

Oprah's AUSSIE SECRET

Nicole Kidman and Oprah Winfrey both live by The Secret – now you can too

While it's hard to imagine, just a few years ago millionaire businesswoman Sandy Forster was seriously struggling. The Queensland mum was newly divorced, the swimwear business she built went bust and she was trying to raise two children and pay off her overdraft on a sole parent's pension.

'I was at rock bottom,' Sandy explains. 'I was \$100,000 in debt, on welfare with a three-year-old daughter and six-month-old son. I spent all my time wondering how on earth I could get out of this mess.'

Today, Sandy is a successful motivational speaker, a self-help guru with thousands of followers worldwide. Sandy says she has gone from 'welfare to millionaire' all thanks to the principles of The Secret, an Aussie-led phenomenon that's sweeping the world.

The Secret is a DVD created by former Melbourne mum and TV producer Rhonda Byrne. It promises a better life by using the power of positive thought and the universal laws of attraction, which claim the energy you create is the energy you attract. So far 1.75 million copies of The Secret have been sold in the US alone and a further two million books have been printed.

When The Secret aired recently on *The Oprah Winfrey Show* in the US, it sparked a global frenzy. Oprah gushed it was 'life-changing stuff' and sales of the DVD and follow-up book sky-rocketed.

'When I watched The Secret I realised I've always lived by it,' Oprah revealed.

'We create our own circumstances by the choices that we make, and the choices that we make are fuelled by our thoughts.'

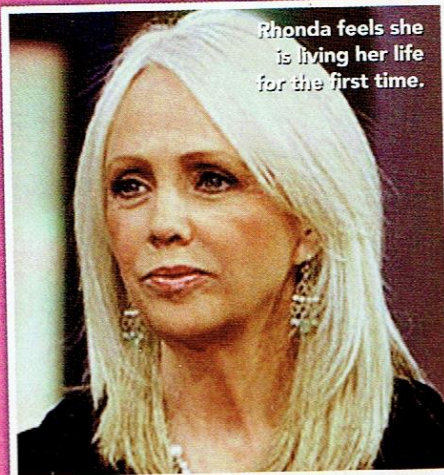
'So our thoughts are the most powerful thing we have, and what we think determines who we are and who we attract.'

Nicole Kidman credits The Secret with having a big part in saving her marriage to Keith Urban when he checked himself into rehab last year.

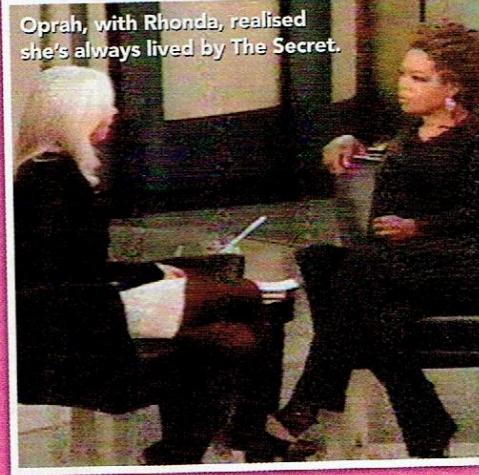
'It's so smart and simple – it's helped me work through a lot of things in my marriage,' she said.



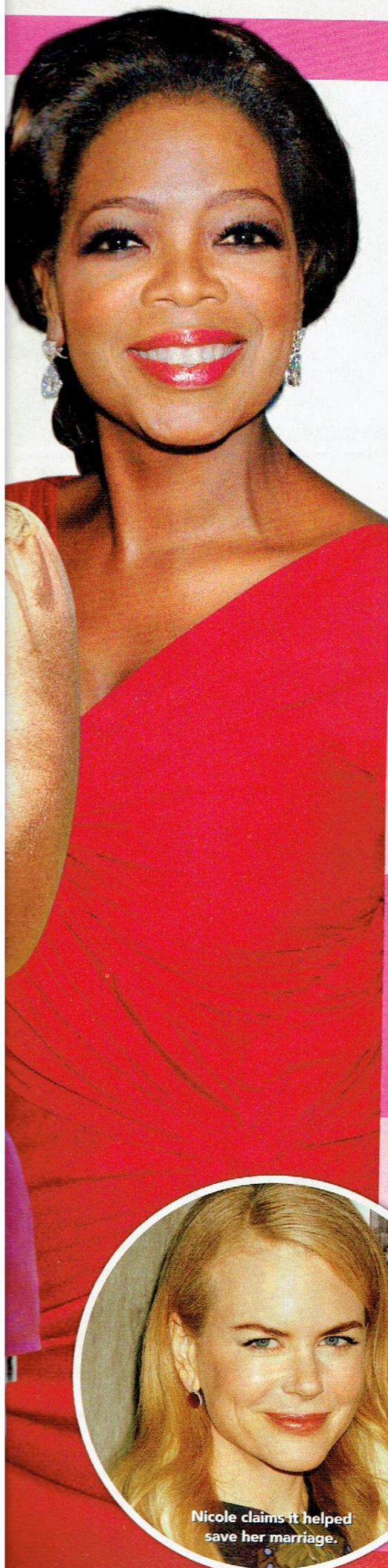
Sandy has gone from 'welfare to millionaire', thanks to the phenomenon's principles.



Rhonda feels she is living her life for the first time.



Oprah, with Rhonda, realised she's always lived by The Secret.



The book and DVD, which bring together positive-thinking messages from the experts, have become overnight sensations, but Rhonda claims she only discovered it less than three years ago.

At the time she was a 50-something divorcee, who'd been a producer at the Nine Network, and had formed her own TV production company, which made *The World's Greatest Commercials*, *Great Escapes* and *Marry Me*. When she discovered *The Secret* she had a budget crisis on *Sensing Murder*.

'Towards the end of 2004, everything in my life, just emotionally, physically, financially, had fallen apart,' Rhonda admits.

'My father died suddenly and my mother was so grief-stricken she didn't want to live.

THE SECRET TO SUCCESS

Rhonda shares her top tips

Concentrate on your dreams

'Focus on your goal or vision, rather than on how your life is now. The more you talk and think about your current reality - "I'm in debt," "I'm overweight," "I'm not happy," "I'm sad," or "We're at war" - the more you attract that.'

Use all three tools to achieve those dreams

'I call it going three for three. Your thoughts, your feelings, and your actions all have to be firing simultaneously in the same direction.

'If you look at anybody who's not achieving what they desire and deserve in their life you'll notice that one of those three is missing.'

Don't just think it - do it!

'If you just sit around visualising millions coming into your lap, then the repo guys will soon be coming around to take your furniture away.'

Don't order bad things from the universe's menu

'If you were at a restaurant and you ordered something, you'd fully expect it to come served that way. The universe works the same way. You're putting out orders, consciously and unconsciously, so expect it to come back.

'So if you said: "I'll never have a great relationship," you've placed an order for a lifetime of loneliness.'

'My daughter gave me a book called *The Science of Getting Rich*, written by Wallace D. Wattles in 1910,' she says. 'I still remember my tears hitting the pages as I read it. It gave me a glimpse of *The Secret*. It was like a flame lit inside of my heart. After that I read lots of books, I listened to hours of audio, I went on the internet. In two and a half weeks, I'd traced *The Secret* back through history.

'Since I discovered *The Secret*, every single moment of my entire life has changed, and I'm living my life for the first time,' she says.

Rhonda chose like-minded Sandy to teach *The Secret* in Australia.

'I had what I call a "poverty consciousness", Sandy explains. 'I was always thinking about how bad things were, not thinking about how good life could be. So I began to study how the wealthy get wealthy and stay wealthy. I wanted a "millionaire's mindset" and when I achieved that, things started to change.'

The turning point for Sandy was taking a personal development course. She loved it so much she bought the course and marketed it to others looking for a better life.

'I went from being on a sole parent's pension to bringing in a lot of money.'

She then set up wildlywealthy.com, a support network that has information about how you can create a millionaire's mindset.

'You just have to discover the secret, and the secret is to change your mindset and mental focus. What you think about all day long is what your tomorrow will bring.'

But Sandy maintains it was the mindset and freedom that initially attracted her to *The Secret*, not just the creation of wealth.

'It wasn't piles of cash that I wanted, I wanted to get out of my financial situation to be able to make choices. I was trying to raise two kids on a sole pension and pay back huge debts, it was impossible,' Sandy says.

'I was thinking negatively. I wanted the wealth, but my mindset was stopping me. I had to stop thinking about how things were and start focusing on how I wanted them to be. I had to see myself as wealthy, see myself as rich, see myself as happy,' she adds.

'Of course, you can't just sit on a mountain top and dream of being rich and expect piles of cash to drop on your head!' Sandy laughs. 'You've got to create the right mindset.'

And Sandy's life story is testament to that. The effervescent mum now employs four staff and travels the world inspiring others.

'Last year I took the kids to Disneyland and to Peru and we hiked the Inca trails. We've also climbed Mount Kilimanjaro and we have everything we could ever dream of.

'Sometimes I pinch myself because it wasn't so long ago that I struggled to buy the kids' lunch,' she says. 'But anyone can achieve prosperity, you just have to break the cycle, change the signals you send out and start living your dream life - that's the secret.' **[N]**

Nicole claims it helped save her marriage.