

THE GUIDELINES FOR BETTER LIVING

Wisdom thoroughly learned will never be forgotten. - Pythagoras

1. Clearly decide on your goal and picture its attainment in your mind every night just before you sleep. Picture yourself having achieved your outcome. Make your visualization clear and colourful. Develop a strong belief that it will come true by autosuggestion (repetition of the idea aloud) throughout the day. Repeat your desire aloud ten times before you sleep. Through repetition of thought, the goal will become a burning desire. Develop a clear plan how you will achieve the goal and seek out all opportunities for its fruition. Write out the goal, the plan of action and the date by which you will achieve it. Repeat this aloud 10 times a day with belief in its purpose and with intense feeling. Now that you know where you are going and you firmly believe that you will have all that you desire, you must regularly set aside time every day to review your goals and consider how you will feel once you reach them. **If I have the belief that I can do it, I shall surely acquire the capacity to do it, even if I do not have it at the beginning.**
- Mahatma Gandhi.

2. **Things are always created twice. There is always the mental creation which precedes the physical creation.** Just as plans for a house must first be set down on paper before the house is started, so too should your day be planned within your mind early in the morning before the day begins. Visualize the wonders you desire this life to bring and they will materialize as your subconscious mind starts to focus on the attainment of goals. This is a true law of Nature.

3. **Stay on purpose, not on outcome. In other words, do the task because it is what you love to do or because it will help someone or is a valuable exercise.** Don't do it for the money or the recognition. Those will come naturally. This is the way of the world. Do not let your mind float like a piece of paper in the wind. Work hard to keep it focused at all times. **When doing a task, think of nothing else.**

4. You can also build your will- power by restrain in your conduct with others. **Speak less (use the 60/40 Rule = listen 60% of the time and speak a mere 40%, if that).** Also retain the urge to gossip or to condemn someone who you feel has made a mistake. Stop complaining and develop a cheerful, vital and strong personality. You will greatly influence others. When a negative thought comes to your mind, immediately replace it with one that is positive. Become a highly disciplined time manager.

5. **Associate only with positive, focused people who you can learn from and who will not drain your valuable energy with complaining and uninspiring attitudes.** By developing relationships with those committed to constant improvement and the pursuit of the best that life has

to offer, you will have plenty of company on your path to the top of whatever mountain you seek to climb.

6. **You must have a mission statement in life. This is simply a set of guiding principles which clearly state where you are going and where you want to be at the end of your life.** A mission statement embodies your values. It is your personal lighthouse keeping you steadily on the course of your dreams. Whatever the mission statement of your life, refine it and review it regularly.

7. **Recognize and cultivate the power of autosuggestion.** It works and is an essential tool in maintaining peak performance. If you want to become more enthusiastic, repeat **"I am more enthusiastic today and am improving this trait daily"**. Repeat it over and over. Very soon it will come. Do not be discouraged if the results are not immediate, they will certainly develop. The spoken word is a powerful influencer of the mind. Maintain a diary to measure your progress and to express your thoughts. Writing out not only your successes but your troubles is one of the world's most effective methods of erasing the worry habit, staying in optimum state and developing precision of thought.

8. Read **"As a Man Thinketh"** by James Allen. And don't just read this little book once, read it over and over again. It contains an abundance of timeless wisdom on living a fuller and happier life. Remember that forgiveness is a virtue that few develop, but one that is most important to maintaining peace of mind.

9. **Ask not what this world can do for you but, rather, what you can do for this world.** Make service an important goal in your life. It is a most fulfilling investment of time. Remember, in the twilight of your life, when all is said and done, the quality of your life boils down to the quality of your contribution to others. Leave a rich legacy for those around you to savour. Two of the fundamentals for a happy, joyful life are balance and moderation. One must maintain a balance of all activities and do nothing to extremes.

10. **Make a list of all your weaknesses.** A truly confident and enlightened person will note a weakness and seek to methodically improve. **Bear in mind that even the greatest and most powerful people have weaknesses.** Some are better than others in hiding them. On the other hand, get to know your best qualities and cultivate them. Never complain. **Be known as a positive, strong, energetic and enthusiastic person.** Visualize and firmly believe in what you want. It will most certainly come true.

11. **Overlook the weaknesses of your friends.** If you look for flaws you will most surely find them. Be mature enough to ignore the petty failings of others and see the good that each one inherently possesses. We can learn from everyone. Everyone has a story to tell, a joke to share and a lesson to

learn. Be kind, considerate and courteous. But also be shrewd and know when to be tough and courageous. This is the mark of a well-defined character and you will surely command respect. Create your image as a highly competent, strong, disciplined, calm and decent individual. Do not tell everyone everything about yourself, your strategies and your aspirations. The successful citizens of this world think thrice before they speak because a word uttered can never be retrieved. Make things look easy and people will say you are naturally gifted. Speak only good things and people will flock to you. Never speak ill of others and all will know you will not malign them behind their backs. Build your character and live a highly principled life.

12. Familiarity breeds contempt is a very good rule. The stars remain far above the Earth. You must keep a distance from all but your closest of relations. People who are doing good today are ensuring their happiness for tomorrow. The key to successful time management is doing what you planned to do when you planned to do it. Keep your mind fully on the task at hand. Only then will you achieve, all your goals and have time for the things that matter most.

13. Prepare a detailed financial plan for the next few years and follow it. Seek out financial advice if you need it. Readers are leaders. U.S. President Bill Clinton read more than 300 books during his short time at Oxford University. Some top performers read a book a day. Seek out knowledge and information. We have truly entered the age of massive information and those who are proactive can use this to their advantage. The more you know, the less you fear. Get into the excellent habit of reading something positive and inspirational before you go to bed and as soon as you awake in the morning. You will soon note the benefits as these thoughts will be supporting you throughout the day. Make it one of your goals to develop a dynamic, charismatic personality. Remember this ancient Indian proverb: "if you conquer your mind, you conquer the world."

14. Study these 10 fundamentals of happiness : Pursue a productive, exciting and active life. 2) Engage in meaningful activities every minute of every day. 3) Develop an organized, planned lifestyle with little chaos. 4) Set realistic goals yet keep your mark high. 5) Think positively, you cannot afford the luxury of a negative thought. 6) Avoid needless worry over trifling matters. 7) Devote time to fun. 8) Develop a warm, outgoing personality with a sincere love of people. 9) Get in the habit of giving more than receiving. 10) Learn to live in the present. The past is water under the bridge of life.

15. Knowledge is power : People who have achieved great success are not necessarily more skilful or intelligent than others. What separate them is their burning desire and thirst for knowledge. The more one knows, the more one achieves. Great leaders have techniques to allow them to arrive at the top of the mountain. Read the biographies of the world's leaders and

learn from their habits, inspirations and philosophies. Cultivate the important practice of active role modeling.

16. All the answers to any questions are in print. How to improve as a public speaker, how to improve your relations with others, how to become fitter or develop a better memory - all aspects of personal development are dealt with in books. Therefore, in order to achieve your maximum potential, you must read daily. But, in this age of information, you must be ruthless in what you consume. Focus on your goals and read only those materials that will be an asset to you. Do not attempt to read everything for you are busy and have other tasks at hand. Choose what is important and filter out what is of no value. Begin with a solid newspaper every morning for an excellent summary of the key events of the day. Also ensure that your readings are broadly based. For example, perhaps you may wish to read history, business, Eastern philosophy, health books etc. Then go to the library and develop the habit of making regular visits. Look under the heading of "success" at the library and you will be amazed at the literature you will find: Inspirational stories of people who developed greatness in the face of adversity, strategies for improving yourself physically, mentally and spiritually and texts to tap the unlimited power for success that certainly exists within us. Drink deeply from such books. Surround yourself with them and read them constantly whether on the bus each day or before you go to bed. Let them inspire and motivate you.

17. Do not talk when you are listening : Interrupting is one of the most common discourtesies. Listen aggressively with the full scope of your attention. You will be amazed at what you learn and how your counsel will soon be sought by many.

18. That which any person who has walked this Earth has achieved you can achieve with the right mental attitude, perseverance and industry. Limiting thoughts and weak mental images must be banished. One's focus must be on the attainment of goals that are truly important.

19. Break the worry habit by putting things in perspective and laughing over small setbacks. Repeat to yourself that **"this will soon pass"**. Then take a sheet of paper, write out the worry on your mind. Allot a certain period of time to think on it, isolate the precise problem and formulate a powerful line of attack. By this practical technique, your negative, energy sapping habit will soon be a faint memory of the past.

20. When you look for something you will find it. If you constantly expect exceptional success, you will surely have it. Peak performers attract success. You must keep the goals you desire to achieve at the forefront of your mind and throughout the day. Repeat your ambitions at least five times a day and visualize yourself achieving them. If your goal is to be rich, picture the house you will be living in, the car you will be driving,

what it will feel like to be rich and the pleasure of attaining your goals in life. Repeat your ambition over and over until you have complete certainty that you will attain your desires and eventually you will.

21. **Get deep into the habit of personal introspection.** Ben Franklin called this one of the most important strategies for personal effectiveness. Spend ten minutes every night before you go to bed in self-examination. Think about the good things you did during the day and the bad actions you may have taken which you must change in order to excel and grow. Successful people are simply more thoughtful than others. Daily reflection will soon allow for the eradication of your negative qualities (ranging from procrastination to gossiping to insulting others) and will sharpen the mind. After steady practice, a time will eventually arrive when the mistakes you make are few indeed and your personal power will move to the highest level.

(Source: By ROBIN SHARMA, "MEGA LIVING" Jaico Publishing House, Delhi)

PRECIOUS WORDS FOR HAPPY LIVING

1. Faith : Faith is an extraordinary power which moves the wheels making life joyful, successful and peaceful. **2. Prayer :** Prayer is a conversation between man and God. Prayer brings in humility, nobility and removes pride, anger and harmful qualities. "It is better in prayer to have heart without words than words without heart". **3. Meditation :** Meditation is one pointed thinking. When you meditate on your chosen subject, the mind is focused on the point. Meditation promotes concentration and makes your mind healthy and happy. Meditation helps avoid medication. **4. Laugh :** "Laugh and live long". The day is waste when you did not laugh. Laughter assures good health, happiness and relaxes body and mind. **5. Positive thinking :** Life is what you make it by your thoughts. Always be optimistic and entertain positive thoughts which propel the mind to achieve your chosen goal. **6. Good books :** Select good books as you select your friends. A good book helps and a bad book harms. Read the best books as early as possible. Otherwise, you may not have an opportunity to read them at all. **7. Good friends :** Your company shapes your character. "**Tell me who your friends are and I will tell you who you are**". The influence of good friends is great in shaping your life. **8. Family :** Make it a habit that all the members of your family meet once everyday and discuss freely on subjects of common interest. **9. Time :** Time is precious. The entire riches of the world cannot buy back a minute lost. Do not waste time. **10. Success :** Success is a way of life. Success means different things to different people. But in general success is fulfillment of your burning desire. Make everyday "**a day of success**". **11. Imagination :** Train your mind to imagine beautiful, graceful and enlivening scenes like a great honour to be conferred on you, your near

and dear congratulating you on your grand success etc. Our imagination is the only limit to what we can hope to have in the future. **12. Hard work :** Never postpone your work. Complete your work on time. Hard work gives solace and peace. **13. Fear :** Statistics prove that more people die out of fear than out of disease. Fear kills, faith saves. **14. Mind :** The most difficult thing in life is to control your mind. If you achieve control of your mind, you can achieve anything in life. When you remember what you want to remember and forget what you want to forget, you have absolute control of your mind. Never be idle. "**An idle mind is a devil's workshop**". **15. Exercise :** Health is wealth. Exercise keeps you trim, promotes sound health and keeps you free from disease. It can be walking, yoga, jogging or any other aerobic exercise. **16. Smile :** When you wear a smile, there is no need for any ornament. Everyone likes a person with a beaming smiles. Smile makes friends. A smile is a passport for good relations. **17. Simple things :** Enjoy simple things like a beautiful rose, a child's smile, sunrise, borderless sea, flying bird, flowing river, a handshake, a hug etc. **18. Food :** Eat only when you are hungry and stop eating while you are not hungry. Eat more vegetables and seasonal fruits. **19. Belief :** Be not afraid of life. Believe that it is worth living, and your belief will help create, that fact. **20. Keep learning :** Keep learning. It is an endless process from birth to death. You are in dark, the moment you stop learning. **21. 6 virtues of the Ideal person :** 1. Self-mastery in all situations. 2. Self-control of all of the senses. 3. Control in diet and soberness. 4. Self-command for temper and desires. 5. Humility in success, hope in defeat. 6. Compassion to all, moderation in life and persistence in goals. **22. 10 Master keys of Leadership :** 1. Belief in your dreams. 2. Courage and supreme persistence. 3. Enthusiasm. 4. Consideration for others. 5. Self-control and self-mastery. 6. Well-developed social skills and diplomacy. 7. The habit of doing far more than expected. 8. Long-term planning and organization. 9. Calculated risk taking. 10. A burning desire to succeed and faith in success. **23. Life Tips:** 1. Be the most enthusiastic person you know. Be kind, be strong and be serene. 2. Control your emotions and never get angry. count to 10 if you feel anger. 3. Associate with positive, active and loving people

CHARACTERISTICS OF PRINCIPLE CENTERED PEOPLE

Becoming principle-centered is just that : becoming it's not arriving, it's a lifetime quest. But the more people align their lives with true north, the more they begin to develop certain characteristics common to principle-centered people.

1) They are more flexible and spontaneous. They are not chained to plans and schedules. Schedules are important, but not all-important. Principle-centered people see life as an adventure. They are like courageous explorers going on an expedition into uncharted territory - they are really

not sure what's going to happen, but they are confident it will be exciting and growth producing, and that they will discover the territory and make new contributions.

2) They have richer, more rewarding relationships with other people.

They put people ahead of schedules. They clarify expectations. They are not into comparing, competing or criticizing. Others begin to feel they can depend on them to be honest, direct, and nonmanipulative, to make and keep commitments, to walk their talk. Principle-centered people don't overreact to negative behaviours, criticism, or human weaknesses. They are quick to forgive. They don't carry grudges. They refuse to label, stereotype, categorize, or prejudge. They are genuinely happy for and help facilitate the successes of others. They believe in the unseen potential of all people. They help create a climate for growth and opportunity.

3) They are more synergistic. Instead of doing "their thing" to others, they find far greater rewards in working with others to achieve shared vision. They value the difference. They can focus on the other person's interests and concerns instead of arguing over positions.

4) They are continually learning. Because they know there is a true north, they are constantly seeking to discover understand, and align their lives with it. They become more humble and teachable. They read widely, feast on the wisdom of the ages, and listen to others. They are continually educated by their experience.

5) They become more contribution-focused. They channel their time and energy toward contributing more than consuming, toward giving rather than getting. They are more service-oriented. They seek to improve quality of life for others as well as themselves.

6) They produce extraordinary results. Because they balance "producing" with increasing their capacity to produce, they develop the ability to produce significantly more, long-term. They don't burn the candle at both ends. They are continually acquiring new skills. They grow in their ability to work with others and facilitate high-quality interdependent production. In whatever they do, they apply principles that create quality results.

7) They develop a healthy psychological immune system. They can handle problems. They are not inflicted with psychological AIDS. They can be sideswiped or blindsided by disease, financial setback, or disappointment and they have the resources to come back. They nurture healthy immune systems in their marriages and their families, so that they can discuss jugular issues and handle problems such as finances, in-laws, or child discipline with principles rather than scripting. They work to create healthy immune systems in their work term, groups, or organizations.

8) They create their own limits. They don't work until they drop from exhaustion, spend until there is no credit left, or keep going on projects

until they run out of time. They become less dependent on extrinsic factors to tell them when to quit. They learn to apply principles and use wisdom in creating their own limits to maximize their effectiveness. They spend wisely and save and invest for future needs.

9) They lead more balanced lives. They don't become workaholics, religious zealots, political fanatics, crash dieters, food bingers, pleasure addicts, or fasting martyrs. They are active physically, socially, mentally and spiritually. They live more abundant, synergistic lives.

10) They become more confident and secure. They grow in their confidence that living in harmony with true north will bring quality of life, and they become more patient and peaceful in the process. Their security doesn't come from work, associations, recognition, possessions, status, or any other extrinsic factor. It comes from within - from centering their lives on principles, from living by their conscience.

11) They are better able to walk their talk. There is no conscious duplicity, double-mindedness, or hypocrisy. They increase their ability to make and keep commitments to themselves and others. They build a high balance in their Personal Integrity Account. **12) They focus on their Circle of influence.** They don't waste time or energy in their Circle of Concern. They focus on the things they can do something about and work to improve almost any situation they are in.

13) They cultivate a rich inner life. They draw strength from regular spiritual renewal. They feast on wisdom literature, think, meditate, or in other ways nurture context, meaning, and purpose in their lives.

14) They radiate positive energy. They become more cheerful, pleasant, optimistic, positive, upbeat. They see possibilities. They neutralize or sidestep strong negative energy forces, they charge weaker forces that surround them.

15) They enjoy life more. They don't condemn themselves for every foolish mistake or social blunder. They forgive themselves and others. They don't brood about yesterday or daydream about tomorrow. They live sensible and joyfully in the present, carefully plan for the future and flexibly adapt to changing circumstances. They develop a rich sense of humor, laughing often at themselves, but never at the expense of others.

The more people develop these characteristics, the more peaceful and happy their lives become. They begin to significantly impact quality of life for themselves and for everyone around them. Becoming principle-centered is not always easy, but it does create quality of life results. The important thing is to keep trying, to keep working, to create more and more alignment with true north.

(Source : by Stephen R. Covey ; "FIRST THINGS FIRST, Pocket Books")

THE GREAT LIVING : ACHIEVING MASTERY OF THE MIND, BODY AND CHARACTER

Someone has well said, "**Success is a journey, not a destination. Happiness is to be found along the way, not at the end of the road, for then the journey is over and it is too late.**" Today, this hour, this minute is the day, the hour, the minute for each of us to sense the fact that life is good, with all its trials and troubles and perhaps more interesting because of them.

We all have the potential for a Perfect Life. We all have the potential to achieve great things and live a life filled with joy, accomplishment and pure bliss. In some of us, this potential is slumbering deep inside, waiting only to be tapped and tested. The most noble of pursuits is to ignite this fire for personal mastery and life excellence.

There is a story of a weary traveler who met a wise sage on a mountain path high in the Himalayas. The traveler asked the old man where he could find the path which would lead him to the top of the mountain, his ultimate destination. The sage thought for a moment and then replied: "**simply make certain that every single step is in the direction of the mountain top and you will get there.**"

When your every thought and your every action is directed to your ultimate life goals you become unstoppable and assured of great success and happiness. When you cultivate your mind, body and character, your life takes on powerful dimensions that you never thought possible. The articles of our journal "Parapsychology Today" will provide you with all that you need to put far more living into your life. These articles will do wonders for you. Read it, apply it and share it. A Perfect Life is yours for the taking.

There are people who make things happen. There are people who watch things happen. And there are people who say, "what happened." If you go through these articles you will learn the finest strategies and techniques available to profoundly improve your mind, body and character. There is no doubt that you have within you incredible powers to achieve anything you have ever dreamed about. Whether it is mental, physical, emotional or financial mastery that you are seeking, these articles will show you precisely how to get there.

Today is the first day of your perfect life, a life that is yours to shape into something truly wonderful and lasting. The past does not determine your future and a change towards personal excellence can happen in the blink of an eye if you will make a firm commitment to raising your life to its highest level. Circumstances are the creation of people and not the other way around. Peak performers, as opposed to the weak

performers, have trained themselves to shape the events of their lives rather than being shaped by them. Think of the current limitations in your life, the obstacles preventing you from attaining your dreams and that state of bliss you so much desire. There are no mistakes in life, only lessons which will allow you to grow and advance higher on the path of self mastery. If you set limits on yourself such as **"I am too young to be multi millionaire," "I am not smart enough to be a world leader," "I am too lazy to start my own business" and "I don't have enough money to do this," your spirit will slowly die and you will fulfill your negative prophecy. Stop being a prisoner of your past - become the architect of your future. Every event happens for a special purpose. Every problem is a special challenge from which we can learn and prosper to new heights of achievement.**

The human mind and spirit can perform miracles if properly used and conditioned for excellence. And yet most human minds remain uncultivated, unexplored and unchallenged. On an average day, the average person thinks about 60,000 thoughts. Even more startling is the fact that 95% of those thoughts are the same as the ones you thought the day before. Limited thinking patters must be exploded and you must exert your tremendous mind strength to develop the habit of Limitless Thinking. Throw off the shackles of your old thinking patterns. All successful people have come to realize that your thoughts form your world and you truly cannot afford the luxury of even one negative thought. The first step to a life full of wonders is to see that your outside world begins with your inside world and every single thought must be one that will take you farther along the path of a perfect life. **Your thoughts can create magic and every thing you have ever wanted. Today's thoughts build tomorrow's dreams.**

"Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously and abundantly."

(Source : By Robin Sharma, Internationally Acclaimed Leadership Guru, "MEGALIVING" JAICO PUBLISHING HOUSE)

QUOTES ON BELIEVING IN YOURSELF

Self belief is a positive tonic that helps people grow beyond their dreams. A collection of the best Self Belief Quotes to help you believe in yourself.

- 1) **In order to succeed, we must first believe that we can.**
- 2) It is not important what you believe, only that you believe.
- 3) Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

- 4) Nobody can make you feel inferior without your consent.
- 5) It's not who you are that holds you back, it's who you think you're not.
- 6) The thing always happens that you really believe in; and the belief in a thing makes it happen.
- 7) If you think you can, you can. And if you think you can't, you're right.
- 8) To succeed, we must first believe that we can.
- 9) Live your beliefs and you can turn the world around.
- 10) Your belief determines your action and your action determines your results, but first you have to believe.
- 11) What matters is not the idea a man holds, but the depth at which he holds it.
- 12) The depth of your belief and the strength of your conviction determines the power of your personality.
- 13) He does not believe who does not live according to his belief.
- 14) Some things have to be believed to be seen.
- 15) To accomplish great things, we must not only act, but also dream; not only plan, but also believe.
- 16) It's not what you go through that defines you; you can't help that. It's what you do AFTER you've gone through it that really tests who you are.
- 17) This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.
- 18) There are two ways to slide easily through life: to believe everything or to doubt everything; both ways save us from thinking.
- 19) The turning point, I think, was when I really realized that you can do it yourself. That you have to believe in you because sometimes that's the only person that does believe in your success but you.
- 20) Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful. Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve.
- 21) It is easier to believe than to doubt.
- 22) God didn't have time to make a nobody, only a somebody. I believe that each of us has God-given talents within us waiting to be brought to fruition.
- 23) Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.
- 24) You can have anything you want if you will give up the belief that you can't have it.

- 25) Believe in yourself and you'll succeed. Learn how to do it from these success quotes about self belief.
- 26) Believe in yourself, and the rest will fall into place. Have faith in your own abilities, work hard, and there is nothing you cannot accomplish.
- 27) The only force that can overcome an idea and a faith is another and better idea and faith, positively and fearlessly upheld.
- 28) You can be anything you want to be, if you only believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve.
- 29) Frequently remind yourself that God is with you, that He will never fail you, that you can count upon him. Say these words,"God is with me, helping me".
- 30) We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.
- 31) No matter how steep the mountain - the Lord is going to climb it with you. Helen Steiner Rice
- 32) Believe in yourself and there will come a day when others will have no choice but to believe with you.
- 33) Faith is daring the soul to go beyond what the eyes can see.
- 34) You must have absolute faith in your own perceptions of truth. Never act in haste or hurry; be deliberated in everything; wait until you know the true way.
- 35) Take the first step in faith. You don't have to see the whole staircase. Just take the first step.
- 36) If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.
- 37) One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.
- 38) There is no limit to the power of the human mind. The more concentrated it is, the more power is brought to bear on one point; that is the secret.
- 39) To achieve success and survive bad times, believing in oneself is a must. Uplift your spirits by reading famous positive belief quotes.
- 40) To accomplish great things, we must not only act, but also dream; not only plan, but also believe.
- 41) If you have made mistakes, there is always another chance for you. You may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down, but the staying down.
- 42) Sometimes you cannot believe what you see. You have to believe what you feel.

- 43) Above all, challenge yourself. You may well surprise yourself at what strengths you have, what you can accomplish.
- 44) The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years. Most people believe that aging is universal but there are biological organisms that never age.
- 45) I dreamed impossible dreams. And the dreams turned out beyond anything I could possibly imagine. You know, from my point of view, I'm the luckiest cat on the planet.
- 46) Trust the Universe. Trust and believe and have faith. I truly had no idea how I was going to bring the knowledge of **The Secret** onto the movie screen. I just held to the outcome of the vision, I saw the outcome clearly in my mind, I felt it with all my might, and everything that we needed to create **The Secret came to us.**
- 47) Nothing can stop the person with the right mental attitude from achieving their goal; nothing on earth can help the person with the wrong mental attitude.
- 48) When you engage in systematic, purposeful action, using and stretching your abilities to the maximum, you cannot help but feel positive and confident about yourself.
- 49) In the long run the pessimist may be proved right, but the optimist has a better time on the trip.
- 50) I just try to be the best I can be and hope that is the best ever.

Best Motivational Sayings in Life (Be 100% Positive)

Here are 50 great positive quotations from wise men who teach us ways to be positive and happy in Life. Turn your life around by applying the messages.

- 1) Famous motivational sayings to help discover yourself every morning. Hand picked and quoted to give the fresh burst of motivation.
- 2) If you keep pursuing your dream and not give up, you will ultimately find your destination. Inspiration often comes when you seek it, more often from the deepest of your heart.
- 3) Dream big and dream daily, be seized by the passion of the moment and you'll surely reach the shores of success.
- 4) Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.
- 5) Shoot for the moon. Even if you miss, you'll land among the stars.
- 6) Life's battles don't always go to the stronger or faster man; but sooner or later the man who wins is the man who thinks he can.
- 7) People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.
- 8) The difference between a mountain and a molehill is your perspective.
- 9) Change your thoughts and you change your world.

- 10) Success is not final, failure is not fatal : it is the courage to continue that counts.
- 11) A great many people seem to end up over the hill without ever having actually climbed it!
- 12) Staying positive in life is the springboard to happiness and richness in life.
- 13) We make a living by what we get, but we make a life by what we give.
- 14) If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.
- 15) Just remember that once you're over the hill you begin to pick up speed.
- 16) The first step to getting the things you want out of life is this: Decide what you want.
- 17) Nobody can go back and start a new beginning, but anyone can start today and make a new ending."
- 18) Life is not measured by the number of breaths we take, but by the moments that take our breath away."
- 19) Often the difference between happiness and despair is our thinking. The way we see things and our ability to challenge life's situations and dare to overcome them is what separates ordinary folks from achievers. The never give up spirit coupled with an urge to do brings us success and happiness.
- 20) Just see things positively and do things with confidence and you'll see change. Plenty of change. Almost magical results await you.
- 21) The miracle is not to fly in the air, or to walk on the water, but to walk on the earth.
- 22) Don't judge each day by the harvest you reap, but by the seeds you plant.
- 23) If you change the way you look at things, the things you look at change.
- 24) Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.
- 25) **Life begins at the end of your comfort zone.**
- 26) There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
- 27) Once you replace negative thoughts with positive ones, you'll start having positive results.
- 28) If you cannot do great things, do small things in a great way.
- 29) Just trust yourself, then you will know how to live.
- 30) Forget mistakes. Forget failure. Forget everything except what you're going to do now and do it. Today is your lucky day. Do what you fear and fear disappears.
- 31) What lies behind us and what lies before us are tiny matters compared to what lies within us.
- 32) Develop an attitude of gratitude, and give thanks for everything that happens to you. If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes.

- 33) Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life.
 - 34) When one door of happiness closes, another opens, but often we took so long at the closed door that we do not see the one that has been opened up for us.
 - 35) Wherever you go, no matter what the weather, always bring your own sunshine.
 - 36) Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.
 - 37) Don't feed your mind with negative thoughts. If you do, you will come to believe them.
 - 38) If you don't like something change it; if you can't change it, change the way you think about it.
 - 39) All of us are born for a reason, but all of us don't discover why. Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.
 - 40) A man is but the product of his thoughts; what he thinks, he becomes.
 - 41) Positive thinking will let you do everything better than negative thinking will.
 - 42) The secret to productive goal setting is in establishing clearly defined goals, writing them down and then focusing on them several times a day with words, pictures and emotions as if we've already achieved them.
 - 43) I can't change the direction of the wind, but I can adjust my sails to always reach my destination.
 - 44) You are never too old to set another goal or to dream a new dream.
 - 45) Attitude is a little thing that makes a big difference.
 - 46) The positive thinker sees the invisible, feels the intangible, and achieves the impossible.
 - 47) Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.
 - 48) When one is truly ready for a thing it puts in its appearance.
 - 49) You can't hire someone else to do your push-ups for you
 - 50) You can do it if you believe you can. You cannot escape the responsibility of tomorrow by evading it today.
-

NEVER GIVEUP - QUOTES

1) **Never give up :**

Almost nothing works the first time it's attempted. Just because what you're doing does not seem to be working, doesn't mean it won't work. It just means that it might not work the way you're doing it. If it was easy, everyone would be doing it, and you wouldn't have an opportunity.

2) Many of life's failures are people who did not realize how close they were to success when they gave up.

- 3) No matter how hard you work for success, if your thought is saturated with the fear of failure, it will kill your efforts, neutralize your endeavors and make success impossible.
- 4) Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game, one foot from a winning touchdown.
- 5) Life is not easy for any of us. We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained.
- 6) Between you and every goal that you wish to achieve, there is a series of obstacles, and the bigger the goal, the bigger the obstacles. Your decision to be, have and do something out of the ordinary entails facing difficulties and challenges that are out of the ordinary as well. Sometimes your greatest asset is simply your ability to stay with it longer than anyone else.
- 7) Only those who dare to fail greatly can achieve greatly.
- 8) Our greatest glory is not in never failing, but in rising up every time we fail.
- 9) Our greatest glory is not in never falling but in rising every time we fall.
- 10) You just can't beat the person who never gives up.
- 11) When you feel like giving up, remember why you held on for so long in the first place.
- 12) Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better.
- 13) It's not that I'm so smart, it's just that I stay with problems longer.
- 14) Yesterday I dared to struggle. Today I dare to win.
- 15) Where there is a will there is a way.**
- 16) If you have faith in the cause and means and in God, the hot Sun will be cool for you.**
- 17) I always entertain great hopes.**
- 18) The person who says something cannot be done should never interrupt the person doing it
- 19) A man is not finished when he is defeated. He is finished when he quits.**
- 20) The way to get started is to quit talking and begin doing.
- 21) A lot of people quit looking for work as soon as they find a job.
- 22) If at first you don't succeed, try, try again. Then quit. There's no point in being a damn fool about it.
- 23) Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit. Conrad Hilton
- 24) Defeat doesn't finish a man, quit does. A man is not finished when he's defeated. He's finished when he quits. Richard M. Nixon

25) Effort only fully releases its reward after a person refuses to quit. Napoleon Hill Man has survived thousands of years because of his never give up attitude. The resilience and never giving up spirit and come what may attitude will push you beyond the frontiers, into the realm of the impossible. Just don't give up. Try one more time. Remember, the last step before success is failure.

THE POWER OF YOUR SUBCONSCIOUS MIND

By Joseph Murphy

- 1) The treasure house within you - The ideas worth remembering**
1. The treasure house is within you. Look within for the answer to your heart's desire.
2. The great secret possessed by the great men of all ages was their ability to contact and release the powers of their sub conscious mind. You can do the same.
3. Your subconscious has the answer to all problems. If you suggest to your subconscious prior to sleep, "I want to get up at 6 A.M.," it will awaken you at that exact time.
4. Your subconscious mind is the builder of your body and can heal you. Lull yourself to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.
5. Every thought is a cause, and every condition is an effect.
6. If you want to write a book, write a wonderful play, give a better talk to your audience, convey the idea lovingly and feelingly to your subconscious mind, and it will respond accordingly.
7. You are like a captain navigating a ship. He must give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind, which controls and governs all your experiences.
8. Never use the terms, "I can't afford it" or "I can't do this." Your subconscious mind takes you at your word and sees to it that you do not have the money or the ability to do what you want to do. Affirm, "I can do all things through the power of my subconscious mind."
9. **The law of life is the law of belief. A belief is a thought in your mind.** Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief is it done unto you.
- 10. Change your thoughts, and you change your destiny.**

II) How your Mind works

1. Think good, and good follows. Think evil, and evil follows. You are what you think all day long.
2. Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, "I can't afford it," it may be true, but do not say it. Select a better thought, decree, "I'll buy it. I accept it in my mind."
3. You have the power to choose. Choose health and happiness. You can choose to be friendly, or you can choose to be unfriendly. Choose to be cooperative, joyous, friendly, lovable, and the whole world will respond. This is the best way to develop a wonderful personality.
4. Your conscious mind is the "watchman at the gate." Its chief function is to protect your subconscious mind from false impressions. Choose to believe that something good can
5. The suggestions and statements of others have no power to hurt you. The only power is the movement of your own thought. You can choose to reject the thoughts or statements of others and affirm the good. You have the power to choose how you will react.
6. Watch what you say. You have to account for every idle word. Never say, "I will fail; I will lose my job; I can't pay the rent." Your subconscious cannot take a joke. It brings all these things to pass.
7. Your mind is not evil. No force of nature is evil. It depends how you use the powers of nature. Use your mind to bless, heal, and inspire all people everywhere.
8. Never say, "I can't." Overcome that fear by substituting the following, "I can do all things through the power of my own subconscious mind."
9. Begin to think from the standpoint of the eternal truths and principles of life and not from the standpoint of fear, ignorance, and superstition. Do not let others do your thinking for you. Choose your own thoughts and make your own decisions.
10. You are the captain of your soul (subconscious mind) and the master of your fate. Remember, you have the capacity to choose. Choose life! Choose love! Choose health! Choose happiness!
11. Whatever your conscious mind assumes and believes to be true, your subconscious mind will accept and bring to pass. Believe in good fortune, divine guidance, right action and all the blessings of life.

III) How Scientists use the subconscious mind

1. Remember that the subconscious mind has determined the success and wonderful achievements of all great scientific workers.
2. By giving your conscious attention and devotion to the solution of a perplexing problem, your subconscious mind gathers all the necessary information and presents it full-blown to the conscious mind.

3. If you are wondering about the answer to a problem, try to solve it objectively. Get all the information you can from research and also from others. If no answer comes, turn it over to your subconscious mind prior to sleep, and the answer always comes. It never fails.
4. You do not always get the answer overnight. Keep on turning your request over to your subconscious until the daybreaks and the shadows flee away.
5. You delay the answer by thinking it will take a long time or that it is a major problem. Your subconscious has no problem it knows only the answer.
6. Believe that you have the answer now. Feel the joy of the answer and the way you would feel if you had the perfect answer. Your subconscious will respond to your feeling.
7. Any mental picture, backed by faith and perseverance, will come to pass through the miracle working power of your subconscious. Trust it, believe in its power, and wonders will happen as you pray.
8. Your subconscious is the storehouse of memory, and within your subconscious are recorded all your experiences since childhood.
9. Scientists meditating on ancient scrolls, temples, fossils, etc., are able to reconstruct scenes of the past and make them alive today. Their subconscious mind comes to their aid.
10. Turn over your request for a solution to your subconscious prior to sleep. Trust it and believe in it, and the answer will come. It knows all and sees all, but you must not doubt or question its powers.
11. The action is your thought, and the reaction is the response of your subconscious mind. If your thoughts are wise, your actions and decisions will be wise.
12. Guidance comes as a feeling, an inner awareness, an overpowering hunch whereby you know that you know. It is an inner sense of touch. Follow it.

IV) Steps to happiness

1. **William James said that the greatest discovery of the 19th century was the power of the subconscious mind touched by faith.**
2. There is tremendous power within you. Happiness will come to you when you acquire a sublime confidence in this power. Then, you will make your dreams come true.
3. You can rise victorious over any defeat and realize the cherished desires of your heart through the marvelous power of your subconscious mind. This is the meaning of *whosoever trusteth in the Lord* [spiritual laws of the subconscious mind], *happy is he*.

4. You must choose happiness. Happiness is a habit. It is a good habit to ponder often on Whatsoever things are true, *whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* Phil. 4:8.
 5. **When you open your eyes in the morning, say to yourself, I choose happiness today. I choose success today. I choose right action today. I choose love and good will for all today. I choose peace today. Pour life, love, and interest into this affirmation, and you have chosen happiness.**
 6. Give thanks for all your blessings several times a day. Furthermore, pray for the peace, happiness, and prosperity of all members of your family, your associates, and all people everywhere.
 7. You must sincerely desire to be happy. Nothing is accomplished without desire. Desire is a wish with wings of imagination and faith. Imagine the fulfillment of your desire, and feel its reality, and it will come to pass. Happiness comes in answered prayer. 8. By constantly dwelling on thoughts of fear, worry, anger, hate, and failure, you will become very depressed and unhappy. Remember, your life is what your thoughts make of it.
 9. You cannot buy happiness with all the money in the world. Some millionaires are very happy, some are very unhappy. Many people with very little worldly goods are very happy, and some are very unhappy. Some married people are happy, and some very unhappy. Some single people are happy, and some are very unhappy. The kingdom of happiness is in your thought and feeling.
 10. **Happiness is the harvest of a quiet mind. Anchor your thoughts on peace, poise, security, and divine guidance, and your mind will be productive of happiness.**
 11. There is no block to your happiness. External things are not causative; these are effects, not cause. Take your cue from the only creative principle within you. Your thought is cause, and a new cause produces a new effect. Choose happiness.
 12. The happiest man is he who brings forth the highest and the best in him. God is the highest and the best in him, for the kingdom of God is within.
- V) Profitable pointers in human relations**
1. **Your subconscious mind is a recording machine, which reproduces your habitual thinking. Think good of the other, and you are actually thinking good about yourself.**

2. A hateful or resentful thought is a mental poison. Do not think ill of another for to do so is to think ill of yourself. You are the only thinker in your universe, and your thoughts are creative.
3. Your mind is a creative medium; therefore, what you think and feel about the other, you are bringing to pass in your own experience. This is the psychological meaning of the Golden Rule. As you would that man should think about you, think you about them in the same manner.
4. To cheat, rob, or defraud another brings lack, loss, and limitation to yourself. Your subconscious mind records your inner motivations, thoughts, and feelings. These being of a negative nature; loss, limitation, and trouble come to you in countless ways. Actually, what you do to the other, you are doing to yourself.
5. **The good you do, the kindness proffered, the love and good will you send forth, will all come back to you multiplied in many ways.**
6. You are the only thinker in your world. You are responsible for the way you think about the other. Remember, the other person is not responsible for the way you think about him. Your thoughts are reproduced. What are you thinking now about the other fellow?
7. Become emotionally mature and permit other people to differ from you. They have a perfect right to disagree with you, and you have the same freedom to disagree with them. You can disagree without being disagreeable.
8. Animals pick up your fear vibrations and snap at you. If you love animals, they will never attack you. Many undisciplined human beings are just as sensitive as dogs, cats, and other animals.
9. Your inner speech, representing your silent thoughts and feelings, is experienced in the reactions of others toward you.
10. **Wish for the other what you wish for yourself. This is the key to harmonious human relations.**
11. Change your concept and estimate of your employer. Feel and know he is practicing the Golden Rule and the Law of Love, and he will respond accordingly.
12. The other person cannot annoy you or irritate you except you permit him. Your thought is creative; you can bless him. If someone calls you a skunk, you have the freedom to say to the other, "God's peace fills your soul."
14. Love is the answer
15. You would not hate a hunchback or cripple. You would have compassion. Have compassion and understanding for mental hunchbacks who have been conditioned negatively. To understand all is to forgive all.

16. **Rejoice in the success, promotion, and good fortune of the other. In doing so, you attract good fortune to yourself.**
17. Never yield to emotional scenes and tantrums of others. Appeasement never wins. Do not be a doormat. Adhere to that which is right. Stick to your ideal, knowing that the mental outlook, which gives you peace, happiness, and joy, is right, good, and true. What blesses you, blesses all.
18. All you owe any person in the world is love, and love is wishing for everyone what you wish for yourself—health, happiness, and all the blessings of life.

VI) Your aids to forgiveness

1. God, or Life, is no respecter of persons. Life plays no favorites. Life, or God, seems to favor you when you align yourself with the principle of harmony, health, joy, and peace.
2. **God, or Life, never sends disease, sickness, accident, or suffering. We bring these things on ourselves by our own negative destructive thinking based upon the law as we sow, so shall we reap.**
3. Your concept of God is the most important thing in your life. If you really believe in a God of love, your subconscious mind will respond in countless blessings to you. Believe in a God of love.
4. Life, or God, holds no grudge against you. Life never condemns you. Life heals a severe cut on your hand. Life forgives you if you burn your finger. It reduces the edema and restores the part to wholeness and perfection.
5. **Your guilt complex is a false concept of God and Life.** God, or Life, does not punish or judge you. You do this to yourself by your false beliefs, negative thinking, and self-condemnation.
6. God, or Life, does not condemn or punish you. The forces of nature are not evil. The effect of their use depends on how you use the power within you. You can use electricity to kill someone or to light the house. You can use water to drown a child, or quench his thirst. Good and evil come right back to the thought and purpose in man's own mind.
7. God, or Life, never punishes. Man punishes himself by his false concepts of God, Life, and the Universe. His thoughts are creative, and he creates his own misery.
8. If another criticizes you, and these faults are within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct the particular fault.
9. You cannot be hurt by criticism when you know that you are master of your thoughts, reactions, and emotions. This gives you the opportunity to pray and bless the other, thereby blessing yourself.

10. **When you pray for guidance and right action, take what comes.** Realize it is good and very good. Then there is no cause for self-pity, criticism, or hatred.
11. **There is nothing good or bad, but thinking makes it so.** There is no evil in sex, the desire for food, wealth, or true expression. It depends on how you use these urges, desires, or aspirations. Your desire for food can be met without killing someone for a loaf of bread.
12. Resentment, hatred, ill will, and hostility are behind a host of maladies. Forgive yourself and everybody else by pouring out love, life, joy, and good will to all those who have hurt you. Continue until such time as you meet them in your mind and you are at peace with them.
13. To forgive is to give *something for*. Give love, peace, joy, wisdom, and all the blessings of life to the other, until there is no sting left in your mind. This is really the acid test of forgiveness.
14. Let us suppose you had an abscess in your jaw about a year ago. It was very painful. Ask yourself if it is painful now. The answer is in the negative. Likewise, if someone has hurt you, lied about and vilified you, and said all manner of evil about you, is your thought of that person negative? Do you sizzle when he or she comes into your mind? If so, the roots of hatred are still there, playing havoc with you and your good. The only way is to wither them with love by wishing for the person all the blessings of life, until you can meet the person in your mind, and you can sincerely react with a benediction of peace and good will. This is the meaning of *forgive until seventy times seven*.

VII) Step this way to freedom from fear

1. **Do the thing you are afraid to do, and the death of fear is certain. Say to yourself and mean it, "I am going to master this fear," and you will.**
2. Fear is a negative thought in your mind. Supplant it with a constructive thought. Fear has killed millions. Confidence is greater than fear. Nothing is more powerful than faith in God and the good.
3. Fear is man's greatest enemy. It is behind failure, sickness, and bad human relations. Love casts out fear. Love is an emotional attachment to the good things of life. Fall in love with honesty, integrity, justice, good will, and success. Live in the joyous expectancy of the best, and invariably the best will come to you.
4. Counteract the fear suggestions with the opposite, such as "I sing beautifully; I am poised, serene, and calm." It will pay fabulous dividends.
5. Fear is behind amnesia at oral and written examination time. You can overcome this by affirming frequently, "**I have a perfect memory for everything I need to know,**" or you can imagine a friend congratulating

you on your brilliant success on the examination. Persevere and you will win.

6. If you are afraid to cross water, swim. In your imagination swim freely, joyously. Project yourself into the water mentally. Feel the chill and thrill of swimming across the pool. Make it vivid. As you do this subjectively, you will be compelled to go into the water and conquer it. This is the law of your mind.
7. If you are afraid of closed places, such as elevators, lecture halls, etc., mentally ride in an elevator blessing all its parts and functions. You will be amazed how quickly the fear will be dissipated.
8. **You were born with only two fears, the fear of falling and the fear of noise. All your other fears were acquired. Get rid of them.**
9. Normal fear is good. Abnormal fear is very bad and destructive. To constantly indulge in fear thoughts results in abnormal fear, obsessions, and complexes. To fear something persistently causes a sense of panic and terror.
10. You can overcome abnormal fear when you know the power of your subconscious mind can change conditions and bring to pass the cherished desires of your heart. Give your immediate attention and devotion to your desire which is the opposite of your fear. This is the love that casts out fear.
11. If you are afraid of failure, give attention to success. If you are afraid of sickness, dwell on your perfect health. If you are afraid of an accident, dwell on the guidance and protection of God. If you are afraid of death, dwell on Eternal Life. God is Life, and that is your life now.
12. The great law of substitution is the answer to fear. Whatever you fear has its solution in the form of your desire. If you are sick, you desire health. If you are in the prison of fear, you desire freedom. Expect the good. Mentally concentrate on the good, and know that your subconscious mind answers you always. It never fails.
13. The things you fear do not really exist except as thoughts in your mind. Thoughts are creative. This is why Job said; *the thing I feared has come upon me*. Think good and good follows.
14. Look at your fears; hold them up to the light of reason. Learn to laugh at your fears. That is the best medicine.
15. **Nothing can disturb you but your own thought.** The suggestions, statements, or threats of other persons have no power. The power is within you, and when your thoughts are focused on that which is good, then God's power is with your thoughts of good. There is only one Creative Power, and It moves as harmony. There are no divisions of quarrels in it. Its source is Love. This is why God's power is with your thoughts of good.

VIII) How to stay young in spirit forever

1. **Patience, kindness, love, good will, joy, happiness, wisdom, and understanding are qualities, which never grow old. Cultivate them and express them, and remain young in mind and body.**
2. Some research physicians say that the neurotic fear of the effects of time may well be the cause of premature aging.
3. Age is not the flight of years; it is the dawn of wisdom in the mind of man.
4. **The most productive years of your life can be from 65 to 95.**
5. Welcome the advancing years. It means you are moving higher on the path of life, which has no end.
6. God is Life, and that is your life now. Life is self renewing, eternal, and indestructible, and is the reality of all men. You live forever, because your life is God's life.
7. **Evidence of survival after death is overwhelming. Study *Proceedings of Psychical Research Society of Great Britain and America* in your library. Outstanding scientists base the work on the scientific research for over 75 years.**
8. **You cannot see your mind, but you know you have a mind. You cannot see spirit, but you know that the spirit of the game, the spirit of the artist, the spirit of the musician, and the spirit of the speaker is real. Likewise, the spirit of goodness, truth, and beauty moving in your mind and heart are real. You cannot see life, but you know you are alive.**
9. Old age may be called the contemplation of the truths of God from the highest standpoint. The joys of old age are greater than those of youth. Your mind is engaged in spiritual and mental athletics. Nature slows down your body so that you may have the opportunity to meditate on things divine.
10. We do not count a man's years until he has nothing else to count. Your faith and convictions are not subject to decay.
11. You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts.
12. Your gray hair is an asset. You are not selling your gray hairs. You are selling your talent, abilities, and wisdom, which you have garnered through the years.
13. **Diets and exercises won't keep you young. *As a man thinketh, so is he.*** 14. Fear of old age can bring about physical and mental deterioration. *The thing I greatly feared has come upon me.*
15. **You grow old when you cease to dream, and when you lose interest in life.** You grow old if you are irritable, crotchety, petulant,

and cantankerous. Fill your mind with the truths of God and radiate the sunshine of His love-this is youth.

16. Look ahead, for at all times you are gazing into infinite life.
 17. **Your retirement is a new venture. Take up new studies and new interests. You can now do the things you always wanted to do when you were so busy making a living. Give your attention to living life.**
 18. Become a producer and not a prisoner of society. Don't hide your light under a bushel.
 19. The secret of youth is love, joy, inner peace, and laughter. *In Him there is fullness of joy. In Him there is no darkness at all.*
 20. **You are needed. Some of the great philosophers, artists, scientists, writers, and others accomplished their greatest work after they were 80 years old.**
 21. The fruits of old age are love, joy, peace, patience, gentleness, goodness, faith, meekness, and temperance.
 22. You are a son of Infinite Life, which knows no end. You are a child of Eternity. You are wonderful!
-

WHICH SKILLS ARE LIFE SKILLS?

Communication and Interpersonal Skills - Interpersonal communication skills

Verbal/Nonverbal communication - Active listening

Expressing feelings; giving feedback (without blaming) and receiving feedback

Negotiation/refusal skills - Negotiation and conflict management

Assertiveness skills - Refusal skills - Empathy

Ability to listen and understand another's needs and circumstances and express that understanding

Cooperation and Teamwork - Expressing respect for others' contributions and different styles

Assessing one's own abilities and contributing to the group - Advocacy Skills

Influencing skills & persuasion - Networking and motivation skills

Decision-Making and Critical Thinking Skills - Decision making / problem solving skills

Information gathering skills - Evaluating future consequences of present actions for self and others

Determining alternative solutions to problems - Analysis skills regarding the influence of values and attitudes of self and others on motivation

Critical thinking skills - Analyzing peer and media influences

Analyzing attitudes, values, social norms and beliefs and factors affecting these Identifying relevant information and information sources

Coping and Self-Management Skills - Skills for increasing internal locus of control

Self esteem/confidence building skills - Self awareness skills including awareness of rights, influences, values, attitudes, rights, strengths and weaknesses

Goal setting skills - Self evaluation / Self assessment / Self-monitoring skills

Skills for managing feelings - Anger management

Dealing with grief and anxiety - Coping skills for dealing with loss, abuse, trauma

Skills for managing stress - Time management - Positive thinking

Relaxation techniques

THE POWER OF BELIEF

Change Your Internal Beliefs and Perceptions About The World and You'll See Your World Change Right Before Your Eyes

"What Ever The Mind Can Conceive and BELIEVE, It Can Achieve."

-Napoleon Hill

The Incredible And Life Transforming Power Of Belief

The Power Of Belief, also referred to as Faith, is by far the most powerful and creative force in the universe.

By utilizing your individual power to choose your beliefs consciously and intentionally can and will dramatically enhance the kind and quality of your life whether physically, financially, relationally, emotionally and/or spiritually.

There is also modern day wisdom which says...

"Whether you think you can or whether you think you can't, you're right." - Henry Ford

"The person who sends out positive THOUGHTS activates the world around him positively and draws back to himself positive results." - Norman Vincent Peale

"You can have anything you want if you will give up the belief that you can't have it." - Dr. Robert Anthony

Or maybe you're the type that needs something a little more spiritually based to convince you. How about...

"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move." - The Bible, Matthew 17:20

You are literally creating WHATEVER your outcomes in life are through your thoughts!

Some great advice for what should be allowed to be formed as belief comes from Buddha.....

"Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it." - Buddha

It's obvious that Buddha fully understood the power of belief in creating life circumstances as did ALL the great spiritual teachers.

The best and quickest way to accomplish this, is to.....

#1) Establish the firm belief that it is your birthright to have it. (In many cases you have to change your beliefs altogether)

#2) Become aware of your ability to attract it.

#3) Put your thoughts and emotions in alignment with it's manifestation through meditation or visualization.

#4) Thank your Higher Power for it as if you've already received it.

#5) Detach yourself from the "when and how" it will manifest.

#6) Expect it, because if you've done the first five steps correctly, it will arrive VERY quickly!

THE MAGIC OF BELIEVING

How I came to Tap the Power of Belief : Is there a something, a force, a factor, a power, a science - call it what you will - which a few people understand and use to overcome their difficulties and achieve outstanding success? I firmly believe that there is, and it is my purpose in this, first complete exposition of the subject, to attempt to explain it so that you may use it if you desire. "You have caught from the ether something that has a mystical quality - a something that explains the magic of coincidence, the

mystery of what makes men lucky." I realized that I had run across something that was workable, but I didn't consider it then, neither do I now, as anything mystical, except in the sense that it is unknown to the majority of people. It is something that has always been known to a fortunate few down the centuries, but, for some unknown reason, is little understood by the average person. During my research studies I came in close contact with clergymen and leaders of all sects and denominations, mind-healers, divine healers, Spiritualists, Christian Scientists, New Thought-ers, Swamijs, Babas & Yogies.

I have, moreover,, made myself familiar with the lives of great men and women of history; I have met and interviewed many outstanding men and women in all lines of human endeavor; and I have often wondered just what it was that took them to the top. Apparently I was born with a huge bump of curiosity, for I have always had an insatiable yearning to seek explanations and answers. This yearning has taken me to many strange places, brought to light many peculiar cases, and has caused me to read every book I could get my hands on dealing with religions, cults, and both physical and mental sciences. I have read literally thousands of books on modern psychology, metaphysics, ancient magic, Voodooism, Yogism, Theosophy, Christian Science, New Thought, Coueism, and many others dealing with what I call "Mind Stuff"," as well as the philosophies and teachings of the great masters of the past and modern times.

Many were nonsensical, others strange, and many very profound. Gradually I discovered that there is a golden thread that runs through all the teachings and makes them work for those who sincerely accept and apply them, and that thread can be named in a single word - BELIEF. It is this same element or factor, belief, which causes people to be cured through mental healing, enables others to climb high the ladder of success, and gets phenomenal results for all who accept it. Why belief is a miracle worker is something that cannot be satisfactorily explained; but have no doubt about it, there is genuine magic in believing. "The magic of believing" became a phrase around which my thoughts steadily revolved. I discovered that while most people were vitally interested in the subject, it had to be fully explained. Finally, I undertook to do research and it's findings to publish in **our journal "Parapsychology Today" that anyone who reads can understand and with the hope that it will help many to reach their goal in life. The science of thought is as old as man himself. The wise men of all ages have known about it and used it. The only thing the Researcher has done is to put the subject in modern language and bring to the reader's attention what a few of the outstanding minds of today are doing to substantiate the great truths that have come down though the centuries.** Fortunately for the world, people generally are coming to the realization that there is "something to this mind-stuff after all"

and the researcher believes that there are millions of people who would like to get a better understanding of it and prove that it does work.

In laying before you this workable science, I am aware that the subject has been handled before from many angles, largely from religious and metaphysical approaches. You have often heard, it said, that if you believe you can do a thing, you can do it. An old Latin proverb says, "**Believe that you have it, and you have it.**" Belief is the motivating force that enables you to achieve your goal. If you are ill and the thought or belief is imbedded deeply within you that you will recover, the odds that you will do so are all in your favor. It's the belief or the basic confidence within you that brings outward or material results. I speak of normal and mentally composed people. However, great investigators and thinkers of the world, including many famous scientists, are in the open today, freely discussing the subject and giving the results of their experiments. They declared: "The most important advance in the next fifty years will be in the realm of the spiritual - dealing with the spirit - thought." "**We are at the threshold of our knowledge of the latent of psychic powers of man.**" Much has been written and said about mystical powers, unknown forces, the occult, metaphysics (beyond science), mental physics, parapsychology, black and white magic, and many kindred subjects causing most people to believe that they are in the field of the supernatural. Perhaps they are for some, but **my conclusion is that the only inexplicable thing about these powers is that it is belief that makes them work.**

Thought is the original source of all wealth, all success, all material gain, all great discoveries and inventions, and of all achievement. Without it there would be no great empires, no great fortunes, no great transcontinental rail lines or air-lines, no modern conveniences; in fact, there would be no advance over life in the most primitive ages. Your thoughts, your career, indeed your everyday life. Thus it becomes easy to understand what is meant by the statement that **a man's thoughts make or break him.** And when we realize that there can be no action or reaction, either good or bad, without the generating force of thought initiating it, the Biblical saying, "**For whatsoever a man soweth, that shall he also reap,**" and Shakespeare's words, "**There is nothing either good or bad, but thing makes it so,**" become more intelligible. The universe was merely a creation that resulted from the thought of some great universal mind underlying and co-ordinating all of our minds. Almost all the human race, the molding of men has been done by those who knew something of thought's of great power. **All the great religious leaders, kings, warriors, statesmen have understood this science and have known that people act as they think and also react to the thought of others, especially when it is stronger and more convincing than their own.** Accordingly, men of powerful

dynamic thought have ever swayed the people by appealing to their minds, sometimes to lead them freedom and some times in to slavery. There never was a period in history when we should study our own thoughts more, try to understand them, and learn how to use them to improve our position in our life, by drawing upon the great source of power that lies within each of us. However, it must be borne in mind that many of our ideas, the thoughts we think, are not ours at all, or those of our own originating. **We are molded also by the thoughts of others; by what we hear in our social life, what we read in newspapers, magazines, and books, what we hear in the movies and TVs, even by chance remarks from the conversation of bystanders - and these thoughts bombard us constantly.** Some of them that accord with our own inmost thoughts and also open the way to greater visions in our life are helpful. Few people give much thought to the law of cause and effect and applicable to the operations of the mind, or comprehend what is meant when they hear such thoughts as, **"Everything is within; nothing is without" or "Mind is the source of all power," and so on. Now that you have a clearer idea of the part that thought and desire play in our daily lives, the first thing to determine is precisely what you want.** Starting in with the general idea that you merely want to be a success, as most people do, is too indefinite. You must have a mental pattern clearly drawn in your mind. **Parapsychologists declared that they believe there was a constructive and destructive power in thought alone which was akin to the "faith that can move mountains."**

(Source : Claude M.Bristol "THE MAGIC OF BELIEVING" Pocket Books)

WILL POWER AND SELF-DISCIPLINE

By Remez Sasson

Sometimes, you wish to go for a walk, knowing how good it is for your health and how wonderful you feel afterwards, yet, you feel too lazy, and prefer to watch TV instead. You might be aware of the fact that you need to change your eating habits or stop smoking, yet, you don't have the inner power and persistence to change these habits.

Does this sound familiar? How many times have you said, "I wish I had will power and self discipline"? How many times have you started to do something, only to quit after a short while? We all have had experiences like these.

Everyone possesses some addictions or habits they wish they could overcome, such as smoking, excessive eating, laziness, procrastination or lack of assertiveness. To overcome these habits or addictions, one needs to have will power and self discipline. They make a great difference in everyone's life, and bring inner strength, self mastery and decisiveness.

Definitions of Will Power and Self Discipline

Will power is the ability to overcome laziness and procrastination. It is the ability to control or reject unnecessary or harmful impulses. It is the ability to arrive to a decision and follow it with perseverance until its successful accomplishment. It is the inner power that overcomes the desire to indulge in unnecessary and useless habits, and the inner strength that overcomes inner emotional and mental resistance for taking action. It is one of the corner stones of success, both spiritual and material.

Self-discipline is the companion of will power. It endows with the stamina to persevere in whatever one does. It bestows the ability to withstand hardships and difficulties, whether physical, emotional or mental. It grants the ability to reject immediate satisfaction, in order to gain something better, but which requires effort and time.

Everyone has inner, unconscious, or partly conscious impulses, making them say or do things they later regret saying or doing. On many occasions people do not think before they talk or act. By developing these two powers, one becomes conscious of the inner, subconscious impulses, and gains the ability to reject them when they are not for his/her own good.

These two powers help us to choose our behavior and reactions, instead of being ruled by them. Their possession won't make life dull or boring. On the contrary, you will feel more powerful, in charge of yourself and your surroundings, happy and satisfied.

How many times have you felt too weak, lazy or shy to do something you wanted to do? You can gain inner strength, initiative and the ability to make decisions and follow them. Believe me, it is not difficult to develop these two powers. If you are earnest and are willing to become stronger, you will certainly succeed.

In this article you will find some exercises and techniques for developing these abilities. These simple, but effective exercises, can be performed everywhere and at any time. Go slowly and gradually, and you will see how you get stronger and your life start improving.

There is a misconception in the public mind regarding will power. It is erroneously thought to be something strenuous and difficult, and that one has to exert and tense the body and mind when expressing it. It is a completely wrong concept. This is one of the reasons why people avoid using it, though they are conscious of its benefits. They acknowledge the fact that the employment of will power in their life and affairs will greatly help them, and that they need to strengthen it, yet they do nothing about it.

Will power gets stronger by holding back and not allowing the expression of unimportant, unnecessary and unhealthy thoughts, feelings, actions and reactions. If this saved energy is not allowed expression, it is

stored inside you like a battery, and it becomes available at the time of need. By practicing appropriate exercises, you develop your powers the same way, as a person who trains his/her muscles in order to strengthen them.

Developing Will Power and Self Discipline

An effective method for developing and improving these abilities is to perform certain actions or activities, which you would rather avoid doing due to laziness, procrastination, weakness, shyness, etc. By doing something that you do not like doing or are too lazy to do, you overcome your subconscious resistance, train your mind to obey you, strengthen your inner powers and gain inner strength. Muscles get stronger by resisting the power of the barbells. Inner strength is attained by overcoming inner resistance.

Remember, strengthening one of these abilities, automatically strengthens the other one.

Here are a few exercises:

- 1) You are sitting in a bus or train and an old man or woman, or a pregnant lady walks in. Stand up and give up your seat even if you prefer to stay seated. Do this not just because it is polite, but because you are doing something that you are reluctant to do. In this way you are overcoming the resistance of your body, mind and feelings.
- 2) There are dishes in the sink that need washing, and you postpone washing them for later. Get up and wash them now. Do not let your laziness overcome you. When you know that in this way you are developing your will power, and if you are convinced of the importance of will power in your life, it will be easier for you to do whatever you have to do.
- 3) You come home tired from work and sit in front of the T.V. because you feel too lazy and tired to go and wash. Do not obey the desire to just sit, but go and have a shower
- 4) You may know your body needs some physical exercise, but instead you keep on sitting doing nothing or watching a movie. Get up and walk, run or do some other physical exercise.
- 5) Do you like your coffee with sugar? Then for a whole week decide to drink it without sugar. You like to drink three cups of coffee each day? For a week drink only two.
- 6) Sometimes, when you want to say something that is not important, decide not to say it.
- 7) Don't read some unimportant gossip in the newspaper, even if you want to.

8) You have a desire to eat something not too healthy. For the sake of the exercise refuse the desire.

9) If you find yourself thinking unimportant, unnecessary, negative thoughts, try to develop lack of interest in them, by thinking about their futility.

10) Overcome your laziness. Convince yourself of the importance of what is to be done. Convince your mind that you gain inner strength when you act and do things, in spite of laziness, reluctance or senseless inner resistance.

Never say that you cannot follow the above exercises, because you certainly can. Be persistent no matter what. Motivate yourself by thinking about the importance of performing the exercises, and the inner power and strength you will gain.

Trying to attempt too many exercises when you are still a beginner, might end in disappointment. It is better to start training yourself through easier exercises at first, and gradually increase the number and difficulty of the exercises. Practice will improve and increase your power, giving you a lot of satisfaction.

Most of these exercises can be practiced anywhere and at anytime, and you don't have to devote special times for them. They will train and develop your inner strength, enabling you to use it whenever you need it.

If you practice weight lifting, running or doing aerobics, you strengthen your muscles, so that when you need to move or carry something heavy for example, you have the strength for it. By studying French each day, you will be able to talk French when you travel to France. This is the same with will power and self-discipline; by strengthening them, they become available for your use whenever you need them.

It is important to remember not to choose exercises that might affect adversely your body or health. Deny and give up what is not necessary, futile or is harmful, but not what is vital for your well being. Always use your reason and common sense, so that you do no damage to yourself.

If for the sake of an exercise, you stop doing something that you usually do, and overcome the inner resistance concerning it, you may resume doing it, if it is not harmful. For example, if you love drinking orange juice, and for the sake of an exercise you switch to drinking apple juice, after doing so for some time and after it makes no great difference to you, you may go back to drinking orange juice, if you still like it. The point here is to develop inner strength, not making life difficult for you or continue doing things you don't like to do.

Advantages of Possessing Strong Will Power and Self Discipline

You need both of them in order to rule your thoughts and to be the boss of your mind. The stronger they are, the more control you have over your thoughts, and consequently your powers of concentration get stronger.

When you are the master of your mind you enjoy inner peace and happiness. Outer events do not sway you, and circumstances have no power over your peace of mind. This might sound too unreal for you, but experience will prove to you that all the above is true.

These abilities are essential for self growth, spiritual growth and meditation. They give you control over your daily life, help you improve your habits and behavior, and they are the keys to every success.

Practice the exercises presented here earnestly and persistently, and you will go really far.

HOW TO DEVELOP AND STRENGTHEN SELF-CONTROL

By Remez Sasson

Self-control is the ability to control impulses and reactions, and is another name for self-discipline. It is not some kind of negative and limiting behavior, as some people might think. When self-control is used wisely and with common sense, it becomes one of the most important tools for self improvement and for achieving success.

In what way does self-control help you?

- # It keeps in check self-destructive, addictive, obsessive and compulsive behavior.
- # Gives you a sense of personal mastery over your life, and brings balance into your life.
- # Self-control helps to keep over-emotional responses in check or moderation.
- # Self-control eliminates the feeling helplessness and being too dependent on others.
- # It helps to manifest mental and emotional detachment, which contributes to peace of mind.
- # It enables to control moods and reject negative feelings and thoughts.
- # Self-control strengthens self-esteem, confidence, inner strength, self-mastery and willpower.
- # It enables you to take charge of your life.
- # It makes you a responsible and trustworthy human being.

There are various obstacles to self-control, such as :

- Lack of knowledge and understanding what self-control really is.

- Strong and uncontrolled emotional responses.
- Reacting to outside stimuli, without thinking first.
- Lack of discipline and willpower.
- Lack of the desire to change and improve.
- Considering self-control as a limiting and unpleasant activity.
- The belief that self control eliminates fun.
- Lack of faith in oneself and in one's abilities.

Developing self control

1) First you need to identify in what areas of your life you need to gain more self-control. Where do you find yourself lacking in self-control? Possible areas could be:

Eating	Shopping	Drinking	Work	Gambling
Smoking	Obsessive behavior			

2) Try identifying the emotions that lack control, such as anger, dissatisfaction, unhappiness, resentment, pleasure or fear.

3) Identify the thoughts and beliefs that push you to behave in uncontrolled manner.

4) Several times a day, especially when you need to display self control, repeat for a minute or two one of the following affirmations:

I am fully in control of myself.

I have the power to choose my emotions and thoughts.

Self-control brings me inner strength and leads me to success.

I am in control of my reactions.

I am in charge of my behavior.

I am gaining control of my emotions.

I am the master of my life.

Day by day my ability to control my feelings and thoughts is increasing.

Self-control is fun and pleasure.

5) Visualize yourself acting with self-control and self-restraint. Take one of the instances where you usually act with lack of control, and visualize that you are acting calmly and with self-mastery.

6) Your self control will improve considerably, if you work on developing and strengthening your willpower and self-discipline through appropriate exercises. This is actually the most important step for developing self control.

Self control is vital for controlling and overcoming obsessions, fears, addictions and any kind of unsuitable behavior. It puts you in control of your life, your behavior and your reactions. It improves your relationships, develops patience and tolerance and is an important tool for attaining success and happiness.

THE POWER OF POSITIVE THINKING

Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds.

Not everyone accepts or believes in positive thinking. Some consider the subject as just nonsense, and others scoff at people who believe and accept it. Among the people who accept it, not many know how to use it effectively to get results. Yet, it seems that many are becoming attracted to this subject, as evidenced by the many books, lectures and courses about it. This is a subject that is gaining popularity.

It is quite common to hear people say: "Think positive!", to someone who feels down and worried. Most people do not take these words seriously, as they do not know what they really mean, or do not consider them as useful and effective. How many people do you know, who stop to think what the power of positive thinking means?

Positive and negative thinking are both contagious.

All of us affect, in one way or another, the people we meet. This happens instinctively and on a subconscious level, through thoughts and feelings transference, and through body language. People sense our aura and are affected by our thoughts, and vice versa. Is it any wonder that we want to be around positive people and avoid negative ones? People are more disposed to help us if we are positive, and they dislike and avoid anyone broadcasting negativity.

Negative thoughts, words and attitude bring up negative and unhappy moods and actions. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

PRACTICAL INSTRUCTIONS

In order to turn the mind toward the positive, inner work and training are required. Attitude and thoughts do not change overnight.

Read about this subject, think about its benefits and persuade yourself to try it. The power of thoughts is a mighty power that is always shaping our life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange give it a try,

as you have nothing to lose, but only to gain. Ignore what others might say or think about you, if they discover that you are changing the way you think.

Always visualize only favorable and beneficial situations. Use positive words in your inner dialogues or when talking with others. Smile a little more, as this helps to think positively. Disregard any feelings of laziness or a desire to quit. If you persevere, you will transform the way your mind thinks.

Once a negative thought enters your mind, you have to be aware of it and endeavor to replace it with a constructive one. The negative thought will try again to enter your mind, and then you have to replace it again with a positive one. It is as if there are two pictures in front of you, and you choose to look at one of them and disregard the other. Persistence will eventually teach your mind to think positively and ignore negative thoughts.

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

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

Another method to employ is the repetition of affirmations. It is a method which resembles creative visualization, and which can be used in conjunction with it.

POSITIVE THINKING YOUR KEY TO SUCCESS

by Remez Sasson

Positive thinking brings inner peace, success, improved relationships, better health, happiness and satisfaction. It also helps the daily affairs of life move more smoothly, and makes life look bright and promising.

Positive thinking is contagious. People around you pick your mental moods and are affected accordingly. Think about happiness, good health and success, and you will cause people to like you and desire to help you, because they enjoy the vibrations that a positive mind emits.

In order to make positive thinking yield results, you need to develop a positive attitude toward life, expect a successful outcome of whatever you do, but also take any necessary actions to ensure your success.

Effective positive thinking that brings results is much more than just repeating a few positive words, or telling yourself that everything is going to be all right. It has to be your predominant mental attitude. It is not enough to think positively for a few moments, and then letting fears and lack of belief enter your mind. Some effort and inner work are necessary.

Are you willing to make a real inner change?

Are you willing to change the way you think?

Are you willing to develop a mental power that can positively affect you, your environment and the people around you?

- Here are a few actions and tips to help you develop the power of positive thinking: Always use only positive words while thinking and while talking. Use words such as, 'I can', 'I am able', 'it is possible', 'it can be done', etc.
- Allow into your awareness only feelings of happiness, strength and success.
- Try to disregard and ignore negative thoughts. Refuse to think such thoughts, and substitute them with constructive happy thoughts.
- In your conversation use words that evoke feelings and mental images of strength, happiness and success.
- Before starting with any plan or action, visualize clearly in your mind its successful outcome. If you visualize with concentration and faith, you will be amazed at the results.
- Read at least one page of inspiring book every day.
- Watch movies that make you feel happy.
- Minimize the time you listen to the news and read the papers.
- Associate yourself with people who think positively.
- Always sit and walk with your back straight. This will strengthen your confidence and inner strength.
- Walk, swim or engage in some other physical activity. This helps to develop a more positive attitude.

Think positive and expect only favorable results and situations, even if your current circumstances are not as you wish them to be. In time, your mental attitude will affect your life and circumstances and change them accordingly.

POSITIVIE AFFIRMATIONS

PLANT WHAT YOU WANT TO GROW

Affirmations are positive statements that describe in positive words a desired situation, event, habit or goal, and which are repeated mentally or aloud. These statements, which are actually autosuggestions, are repeated often, until they take root in the subconscious mind and influence it.

If they are repeated with faith, earnestness and attention, they change the thinking patterns of the subconscious mind, which in consequence, develops new habits, attitudes and skills, and also creates better circumstances. There is nothing supernatural about them. They just trigger natural forces into action. Affirmations resemble small drops of water that constantly fall on a rock. The drops are light and small. Yet, over a period of time they affect and change the shape of the rock in a most visible way. The act of repeating affirmations gradually changes the thought patterns, images and habits of the subconscious mind, and consequently the way it acts, just like the action of the constantly falling drops of water. Affirmations express desires in words. These words automatically create mental images of the desires in the mind of the one saying them, and in this, affirmations resemble creative visualization. People, who find it difficult to visualize, may find that affirmations are easier to use. The repeated affirmations gradually get accepted by the mind as truth, and affect the actions and behavior of the person involved.

STATEMENT OF OWNERSHIP AND OTHER PARTICULARS OF PARAPSYCHOLOGY TODAY

Form IV (See rule 8)

1. Place of Publication : Visakhapatnam
2. Periodicity of Publication : Monthly
3. Printer's Name : G. Ramakrishna
Whether citizen of India? Yes
Address : Raamakrishna Printers Pvt.Ltd
49-24-5, Madhuranagar, Sankaramatam Road, Visakhapatnam-16.
4. Publisher's Name : Dr. K. Subba Rao
Whether citizen of India? Yes
Address : President, The Indian Psychological Research Society, MIG – 1/13,
P.M.Palem, Visakhapatnam – 41.
5. Editor's Name : Dr. K. Subba Rao
Whether citizen of India? Yes
Address : The Indian Psychological Research Society, MIG-1/13,
P.M.Palem, Visakhapatnam – 41.
6. Name and address of : Dr. K. Subba Rao
Individuals who own the
Newspaper and partners or
Shareholders holding more
than One percent of total capital : President,
The Indian Psychological Research Society, MIG-1/13,
P.M. Palem, Visakhapatnam-41.

I, Dr. K. Subba Rao, hereby declare that the particulars given above are true to the best of my knowledge and belief.

(Sd) Dr. K. Subba Rao
Publisher

01-03-2012