

THE MIND: YOUR AMAZING POWER TO TAKE BIG PLACES

Exploration into how average people take big places in life.

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INTRODUCTION

You'll find this book in your hands a new fire that causes a new future to rise within your heart, and a fresh flame that lights up a new era in your daily experiences. It will surely rekindle your spirit and make you gather momentum to face life as an interesting and rewarding adventure. Remember, books are the living spirit of a family, a state or a nation.

In this book are inspiring ideas, research findings and truths that have the power to either start or reinforce a change of mind in you. This book will open you up to the value and potency of thoughts in the affairs of men. You'll learn about the incredible power within your reach to change any situation you don't want in your life and experience.

Are you discouraged in life? Have you met with various disappointments in your business, career or relationships? Have you struggled for years without much to show for it? Has your health become a burden you are fed up with? Is it lack that is your greatest challenge? You'll find this book a great companion and a relevant force in finding the answers you need.

This is so because of two things: First, this book has borrowed thoughts from some of the greatest people who ever lived and from some who still live. William Ellery Channing was right when he said that, "It is chiefly through books that we enjoy intercourse with superior minds...In the best books, great men talk to us, give us their most precious thoughts, and pour their souls into ours."

Second and more importantly, thoughts are more than a mental activity. They also have a deep spiritual dimension. So the author has made use of necessary and relevant Scriptures in his discussions to drive home the import of the unstoppable power of thoughts in the realization of our dreams.

Therefore, you'll do yourself so much good to faithfully use this material to benefit from thoughts of the greatest of the human race and the truth from God's Word. You'll find the inspiration you draw from this volume timeless.

Chapter one gives you insight into your unique nature and constitution, and peculiar place God created you to occupy in life. Chapter two delves into how your thought habits give you access into the best places and experiences in life.

Chapter three explains the enormous capacities of your mind and how you can use exponential thinking to accomplish 10 times more than you would have done ordinarily. Chapter four reveals that you are a living magnet with full powers to daily attract whatever you want, or to dispel whatever you don't want if only you know what to do with your thoughts.

Chapter five represents a deep insight into how our level of accomplishments always matches our degree of self-development. Who we are attracts what we desire.

This is an awesome book. It'll definitely give you the "wow" experience. You can't read it and remain the same, you can't read it and not have a tangible change of story to a far better, higher and more fulfilling place in life.

Chapter One: **YOU ARE GOD'S EXPRESS IMAGE**

"A man is no greater than the thoughts that dominate his mind" – Dr Napoleon Hill

God is a colossal success. He is excellent; he is omniscient. He is unique in all his ways. There is no trace of failure in him. He has no bit of stagnation; no hint of unproductiveness; and indeed no tinge of malfunctioning in him. He has made life a banquet, an ocean of good things; but many persons are starving in the midst of plenty.

He is exceptionally creative and extraordinarily innovative. His ways are past finding out and his wonders are without number. The depth of his wisdom is unsearchable. It is this type of God with such indescribable qualities and characteristics that created us in his selfsame image and likeness. Man was made to rule the creation, to have total dominion over the entire environment.

This is proof. "Then God said, 'Let Us make man in our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.' So God created man in His own image; in the image of God He created him; male and female He created them" (Genesis 1:26-27).

If God is such a wonderful success, he couldn't have created us to be failures. Just like a cow wouldn't give birth to a rat, and a whale wouldn't deliver a crayfish; in the same way the Almighty God couldn't have reproduced mental dwarfs.

A Latin proverb says "no desire is felt for a thing unknown." A great philosopher, Aristotle, once said, "Know thyself." Dr. Sidney Bremer writes that, "The starting point of knowing self is to know God. As a matter of fact, it is impossible to know thyself without first knowing God."

Until you truly discover God, you'll not fully uncover your worth and appreciate the potential of your mind. It may be no understatement, therefore, that 90 percent of the world's problems, both personal and societal, come as a result of people not knowing the capacity and power they have in their minds to think out solutions they desire.

The pertinent question is who is this God? He is the Creator of the entire heavens and earth and everyone and everything in them. He is a Spirit. He created us spirits. **God never created junks.** He created us spirits so that we can relate with him and enjoy

his blessings. He created us spirits so that we can reproduce or replicate his success here in the world.

Since God is a Spirit, and since he also created us spirits, it means that all the sciences, be it biology, psychology, psychiatry or any other branch of the physical and behavioural sciences, cannot and may never be the sole source for gaining the understanding of man and the workings of his mind.

The mind is more than a mental and physical phenomenon. The organ of understanding in man, the heart, is not just confined to the **body** of man. Science cannot and may never be able to fully analyze the spirit of man. This is where the Holy Writ comes to our help; it is a great source of understanding God and man.

However, we also draw from the knowledge of science, psychology, psychoanalysis, and other relevant fields of study to make our understanding of the mind very simple.

There is something of God in every person. There is a bit of his nature in every man. Indeed, God didn't create anybody to be an underdog.

A very important point to make about why God created man in his own image, and not in the image of a lion, an eagle, a whale or any other created being is that *God created us in his own image so that we would absolutely depend on him for everything*. It is impossible to have true success in this life without the help of God, our Maker.

Deep Insight Into Your Great Places In Life

God didn't create you inferior to any other person, race, skin colour, sex, nationality, or language. If God wanted some people to be superior to others, he would have created them with four eyes instead of two, three mouths instead of one, two heads instead of one, four ears instead of two, and four hands and legs instead of two respectively.

On the other hand, if he wanted some persons to be inferior to others, he would have created them with one eye instead of two, one half head instead of one full, one ear instead of two, one half mouth instead of one full, and one hand and one leg instead of two respectively. The number of the teeth in the mouth would not also be the same.

Besides, how come that everywhere in the world, all human beings have the same number of brain cells? Why is it the same 100 billion cells or so, why don't some

persons from certain nations have 5 billion brain cells and others from other parts of the world have 100 billion?

Our **great places** in life are our unique places. Unique means *special, distinctive, exclusive, or uncommon*. **Unique place** means your *special station, your distinctive calling, your uncommon throne*, in fact, your *place of relevance and service to humanity*. Anthony Robbins says that "The purpose of life is to do something that contributes and helps you to touch people beyond our lifetime...to do something that will outlast our life."

What God has created you to contribute to your community, your state, your country, and indeed, the world is really unique. This makes the world desperately need your input.

You were created to fill a purpose; you were made to provide a solution. You are a very scarce edition of the human stock. What you have to offer is rare. The problem is that you grossly underestimate the worth of what you carry on your inside and can offer to the world. If you passionately and consistently offer it, you'll be shocked how so many people really value it.

People who matter most in life are those who know their self-worth and believe in the indispensability of the value they were created to add to the world. No matter how you look at it, the world is incomplete without you.

In my blogpost titled, [*Why the World Desperately Needs Your Input*](#), I discussed some reasons **why you have something unique the world badly needs**. The reasons are as follows:

(i) **We all think differently**: The way we develop our minds through extensive reading and the degree to which we can discipline our thoughts also account for the differences in our mental output and uniqueness of what we can deliver to the marketplace or career place.

(ii) **We have different genes**: In 10 million faces yours will stand out because you're different from the rest. As your face is different, so is your ability. Among 10 million voices yours is very distinctive no matter which part you sing. Since we have noticeable outward differences that make us unique, it also implies that we have mental, emotional and biological differences that set us apart from others. Your differences in hereditary characteristics, DNA, make you able to deliver matchless contributions to life.

(iii) **Our environmental exposure and differences in life experiences also culminate in our input differentials:** Gregory Mitchell comments that we are born equal and have the same fundamental knowledge at birth. He also submits that though our senses and intelligence are at the same developmental place originally, yet everything in our environment has the potential to drastically influence our knowledge. This differentiates each of us from others and makes us able to add something exclusive to the world.

(iv) **Our differences in character, habits and behavior also make us unique and capable of making distinctive inputs:** Your character, habits, and daily behavior make you different from others. They also make you perceive reality differently. There are no two versions of you in the world. So don't believe that others are there to provide the answers, and supply the solutions in the form of services or products. You're the one the world waits for and **trusts** that you'll best do it.

Do you know that a bird that sits on a branch is not afraid of the branch breaking because its trust is not on the branch but in its wings? So believe in yourself and in the worth and uniqueness of your talents, skills, ideas and knowledge. Deliver that exceptional input wherever you are. Only you can offer it in its original form. **The world badly needs it.**

We Have Same Mind But Different Mental Outputs

God created us with equal minds. He created our spirits, souls, and our bodies with equal potential. No one is born an idiot. None is equipped with an inferior mind. We all have the same mind, the same brain, but differ in our mental attitudes and consequently in our mental outputs. It is this difference in mental attitude that accounts for our differences in results in life.

Jacquetta Hawkes, a British archeologist reasons that, "The only inequalities that matter begin in the mind. It is not income levels but differences in mental equipment that keep people apart, breed feelings of inferiority."

In the words of Dr David Oyedepo, one of the leading preachers in the world, "Your worth in life is essentially a product of the use to which you put your mind...The state of your mind determines the state of your life."

John Stuart Mill was an English economist and philosopher. In his time, he penned

down this all-time truth. He said that, "No great improvements in the lot of mankind are possible, until a great change takes place in the fundamental constitution of their modes of thought." So, no person should blame his environment. Our limitations in life are only in our minds.

We are no more in the Agricultural Age. Survival, as P. C. Ganesan reasons, is no longer dependent upon physical adaptation but on the mental adaptation of an individual to situations in life. God did not create you with any mental defects.

Exploration Into Empires of the Man

You are no accident of birth or creation. God custom-designed and specially packaged you with limitless potential to fulfill the divine assignment he made you for. There is no other person in the entire globe who has the same thumb print as yours. David was inspired to say that we are fearfully and wonderfully made. Indeed, God made us wonderfully complex.

Of all the creatures of God, we stand out. We are the crown of creation, the masterpiece of God's creative ingenuity. The greatest study in life is the study of man; the most important research in the whole universe is that which attempts to unravel man. The most rewarding exploration on earth is the investigation into who we really are. This is so because every true attempt to understand man must powerfully connect with the discovery of who God really is.

Whatever has a beginning has its source. God is the source of every human being on earth. He is the source of our hearts. Therefore, to truly understand the potential and capacity of our hearts, we must permanently connect with God.

Just as God is three in one God, man is also three in one man. The difference is that while God has three equal Personalities (Father, Son, Holy Spirit) in one, man is one spirit that has a soul and lives in a physical house called body. Also unlike man, God does not have a physical body. Let's now explore the components of man in detail.

(A) The Spirit and Intuition

Man is principally a spirit. He was created in the image and likeness of God. God is a Spirit. This Spirit is his image. He created man in this spirit image. And it is this spirit that is the real man. Neither the soul nor the body is principally the man; it is the spirit. "Then the Lord God formed man from the dust of the ground and breathed into his

nostrils the breath or spirit of life, and man became a living being" (Genesis 2:7).

It is what a man is in his spirit that he is in life. The strength of his spirit determines his strength in life. What the spirit is to man is what a foundation is to a house and what an engine is to a car. The quality of his spirit determines the quality of his life.

If he is defective in his spirit, he will live a life devoid of standards and empty of values. In Mark 1:12, we are told that it was the Spirit (not the *mind* or the *brain*) that **drove** Jesus. No wonder he had very spectacular results all through. *It is our spirit, not our mind or our brain, that should drive us.*

A man with a sound spirit will live healthy and long. He will be full of joy and peace of mind. The spirit is the essence of life. It is the most important component of man; it is the main man, all others are additions to the man.

"The spirit of a man will sustain him in sickness, But who can bear a broken spirit?" - Proverbs 18:14.

The spirit is *the organ of God-consciousness in man*. It is with your spirit you relate with God. The organ of understanding in the spirit is called the *intuition* - the organ of receiving revelation or insight from God without conscious reasoning. God who is Spirit cannot and will not communicate directly with the brain in man; he can only communicate with man through his spirit, his intuition. So it is this organ of understanding in the spirit, **intuition, that connects or links up man with God**. He inspires or quickens us through our spirit.

The specialty of the spirit is **searching** for light or understanding. The Spirit of God searches for the thoughts of God. "But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God." -1 Corinthians 2:10. The spirit of man also searches to know the mind of God. "The spirit of a man is the lamp (candle) of the Lord, Searching all the inner depths of his heart." - Proverbs 20:27.

The spirit is so important that once it is separated from a person, that person becomes a corpse. He ceases to live and is only good for burial. "No one has power over the spirit to retain the spirit, And no one has power in the day of death" - Ecclesiastes 8:8.

(B) The Soul and the Mind

The soul is *the organ of self-consciousness*. You become aware of yourself as a person and relate with yourself through the soul. The mind in the soul is the seat of knowledge; it is the organ of understanding. And the three components of the soul are the *mind* (intellect), the *emotion* (feelings), and the *will* (the power to take decisions). What the intuition is to the spirit, the mind is to the soul.

It is in the mind we think, reason, meditate, feel, decide, and so on. Psychologists believe that the mind is divided into two basic parts: the *conscious mind*, and the *subconscious* or *unconscious mind*. The Bible, however, doesn't make that distinction between the conscious and subconscious minds. Rather it talks of the mind and the heart. For example, "Jesus said to him, "You shall love the Lord your God with all your *heart*, with all your soul, and with all your *mind*.'" – Matthew 22:37.

Many Bible scholars and preachers believe that what the Bible calls the heart is the same thing as the spirit. In the light of this, the Scriptural reference above can be said to mean that we should love the Lord our God with our whole spirit (heart), soul, and mind. In the next chapter we shall attempt to marry what psychologists say with the truth of God's Word concerning the heart and the spirit. Suffice it to say that it is this organ of understanding in the soul, **the mind, that links up the soul with the spirit.**

(C) The Body and the Brain

Robert Boyle, an Irish-born scientist, said this about the body: "It seems to me...highly dishonourable for a Reasonable Soul to live in so Divinely built a Mansion, as the Body she resides in, altogether unacquainted with the exquisite Structure of it."

Man, I've already said, is a spirit and possesses a soul and lives in a physical house called the *body*. It is through the body we relate with our environment. The organ of understanding in the body is known as the *brain*. A child's brain begins as a jumble of neurons (nerve cells). But every information which the five sense organs gather from the environment begins to form programmes (sets of instructions) in his brains cells.

The brain is the physical organ of thought and feeling. It is the controlling centre of the nervous system. The *nervous system*, which is made up of three parts (the brain, the spinal cord, and the nerves), can be likened to a giant automatic telephone exchange, receiving and relaying messages with great speed and efficiency. It is essential here to

mention that it is this organ of understanding in the body, **the brain, that connects the body and the soul.**

The brain, a three-pound organ, which is located in the head (skull), is fed with information from the physical environment through the five *sense organs* (eyes, ears, nostrils, tongue, and hand). It functions by complex neuronal (nerve cell) circuits. Communication between neurons is both electrical and chemical.

The brain is the centre of all bodily functions: it directs movement, understands feelings, interprets pain, stores memories, and transmits impulses. It is the system that regulates every other part in the body and keeps them functioning properly. Interestingly, every organ and section in the body has a particular point representing it in the brain. Our brain is wired to every organ and every part of our body through the nerves.

This is why some argue that our brain is not confined to our skull, but extends throughout the body. The spinal cord (thick cord of nerve tissue) sends impulses or messages to and from the brain to various centres of the body.

Nerves are bundles of fibres forming a network that transmits information in the form of impulses between the brain or spinal cord and the body's organs. Nerves are divided into two main groups: sensory and motor. *Sensory nerves* carry messages from various organs and parts of the body to the spinal cord or direct to the brain. *Motor nerves* transmit commands from the brain or spinal cord to the appropriate muscles and glands. Mixed nerves perform both functions.

Of the three organs of understanding: *intuition, mind, and brain*, the role of the mind is central and perhaps the most crucial. The mind is the link between the other two. No matter how sound your intuition may be, if your mind is clumsy, it will adversely affect communication between the spirit and the body.

The mind interprets information in the intuition and makes the impression known to us. The mind also directs the brain to coordinate the muscles necessary for the expression and application of the information.

The mind is the *balancing force between the spirit and the body*. Through the mind we connect with the intuition and function as spirits which we are; through the mind we connect with the brain and function as physical humans which we also are.

Chapter Two: **YOUR THOUGHT HABITS ARE ACCESS KEY INTO YOUR UNIQUE PLACES**

In life, one organ of the body that is so essential to what we get is the eye. You see the things you want in life with it. Seeing makes possession possible. Seeing the design and colour of the car you want, the style of the house you want to live in, the spouse you want to marry, etc, makes you appreciate them very much, and this greatly aids in possessing them.

Robert Kiyosaki says, "**Sight** is what you see with your **eyes**, **vision** is what you see with your **mind**." It takes seeing the door of a room to be able to enter that room to enjoy the goodies therein. *With the mind we envision (picture mentally) the great place we can take in life.*

Originally, the special place we deserve, though it exists in non-material world, is not a material form or some physical place set out there for us to see with our physical eyes. This may be why many people settle for something less, having not been able to see it with their minds.

Why Your Thoughts Are the Entrance Into Your Special Place

Since your special place is not originally a physical place, you can't enter into it physically. For instance, your great place may be to be the president of your country, the governor of your state, or the chairman of your local government. It may be to be a university professor, a foremost medical doctor or lawyer, a renowned engineer, or a farmer of repute.

Indeed, your niche may be to be an entrepreneur of renown, the chairman of a conglomerate, a very impactful writer and author, an outstanding person in the entertainment industry, or an influential leader in any field of your choice. Whatever it is, you only enter initially into that position, that station, that office, or that calling, through your thoughts and imaginations.

And until we first see and enter into our unique place with our minds, we can't enter into it physically. *Our thought world is so essential; it is the greatest power to take our place in life.*

Thinking that you can't become this or that because you have no relation in the top echelon of government or among the managerial cadre of the corporate world is very limiting. To believe that you can't pursue your vision to a logical conclusion because you have no money or no sponsor is an expression of your ignorance of the awesome creative power you have, which is your mind.

You know what? These great names below engaged the power of their minds to enter into their unique places in life, despite their initial setbacks.

Oprah Winfrey was publicly fired from her first television job in Baltimore. She never gave up her passion. Today, she is the undisputed queen of television talk shows and has amassed billions of dollars in the process. Oprah says, "*There is no such thing as failure. Failure is just life trying to move us in another direction.*"

Walt Disney had also suffered sack. He was fired from the Kansas City Star because his editor felt he "lacked imagination and had no good ideas." Today the Walt Disney Company is an American multinational mass media conglomerate, an empire of its own, in the world.

Albert Einstein was the greatest scientist of the 20th century. Though his teacher had described him as mentally retarded, yet he kept trying. Elbert Hubbard says, "*There is no failure except in no longer trying.*"

Abraham Lincoln perhaps recorded the greatest number of political and business "failures" in the world. But at the end, he emerged the US President.

Michael Jordan is a well-known name. A former professional basketball player, perhaps the greatest basketball player of all time, he failed many times. This is his testimony, "I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Also **Robert Kiyosaki**, the famed author of *Rich Dad Poor Dad*, one of the greatest books ever written, had a number of setbacks before he hit it big. Between 1977 and 1980, his companies, two of them, went bankrupt. In 1994 he had to sell another company due to some challenges. It was in 1997, when he was 50, that he started his investing and writing career, a venture that has established him as a multi-millionaire.

The Greatest Discovery of Our Generation

What you're about to read is so important that if you can believe, absorb, digest and apply it, you'll not only be able to scale over all obstacles in life, but you'll also be able to get whatever you want. This secret I'm about to share with you now has, perhaps, produced the greatest number of millionaires and billionaires in the world, as well as most successful people in various fields of endeavour on planet earth.

A few centuries back, man thought that he was completely at the mercy of circumstances. Most people then thought that everything in their life was determined by *fate*, a force believed to predetermine all events. So people took whatever came their way, be it poverty, sickness, untimely death, stagnation, frustration, etc, as having been preordained. Accordingly, they resigned themselves to this force they believed was beyond their control.

Even some Christians erroneously believed that whatever evil and misfortunes, in whatever area of life, that came to them was destined to be so. They thought that they had no control whatsoever over the affairs of their lives.

Because of these beliefs man was seriously at the mercy of all vagaries of circumstances, being tossed up and down, eastward and westward. They were driven by the winds of uncertainties. Ignorance made many to drift aimlessly in life, according to the dictates of one "uncontrollable" condition after another.

It was why many people still blamed circumstances for their state, station, and position in life. George Bernard Shaw, an Irish playwright, critic, and political activist, laments thus, "People are always blaming circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want and if they can't find them, make them."

Blame on circumstances further led to giving excuses. A combination of *blame* (considering something or somebody responsible for one's situation) and *excuse* (justification of one's state of affairs) worsened things for mankind.

He made less use of his brain, as compared to the massive potential and unbelievable capabilities of his mental machine, because he believed that forces outside of himself had kept him down. Man's ignorance grossly limited him.

This trend continued until about 200 years or so ago, when the human motivation

school started. One of the things that this school of thought produced was the 10th percent myth of the brain, that human beings operate only 10 percent of their brain capacity. The myth was attributed to the statement made by Professor William James of Harvard, that "We are making use of only a small part of our possible mental and physical resources."

From many fields, medicine, psychology, psychiatry, and so on, discoveries were made that there was a relationship between the mind and body of man. That his thoughts influenced and affected his physical and material conditions. So, people began to become increasingly aware that their internal thoughts played a vital role in determining the outward conditions of their physical and material lives.

This finding blossomed and many authors began to spread and popularise it in their books. The likes of Dr. Norman V. Peale, Dr. Sidney Bremer, Dr. Napoleon Hill, Clement W. Stone, James Allen, Zig Ziglar, Maxwell Maltz, Brian Tracy and many others, joined the motivational and inspirational train.

Interestingly, many persons who read and applied the principles in those books admitted that by first changing their thoughts, they were able to change their physical conditions, from poverty to wealth, from sickness to health, from stagnation to progress, from failure to success, and from frustration to fulfilment.

An example of a compendium of such accounts is the book, [*Journeys To Success: 21 Stories Inspired By The Success Principles of Napoleon Hill, Volume 1*](#) by Tom Cunningham.

[Carla Schesser](#) wrote in *Huffpost* that, "*Ninety percent of success in any walk of life is a direct result of how the mind is used. Top athletes, top business executives, top parents, top entrepreneurs, and the most successful individuals all understand the important truth that the mind is what counts.*"

The greatest discovery we're talking about, has no respect for anybody's background. It works for you whether you are from poor, middle-class, upper-class, or very rich family. It works for you whether you are male or female, young or old. This greatest discovery has no respect for skin colour, nationality or language. It works for you wherever you come from. It also works for you whether you are educated or not. *It works for you if you positively apply it but it works against you if you negatively apply it.*

What then is the greatest secret that people have been searching for which has greatly

assisted them to become super successful in their chosen fields of human endeavours? It is summarized by this statement made by Prof. William James of Harvard, **“The greatest discovery of our generation is that human beings, by changing the inner attitudes of their minds, can alter the outer conditions of their lives.”**

This is how John Stuart Mill, an English philosopher and economist puts it, *“No great improvements in the lot of mankind are possible, until a great change takes place in the fundamental constitution of their modes of thought.”*

This is the secret that has transformed failures into outstanding successes, poor people into millionaires and billionaires, people formerly mocked into celebrities, academic dwarfs into giants, and ordinary people into extraordinary people in various professions and careers all over the world.

Today, more and more persons are coming into the understanding that our thought habits have brought us to where we are in life. Whatever situation we are in our health and wealth is what we chose by the kinds of thoughts we consistently think.

It is also very important to say this, even God works with our minds. In Proverbs 23:7 we are told that a man is what he **thinks** in his heart. God is limited by our thoughts. That’s why he says in Philemon 1:14 that “without your mind would I do nothing...”

This also is why James Allen, author of the classic, *As A Man Thinketh*, advises us that, “Let a man radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life.”

Everyone who has held onto this momentous discovery has transformed the material, health, and financial results of their lives. And also everyone who will grab this truth will continue to change the material conditions of their lives.

How to Form Habits of Thought That Put Your Success On Autopilot

Success can be predictable. Success can be automatic. These are no overstatements at all. Now let me ask you this question. If you see a child in the secondary or high school who plays truancy consistently, missing most of his classes, assignments, and homework, is it predictable that he will fail his final examination? The answer is obvious.

On the other hand, if you know another child who attends his classes consistently,

works hard, does his assignments and homework on time, and prepares well whenever he has an examination, will he succeed in his final examination? Of course he will. What makes the prediction possible and correct in the two cases? It is the habit of the two pupils, the first has failure habits, the second has success habits.

John C. Maxwell says that, "You'll never change your life until you change something you do daily. The secret of your success is found in your daily routines." And according to Aristotle, "We are what we repeatedly do. Excellence then, is not an act, but a habit."

The easiest, fastest, most-reliable way to success is to build success habits that will lead us there.

What is a **habit**? *Wikipedia* defines it as "a routine of behaviour that is repeated regularly and tends to occur subconsciously." According to *Longman Dictionary of Contemporary English*, it "is something that you do regularly or usually, often without thinking about it because you have done it so many times before."

Habit, then, can apply to physical actions you take or thoughts you think frequently and automatically in response to some stimuli. And **habit formation** *is the process by which new behaviours become automatic.*

This is how we can form habits of thought. When any one or more of the five sense organs pick sensory signals from the environment, the brain will process and interpret this data in a particular way that is dependent upon your beliefs, values, human needs, perspectives, past experiences and even self-concept. This process of thinking by the brain or product of this mental activity is known as **thought**.

Impressions from the five sense organs begin the thought process from both the *physical/biological brain* and the *psychological mind*. This is in the **conscious mind**. Thought in the mind can also come as a result of *revelation* we receive in the intuition of our spirit. Revelation simply means transfer of information or knowledge from the spirit to the mind.

Then, every thought in the psychological mind and physical/biological brain generates corresponding feelings or emotions in the **subconscious mind** (the heart).

In the soul of man (which harbours the psychological mind), these emotions are feelings such as fear, courage, love, sadness, joy, etc, and in the physical body are

neurotransmitters and hormones (chemicals) which the brain releases into the bloodstream. These chemicals which pass through our body make us physically feel in a certain way such as trembling.

Adam Sicinski writes that, one of the basic roles of the subconscious mind is to ensure that your conscious decisions and actions agree with your underlying thoughts, beliefs, values, human needs and emotions buried in it (the subconscious mind). But as it is common with most people in the world, their subconscious desires are often at variance with their conscious desires.

In their conscious minds, they think of growing richer, living healthier, changing their status, saving more money, succeeding in business, advancing in their career, and many other desirable things, but they discover that their subconscious mind has a different or opposite agenda.

It is said that, of the 70,000 thoughts each person thinks per day, not only are most of them repetitive, but also 95 percent of them are negative. That's the nature of man. So the result is that most people often see themselves indulging in self-sabotaging behaviour.

Isn't that similar to the experience of Apostle Paul that the good he would want to do, he couldn't; but the evil he wouldn't want to do, that was what he did?

How can we then form habits of thought that put our success on autopilot? Sicinski explains that when we think a thought, an electrical impulse of energy is sent along the synaptic gap between neurons (cells) in our brain. This results in the creation of pathways that allow information to travel from one cell to another.

As the same repeated thoughts, together with their attendant emotions these thoughts generate, pass through the neural pathway, the pathway widens, enlarges and strengthens. And as the pathway is used many times, thoughts and feelings cross it with less effort than ever before. These neural pathways and connections in the brain form habits of thought.

This is why [Shawn Lim](#), a blogger and internet entrepreneur says, "The mind has a tendency to build up the neural pathways that it etches in order to put our lives on autopilot."

The secret is that the very rich and the most successful people on earth consciously commit to developing positive thought patterns or thought habits that are different from the rest of humanity.

They believe that success is about thinking right thoughts and doing small or little positive things each day and not waiting for just an opportunity they'll take one big bold action. Success is a process that involves the accumulation of small efforts in thinking and actions that lead to big breakthroughs.

We should remember that, originally, most of man's thoughts are repetitive and negative; it means that good and positive thoughts don't come naturally. We must work on our minds.

For instance, the successful people **invest in self-development and in ideas**. They build capacity through continuous reading, learning, and acquiring new ideas and sharpening their skills. This way, they reprogramme their minds and positively influence their thought patterns over time. The poor and average people, on the other hand, do little or nothing to invest in personal development and ideas. They're stuck with old, outdated, limiting knowledge.

The very successful people also focus their mind on finding solutions instead of worrying about problems. They disconnect from the common thought habit of the majority and go in the opposite direction.

And since in the words of James Allen, "good thoughts and actions never produce bad results; bad thoughts and actions can never produce good results", it then follows that success thought habits put our lives on autopilot of success, wealth, health, and fulfilment.

How to Tap More Power of the Brain to Actualize Your Enthronement

The human brain is perhaps the most sophisticated machine in the world. It represents God's master design. It is a small organ that weighs just three pounds, but is connected to every part of the body through its network of nerves linked by the spinal cord. You can use much more of your brain's power for astonishing success.

Composed of about 100 billion cells that carry information, no computer comes close to its complexity in terms of structure and functions. [Bobyne Boyd](#) quotes neurologist Barry Gordon that "the brain represents three percent of the body's weight and uses 20

percent of the body's energy." This makes the brain the user of more energy than any other human organ. It's also the control centre of the entire body.

Our interest here is not the argument of whether man uses only 10 percent of his brain or not. At least brain researchers say there is no scientific evidence to support the 10 percent usage theory, but that there is research evidence to prove that virtually every part of the brain is continually active most of the time every day. [Daniel Murrell](#) so submits.

However, what we can safely say is that all is not yet known about the brain. More discoveries will still be made about this most complex living structure on earth.

Our major concern is how we can maximize the potential or unused power of our brain. The [The Telegraph](#) reported that the human brain can store up to 4.7 billion books. What a marvel!

Do you know that we can use our brain to think better, relate better with people, improve our work and business, make more opportunities, and create better results in our health and finances because of many capacities of the brain including neuroplasticity? **Neuroplasticity** is *the brain's ability to constantly change in response to what we do, think and feel*. Let's see how we can use our brain to produce compelling results.

This is how we can utilize more of the brain power to enter into our great places in life.

(1) **Change the belief of the 10 percent brain usage:** The belief that man, despite all the inventions and developments in science, information technology (Internet), engineering, entrepreneurship, education, healthcare and other fields in the world, used only 10 percent of his brain power had lingered on for several decades.

It was a conception that kept the average person constantly limited. The gap between 10 and 100 percent was too wide for man to ever think it was possible to use even 50. Therefore, you need to believe that you can use 100 percent of your brain power. Franklin D. Roosevelt, American president, said "The only limit to our realization of tomorrow will be our doubts of today..."

(2) **Daily engage your brain in productive activities:** Engaging your brain in productive work such as the mental exercise of meditation reduces your heart rate while dramatically increasing blood flow to the brain. Do you know some relevant Bible

verses, your phone numbers, car plate numbers, and even bank accounts off hand? Your brain has big enough capacity to memorize, or hold such information. So use it.

As your brain activity increases, the flow of blood to and fro the area of activity also increases. The more we engage our brain and activate the cells, the more blood supply they receive. This way the [neurons](#) live longer and better. On the other hand, inactive brain cells receive lesser amount of blood continuously and this can lead to their death.

(3) **Give your brain a challenge:** *The human brain is a goal-striving mechanism.* If you give it a task, it will make sure it delivers it. So, one of the best ways to activate your brain into marvels is to try the untried, adventure into the unfamiliar work terrain, attempt the “impossible”. The most successful and the wealthiest people in various fields challenged their brain to think outside the box.

(4) **Be curious and ask questions:** One thing that helps children to learn so fast and so much is that they ask many questions. You take your three-year old to a supermarket, he or she will ask you many things, what is this thing called, what is it used for, will you buy it for me? and so on. This helps a lot in the development of their brain.

If things had always been done in a particular way, it doesn't mean that there are no better ways of doing them. There are always many improved and upgraded ways of doing things and providing answers, if the proper questions are asked. So find out new ways and strategies and utilize them.

(5) **Have enough sleep every night:** [Wingman](#) describes sleep as the reset button for the brain and asserts that 4 to 6 hours of sleep every night is one of the best ways to improve thinking, create new ideas, and innovate. During sleep the brain cells are serviced, refreshed and energized.

(6) **Be habitual reader:** What physical exercise does to your muscles, reading does to your brain cells. Reading trains your brain, expands your thinking and attention span, and increases the capacity of your memory. That's why readers emerge leaders in various fields of human endeavour.

Chapter Three: **THE AMAZING POWERS OF YOUR MIND**

"If we operate at the present level of awareness, we will be grossly limited. We need to build a society that functions on a higher psychological and spiritual level than our present level of awareness" - Dr Robert Anthony

Ignorance is the most powerful factor that sets limitations to the majority of mankind. Ephesians 4:18 talks of many people "...being alienated from the life of God through the ignorance that is in them." Nothing keeps people dwarfed and stunted in their manifestations in life more than lack of relevant knowledge. Knowledge is a very powerful key that unlocks the doors of life. There is no other key in life that is as efficient and appropriate as the relevant knowledge in any area you want breakthroughs on earth.

Trying to enter any room with the wrong key to the door or no key at all is a very frustrating experience. The right key gives you easy access and speed into any room you want to enter in life. So let's explore the mind in order that you know how to use this right key to open any doors you want in life.

The Conscious Mind

"The conscious mind may be compared to a fountain playing in the sun and falling back into the great subterranean pool of subconscious from which it rises."- Sigmund Freud

Sigmund Freud is the father of *psychoanalysis*, a psychological theory that mental life does not only function on the conscious level, but also on the unconscious level, and that early childhood events have a powerful psychological influence throughout life. According to this theory, people are strongly influenced by subconscious (or unconscious) forces. Freud's theory of the existence and power of the subconscious was initially resisted, but was later largely accepted till now.

In chapter one, we showed that the mind is one of the major compartments of the soul. We also mentioned that psychologists say that the mind is divided basically into the conscious and the subconscious. The conscious is between one-tenth and two-tenths (10 and 20 percent) of the mind both in size and strength, while the subconscious is from eight-tenths to nine-tenths (80 to 90 percent) of the mind both in size and strength.

But this is how Sigmund Freud, the researcher who discovered that the subconscious was different from the conscious mind, puts it: "The mind is an iceberg; it floats with only 17 percent of its bulk above water." From this it is clear that the conscious mind is between 10 and 20 percent of the total mind.

The conscious is where we think with awareness. It has no memory; *it can only hold one thought at a time*. It cannot successfully think of two things at the same time. Our sense experiences of seeing, hearing, touching, tasting, and smelling go first to the conscious mind. These sensory impressions generate thoughts in this conscious mind.

Every thought in the mind sparks off some sensations or feelings. Since the conscious mind can't concentrate on many things at a time, other incoming information repress or force down the information we already have in our conscious mind below the level of awareness. It slips into the subconscious mind. This is how we "forget" things. In reality, we don't forget; the information is only stored up (in the subconscious), and can be retrieved when we need it.

The Subconscious Mind (Your Spirit)

The *subconscious mind* and the *heart* are the same thing. Also the *heart* and the *spirit* mean one and the same thing. Science can't research into the spirit. That is why the psychologist or psychoanalyst talks of the subconscious mind instead of the spirit. So what the psychologist calls the subconscious is what the preacher calls the spirit. For instance, Dr David Cho, a leading preacher in South Korea, writes in his book, *The Fourth Dimension*, that "The subconscious is your spirit. The Bible calls the subconscious the inner man, the man hidden in your heart" (I Peter 3:4).

There are many Bible proofs that the heart and the spirit are the same thing. Here are some of them: Psalms 51:17 "The sacrifices of God are a broken *spirit*, a broken and a contrite *heart* — these, O God, You will not despise". Psalms 77:6 "I call to remembrance my song in the night; I meditate within my *heart*, and my *spirit* makes diligent search". Others include: Psalms 143:4 "Therefore is my *spirit* overwhelmed within me; my *heart* within me is desolate." Proverbs 17:22 "A merry *heart* does good, like medicine, but a broken *spirit* dries the bones".

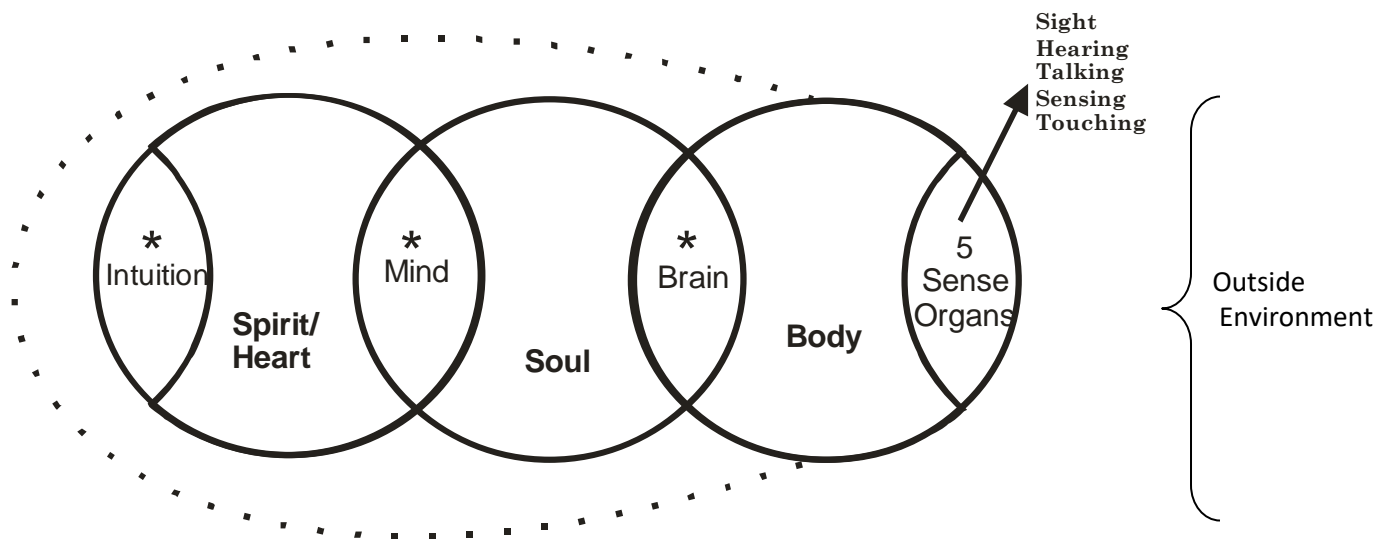
The thought life connects the spirit, the soul, and the body. The spirit thinks. Romans 8:27 talks of "the mind of the Spirit". The soul thinks. I Chronicles 29:18 talks of "the thoughts of the heart". The brain thinks. Daniel 4:5 in the *Amplified Version* talks of

“the thoughts and imaginations and the visions of my head”.

Henry Hamblin writes that, “There is the conscious mind and there is the subconscious mind. The conscious mind gathers knowledge and experience through the senses. It learns from books, conversation and experience. It reasons and forms conclusions. Finally its thoughts pass down into the subconscious mind. The subconscious mind is the mind of action.”

The subconscious mind is the seat of memory and of instinct. It is a reservoir of tremendous latent energy. It is responsible for all our actions. It carries out all the complicated processes within the body, which make life possible.

COMPONENTS OF MAN



* Organs of understanding: **intuition** in the spirit, **mind** in the soul, and **brain** in the body.

Figure 1

It is important to note that most of our habits and emotional conditioning were done in early childhood before we had mature faculties to make proper decisions. All our thoughts in life, whether at infancy or at adult age, always generate feelings. And in the process of repression of information into the subconscious mind, the attendant feelings, pleasurable or un-pleasurable, depending on whether the thoughts are good or bad,

also sink into the heart.

It is in the conscious mind we can reject information or idea that we don't want to enter into the heart. If we entertain or nurse thoughts of illness, hate, mediocrity, limitation, poverty, or crime in the conscious mind, they will eventually slip into the heart and the subconscious mind will use that information against us.

All our thoughts go to the heart, and they come from there to empower or limit us, work for us or against us. Jesus said, "For from within, out of the heart of men, proceed evil thoughts...." (Mark 7:21).

We live in an orderly universe guided by spiritual laws for the spirit, mental laws for the soul, and natural laws for the body and the physical environment. The truth is that we can't break these laws, but we can only break ourselves against these established laws. For instance, there is "the **law of the Spirit** of life in Christ Jesus" (Rom 8:2). This law has the power to free us from limitation, from sickness, from poverty, from failure, and from sin and death.

What is the law of the Spirit? It is **minding** the things of the Spirit. To "mind" is to pay attention to something. The law of the spirit is feeding into our spirit (or heart) things that are noble; ideas that are worthwhile; thoughts on health, wealth, and peace of mind. It is guiding our hearts with all diligence to ensure that it is only the good things we want to happen to us that go into our spirits. The Psalmist says, "The law of his God is in his heart; none of his steps shall slide" (Psalms 37:31).

The heart is the seat of all our victories or all our failures in life. Napoleon Hill said, "Whatever the mind of man can conceive and believe, it can achieve." This statement has been proved to be true in many generations.

It is not necessarily whatever the eyes of man can admire or the hands of man can touch; it is whatever the heart believes. The heart, not the sense organs, is the seat of faith or belief. Faith is a product of the spirit or the heart of man. "But the fruit of the Spirit is...faith" (Galatians 5:22). **Faith in the heart of man is the greatest force or power of accomplishment in the world.** This is what makes the subconscious mind or *the heart the most important aspect of man*; the most crucial factor in our health, wealth, influence, or progress in any area of life.

Emerson said, "Great men are they who see that spiritual is stronger than any material force; that thoughts rule the world." Brian Tracy put it this way, "Everything that you are today is a result of your habitual ways of thinking. As the Law of Correspondence

states, your outer world is a physical manifestation of your inner world. Everything you see around you - your health, your relationships, your career, your family and your worldly accomplishments - is an expression of the workings of your mind.”

It is important to note that the thoughts we store up in the subconscious memory determines long-term behaviour. They form the basis of motivation and produce the spirit of determination that leads us to success.

Another important thing we should know about the mind is that it communicates with the entire body. Bailes writes that “Man thinks with his entire body. Every cell has a spark of mind...What the mind thinks, the body thinks; that which the body thinks, it becomes.” It is also discovered that organic compositions similar to those used by the brain to think are found in all cells. So communication is both ways, that is, the brain to cell, and cell to brain.

Power Generation Capacity of Your Mind

It is important to clarify another important point here. The ability of the heart or the human spirit can't be compared, in any way, to the power and ability of the Holy Spirit that is the main source of the life and empowerment of the human spirit. Without the Spirit of God, the subconscious mind is grossly inadequate.

A person whose human spirit is defective is a limited being, by every standard. It is God that quickens our spirit or heart. *The subconscious mind or human spirit can't take the place of God in our lives.* If we attribute unlimited powers to the subconscious mind to the extent of absolutely depending upon it, and exclude God as the source that empowers it, we would miss the substance and pursue the shadow. The subconscious can't provide all the answers we want in life without God.

The heart has real meaning, relevance, and becomes our very useful partner, only when we make God the main content of our subconscious mind at all times, and rely on him, not the subconscious mind, as the main source of inspiration for our success on earth. This is one of the main departures of this book from several other books ever written on success.

Having said that, let's now explore the power generation of the mind. The essence is to inspire us to always use most of our mind. Experts claim that the “theory” of the 10 percent use of the mind by man is only a myth. Even if that theory were to be true, it wouldn't have referred to the physical mind, the brain, because we can use almost all of

it.

Perhaps, it would have referred to the idea that the 90 percent unused aspect of the mind would be the spiritual powers contained in the spirit or heart of man.

Remember that it is the spirit that quickens the mind, and it is the mind that quickens the brain. The spirit drives the man, both in his mind and his brain. When our human spirit is alert and sensitive to God's Spirit, our mind is maximally empowered. Brian Tracy quotes Mathematician Ouspensky as saying that our subconscious mind functions at much as 30,000 times the speed of our conscious mind.

At this point, it important to state that when we say that the nervous system sends "signals" to the brain, or that the synapses "fire," what we mean is that **electricity is carrying messages** from one point to another. The implication is that thoughts commence some form of electrical activity in the brain causing the neuron responsible for a given activity to start firing.

[Julia Layton](#) opines that electricity is not only key to survival, but also that electrical signals are fast. They allow almost instantaneous responses to control messages. It is said that if our bodies were to rely entirely on the movement of chemicals to get messages across, the delay would have been causing the body a lot of harm.

Carpenter further expatiated on this when he reasoned that the human brain is perhaps the most efficient electrical instrument ever created by God. In it all manner of frequencies are transformed from one frequency level into another. He explains that in the brain, for instance, sensations are transformed into muscular action. Sound, heat, light and thought are also, each in their turn, transformed into other frequencies, each affecting the body.

The brain consists of tens of billions of neuron cells representing every human thought, action and experience. As a source of electrical energy, it produces about 25 watts of power. Some sources estimate it at as high as 100 watts. The subconscious transmits this energy as urges, emotions, impulses, nervous twitches, and so on.

I encourage you to do a simple experiment that proves that your thoughts and imaginations actually play some role in shaping your physical realities. I personally carried out the experiment and found it a very fascinating experience to see that my thoughts and imaginations caused a ring I tied with a thread to swing forward and backward according to the direction of my thought and imagination. Here is the

experiment.

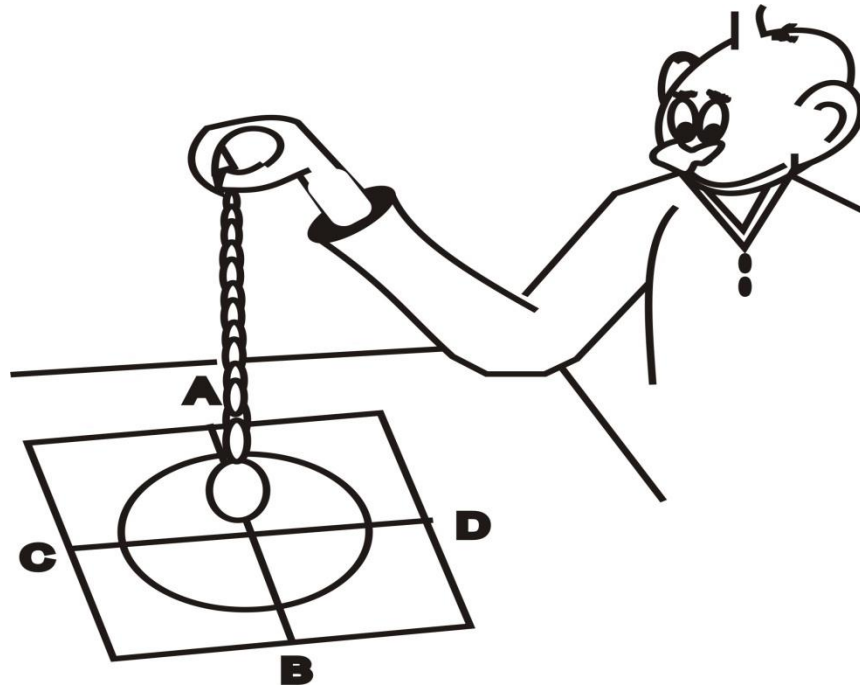


Figure 2

Step One: Draw on an A-4 paper a vertical line: **A** (north) and **B** (south).

Step Two: Draw a horizontal line across it: **C** (west) and **D** (east).

Step Three: Tie a thread to a small ring, the type of ring you use in holding keys.

Step Four: Place the paper on a table. Sit on a chair while holding the thread on the end to enable the ring suspend at the centre, or intersecting point, **O**.

Step Five: Keep your elbow on the top of the table in such a way that you suspend the ring to stay a little above any letter of your choice.

Step Six: Commence thinking or imagining in your heart that the ring is swinging back and forth continuously. You can think or imagine, AC, AC, AC.

Result: The ring will certainly swing back and forth from A to C and C to A continuously. If you change your thinking or imagination from B to D, the ring will also change direction from B to D and D to B and so on.

In the experiment above, when you imagine the movement of the ring from A to C, the appropriate neuron for the action starts to fire sending minute electrical signals through your nervous system. Those electrical signals pass through the nerves in your hand to the fingers with which you hold the other end of the thread.

The thread which you use is sensitive enough to pick up the electrical signals which cause the suspended ring to move forth and back in accordance with your direction of thought.

Another important point we should stress here is that your body (that is, your hand and fingers in this case) is bound to respond to the thoughts and imaginations from your subconscious mind or electrical signals from your brain which travel to it, regardless of whether such thoughts or signals arise from real experience or imagination.

This experiment proves one important point: you should be very careful with what you think or imagine vividly. Your thoughts and imaginations begin mental processes within you which certainly affect your outer or physical results.

Communication between the Conscious Mind and Subconscious Mind (Heart or Human Spirit)

The *brain* is the control centre for movement, sleep, thirst, hunger, and every other vital activity. The brain has three major structural components: the *cerebrum* (top); the *cerebellum* (lower right); and the *brainstem* (middle). The cerebrum is responsible for intelligence and reasoning; while the cerebellum helps to maintain balance and posture.

Some people refer to the conscious mind as the *new brain* and the subconscious mind as the *old brain*. The cerebral cortex, that is, the outer layer or front of the brain, which has predominance of cell bodies, has more processing capacity than any computer in the world.

There can be poor communication between the mind and the heart. For instance, the mind can have a good desire, such as studying a book in preparation for an examination, while the heart keeps triggering negative response such as postponing it to the next day.

Some authors write that *the conscious mind communicates predominantly with words*. They advise that this makes a large vocabulary very necessary. Their explanation is that most thinking uses a voice, and a voice uses words. Words are the tools of thinking. On the other hand, *your subconscious mind or heart communicates mostly with images and feelings* rather than words. Repeated thoughts in our minds form mental pictures (imaginations) in our hearts. Genesis 6:5 talks of the *imagination of the thoughts of the heart*.

How to Accomplish 10 Times More With Exponential Thinking Than Linear Thinking

We've already seen that our minds have enormous power-generating capacity. One of the things that will help us to maximize it is to develop an exponential mindset through exponential thinking.

By *exponential thinking* I mean the type of thinking that produces results that grow by multiplication. Its opposite, *incremental thinking*, is the thinking that produces results that grow by addition.

Let's see very simplified picture of the difference between incremental and exponential thinking.

	INCREMENTAL THINKING		EXPONENTIAL THINKING
	(Increase by Addition)		(Increase by Multiplication)
1	$2 + 2 = 4$	1	$2 \times 2 = 4$
2	$4 + 4 = 8$	2	$4 \times 4 = 16$
3	$8 + 8 = 16$	3	$16 \times 16 = 256$
4	$16 + 16 = 32$	4	$256 \times 256 = 65,536$
5	$32 + 32 = \mathbf{64}$	5	$65,536 \times 65,536 = \mathbf{4,295,967,296}$

Have you noticed the very big difference between the *incremental value of 64* and the *exponential value of 4,295,967,296*? That is only at the fifth level. What do you think will happen at the 10th level?

You know what? If we must create exponential value, then we must first develop the exponential mindset, the mental habit of thinking by multiplications. Mark Bonchek (<https://hbr.org/2016/07/how-to-create-an-exponential-mindset>) says that incremental mindset emphasizes making something **better**, for example, 64 is better than 4 as we see above.

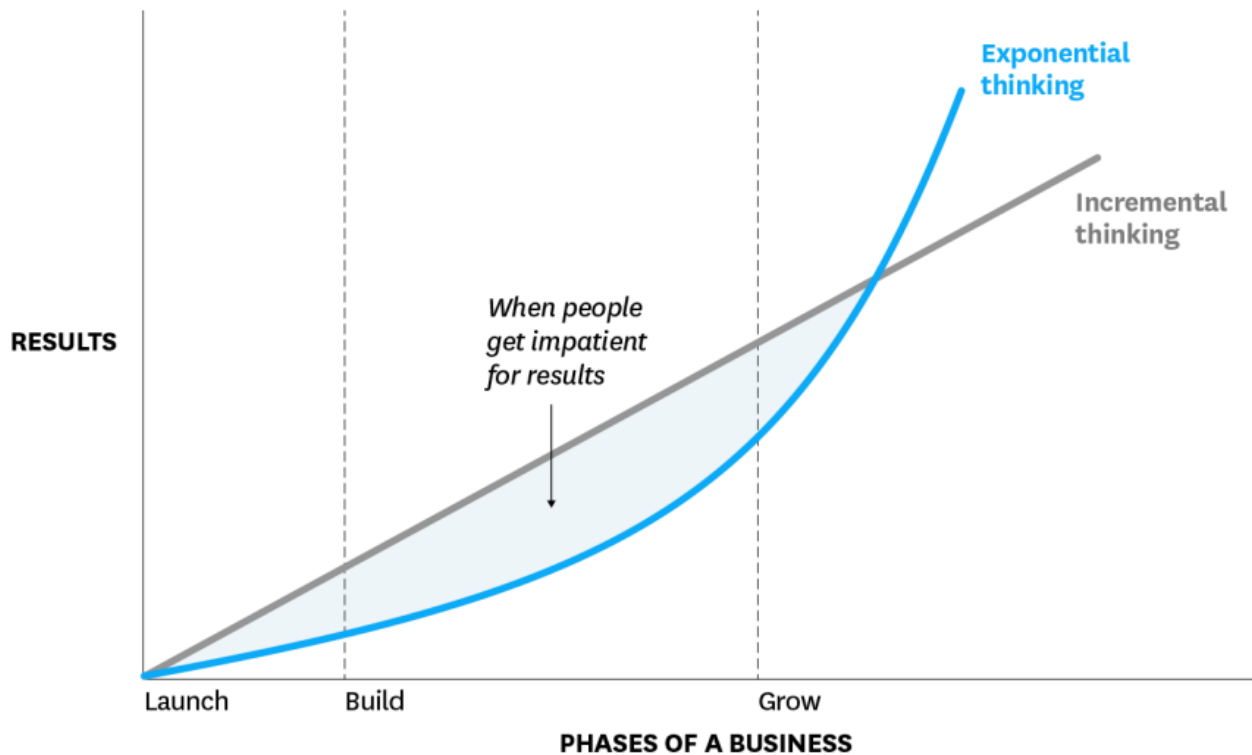
On the other hand, exponential mindset stresses making something **different**, perhaps radically different. You can see that 4,295,967,296 is remarkably different from 64. Isn't it? In fact, exponential mindset is out for *10 times radically* better instead of *10 percent* better.

Bonchek argues that historically, *industrial business models* were understood by the use

of machines to create **increasing** returns to scale. But *digital business models* employ network power to produce what Ray Kurzweil describes as **accelerating** returns to scale. So the main difference is that industrial models are *linear* while digital models are *exponential*. Diagrammatically, this is how Mark Bonchek explains the concept.

Incremental vs. Exponential Thinking When Growing a Business

Incremental thinking delivers immediate and steady results, while exponential thinking generates results that accelerate over time. The wrong expectations can lead teams to quit the exponential path too soon.



SOURCE MARK BONCHEK

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Truth is we all came from the background of linear (straight-line) and incremental thinking. But technology is growing at exponential rate and waits for no one. The future is unfolding exponentially, not linearly. If Kodak had thought exponentially, it wouldn't have been extinguished.

Moore's law or prediction that computing power would dramatically increase in power, with relative decreasing cost, at exponential pace, proved accurate for several decades. Smartphone, for instance, has become as powerful as a total collection of gadgets a generation before.

So when it comes to the digital world and information technology, linear or incremental

thinking doesn't correctly apply. Internet for instance, is both influencing and encompassing.

Therefore, we must see the future not just five or ten years ahead, but generations to come. The magnitude and depth of the problems humanity is going through in terms of poverty, disease, energy, food security, disaster, etc, need radical solutions produced by exponential thinking.

Today's businesses and entrepreneurs must think exponentially. Exponential results appear initially deceptive, for instance, $2 \times 2 = 4$ just as $2 + 2 = 4$. But at the fifth level, the incremental and exponential results were radically different. So through passion, curiosity, patience, and courage we hit the amazing, astonishing results.

Much as the present rate of exponential growth may not continue forever, yet convergence of technologies will continue to drive progress beyond the level of linear thinking in the years ahead.

It will still take shorter time and lesser number of years for businesses and individuals that think exponentially to accomplish things and provide solutions that took corporate bodies and individuals longer time and more years to do previously. The "disruption" that technological changes may bring in the future will continue to reveal new and greater opportunities in all facets of life.

How to Get Much Done In A Lot Less Time

It was Novalis, a German poet and novelist, who wrote that "Activity is the only reality." Anthony Robbins, an American author and entrepreneur, has also written that "The path to success is to take massive, determined action." So in effect, action is the true proof of desire.

It is very obvious that each of us is daily confronted with a seeming endless stream of responsibilities, many actions we must take to fulfil our purpose, or accomplish our business, financial, career, professional, marital, and other goals. On the other hand, time is limited, fixed in its supply of just 24 hours a day.

But do you know what? It is not all our actions that produce the desired results. The *80/20 Rule* applies to our actions. This principle, also called the *Law of the Vital Few* states that 20 percent of our efforts produce 80 percent of our results. In any family, church, or organization, 20 percent of the people produce 80 percent of the

results. As applied to our actions, *only 20 percent of our vital activities produce 80 percent of our results*. Wow! That means that out of every 10 actions we take, only about 2 of them produce most of the results we want.

Interestingly therefore, the preponderance of our activities and the limited time we have daily, imposes on us the logic of knowing how to accomplish much in a lot less time, which is one of the secrets of most successful people on earth.

This skill is important otherwise we fall into the temptation of busying ourselves with most of the least important, 80 percent of activities that produce about 10 to 20 percent of our results, on a daily basis. As a matter of fact, Brian Tracy opines that "the amount of time required to complete an important job is often the same as the time required to do an unimportant job."

If you daily do much work or accomplish many goals in a lot less time, you're going to be happier, richer, healthier, stronger, and more fulfilled. The following tips will help us accomplish much in a lot less time.

Always indentify and do first the vital few of your actions: The Pareto or Vital Few principle differentiates between the 20 percent important or **vital few** activities that produce 80 percent of the results and the 80 percent **trivial many** activities that cause 20 percent of the benefits. So locate the 20 percent of the products and services that account for 80 percent of customer complaints, for instance, and fix those problems. Always primarily tackle 20 percent of the causes that generate 80 percent of your problems.

Ask for vital input from your clients: Apart from your company's business statistics, one other basic way you can determine the vital few is to ask your clients questions on how you can better serve them. Jon Miller says that **the customer rules 80% of our success**. He adds that, in order to effectively enlist your customers' help, you should identify the top customers, top products and then the reasons they choose you or your firm.

Ask yourself which activities are contributing to your vital few: For example, which 20 percent of the products and services produce 80 percent of the company's profit? Which 20 percent of the sales produce 80 percent of the company's revenues? Which 20 percent of activities generate 80 percent of customer satisfaction? Concentrate on these activities.

Create systems: Your system comprises the processes for getting things done. As a manager or chief executive, **delegate** other activities (the 80 percent or trivial many) to the people with the appropriate capacity and right skills and focus on the vital few (20 percent) activities that will produce 80 percent of the impact. You can also outsource to leverage on your strengths and core competence.

Do one thing at a time: There is enough research evidence that *multitasking* (doing different things at the same time) makes us less efficient. Our brains can't multitask. As a matter of fact, multitasking splits the brain, puts it under pressure to switch between activities. So endeavour to complete one important task before you take on another. However, there is an exception. For instance, if you're doing a physical task you've done very often, you can do it and still perform a mental task. You see a guitarist playing guitar and singing at the same time.

Take action fast and often: Brendan Francis says that "Inspirations never go in for long engagements; they demand immediate marriage to action." If we delay actions, we tend to procrastinate. *Neuroplasticity* is the brain's capacity to change and adapt. When we constantly take actions, our brain becomes stronger and better at doing those things; if we don't act, it atrophies.

Our Emotions Are Stronger Than Our Thoughts

Our emotions play a great role in accomplishing anything in life, be it acquisition of wealth, excellence in our job, success in marriage, and so on. Emotions are very powerful things; they are unconscious feelings that result mostly from unconscious thoughts.

As a matter of fact, *emotions* are different from *ordinary feelings* in the sense that they are deeper, more unconscious experience that are similar to deep, unconscious thought. Experts even say that **our emotions are stronger than our thoughts**. God couldn't have equipped us with emotions – deep intense power - for fun.

And we can turn these strong feelings, many and varied as they are, into enormous energy to always get things done. This is how to do it.

(i) **Locate the problem you were created to solve for mankind.** This is because you always have an emotional attachment or emotional bonding with the problem you were created to solve. You can't locate the problem you were sent to the world to solve and look the other way because there is always an emotional component in it. There is

always a gut feeling deep inside of you, a holy anger in your breast, to do all you can to provide succour in that direction of need.

Emotions are a great motivational force that will always move you to accomplish vast purposes. For instance, Jesus was always **moved with compassion** to heal the sick. *Compassion* is the sympathy and concern one has for the suffering and misfortunes of other people. Noah was **moved with fear** to prepare the Ark. Emotions always get things done, either good or bad, depending on whether they are positive or negative.

(ii) **Always attach emotional value to your business or career.** In marketing sense, **emotional value** is the value gain from customers' deep feelings or emotional states when they use a product or service. In determining your emotional value, the worth of the human need you want to meet is measured in the amount of emotions you derive rather than just say its monetary value. In short, it is the **deep and strong emotional satisfaction** you get from something.

When you have an emotional value in something, you'll definitely find a creative way to succeed in doing it. For instance, if you run your business or enterprise with the sense of emotional value, not just financial (profit) motive, you'll get amazing results, both in terms of service or product quality, customer satisfaction, and so on. *Emotional gain drives a person far more powerfully than financial gain.*

(iii) **Don't waste your emotions:** All of us are very rich in emotions, but many people waste theirs instead of exploiting their exponential power. Are you aware that **negative emotions** affect your mental state and can lead to bad investment options? For instance, "Research has found that fear and sadness are experienced at a more intense level than positive emotions. In fact, both feelings can be felt 2.5 times stronger." That seriously taxes the heart, the seat of our emotions, and wastes enormous energies.

M. E. P. Seligman also observes that, "For most of us anger is a very disorganizing emotion. We fume and we sputter. We forget our most important points."

On the other hand, there is also enough research evidence that positive emotions (joy, enthusiasm, love, compassion, etc) enhance not only our personal energy but also our creativity, opportunity identification, entrepreneurial success and wealth creation.

Your emotions are not meant to be channeled negatively to serve undesirable ends, but you must funnel them into a force that drives your money making machinery. The choice is yours.

Imagination Is More Powerful Than Knowledge

Imaginations help create our physical results, be it healing to our bodies, wealth in our pockets, promotion in our jobs, joy in our marriages, or even babies in the womb, more than anything else.

Leading men in the world have always attested to the power of imagination. For instance, Albert Einstein said that "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

Also, Blaise Pascal, a French philosopher, mathematician, and physicist often associated with the invention of the first mechanical adding machine, reasoned that, "Imagination decides everything." Napoleon, a French emperor, opined that, "Imagination rules the world." Nothing great is ever achieved without imagination.

God himself also attested to the power of imagination in Genesis 11:6, "And the LORD said, Behold, the people is one, and they have all one language; and this they begin to do: and now *nothing will be restrained from them, which they have imagined to do.* Why is imagination so powerful?

Imagination is the product of the subconscious mind; it is being *pregnant in the spirit*. In this life, the condition that always precedes childbirth and bringing forth is pregnancy. It would be highly ridiculous for a woman to want to deliver a child she does not first carry in the womb. But once she is pregnant, she is so sure that in nine months' time, she will put to birth.

What pregnancy is to the physical womb, imagination is to the human spirit. Every pregnancy starts with a conception, and it involves a process of growth of the baby in the womb, the physical reality to be delivered or given birth to in the process of time.

Whatever result, success, reality, and progress we see in life was once an imagination in the heart of a person. Dr David Cho emphasizes that, "What becomes pregnant in your heart and mind is going to come out in your circumstance. Watch your heart and your mind more than anything else."

Any form of success, health, wealth, victory in sports, passing of examinations, influence, and even pregnancy with child, if first consistently imagined, becomes very easy to reproduce in the physical world. There is a strong inclination in us, human beings, to become precisely like that which we habitually imagine ourselves to be.

When God wanted to create the world he first imagined it. In the beginning God (prepared, formed, fashioned, and) created the heavens and the earth. We are told that the earth was without form and was an empty waste, with darkness covering everywhere. How then was the world created? The Spirit of God hovered and brooded over the formless empty waste.

Encarta defines "brood" as "to sit on or hatch eggs, or cover nestlings for warmth." A hen sits on eggs for 21 days before she hatches them. "Hover" means "hang over". So the Spirit of God was, in his imagination, spreading over and incubating the formless, shapeless, empty physical world into a well-fashioned world with finished spherical shape, ordered universe with Sun, moon, stars, oceans, rivers, fishes, animals, plants, vegetation, and so on.

When we imagine, we simply operate in the supernatural realm to influence and give shape to the things we want. It is the supernatural/spiritual world or realm that determines and fashions the physical world or realm.

The Spirit of God communicates principally in pictures. Dr Cho describes imagination as *the language of the supernatural realm*, through which the Holy Spirit communicates. This implies that if we can vividly imagine what we want in life, we can incubate our future and hatch the results.

Yes, imagination is more powerful than knowledge. An expert may know many reasons why certain things wouldn't work: why medically a sick person can't get healed; a woman with medical implications can't get pregnant; a person with secondary school education can't get rich, and so on. But a person with strong imagination of the results he or she wants will succeed to get the assistance of the forces of the supernatural to create those results that wouldn't have been possible ordinarily.

That is why you see certain persons that were medically written off to die jack back to life and live long, or you see certain women that were clinically proved that they couldn't conceive babies become pregnant and deliver children, sometimes twins or triplets. Or have you not seen people who don't have much education become millionaires and even employ graduates in their companies? Imagination works

wonders. Use yours and create the big place you desire in life.

Why Our Imagination Always Wins Over Our Will

As enormous and unlimited as the energies of the heart are, they are helpless if there is no agreement between the conscious and subconscious minds. For instance, a sick person that thinks health in his conscious mind and fears in his heart that he could die because of the sickness is double-minded. Such a person can't recover from the sickness.

The reason is this. The conscious mind has the *will*, the subconscious has the *power*. It takes a unity of the two to have *willpower*. James I:5 declares that, "A double minded man is unstable in all his ways." According to *Encarta* dictionary, willpower is "a combination of determination and self-discipline that enables somebody to do something despite the difficulties involved."

Another important point to note is that even though we think at two levels, that is, the conscious and subconscious levels, yet it is the thinking at the subconscious level that is far more powerful, crucial and decisive. What you think in your heart (which is the deeper level of your mind) is what you are. This is certainly what you will become and experience in life.

Emile Coue, who was very successful in medical treatment in Europe, said that "When *will* and *imagination* are in conflict, imagination always wins." We exercise will in the conscious mind, but imagine in the heart. Why the imagination will always win can be explained from two fronts: scientific and spiritual.

First, the heart will always win because the heart has the power, both electrical and chemical power. Second, the heart or the spirit is the repository of spiritual power. Besides, the heart is far bigger than the mind.

We've already seen that our whole mind is likened to an iceberg. The greater bulk of a floating iceberg, perhaps up to 90 percent, is always under water, while the rest is on top of the water. And it is the part under water that determines the direction of the iceberg.

The heart is the sum of all our mental and emotional experiences stored away over the years. It is likened to the portion of the iceberg under water. That is our real personality, the composite of our habits, and our real attitude. Our heart determines

the direction of our life. We conditioned or programmed it over the years, from our childhood.

Chapter Four: **THE ATTRACTING FORCES OF YOUR THOUGHTS**

*"There is in connection with the thought forces, what we may term, **the drawing power of mind**, and the great law operating here is one with that great law of the universe, that **like attracts like**. We are continually attracting to us from both the seen and the unseen side of life, forces and conditions most akin to those of our own thoughts."* - Ralph Trine

Our thoughts are the basic inputs we give to God to use and create the situations and results we want in life for us. According to our habitual thoughts, it is unto us in life. It would be an act of complete irresponsibility on our part to want God to do certain things for us without supplying him in our hearts thoughts that are consistent with the situations and results we want.

God looks into the content of our hearts, the seed thoughts we have in our subconscious mind, to create the realities that conform to them. "I, the Lord, search the heart, I test the mind..." (Jeremiah 17:10). What God sees in your heart as your consistent thoughts is what he will make to happen for you.

In another place, God says, "My son, give me your heart..." (Proverb 23:26). Why doesn't he ask for the brain, the hand, the legs, the mouth, or any other part of man? Why is God so interested in the heart of man? He knows that the heart is the control room of man – it controls the brain, the eyes, the hands, the mouth, and every other part of man. When God gets the heart, he can more easily and assuredly help the person.

Because of the important role of thoughts in our lives, some authors believe that thoughts are the real creators of situations. For instance, Dr Sidney Bremer puts it this way: "Thoughts are the forces back of things, the creators of things. Thought is power, thought is force, thought is cause - all else is the effect of thought." I am fully persuaded that God is actually the Creator of things with his power, but he uses our thoughts and desires to determine what we want.

So it is the power of God that creates all things, including the jobs, the promotions, the university admissions, the peace of mind, the wealth, the health, the children, and all other things we want on earth. Our thoughts only serve to draw the power of God into our lives and circumstances to create the results we desperately dwell on in our minds.

Henry Hamblin in his book, *The Power of Thought*, writes that, "...what a man thinks is the mainspring of all his actions; what a man thinks attracts to him his circumstances and environment; what a man thinks determines what type of friends and companions will gather around him...."

The Law of Attraction

"The real, vital forces at work in our own lives and in the world about us are not seen by the ordinary physical eye. Yet, they are the causes of which all things we see are merely the effects. Thoughts are forces; like builds like, and like attracts like. For one to govern his thinking, then, is to determine his life." - Ralph Trine

Life works according to physical laws and spiritual principles. If physical laws didn't work, pilots couldn't fly an airplane, because there would be no gravity. If spiritual principles didn't work, you wouldn't have wonders, that is, situations God suspends physical laws in response to faith in a man's heart to do for that man according to the desires in his heart.

After God created the Earth and man, he put in place physical laws to regulate the physical world, and he also put in place spiritual principles to regulate the spiritual life. Physical or scientific laws are dependable, but spiritual principles are far more dependable because God, who is Spirit, can suspend the scientific laws to respond to the faith of a man who knows how to use the spiritual world to control the physical world.

What is a law? *The Longman Dictionary of Contemporary English* defines it as "a statement expressing what has been seen always to happen in certain conditions." This indicates that natural laws show the relationship between cause and effect. That means that when certain conditions are met, there must be certain results.

The law of attraction simply means that like attracts like, thoughts that align to particular persons and situations attract those persons or situations to the persons thinking those thoughts. There is a spiritual principle that states that, "**Deep calls unto deep**" (Ps 42:7). God doesn't think casual thoughts, but deep thoughts (Ps 92:5). The heart of man is also deep. His subconscious thoughts are deep. Both the **inward thought (subconscious thought)** and **the heart of man are deep**. (Psalms 64:6). Man's thoughts God takes serious and important are his deep, subconscious thoughts. As a man thinks in his heart (subconscious mind), so is he.

When the deep thoughts of any person agree with the deep thoughts of God concerning that person, then a practical reality is given birth to. Interestingly, God's deep thoughts are always good thoughts towards us. When the woman who suffered from flow of blood for twelve years, without any medical solution, said in her heart (thought and believed in her heart) that her touch of the hem of the garment of Jesus would draw power to heal her, she was instantly healed (Matt 9:20-21). Her deep thoughts called unto and drew the deep healing power of Jesus.

Most people operate at the surface level of the mind, the conscious, superficial level of thoughts, where little or no results take place. That is why there is much unhappiness, dissatisfaction, complaining, and sometimes violence in world. They put in so much physical strength and get so little result.

That was exactly what Simon Peter, the fisher man did. He explained to Jesus that he had toiled all night, using all the man-made methods of fishing he knew and yet made no catch. He was operating at a shallow level of his mentality and spirituality. In fact, up to this point, he was functioning only at the level of the conscious mind or conscious thoughts.

Jesus told him, spare me these explanations and launch into the **deep**. Get into the deeper level of thinking, faith, imagination, and creativity. When he did, the result was a net-breaking harvest of fishes.

Our deep thoughts are a spiritual force. Faith is a spiritual force. The power of God is a spiritual force. Deep always answers to deep. Likes always attract likes. By way of definition, we can say that *the law of attraction* states that we attract into our lives people, situations, and circumstances that are in harmony with our dominant thoughts.

The Earth as a Magnet

The Earth and man are magnetic forces. Experts say that the Earth is, or contains a magnet. As a matter of fact, the Earth's lower layers, that is, its core or centre, contain heavier elements such as iron and nickel. It is the belief of scientists that the liquid iron core contains sufficient magnetic properties that makes it behave as a magnet, creating a magnetic field that surrounds the Earth. When we stand on the Earth's surface, we are standing on a ball-magnet. The magnetic force of the Earth is very great.

According to experts, **gravitation** is the force of attraction between objects that tends to pull them toward one another. The gravitational pull of the earth upon all objects

holds the objects to the surface of the earth. It is also believed that gravitation applies to most processes on the earth. For instance, ocean tides are caused by the gravitational attraction of the moon and the sun on the earth and its oceans.

Newton's explanation of the principle of universal gravitation was his greatest contribution to science. He enunciated that since an apple falls and comes to the ground, and since bodies fall towards the earth when released, the earth must be attracting them.

The universe functions because of the force of gravitation. This force brings together everything in the universe. Gravitation is what sustains the planets in orbit round the Sun and holds the galaxies together. Scientists say that the earth's gravitation pulls down on every object with a force equal to the weight of that object.

God is the Source of universal gravitation. He created the sun, moon, stars, the Earth, all the planets, and the entire universe. And as massive as the Earth is, it moves in two distinct ways; it **rotates** on its own axis from west to east once in every 24 hours, causing *day* and *night*. The Earth's axis is an invisible or imaginary line that runs between the North and South poles.

The Earth also **revolves** round the sun in an orbit once in every 365.5 days, causing the *seasons* and the *year*. Interestingly, this Earth travels at a speed of about 107,000 kilometres (or about 67,000 miles) per hour.

What holds this massive Earth in position to do all these movements successfully? What holds the North and South poles in place? The answer is not far-fetched. God holds all things in creation by the **Word of his power** (Hebrews 1:3). Why God's Word is so powerful is because his deep thoughts always agree with what he says. God is never double-minded.

We Are Living Magnets

When we think or speak, not at the superficial level but at the deep, unconscious level that agrees with God's mind concerning us, the energy or power that makes up that thought or word goes out and attracts conditions and circumstances that are consistent with the thought or word and brings it back into our lives and experiences.

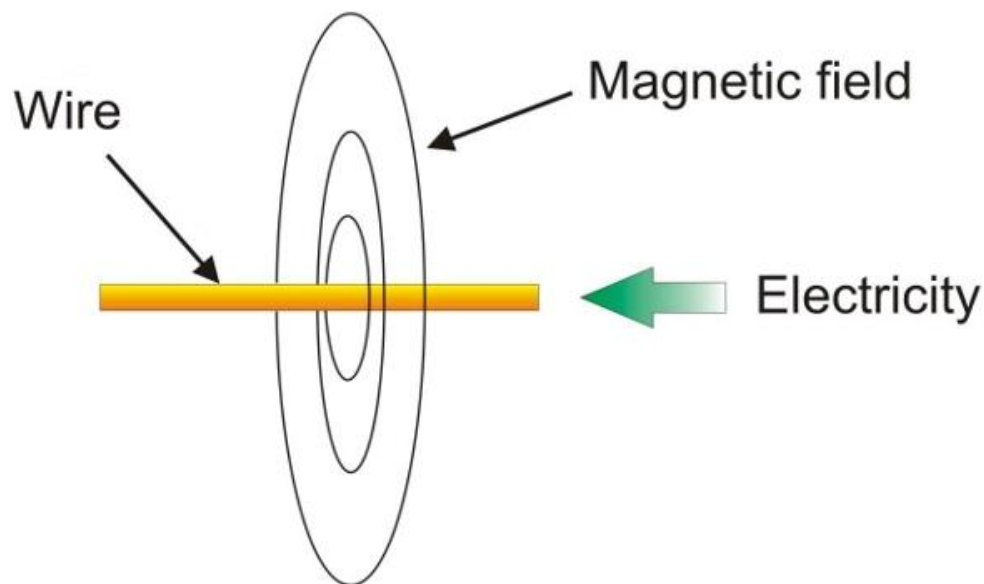
Now consider this very strong statement by Jesus. "For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not

doubt **in his heart**, but believes that those things he says will be done, he will have whatever he says" (Mark 11:23). So you can see that our thoughts and words attract to us physical conditions and material realities that agree with our subconscious mind or heart.

We had earlier seen also that thoughts commence some form of electrical activity in the brain causing the neuron to start firing. The neuron is the basic functional unit of the nervous system. We also understand that our thoughts are transmitted at least in part by electrical impulses.

Electricity is a form of energy made by the movement of tiny particles known as electrons. The movement of these electrons is called an *electric current*. Studies have sufficiently shown a relationship between electricity and magnetism. Electricity produces magnetic effects and magnetism produces electric effects. This relationship between electricity and magnetism is what scientists call *electromagnetism*.

It is this connection between electricity and magnetism that makes it possible for an electric current that flows to create a magnetic field. This explains why an electric current in a wire attracts a compass needle nearby. This also explains why our thoughts are magnetic forces, having the ability to draw situations to themselves.



Knowing how the law of attraction works helps us to understand how we can take control of our individual and collective results in life. As soon as we begin to think certain thoughts, our brain cells pulsate or move and send off electromagnetic waves,

thought waves. When we concentrate on those thoughts, we multiply the amplitude (largeness) of the pulsation of those cells, and the electric waves, in turn, become more powerful. The energy that is released in the form of electrons travel out according to the intensity of the thought involved.

The source of attraction of people and things to us is largely in our thoughts. If we think thoughts of a particular kind, then we attract to ourselves people and situation that are consistent with those thoughts. **You and I are living magnets.**

We invariably attract into our lives the people, situations, and circumstances that are in harmony with our dominant thoughts. Like thoughts always connect. This is one of the strangest secrets the most successful people on earth have employed to propel their lives and their communities.

Thought is a spiritual power that works in us. When we mix our thoughts with faith in God for what we desire, he empowers and strengthens those thoughts to draw our desires to us. God's Spirit is the helper and energizer of our thoughts in drawing in our expectations in life. Indeed, it is God who quickens or gives life to even our mortal or human bodies by his Spirit (Romans 8:11).

Ephesians 3:20 talks of God being able "to do exceedingly abundantly above all that we **ask** or **think**..." This shows that God works in our favour or support not only according to our words, but also according to our thoughts.

The Drawing Powers of the Mind

We're all familiar with a magnet. It draws metal objects. A magnet that is big and strong will draw bigger objects, but the one that is small and weak will draw smaller objects.

Magnets are materials that create magnetic fields, which attract specific metals. Every metal has a north pole and a south pole. The North and South poles of two metals will attract, but the like poles will repel.

Unlike magnets, our minds don't have north and south poles. Rather, they gain power and constitute an *enabling environment* through our individual capacity to concentrate on a thing. In fact, the fuel or strength of any thought is concentration on the thought. A thought you don't give attention to loses every force and can't survive.

If your mind is full of positive thought habits such as joy, love, faith, etc, they constitute some *positive energy field* that favours the attraction of positive realities and situations such as money-making opportunities, good company, vision helpers, health, divine protection, long life, destiny boosters, promotion avenues, etc.

On the other hand, sadness, depression, anger, hate, etc, constitute *negative energy field* that favour the attraction of negative realities and situations such as disappointments, negative company, sickness, vision destroyers, and failure to you.

That's why we humans should be very careful what we focus our thoughts on, say through meditation. The things we dwell on will be attracted into our lives. Through our dominant or subconscious thoughts we co-create with God our situations and realities. These are the things that "**are created now and not from the beginning**" (Isaiah 48:7). This is how new things are created every minute, every day, every week and every year.

Thought Habits of Faith or Fear Are Drawing Forces

On the positive side, we draw into our lives through our faith, situations that agree with our positive subconscious thoughts and positive imaginations. On the negative side, we also draw into our lives through fear, bad situations that agree with our negative subconscious thoughts, and negative imaginations.

Charles-Albert Poissant summarizes that each thought is a pulsation (movement of energy or current), which, through some mysterious law of attraction, draws objects, beings and circumstances of similar nature to it. The negative attracts the negative in the same way that the positive attracts the positive.

Fear is faith on the negative or reverse side. Job 3:25 records a proof, "For the thing which I **greatly feared** is come upon me, and that which I was afraid of is come unto me." The speed and magnitude with which we draw good things or bad situations into our lives is in accordance with the degree of our faith or fear, intensity of our positive or negative imaginations. Job drew so much evil into his life through **great fear**. Fear, just as faith, is a drawing force.

Two blind men followed Jesus, crying that he should have mercy on them and open their eyes. Jesus asked them whether their spiritual force to draw his healing power was in place in their heart. That is what he meant when he asked them: "Believe ye that I am able to do this?" They answered, "Yea, Lord." He told them in Matthew 9:29

"According to your faith be it unto you." Both of them received instant healing; their eyes opened immediately and they began to see. The force of our faith in the ability of God determines the amount of good that comes into our lives.

Any faith that makes God absolutely responsible for all the bad things and negative experiences in our lives is irresponsible faith; in short, it is fear. We are where we are in life by the force of our faith or fear. The day you come to full terms with the infallible truth that you are absolutely responsible for all the good things in your life through your faith in God, and that you are also solely responsible for all the bad experiences in your life through your fear, your life takes a dramatic lift.

James Allen, the author of the all-time classic, *As A Man Thinketh*, pens down this great truth: "A particular train of thought persisted in, be it good or bad, cannot fail to produce its results on the character and circumstances. A man cannot directly choose his circumstances, but he can choose his thoughts, and so indirectly, yet surely, shape his circumstances"

In the words of Dr Herman Randall, therefore, *"There is nothing in all the world that would mean more to our lives mentally, physically, and morally than to persistently practice, with all the strength we possess, the power of controlling our minds, by excluding all other things, and concentrating our thoughts and desires upon those elements of strength which we wish to attain."*

This is another important point. Our subconscious thoughts draw to us things and situations that are kindred to them, whether we are awake or asleep. Some authors agree that when we sleep, it is only the body (the brain) that is at rest and is quiet; the heart is wide awake and active. Song of Solomon 5:2 confirms this: **"I sleep, but my heart is awake...."** So, even when our conscious brain is asleep, yet our spirit, our subconscious mind, is still working, attending to important matters.

And it is the data, information, ideas, thoughts, we continually send into the heart through our conscious mind, during our waking moments, that the subconscious mind will use as raw materials to work on when the brain is asleep.

The night season is a very important time in our lives. The greatest battles you and I fight are in the mind. And most of these battles take place when we are asleep. The quality of our habits of thoughts and emotions determines the strength of our spirit or heart.

If we have been constantly feeding our minds with thoughts and emotions of courage, resilience, determination, faith, and strength during our waking hours, even in physical sleep, we'll be full of power.

But if we have been loading our minds with thoughts and emotions of fear, feebleness, discouragement, defeat, and so on, even while in sleep, we are weaklings.

Some authorities believe that our interior faculties, the heart, may be more open and receptive while we are in sleep than while we are awake. And God may even speak to us while we are physically asleep. This is really made very clear in Job 33:14-16, "For God may speak in one way, or in another, Yet man does not perceive it. In a dream, in a vision of the night, When deep sleep falls upon men, While slumbering on their beds, Then He opens the ears of men, And seals their instruction...."

The mind when it acts intently along a particular line of thought will continue until some other object of thought carries it along another line of thought. This being so, we should be careful to give our minds a certain direction of thought such as thanking, praising and focusing on God before we fall off to sleep. In that state, our hearts are very open and receptive to ideas, inspirations, insights, and revelations from God.

As a matter of fact, some of the leading scientists and inventors received answers to certain boggling questions while they slept. They woke up with those answers. I give you some examples. Elias Howe invented the sewing machine. For years he worked on perfecting the sewing machine but he could not solve one problem – where to put the eye of the sewing needle.

One night he dreamed how violent persons chased him and caught him. They dragged him to their king. The king ordered him to produce the sewing machine within 24 hours or they would kill him.

Howe could not meet the deadline and as the savages were about to kill him, he noticed that their spears had small eye-shaped holes at the spear tips. That was the answer to his long-time problem - putting the eye of the sewing needle at the opposite end of the traditional needle.

Also Otto Loewi, a German physiologist, won the Nobel Prize for medicine in 1936 for his work on the chemical transmission of nerve impulses. He was said to have discovered in a dream how to prove his theory.

Our Thoughts Either Attract Wealth or Poverty

Whatever you want in life wants you. *Whatever you constantly move towards in your heart moves towards you in the physical world.* Whoever you consistently move towards also moves towards you. All our results in life are a product of the utilization of our minds. Dr David Oyedepo says, "Man's brain is the myth behind all his gains. Every gain in life is a result of the use of the brain."

We have already made the point that when a person begins to think, his brain cells start firing. Energy is released in the form of thought waves. Waves carry radiant energy. If we also agree that whenever an electric current flows it creates a magnetic field, it then means that thoughts of wealth, for instance, will attract situations and opportunities for wealth, while thoughts of poverty will attract situations and opportunities for poverty.

This is true both at the spiritual and physical levels. God is a God of wealth and every good thing in life. He is the source of all true wealth. "The silver is mine, and the gold is mine, saith the LORD of hosts (Haggai 2:8). When our thoughts agree with God's thoughts for us in the area of wealth, God organizes in our direction opportunities for *investing* and *reaping* financial and material blessings.

On the other hand, even if we occupy our minds with weak, superficial thoughts of wealth, which will definitely result in laziness and taking no action towards wealth-producing activities, we will certainly still attract poverty.

The reason is that we cannot break spiritual and natural laws. We can only break ourselves against these laws. Faith without work is dead. Wealth always results when our thoughts of wealth are consistent with the actions we take to create wealth.

How Our Mind Helps Our Body To Heal

Our mind plays a big role in the creation of our physical realities. This is also true of our health. Our thoughts and emotions can actually affect our health positively or negatively, depending on the nature of thoughts and emotions. This is particularly true of our subconscious thoughts and feelings.

Every part of the body is composed of cells. Nerve cells are not wired together. They do not touch each other; there is a tiny gap, called *synapse*, between them. On the one hand, various chemicals called *neurotransmitters*, carry impulses across the synapses

between cells. On the other, similar chemicals, known as *hormones*, are carried through bloodstream; when they reach the proper gland of nervous centre, these chemicals cause a response.

The body is about 80 percent water. Because of the body's fluid content, thoughts move easily in and through the body. Some scientists agree that *every cell 'thinks'*, that every cell is enveloped in thought.

Dr Sidney Bremer writes that, "The billions of cells in the body are all tied together in the closest contact - by affinity, sympathy. What injures or helps one, injures or helps all. Every cell suffers or is a gainer, gets a life impulse or a death impulse, according to the character of the thought." He goes on to advise that, "When we learn the fact that every thought and emotion is quickly registered, even in the remotest cell in the body, then we shall learn to be extremely careful of the character of the thought and the emotion."

Many years ago Dr. John A. Schindler wrote that "Over 50 percent of all the illness that doctors see is emotionally induced illness!" This implies that a lot of the sicknesses and diseases people suffer from have a connection with our thoughts. It is our thoughts that produce our feelings, and our feelings are always consistent with our thoughts.

The portion of the nervous system concerned with the emotions is the part called the *autonomic nervous system*. It is outside the control of the will. The brain centre of the autonomic nervous system is the hypothalamus, which is also the centre for pituitary gland stimulation.

The *pituitary* is about the most important organ we have. It is the master regulator of the entire body. It produces an amazing variety of hormones. *Hormone* is a chemical secreted by endocrine gland or some nerve cells that regulates the function of a particular tissue or organ. There is one hormone of the pituitary that raises blood pressure; another that makes smooth muscles contract, one that inhibits the kidneys from producing urine, one that stimulates the kidneys to make more urine, and so on.

The pituitary responds to stress by producing one or more of its many hormones, in increased amounts. The right or pleasant emotions cause the pituitary to produce hormones in the right amounts, just as the wrong kind of emotions produces them in harmful amounts.

In the words of Dr Schindler, "The healthy emotions, such as equanimity, resignation, courage, determination, and cheerfulness, stimulate the pituitary to produce an optimal hormone spectrum, and effect with far greater power for good health than any drug, or set of drugs, that we know anything about."

Good emotions are your best medicine. Good emotions are the greatest power for good health. One thing that greatly helps our health is optimal hormone balance, and one way of achieving this balance is to provide your body (through your thoughts) with the stimulus of the pleasant and cheerful group of emotions.

Not only does medicine support that cheerful emotions promote good health, there is also spiritual backing to this fact. Proverbs 17:22 says that, "A merry heart does good, like medicine, But a broken spirit dries the bones." Third John 1:2 also clearly indicates that we can only prosper financially and also stay in good health according to the prosperity of our soul. The soul is the seat of our deep thoughts and emotions.

In all matters of health and healing, faith is central. In fact, the health and healing system of the body desperately needs faith to function optimally. What generates faith? It is the Word of God that relates to health we hear that creates faith in that direction. The nervous network system of the body depends on the hearing of faith to send the healing message to the entire body and keep it in good health.

In connection with this, the content of our speech is very important. When we declare things with our mouth, we hear with our ears. So what we speak and hear can either create fear or faith, depending on whether it is positive or negative.

People who know how to use their tongue wisely enjoy good health most of the time. Not only are pleasant words health to our bones (Proverbs 16:24), but also the tongue of the wise is health (Proverbs 12:18).

As a matter of fact, experts say that the speech centre in the brain is connected or linked to all parts of the body and indeed, all cells in our body, through the nervous system.

So when we think thoughts of health and speak words of health, the message is carried from the tongue by the nervous system to the speech centre in the brain and from there to all the cells in the body. In their form, our thoughts and words mixed with faith, are able to penetrate our spirit, our soul, and all parts of our body right to the marrow of our bones where blood is manufactured.

Depending on the degree of our belief or faith, the words, with attendant thoughts and emotions, will always ensure the restoration of our health or improvement of it.

Chapter Five: **WHY YOU ARE THE GREATEST FACTOR IN WHAT UNIQUE PLACE YOU OCCUPY IN LIFE**

In the world today, given the fast rate and extent of development technology has made possible, it doesn't make sense to sit down and blame the government or anybody else, for the situation you occupy at present in life. People who have learnt to take their destiny in their hands have always made the difference.

Dennis Kimbro and Napoleon Hill wrote in their book, *Think and Grow Rich: A Black Choice*, that "There isn't a position from which men and women have not climbed to the top...*It's not the position, it's the person.*"

Does it mean the government has no part at all to play in our welfare? Of course, it has. Harry S. Truman, former President of the United States, once said that, "Every segment of our population, and every individual, has a right to expect from his government *a fair deal.*" Another former American President, John Quincy Adams, is also quoted to have said that, "The great object of the institution of civil government is the improvement of those who are parties to the social compact."

As true as these statements are, yet there is an extent to which any government anywhere in the world can go, as far as the total wellbeing of the citizens is concerned. The government may establish the educational institutions, provide the job opportunities, and provide the other social amenities, but it cannot determine to what extent each citizen will avail himself of the existing opportunities to change his fortunes in life.

Taking our place in life is basically a personal decision to make and an individual responsibility to accept. *Life will not give us what we deserve but what we demand.* Winston Churchill wrote that, "The price of greatness is responsibility." Also, Roy Smith said that, "the ability to accept responsibility is the measure of the man."

No government can do everything for every citizen on an equal basis. As a matter of fact, it was Abraham Lincoln who said that, "You cannot help men permanently by doing for them what they could and should do for themselves." Barry Goldwater, a U.S. politician said that, "A government that is big enough to give you all you want is big enough to take it all away."

So, there is a limitation to what any government anywhere can do for each of its

citizens, in terms of provision of social amenities, what salary to pay to its workforce, and so on.

Many years ago, a guest minister in our church, asked everybody in the service to stretch our two hands, we all did. He also asked us to look at those hands and we all did. Then, he made this truth-laden statement: "Apart from God, the two hands before you are the best helping hands in the whole world." That truth still lives in my heart till date.

The question of having a significant role to play in what you become takes us to the place of self-development or personal growth.

What Self-Development Is Not

One topic that is seriously misunderstood by many people is self-development. The way some authors and writers have taken it to the extreme makes for this misunderstanding. As we'll see, God is not against self-development per se, but he's against the teaching on this subject that is taken to the extreme. He's against the self-effort and personal strive to become anything you want in life without leaving any room for God to be the one that directs and helps you.

If real and fulfilling success in life can be God-excluded, why would God say in John 15:5 without me you can do nothing? Any effort or striving for success which makes an individual the "God" of his or her life, that doesn't need any dependence or help from the Creator, is not self-development but self-worship.

Someone may ask me, what of those who don't believe in the existence of God? I tell you a little real life story. Some years ago in my country, Nigeria, I think in the 1980s, there was a very sound professor of mechanical engineering in one of our universities. I used to follow interviews and write-ups about him consistently in the newspapers. He created academic waves everywhere. But he said that he didn't believe in God.

When the man was about to die, his lasts words, as published in the newspapers were, "God have mercy on me." Perhaps at the point of death, his spiritual eyes were opened to see that there was a God who created him. But it is best to come to terms with the truth that there is God who loves us and really wants to partner with us in everything, when we still have time to live and relate with him.

On the other hand, neglecting the part we must play in what we become in life –

formation of success attitudes and habits, setting our goals, identifying our roles, and working hard, and so on - under the guise of leaving everything for God, is also not self-development. As a matter of fact, the actions and efforts that make God absolutely responsible for the sum total of our situation in life are irresponsible actions and efforts.

We *are* before we *get*. If we abandon our responsibility in what we *become*, we can't blame anybody for whatever ugly results we *get*.

What is Personal Development?

Let me start by stating this very vital fact about self-improvement. It is a life-time commitment, not a quick-fix adventure. The day you stop personal development, you just don't stop to grow, but you begin to depreciate in your personal worth and value.

Rohn divides personal development into three parts: spiritual, physical, and mental. Man is a spirit, who has a soul and lives in a body. A properly developed person is the one who grows in spirit, in soul, and in body, in a balanced way. If he is over-developed in the spirit, and poor in thoughts, ideas, imaginations, and emotions, he is lopsided. If his brain is also over-developed at the expense of his spirit, he is tilted and can't succeed in all areas of his life.

According to *Wikipedia*, **personal development** covers a range of activities including improving our awareness and identity, developing our talents and potential, building human capital to facilitate our employability, increase our quality of life, and contribute to the realization of the sum total of our aspirations.

Self-development is a way of our growing in how we understand the world, perceiving our environment, interpreting reality, identifying our purpose for living, acknowledging our strengths and potential, and building habits that will greatly facilitate our success in all the vital areas of life, while living in peace with God and relating well with others. *It is primarily about becoming better versions of ourselves.*

Interestingly, the *best tool for personal growth is **knowledge***. *Spiritual knowledge* (who God is, our relationship with him, how he operates, and what he loves, etc) grows the spirit.

Knowledge of the mind (laws of the mind, how the mind works, how we build our emotions, definition of our identity, how we input the mind to form subconscious habits, how we make decisions, and how we develop success skills be they relationship,

business or financial skills, etc) grows the soul.

Knowledge of the external environment and the physical world (physical principles, how the brain works, school knowledge, etc) develop the brain.

That's why those who crave for personal development read and study so much. They read and study far more after graduation than they did when they were in school. Self-development is a product of private study life.

So, personal development is far beyond the acquisition of school knowledge. A very brilliant person with a PhD in his field who has a very high *intelligence quotient*, but has a very poor *emotional intelligence*, negative attitude, and bad relationships, is not well self-developed. This will affect his level of success and acreage of influence in the world.

On the hand, a school dropout who is very rich in attitudes, emotional intelligence and life skills, in addition to business skills, can be far more successful and influential in life. It would interest you to know that Bill Gates and Mark Zuckerberg are Harvard dropouts. And they are huge successes.

Apart from knowledge, some other very important tools of personal growth are the *ability to make the best decisions* and *the power to accept responsibility* for your life.

You'll like this. The largest room in the world is the room for personal development.

We Are Before We Have

What you are determines what you have. Rohn likens *becoming* and *getting* to Siamese twins. Siamese twins are two persons joined as one at birth. What you become directly influences what you get out of life. Income, health, promotion, influence, or any other thing you desire rarely exceeds your personal development or self-education. So, he advises that "to have more than you've got, become more than you are."

Personal development increases your value in life. Wherever we work, we get paid for the value we add or productivity we generate, not necessarily for the time we work. If you sufficiently develop yourself through private study, seminars, and all that, you can become twice or thrice more valuable and therefore double or triple the value you add within the same hour, to your work.

So it is a question of working primarily on yourself than you do on your job. A person

who doesn't develop himself can have ten years' experience which does not significantly add to his life. What he has is not necessarily increased value, but one year's experience repeated ten times. He hasn't added new ideas; he has neither made a single improvement nor a single innovation in nine years.

On the other hand, a person who has developed himself every year, say for ten years, has greatly multiplied his value, sharpened his skills, honed his creative and innovative abilities, understood new strategies, and will add so much productivity to the work or business. He could not create more time, but he has made himself more valuable within the available time. You are first a success mentally before you have success physically.

You Are What You Think

The thoughts are the man. As each person habitually thinks in his heart so is he. Self-development tremendously improves our thoughts and feelings. James Allen wrote that, "Every man is where he is by the law of his being; the thoughts which he has built into his character have brought him there, and in the arrangement of his life there is no element of chance, but all is the result of a law which cannot err."

It is not just what we think in the mind, but what we think in the heart that determines who we are. Dr. Bremer explains thoughts of the heart to mean "the thoughts associated with earnest feeling, the thoughts upon which we concentrate attention, the thoughts that are habitual with us - these are the mighty forces that make us what we are."

This being so, we should not be anxious to improve our physical conditions of life without first committing to changing our habitual thoughts. As we directly choose our thoughts, we cooperate with God to shape our material conditions.

You can't think thoughts of poverty and enjoy wealth. You can't fill your heart with thoughts of sickness and experience health. On the other hand, you can't habitually think success and fail in life, or daily think wealth and be floored by poverty. *The habitual state of your mind is the real state of your life.*

The implication is that if we practice thought with increasing confidence as the days, weeks, months, and years go by, we will certainly experience the rapid transformation this change in our mental attitude will have in the material conditions of our lives.

Self-Control Starts With Thought-Control

Nothing truly changes until your mind changes. Without mental transformation, the spontaneous and voluntary actions we take may only produce a new place where we continue to do our old things, that is, repeat past patterns of actions that lead to either stagnation or even failure.

The greatest challenge majority of people have is that they still have old thinking patterns with them. Our minds need to be renewed. But it takes discipline to change our mindset. George Washington said that "Discipline is the soul of an army. It makes small numbers formidable, procures success to the weak and esteem to all."

Self-control is the most important personal quality for assuring long-term success whether in political leadership or leadership in any other field of human endeavour. Elbert Hubbard explains that self-discipline "is the ability to make yourself do what you should do, when you should do it, whether you feel like it or not."

Recognizing the important place of self-discipline, Dr. Marden wrote that, "There can be no more important study, no higher duty owed to ourselves and those about us, than this of thought-control, of self-control, which results in self-development." This line of wisdom reveals one very important truth: *self-discipline starts with thought-control*; it is rooted in the exercise of our capacity to control our thoughts.

In the words of M.C. Carter, "Mental control is the only self-control, and those who learn it early escape unhappiness and many hard experiences which darken the lives of those who fail to learn that greatest of all life's lessons." The greatest freedom man has is the freedom to control his thoughts.

Harry S. Truman, the man that led the United States from 1945-1953, identified the three things that ruin a man to be *power, money, and women*. It is these things that bring many professionals, politicians, leaders, and stars down. Therefore, restraint is highly needed in any office in life. Discipline, according to Zig Ziglar, "more than anything else, means to bring your mind under control".

The man without self-control, however great his abilities, is always at the mercy of his moods and circumstances. He cannot fling himself against the opposition. A wise man says that "self-control will succeed with one talent, while self-indulgence will fail with ten."

Dr. Marden lamented how lack of self-control had destroyed multitudes of men who started out with a lot of promise, rare abilities, and great even education.

Who You Are Attracts What Unique Place You Occupy

The true measure of every man is in the quality of the thoughts he has stored up in his heart over the years. Our personality is always consistent with the nature of our most regular thoughts. We can't be failures in our thoughts and be successes on the outside.

In chapter four we saw that human beings are living magnets in the sense that the thoughts that go out of our hearts are forces that can attract things and even persons to us.

The behavioural sciences and religion all agree on the ability of our thoughts to bring us closer and closer to that which we strongly desire. Temptation, for instance, is said to be "*the pull of man's own evil thoughts and wishes*" (James 1:14). That is, we are tempted when we are *drawn away* by our own desires. And virtually, everything that comes to us in life is linked to what our thoughts consistently attract to us.

To "**pull**" means to "**draw somebody or something nearer**". And our thoughts have the power to actually draw or attract when they have been constant over time to the extent that they become a conception in the heart. What we don't conceive in the heart, we cannot give birth to in the physical world. Conception leads to delivery or birth.

The strong point I want to state in this very simple way is that *you can become anything whatsoever you desperately desire in life, irrespective of your skin colour, nationality, family, gender, or level of formal education*. If you can be pregnant with the thoughts of what you want, the physical reality will be birthed in a matter of time.

Through their thoughts people are enslaved, through their thoughts they're liberated. Our mind is given to us to use to construct specific mental images of what we desire. God can't use your mind to think for you, he can't use mine to think for me. He expects us to properly engage it to think out the specific places and thrones we want in life.

Our thoughts and imaginations are *the pencil of destiny*. When it is said that we are the architects of our destiny, what it means is that we have to use our thoughts to draw and design as the artist uses his paint and brush to produce beautiful and desirable

pictures. The work of **art** is always first and foremost, the work of the **heart**. If you remove the "he" in "he-art" you are left with "art".

Our mind makes us artists, what pictures are we painting with it? What place of occupation in life are we drawing with it? Is it a great or small place, a beautiful or ugly throne, a noble or shameful empire?

Your habitual thoughts define your *personality*. What a fine word; the totality of your attitudes, behavioural patterns, emotional responses, roles and enduring personal traits. When you're the right person within, you attract the right results without. With your mind, you decide your physical realities, your wealth, health, success, etc, more than any other person, living or dead, in the whole world.

If you have come to terms with this timeless truth, then you're certainly taking your big place in life. And there's no stopping you.

One Decision That Starts Your Enthronement Right Now

John Mason writes that "Change is an evidence of life. It is impossible to grow without change. Those who cannot change their minds cannot change anything." We must change in our thinking that we can use crime to rise to the top and remain there.

The success we attract by who we genuinely are on the inside is the success that lasts. Cutting corners can take a man to the top, but the wrong quality of his person will act as a repelling force, setting him against the flowing tide of success.

Our true worth and value is the force that permanently enthrones us in the world. Therefore, primarily working on ourselves instead of worrying whether we can make it to the top is what will eventually make our top place certain.

When would you want to start enjoying that enthronement, or move to a bigger one? Do you want to wait for 10 years before you see the millions rolling in? If so, why 10 years? When would you want to recover from that health challenge? The next three years? If so, why three years?

When do want to go back to school? When you wouldn't have any problem whatsoever again? What of starting the business you have been having on the drawing board for the past three to five years? You still want to wait for the best conditions?

In order to start enjoying that enthronement, or move to a bigger one, right away, there is one important decision you have to make. And that is, you have to take action on that vision or dream **now**.

In my blogging experience, something happened that taught me a big lesson in how we can always realize our dreams. I got a blogger to teach me a few basic things about blogging. It took just one or two days. He flew in from a distance of some 800 kilometres to train me and was going back.

I wasn't perfect in many things then. So I thought to use a few more days, may be one week, to master a few more things before I could actually begin to put out some posts on my blog.

No way, my trainer wouldn't allow that. He told me to write something and post it right away. And I did. My first post was titled, *Just Get Started*, and it was half a page. Guess what? Thirty-three persons read that first post, and I had been publishing blog posts since then.

So take action now on that dream. Wait no further, no time is better than now.

ABOUT THE AUTHOR

Imeh David is an inspirational blogger and speaker as well as online entrepreneur. His goal is to exceptionally inspire his readers, to put them in personal power gear to scale heights that would ordinarily appear impossible; it is to also make them rich.

Through his books, you learn business strategies, financial skills, leadership principles and things that will startle you about your self-worth and immediately equip you to tremendously improve upon your business, career, profession and life generally.

His message is simple: **you have the power to change your life and your results.** If you're desperate enough to shatter self-limitation and create the powerful change that will affect all your results or all-round success, then Imeh David is the author to read.

You are welcome to the place of maximum inspiration and encouragement, to the platform of sharing transformational experiences, and to the company of true friendship that is committed to empowering you through knowledge that will make you grow strong, build lasting wealth, breakthrough in business and career, and excel in leadership.

