

## The Real Secret: Do Magical Solutions Work?

My articles are not usually written in first person. Due to the issues addressed in this article, I feel it is appropriate to speak directly in first person to you, the readers.

We are living in a fantastic time. More change is happening now than in any time in history. We are becoming something new, something different. One of the aspects of this is reality creation, the eternal metaphysical idea that we are endowed with the Divine power to create our reality via our thoughts and emotions.

I believe in reality creation. For over 20 years I have explored many different teachings and teachers in seeking to actualize my own reality creation ability and potential; Edgar Cayce, Joseph Murphy, Louise Hay, Neville, Abraham, Elan, Bashar, Baird T. Spaulding, Seth, Ramtha, Sanaya Roman, Claude Bristol and many, many more.

Many of you who read this article I will never meet, and yet we are one and the same. We are all in this material dimension together looking for answers, gathering our power, yearning to make sense of it all. The best way I can honor you is to share what works practically in terms of reality creation. My own successes in life have come from intently studying, applying and experimenting with a wide range of reality creation techniques.

I have created wonders and disasters. I have created fantastic new realities and collapsed ones that no longer served me. I started off knowing exactly what I wanted and have ended up surrendering to what is for my highest good. Like a scientist seeking a cure for a deadly plague, I have intently searched for the effective tools and techniques to liberate myself and others from the seeming prison of human limitations, illusions and fears.

With all this in mind, I feel compelled to address the movie "The Secret". Because I am an intuitive and trust my senses, I must be honest in saying that I find myself energetically repelled by this film. Let me be very clear; I do support the theme that the movie presents – we create our reality, we have power, we can do it, etc. I support getting out a message of empowerment about our creative power to the masses. I support the liberation of our beings from third

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dimensional limitations. But I go energetically weak when the subject of "The Secret" movie comes up. There are two main reasons:

## 1. The Hype

In this world of short attention spans and products, filmmakers have to aggressively market their movies, however, I feel like I am being needlessly battered by a behemoth promotional machine around this project. It's like being force-fed a pill that you don't want to take and having a good-hearted person shove it down your throat anyway!

The movie Star Wars became popular by word of mouth. News of the great food, service or ambiance of a new restaurant will travel fast. If something is good – the word naturally gets out. With "The Secret" people keep telling how good it is, yet I don't sense that. I do not feel that something new or revolutionary is being revealed. Sorry, I am not flabbergasted. I do not own The Secret DVD or the book. I am also not trying to incorporate The Secret into my classes or workshops to get more promotional oomph for my work by tapping into The Secret hysteria.

If you want to see a movie that explores the idea that we create our reality in an interesting or deep way, see the 1979 film "The Lathe of Heaven" about a man who literally watches his dreams become instant realities or "Groundhog Day" starring Bill Murray, which is considered a classic by spiritual seekers of many faiths. It explores questions of personal and spiritual growth with humor and compassion. Of course my other favorite is "Defending Your Life" with Albert Brooks and Meryl Streep. That film gets to the core of the human dilemma: fear.

But at this moment in time, the movie "The Secret" is the latest buzz worthy motivational metaphysical film. Much like the hoopla over "What the Bleep", you cannot go to any New Age function without someone talking about "The Secret" and how great it is. I understand that in general, there have not been many outwardly metaphysical movies, and that there is a strong desire to support films, artists, authors, teachers who have the courage to step up and present new ideas to the masses, but good ideas do not always make good films.

I liked the ideas of the Celestine Prophecy books, and sincerely appreciate how it significantly uplifted our planet, but the Celestine movie, despite some great actors, deep ideas, and nice moments – the

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ending is brilliant - was about as enjoyable to watch as getting a root canal – without Novocain. The movie “Indigo” came and went. “What the Bleep” was the best of the bunch, but again, eager people formed a mania about it.

It is so much easier to hype a film, obsess over a book, or follow a charismatic teacher than to actually apply what is being said in our own lives. Many are looking for a quick fix, a magic solution, a wonder pill that will change their lives – I know I have! The wonder is truly within us and is accessed through real inner work, dedication to change and discipline.

## 2. Superficiality

Everything “The Secret” states is a valid approach and yet I feel that this film grossly oversimplifies the reality creation process. It offers stories of people who experiencing magical solutions to very challenging and/or troubling situations. While I personally have experienced delightful, magical moments, I know from my own experiences that just affirming something or believing in something does not always work. Action is required. Also, not everything that is negative is meant to be changed; there are lessons that have nothing to do with controlling life and all to do with surrendering to wisdom. The parody of The Secret that recently aired on NBC’s Saturday Night Live did an excellent job of being satirical and observant that The Secret glosses over many real life issues.

It can be a great service to introduce these ideas to people who are new to them and at the very same time a great disservice to avoid talking about the nasty surprises that one can encounter while earnestly dabbling in conscious reality creation. “The Secret” is creating a mindset that by just asking for what you want, affirming it and getting things will ensure happiness. That can be true, but reality is rich and diverse and mysterious. What you see, or want to see, is not always what you get or what satisfies you.

A teenager recently emailed me. He was very sincere and asked me the following:

“...I’m just a regular teenager who is fascinated about metaphysics and your teaching. Do I have to believe strongly about my dream every day and then will that reality happen? If I want to have my strongest

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desire come true, how can I have no expectations? And just exactly how long do I have to keep visualizing to have my reality come true?"

He went on to ask a few other questions about astral projection and time travel. I sensed his yearning to understand, but I resisted the temptation to give him a short answer. I recommended that he read "The Magic of Believing" by Claude Bristol which gives several effective techniques. I did not presume that I had all the answers, that it was up to me to do the work for him or that I could fix him up with a simple idea. I offered a stepping stone that would help him to understand himself better and to gently expand his understanding and awareness. I then suggested that he could speak to his parents about working with me. If I can work with someone in even just a few sessions, I can help them accelerate their knowledge in a gradual, organic, balanced way. Telling him to watch The Secret, in my opinion, would have confused him since it does not address the finer points of reality creation – in my opinion.

My hope is that the creators of The Secret will harness their success to create a follow-up film and perhaps call it, "The Deeper Secret" which can open people up to self-responsibility, examining the inner self and give more honest details about the very real challenges of conscious reality creation.

Next month I will be addressing some of the many misconceptions about reality creation in the attempt to help people better navigate their own creative process. Until then know that you can travel on your own Path of Joy with or without The Secret.

### **About the Author**

Egan Sanders is an Intuitive Counselor, Coach and Spiritual Development Teacher who helps people accelerate their personal and spiritual growth, and experience greater happiness, clarity and fulfillment. Egan also assists Holistic Practitioners to increase their income, transform challenges, and be more effective in their work.

Egan is the author of the free report, "25 Ways to Clear Blockages to Well-Being" which is available at his website ([www.egansanders.com](http://www.egansanders.com)). Egan also offers inspiring and practical information in his two newsletters. Healing the Hologram is a quarterly newsletter dedicated to assisting holistic practitioners to succeed,

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