

# PARAPSYCHOLOGY TODAY

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*"Read not to contradict and confute, not to believe  
and take for granted but to weigh and consider"*

- Bacon



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# PARAPSYCHOLOGY TODAY



## EDITORIAL : EMOTIONAL INTELLIGENCE (EQ)

Dear Readers & well wishers,

### KEY SKILLS FOR RAISING EMOTIONAL INTELLIGENCE

*When it comes to happiness and success in life, emotional intelligence(EQ) matters just as much as intellectual ability (IQ). Emotional intelligence helps you build stronger relationships, succeed at work, and achieve your career and personal goals. Learn more about why emotional intelligence is so important and how you can boost your own EQ by mastering a few key skills.*

#### IN THIS ARTICLE :

- ❖ *What is emotional intelligence?*
- ❖ *How to raise your emotional intelligence*
- ❖ *Rapidly reduce stress*
- ❖ *Connect to your emotions*
- ❖ *Improve nonverbal communication*
- ❖ *Use humor to deal with challenges*
- ❖ *Resolve conflict positively*

#### WHAT IS EMOTIONAL INTELLIGENCE?

*Emotional intelligence (EQ) is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others.*

*If you have high emotional intelligence you are able to recognize your own emotional state and the emotional states of others, and engage with people in a way that draws them to you. You can use this understanding of emotions to relate better to other people, form healthier relationships, achieve greater success at work, and lead a more fulfilling life.*

#### EMOTIONAL INTELLIGENCE CONSISTS OF FOUR ATTRIBUTES :

- ❖ **SELF-AWARENESS** - *You recognize your own emotions and how they affect your thoughts and behavior, know your strengths and weaknesses, and have self-confidence.*
- ❖ **SELF-MANAGEMENT** - *You're able to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.*
- ❖ **SOCIAL AWARENESS** - *You can understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organization.*
- ❖ **RELATIONSHIP MANAGEMENT** - *You know how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.*

Thank you,

# SOFT SKILL - BECOME BETTER. LIVE BETTER

- By *Ram Shukla*

Research in many fields have shown that to be successful in the work place, hard skills (or technical knowledge) alone is not enough. Soft skills are needed to deal with the external world and to work in a collaborative manner with one's colleagues. Soft skills is a sociological term which refers to the cluster of personality traits (responsibility, self-esteem, sociability, self-management, integrity/honesty) and inter personal skills (participating as a member of the team, teaching others, serving customers, exercising leadership, negotiating, working with cultural diversity). Soft skill are extremely necessary for the success of an individual and an organization and, they separate the best organization from the rest. Apart from the traditional measure of success in monitoring profit terms, someone has also defined success as, giving your very best where ever you are.

**The main method we can change ourselves metaphysically, is to change the thought processes in ourselves. The biggest battle of life happens in the mind for what change a person by changing the thought processes in that person. For this, the article ascribes some daily actions to be followed whole heartedly. This will enable the thought processes to be changed gradually over a period of time. And, it is the belief that, as these actions are followed, the person will become better over time. All human beings interacting with this better person will feel nicer. Thus, as a result, the person and all the others will live much better.**

**Some of the suggested daily actions to become a better person are -**

**1) Love :** we should love all human beings as we love ourselves which means that, the same concern and love that we have for ourselves. It is apparent that, to follow this action, we must first love ourselves and should have a good healthy self-image of ourselves. If we think we are nice we will do nice things for what a person thinks, is what that person becomes.

**2) FORGIVENESS :** Every human being intentionally or unintentionally, commits millions of wrongs in his or her life like anger, hate, lie, steal, disrespect, pride, lust, shout, abuse, physical harm, jealousy, selfishness etc., There is no human being who has not done any wrong. No human being is perfect. We have to do others what we want to be done to us. We have to always overcome or repay wrong by a doing good and not to do wrong ourselves. For what materialistic things can we take with us when we die? None. When ever people die, we generally don't remember their materialistic possessions but, mostly their words and deeds and what kind of a person they were. Just imagine that, if all of us being to forgive each other and each of us make a personal resolve not to do wrong again then,

ours will become a colony of heaven. Thus, forgiveness should be exercised for unlimited number of times we want our infinite wrongs to be forgiven as well.

**3) HAPPINESS** : When we are alive, there is nothing better than to be happy and do good at all times, even in the worst of situations like facing death. For having stress or getting frustrated will not change the situations but make it much worse. It is never too late to do anything.

**4) THANKFULNESS** : Always be thankful for all the things we have, no matter how bad, difficult, dark, or mysterious situations get. Thankful people are happy because gratefulness can turn the prison in to a palace, but ungratefulness can turn the palace into a prison. Bitterness, fear, self pity, ungratefulness and negativism will go out of our lives if we practice the habit of thankfulness at all times.

**5) APPRECIATION** : Always build and appreciate others with loving, kind and affectionate words and deeds. Especially for those we are dejected, depressed, have lost all hope and are helpless.

**6) HONESTY** : Always be honest and truthful in all things. A person who is honest and truthful in all things and has honourable, pure and good thoughts has no fear.

**7) ACCEPTANCE** : Always be quick to accept your wrong and apologize for the same immediately. Also, make a personal resolve not to do that wrong again.

**8) HELPFULLNESS** : If we have something which can help somebody or, if we are in a position to help somebody, then we should surely help.

**9) HARD WORK** : We should not be lazy and shy away from hard work. We should take life one day at a time, and give our very best everyday for no one can be sure of tomorrow. No day should go without work. This way, we will use our existence for good purpose. But, we should not demand perfection out of ourselves because, no human being is perfect.

**All the above actions if practiced regularly will make a person better. The person will develop the desired personality traits. Thus, the person's "soft skills" will improve considerably. This will eventually help the person to succeed and live better.**

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## **LIFE SKILLS**

### **WHICH SKILLS ARE LIFE SKILLS?**

There is no definitive list of life skills. The list below includes the psychosocial and interpersonal skills generally considered important. The choice of, and emphasis on, different skills will vary according to the topic and local conditions (e.g., decision-making may feature strongly in HIV/AIDS prevention whereas conflict management may be more prominent in

a peace education program). Though the list suggests these categories are distinct from each other, many skills are used simultaneously in practice. For example, decision-making often involves critical thinking ("what are my options?") and values clarification ("what is important to me?"). Ultimately, the interplay between the skills is what produces powerful behavioural outcomes, especially where this approach is supported by other strategies such as media, policies and health services.

## **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
- 

## **PRACTICE TO HOW IMPROVE YOUR SELF MANAGEMENT SKILLS**

You are responsible for everything that happens in your life. Learn to accept total responsibility for yourself. If you do not manage yourself, then you are letting others have control of your life. These tips will help "you" manage "you."

- Look at every new opportunity as an exciting and new-life experience.
- If you catch yourself worrying about an upcoming task, go ahead and do it now so it no longer is a distraction.
- Get into the habit of finishing what you start.
- Give up "waiting time" forever. Have something with you at all times to work on. For example: plan your day, work on a report, or read a page from your book.
- Be a professional who exhibits self-confidence and self-assurance in your potential to complete any task.
- Avoid worry. The majority of the things you worry about never occur.
- Agree with yourself in advance that you will have a good attitude toward the upcoming task.
- Hire specialists to do those things you are not expert in.
- Take a chance-calculated risks pay off in entrepreneurial progress.
- Frequently ask, "Is what I am doing right now moving me toward my goals?"
- Plan the future, but live in the present.
- Make a list of your accomplishments as you go through the day-they are greater than you think.

- Keep a time log at least once every six months to determine exactly where your time is going.
- Do it right the first time and you will not have to take time later to fix it.
- Practice concentrating on your work, doing only one thing at a time.
- Accept responsibility for your job successes and failures. Do not look for a scapegoat.
- Do not view things you do as a "job." View all activities as a challenge.
- Use your subconscious mind by telling it to do what you do want. Instead of telling yourself, "I can't do that very well," say, "I can do this very well."
- Schedule several short vacations or long weekends-this creates positive deadlines by when you must have projects done.
- Develop a faster operating tempo or pace. Do things with a sense of urgency. Get over thinking you must do everything yourself.
- Take time to be quiet and reflective for a few minutes each day.
- Live effectiveness in everything you do rather than just sporadically applying time management techniques.
- Live in the Now. The current instant is the only time in which you have control-not the past, not the future, just now, in this instant.
- Recognize you control only 50% of a relationship and that is your half. If you are dissatisfied with what is going on, change what you are doing and saying.
- Give yourself points for completing tasks on your "to-do" list in priority order. When you reach 10 points, reward yourself.
- Carry a card with your goals written on it and review your goals at least three times a day.
- Act with enthusiasm in all that you do.
- Take time out to thank yourself for a good job.
- Practice your personal beliefs. It may be helpful each morning to take 15 minutes to gather your thoughts and say a prayer.
- Operate knowing that there is good in everything. Every cloud has a silver lining-look for it.
- Whenever you have an important thought that is not directly related to what you are working on, write it down. Then you will not forget it and you also will no longer be distracted by it.
- Make a commitment to show someone a specific accomplishment on a certain date. The added urgency will help you feel motivated to have it done.
- self determination, wanting to do it for yourself.
- Nothing takes the place of persistence. Practice "stick-to-it-iveness."
- Get into the habit of writing down a person's name-it will help you to remember it.
- Believe that you can be what you want to be.
- Operate on the philosophy that what we give out is what comes back to us.

- Occasionally, sit quietly and do a self-assessment of your skills and strengths.
- Praise yourself for your progress.
- Recognize not all days will go as you desire. Be kind to yourself on days when your self esteem is wavering. Remind yourself that you are good and can stand up to any obstacle.
- Never criticize yourself as having a weakness. There is no such thing. You are only talking about a present undeveloped skill or part of yourself that if you so chose, you can change. You do not have any weakness, only untapped potential.
- Check to be sure you do not fall into the activity trap of simply doing tasks without knowing to what greater good the task is designed to contribute.
- Be pleasant all the time-no matter what the situation.
- Life is what you perceive it to be. Do you see it as a bore or as an adventure?
- Recall what you were hired to do and make sure it happens.
- To get ahead in anything, operate in the "and then some" manner. Always do what is expected "and then some," so what you give is always more than is expected by the other person.
- When working on a project that you can't stand, do it for a few minutes at a time until you can't stand it anymore. Then do something else and come back later for a few more minutes. Keep taking these bite size pieces until it is completely done.
- Look at what you do as an adventure. You can discover new things from this new perspective.
- Challenge yourself to do things differently than you have in the past. It provides new ideas and keeps you interested.
- Finish that last task you are working on before you go home; do not just leave it.
- Plan your day as you shower and dress in the morning. Keep a pad and pencil nearby to jot down ideas.
- Talk to yourself. Self talk using positive affirmations is something that is common among all great achievers. They convince themselves that they can accomplish their goals.
- Practice being punctual. Others will sense your professionalism.
- Plan, at least to a minimum, everything you undertake.
- Think it through, then do it.
- Think of your time as money. Are you getting a good return on the way you invest/spend it?
- Take some time, no matter how short, every day to do something you enjoy.
- Remember, if you think you can or you think you cannot, you are right.

- Use the self-fulfilling prophesy on yourself. Expect yourself to succeed.
- Doing gives you the power to do.
- Whenever you agree to get back to someone or complete a project, commit to a specific date by when you will have it done. and write this in your calendar immediately.
- Think in terms of long-term results.
- Create your own "motivation board" by putting up notes of things you need to do on a bulletin board or special wall space. It is an easily visible way to see what you need to work on. When an item is done, remove the note. Also keep your goals listed and pictured on your board.
- "Ninety percent of success in showing up."
- Be open and ready to make adjustments as things change.
- Focus 100% of your attention on a project.
- Since your boss will be asking you for progress reports, from time to time, stay informed by asking your people for progress reports each day while you meet them in their office or work area.
- Hire an assistant to run small errands and cleanup paperwork, etc. Even if you pay them from your own pocket, it is a good investment because it increases your productivity.
- Enjoy your life and blessings. You could be worse off.
- Recognize that even though you say you are doing something for someone else, in reality you are doing it for yourself. Since you are doing it for yourself, you can also enjoy it more.
- Start each day with a smile.
- Your job reflects you. Can you take pride in it being well done, error free and on time?
- Do it right or do it wrong just do it!
- Compete with yourself to become a little better each time you do something. Achieve your potential.
- Streamline your daily routine to do the same thing at the same time in the same order. Periodically review for continued effectiveness and efficiently.
- When responsible for a project, become intensively involved with it.
- Tell someone else what you are doing to keep on schedule. It keeps you committed.
- Make each day the best day of the week.
- Network with others in the organization to stay informed of who is doing what, when, where, and for whom.
- Use even small "pockets of time" to make lists, write notes and consider ideas.
- Consciously decide what are some things you are NOT going to do.
- Be willing to ask that a staff meeting be called to clarify a specific issue.
- Purposely schedule something you enjoy between routine projects. It will help rejuvenate you.

- Schedule a block of time periodically to take a big bite out of a major project.
- Realize "energy begets energy." Act and energy will flow.
- Time your routine activities such as telephone calls. Determine how you can "capture" some of the time and use it on other top priority activities.
- Be a "doer" not a "sitter."
- Sense the pride you will feel when you have completed a project.
- "He who kills time buries opportunities."
- Meditate according to your personal beliefs at the beginning of each day.
- Create the right "mind set" for success by adjusting your attitude for the upcoming project.
- Stay interested in what you are doing. Keep looking for what is interesting in your work. Change your perspective and look at it as someone outside your job would,
- Do not get hung-up on trivial details or tangents. Stay focused and moving.
- Always carry a pen or pencil and paper on which you can make notes.
- Do not accept calls for the first 15 minutes of the day while you prepare your daily strategy.
- Contemplating, meditating on, thinking about, or praying about the activities and success of the workday focuses energy toward that end result.
- Nest activities to available waiting time. Take a bite out of your elephant-sized project.

Establish personal incentives and rewards to help maintain your own high enthusiasm and performance level.

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## **SELF ESTEEM**

Self-esteem is your opinion of yourself. People with healthy self-esteem like themselves and value their achievements. While everyone lacks confidence occasionally, people with low self-esteem feel unhappy or unsatisfied with themselves most of the time. This can be remedied but it takes attention and daily practise to boost self-esteem.

See your doctor for information, advice and referral if you're having trouble improving your self-esteem or if low self-esteem is causing problems such as depression.

Characteristics of low self-esteem

Typically, a person with low self-esteem:

Is extremely critical of themselves

Downplays or ignores their positive qualities

Judges themselves to be inferior to their peers

Uses negative words to describe themselves such as stupid, fat, ugly or unlovable

Has discussions with themselves (this is called 'self talk') that are always negative, critical and self blaming

Assumes that luck plays a large role in all their achievements and doesn't take the credit for them

Blames themselves when things go wrong instead of taking into account other things over which they have no control such as the actions of other people or economic forces

Doesn't believe a person who compliments them.

Low self-esteem and quality of life

A low self-esteem can reduce the quality of a person's life in many different ways, including:

Negative feelings - the constant self-criticism can lead to persistent feelings of sadness, depression, anxiety, anger, shame or guilt.

Relationship problems - for example they may tolerate all sorts of unreasonable behaviour from partners because they believe they must earn love and friendship, cannot be loved or are not loveable. Alternatively, a person with low self-esteem may feel angry and bully other people.

Fear of trying - the person may doubt their abilities or worth and avoid challenges.

Perfectionism - a person may push themselves and become an over-achiever to 'atone' for what they see as their inferiority.

Fear of judgement - they may avoid activities that involve other people, like sports or social events, because they are afraid they will be negatively judged. The person feels self-conscious and stressed around others and constantly looks for 'signs' that people don't like them.

Low resilience - a person with low self-esteem finds it hard to cope with a challenging life event because they already believe themselves to be 'hopeless'.

Lack of self-care - the person may care so little that they neglect or abuse themselves, for example, drink too much alcohol.

Self-harming behaviours - low self-esteem puts the person at increased risk of self-harm, for example, eating disorder, drug abuse or suicide.

Causes of low self-esteem

Some of the many causes of low self-esteem may include:

Unhappy childhood where parents (or other significant people such as teachers) were extremely critical

Poor academic performance in school resulting in a lack of confidence

Ongoing stressful life event such as relationship breakdown or financial trouble

Poor treatment from a partner, parent or carer, for example, being in an abusive relationship

Ongoing medical problem such as chronic pain, serious illness or physical disability

Mental illness such as an anxiety disorder or depression.

Seek help for underlying self-esteem problems

Chronic problems can be demoralising and lead to self-esteem issues. Seek professional advice for problems such as relationship breakdown, anxiety disorder or financial worries.

### **Self-esteem building**

Self-esteem is strongly related to how you view and react to the things that happen in your life. Suggestions for building self-esteem include:

Talk to yourself positively - treat yourself as you would your best friend. Be supportive, kind and understanding. Don't be hard on yourself when you make a mistake.

Challenge negative 'self-talk' - every time you criticise yourself, stop and look for objective evidence that the criticism is true. (If you feel you can't be objective, then ask a trusted friend for their opinion.) You'll realise that most of your negative self-talk is unfounded.

Don't compare yourself to others - recognise that everyone is different and that every human life has value in its own right. Make an effort to accept yourself, warts and all.

Acknowledge the positive - for example, don't brush off compliments, dismiss your achievements as 'dumb luck' or ignore your positive traits.

Appreciate your special qualities - remind yourself of your good points every day. Write a list and refer to it often. (If you feel you can't think of anything good about yourself, ask a trusted friend to help you write the list.)

Forget the past - concentrate on living in the here-and-now rather than reliving old hurts and disappointments.

Tell yourself a positive message everyday - buy a set of 'inspirational cards' and start each day reading out a new card and carrying the card's message with you all day.

Stop worrying - 'worry' is simply fretting about the future. Accept that you can't see or change the future and try to keep your thoughts in the here-and-now.

Have fun - schedule enjoyable events and activities into every week.

Exercise - it is such a good boost to the brain for all kinds of things but especially in combatting depression and helping you to feel good. Targets need to be step by step, such as starting with a walk round the block once a day, enrolling at a local gym class or going for a swim.

Be assertive - communicate your needs, wants, feelings, beliefs and opinions to others in a direct and honest manner.

Practise the above suggestions every day - it takes effort and vigilance to replace unhelpful thoughts and behaviours with healthier versions. Give yourself time to establish the new habits. Keep a diary or journal to chart your progress.

Seek out support to build self-esteem.

Further ways to build self-esteem include:

Talk to a trusted friend or loved one about your self-esteem issues.

Browse the Better Health Channel for further information.

See your doctor for information, advice and possible referral.

Read books on self-development.

Take a course in personal development.

Discuss your issues and get advice from a trained therapist.

Find a GP near you who specialises in mental health issues through the [beyondblue](#) website

Things to remember

Self-esteem is your opinion of yourself.

Everyone lacks confidence occasionally but people with low self-esteem are unhappy or unsatisfied with themselves most of the time.

It takes attention and daily practice to boost a low self-esteem.

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## HOW TO DEVELOP A GOOD PERSONALITY

### **1. Think positive thoughts, both about yourself and others in general.**

The thoughts that we think soon turn into the words we say and the actions we take. Having good thoughts about yourself gives you self-confidence and self-respect, essential in any good person. **Never lose a chance to prove yourself.** In our day to day life, we came across several opportunities which could help our self in defining our personality. For example, if you are in a conversation with a group or a individual, you must talk in a way that you can prove others what you are really and it does not matter if you say a line or a speech. The thing which will matter is the words of you, whether they were able to leave an impact on others or not.

**2. Never lose a chance to prove yourself.** In our day to day life, we came across several opportunities which could help our self in defining our personality. For example, if you are in a conversation with a group or a

individual, you must talk in a way that you can prove others what you are really and it does not matter if you say a line or a speech. The thing which will matter is the words of you, whether they were able to leave an impact on others or not.

**3. Look for famous people whose personality defined them.** Athletes, artists, actors, and musicians are people who face challenges in their careers everyday. They need to have patience and perseverance in order to succeed. Many of them are humble in spite of their success and fame. These are life skills which is learned culminate in the creation of a good personality.

**4. Look deep inside yourself and think about who you are.** Many people find themselves to be better than apparent by reflection.

**5. Help wherever and whenever you can.** A little sacrifice can go along way in changing another person's day.

**6. Always be yourself.** If you are following some famous personality or you are being just you. Make sure that you never lose yourself. It means that you have to stick to that behavior every time. Feel it in your blood.

**7. Learn to love other people.** Many bad personalities come about because people do not want to forgive each other and thus, become filled with so much interpersonal hate that they hate other people. This makes them come off as bad and self-centered when all they lack is the insight to forgive and forget whatever may be the root of conflict between them.

**The following are the important tips that can help you in DEVELOPING YOUR PERSONALITY.**

### **10. Know yourself**

The first step on your quest to develop your personality is to know yourself. It is very important to know yourself in order to figure out what needs to be done to modify your existing personality. Knowing yourself is not about knowing your favorite color, food and etc. It is about knowing your limitations and plus points. You must be aware of your abilities so that you can use them when the time comes. You need to analyze yourself and find out what is it that you lacking in. Are you short tempered or do you panic easily or is that you can't speak in a group. Find out and then accordingly we can work on your personality.

### **9. Comparison**

You need to accept one thing that you cannot be best at everything. We all have our strengths and weaknesses. You are different from others; you have your own set of talents and abilities. Just because there is someone around who is great at a think you are not good at does not mean he is better than you. There will be things that he cannot do but you can. No one is perfect in this world. So never compare yourself to others. It does more

harm than good. Love yourself and you will definitely achieve a better personality.

## **8. Positivity**

A very important trait that is required to achieve anything in life is a positive attitude. Yes there are things that you want to do but cant. There might be situation you are unhappy about. But there are also the good moments. There are situations where you were praised and proved successful. So don't let the tough times beat you. Have a positive attitude in life. Tell yourself that you can do the task given to you. It has been seen that having a positive approach increases the chances of completing a task at hand. Positive attitude also makes you friendly and cheerful which on the whole reflects in your personality.

## **7. Courteous**

Personality as I said is not just about how you look. It is how you present yourself. It is how you impress others. An expressionless and monotonous tone will get you nowhere. You need to have an attitude that is pleasing so that you are welcomed wherever you go. Be courteous and humble. Greet your juniors with a smile and reply back to their greetings. At times have lunch together or offer your lunch to them. Be available for your people and you will become dependable for them. This is a remarkable trait for your personality. Mannerism weighs a lot in the professional world.

## **6. Body Language**

Having a personality takes into account everything. Not just the way you dress up and talk but also your body language. How you walk, sit , eat , how you behave when others are talking etc make a huge impact on others. Your body language is therefore a very important is very aspect of your personality. Have a relaxed posture. Walk upright do not droop or be extra rigid. When others in a group are talking have a relaxed tone. Do not get involved with the surroundings but pay attention to the speaker. If he is talking to you have a calm eye contact and not staring or distracted. Have a good body language that shows that you are confident.

## **5. Physique**

The easiest way to achieve a good personality is to have a good physique. It cannot be denied that a good physique is very important. It is a very important part of your personality. Your physique not only sets an impression but it speaks a lot about you. A good physique says that you are a well planned person. You think about yourself and about your health. It also gives a perception that you are away from bad habits and company. It really says a lot about you. So start exercising and stay fit to develop your personality.

#### **4. Speech**

A very vital part of any personality development program is to help you speak better. By speaking better I do not mean using big words and giving speeches. The words you use are very important. Have a decent and simple manner of speaking. Use a language that is understood by all. Now a day's English has the top priority. If you do not have grips over this language enroll yourself with some coaching class. When you speak in a group see to it that your words are not offending or agitating. When to speak is more important than what to speak. So take care of your speech as much as you can.

#### **3. Appreciate**

A great personality knows how to impress and make an impact. In the professional world where you work or stay in a group; to be accepted by others is very important. All the pain of building a personality is to be accepted so that we can move on and work in a better way. Develop a habit of appreciating your mates no matter how small the work is. Although take care that you are not being fake. Appreciating others makes you a very friendly person. You also motivate your mates and that makes you a better employee as well. Thus a simple habit of appreciating helps you develop your personality by making you a little selfless.

#### **2. Attire**

Yes personality is not all about dressing up but the way you dress does have an impact on your personality. So even if not the most important you attire is definitely one of the most important aspect of your personality. Dress up in a decent manner. Be professional and avoid flashy colors. Avoid unnecessary piercing on your body or tattoos. Wear neatly ironed and unstained clothes. Look professional or according to the environment of your working place. It is very important to develop your personality to have a great sense of dressing.

#### **1. Confidence**

I will definitely say that this is the most important thing to be achieved to obtain a better personality. You have to be confident with whatever you do.

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## **HOW TO BUILD A POSITIVE ATTITUDE**

Negative thoughts can affect you mentally and physically. There's no such thing as a too positive attitude, and these are steps that might help.

### **STEPS**

**1. Never, never, compare yourself with people.** It points out the good parts in the person and makes you feel bad. Just think of all the good qualities you have too.

● If you feel you don't have any good qualities, join a few clubs or sport teams, or even start one. This can give you a talent to be proud of.

**2. Remind yourself most things are possible if you try hard enough.** Set your goal and work to reach it.

**3. Set a goal to make friends.** If you feel you don't have enough of something in your life, such as friends, make a goal to get more of it until you're satisfied.

**4. Give everything a chance before you neglect or reject it.** It might give you something you're happy with in your life.

**5. Grooming.** Appearance can affect you too if you feel ugly. Stay natural. You should change hair styles, clothing, and if you wear it, make up, but that's it. This can help you feel great.

**6. Communicate needs.** If someone makes you feel negative, like a friend, tell whoever it is in a nice way how you feel. Try to fix the problem.

**7. Stay upbeat.** Don't let other people drag you down!! What they say is ALWAYS their opinion.

**8. Do what makes you happy and isn't harmful.**

**9. Smile!** Always remember to keep that beautiful smile on your face. Smiling is actually proven to keep you happier when you are down and gloomy on a dreadful day. If you are sad, smile! If you are happy, smile! It makes you a happier person and gives other people a better impression of you. As I always say, it is worse to forget a smile than your purse or wallet.

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## 5 STEPS TO A HAPPY LIFE WITH POSITIVE ATTITUDE

### Step 1 : Believe Happiness is a Choice

For me, this was a hard one at first. I thought that people were either unhappy or happy (and I was one of the unhappy ones). I used to blame this on all kinds of outside forces -- fate, experiences, parents, relationships -- but never really stopped to think that I could choose to be happy.

Sure, this isn't always easy, but it is always, always an option. Teaching myself to see that happiness is a choice has been one of the greatest things I've ever done for myself.

Now when I find myself in a bad situation, I know that it's up to me to find the good, to be happy regardless of what's happening around me. I am no longer pointing fingers, placing blame. I realize that everything happens how it happens and it's up to me to choose how I want to feel about it. I am in control of my happiness level and no one can take that away from me.

## **Step 2 : Rid Your Life of Negativity**

If you want to live a positive, joyful and happy life, you cannot -- absolutely CANNOT -- be surrounded by negative people who are not encouraging your happiness. When I was a pretty negative person, I tended to attract other negative people.

When I decided to make the change to live a more positive life, I had to rid my life of all of the negative people in it. This, as you can imagine, wasn't easy. Getting rid of people hurts -- even when you know they aren't good for you or your current lifestyle.

Not only did I have to get rid of the negative people, but I also had to get rid of the negative things too. I had to stop doing certain things that were causing negativity in my life. I had to take a step back and examine which behaviors were good for me and which were not.

I learned to focus on the positive things I was doing and let go of the negative ones. This process was not easy and to be honest, is still ongoing, but I know this: having negativity in your life prevents you from living a truly positive existence.

## **Step 3 : Look For the Positive in Life**

There is the positive aspect in everything. In every person, in every situation, there is something good. Most of the time it's not all that obvious. We have to look. And sometimes we have to look hard.

The old me just sat back and allowed things to happen by default. If I saw negative, I went with that feeling. I didn't want to look harder or think too much about the good. I found it much, much easier to sit back and just accept what I saw (which was usually the bad).

Now, when I'm faced with a difficult or challenging situation, I think to myself, "*What is good about this?*" No matter how terrible the situation might seem, I always can find something good if I take the time to think about it.

Everything -- good and bad -- is a learning experience. So, at the very least, you can learn from bad experiences. However, there's usually even more to it than that. If you really take the time to look, you will usually find something good, something really positive, about every person or situation.

## **Step 4 : Reinforce Positivity in Yourself**

Once I started thinking more positively and adapted to a more positive attitude, I realized I had to reinforce these thoughts and behaviors in myself so they would stick. As with any sort of training, practice makes perfect, and, yes, you can practice being positive.

The best and easiest way to do this is to be positive when it comes to who you are. Tell yourself you're awesome. Tell yourself you look good. Tell

yourself that you love and accept yourself completely. Tell yourself you did an awesome job at work or raising your kids or whatever it is you do.

Be honest with yourself, but do your best to look for the good. And, whatever you do, *don't* focus on the negative. Nothing good can come of telling yourself that your butt's too big or your latest career goal wasn't met.

It's okay to not like everything about yourself (yet), but don't spend energy dwelling on the negative. Remind yourself of the good in you. We all have positive attributes and it's up to you to remind yourself of them every day.

### **Step 5 : Share Happiness with Others**

Not only do you need to be positive with yourself for this new *positive attitude* to really take effect, you also need to be positive with others. You have to share your wealth of positivity with the world.

The best way I've found to do this is quite simple and basic : **be nice**. Be nice to other people, no matter what. Tell someone he or she looks nice today. Tell someone they did a great job on that presentation. Tell your parents or children (or both!) how much you love them and how great they are.

When someone is feeling down, do what you can to cheer him or her up. Send flowers. Write notes. Don't gossip. Be kind to all living things. All of these things sound basic enough, but, for someone like me, they didn't used to come easily.

In the past, I didn't wanted to see the good in myself and, therefore, didn't want to see it in others either. I used to be critical and condescending. Now I strive to be encouraging and supportive. I try not only to treat others, as I would like to be treated, but also to consider how they would like to be treated.

People appreciate positivity and the more you are sharing it with others, the more you are practicing it and reinforcing it in your own life.

### **Parting Words on the Positive Attitude Habit**

When you start feeling like the idea of being a positive person is daunting, tell yourself this: "If someone who really used to struggle with a negative attitude, turned her life around with these five steps, then I can too!"

If anyone had told me a few years ago that I would be writing an article about developing a positive attitude and living a happy life, I would have laughed right in their face. I would have said, "Why in the world would someone want me to write about positivity?"

But here I am, writing this post, believing in these words, and knowing that every single day I am getting closer and closer to living the happy life

I've secretly dreamed of living. If I can do it, you can do it. Believe in yourself and remember the most important lesson of all... a positive outlook is a choice. Choose to be positive. Choose to be happy. Life is short.

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## **TOP 10 TIPS FOR MAINTAINING A POSITIVE ATTITUDE**

Having and maintaining a positive attitude is vital for success in life and business. Zig Ziglar gets it right when he says, "It is your attitude, not your aptitude, that determines your altitude." Sure you need skills, but you can learn skills - in fact a positive attitude will make it much more likely that you will learn the skills necessary to succeed. If you take two people with an equal skill set the person with the better attitude will win.

Unfortunately it is not always easy to stay positive and keep a good attitude. As things go wrong throughout your day, it is easy to let negative thoughts start to take over. Thankfully there are many things that you can do to help maintain a positive attitude. These are things that you can do on a daily, weekly, or monthly basis to make sure you keep your positive focus.

### **1. Read Positive and Inspiring Books**

One of the best ways to maintain a positive attitude is by reading positive books. These books serve to encourage you, inspire you, and teach you. Reading requires that you sit still and focus, and by focusing on something positive it helps you to keep a positive mindset throughout the day.

### **2. Listen to Podcasts/CDS**

The advantage of listening to podcasts or compact disks is that you can listen on the go. You can listen to motivating podcasts while you clean your house, exercise, or on a flight. In your car, you can play encouraging compact disks that help you make better use of your commute. Listening to recordings from people like Zig Ziglar, Tony Robbins, or John Maxwell can both teach and inspire you.

### **3. Wake up Early**

One of the best ways to help you maintain a positive attitude is to create the habit of waking up early. Waking up early allows you to get a head start on the day. You can prepare for work and start your day without feeling rushed. You can get a head start on important projects before the rest of the world is awake to interrupt you. You can spend time reading or in prayer or **meditation**. I start each day by listening to a 10 minute motivational podcast.

### **4. Exercise**

Very few things in life leverage your time as much as exercise. Obviously it makes a difference for your physical health, but it also has

significant benefits to your mental health. Exercise is useful to combat depression and to improve overall positive mood. Further, if you exercise early in the morning you can go through your day knowing that you have already completed the most valuable activity you had to do!

## **5. Plan Your Week and Day**

Having a clear plan to your day and to your week can go a long way to helping you maintain a positive attitude. By knowing what you want to accomplish you will be able to focus on your important life priorities. A weekly plan allows you to match your long-term goals to your weekly accomplishments. Your daily plan allows you complete the activities you need to do so that you meet your weekly goals.

## **6. Understand that Things Won't Always Go as Planned**

If you plan and expect everything in life will go as you planned, you will be quickly disappointed. One of the keys to maintaining a positive attitude is to understand that things will go wrong. If you expect things to go wrong, you won't be phased when they do. So have a plan, but understand that things won't follow the plan. The plan allows you to adapt to what went wrong and move back towards what is important.

## **7. St. John's Wort and Griffonia Seed**

These two herbal supplements can have an important role to play in helping you maintain a positive attitude. Many people know about **St. John's Wort as a natural supplement to help prevent or treat depression**. St. John's Wort is really a mood stabilizer. Griffonia seed works to elevate positive mood. Together they are helpful in maintaining a positive mental attitude.

## **8. Get Spiritually Connected**

Naturally this one will look different for everyone, and this is simply an option to consider. If you are spiritually connected, you will have a positive outlook on life. This might mean prayer, meditation or reading Scripture. Set aside time each day to be connected spiritually.

## **9. Be Thankful**

Take some time and be thankful. Be thankful about what you have, who you are, and what your life is like. Think through all of the things that you can be thankful for. Even if you are in a tough time in life there are many things you have that you can be thankful for. You need to look for them and recognize them. The very act of focusing on what you are thankful for will help you maintain your positive attitude.

## **10. Surround Yourself with Positive People**

The people around you have a big impact on you. They impact who you are, how much money you will make, and what you value. They also impact how you think. If you surround yourself with negative people you

will be negative as well. You can't help it. Hearing negativity all day leads you to negativity. The opposite is also true. Surround yourself with positive people and you will be more positive.

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## **4 STEPS TO SELF-ACTUALIZATION AND BECOMING THE BEST VERSION OF YOU**

*- By Stephen Covey*

Why is it so difficult for people to accept who they really are? In a word, pressure. There's so much pressure -- especially in today's hypercompetitive and hyper-informed society -- for people to be something they're not. You get it from parents, from friends, from spouses, from television, from the Internet, from magazines, from advertisements you pass in the street, from nearly everything you see and do in any given day.

With all of the pressure that exists in today's hypercompetitive, hyper-informed society, how does one truly accept themselves holistically? As Abraham Maslow highlighted, we all follow our own paths, it matters only how completely we dedicate ourselves to achieving the personal and psychological greatness that lies at the top. At the top of the self-acceptance pyramid lies the concept of self-actualization.

With self-actualization, you achieve expert control of your creativity, spontaneity, and problem-solving skills. You have assumed a comfortable and sensible morality. You operate with the ability to separate fact from fiction, while eliminating prejudice. It is, in its own way, the clearest definition of what it means to be enlightened as a person and as an entrepreneur.

The first part of self-actualization is accepting your true self, but the second part is understanding that the journey has no end point. To self-actualize, you must always strive to expand your horizons as a human being. To achieve success, you must always seek it. The potential to self-actualize is something that lies within us all. You must only make yourselves willing to progress and then take the steps necessary to unlock that self-actualization. Having stated this, here are four important steps to consider on your path to self-actualization:

### **1. Stop measuring yourself against others.**

Most of us have the tendency to measure our self-worth by comparing our accomplishments and abilities to those of the people around us. If you want to see how you're doing, the easiest way is to see how you measure up with your counterparts. It's the surest way to demonstrate how far along are you on the path to achieving success. If you're farther than others, you deem yourselves achievers. If you're not, you tend to stress and work on ways to improve.

The problem is that self-actualization doesn't have anything to do with the people around you. Notice the "self" part of the term. The only thing that matters is your progress, not the progress of others. If you hope to self-actualize -- or at least get on the path to self-actualization -- you must stop gauging yourselves against other people's accomplishments. Whether it's education or material things or even beauty standards, you cannot consider this as your standard. You must not work from a standpoint of how you compare; rather, you must work from a standpoint of where you are personally and independently of everyone else.

To achieve this step, you must be able to look in the mirror and say, "This is my portrait. This is who I am. This is my canvas." With that canvas in mind, do everything in your power to not let your perception of others color that canvass. Only you can paint the picture of who you want to be. No one else is in control of your destiny.

## **2. Learn to accept yourself holistically.**

It's so easy to become dissatisfied with who you are and what you have accomplished. Oftentimes, when you look in the mirror, it actually serves to increase the negativity with which you think about yourself. You cannot fall into that trap. In order to self-actualize, you must accept your whole self -- your strengths and weaknesses -- and you must embrace them all. You cannot downplay your weaknesses or exaggerate your strengths if you hope to get anywhere in life. If progress is to be made, you must operate first from truth.

## **3. Understand that you are in control.**

No matter how much influence an external factor might have on the people around you, the self-actualized remain unaffected. This is because they know exactly who they are, and can therefore always adapt (and adapt quickly). Because they do not lie to themselves about their own identities, strengths, and weaknesses, they have an immediate and clear picture of the adjustments they need to make to render the external factor irrelevant. Understand that the power you possess in terms of your outlook is absolutely astonishing. If you are realistic, honest, and above all, authentic, there is nothing you can't achieve.

## **4. Don't stop growing.**

Those who self-actualize understand that the journey is never over. To self-actualize requires self-awareness, and self-awareness requires an understanding that there is no such thing as a finished product. There is no such thing as perfection and no such thing as an endgame. To be self-actualized means to understand that you must never stop growing as a person and learning as a professional.

To achieve self-actualization, when you conquer one thing, you must move on to the next. Self-actualization does not require any tricks or tools.

To reach this level, you need only to accept who you are and then take the steps necessary to becoming the best version of you that you can be. Once you are 110% comfortable with who you are, who you've surrounded yourself with, and what you're destined to do on this earth, you may begin your journey towards self-actualization.

As a final point, see who you are. Really see it. When you have seen it, adopt an attitude that you're not afraid to go against the grain. Stop adapting to society and start being you. The empowerment that results will astonish you.

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## **HOW TO REACH SELF-ACTUALIZATION - MASLOW'S 8 PROVEN METHODS**

*by Operation-Meditation*

To become self-actualized means that you are living to your true potential. The term was coined by Abraham Maslow back in 1954, when he wrote about the 'hierarchy of needs'. In this hierarchy, people have the ability to pass through different levels of growth from biological/physiological needs at the bottom through levels of 'safety', belonging/love, and self-esteem to finally reaching the final level of growth which he called self-actualization.

Maslow was particularly interested in this group and he estimated that only one in a hundred people would ever obtain this level. People who have obtained self-actualization typically have some common qualities, including the ability to see life more clearly and to put others' needs before their own. They also share other qualities including a well-developed or even quirky sense of humor, a distinct need for solitude, spontaneity and high levels of acceptance of both themselves and others.

If you would like to achieve this highest level of personal development, Maslow has taught us that there are some effective methods that will allow you to reach self-actualization:

### **1. Experience life fully and vividly**

Maslow taught us that the process of self-actualization begins when we start to become completely immersed in our experiences - living fully, vividly and selflessly.

### **2. Be honest in your choices**

Think of life as a series of choices, one after another. If you are being truthful with yourself as you make your choices, then you are on the way to being self-actualized.

### **3. Be aware of the uniqueness of yourself**

As you realize that you are unique and begin to learn how to express yourself and your feelings truthfully, rather than reflect what you believe others want you to do or say, then you are on the right path.

### **4. Act with integrity**

If you have a choice, act in a way that is honest and true to your nature. As you take responsibility for your own actions you will be working on the way to self-actualization.

### **5. Be courageous**

Learn to have the courage to express your likes and dislikes and to speak up if someone's actions are not pleasing to you.

### **6. Self-development**

Becoming self-actualized is not an end-state, rather it is a process. Maslow talked about it being the process by which you 'are working to do well the thing that one wants to do'.

### **7. Peak experiences**

Maslow talked a lot about 'peak experiences', describing them as 'transient moments of self-actualization'. These experiences are times that you feel truly at peace and in harmony with your environment and the universe and are marked by a feeling of euphoria and deep joy.

### **8. Lack of ego defences**

Learning to let go of troublesome defense mechanisms that you may use to protect yourself is a necessary part of this process. For example, if you have a tendency to blame your partner for your frustrations or to become angry when things do not go your way, then learning to react in a different manner is part of becoming self-actualized.

Maslow's guidelines are a useful tool, but many people have found that it can be difficult to bring so much change to bear in their lives with just the force of will. You may find that meditation may be a very valuable strategy to help you truly integrate Maslow's ideas into your life. Learning to meditate is useful in so many ways, not the least of which is that meditation allows you to access your subconscious mind, gaining access to your inner wisdom. It only takes a short time to learn and great benefits can be gained from as little as 20 minutes per day. You have within you already the inner wisdom that will allow you to truly reach self-actualization and practicing meditation will quickly allow you to reach this goal.

## 9 TIPS TO START YOUR SELF-ACTUALIZATION!

Self-actualization is defined as, "The motivation and process to realize one's own maximum potential and possibilities."

It is considered to be the master & the only real motive we possess; all other motives being its various forms. The result of being in a state of Self-actualization is the ongoing experience of fulfillment, purpose, balance and peace, all based on a true reality.

So why is it essential that **YOU** need to self-actualize?

Here are 9 reasons why you *should*...

**1. Because you're already trying to and don't even realize it** - From Food to money, from sex to intoxicants, all the things that comfort us or we're addicted to, we only do for one reason - A desire to find a peace that promotes growth within ourselves. This can be done constructively with **Holistic Living** which leads to balanced growth or destructively (**addiction, over-indulgence**) which can lead to sharp growth, inevitably followed by an even sharper decline!

**2. Are you better off if you don't?** - This is simple. Aim for self-actualization, uncover your true self and be everything you are supposed to be health wise, security wise, spiritually wise, etc. **OR...** Forget self-actualizing and stay right where you currently are for the rest of your LIFE!

**3. Self-actualization is the purpose of Culture** - Culture means to '*cultivate*.' The focus of the cultivation is **YOU**, assisted by following a well-trodden path of worthy morals, disciplines, traditions, self-awareness and distinctions that have been designed to bring out the best and ultimate in yourself. Now ask this question... *what is the purpose of your present culture and what is it leading you to?*

**4. Times are changing** - With an uncertain economy and the continual disappearance of relatively long term job prospects, more individuals are turning to their own abilities and discovering ways of motivating and supporting themselves. This cannot be done successfully without the process of self-actualization taking place on **some** level.

**5. Because you accept the existence of a Supreme entity** - Acknowledgement of a Supreme *anything* should come with a desire to achieve oneness or peace with that entity as part of your self-actualizing process. But be warned: No '*Supreme*' anything can be truly known without first knowing yourself, for without truly knowing yourself you setup the greater potential for a life of misguidance, misjudgment and delusion.

**6. It is the way you are designed** - From the 12 major systems of your body to every last of one of your 100 trillion cells; they are all doing *one*

*thing* : Thriving to fulfill and actualize their purpose. Without this process you cannot survive! Your Mind also needs to be song the same thing in order to fulfill and actualize YOUR true purpose. Without this happening you will always be mentally and spiritually adrift.

**7. Because you look up to or admire somebody** - Whether it's a Mentor, Idol, teacher, athlete or celebrity it the same thing: You see something in them you admire and would take for yourself. That is your cue to start developing your own talent and begin your process of Self-actualization!

**8. Going against Nature is painful** - Every cell in your body as previously mentioned is instructed by your DNA to self-actualize, yet the impressionable mind can actually interfere with that imperative just to feed poison (intoxicants, foods, toxic relationships, etc.) to the body through a negative and uninformed culture or lifestyle. Whether it's your overweight body, your underpaying job or your dissatisfactory personal relationships; accepting these things and similar as the norm *will* kill your self-actualization efforts and bring about an ongoing pain that most people shockingly accept and call '*life*' or as we like to say, "**the chronic imbalance that is a pre-cursor to dis-ease.**"

**9. Because gender exists** - Everything in Nature has a dual or partnering element that it must combine with in some way to become whole and thereby self-actualized; i.e. *Men cannot fulfill the ultimate masculine role of Fatherhood without combing with a Female counterpart.* Achieving that union perpetuates the order of a Divine singularity *or God*, that gives birth to a Masculine and Feminine duality, then that duality ultimately has to pair up as a singularity for another birth to take place; such is the order of Nature.

Most of us externally identify ourselves as either male or female. This lets us know that we are never truly whole, healed or creative until we combine in some way with our opposite aspect *in the proper way*. However, no fulfilling external union can exist without the correct uniting and balancing of our own internal duality of masculine & feminine energies; *a key tenet of all true religions*. It is the combining of these internal energies which enable a special type of birth...***the birth of the***

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## THE PRACTICE OF BELIEVING

We've all been told or heard at some point in our lives that if you truly believe something - have faith that it will happen - it will happen. Now I know a lot of people don't completely accept that idea and then there are those who say they practice it - but really don't practice it - they just think they do. Then are those who truly practice Believing and have tremendous success. Ever wonder why or how they do that? There are a number of steps involved in the Practice of Believing - and you really need to have it

all in place before this Practice of Believing can help you achieve your goals.

### **Some Background**

Before I get into how to develop the practice of believing I think it's important to give you a little background. Rather than give you a list of famous quotes I thought it would be more helpful to look at some concrete information that validates the notion that what you believe is what you will get. Most scientists who have examined the power of prayer and how beliefs impact a person's health agree - that a person who believes they are sick and going to die will not fare as well as someone who believes he or she can recover and will survive - the latter usually go on to live a healthy lifestyle. Today in New York City - doctors at Sloan-Kettering cancer center are teaching cancer patients the power of Positive thinking and how their beliefs will impact their chances of survival.

Since the turn of the Century (2000 and forward) researchers have begun to take a closer look at the impact the state of a person's mind has on their health and life. Those that have completed their studies have found that what we think and the state of our mind have a direct impact on our life, reality and health. For example: a person who is constantly stressed, spends little or no time meditating, has a negative or bleak outlook on life is more prone to sickness, will have an unhealthy lifestyle and is more likely to be in an unstable relationship. A person who takes time to meditate, has a positive outlook and believes he or she can and will cope is more likely to be in better health, look younger and will have more positive fulfilling relationships. So how does what we believe impact our lives?

### **What You Believe is What You Get!**

What you believe is what you get! I think that about sums it up. Now I know some of you may not accept that - but here's what happens when you believe something. If you believe that relationships are difficult and require a lot of work - then you'll only attract people who will make the relationship difficult or force you to put a lot of work into it. More importantly - if you worry about something - you basically believe the worst and you'll likely get the worst. That doesn't happen all of the time and there is a reason for it not happening all of the time. Even though you worry - a small part of you is hopeful that you'll have a positive outcome and thus a complete disaster is often avoided. However, if you were to only worry and think of the worst at all times - never being hopeful - then you could be setting up yourself for a massive disaster.

But there is more to believing than just creating beliefs. Having positive beliefs is the first step toward creating a positive and successful life. Believing is something completely different. Here's an example: You may have positive beliefs about money; you may have a belief that there are plenty of ways to

make money. But if you don't believe that you will make money - you won't make the amount that you are hoping for. Still confused? Let's try to clear it up.

A belief is the way you feel about something - it's deeply rooted and if I asked you a question about it you'd have an answer.

Believing something is trusting that what you want can and will happen. There is not a single doubt that it will happen - you completely trust and know that it will happen. Many people I speak to are missing this element in their daily lives. They'll do all of the other work that is necessary to achieve their goals - but they can't get this element of believing into their system.

### **How to Practice Believing**

In many ways we've been raised to not believe. If you can't see it - it's not real - that's what we're taught. But believing is vital to our survival and success. If we could only believe that everything would work out and trust that what you want can and will happen - you'd have remarkable results. Your life would change in ways you never thought possible. But for some reason - most people just can't believe that things will work out for them. They look at past results and judge their future on those results.

Let me ask you a few simple questions: Do you believe, without a doubt, that you can and will have everything that you want in life?

Do you believe without a doubt that you will be guided to the right situation at the right time - no matter what you will get to where you want to be in life?

Do you believe, without a doubt, that there is always a way to achieve your goals - you just have to find it?

If you answered no or maybe to any of the above questions - you don't believe - and therefore won't get to where you want to be.

### **Believing requires this complete trust that everything will workout.**

That you will do your part in finding solutions while trusting and knowing that you can and will get what you want out of life.

Here's an example of believing that most of us can relate to on some level. If you have a child or if a friend or a relative has a newborn child - then think about that child for a moment. Think about the earliest time that you saw that child. Remember when it couldn't even feed itself or make a sound. It had no motor coordination and didn't really recognize things very well. Now assuming this was a healthy child - when it was at that stage - did you or it's parent - ever doubt that it would learn to walk? The answer is no. Everybody was convinced; everybody believed that the child would learn to walk.

**That's the kind of belief I'm talking about that's needed to achieve your goals. You have to believe that things will workout - no doubts -**

**just trust in yourself, your inner powers and the powers that be - that everything will workout.**

### **So how do we get to that level?**

First of all you have to get there by taking small steps. Start setting small goals - even with things you know will happen - and then trust and let go - see what happens. You could do this when you're driving - trust that you'll get to work on time and have an easy commute. See what happens after a week of doing this. If you misplace your keys - tell yourself you know where they are and then trust that you'll find them at the right time. Let go - do something else for a while and see what happens. If you're not sure about a decision you have to make - think of all the possibilities - then tell yourself that you're making the right decision and let go - forget about making the decision. After a while you'll naturally think about it again - and you'll make your decision easily. The key is to trust and let go - sometimes you have to distract yourself so you don't worry. Worry is the opposite of trusting and believing - it's saying I don't believe so I have to worry - because by worrying I can make it better - but you cant. So get busy - distract yourself and see what happens.

I suggest you start small so that you develop this practice. Because when the big decisions need to be made you'll know the process works and you won't worry - you'll believe that you can and will do what you need to do and achieve your goals.

This process is so simple yet so powerful - but it takes time to develop the habit. I've been doing it and teaching it for years - and you know what - sometimes I do slip up and have to remind myself of this basic fundamental process. This practice of believing is vital to your success - without it everything else you do will be pointless in the end.

The Creating Power system will teach you how to develop this Practice of Trusting first by showing you how to work with your mind and subconscious mind. Then you'll learn to take small steps and see some small improvements - this leads to practicing the art of Believing. Start living your life to your full potential.

**Do you want to be successful?**

**Do you want to increase your self confidence?**

**Do you want to enjoy life while you accomplish all your goals?**

What if I told you that what you believe is what you get. And what you have right now in your life, good or bad, was created by your current belief system. The good news to all this is that you can change your belief system -- yes you can change what you believe about yourself, the world, everything -- and create the life you want.

The key is to learn how to train your mind to work with your subconscious mind -- and I'm about to show you how to do just that. Read on and you'll learn how a **complete and simple system** to Master your Inner Powers -- change your beliefs so that you change your reality. Now, what if this system could **increase your self-confidence** as you enjoy **success after success**? And What if this system **only requires a few minutes** of your time a day?

Well, you're about to discover The **Creating Power System**, which will **change your life forever!** Best of all it **only requires 5-minutes a day!** That's it!

Imagine... it's six months from now and you have everything you want. Try to picture it. What would life be like?

Now what if I told you that everything you want is possible and you can have it much **sooner than you think.**

Sounds too good to be true?

Well, it's not - if you follow along and learn to use the **simple techniques** I'm about to share with you right here.

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## **MIND POWER - HOW TO BREAK FREE OF LIMITING BELIEFS**

Mind power is an essential tool for wellbeing. We can use it to break free of limiting beliefs and access our unlimited Source of love, joy, creativity and everything our heart truly desires. This Source of wellbeing is also creative energy. It is the raw material that everything is created from.

Whenever we give attention to something, this creative energy flows through us and expands, enlivens and charges the object of our attention. The tool we use to focus attention is the mind. Mind itself isn't the creator of wellbeing, but it is the focuser, the conduit, the medium through which unlimited creative energy, love, abundance, all that is, can flow through. We use mind power to create everything in our lives, including wellbeing, whether we do it consciously or unconsciously.

### **How We Use Mind Power To Create**

We start this creative process with just a single thought. Let's say that you want to have a fluffy, white kitten in your life. The idea forms in your mind and you like how you feel when you contemplate this adorable little being. The idea, or thought form, is like a mold. Because it feels good, your mind returns to the idea frequently and feeds energy into your vision of this warm friend. Through your mind power, by focusing attention you are directing the universal creative energy to fill the mold, thereby making your

vision more and more substantial. If this process continues, your vision will gather so much energy that a warm, friendly, fluffy, white kitten will manifest out of the pure energy realms and begin to make it's way to you in the physical.

This is the fun side of creativity, using the power of positive thinking. On the **other** side of the creative process, we also unconsciously use our mind power to create things we **don't** want. If there is something you are afraid of and you keep feeding attention there, you can attract that into your physical life as well. So if you want to decrease your negative manifestations look out for anything that you feed attention to that brings negative feelings with it.

When you notice that happening, don't resist or submerge the feelings; allow them to be there. By being aware of them but not resisting, the negative feelings will begin dissipating and release by themselves.

You can also do an energy healing session for yourself to release them. Then, using the bridging exercise, bridge your way into a positive thought stream on the subject.

## The Imagination

***"The mind is its own place, and in itself, can make Heaven of hell, and a hell of Heaven."***

*John Milton*

The envisioning process that we used above to manifest the white kitten is actually just consciously using your imagination, which is another aspect of mind power. Anything that you can "imagine" you can create into your experience. The realm of the imagination is much more than a fantasy world. It is a very real plane of existence from which all things are created.

The process of imagining something is actually using your inner eyes to view an unlimited catalog of options that are available for you to experience. Anything that you can view in your imagination already exists in energetic form somewhere in the inner planes of energy. To manifest what we want on this physical plane, we just need to use mind power to feed the idea of it with positive attention and not sabotage it with opposing visions and beliefs of not experiencing it.

## Beliefs Are Only Thoughts

So, even though wellbeing is abundantly available to us, we have this gatekeeper, the mind, which determines how much of it we experience. What opens or closes the gate to wellbeing is our thoughts and beliefs. Using our mind power, a positive thought or belief opens the gate into wellbeing; negative ones close it. You can tell immediately which is which, by how you feel.

Although they seem to have a lot of power, negative beliefs are really just thoughts that have been "rethink" over and over and take on the

appearance of reality. They appear to be more solid than thoughts, only because we have practiced them so many times that they have gathered more energy than other thoughts. We have fed them consistently with the food of our attention.

Then, since like attracts like, those thoughts draw more thoughts that are similar to them. A snowball effect happens. Unless checked, these thoughts expand with so much energy, that they move from the pure energy realm into the physical realm - into an unwanted manifestation. This is when we unconsciously use our precious mind power to create a negative "self-fulfilling prophecy."

This is how a thought becomes a belief, or expectation. At this point you may say, "The reason that I believe this is because it is true." What is actually going on, however, is that you believe it because you've practiced the thought so many times that the Universal Source Energy has no choice but to create and fill that mold for you and it becomes your reality.

In the end, however, beliefs are still just thoughts. With some effort we can change them (and our lives!).

### **Beliefs Either Limit Or Expand Your Wellbeing**

The experiences that we define as abundance, love and all good things are actually all one thing at the core: Source Energy. This Source is always available to us, and actually, at our core, is us. The only thing that keeps us from experiencing that is resistance, which manifests in the form of negative beliefs. With your mind power you can release those limiting beliefs and abundance, joy, and love flow freely to you, automatically! We'll talk about how to do this below.

*The amount of wellbeing you allow into your life is defined by the boundaries of your beliefs. You can repeat all the affirmations in the world in an attempt to change your life for the better, but it won't do any good at all unless you believe them as a possible reality for you.*

### **Beliefs Form The Blueprint Of Your Life**

Remember the first *Matrix* movie? There were parallels in it between the mind and a very complex computer with countless virtual reality programs. There was a scene where Neo, the main character, was on a skyscraper rooftop in a virtual reality training program with Morpheus, his teacher. In the program, the goal was to leap from one skyscraper to another.

When Neo hesitated, doubting whether or not he was that powerful, Morpheus said, "Don't think you are, **know** you are. Release doubt, fear, and disbelief." Then Morpheus leaped across to the next building. When Neo tried to follow the first time, he plummeted down to the ground. He wanted to believe he could do it, but it was too big a leap for his mind to make all at once.

***"Whether you believe you can do a thing or not, you are right."***

*Henry Ford*

This was a great illustration of mind power. I believe this is how "miracles" happen. The power of intention and belief can transcend any limit. If you were to focus on something with laser-sharp focus, not letting in any thoughts or doubts about something you'd like to create or experience, you would manifest it very quickly. Since most of us

humanoids don't always have that kind of laser-sharp focus, we need to learn to do it incrementally.

We all have examples in our lives where it's been obvious that we've used mind power to create our experience. One that comes quickly to mind for me is: We have a dance group called "Dance Home" in the community where I live. Sometimes when I go, I feel vibrant, beautiful, and alive, and therefore, I am all of those things and have experiences there that reflect that.

Then there are other times I go to the same place when I'm having a low self esteem day. On those occasions I don't like the music or the DJ, my favorite dance partners aren't there, I feel unattractive... and guess what? All of those things are true for me at that time. The only difference between the two scenarios is what I believed about myself before I ever left home. In other words, I created what happened by the direction I chose to focus my mind power.

For me, working with (and not against) mind power is an ongoing discipline. I'm discovering that it vastly improves the quality of my life to practice being consciously connected to Source Energy by being aware of my feelings and the thoughts that create them. I'm committed to using the power of positive thinking, and training my focus to stay on thoughts that bring positive emotions.

## **We Already Deserve Wellbeing**

One of the most exciting realizations I've had is that the positive or negative circumstances of my life aren't about worthiness. They are about attention. All of us already deserve love, joy, and exuberant wellbeing. Yup, that means all of us, no matter what we've ever done. But how much of that we experience is a direct result of how much we believe we have access to it.

The way that we increase the power of our belief in our access to wellbeing is by using our Emotional Feedback Guide to help us to choose thoughts that keep us in alignment with Source. The more we practice feeling wellbeing, the more it expands within us and consequently, the more we **believe** it.

The manifesting principle of the universe is neutral and doesn't care about your "good" or "bad" deeds of the past. Source Energy neutrally fills whatever molds we create with our thoughts and attention.

I've found that even when I've been going through intense growth phases and it is very uncomfortable, when I use my mind power to keep my attention on Source, there is a knowingness that everything is okay, even though it doesn't feel that way. When I remember to do that, I go through the growing process much quicker and easier.

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## HOW TO CHANGE BELIEFS WITH MIND POWER

### 1. Become Aware Of Them

If many of our limiting beliefs are unconscious, how on earth can we uncover them?

Look around at your life. Your day-to-day life is a graphic portrait of your beliefs. Your limiting beliefs will show up as your fears. Take a look at the following arenas of your life and as you focus on each of them, notice what feelings come up.

**Self-Appreciation - How do you feel about yourself? Do you like who you are?**

**Relationships and Family - Do you enjoy your relationships? Are they deepening and fulfilling for you? Are you able to work through "stuff" as it comes up with those who are close to you?**

**Creativity, Dreams, Career and Aspirations - Is your heart fulfilled? Do you wake up in the morning excited about what you're going to do that day? Are you sharing your unique gifts with the world?**

**Abundance and Money - Does money flow easily for you? Are you able to comfortably take care of yourself and those you love? Are you able to do the things your heart longs to do?**

Did you notice any fears as you read through the list? If so, you've identified a limiting belief, or two or ten

For example, as you put your attention on abundance and money, if you feel fear, look closer to see what the thought is that is connected to it. Sometimes the feelings come up so quickly we aren't aware of the thought, but, trust me, it is there. If there is a feeling, there was a thought that it originated from, even if it flashed past so quickly you didn't catch it the first time. Use your mind power to ferret it out. Questions can be used as probes. Simply go inside and ask: "What thought is at the source of this fear?" or "What is the belief that this fear comes from?"

This may take some practice but eventually, by inviting and intending clarity, your mind power will show you the thought/belief that is at the base of the fear.

## 2. Dismantle The Belief

Realize that you haven't been the victim of some horrible truth that you don't have control of. Instead, you have simply been terrorizing yourself with your own mind power! The thought form at the base of the big scary fear is actually only a wisp of energy! Without us feeding it with attention, it has no power at all.

Really take this to heart. This is an important step in un-powering and dismantling the belief. Again, these beliefs are really just thought forms. They are not reality and with some effort they can be changed.

## 3. What Do You Really Want?

Okay, you've identified where you are. You've gotten honest with yourself and uncovered a negative belief.

Now, you need to figure out where you want to go from here and use your mind power to chart your course. Ask yourself, **"What do I want in this situation?"**

Using the money example above, let's say that the belief/thought you uncovered was: "I'll never get ahead." So, I will assume that what you do want in this situation is to not only "get ahead" but to prosper abundantly. Hey, why not!

## 4. Bridge The Gap

Usually, we can't immediately make the leap from a strong negative emotion or belief to a positive one, but using mind power we can incrementally move toward it, and get there one realistic step at a time. We can alter our beliefs by applying new thoughts to the old beliefs until we mold them into that which we prefer. Then we practice the new viewpoint or belief.

**If we stop feeding something, it dies. If you stop feeding attention, water and sunlight to your house plant, it will die. Likewise if we stop feeding a limiting belief with our attention and begin feeding a positive, expansive one, the old belief will die and the new one will take root and flourish.**

***So, back to our example. Now that you've clarified what you want, you just need to make a mental bridge from "I'll never get ahead" to "I am abundantly prosperous." You build that bridge one thought at a time, using the power of positive thinking. What is very important is that each thought that you choose for your thought-bridge is one that you absolutely believe to be true. If you don't believe the thought, your Emotional Feedback Guide will give you negative feelings, probably fear, and your "bridge" will collapse.***

Using your mind power, reach for a thought that you not only believe on the subject, but one that brings relief and positive feelings. It might be

something like, "I'm excited about uncovering this belief that has been holding me back. Now I can do something about it." Try that out and check in with your Emotional Feedback Guide to see if that piece of your "bridge" is going to hold or not. If it is too big a leap (which you can tell by negative emotions that attend it), then try out another one like, **"I know it's possible to be prosperous, because I see that others have prosperity."**

***"The mind, once expanded to the dimensions of larger ideas, never returns to its original size."***

*Oliver Wendell Holmes*

Once you have your first thought that you believe on the subject that feels good, reach for another one that feels even better, like, "I'm happy that I'm learning these new principles because I sense they can change my life." From there you might go to "What do I really love doing?" then, "How can I do

more of that in my life right now? Okay, I can see the possibility that there is something I could do to create abundance in my life, doing something that I really love doing. I can feel my heart expanding just thinking about it. And I know that that is how I let in abundance, by keeping open to this positive energy as much as I can. Hey, this is starting to feel pretty exciting!"

As long as you keep following any trail of thought that occurs to you that brings a lighter, expanded feeling, with your mind power you will bridge your way to "I am abundantly prosperous," or maybe "I can be abundantly prosperous doing what I love to do." Just keep feeding this new bridge of thought whenever the subject comes up in your mind. It is also helpful to set aside reflection time to focus on this process for each belief you uncover.

You build the bridge to where you want to go simply by choosing the direction of your thoughts. There are only two directions for them to go: in a positive direction, which aligns you with your inherent wellbeing, or in a negative one, which blocks you from wellbeing. If you keep looking for and feeding the positive ones, your bridge builds itself!

## **5. Clear Out The Residue**

All of our beliefs were originally set in motion because of things that have happened to us in the past. In conjunction with building a thought bridge to a positive belief, I highly recommend clearing out the energy of the old one, as well as whatever trauma that is related to it. This process is quite easy and is described here.

## **Preventive Maintenance**

Using mind power to uncover and release old limiting beliefs is an ongoing process. For me it certainly is. Besides identifying and cleaning out the old stuff, it is also important to stop new negative beliefs from forming while they are still in the beginning thought stage. Use your Emotional Feedback Guide to notice whenever you begin to feel negative emotion. What I've noticed is that the more wellbeing that I experience, the more

noticeable it is when I'm feeling "off." The negativity stands out much more and I'm far less willing to stay stuck in it.

As you go about your day, catch yourself in the act. As soon as you feel negative emotion, stop yourself and use your mind power to trace back to the thought or belief that triggered the negative feeling. As you practice the steps above, they will become easier and more automatic.

### **Three Levels Of Creation**

As stated before, the first stage of creation begins with our mind power, our thoughts. Then on a more energized level, we create with our words. The forming power of words is much greater than the forming power of just thoughts. Then, on the next level, we create with our actions, even more powerfully than with our words.

Therefore, it is really important to watch your feelings when you talk. I've caught myself saying seemingly harmless declarative statements to someone like, "Boy, it's been tough lately!" or "What a klutz I am!" and I feel all the life force drain right out of me. I can feel the gateway to my wellbeing closing off. That's a huge tip-off to not continue speaking in that direction of thought. I feel exactly the same debilitating feelings if I say something negative about someone else. This isn't about being "good" or "bad." This is about allowing or sabotaging our own precious wellbeing!

Also notice how you feel as you perform different actions. Does that action evoke a positive feeling or a negative one? If it produces a negative one, it's time to make a course correction.

All of these things - ferreting out and changing limiting beliefs, working with (and not against) your mind power to choose a positive direction of thoughts, words and actions - will make a huge difference in the quality of your life. You will feel more freedom, love and true self-empowerment than you ever knew was available!

The power of positive thinking is amazing - by changing your thoughts you can change your world.

I hope you are inspired by the following collection of quotes, in fact I am sure you will be!

By Mary Jac xx

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## **INSPIRING BELIEF QUOTES**

Thank you for reading this page filled with belief quotes from the ages. Belief is a powerful tool that can both help and hurt. Find your favorite quotes on belief here and learn how to get rid of hurtful limiting beliefs and how to acquire new beliefs that will help launch your new positive, successful, abundant and happier life. Enjoy!

**A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done.**

*- Vince Lombardi*

**Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.**

*- Norman Vincent Peale*

**The eloquent man is he who is no beautiful speaker, but who is inwardly and desperately drunk with a certain belief.**

*- Ralph Waldo Emerson*

**Belief consists in accepting the affirmations of the soul; unbelief in denying them.**

*- Ralph Waldo Emerson*

**Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning.**

*- Mahatma Gandhi*

**Others believing in you is nice but worthless if not matched by your own thought.**

*- Scott Moore*

**Don't ever fear belief, rather have the courage to embrace positive beliefs and get on with your life.**

*- Scott Moore*

**We are all tattooed in our cradles with the beliefs of our tribe; the record may seem superficial, but it is indelible. You cannot educate a man wholly out of the superstitious fears which were implanted in his imagination, no matter how utterly his reason may reject them.**

*- Oliver Wendell Holmes*

**He does not believe who does not live according to his belief.**

*- Thomas Fuller*

**You must start with desire, keeping in mind that with the magic of believing you can obtain what you picture in your mind's eye.**

*- Claude M. Bristol*

**Convictions are more dangerous enemies of truth than lies.**

*- Friedrich Wilhelm Nietzsche*

**When you believe "I can do it," the "how to do it" develops.**

*- David Schwartz*

**Believe and act as if it were impossible to fail.**

*- Charles F. Kettering*

**Seeing is not believing; believing is seeing! You see things, not as they are, but as you are.**

*- Eric Butterworth*

**Nothing splendid has ever been achieved except by those who dared believe that something inside of them was superior to circumstances.**

*- Bruce Barton*

**Generally the theories we believe we call facts, and the facts we disbelieve we call theories.**

*- Felix Cohen*

**The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent.**

- Arnold Schwarzenegger

**Few really believe. The most only believe that they believe or even make believe.**

- John Lancaster Spalding

**Human beings are perhaps never more frightening than when they are convinced beyond doubt that they are right.**

- Laurens van der Post

**The thing always happens that you really believe in; and the belief in a thing makes it happen.**

- Frank Lloyd Wright

**What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are.**

- Anthony Robbins

**Every man prefers belief to the exercise of judgment.**

- Seneca

**Some things have to be believed to be seen.**

- Ralph Hodgson

**Martyrdom has always been a proof of the intensity, never the correctness, of a belief.**

- Arthur Schweitzer

**It is easier to believe than to doubt.**

- E.D. Martin

**This is how humans are : we question all our beliefs, except for the ones we really believe, and those we never think to question.**

- Orson Scott Card

**What matters is not the idea a man holds, but the depth at which he holds it.**

- Ezra Pound

**Man is a credulous animal, and must believe something; in the absence of good grounds for belief, he will be satisfied with bad ones.**

- Bertrand Russell

**There is only one cause of unhappiness : the false beliefs you have in your head, beliefs so widespread, so commonly held, that it never occurs to you to question them.**

- Anthony de Mello

**Live your beliefs and you can turn the world around.**

- Henry David Thoreau

**The depth of your belief and the strength of your conviction determines the power of your personality.**

- Brian Tracy

**Your belief determines your action and your action determines your results, but first you have to believe.**

- Mark Victor Hansen

**It is this belief in a power larger than myself and other than myself which allows me to venture into the unknown and even the unknowable.**

- Maya Angelou

**The best way to change your belief system is to change the truth about you. What you actually "do" is more important than what you say you'll do.**

- Steve Chandler

**Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution.**

- Dr. David Schwartz

**I think perfectionism is based on the obsessive belief that if you run carefully enough, hitting each stepping-stone just right, you won't have**

to die. The truth is that you will die anyway and that a lot of people who aren't even looking at their feet are going to do a whole lot better than you, and have a lot more fun while they're doing it. - *Anne Lamott*

Men of integrity, by their existence, rekindle the belief that as a people we can live above the level of moral squalor. We need that belief; a cynical community is a corrupt community. - *John W. Gardner*

Not believing has a sickness which is believing a little. - *Antonio Porchia*

He who does not know how to believe, should not know.

- *Antonio Porchia*

When I believe in nothing I do not want to meet you when you believe in nothing.

- *Antonio Porchia*

A person's probability of success is directly proportional to the belief and execution of their abilities.

- *Kent Calhoun*

Realizing that our actions, feelings and behaviour are the result of our own images and beliefs gives us the level that psychology has always needed for changing personality.

- *Maxwell Maltz*

If you feel inferior to someone else, it is because of your own beliefs.

- *Catherine Pulsifer*

We are all captives of the picture in our head - our belief that the world we have experienced is the world that really exists.

- *Walter Lippmann*

Alas, the fearful unbelief is unbelief in yourself.

- *Thomas Carlyle*

If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad.

- *Denis Waitley*

What distinguishes the majority of men from the few is their inability to act according to their beliefs.

- *John Stuart Mill*

Be not afraid of life. Believe that life IS worth living and your belief will help create the fact.

- *James Truslow Adams*

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.

- *Anatole France*

The environment you fashion out of your thoughts, your beliefs, your ideals, your philosophy is the only climate you will ever live in. The key is in not spending time, but in investing it.

- *Stephen R. Covey*

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## THE POWER OF POSITIVE THINKING

*If you believe you can do anything you will...*

The power of positive thinking means you can make all your desires a reality today.

The power of positive thinking is truly about your ability to think and make anything in life possible.

Let me break this down to the simplest form for you to be able to realize what this is all about once and for all.

When we talk about the word "power" regarding anything in our world, it usually will be followed with an idea of the necessary components to make "whatever" happen automatically.

You have a real tangible ability to make anything happen by putting positive thoughts together.

Then follow those thoughts with the necessary actions you must take for the desires of your heart.

Think back to the last time you truly believed that something was going to happen in your life.

The trigger to this situation coming to pass had everything to do with the power associated with your thoughts and beliefs.

This power of thinking can work against you as many people can attest to so it is imperative that you focus your thoughts on positive outcomes.

I know of someone who is always thinking about being mistreated by individuals in all walks of his life.

It is not surprising to see that he gets these very actions in his life because he has put the power of negative thinking into action.

You have heard of the quote that states, "Be careful what we wish for because you just might get it".

I have used this power of positive thinking to make my life full of all the blessings that make my dreams truly my daily reality.

When I look at my wife, children, family, and all the other things that make my life awesome I know that the power of positive thinking is real and available to all who seek it.

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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  
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## HOPE QUOTES

*"Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present."*

*"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."*

*"There is neither happiness nor misery in the world; there is only the comparison of one state with another, nothing more. He who has felt the deepest grief is best able to experience supreme happiness. We must of felt what it is to die, Morrel, that we may appreciate the enjoyments of life."*

*"Live, then, and be happy, beloved children of my heart, and never forget, that until the day God will deign to reveal the future to man, all human wisdom is contained in these two words, 'Wait and Hope.'"*

*Hope never abandons you, you abandon it." - George Weinberg*

*"The birds of hope are everywhere, listen to them sing."*

*"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come." - Anne Lamott*

*"A lesson for all of us is that for every loss, there is victory, for every sadness, there is joy, and when you think you've lost everything, there is hope." ?- Geraldine Solon*

*"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." -Mary Pickford*

*"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison*

*"There is neither good or bad, but thinking makes it so."*

*"Only in the darkness can you see the stars." - Martin Luther King Jr.*

*"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." - Barack Obama*

*"We need never be hopeless because we can never be irreperably broken." - John Green*

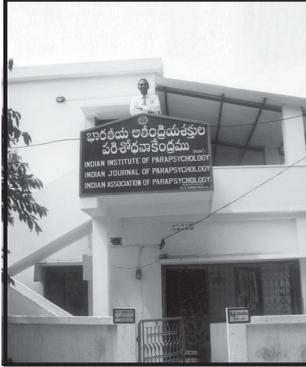
*"To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless." - G.K. Chesterson*



## భారతీయ అతీంద్రియ శక్తుల పరిశోధనా కేంద్రం

### **INDIAN PSYCHICAL RESEARCH SOCIETY (Regd.)**

The Purpose of the “Indian Psychical Research Society” which was founded and registered in 1979 is to examine without prejudice or prepossession and in a Scientific Spirit that those faculties of Man, real or supposed which appear to be inexplicable on any generally recognized hypothesis. It is a non-profit research organization to encourage Research and Training in the field of Parapsychology.



#### **Aims and Objects :**

1. To investigate unexplained laws of Nature and the powers latent in Man and to advance Parapsychology in India as a Science. The investigation of Telepathy, Clairvoyance, Precognition, Dreams, Psychometry, Reincarnation, Materialization, Poltergeists, Hypnotism and other sub-conscious processes in so far as they may be related to paranormal processes.
2. The collection, classification, study and Publication of reports dealing with the above phenomena. Readers are requested to report incidents and cases.
3. To have close contacts with other Parapsychological Societies and Psi Laboratories Around the World to collect and exchange information on the above phenomena.
4. To collect information about Yogis, Swamijis, Miracle-men and even common and ordinary people who have had Supernatural Powers and those who are able to perform things which are ordinarily considered to be impossible to happen or difficult to explain with the frame work of current science.
5. To create interest among the public towards Parapsychological Research movement through the Seminars and Workshops, Training Classes on the development of Psychic abilities through the “**Indian Institute of Parapsychology**” and keep people informed of the research findings, news and major events in the World of Parapsychology through the Indian Journal of “**Parapsychology Today**”

#### **You can strengthen our hands by :**

1. Joining as a Member.
2. Taking up specific projects for execution.
- 3. Offering your expertise, knowledge and experiences with our members.**

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