



## Open Your Heart, the *Secret*, and New Thought

Q: What does opening your heart have to do with the *Secret*?

A: The *Secret* and the shows Oprah did about the movie and the book focused on the Law of Attraction. That is, they focused on the idea that you bring to yourself what you think about. If you don't know what you're thinking – if you're not even aware of your own thoughts and the vibration you send out – you cannot attract to you what you want.

Q: How does that relate to New Thought?

A: New Thought, which refers to using your thoughts to create the life you want, embraces the concept of the Law of Attraction, as well as many others. You can learn more about New Thought by researching Science of the Mind, Religious Science, and Unity.

Q: How does opening your heart help people understand the Law of Attraction and New Thought?

A: The Open Your Heart books help you recognize that you feel good when you're doing something you love and enjoy. Using a fun activity to learn to pay attention to your thoughts is much easier – and, well, fun – than other methods might be.

Q: Is the first step to creating the life you want to become aware of what you're thinking?

A: Exactly. Everything comes from that.

Q: So all you have to do is think about improving your life and it will happen?

A: Oh, if only it were so easy. There's more to it than just the Law of Attraction: The Law of Cause and Effect and the Law of Correspondence, for example, are also key factors. *Stop Struggling and Start Living: The Rules of the Game*, another book by DreamTime Publishing, tells a great story of a man who turned his life around using these laws.

Q: Why "Open Your Heart"? Why not "Open Your Mind" or something similar?

A: Because paying attention to your thoughts and how you feel – your vibration – is just one part of opening your heart. Opening your heart means becoming more open to allowing ALL the good that can come to you. It's a new approach to life. It doesn't happen overnight, and as much as we'd like it to, it won't happen from just one book. You have to start somewhere, though, and the Open Your Heart books make it easy to.