



people like Isaac Newton, Francis Bacon, Goethe, and Victor Hugo. Traveling back hundreds more years before them were the ancient Egyptian Mystery Schools where this knowledge was taught, and then I discovered that it was referenced in The Emerald Tablet from 36,000 BC! The knowledge of the power each one of us has over this world could also be found in almost every spiritual and religious teaching. Wherever I looked, it was there, and yet it was clear to me that the world as a whole did not know this information. And so *The Secret* was created and shared with the world, when it immediately became a worldwide phenomenon.

**Q: What inspired you to create *Dare to Dream*? How did you develop the story?**

**A:** *The Secret: Dare to Dream* Hollywood movie was created to reach an even greater audience who had not yet discovered *The Secret*. The story idea of a single struggling mom and three children came from our screenplay writer, Bekah Brunstetter. It was her first screenplay, and she did a fantastic job creating the story of this family and their journey. The producers and I worked closely with Bekah refining and polishing the script, and in particular, making sure it was in line with the teachings of *The Secret*. The movie had to make audiences feel really good, first of all, but it also needed to demonstrate through the characters how each of us sabotages our own life with our thoughts. The movie goes on to show how easy it is to turn our life around with this knowledge, no matter how low it has gotten.

**Q: What is one of your most magical magnetic experiences using the Law of Attraction?**

**A:** From the smallest to the biggest, I have had so many amazing manifestations over the years, and continue to every single day. I think the experience of going on Oprah's show is a magical one because it involved the entire Secret team. While we were making *The Secret* documentary film, every morning at 11 a.m. we would gather for an 'intentions meeting'. During this meeting we would all imagine



**Q:** I re-watched both your films this week. Can you share about the book your daughter gave you that inspired *The Secret*?

**A:** The book that my daughter gave me is *The Science of Getting Rich* by Wallace Wattles. It was written over a hundred years ago and you can download it for free from our website – [thesecret.tv](http://thesecret.tv). While reading it, something lit up inside me. It was the beginning of my journey to what would become known as *The Secret*. After reading Wallace Wattles' book I began the greatest research mission of my life, where I traced this knowledge back hundreds of years. My research uncovered historic well-known people who had also found this knowledge. Included amongst them were

that *The Secret* had already swept the world and had been featured on Oprah's show. We would dance, sing, and jump for joy celebrating *The Secret* on *The Oprah Show*. Then, as we had intended, *The Oprah Show* contacted us. The wonder and magic came when I was in the studio about to do the show and Oprah told me that over a period of weeks several people had asked her if she had seen *The Secret*, but it was when 6 people in one day told her she must watch *The Secret* that Oprah watched it and immediately had her team reach out to us.


**Q: In the visioning chapter of my book, *Flourish*, I reference the vision board example from *The Secret*. Do you actively use a vision board? If so, do you have a routine you could share?**

**A:** I used my whole apartment as a vision board when I was writing *The Secret* book. I put pictures and affirmations of what I wanted on every wall and surface, so I was literally surrounded with a vision board. These days I take a mental picture of what I want. I close my eyes and see it clearly in my mind, and I feel it as though I have it already. So now my mind is my vision board. I have been doing this for a long time now, so using my mind as a vision board in this way is super easy. If anyone out there has not tried creating a physical vision board, though, I would highly recommend it. It's a great way to get the things you want into your subconscious mind - and from there it's instant manifestation.

**Q: This morning I pulled the "The Law of Attraction is Always Listening" message. How do you remain in a state of positivity and a mindset of ease?**

**A:** When I discovered *The Secret*, I became so mindful of my thoughts that I noticed every negative thought before the thought or sentence had finished. Watching my thoughts and feelings became the number one practice of my life. And so after a short amount of time, my mind was trained to be positive rather than negative. With predominantly positive thoughts comes predominant happiness and ease. As

time progressed, I moved to a more advanced stage where I stopped believing negative thoughts and identifying with them. This resulted in a quiet mind because there is no one empowering those thoughts. When you have a quiet mind, you have peace and joy with no fear. This is the ultimate state, and so I would say to anyone who is stressed or struggling to never stop until you reach this state. It is a life that everyone can live. 🍋

 You can learn more about author, intuitive healer, and jewelry artist Allison Bruce at [www.FlourishIntegralHealth.com](http://www.FlourishIntegralHealth.com)