



### Testimonial from a Mikah de Waart The Secret seminar

Saturday at 10h in the morning we have entered a joga center in a small town just north of Barcelona, in Spain. The occasion was a full day seminar given by Mikah de Waart, an expert in The Secret and the Law of Attraction. We were looking to improve our lives and realize our dreams and were told that Mikah is the right person to help us out.

The Secret is a bestselling book and movie by Rhonda Byrne that was published in 2006 in the US and a couple of months ago in the Czech Republic. The main idea of the book is that an individual's thoughts eventually turn into things. Positive thoughts attract, through the Law of Attraction, positive things into people's lives, which can be increased happiness, wealth, better relationships and health. However, as Mikah explains, many people have difficulty applying the ideas of the Secret in their daily lives and for that reason he created seminars to help people find and achieve their innermost goals.

The seminar was divided into three parts. In the first part, our objective was to identify our dreams by creating a **"vision board", (or collage)**. The second part focused on reaching our subconscious to identify and remove blocks that might hinder us in reaching these objectives and in creating a plan of action to jumps-start our improved life. The last part was about visualization of the new us, of seeing who we are and who we can become in the future.

Mikah has been doing these seminars for the last 2 years and in that time has coached over 4000 people, in Spain, Holland, Belgium, Mexico, Indonesia and Thailand. During that time he has developed an instinctive feel of what is bothering people and how to help them. After the seminar he told us about a woman from the seminar: "I saw a shadow over her face right when she walked in. She seemed so tired and disillusioned. She presented her self as a business owner, and after talking to her, I felt that her business is creating her more sorrow and worries than pleasure. It was important to help her find her focus, make her remember why she started a business in the first place, and put her worries in perspective. I believe it worked, she left the seminar energized with a clear vision of what she needs to do to rediscover the joy that her work used to bring her."

For many people, the creation of the "vision board" is a relatively simple process, as they have a clear vision of who they are and what their objectives are. For me it was much harder. I know what my dreams are in terms of lifestyle, material goods and my own personality and character; however, I was not able to visualize how my professional life and career should look like. Mikah told me: "A couple of years ago I had the same problem. I was the general manager of a big company in Spain, had 150 people under me, but I was not feeling fulfilled. I could not define what I really wanted in my career. Then one day my subconscious showed me the way. It made me draw a big group of happy people, with me standing in front of them, happy, training them. That is when I have realized I want to help people get more joy in their lives."

I do not know yet what my dream job should be; I think it will take me a bit more time to figure it out, but Mikah helped me in finding what feelings I am looking for in my perfect job, in other words, what do I want to feel while I am working.

We broke for lunch and ate together in a group. It is important to create relationships with people who attend the seminar, to find support and motivation when trying to reach our dreams. People are encouraged to stay in touch with each other, and help each other reach their objectives. After 6 months, Mikah always does a follow-up seminar, a one hour meeting with the participants, to share experiences, success stories and advice. He says that in most cases people say that they see an improvement in their lives, and some people actually manage to reach most of their goals they have defined in their vision board.

After lunch, the emphasis was on reaching our sub-consciousness to discover our fears. We cannot succeed in realizing our objectives if our sub-conscious does not believe that we have what it takes to succeed. We needed to discover our fears, and conquer them. This realization was very powerful for me. There was one objective of mine I always had trouble reaching and



thought it was because of bad luck and unfortunate circumstances. However I realized it was not true. I had trouble reaching this objective because of my fear. My fear of failure.

The most important part of the seminar for me was undoubtedly when Mikah gave us methods how to make sure that we keep our motivation. How many times has it happened to everybody that they had an objective, started to work on it, and after time forgot about it, became lazy and unfocused? We learned what to do to make sure it does not happen again.

Many people misunderstand The Secret and the Law of Attraction into meaning that all they have to do is to sit in their living room, dream, and many great things will happen to them. Unfortunately, this is not the case. Mikah explained that The Law of Attraction is a very powerful tool to bring happiness into the lives of those people who are ready to receive it and who are ready to do the actions that will attract happiness to them. People cannot find a life partner who will love them if they do not love themselves. Only the love that people feel for themselves will attract the love from other people. Also, objectives will not be realized without action, no matter how much one thinks about them.

The last part of the seminar was about visualizing the new us, how we will be and feel when we reach our objectives. Without knowing how success looks and feels like, we cannot succeed. We have performed various exercises and meditation techniques that helped us to experience in a more profound way who we are and who we wanted to become.

At the end of the seminar, Mikah asked if anybody wanted to have their money back. The seminars are 100% satisfaction guaranteed, meaning that if a participant feels at the end that the seminar was not useful for them, Mikah refunds the money. Nobody made the request; nobody has ever made the request at the end of Mikah's seminars. 150 euros is a small amount to invest to improve a person's life.



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