

Dr. Wayne
DYER

10
Secrets
for
Success and
Inner Peace

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10 Secrets
for Success and
Inner Peace

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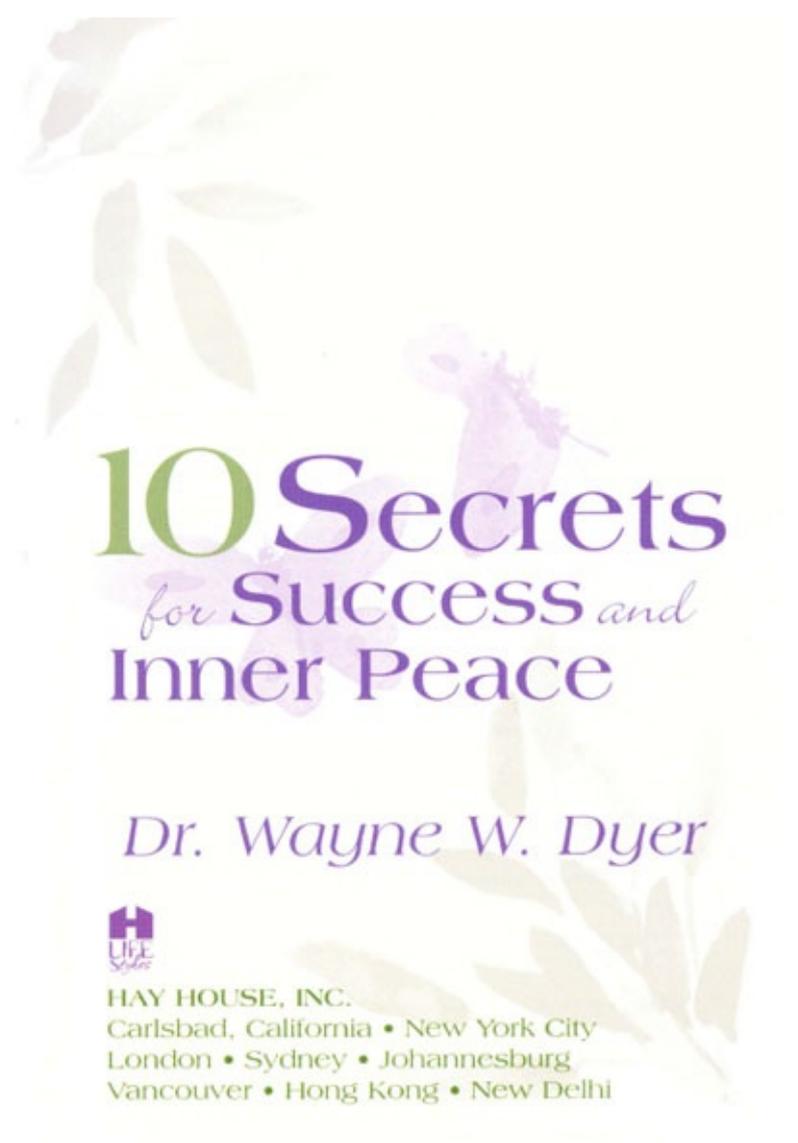
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10 Secrets

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Inner Peace

Dr. Wayne W. Dyer



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*For my daughter
Stephanie Louise Dyer—
you mean everything to me.*

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*Take sips of this pure wine
being poured. Don't mind that
you've been given a dirty cup.*
— Rumi

*Arrange whatever
pieces come your way.*
— Virginia Woolf

Introduction

There's never a day that goes by that I don't think about God. More than thinking, I experience the presence of God in most of my waking moments. It's a feeling of contentment and satisfaction that's beyond anything that I might convey in a book. I've come to know the peace of Spirit in my life, and because of this knowing, all of my concerns, problems, accomplishments, and accumulations diminish in importance. In this short book, I will elaborate on ten principles to success and inner peace, which, if mastered and practiced on a daily basis, will also guide you to this same sense of tranquility.

I've often been asked to speak at high schools and colleges over the past three decades. Frequently, my readers encourage me to write to young adults embarking on the journey of adulthood and provide them with my "secrets" for being successful and happy.

The ten secrets in this book are what I talk or write about when I have the opportunity to speak to young people. However, they're valuable for anyone who has decided to *consciously* be on their life path. Each of us makes that choice depending on our individual time clock. For some, it's early in young adulthood; and for others, it happens in the middle or mature years. The secrets apply whether you're just beginning your life path, are nearing the end of it, or are on the path in any way.

Most books of this sort, as well as graduation speeches, stress the importance of hard work, dedication, financial planning, relationship strategies, choosing the right career, listening to one's elders, being respectful of the rules, setting realistic goals, living a healthy lifestyle, and being in a state of gratitude. This is good advice and certainly benefits those who choose to listen to and apply this wisdom. It is my experience, however, both as a lifelong teacher and a father of eight children ranging in age from 11 to 33, that this kind of advice by itself leads one to wondering, *Is that all there is?*

So, I have no advice on goal setting, putting your nose to the grindstone, planning your financial future, listening to us older folks, respecting your culture, and so on. In fact, I've almost always listened to my own impulses, paying the price for taking the road "least traveled" and resisting enculturation, so it would be somewhat hypocritical of me to now tell you to do what I say and follow my rules. Instead, what I offer you are ten secrets that allow your spirit to guide you.

In my experience working with a variety of people over several decades, far too many individuals choose to be anonymous members of the pack, therefore suffering from the inner remorse that makes them feel like failures, filled with conflict and resentment and wondering what the meaning of life is.

So, I've written this book in the hopes that it will help you avoid those feelings of inadequacy and help you feel the peace of God that truly defines success. Read these secrets with an open heart. Apply the ones that resonate with you, and discard those that don't.

When you feel peaceful and successful, you want to extend and export that peace and love. The violence, hatred, prejudice, and judgment in our world suggests that we

have miles to go to reach a world of inner and outer peace.

I send you love and all green lights.

— Wayne W. Dyer

The First Secret

I wish to say what I think and feel
today, with the proviso that tomorrow
perhaps I shall contradict it all.

—Ralph Waldo Emerson

I always entertain
great hopes.

—Robert Frost

**Have a Mind
That is Open to
Everything and
Attached to
Nothing**

1

The First Secret

Have a Mind That Is Open to Everythin and Attached to Nothing

Having a mind that is open to everything and attached to nothing sounds easy until you think about how much conditioning has taken place in your life, and how many of your current thoughts were influenced by geography, the religious beliefs of your ancestors, the color of your skin, the shape of your eyes, the political orientation of your parents, your size, your gender, the schools that were selected for you, and the vocation of your great-grandparents, to list only some possibilities. You showed up here as a tiny infant capable of an infinite number of potentialities. Many of your choices remain unexplored because of a hopefully well-intentioned conditioning program designed to make you fit the culture of your caretakers. You probably had next to no opportunity to disagree with the cultural and societal arrangements made for your life.

There may have been some adults who encouraged you to have an open mind, but if you're honest with yourself, you know that your philosophy of life, your religious beliefs, your manner of dress, and your language are a function of what your tribe (and it's heritage) determined was right for you. If you made any fuss about going against this preordained conditioning, you probably heard even stronger voices insisting that you get back in line and do things the way they have "always been done." Fitting in superseded having a mind that was open to new ideas.

If your parents were Jewish, it's unlikely that you were raised to honor and respect the Muslim religion, and vice versa. If both your parents were Republicans, it's improbable that you heard the virtues of the Democratic Party extolled. Whatever the reasons our ancestors may have had for not having open minds, it's true that they inhabited a much less populated world than we do. In today's overpopulated world, we simply cannot continue to live with those old styles of closed-mindedness. I urge you to open your mind to *all* possibilities, to resist any efforts to be pigeonholed, and to refuse to allow pessimism into your consciousness. Having a mind that is open to everything and attached to nothing seems to me to be one of the most basic principles that you can adopt to contribute to individual and world peace.

***No One Knows
Enough to Be a
Pessimist***

Find an opportunity to observe a tiny little green sprout emerging from a seed. When you do, allow yourself to feel the awe of what you're seeing. A famous poet named Rumi observed, "Sell your cleverness and purchase bewilderment." The scene of an emerging sprout represents the beginning of life. No one on this planet has even a tiny clue as to how all of this works. What is that creative spark that causes the life to sprout? What created the observer, the consciousness, the observation, and perception itself? The questions are endless.

A short while ago, Earthlings in the space program were moving a tiny vehicle on Mars via remote control. Invisible signals took ten minutes to travel through space and arrived to make right turns and instruct a scoop to pick up some Martian real estate to examine. We all marvel at such technological feats. But think about it for a moment. In an endless universe, Mars, our closest neighbor, is the equivalent of moving a billionth of an inch across the page you're reading! We move a little vehicle on a neighbor next door and we're so impressed with ourselves.

There are billions and billions of planets, objects, and stars in our galaxy alone, and there are uncountable billions of galaxies out there. We are a speck in an incomprehensibly vast universe that has no end to it. Think about this: If we found the end, would there be a wall at the edge of the universe? If so, who built it? Even more perplexing, what's on the other side of the wall, and how thick is it?

How can anyone be a pessimist in a world where we know so little? A heart starts beating inside a mother's womb a few weeks after conception, and it's a total mystery to everyone on our planet. In comparison to what there is to know, we are only embryos. Keep this in mind whenever you encounter those who are absolutely certain that there's only one way to do something.

Resist being a pessimist. Resist with all your might, because we hardly know anything at all in comparison with what there *is* to know. Can you imagine what a pessimist who lived only 200 years ago would think about the world we live in? Airplanes, electricity, automobiles, television, remote controls, the Internet, fax machines, telephones, cellular phones, and so on. All because of that spark of open-mindedness that allowed progress, growth, and creativity to flourish.

And what of the future and all of *your* tomorrows? Can you picture faxing yourself back to the 14th century, flying without machines, telepathically communicating, demolecularizing yourself and rearranging yourself on another galaxy, or cloning a sheep from a photograph of a sheep? An open mind allows you to explore and create and grow. A closed mind seals off any such creative explanation. Remember that progress would be impossible if we always did things the way we always have. The ability to participate in miracles—true miracles in your life—happens when you open your mind to your limitless potential.

The Miracle

Mind-set

Refuse to allow yourself to have low expectations about what you're capable of creating. As Michelangelo suggested, the greater

danger is not that your hopes are too high and you fail to reach them; it's that they're too low and you *do*. Have within you an imaginary candle flame that burns brightly regardless of what goes before you. Let this inner flame represent for you the idea that you're capable of manifesting miracles in your life.

In every single case of a person experiencing a spontaneous healing or overcoming something that was considered to be impossible, the individual went through a complete reversal of personality. They actually rewrote their own agreement with reality. To experience Godlike spontaneous miracles, you must have a sense of yourself as Godlike. The Scriptures say, "With God all things are possible." Now tell me, what does that leave out? A mind that's open to everything means being peaceful, radiating love, practicing forgiveness, being generous, respecting all life, and most important, visualizing yourself as capable of doing anything that you can conceive of in your mind and heart. Whatever universal law that has ever been utilized to manifest a miracle anywhere, any time, and in any person is still on the books. It has never been repealed, and it never will be. You possess the same energy, the same God-consciousness, to be a miracle worker—but only if you truly believe and know it within yourself.

Understand that what you think about expands ("As a man thinketh, so is he"). If your thoughts are filled with doubt and you have a closed mind, you will of necessity act upon those closed-minded doubts, and you'll see evidence of your thinking virtually everywhere you are. On the other hand, should you decide (make no mistake about this, it is a choice) to have a mind that's open to everything, then you'll act upon that inner energy, and you'll be the creator as well as the recipient of miracles wherever you are. You will experience what Walt Whitman meant when he wrote, "To me, every cubic inch of space is a miracle."

What Being Open to Everything Means

Everything means just what it says. No exceptions. When someone suggests something to you that conflicts with your conditioning, rather than responding with, "That's ridiculous; we all know that's impossible," say, "I've never considered that before. I'll think about it." Open yourself up to the spiritual ideas of all people, and listen with an open mind to crazy schemes and ideas that at first seem to be outrageous. If someone suggests that crystals can cure hemorrhoids, that natural herbs can lower cholesterol, that people will eventually be able to breathe underwater, or that levitation is possible—listen, and be curious.

Let go of your attachments to what you've been trained to believe. Open your mind to *all* possibilities, because whether you believe something is possible or impossible, either way you'll be right. How can that be true? Your agreement with reality and all that's possible determines what you'll become. If you're convinced that you can't

become wealthy, famous, artistic, a professional athlete, a great singer, or whatever, you will act upon that inner conviction that prevents you from manifesting what you'd really like. All that you'll get from your effort is being right. When you need to be right, you're attached to your conditioned reflex of the way things are and always have been; and you assume they will always be.

Releasing Your Attachments

This first secret has two components: (1) a mind that is open to everything, and (2) a mind that is attached to nothing. Your attachments are the source of all your problems. The need to be right, to possess someone or something, to win at all costs, to be viewed by others as superior—these are all attachments. The open mind resists these attachments and consequently experiences inner peace and success.

To release attachments, you have to make a shift in how you view yourself. If your primary identification is with your body and your possessions, your ego is the dominant force in your life. If you can tame your ego sufficiently, you'll call upon your spirit to be the guiding force in your life. As a spiritual being, you can observe your body and be a compassionate witness to your existence. Your spiritual aspect sees the folly of attachments because your spiritual self is an infinite soul. Nothing can make you happy or successful. These are inner constructs that you bring to your world, rather than what you receive from it.

If you think peaceful thoughts, you'll feel peaceful emotions, and that's what you'll bring to every life situation. If you're attached to being right or absolutely need something in order to be at peace or to be successful, you'll live a life of striving yet never arriving.

It's possible to have a burning desire yet not have attachments. You can have an inner vision of what you intend to manifest and still detach yourself from the outcome. How? Consider this observation in *A Course in Miracles*: "Infinite patience produces immediate results." It sounds like a paradox, doesn't it? Infinite patience implies an absolute certainty that what you'd like to manifest will indeed show up, in perfect order, and exactly on time. The immediate result you receive from this inner knowing is a sense of peace. When you detach from the outcome, you're at peace, and you'll ultimately see the fruits of your convictions.

Suppose you had a choice between two magic wands. With Wand A, you can have any physical thing you desire by simply waving it. With Wand B, you can have a sense of peace for the rest of your life regardless of what circumstances arise. Which would you pick? A guarantee of stuff, or inner peace for the remainder of your life? If you opt for peace, then you already have Wand B. Simply have a mind that is open to everything but attached to nothing. Let it all come and go as it will. Enjoy it all, but never make your happiness or success dependent on an attachment to any thing, any place, and particularly, any person.

In all of your relationships, if you can love someone enough to allow them to be exactly what they choose to be—without any expectations or attachments from you—you'll know true peace in your lifetime. True love means you love a person for what

they *are*, not for what you think they *should be*. This is an open mind—and an absence of attachment.

The Second Secret

*There is just one life for
each of us: our own.*

— Euripides

*A musician must make
music, an artist must
paint, a poet must write,
if he be at peace with
himself What a man
can be, he must be.*

— Abraham Maslow

**Don't Die
with Your
Music Still
in You**

2

The Second Secret

Dont Die with Your Music Still in You

The world you live in is an intelligent system in which every moving part is coordinated by every other moving part. There's a universal life force that supports and orchestrates everything. It all works together in perfect harmony. *You* are one of those moving parts. You showed up here in the body you inhabit, precisely on time. Your body will leave here with the same precision. You're an essential piece of this complex system. Here you are in this intelligent system that has no beginning and no end, in which all of the galaxies move in harmony with each other. You *must* have shown up here for a reason!

Kahlil Gibran said, "When you are born, your work is placed in your heart." So, what is your work? Your purpose? Are you living it out the way your heart urges you to?

Listening to Your Heart

Take a moment right now and point to yourself. Your finger is very likely pointing right at your heart. Not at your brain, but your heart. This is who you are. The constant beating of your heart in and out, out and in, is a symbol of your infinite connection to the always-present heartbeat of God, or the Universal Intelligence. Your left brain calculates, figures things out, analyzes, and comes up with the most logical choices for you. It thinks, thinks, thinks! Your right brain represents your intuitive side. This is the part of you that goes beyond reason and analysis. It's the part of you that feels things, that's sensitive to love, that's emotional about what's important to you. Your right brain allows you to tear up as you hold your babies, or bask in the beauty of a glorious day. Your left brain can *analyze* it, while your right brain lets you *feel* it.

Pick a situation and ask yourself if what you know or what you feel is most important to you. Generally, what you'll take care of first depends on the situation and circumstances you're in. Your intellect can be figuring out exactly how you're supposed to act in a relationship when things are collapsing (or when they're rapturous), and then there are times when what you feel will supersede what you know. If you *are* feeling fearful, scared, lonely; or on the other hand, thrilled, loving, and ecstatic, these will be the dominant forces you'll act upon. These are the times