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# Foreword

Positive thinking is an attitude that admits into the brain thoughts, words and pictures that are conducive to development, expansion and success.

It's an attitude that expects great and favorable results. A positive mind expects happiness, joy, health and a successful result of each situation and action. Whatever the brain anticipates, it finds.

Not everybody accepts or believes in positive thinking. A few consider the subject as simply nonsense, and other people scoff at individuals who believe and accept it. Among the individuals who accept it, not many know how to utilize it effectively to acquire results. Yet, it appears that many are becoming pulled in to this subject, as demonstrated by the many books, lectures and courses about it. This is a subject that's gaining popularity.

It's rather common to hear individuals state: "Think positive!" to somebody who feels down and worried. Most individuals don't take these words earnestly, as they don't know what they truly mean, or don't consider them as useful and effective. How many individuals do you know, who stop to think what the power of positive thinking means?

***The Power Of Positive Thinking In The Post Modern Age***

***Manifest Positive Thoughts In This Fast Pace Age.***

# Chapter 1:

## *The Power of Thoughts*

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### Synopsis

Think about certain events in your lifespan, and attempt to recall what mixture of thoughts you often had, prior to a specific event occurring. Attempt to discover the affiliation between your thoughts and the events.

How many times did something occur in your lifespan and you stated: "I knew this was going to happen."



## **The Might Of This**

Our overpowering thoughts govern our behavior and attitude, and accordingly our actions, our spirit, and the people around us. As our thoughts are, so are our lives. This signifies that it's of large importance to be cautious with our thoughts, especially ideas that we frequently replicate.

Ideas are like a videocassettes that we play in the VCR of our brains. What we play, is what we view with our internal eyes. What we visualize in our brain is what we think of. The thoughts that we repeatedly think mold our lives. So to make modifications in our life, we must make modifications in our thought process. It's essential to modify our thoughts. It's like ejecting a videocassette and bringing in a new one that we like better.

The new mental videocassette will sooner or later modify our behavior, actions and attitude, and draw into our lives people, situations and events matching with our thoughts. An individual thought isn't strong enough to cause a change, but if the same thought is replicated frequently, it eventually acquires force.

A thought that's frequently repeated acquires a foothold in the subconscious mind, and from there it bears upon our lives and even our surroundings. The great thing about this process is that we do not need to strain or overexert ourselves to make it occur. All we are required to do is to pick out a thought that we would like to come true, and begin repeating it.

Pretend you're timid in the company of others, and you would like to change this situation. Driving yourself to communicate with others

doesn't work all of the time, and could make you feel uncomfortable and act awkwardly. It's better to visualize that you're feeling surefooted and communicating fluently with others. This is equivalent to daydreaming, and is a simple and enjoyable natural process. This is a mental activity, which is rather easy and doesn't require effort. This is a kind of a practical daydreaming, a method of utilizing the power of thoughts creatively and intentionally.

It's really similar to ordinary daydreaming, however with some small deviations. Visualize yourself conversing fluently, with ease and confidence. Think how the words just stream from your mouth, how you love verbalizing, and how everyone pays close attention to every word you say.

You are able to fabricate in your head a perfect aspect of whatsoever you would like to accomplish. Invest a large amount of detail, colors, sound, fragrance and liveliness into these mental pictures. If you repeat them often with trust and attention, the subconscious mind will admit them as actual experiences, and in a most natural way will make any required adjustments to make your reality fit your inner visualizations.

You are able to overpower habits and build new ones, develop new skills and powers, and even alter your conditions and accomplish anything that you really want. The ability of thoughts can assist you in developing a new line of work, amend your relationships, pull in extra income or improve your life.

All this doesn't occur overnight. It demands time, and depends on how earnest you are in your efforts, and on how much time and concentration you put into your new way of thinking. This is mental

work, but this doesn't signify that you remain passive and wait for things to occur. You want to maintain an open mind and be willing to take action as necessary.

Decide what you desire to acquire or accomplish, and begin thinking of it frequently throughout the day, or at several particular times throughout the day.

These reoccurring thoughts would ultimately get stronger, and bring in inner and outer modifications. The ability of ideas is real power. You've surely applied it numerous times without realizing it. Once you know how it operates and how to apply it consciously, you acquire the ability to transform, improve and rule your life. Discover how to apply the power of thoughts and visual image to achieve success.





# Chapter 2:

## *Views, Feelings and Success*

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### Synopsis

Repeat out loud the word 'success' several times, and make an observation of how you feel. Depending on your mental and emotional composition, and on the vibe of the moment, there are two possibilities. You might become inspired, delighted and joyful, or brokenhearted, distressed and bitter. In the latter example, you might begin telling yourself how miserable you are, and that success isn't for you.

It might sound unusual, but thoughts about success may conjure up negative feelings. People who have thought about negative ideas and feelings nearly all of their lives, await failure and don't feel noble of success. If they've underwent lack and hardships, they think that success isn't meant for them. In these instances, everything affiliated with success could call forth negative feelings.



## **The Way We Perceive**

Your thoughts and beliefs can attract or repel success. They regulate your feelings and outlooks about success or failure. Ideas too frequently, come and go and switch focus like the wind. They shape your head the same way that the wind moves the direction of a flag.

One moment the flag might be batting this direction, and moments later in another way. One moment you may be thinking in this way, and a second later in a different way. Once your thoughts, feelings and tempers become steady and under your dominance, your life also becomes under your control. You become the determining factor, not outside influences or passing tempers.

In order to contain your thoughts, feelings and tempers and navigate your life, concentration and self-control must be acquired.

Concentration and self-control act as the steering wheel of your life, with which you are able to pilot the boat of your life in the direction of success and achievement. Your overriding, habitual views and beliefs decide whether you'll achieve success or not, and whether you'll feel satisfied upon realization or not.

This means that you've got to be more mindful of your views and beliefs. It's crucial to learn to be more positive, less critical and less worried. Then, once success is achieved, you are able to bask in the happiness of realization.

Views, mental attitude and habits can be modified. The modification doesn't happen overnight. Some inner work is essential. Forever remember that positive views and beliefs make you happier and more

receptive to success. As well, remember that a positive disposition contributes the ability to enjoy success when it arrives.

Take it as a challenge, make your views and beliefs high on your priority list making sure to direct extra attention towards them. Determine what types of views you believe and what type of feelings you generally undergo with them.

If they're positive thoughts and feelings of success that is all right, however if your thoughts and beliefs are about failure, sadness and dissatisfaction, then you must do something to change them.

How come people hope for success? There's a want for development in every one of us. It's the cosmic need for expression and expansion. It manifests itself in every figure of life.

We encounter it all over, even in a blade of grass, whose hope is to mature to be strong, that it might even grow on surroundings or through a split in the concrete. The need for success is the internal natural want for development, expansion and expression.

Success is the recognition and accomplishment of projects, hopes or intentions. It's the positive consequence of your actions. It may lead to additional money, a securer job, better relationships, acquiring a wanted object, discovering the perfect partner, acquiring a beneficial reputation or the realization of any dream. Success isn't restricted to material objects.

There's also mental and spiritual success, such as having good grades or making progress in self-reformation or spiritual growth. People oftentimes believe that success will fetch them the satisfaction and

gratification they want. Occasionally it does and occasionally it doesn't. Gratification and happiness are more depending on inner attitude and not so much on outside circumstances.

It isn't enough to look for solely external success, such as income and possessions. Interior success, which is self-reformation, spiritual growth and inner serenity are of importance as well. Without them, someone may be successful in other affairs, but still experience deficiency. Discover how to utilize the power of thoughts and visualization to achieve success.



# Chapter 3:

## *The Magnetic, Attracting Ability of the Mind And Creative Visualization*

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### Synopsis

The force of the mind draws an assortment of events, conditions and people into our lives and pushes back the others. In that aspect, it's exactly like a magnet. Take a glance the people surrounding you.

Everyone undergoes different experiences and obstacles throughout their lifetimes. Some people achieve some things easily while others may struggle or not achieve the goal at all.

Your mind is generally composed of the thoughts you think. The force of these thoughts will draw in their like kind. For example, if you think positively about something important coming up in your life, it ends up being just as you thought it would.

If you hold on to bad thoughts, you are going to pull negativity into your life. You attract into your life what you think about frequently. It does not mean that every thought gets materialized.

Most of the thoughts are weak and are not repeated long enough to gain sufficient strength. Weak thoughts, like a weak magnet, hardly have any attractive power.

## **The Pull**

You have seen how a magnet draws metal objects. A strong and big magnet draws bigger objects than a small and weak one. Magnets have another peculiar characteristic. One side of the magnet draws, and the other side repels.

The power of attraction is a neutral power. The magnet draws to itself everything made of iron, no matter whether it is a useful object or junk. The mind acts in the same way. It attracts into your life positive and negative situations and events, according to the thoughts that you think.

Like the magnet the mind not only attracts, but also repels. If you do not believe you can get or accomplish something, then you repel it. Thoughts of incompetence, weakness, fear and inferiority create a repellent force. It is as if you are creating a wind that blows away and prevents certain things to reach you.

There are numerous methods to charge your mind and views with magnetic power. Firm desire, concentration and trust are a few of the significant ingredients for instilling power into thoughts. Several spark off the magnetic ability of their brain unconsciously, without recognizing what they're doing. When you know the rules, you become capable of triggering the magnetic ability of your brain consciously, positively and effectively.

Envisioning and thinking with concentration, hope and trust, and replicating these ideas frequently, lets loose strong energy. Your ideas become radiated and spread, shaping the brains of others, and drawing in to you people who think along similar lines as you do and

who may assist you with your plans. This method as well raises your consciousness and perceptiveness of any opportunity affiliated with your views that comes your direction, and fills you with the inner power and initiative to apply it. Try becoming aware of your ideas, decide to believe the ones that are beneficial for you, and consciously apply the power of attraction?

You are able to draw in people, conditions, events, ownerships or a lifestyle with the magnetic ability of attraction of your brain. Remember, what you think of intently, with attention and feeling is pulled in to you. It may be something material or non-material. The ability of attraction is a universal ability and manifests all over and in everything. It's the power that holds the world in collaboration. Without it, there wouldn't be a world.

Most of you have likely got word or read about creative visualization. A few of you have possibly attempted it. The thought is that by envisioning an image of a wanted object or situation, you can draw into your life. In this process you will be able to modify and mold your life, demeanor and conditions. This means applying the ability of thoughts, but thoughts by themselves are not enough for creative visualization.

A few other ingredients are needed to stimulate the ideas and put them into action. These ingredients are your feelings and emotions. What prepares you take action, a cold boring thought, or one filled with emotion? As you listen to a lecture, which lecturer holds your focus, somebody who speaks in a dull, dispirited fashion, or the one who speaks with zest and emotion?

When you encounter an absolute stranger for the first time, which person leaves a firmer impression on you, a bleak, boring individual, or one filled with vitality and enthusiasm? People, actions and ideas filled with emotion produce a firmer impact. Ideas that are filled with emotional vitality are the ones that impact you to a greater extent, and push you into action. Feelings and emotions stimulate your ideas and fill them with power.

Emotions and feelings stimulate ideas, the same manner that electricity makes electric tools function. The top tool will not work without electricity. In order for an idea to act and manifest, it requires something to feed it life and vitality. Feelings and emotions are this something.

If your desire is firm, then you will be able to bring forth enough emotional vitality. All the same, occasionally the emotional power you manifest isn't adequate. From time to time, you require or want something, yet you can't bring forth adequate power. In these examples, you need to beef up your emotional energy.

It's possible to create emotional energy once you require this power. It's equivalent to plugging in a TV or a radio to an electrical outlet in order to allow the electrical energy to flow.

You do so by developing positive and cheerful feelings of success and gratification, and affiliating them with your desire. Everybody has, at the least a couple of times, underwent some kind of success. Think of and picture any success you've accomplished in the past. Even little manifestations of success count.



Relive events such as acquiring honorable grades, getting a compliment from somebody whose judgment you respect, finding a secure line of work, acquiring a promotion or accomplishing success affiliated with your business.

You are able to select any event from the past. Relive the event of success in your vision, visualize it as clear as possible, and allow the positive and cheerful feelings you went through at that time become alive once again.

As these feelings are stimulated, it's time to think of your present goal. Live and undergo these feelings and emotions in your mental imagery, and affiliate them with your current goal. This action will inject energy into your thoughts and make them strong. When your thoughts are filled with emotional force, they're broadcasted to the bordering surroundings.

They're even picked up by others, who will accordingly assist you bring your thoughts into reality. Thoughts stir feelings, and feelings arouse thoughts. Our accustomed thoughts shape the way we feel, and our feelings shape the way we think.

There's always an interaction between thoughts and feelings.

Discovering how to capitalize on the joint power of thoughts and feelings may carry you a long way towards accomplishing your goals.

# Chapter 4:

## *Uneasy Mind And Peace Of Mind*

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### Synopsis

A lot of our body's operations are machinelike activities. Take for example breathing. We continuously breathe, but we scarcely give this routine any attention. The blood runs mechanically through the veins, but we're barely conscious of its motion. So it is with numerous other bodily functions. Thinking is also, to a great extent, a machinelike uninterrupted action. Thoughts come and go continuously from sunup until sun down.

There's absolutely no rest from them not even for a minute. Many of these thoughts aren't necessarily invited; they just arrive, take the attention for a while, and then vanish. Our inner consciousness is equivalent to the sky, and our thoughts are similar to clouds. The clouds float through the sky, ride it for a while then vanish. They're not everlasting. So are thoughts. Due to their constant motion they conceal our inner consciousness, then go away to do room for different thoughts.

Thoughts resemble the waves of the sea, which are constantly in a state of movement, never standing motionless. The mind, which draws in and creates thoughts, discovers it's difficult to remain motionless. It constantly thinks about whatever it visualizes. It likes to compare, examine, reason out, and to ask questions. It never lays off or rests, even momentarily.

## **Mind**

Everyone's mind automatically admits certain ideas, but strains and turns away others. This is the reason why many individuals fill their minds with thoughts about a certain subject, while other people do not even think about the same subject. It appears like everybody contains a different mental filter.

How come numerous individuals are drawn in to football and other people aren't? How come many enjoy and look up to a certain singer and others do not? How come a lot of people think continuously about a certain subject, and some other people never think about it? It's all attributable this inner filter.

This is a machinelike and unconscious filter. Do you consciously order certain ideas to come and order others to go away? This is normally a machinelike action. This filter has been formed according to the influences that have impacted you since childhood. Every event, happening word or suggestion has an impact on the mind, which develops thoughts accordingly. The mind is similar to an idea factory, functioning in shifts, day and night, creating thoughts.

Everybody is thinking and developing thoughts. It's like we're living in a sea of thoughts. We constantly choose one, let it travel through our minds and then gather up a different one. It's similar to capturing a fish from the sea, hurling it once again to the water and capturing a different one.

The restless mind constantly engrosses the attention. At once the attention is on this thought and then on a different one. A large amount of energy and time is spent in this manner on insignificant,

and generally negative passing thoughts. This is captivity. Why allow thoughts to regulate the mind, rather than being their superior? Why not enjoy inner repose, and pick out only good and worthy thoughts? Why allow your thoughts to treat you like an unforgiving boss that constantly presents you a job to perform?

There's zero freedom here. It's freedom when you are able to select your thoughts. It's freedom, when you can choose which thought to admit, and which one to turn away. Ceasing the flow of thoughts might appear to be an impossible feat, but conditioning the mind, doing concentration workouts and rehearsing meditation, step by step leads to this power. The mind is similar to a wild creature. It may be educated in self-control and respect to a higher power through correct disciplining. This training leads to serenity and mental control

Do you want to enjoy serenity? Do you wish to be capable of remaining calm and at ease in challenging and nerve-wracking situations? It's not as difficult as it may appear. I encounter individuals who state that they want peace of mind, but how can they attain it if they don't do anything to achieve it? In a reality full of stress, disputes and challenges, peace of mind is a major necessity. An individual who has peace of mind is capable of staying relaxed, undisturbed as well as unaffected by outside issues.

This serenity has nothing to do with indifference or laziness. As a matter of fact, you are able to be calm, yet vigorous, enterprising and owning a sharp and intelligent mind. Meditation, concentration drills, guided imagination, affirmations and breathing drills are a few of the methods that lead to peace of mind.

Every one of these techniques will step by step make your mind more peaceful and calm, but you have to rehearse every day in order to acquire results. While you advance with your selected method, your degree of inner serenity will grow.

The inner peace will eventually be noticeable and experienced constantly, not solely when meditating or applying any other self-growth methods. You'll enjoy inner peace wherever you're at. You'll also discover that you acquire inner happiness and inner strength, willpower and discipline, better judgment and stronger mental abilities.

When your mind is calm, it unconsciously radiates serenity to the individuals who happen to be around you. A calm mind makes a soothing effect on others, and makes and encircles you with an atmosphere of serenity, which influences the auras of those present by you. Pacify the mind, particularly through meditation and concentration, in the end lead to factual and enduring serenity and the power to contain the mind.

With this sort of conditioning the mind stops to nag and annoy, and the power to contain your thoughts becomes stronger. After your mind becomes your servant, you acquire the power to shift it off or on at will. You'll then be capable of utilizing it when you need it, and shift it off once there's no need to think. You might allege that you do not have the time to acquire peace of mind, but the reality is that you can always find the time, if you truly want it.

You might think that peace of mind may be built up only under special circumstances and in special places. That's not accurate.

Conditions shouldn't stop your process. If your desire for peace of mind is firm enough, you can achieve it whether you live in an ashram or in a loud city. Peace of mind can be yours, if you give the effort to loosen up and calm your mind. If you've always thought that it's unachievable and reserved for specific individuals, then modify your belief, because this belief will keep it away from you. Putting off this enterprise for tomorrow will always place it in tomorrow.

Attempt this:

- 1) Sit comfortably.
  
- 2) Pass through your body from the head to your toes, and loosen up every agitated muscle.
  
- 3) Take a couple of deep breaths.
  
- 4) Now think of something that inspires or causes you to be happy. Think about something you enjoy doing, or a cheerful previous event.
  
- 5) Bask in the happiness and calmness that you're going through. Engage yourself in the affiliated enjoyable feelings, and blank out everything else for a while.

Repeat this process whenever you feel edgy and anxious. This is merely the first step. Serenity is acquired through several techniques, but particularly by concentration and meditation exercised regularly.

# Chapter 5:

## *Inner Peace*

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### Synopsis

True serenity comes from the inside, and isn't dependent on outside circumstances. Inner peace is a state, in which the brain becomes tranquil and calm, and ideas are contained and trained. Commonly, the mind is in a state of constant thinking. Ideas come and go every hour of the day.

A lot of these ideas pertain to insignificant issues or are negative ideas, concerns and frights. The mind continues asking questions, comparing, studying, remarking on everything, chattering and not allowing for any minute of rest. This situation is among the reasons for the longing for inner serenity.

Yet, though there's yearning for serenity, most individuals carry on letting uneasy thoughts and concerns to fill up their minds, thus holding inner peace back. True serenity comes from the inside, from the spirit. Only once your mind becomes calm you will be able to bask in inner peace. Only when you make serenity inside, within yourself, does true serenity come to life in your outside world. As a storm rages, the waves thrash a boat upwards and downward and from one wave to another.

## **Peace Within**

Only if the storm and waves lay off, may the boat cruise smoothly. Thus, it's with peace of mind. You go through it only after the winds and gales of the brain and thoughts chill out. If the inner reality is in serenity, then the outer conditions begin to reflect this inner serenity. Outer peace always follows inner serenity. A calm mind disperses serenity and impacts the circling surroundings. Anybody who comes in contact with a calm person, senses this serenity, and unconsciously replies and behaves accordingly.

What happens if you speak calmly with an individual who is aggravated, and who is speaking in a loud voice? Eventually he/she will lower his/her voice. What occurs if you keep calm and serene in situations that make others anxious or uneasy? They cool off a little as well, subconsciously simulating your peacefulness. These are just a couple of examples of the effect of inner serenity on the outside world. You are able to discover several more such examples. You are able to gain inner serenity through concentration, meditation, yoga and other methods.

The keys to inner serenity are the powers to settle down the mind, bring down its uneasiness, and to release it from the compulsion of ceaseless and uneasy thinking and worrying. If you work on your mind and emotions, you will be able to attain inner serenity, and therefore enjoy outer peace. It doesn't matter what your outer circumstances are and what the situation is around you. If you work towards inner serenity, your life and conditions will alter to reflect your inner serenity. Experiences of Inner serenity are not as uncommon as you may believe, but these experiences are temporary.



They take place when you're engrossed in an occupying activity, like watching an interesting film, reading an article or observing a glorious landscape. They commonly last for a short time, until the mind becomes active once more. An example of temporary inner serenity is a vacation, typically when it's away from home. After a day or two, you start to go through some sort of inner calmness and serenity. The mind's feverish tendency to think is suppressed down, and the degree of concerns and continuous thinking drops. In this frame of mind, you feel more at ease and content, and you enjoy your vacation. By the way, have you observed that individuals, who are on vacation, are commonly more patient, neighborly and favorable to everybody? This is because their minds are calmer.

Temporary inner serenity is ok, just not enough. In order to have serenity more frequently and more deeply, and independently of outer circumstances, you need to undergo inner training. It's possible to enjoy the same serenity and happiness that you've underwent on your vacations, even when working, carrying your obligations, at home or while with people. This state may be reached through sincere inner conditioning through concentration, meditation, yoga and other methods. Today there are so many chances for inner work. There are instructors, books, shops, classes, and of course the web.

There's no deficiency of data and counseling; it's you, who has to choose that inner and outer serenity is among your priorities, and start doing something to achieve it.

# Chapter 6:

## *The Importance Of Concentration*

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### **Synopsis**

Concentration is the ability to center the focus of the mind on an individual object or thought to the exception of everything else. It's the power to hold the attention centered on what you're doing.

Doing one thing, and simultaneously thinking about something else, shows lack of concentration. Any action, if executed when the mind isn't focused on it, is not done well. Very few truly have strong powers of concentration. Most individuals acknowledge its importance, but few do something to grow or strengthen it. Concentration has high value. It aids in work to be done more efficiently. It tones the memory, makes it easier and quicker to analyze, and makes you more witting and mindful of your environment.

Actions, tasks and work are executed better, quicker and with less mistakes. Concentration is needed for creative visualization, thought transference and psychic abilities, curing and magic. It's of great importance for meditation. It helps to contain the ceaseless stream of thoughts, and thereby bring peace of mind and exemption from nagging thoughts.

### **Center Yourself**

When the power to concentrate develops, less thoughts are capable of trespassing into the mind without permission. This means more mental control and more inner serenity and happiness. It's crucial to have good powers of concentration, if you wish to carry on your day-to-day affairs of life in an effective and efficient method, to succeed in the material world or to develop spiritually.

Concentration may be developed and fortified by suitable exercises, just like building up and toning the physical muscles through muscle building exercises. If you lift weights, you tone the muscles of your body. If you execute concentration exercises you tone your mental muscles.

Concentration is really easy process, although not so simple to practice. This is because the mind is very much used to running here and there, and rejects any attempt that aims to contain and calm it down.

Yet, by suitable exercises it's possible to develop it and teach it to concentrate solely on one subject or object. The more time you dedicate to developing and working out the mind, and the more sincerely you practice the exercises, the stronger your concentration will become.

# Chapter 7:

## *Self Control And Self Discipline*

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### **Synopsis**

Most individuals look up to and honor strong people, who have acquired great success by manifesting self-control and self-discipline.

They look up to individuals, who with self-control, self-discipline and ambition, have bettered their life, acquired new skills, overcame difficulties and hardships, cut down their weight, climbed high in their selected field or advanced on the spiritual track.

The fact is that everybody can attain high degrees of self-control and self discipline through a practical technique of training. These inner abilities are not reserved for a couple of special individuals.

Self-control and self-discipline are two of the most significant and valuable inner abilities in everyone's life, and have always been regarded as crucial tools for success in all fields of life.

They may be learned and acquired like any other skill, yet, despite all this, only few take any steps to grow and strengthen them in an orderly fashion.

## **Control and Command**

What is self-control?

It's the inner strength to make a decision, take action, and address and accomplish any aim or task until it's completed, regardless of inner and outer opposition, irritation or troubles. It bestows the power to overcome laziness, enticements and negative habits, and to execute actions, even if they involve effort, are unpleasant and boring or are unlike one's habits.

What is self-discipline?

It's the rejection of instant satisfaction in favor of something better. It's the ceasing of instant delight and gratification for a higher and better goal. It manifests as the ability to stick with actions, ideas and behavior, which lead to improvement and success. Self-control is self-discipline, and it manifests in spiritual, mental, emotional and physical discipline.

The purpose of self-discipline isn't living a constraining or a limiting lifestyle. It doesn't mean being closed-minded or living like a fakir. It's one of the pillars of success and power, and bestows inner strength, and the power to center all your energy on your goal, and to persist until it's completed.

Both of self-control and self-discipline are needed for day-to-day actions and decisions, and as well for making major decisions and accomplishing major success. They're needed for doing a effective job, for learning, building a business, slimming down, muscle building and workouts, keeping good relationships, altering habits, self improvement, meditation, spiritual maturation, holding and following through on promises and for almost everything else. One of

the easiest and efficient techniques to acquire self-control and self-discipline is by resisting to fulfill insignificant and unneeded desires. Everybody is constantly faced and allured by a continual stream of desires and temptations, many of which are not truly significant or desirable. By learning to resist to fulfill all of them, you become stronger. Denying and turning down worthless, damaging or unneeded desires and actions, and purposely acting unlike your habits, heighten and strengthen your inner strength. By steady practice your inner ability develops, just like exercising your muscles at a gymnasium increases your physical strength. In both events, when you require inner power or physical strength, they're available at your disposal.

Here are a couple of examples:

- Do not read the newsprint for a day or two.
- Drink water when thirsty, instead of giving into your desire to have a soda.
- Walk up and down the stairs rather than taking the elevator.
- Get down from the bus one station before or two after your destination, and walk the remainder of the distance.

These are only a couple of examples of the numerous drills that can be conducted in order to build up self-control and self-discipline. Drills like these add to the depot of your inner strength. By abiding by an orderly technique of coaching you will be able to reach far, get more mastery over yourself and your life, accomplish your goals, better your life, and acquire gratification and peace of mind.

# Chapter 8:

## *The Power of Repeated Words and Thoughts*

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### Synopsis

Thinking is commonly an assortment of words, sentences, images and senses. Thoughts are visitors, who travel to the central station of the mind. They arrive, remain for a while, then vanish, clearing blank space for different thoughts. A few of these thoughts remain longer, acquire power, and impact the life of the individual imagining them.

Most individuals allow thoughts affiliated with concerns, dreads, wrath or sadness invades their mind most of the time. They continue engrossing their mind with inner conversation about negative states of affairs and actions.

This inner conversation sooner or later impacts the subconscious, making it admit and take earnestly the ideas and thoughts expressed in those inner conversations. It's of critical importance to be cautious of what enters the subconscious mind. Words and ideas that are duplicated frequently become stronger by the repetitions, settle into the subconscious mind and impact the conduct, actions and reactions of the individual involved.

## **Affirmations**

The subconscious mind regards the words and ideas that get wedged within it as verbalizing and depicting an actual situation, and consequently attempts to line up the words and ideas with realism. It works diligently to make these words and ideas a fact in the life of the individual stating or believing them.

This implies that if you frequently tell yourself that it's hard or hopeless to get money, the subconscious mind will accept your words and cast obstacles in your path.

If you continue telling yourself that you're rich, it will discover means to bring you chances to become rich, and push you towards capitalizing on one of these chances. The thoughts that you verbalize through your words form your life.

This is frequently done unconsciously, as few pay attention to their ideas and the words they utilize when thinking, and allow outside conditions and situations influence what they think of. In this event, there's no freedom.

Here, the outside world affects the inner world. If you consciously select the ideas, words and phrases that you repeat in your brain, your life will begin to alter. You'll start making new situations and conditions. You'll be applying the ability of affirmations.

Affirmations are sentences that are repeated frequently during the daytime, and which bury into the subconscious, thereby expelling its tremendous ability to materialize the intention of the phrases and words in the outside world. This doesn't imply that every phrase you



express will bring results. In order to activate the subconscious mind, the words have to be stated attentively, purposely and with feeling. Affirmations have to be worded in confirming words in order to receive positive effects. Debate the coming two sentences:

1. I'm not powerless any longer.
2. I'm strong and powerful.

Although both sentences seem to verbalize the same thought, simply in different phrases, the first one represents a negative sentence. It produces in the mind an image of helplessness. This is a wrong choice of words. The second sentence arouses in the mind an image of strength.

It's not enough to state an affirmation a couple of times, then anticipate your life to change. More than this is required. It's crucial to affirm attentively, in addition to strong desire, trust and perseverance. It's also crucial to pick out the correctly affirmation for any particular situation. You want to feel at ease with it; otherwise the affirmation might not work or might bestow you something that you don't genuinely need.

Affirmations may be applied collectively with creative visualization, to strengthen it, and they may be applied individually, on one's own. They are of extraordinary importance for individuals who find it hard to visualize. In this event, they might be applied as a replacement to creative visualization. Rather than repeating negative and worthless phrases and words in the mind, you are able to select positive phrases and words to assist you in constructing the life you desire. By selecting your thoughts and words you exercise dominance over your life.

Here are a couple of affirmations:

- Daily I'm getting brighter and more fulfilled.
- With every inhalation I'm satisfying myself with felicity.
- Passion is occupying my life today.
- The ability of the universe are satisfying my life amorously.
- A lot of profit is streaming now into my life.
- The ability of the Universal Mind is at once filling my life with wealthiness.
- The powerful and vital energy of the universe are streaming and satisfying my body and mind.
- Therapeutic vitality is perpetually satisfying every cell of my body.
- I always remain tranquil and in command of myself, in all situations and in all conditions.
- I'm having a tremendous, bright and captivating day.

Affirmations - phrases of Power are an applicable and elaborate guide about the ability of affirmations.



# Wrapping Up

Always visualize only positive and beneficial situations. Utilize positive words in your inner dialogues or when talking with other people. Smile a bit more, as this helps to think positively. Disregard any feelings of laziness or a want to quit. If you hold on, you'll transform the way your mind thinks.

Once a damaging thought enters your mind, you have to be mindful of it and endeavor to replace it with a constructive one. The damaging thought will try again to enter your brain, and then you have to replace it again with a positive one. It's as though there are two pictures in front of you, and you choose to look at one of them and brush aside the other. Persistence will finally teach your mind to think positively and ignore damaging thoughts.

In case you feel any inner resistance when replacing negative thoughts with positive ones, don't give up, but keep looking only at the beneficial, good and happy thoughts in your brain.

It doesn't matter what your circumstances are at the moment. Think positively, expect only favorable results and situations, and circumstances will alter accordingly. It may take some time for the changes to take place, but eventually they do.