

# secrets of life



THE HEART'S JOURNEY  
HEALING CENTER

by Kathy Barr

Deep in the very core of your being, you already know all the answers. You must only allow yourself to remember. The items in this book are to help you recall these “secrets,” the keys to reclaiming your authentic self. When integrated into your heart and soul, you will again know how wonderful and powerful you really are and that you are on this earthly walk to fulfill a very unique purpose. Come back to this book whenever you need help remembering or need a spiritual boost.

**We all  
work with  
one infinite  
power.**

**The Secret is  
the Law of  
Attraction.**

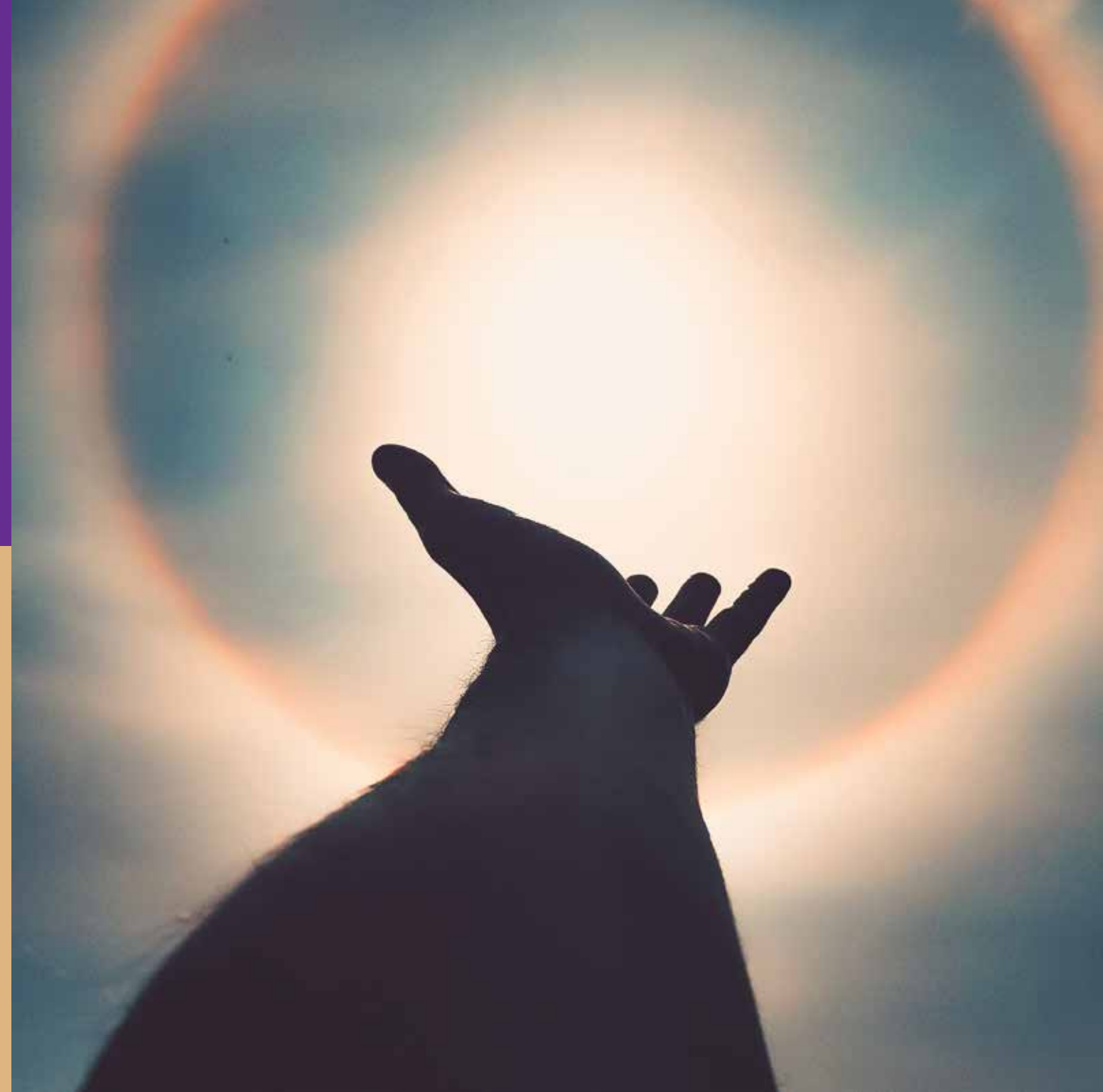


**Whatever is  
going on in  
your mind is  
what you are  
attracting.**

**We are like  
magnets – like  
attract like.  
You become  
AND attract  
what you think.**

**Every thought  
has a frequency.  
Thoughts send  
out a magnetic  
energy.**

**People think  
about what they  
don't want and  
attract more of  
the same.**







**Thought = creation.  
If these thoughts  
are attached to  
powerful emotions  
(good or bad) that  
speeds the creation.**

**It's not "wishful"  
thinking.**

**You attract  
your dominant  
thoughts.**

**Those who speak most  
of illness have illness,  
those who speak most  
of prosperity have  
prosperity, and so on.**





**You can't have a  
universe without  
the mind  
entering into it.**

**Choose your  
thoughts  
carefully... you are  
a masterpiece of  
your life.**

**It's OK that thoughts  
don't manifest into  
reality immediately.**

**If we saw a picture of an elephant and it  
instantly appeared, that would be too soon.**

**EVERYTHING in  
your life you have  
attracted... Accept  
that fact as it's  
true.**







**Your thoughts  
cause your  
feelings.**

**We don't need to  
complicate all the  
“reasons” behind our  
emotions.  
It's much simpler  
than that. Two  
categories: good  
feelings and  
bad feelings.**

**Thoughts that bring  
about good feelings  
mean you are on the  
right track.**

**Thoughts that bring  
about bad feelings  
means you are not  
on the right track.**



**Whatever it is  
you are feeling  
is a perfect  
reflection of what  
is in the process of  
becoming.**

**Happy feelings will  
attract more happy  
circumstances.**



**You get exactly  
what you are  
FEELING.**

**You can begin feeling  
whatever you want  
(even if it's not there)...  
the universe will  
correspond to the  
nature of your song.**

What you focus  
on with your  
thought and feeling  
is what you attract  
into your  
experience.

What you think  
and what you feel  
and what actually  
manifests is ALWAYS  
a match – no  
exception.

Shift your  
awareness.

“You create your  
own universe as you  
go along.”

*Winston Churchill*







**It's important  
to feel good!**

**You can change  
your emotion  
immediately.  
By thinking of  
something joyful, or  
singing a song, or  
remembering a happy  
experience.**

**When you get the  
hang of this, before  
you know it you will  
KNOW you are the  
creator.**

**Life can and should  
be phenomenal... and  
it will be when you  
consciously apply the  
Law of Attraction.**



**You can't have a  
universe without  
the mind  
entering into it.**

**Universe will  
re-arrange itself  
accordingly.**

**Start by using this  
sentence for all of  
your wants: "I'm so  
happy and grateful  
now that.... "**

**You don't need to  
know HOW the  
universe is going  
to rearrange  
itself.**







LOA is simply  
figuring out for  
yourself what will  
generate the positive  
feelings of having it  
**NOW.**

You might get an  
inspired thought or  
idea to help you move  
towards what you  
want faster.

The universe likes  
**SPEED.** Don't delay,  
don't second-guess,  
don't doubt.

When the  
opportunity or  
impulse is there...  
**ACT!**

**You will attract everything you require – money, people, connections. PAY ATTENTION to what's being set in front of you.**

**HOW LONG??? No rules on time... the more aligned you are with positive feelings the quicker things happen.**



**You can start with nothing... and out of nothing or no way – a WAY will be provided.**

**Size is nothing to the universe (unlimited abundance if that's what you wish). We make the rules on size and time.**



No rules according  
to the universe...  
you provide the  
feelings of having  
it now and the  
universe will  
respond.

Most people offer  
the majority of their  
thought in response  
to what they are  
observing (bills in  
the mail, being late,  
having bad luck...  
etc..)

You have to find a  
different approach  
to what is through  
a different vantage  
point.

“All that we are is  
a result of what we  
have thought.”

*Buddha*





**What can you do  
right now to turn  
your life around?**

**Gratitude**

**What we think  
about and THANK  
about is what we  
bring about.**

**Gratitude will bring  
more into our lives  
immediately.**

**What are the things  
you are grateful for?  
Feel the gratitude.  
Focus on what you  
have right now that  
you are grateful for.**





**Play the picture  
in your mind –  
focus on the end  
result.**

**VISUALIZE!!!  
Rehearse your  
future.**

**Feel the joy.  
Feel the happiness.**

**An affirmative  
thought is 100  
times more  
powerful than a  
negative one.**





**“What this power is, I cannot say. All I know is that it exists.”**

*Alexander Graham Bell*

**The Hows are the domain of the universe. It always knows the quickest, fastest, most harmonious way between you and your dream.**

**Our job is not to worry about the “How”. The “How” will show up out of the commitment and belief in the “what”.**

**If you turn it over to the universe, you will be surprised and dazzled by what is delivered... this is where magic and miracles happen.**



**Turn it over to the  
universe daily...but  
it should never be a  
chore.**

**The only difference  
between people who  
are really living this  
way is they have  
habituated ways of  
being.**



**Feel exhilarated  
by the whole  
process...high,  
happy, in tune.**

**They remember  
to do it  
all the time.**

**Create a Vision Board...pictures of what you want to attract...every day look at it and get into the feeling state of already having acquired these wants.**

**“Imagination is everything. It is the preview of life’s coming attractions.”**

*Albert Einstein*

**Decide what you want...believe you can have it, believe you deserve it, believe it’s possible for you.**

**Close your eyes and visualize having what you already want – and the feeling of having it already.**







**Focus on being  
grateful for what you  
have already...enjoy it!!  
Then release into the  
universe. The universe  
will manifest it.**

**“Whatever the mind  
of man can conceive,  
it can achieve.”**

*W. Clement Stone*

**Set a goal so big that  
if you achieved it...  
it would blow your  
mind.**

**When you have an  
inspired thought, you  
must trust it and act  
on it.**



**How can you  
become more  
prosperous??**

**INTEND IT!!**

**Checks are coming in  
the mail regularly'...  
or change your bank  
statement to whatever  
balance you want in  
there... and get behind  
the feeling of having it.**

**Life is meant to be  
abundant in ALL  
areas...**

**Go for the sense  
of inner joy and  
peace then all  
outside things  
appear.**







**We are the creators of  
our universe.**

**Relationships: Treat  
yourself the way you  
want to be treated by  
others . love yourself  
and you will be loved.**

**Healthy respect  
for yourself.**

**For those you work  
with or interact  
with regularly...  
get a notebook and  
write down positive  
aspects of each of  
those people.**

**Write down the things  
you like most about  
them (don't expect  
change from them).  
Law of attraction will  
not put you in the same  
space together if you  
frequencies don't match.**

**You will free yourself  
from the cumbersome  
impossibilities of  
needing to control the  
world, your friends,  
your mate, your  
children.**



**When you realize  
your potential to feel  
good, you will ask no  
one to be different in  
order for you to feel  
good.**

**You are the only one  
that creates your  
reality.**



**No one else can think  
or feel for you.**

**It's YOU...ONLY YOU.**

**Health: thank the  
universe for your own  
healing. Laugh, stress  
free happiness will  
keep you healthy.**

**Immune system will  
heal itself.**

**Parts of our bodies  
are replaced every  
day, every week...  
etc...Within a few  
years we have a  
brand new body.**





**See yourself living in  
a new body. Hopeful  
= recovery. Happy =  
happier biochemistry.  
Stress degrades the  
body.**

**Remove stress from  
the body and the body  
regenerates itself. You  
can heal yourself.**

**Learn to become still...  
and take your attention  
away from what  
you don't want, and  
place your attention  
on what you wish to  
experience.**

**When the voice  
and vision on the  
inside become more  
profound and clear  
than the opinions on  
the outside, then you  
have mastered your  
life.**





**You are not here to try to get the world to be just as you want it. You are here to create the world around you that you choose.**

**And allow the world as others choose to see it, exist as well.**

**People think that if everyone knows the power of the LOA there won't be enough to go around. This is a lie that's been ingrained in us and makes so many greedy.**

**The truth is there is more than enough love, creative ideas, power, joy, happiness to go around.**





**All of this abundance  
begins to shine  
through a mind that  
is aware of it's own  
infinite nature. There's  
enough for everyone.  
See it. Believe it. It will  
show up for you.**

**So let the variety of  
your reality thrill  
you as you choose  
all the things you  
want...get behind  
the good feelings of  
all your wants.**

**We are mass  
energy. Everything  
is energy.  
EVERYTHING.**

**Don't define  
yourself by your  
body...it's the  
infinite being  
that's connected to  
everything in the  
universe.**



One energy field.  
Our bodies have  
distracted us from  
our energy. We  
are the infinite  
field of unfolding  
possibilities. The  
creative force.

Are your thoughts  
worthy of you? If not  
– NOW is the time to  
change them. You can  
begin right where you  
are right now. Nothing  
matters but this moment  
and what you are  
focusing your attention  
on.







# secrets of life



1. We all work with one infinite power.
2. The Secret is the Law of Attraction.
3. Whatever is going on in your mind is what you are attracting.
4. We are like magnets – like attract like. You become AND attract what you think.
5. Every thought has a frequency. Thoughts send out a magnetic energy.
6. People think about what they don't want and attract more of the same.
7. Thought = creation. If these thoughts are attached to powerful emotions (good or bad) that speeds the creation.
8. It's not "wishful" thinking.
9. You attract your dominant thoughts.
10. Those who speak most of illness have illness, those who speak most of prosperity have prosperity, and so on.
11. You can't have a universe without the mind entering into it.
12. Choose your thoughts carefully... you are a masterpiece of your life.
13. It's OK that thoughts don't manifest into reality immediately. *If we saw a picture of an elephant and it instantly appeared, that would be too soon.*
14. EVERYTHING in your life you have attracted... Accept that fact as it's true.
15. Your thoughts cause your feelings.
16. We don't need to complicate all the "reasons" behind our emotions. It's much simpler than that. Two categories: good feelings and bad feelings.
17. Thoughts that bring about good feelings mean you are on the right track.
18. Thoughts that bring about bad feelings means you are not on the right track.
19. Whatever it is you are feeling is a perfect reflection of what is in the process of becoming.
20. You get exactly what you are FEELING.
21. Happy feelings will attract more happy circumstances.
22. You can begin feeling whatever you want (even if it's not there)... the universe will correspond to the nature of your song.
23. What you focus on with your thought and feeling is what you attract into your experience.
24. What you think and what you feel and what actually manifests is ALWAYS a match – no exception.
25. Shift your awareness.
26. "You create your own universe as you go along." – *Winston Churchill*
27. It's important to feel good!
28. You can change your emotion immediately. By thinking of something joyful, or singing a song, or remembering a happy experience.
29. When you get the hang of this, before you know it you will KNOW you are the creator.
30. Life can and should be phenomenal... and it will be when you consciously apply the Law of Attraction.
31. You can't have a universe without the mind entering into it.
32. Universe will re-arrange itself accordingly.
33. Start by using this sentence for all of your wants: "I'm so happy and grateful now that...."
34. You don't need to know HOW the universe is going to rearrange itself.
35. LOA is simply figuring out for yourself what will generate the positive feelings of having it NOW.
36. You might get an inspired thought or idea to help you move towards what you want faster.



37. The universe likes SPEED. Don't delay, don't second-guess, don't doubt.
38. When the opportunity or impulse is there... ACT!
39. You will attract everything you require – money, people, connections. PAY ATTENTION to what's being set in front of you.
40. You can start with nothing... and out of nothing or no way – a WAY will be provided.
41. HOW LONG??? No rules on time... the more aligned you are with positive feelings the quicker things happen.
42. Size is nothing to the universe (unlimited abundance if that's what you wish). We make the rules on size and time.
43. No rules according to the universe... you provide the feelings of having it now and the universe will respond.
44. Most people offer the majority of their thought in response to what they are observing (bills in the mail, being late, having bad luck... etc..)
45. You have to find a different approach to what is through a different vantage point.
46. "All that we are is a result of what we have thought." – *Buddha*
47. What can you do right now to turn your life around? Gratitude
48. Gratitude will bring more into our lives immediately.
49. What we think about and THANK about is what we bring about.
50. What are the things you are grateful for? Feel the gratitude. Focus on what you have right now that you are grateful for.
51. Play the picture in your mind – focus on the end result.
52. VISUALIZE!!! Rehearse your future.
53. Feel the joy. Feel the happiness.
54. An affirmative thought is 100 times more powerful than a negative one.
55. "What this power is, I cannot say. All I know is that it exists." – *Alexander Graham Bell*
56. Our job is not to worry about the "How". The "How" will show up out of the commitment and belief in the "what".
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58. If you turn it over to the universe, you will be surprised and dazzled by what is delivered... this is where magic and miracles happen.
59. Turn it over to the universe daily...but it should never be a chore.
60. Feel exhilarated by the whole process...high, happy, in tune.
61. The only difference between people who are really living this way is they have habituated ways of being.
62. They remember to do it all the time.
63. Create a Vision Board...pictures of what you want to attract...every day look at it and get into the feeling state of already having acquired these wants.
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66. Close your eyes and visualize having what you already want – and the feeling of having it already.
67. Focus on being grateful for what you have already...enjoy it!! Then release into the universe. The universe will manifest it.
68. "Whatever the mind of man can conceive, it can achieve." – *W. Clement Stone*
69. Set a goal so big that if you achieved it...it would blow your mind.
70. When you have an inspired thought, you must trust it and act on it.
71. How can you become more prosperous?? INTEND IT!!





72. Checks are coming in the mail regularly'...or change your bank statement to whatever balance you want in there... and get behind the feeling of having it.
73. Life is meant to be abundant in ALL areas...
74. Go for the sense of inner joy and peace then all outside things appear.
75. We are the creators of our universe.
76. Relationships: Treat yourself the way you want to be treated by others . love yourself and you will be loved.
77. Healthy respect for yourself.
78. For those you work with or interact with regularly... get a notebook and write down positive aspects of each of those people.
79. Write down the things you like most about them (don't expect change from them). Law of attraction will not put you in the same space together if you frequencies don't match.
80. When you realize your potential to feel good, you will ask no one to be different in order for you to feel good.
81. You will free yourself from the cumbersome impossibilities of needing to control the world, your friends, your mate, your children.
82. You are the only one that creates your reality.
83. No one else can think or feel for you. It's YOU... ONLY YOU.
84. Health: thank the universe for your own healing. Laugh, stress free happiness will keep you healthy.
85. Immune system will heal itself.
86. Parts of our bodies are replaced every day, every week...etc...Within a few years we have a brand new body.
87. See yourself living in a new body. Hopeful = recovery. Happy = happier biochemistry. Stress degrades the body.
88. Remove stress from the body and the body regenerates itself. You can heal yourself.
89. Learn to become still...and take your attention away from what you don't want, and place your attention on what you wish to experience.
90. When the voice and vision on the inside become more profound and clear than the opinions on the outside, then you have mastered your life.
91. You are not here to try to get the world to be just as you want it. You are here to create the world around you that you choose.
92. And allow the world as others choose to see it, exist as well.
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94. The truth is there is more than enough love, creative ideas, power, joy, happiness to go around.
95. All of this abundance begins to shine through a mind that is aware of it's own infinite nature. There's enough for everyone. See it. Believe it. It will show up for you.
96. So let the variety of your reality thrill you as you choose all the things you want...get behind the good feelings of all your wants.
97. We are mass energy. Everything is energy. EVERYTHING.
98. Don't define yourself by your body...it's the infinite being that's connected to everything in the universe.
99. One energy field. Our bodies have distracted us from our energy. We are the infinite field of unfolding possibilities. The creative force.
100. Are your thoughts worthy of you? If not – NOW is the time to change them. You can begin right were you are right now. Nothing matters but this moment and what you are focusing your attention on.

