



A *Secret Scrolls* message from Rhonda Byrne
Creator of *The Secret*

Be in Joy now and everything will change

In the moment that I discovered The Secret I realized that I had been living my entire life backwards. If things were good in my life, I was happy. If things were difficult in my life and everything was going wrong, I was stressed and miserable. In my ignorance, I had been misusing the law of attraction all of my life. But all of that changed when I had the knowledge of The Secret.

To live in accordance with The Secret and the most powerful law in the Universe, we must be in Joy first - and then everything will change. To live our lives by emotionally reacting to what is happening outside of us is misusing the law! As we react with negative emotion to any difficulties, we attract more negativity into our lives. We cannot defy the law of attraction, which operates on the most microscopic levels of vibration, and with absolute exactitude.

You must be in Joy first. And then your life will change into Joy.

Difficult times are the greatest opportunities in disguise. When we face difficult times we have to put in determined work to get ourselves into Joy. But let me tell you, when you can get yourself into Joy despite what is happening around you, your life must change - it's the law!



In addition, as you become Joy in difficult times you are becoming the master of your emotions, the master of your life, and the master of the law of attraction. Difficult times are your greatest opportunity to practice yourself into Joy.

Of course if your life is going along swimmingly then it is very easy to be in Joy. During those times your Joy is most likely a reaction to the good times. But the magnificence and the power that you really have within you will be seen when you can be in Joy during difficult times. It is then that you will see the true power that you have within you, because as you hold to Joy, you will shift all the energies of the Universe, and your life and your world will change.

The cause of everything is within you, and the effect is what you experience in your life. You have the power within you to change everything by putting yourself in Joy. You can change everything so easily by becoming Joy first! And nothing can change until you get yourself in Joy, because that is the law of attraction. Like attracts like! The energy of Joy attracts energy of Joy!

Do whatever it takes to find your Joy, and then keep yourself in it no matter what. Keep ramping up your level of Joy every day. There is no limit to the levels of Joy you can reach. You will see change to the degree of Joy that you can attain and maintain.



The higher the Joy you can create within you, the more spectacular the change, and the higher the Joy, the faster the change. Once you get yourself in Joy it is easy to maintain it, because your emanation of Joy attracts more Joy. The law of attraction will continually send you more feelings of Joy.

You cannot criticize or blame or complain when you are in Joy. You cannot be afraid when you are in Joy. You cannot speak negatively when you are in Joy. You cannot harm another when you are in Joy. Negativity cannot reach you when you are in Joy.

When you are in Joy you are compassionate. When you are in Joy you are considerate and caring. When you are in Joy you love others. When you are in Joy you appreciate everything. When you are in Joy you are in love with the world, and the Universe is in love with you.

Be in Joy. Seek it with all of your heart, and you will find it.

May the Joy be with you,

Rhonda Byrne

The Secret... bringing Joy to billions