**Question from Hannah:**

Hi, my question is: how do you stop blaming yourself and feeling responsible for The Secret not working for you, when life circumstances have caused immense trauma and stress, and this in itself then causes a person to attract more stress and trauma, etc.? This then leads to a downward spiral of feeling responsible for your own failure of the Law of Attraction, which makes a person feel worse. Life is sometimes extremely difficult, and to feel responsible for not feeling happy and positive is a difficult place to be. I would really appreciate an answer to this. Thanks! Hannah x @thesecret x

**Answer from Rhonda:**

You are not alone - far from it. No one escapes challenges, and most people go through trauma and stress at some time in their life. I, too, have had my share of it.

It is true that we are responsible for our life, but it is also true that nothing “wrong” ever happens to us. No event is out of place in the entire Universe, and everything that happens, happens for one reason only - to lead us to greater happiness and toward the truth. No matter how things appear to be, nothing occurs to harm us. It can be hard to see this when we’re down, but once we’ve turned things around we can usually see the untold blessings that experience brought to us.

If it hadn’t been for a downward spiral in my life I would never have discovered The Secret.  It was at the rock bottom of a yearlong downward spiral that the greatest moment of my life occurred.

It can seem difficult to pull yourself up and out of a downward spiral, but the truth is that the upward spiral can happen just as easily. The way forward is through one positive thought at a time. The law of attraction promises you that when you do this, everything will begin to change. The stress and trauma will be something of the past, feelings of blame and inadequacy will disappear, and bit-by-bit you will feel so much better. It’s your only way out, and you’ve got to take it. You can do one positive thought at a time.

And then I will ask you to do something else, and that is to not believe the negative thoughts coming from your mind. Watch out for that mind, because it’s currently being critical and negative, especially of you. You are not your mind or the thoughts it thinks – let’s get that straight to begin with. Your mind is no different than your leg or arm. It’s what you use to experience physical life, but it is not you, and nor does it know the truth about you. When you can separate yourself from the mind and take a good look at what it’s doing, you’ve taken one huge step to being free of its negative thoughts forever.

So, let’s shine a light and expose what your mind is doing, because truly, almost everyone is in the same situation.

Your mind is trying to make you feel like a failure. That’s a negative thought. Your mind is blaming you. That’s a negative thought. Your mind is telling you that you’re attracting more stress and trauma. That’s a negative thought. Your mind is telling you that you’re responsible for not feeling good. That’s a negative thought. Can you see how your mind is making you suffer with its negative suggestions? And not one of those thoughts is true!

The human mind is mechanical - no different than a computer. What do you do when you want to get rid of an old program on your computer and get a new program? You either delete the old program, or the old program is overridden when you install the new program. And that’s the way you change the current mental pattern of your mind.

To install the new program, simply notice the positive thoughts - one positive thought at a time. That’s it! The more positive thoughts you notice and dwell on, the stronger the program becomes, automatically deleting the old negative program.

Don’t worry about any negative thoughts that might come – don’t take any notice of them. Just notice the positive thoughts, and you will truly fly! When you don’t feel as good as you’d like to feel, the positive response to that is, “That’s okay. I felt good yesterday, and I will feel good again soon.” When you’re not being as positive as you’d like to be, the positive response to that is, “That’s okay. I was positive last night, and these words I’m saying now are positive.” Don’t give negative thoughts any charge by resisting them, and instead disempower them with a positive response, or ignore them completely. Both work equally as well.

Good manifestations occur faster when you’re positive and feeling good, so here are ten daily affirming thoughts to get you started to a much happier, more positive and joyful life. Remember, one positive thought at a time is all it takes to change your life!

I AM READY TO FEEL GOOD, AND BE HAPPY RIGHT NOW.

I AM MORE THAN ENOUGH. I LOVE LIFE AND LIFE LOVES ME.

I AM HAPPY, HAPPY, HAPPY, AND HEALTHY, HEALTHY, HEALTHY.

EVERYTHING ALWAYS, ALWAYS WORKS OUT FOR ME.

I SEE POSITIVITY, I HEAR POSITIVITY, I TALK POSITIVELY.

I SUCCEED AT ANYTHING AND EVERYTHING I UNDERTAKE.

LIFE FLOWS EASILY FOR ME. I AM BLESSED. (say this often)

I’M TRULY GRATEFUL TO BE ME.

May the joy be with you,

Rhonda Byrne