

MYSTICAL MATTERS

with Val Ryan

Dear Val,

*I've been reading *The Secret* by Rhonda Byrne. It says that if we visualize and think about what we really want, it will happen for us. Sylvia Browne says that we have a chart we wrote that we cannot get out of. These two things seem contradictory to me. What do you think? – BD*

I think the two are more compatible than may appear at first. There's a difference between what the ego wants and what the soul seeks. What's written in your chart comes from your higher self, virtues like compassion, forgiveness, patience and wisdom. When we first begin working with *The Secret*, the law of attraction, we're like children, thinking, "Oh, I want a new car. I want this and I want that." With practice, you'll become more adept at using this universal law and then you can really get down to the business of your life's purpose.

The law of attraction, which is a law of nature like gravity, states that what we think, say and do is what will manifest. If we're thinking about what we don't want, we'll continue attracting what we don't want. If we focus on what we do want and are grateful for what we already have, we'll receive what we want and more. It's a simple concept that can be difficult to

implement. There's nothing wrong with wanting more money, a nice house, clothes, etc. as long as the desire for these things remains in perspective. You can ask for these material goods and work on the core values in your chart.

So what is this chart? There's a cosmic database with every thought, word and deed ever created and it's what Hindu mystics call the Akashic Record. Before reincarnating, we decide which ideals we want to work on this time around. Let's say in a former life you were a monarch who had no patience for the needs of others and thus became a tyrant. Prior to this incarnation, you wrote in your record that you wanted to learn patience. Accomplishing this virtue is not the point. It's your intention that has meaning.

Take your time with *The Secret*. Really think about what you want and what's important in the larger scheme of things. Begin with small stuff and work your way up. You don't want to start with an emotionally charged issue like forgiving an abusive parent or spouse. It's too heavily laden with negative energy. The neuro-pathways of your brain were set during the abuse and it'll take time to open new channels and release old patterns. With dedication to change and healing, you will forgive and come to live in the NOW.

Here's an exercise I learned from, *If I create my reality, why am I getting this?* by Phillip Golabuk, Founder of The Field Center in Winter Park, FL www.fieldcenter.org He said to intend to find three quarters in the coming week. Then, and this is important, forget that you intend to find them. By week's end, you'll have found the coins. I know because I did it. This is a good application of the process because it shows how to manifest without attachment to the outcome. If it doesn't happen, it doesn't hurt. The significance of releasing the thought is to demonstrate you have faith that it will happen. Then you can ask for something a little more important and continue until you're consciously creating whatever you want.

Many times we intend to do something and then counter-intend it with the thought, "Oh, I can't do that," and BOOM it's erased. If your self-talk includes words like can't, won't, should, always and never, you're negating a great many things from your life.

The three keys to *The Secret* are: ASK for what you want. Don't tell the universe and don't sort of pray for it. ANSWER YES when what you've asked for appears. Often we're so busy looking at what we don't want that we miss it. And BELIEVE you are worthy of receiving it. When all three steps are present the heavens respond, "Your wish is my command."

Have a question for Mystical Matters? Email Val Ryan at
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Val Ryan is a Spiritual Consultant and Psychic Medium who offers private readings and group Spirit Connections. See her ads at the top of this page and on page ____. Contact Val at 803.750.7117 or ryanmystic@earthlink.net

Akashic Record illustration by Val Ryan