



Chapters 5 & 6

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Any action we take must be preceded by a thought. Thoughts create the words we speak, the feelings we feel, and our actions. Actions are particularly powerful, because they are thoughts that have caused us to act. We may not even realize what our innermost thoughts are, but we can see what we have been thinking by looking at the actions we have taken.

When you want to attract something into your life, make sure your actions don't contradict your desires.

Ready for this one? I knew I wanted to be a spiritual life coach. I felt it, had a passion for connecting with women and it filled my soul (that wasn't the confession of contradiction part ;). But I was holding back adding the word "spiritual" in my watermarks on my pictures and on my page. For a long time it read: "Jen Kupcho: life and mindset coach". Yet I couldn't understand why it wasn't happening - the connection I wanted...to be open with women and connect on a level like we are doing right here - discussing *The Secret*. Why? Because I was acting contradictory to what I wanted. I was fearful of excluding women by adding *spiritual* in front of mindset coach, instead of seeing the abundance of women I would be attracting, I acted from fear and my actions contradicted my desires. I got clear and let go of the fear, and GAINED everything. Look at us. We are a beautiful, spiritual community of women!!

P.117 Think about what you have asked for, and make sure that your actions are mirroring what you expect to receive, and that they're not contradicting what you have asked for.

---You've got to get really, really clear.

James Ray