

# The Lessons of The Secret Law of Attraction (2006)

Here are my two cents on this underrated movie that unexpectedly changed my way of thinking.



Existence is bliss if you know how to live

The reality is the outcome of your thoughts. The moment you start focusing on the things you want, rather than focusing on the things you don't want, it frees yourself from all the constraints you face, it lets you learn how to live life the way you want.

The present can never be defined since it's the aftermath of the past. All you can define is your future, and the aftermath of the future lies beneath your action of existence.

You are a source of energy, so use that source to fulfill your dreams and goals. You can do it in certain ways, including having your 'ambition box' or having a 'spirit rock'. All you need right now is to start believing in yourself because this is the key to making every dream come true. The sooner you let your soul radiate the positive energy, the better life you're going to achieve.

Ultimately, there is no such thing you can't have or do unless you respect and love yourself. Everything you can imagine is achievable. So, make a list of dreams and let your spirit do the actions accordingly. If you help yourself, the universe will help you too. You got this!