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Foreword

“Inner Adequacy” is usually associated with material abundance. But there's a subtle poverty that's deeper than the scarcity people feel around net worth (although they're related). And no “abundance” technique will heal it if it isn't dealt with first.

We often live with daily emotional and spiritual scarcity. We don't feel adequate.

We don't feel good enough. We haven't got enough done. We aren't accomplished or significant enough. We don't feel like we're adequate.

This scarcity consumes every sector of society. It infects us with doubts and stops us from acting on our dreams and enjoying the dreams we have produced.

It pushes us to accomplish, overwork, and pretty soon we don't have adequate sleep, adequate downtime, and adequate non-business social contact. It's a ceaseless nagging feeling of trying to catch up, attempting to earn our place, trying to be good or do good. Deep down, it's a spiritual scarcity. So let's have a look at:

The Root of Success

A Look At Inner Adequacy

Chapter 1:

Keeping An Open Mind

Synopsis

If our mind is shut, we can't benefit from new ideas and possibilities that exist all around us. By clinging to old and possibly dysfunctional ways of thinking and acting, we don't leave room in our life for fresh energy and fresh ideas to take root. So the message here is that we need to let go of the old to make space for the new.

Leave Some Room

Creating space in our minds is a necessity. Particularly when you consider that we can only successfully track five -seven things, in our conscious awareness at one time. When we hang on to more than that the rest of the stuff gets pushed into our unconscious mind and this is how many of our unconscious formulas are born.

If you're on the path of personal development, you want to consciously control what is added to your unconscious mind and leave room in the conscious mind. To do that you have to be aware of your thoughts and preserve a level of spaciousness within your thinking. Here are some fast and easy ways of doing this that you are able to use throughout your day:

Center on only one thing at a time.

A lot of us run laundry lists of all the things we have to do on a continual loop inside our brains. This takes up a tremendous amount of space and energy to keep up with! Write it down if you believe you may forget and then allow you mind to only center on the step that you are able to do right now. When that passes, move on to the following thing in the same order.

Take a breath.

Pause every quarter-hour to half an hour and execute patterned breathing. The count can be anything you'd like, just make certain it follows a breathe in, pause, breathe out execution. Put your total concentration on what each part of the breath feels like. Execute the

breathing patterns three - five times, and then go on on to the following thing.

Hear.

Stop and listen to your environment. Take a breath deeply, while closing your eyes and listening with your total attention for about two minutes. Allow no censorship or opinions about what you hear to come into your mind. Merely be with the sensations, texture and subtleties of the sounds. Notice the vibrational quality to them and where in your body you are able to feel reverberations.

Rehearse putting your mind down.

This is one of my preferred little exercises in which I picture giving my mind to something in my immediate surroundings (the airport is a great place for this). For a few of you this may seem like a unusual concept, but trust me. This is dandy fun once you get over the initial unusual feeling and it's a marvelous way to unload from the burden of around-the-clock thought for awhile.

Chapter 2:

You Must Be OK First

Synopsis

While this is rather self-evident, it is especially so in the spiritual realm. If we want to bring peace and joy to others, we must first own them ourselves; otherwise we're not capable of giving or receiving with wholeness. Consequently, if your mission in life is to bring love to the world, make certain you have a sufficient supply!

Love Yourself

Before you are able to love others, you need a strong foundation of self love and self acceptance. When you have this firm foundation, you easily attract more love into your life.

Once you love & accept yourself you set firm boundaries; the actions and words you hold others to. You also raise your own standards which include the actions, words and ideas you hold yourself to. The higher level of boundaries and standards you have, the better quality of loving relationships you attract into your life.

Experience the Love

This week I want you to play with a couple of ideas.

1) 1st, listen to your thoughts about yourself. Merely notice what you say to yourself about yourself. Do this for the first two days this week. What portion is positive? What portion of your thoughts is negative? What portion is neutral?

2) Now I want you to bring up your standards regarding your views about yourself. I want you to only think thoughts about yourself that are categorically compassionate and positive for the rest of this week. If a negative thought sneaks in, approach it with lightness. Say to yourself something like; "Oh, thanks for sharing." Then instantly convert that thought to something positive.

2) Observe how your mind/emotions/body/spirit feel as you get completely positive about yourself.

3) Observe if you experience others differently or if they experience you differently.

There's a statement once, a teaching, by a very special man – Life is suffering.

There's no one who hasn't suffered. A few are not aware of it; other people are intimately familiar with the pain in their heart. Other people seek – they look for more love, more income, more happiness, satisfaction.

And yet that's only the beginning of his teaching. The remainder sends a message of hope – there's a way out.

Please don't think that because there's pain in your heart, fear in your mind, that there's something wrong with you. Everything I have determined over the past year points to one simple lesson: the most personal, the gloomiest and the most painful – is as well the most universal.

Please don't be ashamed of your pain, or escape from it. Without it, you can't grow. Hold it; look profoundly into it; love it like a mother comforting her howling baby. With understanding and compassion, you are able to start to heal your wounds, and the wounds of the world.

Those in pain can't see themselves for what they are. They can't discover the beauty and the strength they possess. It has been hidden in the haze, encompassed by the layers of false messages, overclouded by the pain.

Several people speak of my courage in undertaking my particular journey. And yet what does my courage have to do with it? It's your own courage that you see, that you're responding to. There's a basic premise in psychology, it's simple: you see in others what is already in yourself.

Acknowledge that in yourself. Have respect for your courage. Think of it, always.

Remember, as well, to have compassion for yourself. Be easy, be gentle. You're the first person who deserves it, regardless what you believe, regardless what you think you have done. So what if you've been hurtful, vindictive? You were hurtful because that's all you had inside you. Begin to nourish yourself, fill yourself with love – later the hurtfulness and pettiness will disappear. What will spill over when you've replaced the hate with kindness? Love.

Chapter 3:

Let Go Of Resentment

Synopsis

This is a very hard one for most individuals. But, it is among the most crucial of the 10 precepts. Resentments always wind up hurting us more than those we're resenting. Somebody once said that resentment is like the venom that's injected from a snakebite. Nobody dies from the bite; they die from letting the venom propagate in their system too long. Quit poisoning yourself!

Let It Go

In a roundabout way, we have to begin with ourselves. Why do we make enemies and have resentments? Many reasons; but they all start from within you. I've found three major causes, here they are briefly:

1. Pouring salt on an existing wound – by chance or purposefully, it doesn't matter.
2. They represent a part of yourself you've disowned
3. They simply happened to threaten your sense of self, your need for favorable reception or security

But when you've gone deep into yourself, when you've healed your wounds, recovered your shadow, and cured all your insecurities and wants – who can hurt you? I'm not talking of physical danger, but the bulk of our wounds – the ones to our inner being.

There are a few things that individuals try to do to their foes. Forgiveness – This to most individuals simply means: I'm still correct, you're still incorrect, you're still a bastard but I'm a good person so I forgive you. Just don't do it again. And the other is toleration – which merely means: There's nothing I can do about it at present, and my moaning is making me more distressed, so I'll just accept my pains silently.

I've fallen under the same trap before. But true forgiveness comes merely when you see that there's nothing to forgive. And this is a hard pill to swallow. When you see the great design of being, when you really see that what doesn't kill you only makes you stronger – you may even find gratitude for those who've hurt you.

This is a difficult concept to explain. I've been intensively analyzing my own history and it's starting to strike me how particular things, good or bad, just occurred at the correct time to teach me precisely the lesson I need to learn. And if I didn't learn from it, then it would hit me over again and again and again – until I awakened and learned from it.

But inside the blemished version of forgiveness, lies peril. If somebody slaps you in the face, or if you come face to face with the man who tortured you as a youngster – you recall what Jesus said, and you try to live up to it. You coerce a smile; you try to forgive, all the while holding in the fear, the anger, and the grief that's still there in your chest.

Isn't this dangerous? Isn't this another sort of turning tail from your pains? An open wound on your forearm, untended to, starts to rot. It's the same with the scars on our hearts – resentment and anger begins to build, to get worse than it was earlier. You may explode and seek revenge; you could go home and take it out on somebody innocent, or it could show up in your body as sickness – we can never hold something down for long. Fill yourself up with Love and it will overflow; fill yourself with hatred and the same happens.

Chapter 4:

Live Your Dreams

Synopsis

We all have our own unparalleled song to sing and our mission to achieve. The biggest joy in life is knowing what our dreams are and daring to live them! Thoreau once stated, "Our truest life is when we are in our dreams, awake!" Dare to live your dreams!

Go For It

You may say; hold it! I'm waiting for the perfect time or; I'm waiting for the perfect situation. All this waiting is an excuse not to go out and try. Or, maybe it's not that you're; waiting per se, but rather that you're afraid. So what are you afraid of? Are you afraid of making a error? Afraid of making the incorrect choice? Are you afraid that you may not be good enough?

And what if the individuals around you poke fun at your dreams, or don't support you? Is that adequate for you to just give up? And what happens if you do wind up living your dreams? Are you afraid that once you get there then you'll have to experience them? Meaning that what you've been discoursing for so long will now come to realization and you may not succeed?

Fear is the number 1 reason that individuals don't live their dreams. Fear holds us back, occasionally paralysing us, and keeps us from moving ahead. But, when you review your life, what do you want it to be about? Do you want to state, I could have; or I did;? The selection is yours, what words do you prefer to come out of your mouth?

So How Do You Move Past Your Fears And Live Your Dreams?

Abide by These simple Steps:

1. Recognize That You Have Dreams:

I meet so many individuals who say that they don't have dreams or they can't recall what they are. You understand what your dreams are, you really do. You've just pushed them down so deep that it may take a while to bring them to the open again. Let them out, you're worth it.

2. Put down Your Dreams:

How can you live your dreams if you can't determine what they are? Write them down. Don't label your dreams or wonder how? Just accomplish it!

3. Split Your Dreams Into little Steps:

All achievements in life happen when you take the opening move. It doesn't have to be a big one. It simply has to get you going. Little steps will get you to your dreams. Till, one day, you recognize that you're there.

4. Face The roadblocks That Are Keeping You From Living Your Dreams:

What's keeping you from living your dreams? Not adequate money or time? Too many obligations? Seek ways to defeat this. There will forever be a reason not to accomplish something. It's up to you if you prefer to give into these reasons or not.

5. Discover Individuals Who Will Support You:

They ought to be individuals who love you and will cheer you on as you go towards your dreams. Tell them how much you love and treasure them. You don't want to live your dreams by yourself.

6. Acknowledge Your Successes:

You merit it! The amusing part of living your dreams is the trip. It's the piece that builds up character and the piece that you'll recall the most.

7. Realize That Fear Won't Vanish:

There are times when you'll wonder if you have what it takes to accomplish your dreams or if you merit to live them. Fear is a normal

part of human nature. If you are able to accept that fear will come about during this procedure then you don't have to spend time worrying what you'll do if you do get afraid as you'll have this part managed. The only way past dread is through it and not around it. You are able to do it! So, experience the fear and live your dreams anyway! There are no guarantees, but the payoffs are ample if you believe in yourself. No one is going to live your dreams for you. It's up to you to make your own life. Why not have that life occupied with dreams.

Chapter 5:

Be Still

Synopsis

In our fast-paced, noisy world, quiet is certainly at a premium.

By embracing quiet on a steady basis through prayer, meditation, etc., we produce the chance to center ourselves and connect with that little, still voice inside us that represents our deepest wiseness and truth. We all need to lower the noise in our lives and tune into truth and wisdom on a steady basis to maintain our spiritual and emotional balance.

Shhhh....

In modern times that values activity, accomplishments and results, it's possibly surprising that more individuals are addressing meditation. For all the activity of modern society, many still feel a primal need for silence, inner peace, and a moment of contemplation. Meditation can reduce stress and help us loosen up; but, it can also give us a lot more. These are some of the benefits that daily meditation can give us.

Decreased Stress

Meditation helps to bring down stress by teaching us to cut from the worries that can provoke us through the day. Meditation is an chance to spend time by ourselves, without feeling at the beck and call of others. Spending fifteen minutes in quieting the mind and centering on the here and now, makes us more at ease and effective decision makers.

Wellness Benefits

Many studies have shown that meditation has wellness benefits. Many of these benefits are related to the lessening in stress that occurs through meditation. For instance, with fewer levels of stress and anxiety, the chance of cardiopathy falls significantly.

This isn't to say meditation assures you good health. But, there's a growing awareness of the link between our frame of mind and physical health. Rather often physical ailments are symptoms of inside turmoil. Meditation can give us serenity, and this can be a helpful step in quashing many stress related ailments. Meditation has

likewise been shown to relieve the pain affiliated with particular illnesses.

Master Your Own ideas

Man has conquered space, Mt. Everest and many other challenges; but, are we able to subdue our own mind? How often do you discover yourself victim to your own negative views? Some individuals are even of the opinion that it's impossible to master your thoughts. But, the art of meditation teaches that, not only is it imaginable to master our thoughts, but, we can learn to stop them altogether. Through meditation we can bring our boisterous mind in check. This produces serenity and enables us to achieve what we wish.

Disengagement

When we live in the brain it's easy to get unbalanced by little irritations. For instance, perhaps we find it intolerable to be kept waiting in a line, or we get disturbed by a small offense of another person. The solution isn't to avoid these small problems, as they'll keep appearing regardless how hard we might try.

The only effective answer is to develop disengagement and keep things in perspective. A mighty benefit of meditation is that we're able to detach ourselves from these trivial, yet annoying thoughts. This disengagement isn't indifference, it's merely that we're able to maintain calm in the midst of life's inevitable upheaval.

Happiness and Serenity

Is there anyone who doesn't, somehow, seek happiness? Meditation takes us to the root of happiness, which is to be discovered in our own serenity. If we have no serenity and are perpetually attacked by negative thoughts, happiness will stay elusive, regardless how successful we are on an outer plane. It's mayhap hard to imagine that happiness can happen from the simple act of being. But, if we can meditate with a still mind, we'll find an unforeseen source of happiness inside our own self. Meditation shows us that happiness isn't contingent on outer circumstances, but on our inner posture.

Engrossment

Be it work, sport or music, engrossment is essential to fulfill our potential. In one pointed engrossment there's major power; our energy and focus don't get dissipated. When we have engrossment we can do more in less time. Through meditation we gradually improve our powers of engrossment; this focus can be used for both meditation, and likewise other activities we engage in.

Spontaneity and Creative Thinking

When we live in the thinking mind, we're commonly obsessed with the past or future. When we spend our energy on the past and present we cover up our born spontaneity and creativity. We might feel we have neither creativity nor spontaneity, However, if we can learn to silence the mind, we recognize that we have far more potential than we presently believe. To get at this source of inspiration we just need to calm the mind. Some of the great thinkers and scientists were able to make crucial finds when they could absorb themselves in their work, to the exclusion of all else. Meditation helps us to live in the

current minute, and hence can help us to unlock our originaive potential.

The benefits of meditation are tangible, but, it likewise requires tenacity. It's a error to expect all these benefits in the first few tries; the mind takes time to tone down. Also, it's hard to explain all the benefits of meditation, as it involves a state of consciousness that can't be expressed by words. To value the benefits of meditation it's essential to meditate yourself. Alas, it isn't sufficient to just read about it. Begin meditating today.

Chapter 6:

Let Go Of The Past

Synopsis

Only too often, individuals are so caught up in their past that they've little or no energy to live in the present. We need to embrace our history and then release it.

Release

So, let's try something now. Consider something or somebody that makes you afraid, sad, or angry. For practice, pick a topic with more reserved charge.

Step One – Cognizance

The opening move is to realize that we're not our emotions. We're not sad; there's sadness inside us. We're not angry; there's anger inside us. If we're identified with our emotions, we can't do anything about it. I'm a human being – I can't alter that.

But when we recognize it's just a feeling, and it isn't us, we remove our investment, and we can take steps to cure it. We can behave in suited ways, instead of being manipulated by it. Take anger, for instance. Every time I acted out my wrath – by screaming and shouting – I incorrectly thought I was the anger, and did what it told me to do.

Step Two – Loosen Up Into the Raw Emotion

Scan for sensations in your body. Ask yourself – where is it situated? What does it feel like? For most individuals, the feelings are heaviest in the face, neck, and chest. My dread feels like nausea, a frigidity and clamminess in my skin. Sorrow feels like 'softness' in my face. Anger invokes heat and 'stiffness'.

Gently put your attention on that, and then just start to relax into it. Breathe slowly and purposely. Just like with physical pain, our body

frequently reacts by stiffening up in an effort to block these sensations. Continue reminding yourself to loosen up your muscles and just feel the emotions, letting them wash through. The more we defy the pain, the longer it takes.

Step Three – Getting Around the Mind

Attempt not to go into the mind, your thoughts, or your story about your feelings. They fertilize the pain. If we indulge in them, we may be doing the opposite of mending the pain – we may in fact be rejoicing in it. When your stories or thoughts come up, let them pass without centering on them, and gently direct your attention back to the raw sensation.

This is a really natural inclination – in fact we have been doing it for most of our lives – so don't detest yourself for it. Even now, I still tend to get caught up in my tale. How dare she do that to me? How dare he state that? Occasionally I'd relive the memory without aim, or drift off into revenge illusions. How can this be curative? It just made matters tougher.

Above all, believing our mind can lead to injurious behavior. Occasionally our bodies want to behave in certain manners – crying, or curling up in a ball. That's ok. But often our stories will tell us to try revenge, to hurt ourselves or others. Please don't – remember that safety and respect for all, including yourself, is crucial. Softly bring your attention back to the raw emotion.

First, pick up a little object, like a pen, and hold it as tightly as you can. It begins to hurt after a while, doesn't it? How do we let go of it?

We simply loosen up the muscles in our hand, and as we do so, the pen comes out of our grip by itself. We don't have to do anything, we just have to loosen up and let go. It's the same with our painful emotions.

Releasing

In the technique, there are some releasing questions used to instruct this process. After a little of practice, we can merely let go by ourselves, but they're a marvelous learning tool.

Merely ask yourself – Could I let this feeling go? And attempt to answer it without thinking. Yes or no, it doesn't matter – just go with your first response. The question serves as an invitation, so very often, even with a no, the releasing still occurs.

Following, ask yourself – Would I? This is a deeper invitation. Occasionally we think we can't let go, and yet we prefer to – we know how much it hurts. This query taps into this willingness, which can defeat any resistance.

If the response is still no, or you're finding it hard, ask yourself Would I preferably have this feeling, or would I preferably be free?

The final question is – When? This is a further invitation to release, right now. If you've a broken arm, are you going to hold off until next week to visit the hospital?

Next, merely repeat the four questions till you feel it's gone, or if you're ready to take a break.

Intensifying Your Practice

What should you do if you're feeling numb, blank, or hollow about a subject that isn't cured yet? Blankness can be a defense reaction, something used to cover up something you'd sooner not feel. Maybe you're just so cut off from their feelings that it takes a while to connect with them again. The good news – this blankness can be released or permitted, just like the more placeable feelings. Removing this top layer will frequently allow access to the deeper notions.

You may wonder why there seems to be a perpetual amount of emotions about a apparently minor matter. You may think the technique isn't working, or problems are really getting worse. Most of the time, this reflects a deeper matter that's being cured.

Please use your good sense here. In the depths of a depression, facing sorrows can make you feel nauseous, and make you cry. It's extremely rare, but possible that others may get stronger physical symptoms. Always quit if you experience anything physical that you feel you can't handle. Don't let this scare you off, it's very rare and only if you have a strange amount of pain.

Chapter 7:

Conflict Resolution

Synopsis

Again, we need to keep our mind open to new and better ways of executing things. Insanity is doing the same thing and expecting another result. Don't be insane!

Change It

You can't solve a problem with the same thinking that produced it. You can alter your thoughts and the best way to do that is to alter your attitude.

Do you have an attitude that truly wants to take responsibility and add kindness and positivity for anybody? With this radical attitude you're able to truly “see”. You know that when other people treat you with rudeness, disrespect or hostility it comes from their pain and sadness; it isn't any sort of truth about you. Let go of needing to level the score – leave that game and take them to another playing field. Never match like with like when addressing conflict; rise up to the next level and alter the energy of force with your power. Set results that bring you what you really desire.

Ask the question repeatedly “what do I want here?” If love, peace, discernment, respect, happiness, joy, fun, etc. are your true desires then you know that the old thinking doesn't work and will never work.

Imagine that you already are the individual who can change this current situation, or, indeed, any other conflict situation you come across.

You bring your power posture with you – a frame of mind that's fuelled by the power of love. This isn't narrow, petty or romantic love – but the love that surpasses and sets no conditions. The same love that makes strong men handle babies softly and produces selfless behavior when calamity strikes. You can now bring your love, compassion and real wisdom - whatever the situation. Comprehend

that this isn't weakness – this is true transforming power. This is the technique of “win/win” rather than “lose/lose”.

You've used ego and logic to try to deal with and work out conflicts previously - they don't work. Why? Because you come up against other egos, logics and “have to be corrects” and you get double or multiple forces clobbering one another into submission. Occasionally there's even the illusion of winning but the truth is that all of the things you truly want are further away than ever.

Ego - the part of us that produces conflict and fear as it thinks it's alone and unconnected from everybody else. It has to be correct. Our ego is our learned self – the one that flourishes on negatives, self bashing and reinforcing “me against the world.” It snipes at others and it lays into us also. It's never at peace and always has a list of “things I must have before I can be happy.” It's deceived and crazy and locked into more of the same. The more we can get aware of the ego's effect the more we're able to choose peace over pain.

Circle of Excellence - producing a state of might

Consider a time when you felt very loving, compassionate, and mighty and connected to your true wisdom. If you can't consider a particular time then produce these feelings by thinking about individuals you love and value. Consider times when you knew that you were operating outside of petty ego and love was driving your actions and feelings. Consider children or stories with characters that inspire you. Whatever works!

So recall a time when you instinctively knew you were mighty (not forceful), but powerful.

Imagine that might comes from your heart and filling the whole of your being. Suppose it's like a great wave; feel it, see it, hear it – let it easily wash over the little petty fires of hatred, fear, conflict and “I must be right”.

Notice how it changes your whole awareness and attitude. Construct this feeling within – see, hear and feel it – make it strong.

1. Imagine a circle on the floor, big enough to stand in. Put it in a specific location.
2. Stand outside the circle, look into the center and see, hear and feel yourself there with your “loving power” experience.
3. Allow yourself time to establish your state. Imagine these peak experiences and be there. See, hear and feel all of the experience. As you feel your state begin to peak step into the circle. Let the feeling occupy you.
4. As you stand in the circle step-up the effect by reliving memories of past “loving power” experiences. If you sense the feeling dropping step out of the circle directly. When you climb almost to the peak of this state within the circle – squeeze your finger and thumb together and say Zzzt! Then take it with you wherever you go.
5. Outside the circle rapidly restore the full state of excellence and step back in.

6. Remain in the circle till you begin to feel your full strength state, fire your anchors just before peak, then step out and use it.

The circle is a place to feel – not question or study; it's a right brain thing. Try envisaging your favorite role models, heroes etc. with you in the circle – and zoom the pictures into yourself. Experiment, fool around, build it and make it yours.

Chapter 8:

Visualize

Synopsis

We're all "works in progress!" Honor and respect your progress of "becoming" and your destination will seem closer.

Think It

Creative visualization is a mental way that uses the imagination to make dreams come true. Used in the correct way, creative visualization can improve our life and attract success and prosperity. It's a power that can alter our environment and circumstances, cause events to happen, and draw money, possessions, work, people and love into our life. Creative visualization applies the power of the mind, and is the power behind every success.

By visualizing a sealed event or a situation, or an object, like a car, a house, furniture etc, we attract it into our life. It's a process that's similar to daydreaming. For some individuals it may look like magic, but there's no magic involved, only the natural process of the might of thoughts and natural mental laws.

There are individuals who apply this technique naturally in their daily affairs, not being aware that they're using some form of power. All successful individuals use it consciously or unconsciously, attracting the success they want into their life, by visualizing their goals as already achieved.

How does it work and why? Thoughts, if mighty enough, are accepted by our subconscious, which then alters our mindset accordingly, also as our habits and actions, and this brings us into contact with new individuals, situations and circumstances.

Thought is a creative stuff that forms our life and draws similar stuff into our life. Thoughts likewise travel from one mind to another, and if they're potent enough, they can be unconsciously picked up by

individuals, who are in a position to help us materialize our wants and goals.

Thought is energy, particularly a concentrated thought loaded with emotional energy. Thoughts alter the balance of energy around us, and bring changes to the surroundings in accordance with them.

There's another explanation why visualization fetches results. It might come as a surprise to most, but the theory of "Maya" - Illusion, which comes from the eastern doctrines, provides the explanation.

The world isn't real, but only an illusion, produced by our thoughts. Since most individuals think and repeat the same or like thoughts often, centering their mind and thoughts on their current surroundings, they produce and recreate the same kind of events or circumstances. This process preserves the same "world" and status quo. It's like watching the same film over and over again, but we can alter the film by changing our thoughts and visualize different circumstances and life, and in that way produce a different "reality". For us it's a reality, though in fact it's just a dream we call "reality".

By altering our thoughts and mental images we change our "Reality"; we change the "illusory" world we trust we live in. We're not using magic or supernatural powers when producing and changing our life and circumstances. It isn't something "Material" that we alter; we only alter our thoughts, which shape our world.

All this is like dreaming a very realistic dream, and then altering the dream. We're not waking from the dream, just altering the dream.

So why not alter your dreams to something more pleasing?

If you live in small apartment and need a bigger one, rather than brooding about your fate and lack of income, alter your thoughts and visualize and believe that you're living in a larger apartment.

Creative visualization can do dandy things, but for every individual there are some areas, which he or she may find hard to alter, at least in the immediate future. The might of visualization is a powerful power, but there are some limits to using it. These limits are inside us, not in the power.

We frequently limit ourselves and can't look beyond a limited circle. We confine ourselves by our thoughts and beliefs. The more open-minded we can be, and the bigger we dare to think, the greater are our chances and possibilities. Restrictions are within our minds, and it's up to us to rise above them.

It might take some time till things begin to change. Simple, little demonstrations of this power might come fast, but larger results may need a longer time to happen.

Chapter 9:

Spirituality

Synopsis

We are a divine creation; there are no accidents. The most telling thing about a individual is their relationship to the infinite. We must remember that we're "spiritual beings having a human experience, instead of human beings having a spiritual experience.

Connect

Whether you travel to a church or pick-up the latest “hot” spiritual book, or go with some friends to hear “this amazing spiritual teacher who knows the secret to life,” you'll be faced with some choices. You'll need to answer some questions for yourself. Among these questions may be:

- * Is this teaching any good?
- * Will I profit from it?
- * Is this possibly harmful to me?

The fancy word for this process is Spiritual Discernment. By answering these queries, and possibly others, you'll get a sense for how far to dive into a given teaching or book or spiritual teacher.

So let's take a look at how you are able to go about getting a sense of the appropriateness of a given book or teaching by looking first at the questions above. Let's begin with “Is this teaching any good?” At once, we've hit a booby trap. How are you supposed to tell if a teaching or book is any good?

The beginning thing that many of you may try is to do some searching on the Net. If you do, you'll come across an almost endless list of opinions, thoughts, thoughts, beliefs, etc, most of which claim to be quite accurate and sensible. But be careful: much of it's garbage.

Regrettably, as we have all experienced, while the Net is an incredible medium for learning and distinguishing new thoughts and ideas, it's also filled with the ravings of anybody who can point a mouse.

I was recently following some links on one of my favorite personal and spiritual growth programs and discovered a site that was categorizing everything that wasn't essentially government approved psychotherapy as the work of the devil. Psychoanalysis or satan, I think that's a direct quote. So be careful.

You might not know this, but there are multiple sites that offer guru ratings. Yep, you are able to look-up your favorite guru and see how many stars he was awarded. Did Jesus get 3 stars? The Buddha got 4 stars? Ramana Maharshi edged out Sai Baba? What?! Who says? Go check out a few for some laughter. Needless to say, you may not find out whether a teaching or teacher is good by searching the Internet.

The one good use of the Net for spiritual discernment may be in answering the question, "Is this potentially harmful to me?" At least you are able to cruise around the sites and forums and read the horror stories left there. And there are plenty.

My encouragement to you and everybody is to experience what the wide world of spirituality has to offer. Get some books that might or might not be "your cup of tea" and see what they have to say.

Purchase an anthology of spiritual teachings. Go to a drumming gathering, qigong class, talk or meditation given by the latest local guru. You never know what you may find.

In my view, spirituality is a very rich field for exploration. Personally, I think it to be the best place to find long lasting happiness and personal growth.

When I jumped on the spiritual path, I had no idea of the changes and shifts that would occur. The opportunities are endless. If you'll take a moment to have a look at spirituality, you could discover a powerful process to help you in your spiritual and personal development.

Chapter 10:

The Power of Positive

Synopsis

What we think about amplifies. The energy to produce what we want is in our thoughts. This energy becomes a problem only if we choose to project it in a negative way. We tend to get what we anticipate. Dare to expect the very best for yourself, and then watch what materializes.

Bring On The Good

Read about positive thinking, think about its benefits and sway yourself to try it. The power of thoughts is a mighty power that's always shaping our life.

This shaping is commonly done subconsciously, but it's possible to make the process a conscious one. Even if the thought seems strange give it a try, as you have nothing to lose, but only to gain. Ignore what other people might say or think about you, if they discover that you're altering the way you think.

Forever visualize only favorable and beneficial situations. Use positive words in your inner negotiations or when talking with others. Smile a bit more, as this helps to think positively. Brush off any feelings of laziness or a desire to give up. If you persevere, you'll transform the way your mind thinks.

Once a negative thought comes in your mind, you have to be cognizant of it and endeavor to replace it with a constructive one. The negative thought will try once again to enter your mind, and then you have to substitute it again with a positive one. It's as if there are two pictures in front of you, and you decide to look at one of them and brush aside the other. Tenaciousness will eventually teach your mind to think positively and brush aside negative thoughts.

In case you feel any inner opposition when replacing negative thoughts with positive ones, don't quit, but continue looking only at the beneficial, good and happy thoughts in your mind.

It doesn't matter what your circumstances are at the present moment. Think positively, anticipate only favorable results and situations, and circumstances will change accordingly. It might take some time for the changes to come about, but eventually they do.

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

Wrapping Up

Inner adequacy is as it sounds: how much we feel we're worth. How good we are at certain sports, how easily we make acquaintances, how much we weigh, how good we are at our jobs and so on.

Self-help psychology tends to assume there's an intrinsic link between inner adequacy and self-esteem, and that the key to bettering a person's self-esteem is to change that person's perception of his/her self-worth. If you believe that you're worthy and valuable in all sorts of regards you'll feel better about yourself.

While this can be the case it can likewise be much simpler than that, provided it's realized that emotional welfare and self-worth don't have to be linked.

When inner adequacy is linked to self-esteem (how good we feel about ourselves) the relationship is pretty relative. If we have a sense of little or no self-worth we feel terrible about ourselves and if we have high self-worth it's the opposite.

Our sense of self-worth can waver with our changes in circumstances, and I doubt positive mantras and visualization exercises are always adequate to combat the simple knowledge that in some areas you truly do suck. This book provides an alternative to trying to change your perception of inner adequacy.