will attract more happy circumstances
21. You can begin feeling whatever you want (even if it's not there).. the universe will correspond to the nature of your song
22. What you focus on with your thought and feeling is what you attract into your experience
23. What you think and what you feel and what actually manifests is ALWAYS a match no exception
24. Shift your awareness
25. "You create your own universe as you go along" -Winston Churchill
26. It's important to feel good ( ( ( ((good))) ) ) )
27. You can change your emotion immediately . by thinking of something joyful, or singing a song, or remembering a happy experience
28. When you get the hang of this, before you know it you will KNOW you are the creator
29. Life can and should be phenomenal .. and it will be when you consciously apply the Law of Attraction
30. Universe will re-arrange itself accordingly
31. Start by using this sentence for all of your wants: "I'm so happy and grateful now that.... "
32. You don't need to know HOW the universe is going to rearrange itself
33. LOA is simply figuring out for yourself what will generate the positive feelings of having it NOW
34. You might get an inspired thought or idea to help you move towards what you want faster
35. The universe likes SPEED. Don't delay, don't second-guess, don't doubt.
36. When the opportunity or impulse is there .. ACT

37. You will attract everything you require - money, people, connections.. PAY ATTENTION to what's being set in front of you
38. You can start with nothing .. and out of nothing or no way - a WAY will be provided.
39. HOW LONG??? No rules on time . the more aligned you are with positive feelings the quicker things happen
40. Size is nothing to the universe (unlimited abundance if that's what you wish) We make the rules on size and time
41. No rules according to the universe .. you provide the feelings of having it now and the universe will respond
42. Most people offer the majority of their thought in response to what they are observing (bills in the mail, being late, having bad luck...etc..)
43. You have to find a different approach to what is through a different vantage point
44. "All that we are is a result of what we have thought" - Buddha
45. What can you do right now to turn your life around?? Gratitude
46. Gratitude will bring more into our lives immediately
47. What we think about and THANK about is what we bring about
48. What are the things you are grateful for?? Feel the gratitude.. focus on what you have right now that you are grateful for
49. VISUALIZE!!! Rehearse your future
50. VISUALIZE!!! See it, feel it! This is where action begins
51. Feel the joy .. feel the happiness :o)
52. An affirmative thought is 100 times more powerful than a negative one
53. "What this power is, I cannot say. All I know is that it exists." - Alexander Graham Bell
54. Our job is not to worry about the "How". The "How" will show up out of the commitment and belief in the "what"
55. The Hows are the domain of the universe. It always knows the quickest, fastest, most harmonious way between you and your dream
56. If you turn it over to the universe, you will be surprised and dazzled by what is delivered .. this is where magic and miracles happen
57. Turn it over to the universe daily.. but it should never be a chore.
58. Feel exhilarated by the whole process . high, happy, in tune
59. The only difference between people who are really living this way is they have habituated ways of being.
60. They remember to do it all the time
61. Create a Vision Board .. pictures of what you want to attract .. every day look at it and get into the feeling state of already having acquired these wants
62. "Imagination is everything. It is the preview of life's coming attractions." - Albert Einstein
63. Decide what you want . believe you can have it, believe you deserve it, believe it's possible for you
64. Close your eyes and visualize having what you already want - and the feeling of having it already.
65. Focus on being grateful for what you have already .. enjoy it!! Then release into the universe. The universe will manifest it.
66. "Whatever the mind of man can conceive, it can achieve" - W. Clement Stone
67. Set a goal so big that if you achieved it, it would blow your mind.
68. When you have an inspired thought, you must trust it and act on it.
69. How can you become more prosperous?? INTEND IT!!
70. 'Checks are coming in the mail regularly'... or change your bank statement to whatever balance you want in there... and get behind the feeling of having it.
71. Life is meant to be abundant in ALL areas...
72. Go for the sense of inner joy and peace then all outside things appear

73. We are the creators of our universe
74. Relationships: Treat yourself the way you want to be treated by others. Love yourself and you will be loved
75. Healthy respect for yourself
76. For those you work with or interact with regularly .. get a notebook and write down positive aspects of each of those people.
77. Write down the things you like most about them (don't expect change from them).
78. Law of attraction will not put you in the same space together if your frequencies don't match
79. When you realize your potential to feel good, you will ask no one to be different in order for you to feel good.
80. You will free yourself from the cumbersome impossibilities of needing to control the world, your friends, your mate, your children....
81. You are the only one that creates your reality
82. No one else can think or feel for you .. its YOU .. ONLY YOU.
83. Health: thank the universe for your own healing. Laugh, stress free happiness will keep you healthy.
84. Immune system will heal itself
85. Parts of our bodies are replaced every day, every week..etc... Within a few years we have a brand new body
86. See yourself living in a new body. Hopeful = recovery. Happy = happier biochemistry. Stress degrades the body.
87. Remove stress from the body and the body regenerates itself. You can heal yourself
88. Learn to become still .. and take your attention away from what you don't want, and place your attention on what you wish to experience
89. When the voice and vision on the inside become more profound and clear than the opinions on the outside, then you have mastered your life
90. You are not here to try to get the world to be just as you want it. You are here to create the world around you that you choose.
91. And allow the world as others choose to see it, exist as well
92. People think that if everyone knows the power of the LOA there won't be enough to go around .. This is a lie that's been ingrained in us and makes so many greedy.
93. The truth is there is more than enough love, creative ideas, power, joy, happiness to go around.
94. All of this abundance begins to shine through a mind that is aware of it's own infinite nature. There's enough for everyone. See it. Believe it. It will show up for you.
95. So let the variety of your reality thrill you as you choose all the things you want.. get behind the good feelings of all your wants.
96. Write your script. When you see things you don't want, don't think about them, write about them, talk about them, push against them, or join groups that focus on the don't wants... remove your attention from don't wants.. and place them on do wants
97. We are mass energy. Everything is energy. EVERYTHING.
98. Don't define yourself by your body .. it's the infinite being that's connected to everything in the universe.
99. One energy field. Our bodies have distracted us from our energy. We are the infinite field of unfolding possibilities. The creative force.
100. Are your thoughts worthy of you? If not - NOW is the time to change them. You can begin right were you are right now. Nothing matters but this moment and what you are focusing your attention on.