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“SUCCESSERCISING”®

A Free Educational, Motivational And Inspirational Monthly Success Achievement Newsletter

Greetings! We would like to offer to send you and your team our **FREE** monthly **E-mail newsletter**, **“Successercising,”** if you so desire. There will be many useful ideas and lots of great inspiration on how to become a more dynamic and successful communicator and leader, as well as achieving and *maintaining* greater success in your personal, business and family life.

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From: <http://www.master-mind-alliance.com>
Subject: **Successercising Newsletter - SAMPLE**
Publisher: Rick Gettle – San Francisco, California
To Subscribe: Successercising@msn.com

“THE CARNEGIE SECRET”

(Excerpt From The Course)

“SUCCESSERCISING” - THE SCIENCE OF SUCCESS ACHIEVEMENT COURSE

The Equivalent Of A PhD In Success From The University Of Hard Knocks

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In his all time best selling book, *Think And Grow Rich*, Napoleon Hill mentions in his first chapter that throughout the book he will be referring many times to *The Carnegie Secret*. He said he would not tell you what that secret is, but when you are ready, it will jump off the page and into your brain. He said, When the Student is ready – the master will appear. The doors will open. The lights will turn green. The ideas will come. The money will come. The people will be there to help you.

Since 1970 we have been teaching the principles of success that Andrew Carnegie commissioned Napoleon Hill to study and share with the world. Napoleon Hill spent his entire lifetime researching the most successful people of all times from around the world.

Many, many times in our classes, workshops, talks, rallies and in our Master Mind Alliance Success Club meetings we have asked this question to those in our audience who had read the book *Think and Grow Rich*,

What is *The Carnegie Secret* that Napoleon Hill referred to in his book?

We got all kinds of guesses and some answers that were somewhat close.

HERE IS ----- ***THE CARNEGIE SECRET***

#1. HAVE A DEFINITE MAJOR PURPOSE.

What is the most important thing you would like to accomplish in your lifetime? Try to define it in one paragraph, even if you have to keep rewriting it a hundred times until it gets as clear as possible. It has to be the most important thing in your life. Mahatma Gandhi's *definite major purpose* was to win independence for India from their British rulers. He succeeded. Dr. Martin Luther King's was equality and the end of oppression for black people. Doctor Jonas Salk's was to find the cure and end for polio. Thomas Edison's was the incandescent light bulb. What is yours?

If you don't currently have what you feel is a *definite major purpose*, then have a definite major purpose to **find** your *definite major purpose*.

It has to be something you want so bad that you think about it all of the time.

#2. BE WILLING TO STAKE YOUR ENTIRE EXISTENCE ON ACHIEVING IT.

Don't Quit. There Are Many Starters In Life, But Very Few Finishers – When The Going Gets Tough They Quit. A person with a *definite major purpose* never gives up – no matter how long and tough the road is; instead, they become more determined. Jack London was rejected over 600 times before he finally sold his first piece of writing. Thomas Edison actually failed over 9,999 times before he perfected the incandescent light bulb, and over 5,000 times before he perfected the world's first phonograph record player. There will be times when everything in you will tell you to quit – to stop trying, but if you hang in there, eventually, you will – you **must** succeed. Quitters never win and winners never quit.

Persistence is the power to hold on in spite of everything - to endure. It's the ability to face defeat repeatedly without giving up—to push on even in the face of great difficulty or danger. Persistence means taking pains to overcome every obstacle, to do all that is necessary to reach

your goals. You win, because you refuse to become discouraged by your defeats. Those who conquer are those who endure.

#3. KEEP INTENSIFYING YOUR DESIRE.

There are many “firemen” in life that will come along and try to put your fire of desire out. They will give you all kinds of reasons why your idea or goal won’t work and tell you to give it up, forget it, or tell you “You can’t do it.” **You have to become an Arsonist.** An arsonist **sets** fires. Every morning when you wake up you have to re-light and re-build the **intensity** of your fire of desire. You have to eat it, sleep it, walk it, talk it, and concentrate on it until it becomes a red-hot flaming, burning, obsessional desire that will eventually mow down all of the opposition you will face throughout each day. **If you don’t**, your Sizzle of desire will fizzle down to nothing. I’m not suggesting that you stop talking to or seeing your family and friends – what I’m saying is to keep focused day and night, seven days a week. This will bring into play:

THE LAW OF HARMONIOUS ATTRACTION.

Your burning desire becomes a *magnet*. You will attract that which you need; the ideas and plans, the money you need, and the people you need to help you. They will eventually gravitate toward your desire.

#4. HAVE BULLDOG DETERMINATION AND PERSEVERANCE THAT WILL EVENTUALLY MOW DOWN ALL OPPOSITION.

Expect lots of problems, adversities, and discouragement along the way. Go around it – go over it – go under it – or dig a hole through it – but don’t ever turn back. Make your Definite Major Purpose the dominating thought in your mind. It is a known fact that people who have had great achievement – formed the habit of making an “*obsession*” of their Definite Major Purpose. Andrew Carnegie said to put all of your eggs in **one** basket and then watch the basket. Andrew Carnegie’s *definite major purpose*, which he wrote down at an early age and kept in his desk, was to earn as much money as he can in life and then, in the end, to set up the Carnegie Foundation to give it all away to worthy causes. Even after his death long ago, the Carnegie Foundation is still giving away millions every year to help mankind.

I have been teaching *The Science of Success Achievement* Course since 1970. There were many times when I taught the course to as many as ten different groups per week. Some in major hotels, some in large corporate training rooms, in the YMCA, in hundreds of real estate and insurance offices, in prisons, rehab centers, and for many sales and marketing groups of people.

In *all* of my classes, (There were ten separate 4-hour classes to the course,) I always told my students at the end of the first class – “For your homework this week, I want you to read the first four chapters of *Think And Grow Rich* (I always had stacks of the book there to sell them.) As you read each page, write a list of all of the things the author is telling you to do and the things he is telling you not to do. Then, I want you to carry that list with you every day and keep reviewing your list and keep doing the things the author told you to do. And then come back to class #2 next week and tell the class about the list you made, what actions you took as a result of reading the book, and what results you got.”

At the beginning of the class on the following week I would always start out by asking - By a show of hands, how many of you read the first four chapters of **Think And Grow Rich**? About 2% would raise their hands. The rest didn't take the time to read it. Then I would ask the 2% How many of you read the first four chapters and made the list I told you to make of all of the things the author told you to do? Usually about three hands went up. I asked each of them - How many items do you have on your list of the things the author told you to do? The first person said three. The second person said nine. The third person said – **90 items**

I asked the person who had ninety on her list to come to the front of the classroom.

I said to the others - You people paid good money to take this course because you wanted to achieve greater success. How can you expect the results you hoped for if you aren't willing to take notes and to put in practice what you are learning?

Then I had the lady read from her list of 90 items, and as she did, I would discuss them in detail to the class. The class was surprised at how powerful and important the things on her list were.

I asked the class – “How many of you are speed reader?” All kinds of hands went up. Then I told them about an incident when I was at a party and someone asked me what I do for a living. I told him that I teach a course based on material from all of Napoleon Hill's books, including, **Think And Grow Rich**. He said, “That's a book that we teach from at our speed reading school.” Then I asked him, “What were the greatest lessons you learned from the book?” He tried to think and then said, “I don't remember that book so well.” I later found out that he was a speed-reading instructor. I thought to myself – There's a guy that can read 10,000 words a minute and remember nothing.

Think And Grow Rich is so powerful that it's the kind of book you have to read very slowly and carefully, many times, until it becomes a part of your life and habits. I have been reading the book every year since 1970. Each year I pull it back off the shelf and let it fire me up for the achievement of my new goals for the year.

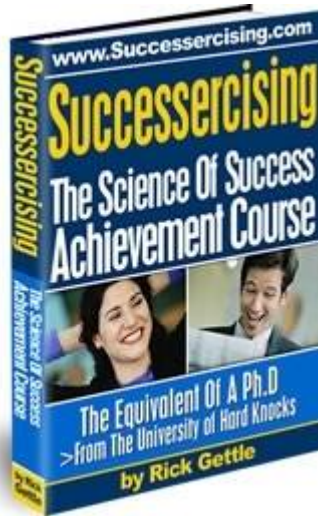
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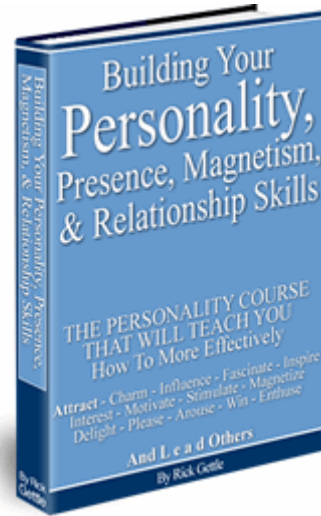
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COURSE #1 (387 PAGES)



COURSE #2 (305 PAGES)

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Persisting With Bulldog Determination
(Excerpt From The Course)

THE SCIENCE OF SUCCESS ACHIEVEMENT COURSE

The Equivalent Of A PhD In Success From The University Of Hard Knocks

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Ninety-Five Percent Of All New Businesses

Go Out Of Business Within The First Five Years Or Less.

Why Do They Fail?

There are many starters in life - but very few finish what they start. When the going gets tough, most people fold. They don't persist hard enough or persevere long enough. They don't have a red-hot flaming burning desire to succeed. They don't make it their *DEFINITE MAJOR PURPOSE*. They don't take enough personal initiative to make it happen – they don't go the extra mile. They don't want it bad enough. They don't have enough self-control and discipline. Shall I go on? I could write a book on why so many people fail, but I'd rather talk about those who succeed.

There Are Three Kinds Of People

People who *make* things happen – people who *watch* someone else make it happen – and people who *don't know* what's happening.

THE MAKE-IT-HAPPEN PEOPLE

Thomas Edison persisted through 4,999 different attempts to invent and perfect the incandescent lamp. He finally succeeded on his 5,000th attempt. This is a recorded fact.

What do you suppose he had that others didn't have? Successful people keep moving. They make mistakes, but they don't quit. Success seems to be largely a matter of hanging on after others have let go.

“Never, never, never, never give up”.... Winston Churchill

“The majority of people meet with failure because of their lack of persistence in creating new plans to take the place of those which fail” – Napoleon Hill

WHAT IS PERSISTENCE?

It is the power to hold on in spite of everything, to endure—this is the winner's quality. Persistence is the ability to face defeat again and again without giving up—to push on in the face of great difficulty. Persistence means taking pains to overcome every obstacle, to do all that's necessary to reach you goals.

To go on resolutely -- in spite of difficulties – endurance. Having a fixed purpose -- free from doubt or wavering. Firm in adherence to whatever one is bound to by duty or promise. Stubborn – Unyielding – never giving up – never surrendering – willing to die for - never yielding to physical force – even when tortured – would rather die than betray or give up information. Refusing to relent. To be steadfast in purpose - To prevail, endure, remain, last.

THE GREATEST TRAGEDY IN LIFE

Millions of people come into this world and leave this world and never ever realize or develop their full powers and potential. They bargained in life for a penny, and life would pay no more, not realizing that any wage they would have asked of life – life would have gladly paid. Some of those people never even tried, they just settled for mediocrity. Others, got a dream, an idea, a desire or goal, and decided to go for it, but then dropped out when the going got tough. There are many starters in life, but very few finish. Too many people give up on their dreams too soon in life.

No matter what the level of our ability, we have more potential than we can ever develop in a lifetime. Deep within every man and woman dwells those slumbering powers; powers that would astonish them, which they never dreamed of possessing; forces that would revolutionize their life if aroused and put into action.

Potential means: *undeveloped* -- and *unrealized* -- Powers, Possibilities, and Capabilities -- **that can -- but have not yet come into being.** In other words, the best is yet to come! You have powers and talent you have not developed or used yet. You also have dreams and fantasies you have not realized yet. Your unlimited possibilities are still alive, just waiting for you to give them power.

Tough Times Never Last - But Tough People Do.

How would you like to see a permanent end to all of your problems? We all have problems – and **our problems only end - when we do.** The only people without problems are in the cemetery. I'd like to stick around – problems and all. How about you?

No matter what problems you have to face today, there is a solution, because you have nothing to deal with but your own thoughts. As long as you think that your destiny is in the hands of other people, the situation is hopeless. You will need to confront your problems with courage, boldness and action.

There's an old Chinese saying that goes, "If you live with a problem long enough, it could eventually become a blessing." Within every adversity in life, there is always a seed of an equivalent or greater benefit. We have to look for it - find it - and act on it.

We learn courage - when we face danger. We learn patience - when we endure suffering. We learn tenderness - when we taste pain. We learn to prize true friends – when false ones forsake us. We treasure health - when illness strikes. We learn to prize freedom -when we are in danger of losing it. Without trouble we would be like plants that have sprouted, grown, and been nurtured in the overprotected shelter of a hothouse -- too tender ever to live in the open. How can you possibly become a strong person, if you have an easy life? The tougher it is, the tougher you have a chance to become – if you choose to fight back.

When you see a highly decorated military person all dressed up with rows of battle ribbons and awards on their chest, you are looking at someone who courageously faced and conquered danger, hardships, adversities, problems, life-threatening situations, torture, injury, and heartbreak, watching their buddies die terrible deaths. These people had fortitude - the ability to endure and last. They wouldn't quit, give up or run away. Yes there were times, I'm sure they knew, when they bit off more than they could chew, but through it all when there was doubt – they ate it up – and spit it out – the records show – they took the blows – and did it their way.

We don't just get the sweet out of life without the bitter - we'd like to, but we don't. The sun doesn't always shine; sometimes there are storms, tornadoes, earthquakes, car accidents, fires and death. No one escapes the problems of life. If it doesn't happen sooner in life, it will happen later.

We can overcome just about any problem, obstacle, or adversity that life deals us – if we have a strong enough will. Where there is a will, there is a way. **Create a "bull-dog" determination and a "burning desire," that will eventually mow down all opposition.** "Success is not measured by what a person accomplishes, but by the opposition they have encountered, and by the courage with which they have maintained the struggle against overwhelming odds" Charles Lindberg. Don't pray for an easy life, without problems – pray to become a strong person. The higher you go in life, the more problems you will have to deal with.

Determination

“ You will be what you *will* to be;
Let failure find its false content
In that poor word, 'environment,'
But spirit scorns it, and is free.

“It masters time, it conquers space;
It crows that boastful trickster, chance,
And bids the tyrant circumstance Uncrown,
and fill a servant’s place.

“**The human will**, that force unseen,
The offspring of a deathless soul,
Can hew a way to any goal,
Though walls of granite intervene.
“Be not impatient in delay,
But wait as one who understands;
When spirit rises and commands,
The gods are ready to obey.”

James Allen

To Learn More About This 387 Page Course

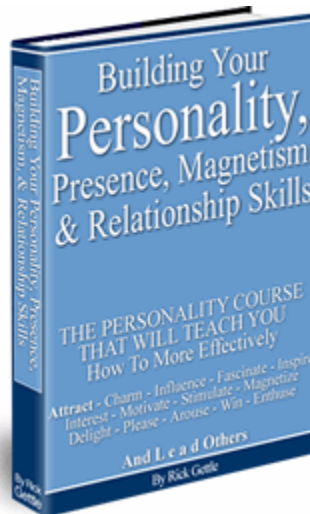
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*** PERSONAL MAGNETISM ***

Excerpt From The Course:

Building Your Personality, Presence, Magnetism, And Relationship Skills

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The Personality Course That Will Teach You How To More Effectively

Attract - Charm - Influence - Fascinate - Inspire

Interest - Motivate - *Stimulate* - Magnetize

Delight - Please - Arouse - Win – Enthuse

And *L e a d* Others

**Your Success In Selling Yourself And Your Ideas To Others Is Based
98% On Your Personality And Only 2% On Your Product Knowledge**

**Some People Have So Much Personality, Presence And Magnetism That
They Brighten A Room When They Come In.**

Others Have So Little, That *They Brighten The Room When They Leave.*

Personality is the mental, spiritual, and physical traits - **good or bad** - which distinguish you from all others. To realize prosperity and success you need to build a powerful magnetic personality that **attracts** people to you. Here's a list of traits that will help you achieve a pleasing, attractive, engaging, and winning personality.

Did You Ever See This In A Personal Ad?

If you are financially independent, over 6 feet, muscular, trim and good looking, under 40, enjoy the good life, traveling to exotic places, dining in elegant restaurants, laying in the sun, cruise ships, theater, hot tubs, fine wines and a life of leisure and pleasure, you are in luck. Your perfect companion is eagerly waiting for your call. I've been dreaming about you for years. Make my dreams come true Prince Charming. Your Cinderella --- (It's possible --- if you have the following qualities.)

How Is A Person With *Personal Magnetism* Described?

They Are: Alluring, Appealing, Attractive, Captivating, Charismatic, Charming, Chic, Classy, Dashing, Dazzling, Debonair, Delightful, Desirable, Distinguished, Dynamic, Enchanting, Enjoyable, Exceptional, Exciting, Extraordinary, Fabulous, Fascinating, Glowing, Inspiring, Interesting, Irresistible, Magnetizing, Pleasing, Radiating, Sharp, Smooth, Stimulating, Suave, Tremendous, Uncommon, Unusual, Vivacious, And Wonderful To Be Around.

All around the world, in every walk of life, there is a common desire most people have:

To be - liked, loved, popular, attractive, admired, respected, recognized, listened to, and considered important.

In order to achieve this goal, a person would have to develop many positive qualities.

Studying the “personal ads” in the newspapers, these were the most popular qualities I found that people are looking for in others. They want someone who has as many of these qualities as possible:

They want someone who is: active, adaptable, adventurous, affectionate, a good conversationalist, a good listener, ambitious, amusing, a sharp dresser, blissful, calm, caring, cheerful, classy, committed, compassionate, confident, considerate, courteous, creative, dedicated, dependable, down-to-earth, easygoing, emotionally available, energetic, ethical, even-tempered, firm, flexible, fun, gentle, honest, intelligent, lovable, loyal, mature, non-controlling, non-judgmental, non-manipulative, open-minded, optimistic, outgoing, patient, playful, positive, reliable, romantic, sensitive, sensual, serious minded, sharing, sincere, smart, sophisticated, spiritual, spontaneous, stable, strong, stylish, tactful, tender, tolerant, trim, unencumbered, unselfish, warm-hearted, well groomed, and witty. Someone who has a good sense of humor, a good vocabulary, a good imagination, a pleasing tone of voice, a warm smile, good facial expressions, hope, ambition and high expectations, good health, and someone who has and shows “class.” A person who has and projects: ***Charm, Presence, Charisma and Personal Magnetism.***

This course is all about how to become that kind of person—and then, of course—the “Law of Harmonious Attraction” comes into play---“Like” attracts “Like.”

The principles and ideas shared in this course are all about how to more effectively attract – charm – influence – fascinate – inspire – interest – motivate – stimulate – magnetize – delight – please – arouse –win – enthuse – and lead others.

To Learn More About This Course Please Go To: <http://www.master-mind-alliance.com>

***** CONTROLLED ATTENTION *****

(Excerpt From The Course)

THE SCIENCE OF SUCCESS ACHIEVEMENT COURSE

The Equivalent Of A PhD In Success From The University Of Hard Knocks

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“Concentration is the act of focusing the mind upon a given desire until ways and means for its realization have been worked out and successfully put into operation.”

Controlled Attention is the greatest form of power you can use.

Look at the famous **“Blue Angels”** Navy flying team. What do you suppose they think about when they are up in the sky risking their lives to put on a spectacular air show for their audiences? Thinking about what they are going to watch on TV that night? Thinking about the nice dinner they are going to have at the end of the day? Maybe spaghetti and meatballs? Thinking about their families?

They are flying about 4 feet away from each other and thinking about only one thing - Staying **4 feet away from each other**. If for one second they take their minds off that and think about something else, they are risking instant death. The end of their lives.

Look at the definition of concentration again and see if you can identify **the most important word**.

“Concentration is the act of focusing the mind upon a given desire until ways and means for its realization have been worked out and successfully put into operation.”

You look at your goal - think about it, eat it, sleep it, walk it, talk it, **until** it develops into a red-hot flaming, burning desire that will eventually mow down all opposition with bull dog determination.

When someone is trying to ignite a piece of paper with the rays from the sun through a magnifying glass, how long do they hold that magnifying glass?

UNTIL it ignites! They don't stop for a coffee break or for any other reason. If they stop, they will lose the powers of concentration. They keep building **the intensity** of their concentration.

Affirmation: ***“It is so easy and thrilling for me to concentrate all of my thoughts on one thing, my goal.”***

(Napoleon Hill's first book: ***Law Of Success***, was started in 1908 and finished in 1928, after twenty years of research on success achievement.)

To Learn More About This Course - Go To: <http://www.master-mind-alliance.com>

***** Nightingale/Conant Audio And Video Programs *****

(Reviewed For Best Ideas)

From The All-Time #1 Best Selling Cassette Tape Program:

Lead the Field – By Earl Nightingale

Topic: Success – A Day At A Time

One of the surprising anachronisms of our age is that the great majority of people still think of success as a matter of luck, getting the breaks, being born rich, or being crooked. It is not, nor has it ever been, any of these things. The formula for success is known, and it is as simple as adding two and two. But you will have a hard time convincing some people of this—namely those who still cling to their old wives’ tales and who alibi their own failures by perpetuating such nonsense. Here is a formula for success, which will work every time, for any man or woman. A lifetime consists of years, months, weeks, and days. The basic unit of a lifetime is a single day. And a single day in our careers is made up of certain acts which each of us must perform. We need only perform successfully each act of a single day to enjoy a successful day. Repeat this each day for a week, and you have a successful week. If you will only do each day the things you know you should do each day and do them as successfully as you possibly can, you can rest assured that you will be successful all the years of your life. You don’t have to run around in circles trying to do a great many things. It is not the number of acts you perform but rather the effectiveness with which you perform them that counts. Don’t try to do tomorrows or next week’s work today. Just do today’s as best you can and leave tomorrow’s for tomorrow. That is really all there is to it.

The world is full of successful people who don’t even know they are successful. And it is also full of unsuccessful people who think they are successful. The important thing is not to slight a single act during the day, because sometimes we do not know how really important some little act may be. The minute one rises in the morning, he is faced with certain things to do. He should be cheerful, for example, to the other members of his family. A person has the choice of being cheerful or sad. With these two alternatives, no one with any sense or understanding of life would choose to be unhappy. Then there is our work. Have you ever thought how boring and uneventful life would be without our work? Here again, work consists of a series of things to do. We have only to perform each one as best we can to be successful all day long. Finally, if we can go to bed again in the comforting knowledge that we have done the best we could do for that one day, we can know that we are successful. As Emerson put it: “Self-trust is the first secret of success, the belief that if you are here the authorities of the universe put you here, and for a cause.”

Your job, then, is to play out the role you have undertaken to the best of your ability. Success is nothing more nor less than this. We only become dull and bored and uneasy with others and ourselves when we shirk what we know full well we should be doing. The happiest and most contented people are those who each day performs to the best of their ability. The truth about success is long overdue. There is nothing mysterious about it. Success can be predicted and measured with mathematical precision and will come to us in the exact degree of the effectiveness with which we love each day.

To learn more about Nightingale/Conant audiocassette tape programs - or to purchase - go to:

<http://www.master-mind-alliance.com>

***** AFFIRMATIONS *****

(Excerpt From The Course)

THE SCIENCE OF SUCCESS ACHIEVEMENT COURSE

To Affirm Means To “Make Firm”.

Affirmations are strong, powerful statements that we bombard our minds with - continuously - throughout our entire days - when we are awake and as we sleep. These affirmations work for us when they are **positive** – and against us when they are **negative**.

Our mental commentary influences and colors our feelings and perceptions about what’s going on in our lives, and it is these thought forms that ultimately attract and create everything that happens to us – good or bad.

THE POWER OF AFFIRMATIONS

To Affirm, Is To State That Something Is **True** Even When All Evidence To The Contrary Is Available.

When Mohammed Ali was a young and new fighter, he kept repeating the affirmation, “**I am the greatest**” – several times a day – seven days a week. Most people who followed the boxing world at that time said the opposite. They called him a bum, a jerk, an amateur, a big mouth, in fact, **everything but** the greatest. Years later, however, even long after he retired, they all call him – The Greatest Boxer Of All Times.

Mohammed Ali said, "I am the greatest" and kept putting this image on the screen of his mind until he believed it and eventually achieved it.

All achievers and winners do the same. They put a winning image on the screen of their mind and hold it there with emotional intensity and frequency of impression. They do this until the image becomes reality.

Mohammed Ali practiced *The Science of the Spoken Word to become The Greatest*.

Dr. Emile Cou’e, who worked with extremely sick people many years ago, had his patients repeat an affirmation several times each day. They repeated it to themselves, over and over again, until they started to believe it, and then they would eventually get better.

That affirmation was, “Day By Day In Every Way I Am Getting Better and Better.

Whatever The Mind Can Conceive And Believe It Can Achieve ---- Dr. Napoleon Hill

Dr. Cou’e **conceived** the idea and created the affirmation for his patients – his patients repeated the affirmation until they eventually **believed** the idea. Once they believed it – they **achieved** it

Kirk Douglas, the famous actor, once told a story about when he was young and trying to break into acting. He was working as a waiter at the time. After work, he would meet with his friends who were also trying to get into the entertainment business. They met near a couple of benches

in Central Park where they would discuss their day and their activities in regards to getting their foot in the door in the entertainment business.

Kirk said that most of the time they were very positive and optimistic, but on one occasion, when he arrived late one night, he found that just about everyone in the group was very negative and depressed that night. They were talking about quitting – giving up on the idea of making it as an entertainer – and just settling for a job doing any old thing.

Kirk said, “You guys do what you want but I’m not quitting - I’ll never stop trying until I make it - I don’t care how long it will take - You see that penthouse all lit up - up there? (Pointing to a penthouse in a skyscraper – they all looked up) Some day I’m gonna be up there rich and famous and I’m gonna look down at this park bench and remember this night.” Years later, he was at a party in that penthouse, and he did look down at the park and remembered what he said one night.

He wasn’t talking to them at the time – he was talking to himself - and making a promise to himself.

Human thought can only affirm, for even at the moment of denial, it is affirming the presence of that which it denies!

The Science of the Spoken Word is ---- What you **say** - is what you are eventually going to manifest.

You Should Never Speak Words Of Lack Or Limitation

“As You Believe In Your Heart – So It Shall Be Done Unto You.”

“To Them That **Have**, They Shall Have An Abundance - But To Them That **Have Not**, They Shall Lose Even That Which They Do Have.” The Bible

Repeating An Affirmation Is Leading The Mind To That State Of Consciousness Where It Accepts That Which It Wishes To Believe.

If you keep saying, “I’ve got a bad memory,” that is what you will create – a bad memory. Every time you try to remember something – you will not.

If you keep saying, “I have a good memory” – even if you can’t remember something right away, eventually, what you are trying to remember will surface on the screen or your mind.

If you keep saying, “I’ll never find a parking space,” your mind will not pay attention, and you will often drive right past parking spaces and never see them.

If you keep saying, “I **always** find a parking space,” your eyes will always spot parking spaces.

Affirmations Can Be Done Silently, Spoken Aloud, Written Down, Or Sung. Even Ten Minutes A Day Of Doing Effective Affirmations Can Counterbalance Years Of Old Mental Habits.

Write The Following On A 3 x 5 Card To Carry With You And Look At Several Times Each Day. Say them to yourself with enthusiasm until you *feel* them and begin to *believe* them and you will *achieve* them. Learn To “Act As If” You Already Are.

I Am:

Lucky
Happy
Healthy
Enthusiastic
Very Persuasive
Highly Motivated
Always Calm
Tough Minded
Smart
Very Energetic
Fearless
Razor Sharp

I Have:

Tremendous Energy
A Sizzling Personality
Great Vitality
Great Skills
An Abundance Of Possibilities
Lots Of Talent
Lots Of Time
(Add Some That You Like)

For More Information About This Course Go To: <http://master-mind-alliance.com>

***** James Allen *****

(Ideas from his books)

Topic: As A Man Thinketh

As a being of Power, Intelligence, and Love, and the lord of his own thoughts, man holds the key to every situation, and contains within himself that transforming and regenerative agency by which he may make himself what he wills. Man is always the master, even in his weakest and most abandoned state; but in his weakness and degradation he is the foolish master who misgoverns his “household.” When he begins to reflect upon his condition, and to search diligently for the Law upon which his being is established, he then becomes the wise master, directing his energies with intelligence, and fashioning his thoughts to fruitful issues, Such is the conscious master, and man can only thus become by discovering within himself the laws of thought; which discovery is totally a matter of application, self-analysis, and experience. Only by much searching and mining are gold and diamonds obtained, and man can find every truth connected with his being if he will dig deep into the mine of his soul; and that he is the maker of his character, the molder of his life, and the builder of his destiny, he may unerringly prove, if he will watch, control, and alter his thoughts, tracing their effects upon himself, upon others, and

upon his life and circumstances, linking cause and effect by patient practice and investigation, and utilizing his every experience, even to the most trivial, every-day occurrence, as a means of obtaining that knowledge of himself which is Understanding, Wisdom, Power. In this direction, as in no other, is the law absolute that “He that seeketh findeth; and to him that knocketh it shall be opened;” for only by patience, practice, and ceaseless persistence can a man enter the Door of the Temple of Knowledge.

For Information About James Allen:

Go to: <http://www.master-mind-alliance.com>

*** The Best Inspirational Quotes From The Greatest Minds ***

The Only Good Luck Many Great Men And Women Ever Had Was
Being Born With The Ability And Determination To Overcome Bad Luck.

Don't Measure Yourself By What You Have Accomplished
Measure Yourself By What You Should Have Accomplished With Your Ability.

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