

A photograph of a sunset over a body of water. The sun is low on the horizon, creating a bright orange glow and a long, shimmering reflection on the water's surface. The sky is filled with soft, wispy clouds in shades of blue and orange.

## The Holbrow Group January 2008 *MonthlyINSIGHT*

### In the news:

This month, I was retained to gather and compile an online team leadership assessment. The collective team leadership results showing current and ideal data of where the team is and where they want to be, became the basis of a one day customized, off-site workshop for the twelve members of a faculty at McMaster University, with follow up workshops and telecon calls in the coming months.

Please note and update my contact information to [colin@theholbrowgroup.com](mailto:colin@theholbrowgroup.com). All other details including phone, fax and mailing address remain the same. website [www.theholbrowgroup.com](http://www.theholbrowgroup.com)

## January 2008 *MonthlyINSIGHT* - What's Your Secret?

### What is The Secret?

*The Secret* is all about the law of attraction meaning, everything that is coming into your life is being attracted by your thoughts and feelings. The law of attraction reflects and gives you what you are focusing on. The thoughts you send out are like a giant human transmission tower. Your subconscious and conscious thoughts create your frequency. Your frequency is beamed out to the universe creating your life and your world.

In essence, *The Secret* focuses on the power of positive thinking. Imagine abundance and you will be wealthy in all aspects of how you see wealth. The distinction is the timing and popularity of this material leading to a life filled with intentional contentment and joy. Research shows that humans have around 60,000 thoughts a day. Without the power of positive thinking, the vast majority, if not all of these thoughts will be processed as negative.

As stated in *The Secret* "When you focus your thoughts on something you want and you hold that focus, you are in that moment summoning what you want with the mightiest power of the Universe." As you speak or think negative thoughts, the law of attraction is receiving negative wishes. I don't want to start my day late is interpreted to mean "I want to arrive late". If you focus on debt, that is what you will have, more debt. The law of attraction is giving you what you are thinking and focusing on.

Does positive thinking and law of attraction work? Absolutely! The book and DVD are full of examples of how people have changed their lives by transmitting a clear and positive picture of what they are seeking.

**"All our dreams can come true, if we have the courage to pursue them."** Walt Disney

### What are you committed to attracting?

You can dismiss the entire thesis of *The Secret* or, you can shift your intention to receive from a place of abundance. Everything you need already exists. It is your time to ask, believe and receive.

*Colin & The Holbrow Group*

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