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## This is a FREE Talking E-book

Below is the transcript of the 55 minute audio portion of our Talking ebook—the contents inside this PDF are just a PREVIEW / SAMPLER to a much larger, extremely valuable and highly awakening set of audio interviews.

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Barry Goss: Hello folks, this is Barry Goss, the Fox Mulder of Manifestation. I have my business partner Heather Vale here with me, who I like to affectionately call the Dana Scully of Success.

The reason we have this little X-Files feel to what we do is because it perfectly depicts what we do individually and collectively, as an interview team. We search, sort and select the mentors, teachers and coaches of the world, and we get them to publicly reveal their most magical leading edge breakthrough methods.

Heather Vale: And while we are tracking down these key teachers, our community is sending us questions about what is being said in some of the popular short run documentaries, like *What the Bleep Do We Know?*, *Conversations With God*, and the granddaddy of them all, *The Secret*.

Barry: So we've taken several hundred of the recurring, most thought provoking topics, and we asked our network of teachers and mentors to tackle them head on

and flesh out some of the insights that they couldn't through a four to ten minute movie clip.

Heather: What you're about to hear are several short excerpts from 14 different mentors who are featured in our flagship product, *Masters of the Secret*.

Barry: All of these interviews average approximately 75 minutes each, and our long audio format gives us the opportunity to bring you a new perspective and further valuable information as you continue your quest for mastery of the art and science of manifestation.

Heather: We're big believers in giving first and proving our worth up front. We know that this talking e-book will give you the preview you need to make an intelligent decision to move forward with our [complete audio and transcript package](#).

Barry: This first clip is from an interview Heather did with Mr. Attractor Factor himself, Joe Vitale.

Heather: In this clip we were talking about how many steps are required in the standard Law of Attraction formula. He reveals that even though he teaches five in *The Attractor Factor*, there is really only one required.

**Joe Vitale:** I think the bottom line is you only need one step. And that is to be happy in this moment. But most of us can't succeed at that, most of us are waiting for the next moment, or waiting for the next deal, or waiting for the next book, or waiting for the next seminar, or waiting for the next teleseminar, whatever it happens to be.

It's very rare for us to truly be in the moment and appreciate it and be grateful for it, because when we are in this moment, our guidance system is showing us what needs to be done next, the miracles that are happening are happening in each moment, they are not happening in the past or in the future, they are happening now. So you can reduce all of this to one step: be in the moment, but that is usually challenging for most of us.

I found that I and others needed five steps, that's what I talk about in *The Attractor Factor*. The first step is to know what you don't want. Now most of mankind, human kind whatever you want to call the world at large, is stuck on step one. They are just complaining, they are just gossiping, they are victims, they are blaming, that's where they are, that's step one.

A certain awakening is necessary to go to step two, but it's very empowering. Step two is to declare what you do want. That's all about the power of intention. I'm a

great believer that when you declare what you want, you rally the forces within you to go in the direction of what you want, but you also get the Universe to wake up and take the order of what you want. It starts to work on your behalf.

So step one is to know what you don't want, and that's useful information because you use it to declare what you do want in step two.

Step three is very important. It's the getting clear step. I say this is the missing secret to all the self-help books, personal development processes that are out there. A lot of people know about visualization, or meditation, or the power of positive thinking, and they go only so far very often with that. They start getting frustrated wondering, why isn't it working? Why aren't I achieving the results? Why aren't I attracting the car, the spouse, the health, the wealth, whatever it is that they are going for.

And often it is because there is an internal block, sometimes it's called self sabotage, but usually there is some sort of belief system that cancels out the very thing they say they want. In step three you want to get clear of that so that you are in alignment to have, do or be whatever it is that you declare is right for you in your world.

Step four is also very powerful; it's feeling right now what it would be like to already have the thing you want. Whether that's a product or person or experience. It's important to feel as if you already have it. Most of us know about the power of the imagination, and we can role-play what it might be to have our perfect health or whatever down the road. But the secret in step four in *The Attractor Factor* is to feel what it would be like to have it now. *End of Excerpt*—[for the entire 27-minute interview with Joe Vitale click here](#)

Barry: We recently met a woman in California who teaches you how to manifest in harmony with your IGS, or Internal Guidance System. This secret mentor teaches you how to lead a full lush life, while at the same time expanding consciousness as a whole.

Heather: This mentor has a similar outlook to Joe Vitale. That is, it's all about being happy in the moment. But she takes that even a step further, and this clip had me looking at coffee in a whole new way.

**Secret Master #1:** I understand wanting things quickly, but you're going to get them in the time period that is perfect, because there is a certain way that what you're asking for comes about.

Barry: I mentioned this on another call, and that's what does people in, it seems. That buffer of time. You mentioned Abraham Hicks earlier, that's what they call it. And I meet so many people who are like, "you know what? Look, two years go by and I haven't got this or that..." They become jaded about this art and science that we're still talking about.

**Secret Master #1:** But it's not about achieving things, it's about living your life right now. It's about being present right now. So for those who become jaded, one is, yeah, I can see how it's frustrating, I have things on my manifestation list that I haven't gotten yet. Then I also have a hundred things on my manifestation list that I go back to, and it's like, oh wow, I got that and I got that and I got that, I forgot that I even asked for those things they've been in my life so long.

I think the difference in the quest is really—and this is with manifestation—to be happy now. To notice that you have what you need now. To notice that there are many little tiny, tiny joyous desires all throughout the day that are being delivered to you, like an amazing cup of coffee. An amazing cup of coffee is a really great thing.

Heather: Yeah.

**Secret Master #1:** You have all these wonderful things in your life every moment, and the more you pay attention to all of these wonderful things in every moment, the more of those wonderful things get delivered to you.

It's the way Law of Attraction works, but you have to actually stop in the moment and enjoy the thing for more to be brought unto you. If you're in the middle of having this wonderful cup of coffee and you're not paying attention to how it feels on your tongue, and the way it tastes, and the way it smells, and that's it's warm, and it's cold outside and it's keeping your hands warm. Instead what you're doing is, "why don't I have a thing, this thing would make me really happy, I'm not going to be happy until I have this thing."

You're not taking that opportune moment to enjoy that beautiful cup of coffee that's going to generate in your body the feeling of satisfaction and enjoyment and perfection that will allow more satisfaction and more enjoyment and more perfection to come to you.

I have people do a manifestation journal where they put all the big stuff, and I have a certain way to do the manifestation journal and all of these things. They put all of the big stuff in there, "this is the purchase order that I want, God, right here, the Universe, deliver me this." Then it's your job once you've outlined what you want, and make sure that everything in the book opens you. It's your job to

be focused on staying open from moment, to moment, to moment, learning how to utilize your mind to create the opening in the body. If you can just focus on that piece, you know you're on track. All these little joys and mini-miracles will happen, and you won't be so concerned with the stuff that's in the big book anymore.

There is something really enticing and beautiful and yummy about learning how to follow desires that open you, and having a majority of your day be acquisitions of beautiful mini little desires. And then the big things, they show up, and when they show up you get excited, and then you go back to doing your daily practice.

The interesting thing is that all little desires that open you become little mini miracles where you become a symbiotic part of human nature, to where you're in the right place at the right time for someone who needs you. What will open you is helping someone fix their tire on their car, and it will open you to give somebody this little gift, and it will open you to help this person on their project because you got yours done early. All of a sudden your life becomes a lot more in tune with divine purpose. . *End of Excerpt*—[for the entire 1-hour & 21-minute interview with Secret Master #1 click here](#)

Barry: This next clip is of Dr. Demartini who was featured in *The Secret*, and people seem to know as someone who is prevalent in quantum physics.

Heather: One of John's main recurring messages is revealed in this clip, and the funny thing is, because it seems to go against what those first two mentors said, and in fact against what most personal development experts say, this angle was left out of the movie.

**Dr. John Demartini:** I'm going to have to confront something here. For years and years and years and years I've attempted to be only positive and never negative. I'm sure you've attempted that in your life. I've talked to thousands of people, and they all attempt that.

Heather: I've tried it a few times, yeah.

**Dr. John Demartini:** What happens is that they still, after all the years of attempting that, they have both sides. They have negative thoughts and negative things, they even avoid people that remind them of negative things so they can be what they think are positive. They're negating people and negating things all the time. What I've found is, instead of trying to get rid of that part of yourself, or get rid of all the negativity, I found out that whenever I'm setting up a fantasy, a false expectation -- a fantasy is where I have more positives than negatives and a nightmare is where I've got more negatives than positives -- any time I set myself

up and shoot with my intention towards a fantasy, I have to have the negative self talk and the negative events come in to break my addiction to the fantasy. So I found out that my clear intention, a true intention, is automatically illuminated and empowered when we have a balanced orientation.

So I don't shoot for just the positive, I shoot for something that is balanced. The second I go for something that is a positive without a negative, I get negatives in there that appear to be negative without a positive to balance it. So I'm interested in not just the positive, I'm interested in something that's whole and balanced. When I do, I'm grateful and I'm poised. I know that each person on *The Secret* had different views on this, but that's just been my own experience. Because the more I tried to be only the positive, the more I ended up with a bipolar condition, trying to be positive and happy all the time, then I end up having the challenges and the sadness come in, and I was thinking, "What's wrong?" Then I realized that I needed both of them.

Whenever I set goals that were unrealistic and they were exaggerations and they weren't aligned to my real values, and I got all manic and optimistic and almost fantasized over them, all of a sudden I attracted challenges and tragedies and negative events and negative self talk to try to break that addiction. The second I set real objectives that were aligned to my values, that were balanced in orientation, my negative self talk went away. The challenges went away. So I don't shoot for just a one sided world, I shoot for both sides, because everything that you create is a magnetism and it's got two ends, two poles, and I'm interested in creating things that can sustain themselves that have a balanced orientation.

Heather: How would that affect us in day to day life? Let's say I've got several positive thoughts, and all of a sudden one of those negative thoughts come in, then I get into a negative spiral and I just keep thinking negative things for the next couple of hours. How do I balance that?

[Dr. John Demartini](#): Well, you're designed to have it. Look, I did a day by day cycle forecasting process where every day, literally for two years, I kept records, four times a day, of my emotions. And yes, I'm really neurotic enough to do that. And what I did was, I wanted to see if I really was more positive than negative, and at the end of two years when I totaled it all up I was balanced. That was a shock to me, because I had really convinced myself that I was more positive than negative, and I'd put on a facade that way.

But when I added up all my downsides and all my anger and my frustration and all the stuff that was going along with it, I had to be honest with myself. Then I realized that every time I set an objective that was an exaggeration, I had negative self-talk come in. The negative self-talk is not something I need to get rid

of, it's just trying to help me hone in on what's true. What I was doing is I was setting unrealistic expectations, didn't have strategies that matched it, then I was beating myself up and having negative self talk to kind of hone me in on what's real for me. . *End of Excerpt*—[for the entire 56-minute interview with Dr. John DeMartini click here](#)

Barry: This next secret master is who Networking Times called the modern day answer to Napoleon Hill, and a Jedi master of wealth and prosperity.

Heather: He has a bit of a problem with what Law of Attraction practitioners generally teach, because it didn't really ring true for him. He explains why and what needs to be done.

**Secret Master #2:** I go by what worked for me. I was a dishwasher in a pancake house making minimum wage. I struggled for 30 years and I tried all kind of jobs, all kind of businesses, did all kind of things, and I still was what I would now call a professional victim. I didn't realize it of course, but I had this subconscious programming that was causing me to sabotage everything I did. So it didn't matter what business or what job I did, or how hard I worked, I always sabotaged it. I read all those positive thinking books and all the visualization stuff, so that's my problem with the Law of Attraction army that just says, "you know, the attraction, if you just think about it, you manifest it on the physical plane." That's not really true, if you haven't gone and got rid of your limiting beliefs of your self-sabotage programming.

The subject we really need to look at here is called memes. A meme is a mind virus. A mind virus is just like you get on your computer, only it has affected the hard drive of your mind in this case, which is the subconscious mind. So it's a practical example, in my case, since as a kid I was poor. I hated being poor; I always said I was going to be a millionaire when I grew up. I didn't know how, I didn't know where or what, but I just knew I hated being poor. People say, "We grew up, we were poor, but we didn't know it." I'm like "Well, you must be a moron."

I was poor and I sure knew it. I hated being poor, so I wanted to be wealthy. So I did all of these things that the Law of Attraction people would tell you to do, but I still was attracting misery, heartache, sickness, illness, disease, dysfunctional relationships and all that other drama. The reason why is I hadn't got rid of the core beliefs I had, which were, and these are very prevalent beliefs in the world today, probably 96 or 97% of the population has these core beliefs, whether they know it or not. Most don't know it. The beliefs are that money is bad, rich people are evil, and it's spiritual or noble to be poor.

So you go out and you start a new business, because you say you want to be rich. But if your core foundational belief is that you've got to sell your soul to make money, that you've got to be a bad parent to be rich, you've got to be evil and kill people and cheat people and steal from people to get ahead, if those are your core beliefs, you're not going to let yourself do that. So you'll attract the crooked partner, you'll make the bad decisions, you'll buy the restaurant on the highway right before they close it down for repaving for the next two years. You'll find some way to manifest failure, because if you fail at getting rich, you succeed at staying poor, and if you succeed at staying poor that means you're a good, noble person. *End of Excerpt*—[for the entire 1-hour & 14-minute interview with Secret Master #2 click here](#)

Barry: This next clip is of Bob Doyle, who's been around quite awhile teaching the specifics of how the Law of Attraction can increase your wealth consciousness.

Heather: Bob was one of the first Law of Attraction experts I ever interviewed, and I had asked him about the sensitive topic of money, and why he advises not to manifest money, but to focus on other things.

**Bob Doyle:** We all have various levels of resistance in our life, and I certainly still have areas of resistance. I'm certainly not resistance free, but now instead of this struggle, it's just like this adventure to work on it. And if millions and millions of dollars are in my future because that's what my purpose is, in other words if that will facilitate me being who I'm supposed to be and doing what I'm supposed to do on this planet, then I'm confident it will come and that will be great if it does. But for now I'm fine exactly where I am; I'm happy where I am.

I do believe that that's going to happen, but it's not one of those things I'm going to get attached to. I don't want anybody to get attached to that, because as soon as you take your eyes off what your true vision for your life is, and start looking at the money, things will slow down, particularly if you have a lifetime of stuff about money. That's one of the most important messages I deliver in the program, is that so many people who find my program have stuff about money. So if they start trying to go for money, they immediately start thinking, "how am I going to make this?" or "it's going to be hard to make this," or "there's no way I can make this much money doing what I love to do, I've got to come up with something else." That totally negates the purpose of understanding how the Law of Attraction works, in that you will attract into your experience whatever it is that you're in vibrational resonance with at an energetic level.

So if you are in vibrational resonance with having millions and millions of dollars, and you are clear on why you want that, why you need that, why it serves you,

and so on, it will happen. But if you're like "Oh God, I need that millions and millions of dollars because if I don't have it I'm not going to be able to..." what you're vibrating is, "I don't have, I need it," and that is what you are going to attract. You are never going to attract it if you feel like you need it, and it's this desperate sort of situation. So I've never been attached to that. Of course it will be great and fun to be able to say, "Hey look, I did millions and millions," you know? But it's not necessary to be happy or feel wealthy.

Heather: So how do people get all those nice things that they want to enjoy, without getting the money first?

**Bob Doyle:** Well, there's all sorts of ways. And I'm not saying that money won't come. That's another thing; I'm not saying to people that money isn't going to come into your life. I'm saying that if you focus on the money, you're going to start thinking about how is it going to happen, and it's going to slow down the manifestation process. Because the Universe can respond instantly, it doesn't need to have this plan where, "Okay, I'm going to create this incredible invention, and I gotta market it, and I gotta do this, that and the other thing."

What is going to happen is that if you are clear on your vision—let's say it's car or a home or relationship or whatever—if you are clear on that, and you get into vibrational resonance with it, and you do that through your emotions and so on, basically you are adjusting the energy that is you to vibrate at the same frequency of having those things, they will come to you in the most efficient way possible. And sometimes that means you will make a lot of money, or you could win a car or win something, or you just happen to meet the perfect person; money is not always required to get these grand things. I mean people acquire stuff all the time without having to have the money first. *End of Excerpt*—[for the entire 50-minute interview with Bob Doyle click here](#)

Barry: In this clip you are going to hear a secret master that we found out about in the land down under, Australia. A contact of ours gave us her information, and we have good information that she will be in one of the future editions of *The Secret*.

Heather: Her book is about becoming wealthy fast, but she doesn't necessarily focus on the speed. Here we were addressing the fact that everyone wants everything immediately, and when it doesn't happen, we start to second guess it all.

**Secret Master #3:** It's one of those Catch 22 situations, you know you want the prosperity, you know you want the abundance, and so you realize you have to focus on it, you realize that's what you've got to put your energy into, and then

you stop doing that. And then what happens is we all get so impatient, we all want everything yesterday, we all want the results immediately. And as you say, when it doesn't show up straight away, we start to look, and look around and go, "Well where is it? What's happening? Is it coming? Is it going to work for everyone else, it's not going to work for me, am I going to continue to be struggling? What's going on?"

And the moment that's where your focus goes is the moment that you then cancel that order, and it's no longer coming to you. So we have just got to learn to know what we want, get very clear on it, focus on it, think about it, visualize it, affirm it, you know really put all your energy into that. And just let the Universe deliver in its own sweet time, knowing and understanding and totally believing with every ounce of your being that once you've put the order in, it's coming. So don't get too hung up on when, just know it's definitely on its way. And the more you can relax into that, the faster it will actually come to you.

Heather: So it's actually going against our natural inclination, and just knowing that it's coming. Because people tend to want to over think, you know?

**Secret Master #3:** I know what you mean, because I am a Gemini, so half of me is totally creative, totally what some people would say is "woo woo, out there," and the other half of me is so logical that my mind needs to know exactly what's going on. And so for me personally, when I first started down that path of creating or discovering how to create that prosperity and abundance, my logical mind was in overdrive all the time, wondering, "What's going on, is this working? What am I supposed to do next? Am I doing it right?" I questioned everything all the time. And so that sort of slowed the process down. But once I started to get little evidences, little things would start to flow to me, whether it was a little check or a little bit of money that I found on the ground, or a discount on something, just those little evidences that I was actually in the flow.

And I began to understand that I needed to really appreciate them when they came. Yes, I wanted the big froth of abundance, yes I wanted mountains money, but if I could just learn to appreciate and be grateful for and really celebrate those tiny bits of abundance that came to me, that allowed me to loosen up and be in that place of accepting more and more and more, and it's, for those people that get into that flow, they understand what I mean when I say the money just starts to get bigger and bigger and bigger and the flow turns into a flood and then into an absolute ocean of abundance. You just have to be grateful for everything, big and small in between. *End of Excerpt*—[for the entire 59-minute interview with Secret Master #3 click here](#)

Barry: This next master that you are about to hear is somebody who is near and dear to both of our hearts, because he has pretty much told it to not only our audience straight, but to ourselves pretty straight as well. I like to call him the *John Wayne of Manifesting*. He definitely does mince his words.

Heather: Here we are tackling one of the most common misconceptions about manifestation, that it means conjuring stuff up out of thin air. And in fact, probably the most powerful manifesters in the world can do that, but it's not what most of us do.

**Secret Mentor #4:** When I go to United Airlines or Air Canada or whoever, if I go up to the front desk and say, "Now listen, I am giving a lecture in Chicago and I am going to let 500 people come for absolutely free, and I am a spiritual teacher, you should probably let me on the plane, right?" I don't think that that really works so well, they don't really come from that place. In fact they don't even let priests fly free. It doesn't work like that; that thinking is lack mentality, it's totally lack mentality. And it comes from the same mentality of people saying, "Money doesn't matter."

You know what, tell that to your landlord. That mentality is a lack mentality. You need to move yourself into a place of understanding that we live in a society—help me with this one—we live in a society that has created value around something called currency, money. Whether it is real or not doesn't matter, they are pieces of paper with old people's heads on them. You know, they're just pieces of paper. But we associate value to that. And we need that stuff in order to get around in our lives, nothing wrong with that, it's just what it is.

What is really for sale is this...the medium of exchange of energy. We are exchanging energy. You want some of my energy in the form of knowledge, in the form of being in my presence, or whatever it is. That is we do an energy exchange. Your exchange is called money, mine is whatever it is. You want to exchange energy with somebody else, you exchange it through another form. We're all doing this all the time. Money is just an energy, if you get yourself caught in that, by making it so that you are asking those kinds of questions, there's a lack mentality going on. And that lack mentality is keeping you broke.

Live in a place of being excited when you hear your friend or someone you know has gotten wealthy. Be excited about that. Because the same people who are saying that's against the Law of Attraction, are actually saying, "Give me a frickin hand-out." There is no abundance in hand-outs, mate. No abundance at all.

Now I am putting away the soapbox, and I am coming back on the call.

Heather: Well, Barry is still on his soapbox.

**Secret Mentor #4:** Is he?

Barry: Yeah, well he [a community member] got me in a ten-minute tirade last week. I actually put a recording on the forum about this. I just started ranting about this. It's not just one of these things I get just off the cuff, it's like once every week now. "If your portal is so good, if your mentors that you interview are so good, then they should manifest whatever they want when they want and just give what they have away."

**Secret Mentor #4:** Okay, good. Now you have just given it, that's it, fantastic. That is a really great example of the problem with this movement towards the Law of Attraction. People think that things just show up. So they think that the masters of manifestation, that we sit around and we do our little technique, the Equation for Manifestation, or whatever it is we do, and things just show up. So all of a sudden, I want to fly to Toronto and the tickets show up in my mailbox. That's not how it works!

It's not magic. Magic is illusion. Look up the word magic. It means illusion. It is not magic; it is creating, it's focusing so the Universe clears a way for it to show up for you. But you have to pay attention; it is not going to show up out of nothing. It does for the kind of masters that we are not.

There have been masters, i.e., the guy we were talking about before who turned water into wine. Their level of mastery is so fantastic, there is so little doubt, that it just shows up. For the rest of us, it just is moving things out of the way so that stuff that looks like coincidence just keeps happening so often that it just does not make any sense for it to be coincidence. That it's actually a synchronistic event that is taking place out of the Law of Resonance.

That is why that person is saying that, "if these people are such great manifestors, why don't they just manifest whatever they want and give it to us?" Well, you know what, that person has the mentality that they think things show up out of thin air just because you're meditating on them. That is not how it works. *End of Excerpt*—[for the entire 1-hour & 53-minute interview with Secret Master 4 click here](#)

Barry: This next excerpt is from an interview we did together that was, in my thinking, one of the most passionate, fiery, energetic, conversations we have ever had with somebody.

Heather: The mentor teaches us that in order to manifest miracles, as he calls them, we should not be doing what most of us do; in fact, we have to do the opposite.

**Secret Mentor #5:** Really, the secret is not really a secret. Many people, what they do is, they go through life trying to find how to get things done, by looking for the answers outside of themselves instead of looking for the answers within themselves. One thing I speak a lot about when it comes to manifesting dreams and things like that, is most people are taught to become what is called "outcome oriented." They try to do whatever it takes and buy programs and seminars on "How can I make this happen?" and whatever.

What I found out for me is that what I teach people is to become is internally driven. It is a very different distinction right there. When you are internally driven, there is a passion, something far much greater than any goal you can think of, that drives you. That is where the manifesting miracles comes into play. It is not about trying to figure out, "How can I make this happen?"

For example, one thing that I give an example in my speaking engagements is that when people go to seminars right, and they find themselves, I ask them, "how many of you have partaken in one of those multi level marketing programs?" People raise their hands. "How many of you have ever bought those tapes on how to make money on this, or how to get this or whatever?" The things from the infomercials or whatever the case may be. Then I ask them, "how many of you notice that those seminars on those tapes are collecting dust in your house?" I have been there and seen people with thousands of dollars in how to make money in the real estate, and stock market, and all that stuff.

Barry: Everybody can relate, yeah.

**Secret Mentor #5:** But it is collecting dust there. The reason why is because they can sell you the program, which is fine, but they can never sell you their passion. The passion is what drives them, and whoever succeeds in those programs actually drives themselves to make all these things happen.

So the manifesting miracles comes down to, "listen to your heart, listen to whatever it is that you were put on this earth to do," which is not that difficult. But it is a process, and it's a process that you cannot teach that overnight. Intellectually I can share it with you, which is why you did the manifesting miracles course over thirty days, because it is a process.

A great quote from a student asking a master is, "I want to become enlightened like you are." The master said, "Then study with me for ten years." The student said, "No, you do not understand, I am willing to work twenty four hours, seven days a week. Whatever it takes, I will do."

The master said, "In that case it is going to take you twenty years." *End of Excerpt*—[for the entire 2-hour & 20-minute interview with Secret Master #5 click here](#)

Barry: And this clip is of good old Jack Canfield himself, Mr. Chicken Soup for the Soul.

Heather: It took me a year to manifest this interview with Jack Canfield, and when it happened it was effortless. But while he does obviously teach the Law of Attraction, he puts equal importance on other success principles, like he talks about here.

**Jack Canfield:** I am a big believer in the Law of Attraction, which says if you just have an intention you release it to Universe, or "let go or let God" as many people say, and trust that it will happen, that you will in fact attract many of those things into your life. What I like to work with, in addition to that is the psychological and brain science, neuroscience dimension, which has taught us things like, if you visualize your goal as already complete, you actually program the unconscious to start coming up with creative ideas.

It is as if everyday that you do that you are sending out an email through the wireless Internet to all the other brains on the planet who start picking that up. That is how you attract people into your life. Over time they begin to sense, in a weird kind of way, that they want to play with you. They are attracted to you; it is what the Law of Attraction means.

So as far as goals, saying specific things like, "I want to have a four thousand square foot house, on Pacific Coast Highway by June 13<sup>th</sup>, 2006," or 2007 or 2008 or whatever the goal is; I believe in that, and I do that because I believe that the unconscious doesn't know exactly what to manifest for you if you do not give it a very specific request.

I also know that I have set many goals. I do about twenty-one major goals a year, three in each of those seven categories, sometimes a few more. What happens for me is that I don't always achieve every one of those goals within that twelve-month period. But usually within eighteen to twenty-four months I do.

I teach what I call *high intention, low attachment*, which means you have a high intention, you work very diligently to create what you want, use all of the creative processes and the mind laws and everything else we know in terms of success principles, but you are not attached to the outcome. You are not frustrated, and you are not in a state of anxiety or fear. And if it does not turn up exactly the way

you think, you trust that the Universe may know a little bit better about how and when it is going to do that.

Heather: Now, what do you mean when you say we have to believe in the outcome?

**Jack Canfield:** A lot of us have goals that we really do not believe that either we deserve it, or we do not believe that it is possible. I believe that you have got to have a positive expectation. My first mentor was a guy named W. Clement Stone who was worth six hundred million dollars, and that is back in 1968. He took me under his wing and said, "If you promise to teach other people what I will teach you, I will teach you everything I know about how to be successful."

I made that promise, and I have kept it, he did, and so on and so forth. One of the things that he really taught me was the power of positive expectation. If you go up to bat in a baseball game and you are expecting to hit a single, there is no way you are going to hit a home run. You have got to go up every time expecting that you're going to hit a home run. The same is true when I give a talk, I expect everybody is going to like it and enjoy it.

When I give a seminar I expect that we will fill it. When I talk to my children I expect that they will follow the train of thought and either agree with me or tell me a good reason why we should do it differently. I am always expecting the best, whereas a lot of people come up and they are expecting to fail they are expecting to get fired, they are expecting... they say things like, "Well nothing good ever happens to me."

If you say that, then you create the emotional state of experiencing that, and that is what you keep attracting into your life. *End of Excerpt*—[for the entire 49-minute interview with Jack Canfield click here](#)

Barry: We found out about a guy in Florida who NASA calls on to make their astronauts more effective. He is one of the leading authorities on what I like to call "Inner World Goal Setting." He teaches you how to apply modern day mind power technology with traditional goal setting techniques.

Heather: Now, this guy is obviously very focused on the hands-on goal setting techniques, yet his methods also involve the less physical aspects of success, like visualization, and as he talks about in this clip, the emotion.

Heather: How important is the vision, as opposed to the emotion that is attached to that vision?

**Secret Mentor #6:** Yeah, that's big. That's asking the same question, "How important is the automobile compared to the gasoline?" One is a paperweight, an automobile, no matter if it is a '72 Pinto or it's a brand new Mercedes, without gasoline they are both functionally useless. The same thing is true with any type of a goal. So it is a great question. We all need psychological fuel. I prefer to call it psychological mojo. I mean, what is it that Dr. Evil took from Austin Powers?

It was his mojo, right? The thing that turned him on, his life force, the thing that got him so passionate and excited. When it comes to setting and achieving a goal ultimately, it is the "why," it is the fuel. I mean there has to be some reason that drives us. I'll use an example here, when a police officer shows up on the scene, and let's just say that there's a murder that has taken place and we could tell it was premeditated. One, the word premeditated is interesting because it tells us it was thought out, it was planned for, it was implemented. But as the police officer goes and looks at the scene, he's going to look for clues that are going to help him identify who the killer is; but more importantly he's going to be looking for something that starts with an "M". Motive. Motivation. Now my question to you, or to everyone who's listening is, what comes first, the murder or the motivation for the murder?

Heather: The motivation.

**Secret Mentor #6:** You got it. Same thing goes as it relates to achieving a goal, what comes first? Well, many people are spending so much time and energy identifying the goal, but what they don't realize is that something comes before that, the motivation, the fuel. That's what compels it, that's what drives it, that's what sustains it. It's the same thing with a marriage, what comes first, the fact you got married or why you got married? Why you got married came before the wed.

And why you got married is the reason why you stayed married. What you'll find is that if anyone finds themselves in a counseling session, what the counselor is going to do is ask you simple psychology 101, "why did you fall in love in the first place?" And what they're going to suggest you do is go back and toss another log on the fire, rekindle the "why". So the funny thing that I hear speakers say all the time is, "You've got to keep the dream alive, you've got to keep the dream alive, you've got to keep the goal alive." But it's utterly ridiculous! The thing that you have to keep alive is the "why", the "why" is the only sustainable factor, it's like a fire in a fireplace...if you don't keep tossing the logs on the fire it's going to go out. Entropy will take over and chaos will ensue, that's the way it goes. *End of Excerpt*—[for the entire 1-hour & 33-minute interview with Secret Master #6 click here](#)

Barry: This next clip is of a mentor that I tracked down and had the pleasure of interviewing for almost two hours, he is James Ray, who you saw in *The Secret* as telling you that your wish is your command, and he was the one with the genie behind him. James is on a mission to teach and promote spiritual wisdom and strategies that educate the student and listener how to manifest tangible results in life, without having to go through a lot of wishing and hoping and daydreaming.

Heather: He's very much a quantum physics type of guy, which doesn't necessarily jive with religious teachings, so here he's discussing the difference between religion and spirituality, and the amount of power we actually have.

**James Ray:** Well you know there was a recent study done, probably I think two or three Christmases ago, and they asked the group of individuals surveyed, "Do you consider yourself religious?" and over 95% of them said, "No, I'm not religious, but I'm spiritual." There's a big difference, and that's why if you look at the amount of control and the amount of scope of impact that traditional religion is having on the mass majority, it's rapidly declining, and that's very fearful to some of the old systems. You see, here's what—and I'm not anti-religion—here's the difference in my mind between spirituality and religion: spirituality is your one-on-one relationship with your creative source. However you define him, her, or it. Religion is a system of rules and methodologies to have that relationship.

Now what has become problematic in western culture primarily is that we've lost the forest for the trees, we've begun to worship our methodologies and our systems instead of worshiping and building that relationship one-on-one. You see, we've built institutions that get together and talk about dead prophets, or talk about God, instead of talking about becoming the prophet. You see, whether you look at the Buddha, or the Krishna, or the Christ, any of their teachings, they did not tell you to worship them, they told you to become them.

I can quote any of the traditions, but most people in western culture have been exposed to Judeo-Christian, well the Christian tradition, and so I'll just quote the Christian prophet here. He said, "Even the least among you can do everything I've done, and even greater things." I talk about this in my live events. I ask my audiences, "can you turn water into wine?" And they're like, "no," and I say, "Yes, you can, you just don't know how yet. You can. Can you walk on water? Yes, you can. You just don't know how yet."

You know what, Barry? When I get to walk on water figured out, I'm going to be a billionaire, man. Because that's going to be the most incredible seminar on the planet, no one's going to be able to touch it. *End of Excerpt*—[for the entire 1-hour & 51-minute interview with James Ray click here](#)

Barry: This next clip is of a mentor in *The Secret* that Heather and I have both had the pleasure of interviewing, and he's often associated with the phrase: "Thoughts become things." That would be Mr. Mike Dooley.

Heather: Mike's on a similar wavelength to James and there's a reason he doesn't use certain religious words, and in fact he goes a bit further in explaining our true power here.

**Mike Dooley:** To some people, I would say, "I don't believe in God, I'm the biggest atheist on the planet," because 99.9% of the time, the word God means "being outside of ourselves". There is no being outside of ourselves. There is nobody out there to pray to. There's only you out there, and you are far more than you realize. So God is really a metaphor, but a lot of people believe it's loaded with baggage, most people believe it's an entity outside of ourselves, and I don't believe in an entity outside of ourselves. So, I mean the *God* word to me is not one I almost ever use.

So then the Universe, well, people don't have all that baggage with the Universe, so I use the Universe. But, then again, I got to say the Universe is a metaphor for the greater you, your greater self. You are the Universe.

There is not a Universe out there conspiring on your behalf. There's just the greater you out there conspiring on your behalf. Now that might scare somebody, and think, "Well, I want there to be a Universe out there." Well that's why we have God and religion, because people didn't want to believe in themselves, they'd rather believe it's in someone else's hands, even if it's a mean God or an angry God. It's better than their own hands.

And still to this day, people are very much of this persuasion, they don't trust themselves, they don't love themselves. So it's easier to use the word 'Universe' because it doesn't have the baggage, yet it still allows people to not feel like they're carrying the weight of the world on their shoulders. But the fact of the matter is there is no Universe out there independent of us. It is very much totally who we are.

So then to further get to the answer of your question, knowing that we are the Universe, that there's not a Universe independent of us conspiring on us, that's just a metaphor, a helpful way of seeing how magnificent and expansive we are, then let me refer you to my little story, "Lost in Space". It's a tiny little thing that I wrote.

Barry: I love that book, by the way.

**Mike Dooley:** Thanks. But it says that basically there were a bunch of Gods, and this was before I was using the word "Universe." They were all sort of sitting

around, this was before Time and Space, they were bored to their teeth, they decided it wasn't enough. They were always everywhere at once and whatever they wanted they got, and whatever they wanted to change they did, it was like, "same old, same old." So they decided to then create a new dimension for their reality, and I'll try to blast through this quickly.

The new dimension they invented was Space. They discovered after they invented it, this way they weren't everywhere at once, you see if you're God you're omniscient, you're always everywhere at once, there is no *Time* or *Space*. You're everywhere, you're always, you're now, you're there, you're here, it's all the same thing. So by inventing Space, they discovered that they could project their focus to one particular point, and one of them could do it here, another one could go over there. For the first time there were these borders, these definitions, and they discovered they could devise patterns of adventure, amongst these points. It was really a blast. They gave it an acronym, the Secret Pattern Adventure for Creative Enlightenment, or S.P.A.C.E. for short.

Well, Space was so much fun that things were never the same. And they got even more fun when they realized that Space could be filled with the only thing that had ever existed up to that point: *thought*. Yet when they held a thought at a predetermined point in space, low and behold it would manifest. They could think big or small, loud or quiet, dark or purple, or every variable imaginable. There before them there would be a duplicate, a manifestation of their thought, it would appear outside of themselves when it was projected within Space.

They discovered they could Manifest Any Thought That Existed into Reality. The acronym for that is M.A.T.T.E.R. Well, at the same time Matter was invented, being the authors of creation, they were playing games; one of which was hide and seek, and as could be predicted, they hid under Matter, animated in the now.

I'm telling you this story—I know you know this story, others don't—I know it might sound fictitious or ludicrous, but I think it's far more realistic and far more truthful than virtually any other story of reality I've ever heard, whether it's Evolution or Creationism and God's spinning the Earth in seven days and taking Sunday off, or something like that. *End of Excerpt*—[for the entire 1-hour & 29-minute interview with Mike Dooley click here](#)

Barry: This next clip is of a mentor that Heather tracked down herself, somebody that I have admired from afar for quite a few years. I was an executive recruiter for a while, and I happened to know that this mentor's grandfather started *Manpower Inc*, and we have solid evidence that he will be in one of the future editions of *The Secret*.

Heather: When I interviewed him, he kept saying that what he teaches is the opposite of what we've ever heard before. And in some ways, it is, but this clip that seemed so alien the first time I heard it, no pun intended, is actually a more concise version of what the two previous masters are saying.

**Secret Master #7:** I believe that we all started out as these infinitely powerful, wise, and abundant—you could say God-like—beings, who decided that we wanted to play a game that was based on limiting and restricting and confining all that infiniteness. And in essence, see if we could convince ourselves that we were the exact opposite of who we really are. So if who we really are is infinitely powerful, infinitely wise, and infinitely abundant, the name of the game was to construct an artificial reality, convince ourselves it's real, and in doing that, convince ourselves we're the opposite, which means—and I'm being a little overly dramatic here, and I mean no disrespect to myself or you or anybody else—but to create a reality where we convince ourselves we're powerless, helpless, poor and stupid.

Heather: And why do we want to do this?

**Secret Master #7:** Why would you want to smack a piece of rubber and leather with a big stick and run around dirt and touch a bunch of cloth bags [baseball]?

Heather: It's fun?

Bob: Because there's challenge, because there's fun to it. If you look again, any game that really holds our interest, it holds our interest because it's challenging, it gives us an opportunity to stretch and grow. There's an exhilaration to it, a fun to it. And so taking an infinitely powerful being and convincing yourself that you're the exact opposite is a major challenge, and I think when we first started playing this game, nobody thought we could really pull it off, necessarily, because it's a massive challenge.

On a much lower level, if somebody could take Tiger Woods and convince him that he could not play golf, and I'm not talking about using drugs or hypnosis or anything, but other things, convince him he could not play golf, it would be a pretty significant achievement.

So this game was created, and it was a limitation game, and it was to convince ourselves that we're the exact opposite of who we really are, and play within that limitation, and that's Phase One of the game, is to convince ourselves, create this artificial reality. Because, to me, everything that we call the three-dimensional world or physical reality or the Universe, or whatever you want to call it that the scientists study and that we think we live in, to me is a creation of consciousness, it's a complete illusion. It is not real, but we've convinced ourselves it's real. And we've convinced ourselves that we're limited within it. *End of Excerpt*—[for the entire 1-hour interview with Secret Mentor #7 click here](#)

Barry: This next clip is of a mentor who has continued to propagate a book which launched a million millionaires, and his new system is called Holomagic.

Heather: In this clip, we're discussing some of the updates he's made to that classic, and, well, let's just roll the clip.

Heather: So let's talk about sex transmutation. How does this help us become a greater success?

Barry: Yeah, and what chapter is that in, by the way?

**Secret Mentor #8:** Chapter 10, wouldn't it be?

Heather: Chapter 10, yes.

Barry: Passion.

**Secret Mentor #8:** Yes.

Barry: And by the way, real quickly, before you answer that, these principles in the new book, they're not renamed, are they?

**Secret Mentor #8:** Well, Barry, thanks for asking.

Barry: Well, I looked at passion, I'm thinking, that could be a 1930s word. So I'm just wondering.

**Secret Mentor #8:** It could be. But it was definitely renamed, and it was originally actually mis-numbered, too. I think it was chapter 11, even though it was principle number 10, and it was called, as Heather so correctly said, *The Mystery of Sex Transmutation*.

Barry: Ah, okay...

**Secret Mentor #8:** Actually, scientifically, that is an adequate title. But believe me you...

Heather: See, that brings to mind all kinds of stuff.

**Secret Mentor #8:** Exactly! So, I kind of resaid it, and said, "here's what he's talking about." Take an example of something we've all seen, and it's not vulgar, it's just love in motion. You get a female dog in heat, and every male dog will be breaking fences to get to her. But imagine how much discipline you'd need, how

much reminding, how many affirmations you'd have to say, if you would attach that same kind of passion to your definite chief aim in life.

Barry: So it's kind of like you're re-channeling these loin-like feelings you have sometimes? I don't know how to say it. Isn't that what the chapter is about, though, is re-channeling those sexual desires and putting them out to your higher self, where they're coming back in more tangible ways?

**Secret Mentor #8:** Well, you've heard about people being in love. You may be like all the rest of us, and may have even felt that emotion yourself a time or two, I would bet.

People who are deeply in love, are they more inspired, more charming, more capable? Are they willing to stay up later and get up earlier to accomplish something that will be meaningful to their beloved? Are they even willing to take a chance and a risk, at times? You put all that together and you say, man, there are a lot of similarities.

**Secret Mentor #8:** Yeah, that is interesting, because people in love will definitely take more risks, won't they? God, I've been there.

Heather: But you know what's interesting? When we're talking about sex transmutation as opposed to passion, it's almost like the word passion has lost its passion; people say, "Oh, what are you passionate about?" And there's no passion there. But as soon as we rename it back to sex transmutation and start talking about it in its animal form, all of a sudden, now it's becoming really clear.

**Secret Mentor #8:** And we enjoy talking about it, and we're laughing and giggling at the same time. I mean, we're obviously interested! *End of Excerpt*—[for the entire 1-hour & 48-minute interview with Secret Mentor #8 click here](#)

Barry: Okay, folks, if you've made it this far, let me just give you a quick synopsis of why we put this together. And I'm not talking specifically about what you just listened to, as much as I am the entire package. A lot of our community has watched the movies *What the Bleep Do We Know?*, *Conversations with God*, *The Secret*, and it's always about, what's next? And the energy behind that is great. "I'm pumped up, I'm jacked up, I'm super-excited; how can I employ these strategies?"

And *The Secret*, as we mentioned, the granddaddy of them all, did a great job on opening up the rabbit hole. And our [complete audio interview package](#) actually takes you deep down that hole, and you can go as far as you like with us, as long as you like.

Heather: Hopefully we've done a good job, with this talking e-book, of giving you the sense of the type of content that's involved in the whole package. Now, if these short three-minute clips are what we're giving away, just imagine what you can learn by listening to the whole twenty hours of audio and watching the video interviews, reading the transcripts, not to mention the tons of bonuses that we're giving away. One of those bonuses includes access to a little-known site where you can get more audio interviews with mentors from *The Secret*.

Barry: And to get the entire package Heather just described, if somebody's given you this e-book and you don't know where to get it, go straight to [this webpage](#).

Thanks for listening.

Heather: And we hope you become a Master of the Secret, too.

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