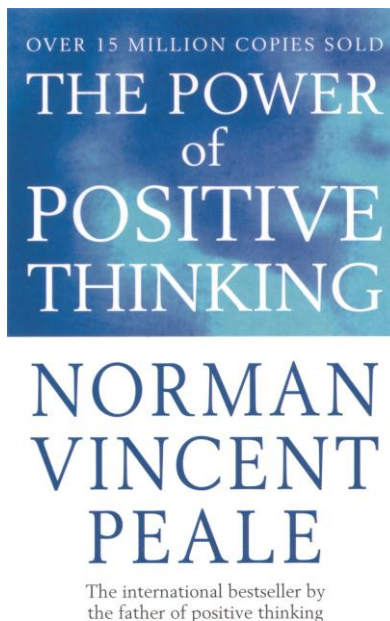


DR. ALVIN'S PUBLICATIONS

# THE POWER OF POSITIVE THINKING BY DR. NORMAN VINCENT PEALE

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A SUMMARY BY DR. ALVIN ANG



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1 | PAGE

# THE POWER OF POSITIVE THINKING

A SUMMARY BY DR ALVIN ANG

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## WHAT THIS BOOK IS ABOUT

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1. This book suggests techniques for peace of mind, improved health, and a never-ceasing flow of energy.
2. This book teaches you how to “will” not to be.
3. It is written with the sole objective of helping the reader achieve a happy, satisfying, and worthwhile life
4. By using the techniques outlined here you can modify or change the circumstances in which you now live, assuming control over them rather than continuing to be directed by them.
5. Your relations with other people will improve.
6. You will become a more popular, esteemed, and well-liked individual.
7. By mastering these principles, you will enjoy a delightful new sense of well-being.
8. You may attain a degree of health not hitherto known by you and experience a new and keen pleasure in living.
9. You will become a person of greater usefulness and will wield an expanded influence.

# Contents

<b>WHAT THIS BOOK IS ABOUT.....</b>	<b>2</b>
<b>PART I .....</b>	<b>9</b>
<b>BELIEVE IN YOURSELF.....</b>	<b>9</b>
STEP 1.....	9
BELIEVE IN YOURSELF .....	9
STEP 2.....	9
ELIMINATE INFERIORITY COMPLEXITY .....	9
STEP 3.....	9
PRAY BIG PRAYERS .....	9
STEP 4.....	10
SEEK A SPIRITUAL ADVISER .....	10
STEP 5.....	10
DRIVE CONFIDENT THOUGHTS INTO CONSCIOUSNESS.....	10
STEP 6.....	10
ATTITUDES ARE MORE IMPORTANT THAN FACTS .....	10
STEP 7.....	11
GOD IS HELPING ME .....	11
STEP 8.....	12
10 STEPS TO BUILD SELF CONFIDENCE .....	12
<b>PART II .....</b>	<b>14</b>
<b>A PEACEFUL MIND GENERATES POWER .....</b>	<b>14</b>
STEP 1.....	14
CHANGE YOUR MENTAL ATTITUDE .....	14
STEP 2.....	14
EMPTY YOUR MIND .....	14
STEP 3.....	15
FILL UP YOUR MIND WITH HEALTHY THOUGHTS.....	15
STEP 4.....	15
PRACTICE THINKING PEACEFUL THOUGHTS.....	15
STEP 5.....	15
SPEAK PEACEFUL WORDS .....	15
STEP 6.....	16
USE WORDS OF THE BIBLE .....	16
STEP 7.....	16
TALK PEACEFUL TO BE PEACEFUL .....	16
STEP 8.....	17
PRACTICE SILENCE .....	17
<b>PART III .....</b>	<b>18</b>

<b>HOW TO HAVE CONSTANT ENERGY .....</b>	<b>18</b>
STEP 1 .....	18
GOD IS THE SOURCE OF ALL ENERGY .....	18
STEP 2 .....	19
GET YOUR EMOTIONAL FAULTS CORRECTED .....	19
STEP 3 .....	19
GO ACCORDING TO GOD’S PACE.....	19
STEP 4.....	20
GET INTERESTED IN SOMETHING .....	20
<b>PART IV .....</b>	<b>22</b>
<b>TRY PRAYER POWER .....</b>	<b>22</b>
STEP 1 .....	22
USE PRAYER AS THERAPY.....	22
STEP 2 .....	22
LEARN HOW TO PRAY .....	22
STEP 3 .....	23
PRAYERIZE, PICTURIZE, ACTUALIZE .....	23
STEP 4 .....	23
PRAYER SENDS OUT VIBRATIONS .....	23
STEP 5 .....	24
OUR MINDS HAVE ALL THE POTENTIAL POWER FOR CONSTRUCTIVE LIVING .....	24
STEP 6 .....	24
TEN RULES FOR EFFECTIVE PRAYER.....	24
<b>PART V .....</b>	<b>26</b>
<b>HOW TO CREATE YOUR OWN HAPPINESS .....</b>	<b>26</b>
STEP 1 .....	26
CHOOSE TO BE HAPPY .....	26
STEP 2 .....	26
BE LIKE A CHILD .....	26
STEP 3 .....	26
DON’T BECOME SUPER SOPHISTICATED .....	26
STEP 4 .....	27
DEVELOP HAPPINESS HABIT WITH HAPPY THINKING .....	27
STEP 5 .....	28
PRACTICE LOVE .....	28
<b>PART VI .....</b>	<b>29</b>
<b>STOP FUMING AND FRETTING.....</b>	<b>29</b>
STEP 1 .....	29
WHAT IS FUMING AND FRETTING .....	29
STEP 2 .....	29
REDUCE YOUR PACE .....	29
STEP 3 .....	30

GOD WON'T GO THAT FAST .....	30
STEP 4.....	30
PRACTICE BEING PEACEFUL .....	30
STEP 5.....	31
DELIBERATELY PRACTICE SERENITY .....	31
STEP 6.....	31
HAVE FAITH IN THE PRINCIPLES OF CHRISTIANITY .....	31
STEP 7.....	31
DISCIPLINE YOUR PHYSICAL REACTIONS .....	31
STEP 8.....	32
SIX POINTS TO REDUCE FUMING.....	32
<b>PART VII.....</b>	<b>34</b>
<b>EXPECT THE BEST AND GET IT.....</b>	<b>34</b>
STEP 1.....	34
CHANGE YOUR MENTAL HABIT.....	34
STEP 2.....	34
LEARN TO BELIEVE.....	34
STEP 3.....	35
READ THE NEW TESTAMENT.....	35
STEP 4.....	35
GIVE IT ALL YOU HAVE GOT .....	35
STEP 5.....	36
BEWARE OF WHAT YOU WANT FOR YOU WILL GET IT .....	36
STEP 6.....	37
HAVE A DEFINED PURPOSE .....	37
STEP 7.....	37
CULTIVATE FAITH .....	37
STEP 8.....	38
SATURATE YOUR MIND WITH THE BIBLE .....	38
STEP 8.....	38
BE SPECIFIC .....	38
<b>PART VIII.....</b>	<b>39</b>
<b>I DON'T BELIEVE IN DEFEAT.....</b>	<b>39</b>
STEP 1.....	39
STAND UP TO YOUR OBSTACLES .....	39
STEP 2.....	39
THERE IS NO SUCH SITUATION .....	39
STEP 3.....	40
CONVINCE YOUR SUBCONSCIOUS MIND .....	40
STEP 4.....	40
ELIMINATE "LITTLE NEGATIVES" .....	40
STEP 5.....	41
OBSTACLES ARE REMOVABLE .....	41

<b>PART IX .....</b>	<b>42</b>
<b>HOW TO BREAK THE WORRY HABIT .....</b>	<b>42</b>
STEP 1 .....	42
DEFINE WORRY & RID IT .....	42
STEP 2 .....	42
HOW TO LIVE LONG .....	42
STEP 3 .....	43
PRACTICE EMPTYING THE MIND .....	43
STEP 4 .....	43
IMAGINEERING .....	43
STEP 5 .....	44
LET FAITH CROWD OUT WORRY .....	44
STEP 6 PRACTICE FAITH .....	44
STEP 7 AVOID WORRY CONVERSATIONS .....	45
STEP 8 .....	45
CULTIVATE FRIENDSHIPS WITH HOPEFUL PEOPLE .....	45
STEP 9 .....	45
SEE HOW MANY PEOPLE YOU CAN HELP TO CURE THEIR OWN WORRY HABIT.....	45
<b>PART X .....</b>	<b>46</b>
<b>POWER TO SOLVE PERSONAL PROBLEMS.....</b>	<b>46</b>
STEP 1 .....	46
CONCEIVE OF GOD AS A PARTNER .....	46
STEP 2 .....	46
WORK OUT AND ACTUALIZE A PLAN .....	46
STEP 3 .....	47
BELIEVE THAT FOR EVERY PROBLEM THERE IS A SOLUTION. ....	47
<b>PART XI .....</b>	<b>48</b>
<b>HOW TO USE FAITH IN HEALING .....</b>	<b>48</b>
STEP 1 .....	48
IN SICKNESS, SEND FOR YOUR MINISTER EVEN AS YOU SEND FOR YOUR DOCTOR. ....	48
STEP 2 .....	48
SURRENDER ONESELF TO GOD.....	48
STEP 3 .....	48
PRAY FOR THE DOCTOR.....	48
STEP 4 .....	49
DO NOT BE PANICKY .....	49
STEP 5 .....	49
LET HARMONY PREVAIL IN THE FAMILY .....	49
STEP 6 .....	49
FORM A PICTURE IN YOUR MIND OF THE LOVED ONE AS BEING WELL .....	49
<b>PART XII .....</b>	<b>50</b>
<b>WHEN VITALITY SAGS, TRY THIS.....</b>	<b>50</b>

STEP 1 .....	50
CAST OUT ILL WILL AND RESENTMENT .....	50
STEP 2 .....	50
CAST OUT GUILT / FEAR / ANXIETY .....	50
STEP 3 .....	50
CAST OUT ANGER .....	50
STEP 4 .....	51
CAST OUT HURT .....	51
<b>PART XIII .....</b>	<b>52</b>
<b>INFLOW OF NEW THOUGHTS CAN REMAKE YOU .....</b>	<b>52</b>
STEP 1 .....	52
REMAKE YOUR THOUGHTS .....	52
STEP 2 .....	52
BELIEVE AND SUCCEED .....	52
STEP 3 .....	53
TEST IT ACCORDING TO GOD'S WILL .....	53
STEP 4 .....	53
SPEAK HOPEFULLY ABOUT EVERYTHING .....	53
STEP 5 .....	53
CHOOSE YOUR FRIENDS .....	53
STEP 6 .....	54
AVOID ARGUMENT .....	54
STEP 7 .....	54
PRAY A GREAT DEAL .....	54
<b>PART XIV .....</b>	<b>55</b>
<b>RELAX FOR EASY POWER.....</b>	<b>55</b>
STEP 1 .....	55
KEEP THE MIND QUIET.....	55
STEP 2 .....	55
COLLAPSE PHYSICALLY .....	55
STEP 3 .....	55
LIKE YOUR WORK.....	55
STEP 4 .....	56
THINK SPIRITUALLY .....	56
<b>PART XV .....</b>	<b>57</b>
<b>HOW TO GET PEOPLE TO LIKE YOU.....</b>	<b>57</b>
STEP 1 .....	57
ACCEPT NOT EVERYONE WILL LIKE YOU.....	57
STEP 2 .....	57
BEING APPRECIATED & NEEDED.....	57
STEP 3 .....	57
BE A COMFORTABLE PERSON .....	57

STEP 4 .....	58
LOVE OTHERS .....	58
STEP 5 .....	58
PRAY FOR OTHERS .....	58
STEP 6 .....	59
BUILD UP THE EGO OF OTHERS.....	59
<b>PART XVI .....</b>	<b>60</b>
<b>PRESCRIPTION FOR HEARTHACHE .....</b>	<b>60</b>
STEP 1 .....	60
PERFORM MUSCULAR ACTIVITIES.....	60
STEP 2 .....	60
PERFORM CREATIVE ACTIVITIES .....	60
STEP 3 .....	60
GIVE WAY TO GRIEF.....	60
STEP 4 .....	61
DO NOT AVOID OLD PLACES VISITED BY LOVED ONES WHO PASSED AWAY .....	61
STEP 5 .....	61
PRACTICE THE PRESENCE OF GOD.....	61
STEP 6.....	62
WE WILL RECONCILE WITH OUR LOVED ONES AFTER DEATH .....	62
<b>PART XVII .....</b>	<b>63</b>
<b>HOW TO DRAW UPON THAT HIGHER POWER .....</b>	<b>63</b>
STEP 1 .....	63
ISAIAH 40:28-31 .....	63
STEP 2 .....	63
WAIT UPON THE LORD.....	63
STEP 3 .....	64
TAKE A POSITIVE ATTITUDE.....	64
STEP 4 .....	64
DEPEND UPON THE HIGHER POWER .....	64
<b>CONCLUSION.....</b>	<b>65</b>
<b>ABOUT THE AUTHORS.....</b>	<b>66</b>
ABOUT DR. NORMAN VINCENT PEALE.....	66
ABOUT DR. ALVIN ANG .....	66



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**PART I**

**BELIEVE IN YOURSELF**

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**STEP 1**

**BELIEVE IN YOURSELF**

- ✓ Believe in yourself! Have faith in your abilities!
- ✓ Without a humble but reasonable confidence in your own powers you cannot be successful or happy.
- ✓ A sense of inferiority and inadequacy interferes with the attainment of your hopes, but self-confidence leads to self-realization and successful achievement.

**STEP 2**

**ELIMINATE INFERIORITY COMPLEXITY**

- ✓ The greatest secret for eliminating the inferiority complex, which is another term for deep and profound self-doubt, is to fill your mind to overflowing with faith.
- ✓ Develop a tremendous faith in God and that will give you a humble yet soundly realistic faith in yourself.
- ✓ The acquiring of dynamic faith is accomplished by prayer, lots of prayer, by reading and mentally absorbing the Bible and by practicing its faith techniques.

**STEP 3**

**PRAY BIG PRAYERS**

- ✓ To get anywhere with faith, learn to pray big prayers.
- ✓ God will rate you according to the size of your prayers.
- ✓ The Scriptures say, "According to your faith be it unto you." (Matthew 9:29). So the bigger your problem, the bigger your prayer should be.
- ✓ Drive your prayers deep into your doubts, fears, and inferiorities.

- ✓ Pray deep, big prayers that have plenty of suction and you will come up with powerful and vital faith.

#### **STEP 4**

##### **SEEK A SPIRITUAL ADVISER**

- ✓ Go to a competent spiritual adviser and let him teach you how to have faith.
- ✓ The ability to possess and utilize faith and gain the release of powers it provides are skills and, like any skills, must be studied and practiced to gain perfection.
- ✓ If your mind is obsessed by thoughts of insecurity and inadequacy it is, of course, due to the fact that such ideas have dominated your thinking over a long period of time.
- ✓ Another and more positive pattern of ideas must be given the mind, and that is accomplished by repetitive suggestion or confidence ideas.
- ✓ In the busy activities of daily existence thought disciplining is required if you are to re-educate the mind and make of it a power-producing plant.

#### **STEP 5**

##### **DRIVE CONFIDENT THOUGHTS INTO CONSCIOUSNESS**

- ✓ It is possible, even in the midst of your daily work, to drive confident thoughts into consciousness.
- ✓ We build up the feeling of insecurity or security by how we think.
- ✓ If in our thoughts we constantly fix attention upon sinister expectations of dire events that might happen, the result will be constantly to feel insecure.
- ✓ And what is even more serious is the tendency to create, by the power of thought, the very condition we fear.

#### **STEP 6**

##### **ATTITUDES ARE MORE IMPORTANT THAN FACTS**

- ✓ The blows of life, the accumulation of difficulties, and the multiplication of problems tend to sap energy and leave you spent and discouraged.

- ✓ In such a condition the true status of your power is often obscured, and a person yields to a discouragement that is not justified by the facts.
- ✓ It is vitally essential to re-appraise your personality assets.
- ✓ Attitudes are more important than facts.
- ✓ That is worth repeating until its truth grips you.
- ✓ Any fact facing us, however difficult, even seemingly hopeless, is not as important as our attitude toward that fact.
- ✓ How you think about a fact may defeat you before you ever do anything about it.
- ✓ You may permit a fact to overwhelm you mentally before you start to deal with it actually.
- ✓ On the other hand, a confident and optimistic thought pattern can modify or overcome the fact altogether.

#### **STEP 7**

#### **GOD IS HELPING ME**

- ✓ One of the most powerful concepts, one which is a sure cure for lack of confidence, is the thought that God is actually with you and helping you.
- ✓ This is one of the simplest teachings in religion, namely, that Almighty God will be your companion, will stand by you, help you, and see you through.
- ✓ No other idea is so powerful in developing self-confidence as this simple belief when practiced. To practice it simply affirm “God is with me; God is helping me; God is guiding me.”
- ✓ Go about your business on the assumption that what you have affirmed and visualized is true.
- ✓ Affirm it, visualize it, believe it, and it will actualize itself.

## STEP 8

### 10 STEPS TO BUILD SELF CONFIDENCE

1. Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding.
  - a. Hold this picture tenaciously.
  - b. Never permit it to fade.
  - c. Your mind will seek to develop this picture.
  - d. Never think of yourself as failing; never doubt the reality of the mental image.
  - e. That is most dangerous, for the mind always tries to complete what it pictures.
  - f. So always picture “success” no matter how badly things seem to be going at the moment.
2. Whenever a negative thought concerning your personal powers comes to mind, deliberately voice a positive thought to cancel it out.
3. Do not built up obstacles in your imagination.
  - a. Depreciate every so-called obstacle.
  - b. Minimize them.
4. Difficulties must be studied and efficiently dealt with to be eliminated, but they must be seen for only what they are.
  - a. They must not be inflated by fear thoughts.
5. Do not be awestruck by other people and try to copy them.
  - a. Nobody can be you as efficiently as YOU can.
  - b. Remember also that most people, despite their confident appearance and demeanor, are often as scared as you are and as doubtful of themselves.
6. Ten times a day repeat these dynamic words, “If God be for us, who can be against us?” (Romans 8:31) (Stop reading and repeat them NOW slowly and confidently.)
7. Get a competent counselor to help you understand why you do what you do.
  - a. Learn the origin of your inferiority and self-doubt feelings which often begin in childhood.

- b. Self-knowledge leads to a cure.
8. Ten times each day practice the following affirmation, repeating it out loud if possible. “I can do all things through Christ which strengtheneth me.” (Philippians 4:13)
- a. Repeat those words NOW.
  - b. That magic statement is the most powerful antidote on earth to inferiority thoughts.
9. Make a true estimate of your own ability, then raise it 10 per cent.
- a. Do not become egotistical, but develop a wholesome self-respect.
  - b. Believe in your own God-released powers.
  - c. Put yourself in God’s hands.
  - d. To do that simply state, “I am in God’s hands.”
  - e. Then believe you are.
  - f. NOW receiving all the power you need. “Feel” it flowing into you.
  - g. Affirm that “the kingdom of God is “within you” (Luke 17:21) in the form of adequate power to meet life’s demands.
10. Remind yourself that God is with you and nothing can defeat you.
- a. Believe that you now RECEIVE power from him.

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## PART II

### A PEACEFUL MIND GENERATES POWER

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#### STEP 1

##### CHANGE YOUR MENTAL ATTITUDE

- ✓ The essence of the secret lies in a change of mental attitude.
- ✓ One must learn to live on a different thought basis, and even though thought change requires effort, it is much easier than to continue living as you are.
- ✓ The life of strain is difficult.
- ✓ The life of inner peace, being harmonious and without stress, is the easiest type of existence.
- ✓ The chief struggle then in gaining mental peace is the effort of revamping your thinking to the relaxed attitude of acceptance of God's gift of peace.
- ✓ A verse from the Bible, 'Romans 12:2. ... Be ye transformed by the renewing of your mind ...'

#### STEP 2

##### EMPTY YOUR MIND

- ✓ A primary method for gaining a mind full of peace is to practice emptying the mind.
- ✓ I recommend a mind-emptying at least twice a day, more often if necessary.
- ✓ Definitely practice emptying your mind of fears, hates, insecurities, regrets, and guilt feelings.
- ✓ The mere fact that you consciously make this effort to empty your mind tends to give relief.
- ✓ Of course, emptying the mind is not enough. When the mind is emptied, something is bound to enter. The mind cannot long remain a vacuum.

### STEP 3

#### FILL UP YOUR MIND WITH HEALTHY THOUGHTS

- ✓ Immediately start filling your mind with creative and healthy thoughts.
- ✓ Then when the old fears, hates, and worries that have haunted you for so long try to edge back in, they will in effect find a sign on the door of your mind reading “occupied.”
- ✓ The healthy thoughts which you have taken in will now be stronger and better fortified, and therefore able to repulse them.
- ✓ You will permanently enjoy a mind full of peace.

### STEP 4

#### PRACTICE THINKING PEACEFUL THOUGHTS

- ✓ At intervals during the day practice thinking a carefully selected series of peaceful thoughts.
- ✓ Let mental pictures of the most peaceful scenes you have ever witnessed pass across your mind, as, for example, some beautiful valley filled with the hush of evening time, as the shadows lengthen and the sun sinks to rest.
- ✓ Such peaceful thought images will work upon your mind as a healing medicine.

### STEP 5

#### SPEAK PEACEFUL WORDS

- ✓ Practice the technique of suggestive articulation, that is, repeat audibly some peaceful words.
- ✓ Words have profound suggestive power, and there is healing in the very saying of them.
- ✓ If you speak peaceful, quieting words, your mind will react in a peaceful manner.
- ✓ Use such a word as “tranquility.” Repeat that word slowly several times.
- ✓ Tranquility is one of the most beautiful and melodic of all English words, and the mere saying of it tends to induce a tranquil state.
- ✓ Another healing word is “serenity.” Picturize serenity as you say it. Repeat it slowly and in the mood of which the word is a symbol.

## STEP 6

### USE WORDS OF THE BIBLE

- ✓ Let nothing disturb you.
- ✓ Let nothing frighten you.
- ✓ Everything passes away except God. God alone is sufficient.
- ✓ The words of the Bible have a particularly strong therapeutic value.
- ✓ Drop them into your mind, allowing them to “dissolve” in consciousness, and they will spread a healing balm over your entire mental structure.
- ✓ This is one of the simplest processes to perform and also one of the most effective in attaining peace of mind.

## STEP 7

### TALK PEACEFUL TO BE PEACEFUL

- ✓ By our speech we can achieve quiet reactions.
- ✓ Talk peaceful to be peaceful.
- ✓ In a group when the conversation takes a trend that is upsetting, try injecting peaceful ideas into the talk.
- ✓ Negative conversation adversely affects circumstances.
- ✓ Start each day by affirming peaceful, contented, and happy attitudes and your days will tend to be pleasant and successful.
- ✓ Watch your manner of speech then if you wish to develop a peaceful state of mind.
- ✓ It is important to eliminate from conversations all negative ideas, for they tend to produce tension and annoyance inwardly.
- ✓ The words we speak have a direct and definite effect upon our thoughts.
- ✓ Words help to condition and create attitudes.



## STEP 8

### PRACTICE SILENCE

- ✓ Everyone should insist upon not less than fifteen minutes of absolute quiet every twenty-four hours.
- ✓ Go alone into the quietest place available to you and sit or lie down and practice the art of silence.
- ✓ Do not talk to anyone.
- ✓ Do not write.
- ✓ Do not read.
- ✓ Think as little as possible.
- ✓ Conceive of your mind as quiescent, inactive.
- ✓ This will not be easy at first because thoughts are stirring up your mind, but practice will increase your efficiency.
- ✓ When you have attained a quiescent state, then begin to listen for the deeper sounds of harmony and beauty and of God that are to be found in the essence of silence.

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## PART III

### HOW TO HAVE CONSTANT ENERGY

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#### STEP 1

##### GOD IS THE SOURCE OF ALL ENERGY

- ✓ “But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” (Isaiah 40:31)
- ✓ God is the source of all energy—energy in the universe, atomic energy, electrical energy, and spiritual energy; indeed every form of energy derives from the Creator.
- ✓ The Bible emphasizes this point when it says, “He giveth power to the faint; and to them that have no might he increaseth strength.” (Isaiah 40:29)
- ✓ In another statement the Bible describes the energizing and re-energizing process: “... in Him we live (that is, have vitality), and move (have dynamic energy), and have our being (attain completeness).” (Acts 17:28)
- ✓ When in spiritual contact with God through our thought processes, the Divine energy flows through the personality, automatically renewing the original creative act.
- ✓ When contact with the Divine energy is broken, the personality gradually becomes depleted in body, mind, and spirit.
- ✓ An electric clock connected with an outlet does not run down and will continue indefinitely to keep accurate time.
- ✓ Unplug it, and the clock stops.
- ✓ It has lost contact with the power flowing through the universe.
- ✓ In general this process is operative in human experience though in a less mechanical manner.
- ✓ All through its pages, the Bible talks about vitality and force and life.
- ✓ Jesus stated the key expression, “... I am come that they might have life, and that they might have it more abundantly.” (John 10:10)
- ✓ This does not rule out pain or suffering or difficulty, but the clear implication is that if a person practices the creative and re-creative principles of Christianity he can live with power and energy.

- ✓ Follow this mentally by visualizing the soul as becoming quiescent, then pray as follows: “Dear God, You are the source of all energy. You are the source of the energy in the sun, in the atom, in all flesh, in the bloodstream, in the mind. I hereby draw energy from You as from an illimitable source.”
- ✓ Then practice believing that you receive energy. Keep in tune with the Infinite.

## **STEP 2**

### **GET YOUR EMOTIONAL FAULTS CORRECTED**

- ✓ It is not hard work that drains off energy but emotional upheaval.
- ✓ The effect of guilt and fear feelings on energy is widely recognized by all authorities having to do with the problems of human nature.
- ✓ Energy drainage occasioned by fear and guilt is of such an amount as to leave little power to be applied to a person’s job. The result is that he tires quickly.
- ✓ The body is designed to produce all needed energy over an amazingly long period of time.
- ✓ If the individual takes reasonable care of his body from the standpoint of proper diet, exercise, sleep, no physical abuse, the body will produce and maintain astonishing energy and sustain itself in good health.
- ✓ But if he allows energy leaks caused by hereditary or self-imposed emotional reaction of a debilitating nature, he will be lacking in vital force.
- ✓ It is fear, resentment, the projection of parental faults upon people when they are children, inner conflicts and obsessions that throw off balance the finely equated nature, thus causing undue expenditure of natural force.
- ✓ Neither age nor circumstance needs to deprive us of energy and vitality.
- ✓ Our physical condition is determined very largely by our emotional condition, and our emotional life is profoundly regulated by our thought life.

## **STEP 3**

### **GO ACCORDING TO GOD’S PACE**

- ✓ Our energies are destroyed because of the high tempo, the abnormal pace at which we go.

- ✓ Everything is speeded up, and for that reason many people are tired.
- ✓ The solution is to get into the time synchronization of Almighty God.
- ✓ The conservation of energy depends upon getting your personality speed synchronized with the rate of God's movement.
- ✓ God is in you.
- ✓ If you are going at one rate and God at another, you are tearing yourself apart.
- ✓ "Though the mills of God grind slowly, yet they grind exceeding small."
- ✓ The mills of most of us grind very rapidly, and so they grind poorly.
- ✓ When we become attuned to God's rhythm we develop a normal tempo within ourselves and energy flows freely.

#### **STEP 4**

##### **GET INTERESTED IN SOMETHING**

- ✓ A frequent case of diminishing energy is staleness.
- ✓ The pressure, monotony, and unceasing continuity of responsibilities dull the freshness of mind which a person must have to approach his work successfully.
- ✓ Staleness tend to come upon dry and arid periods.
- ✓ During such a condition of mind the expenditure of greater energy is required to do with difficulty what one formerly did with comparative ease.
- ✓ As a result the vital powers are hard put to it to supply the force required, and the individual often loses his grip and power.
- ✓ The surest way not to become tired is to lose yourself in something in which you have a profound conviction.
- ✓ You only lose energy when life becomes dull in your mind.
- ✓ Your mind gets bored and therefore tired doing nothing.
- ✓ Get interested in something.

- ✓ Throw yourself into it with abandon.
- ✓ Don't sit around moaning about things, reading the papers, and saying, "Why don't they do something?"
- ✓ The man who is out doing something isn't tired.
- ✓ If you're not getting into good causes, no wonder you're tired. You're disintegrating. You're deteriorating.
- ✓ The more you lose yourself in something bigger than yourself, the more energy you will have.
- ✓ You don't have time to think about yourself and get bogged down in your emotional difficulties.

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## **PART IV**

### **TRY PRAYER POWER**

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#### **STEP 1**

##### **USE PRAYER AS THERAPY**

- ✓ Experts in physical health and well-being often utilize prayer in their therapy.
- ✓ Disability, tension, and kindred troubles may result from a lack of inner harmony.
- ✓ Prayer restores the harmonious functioning of body and soul.
- ✓ Prayer is the greatest power available to the individual in solving his personal problems.
- ✓ Prayer power seems able even to normalize the aging process, limiting deterioration.
- ✓ Prayer can freshen you up every evening and send you out renewed each morning.
- ✓ You can receive guidance in problems if prayer is allowed to permeate your subconscious, the seat of the forces which determines whether you take right or wrong actions.
- ✓ Prayer has the power to keep your reactions correct and sound.

#### **STEP 2**

##### **LEARN HOW TO PRAY**

- ✓ You need to learn new techniques of prayer.
- ✓ If you have been praying in a certain manner, even if it has brought you blessings, which it doubtless has, perhaps you can pray even more profitably by varying the pattern and by experimenting with fresh prayer formulas.
- ✓ Get new insights; practice new skills to attain greatest results.
- ✓ It is important to realize that you are dealing with the most tremendous power in the world when you pray.
- ✓ It is advisable to experiment with prayer power according to such methods as prove sound and effective.
- ✓ If this sounds new and strangely scientific, bear in mind that the secret of prayer is to find the process that will most effectively open your mind humbly to God.
- ✓ Any method through which you can stimulate the power of God to flow into your mind is legitimate and usable.

### STEP 3

#### PRAYERIZE, PICTURIZE, ACTUALIZE

- ✓ The formula is (1) PRAYERIZE, (2) PICTURIZE, (3) ACTUALIZE.
- ✓ “Prayerize” = a daily system of creative prayer. Let His presence dominate your conscious and unconscious thinking.
- ✓ When a problem arise, talk it over with God very simply and directly in prayer.
- ✓ Do not need to talk with God as to some vast and far off shadowy being but conceived of God as being with you in your office, in home, on the street, in automobile, always nearby as a partner, as a close associate.
- ✓ “Pray without Ceasing.” For example, say to God as to a close associate, “What will I do about this, Lord?” or “Give me a fresh insight on this, Lord.”
- ✓ “Picturize.” = To assure something worthwhile happening, first pray about it and test it according to God’s will; then print a picture of it on your mind as happening, holding the picture firmly in consciousness.
- ✓ The man who assumes success tends already to have success.
- ✓ Work hard and intelligently, thus doing your part to achieve success in the matter.
- ✓ Practice believing and continue to hold the picturization firmly in your thoughts.
- ✓ That which you have “prayerized” and “picturized” “actualizes” according to the pattern of your basic realizable wish when conditioned by invoking God’s power upon it, and if, moreover, you give fully of yourself to its realization.

### STEP 4

#### PRAYER SENDS OUT VIBRATIONS

- ✓ Prayer sends out vibrations from one person to another and to God.
- ✓ All of the universe is in vibration.
- ✓ There are vibrations in the molecules of a table.
- ✓ The air is filled with vibrations.
- ✓ The reaction between human beings is also in vibration.
- ✓ When you send out a prayer for another person, you employ the force inherent in a spiritual universe.

- ✓ You transport from yourself to the other person a sense of love, helpfulness, support—a sympathetic, powerful understanding—and in this process you awaken vibrations in the universe through which God brings to pass the good objectives prayed for.
- ✓ Experiment with this principle and you will know its amazing results.

#### **STEP 5**

##### **OUR MINDS HAVE ALL THE POTENTIAL POWER FOR CONSTRUCTIVE LIVING**

- ✓ One of the important functions of prayer is as a stimulus to creative ideas.
- ✓ Within the mind are all of the resources needed for successful living.
- ✓ Ideas are present in consciousness which, when released and given scope together with proper implementation, can lead to the successful operation of any project or undertaking.
- ✓ When the New Testament says, “The kingdom of God is within you,” (Luke 17:21) it is informing us that God our Creator has laid up within our minds and personalities all the potential powers and ability we need for constructive living.

#### **STEP 6**

##### **TEN RULES FOR EFFECTIVE PRAYER**

1. Set aside a few minutes every day.
  - i. Do not say anything.
  - ii. Simply practice thinking about God.
  - iii. This will make your mind spiritually receptive.
2. Then pray orally, using simple, natural words.
  - i. Tell God anything that is on your mind.
  - ii. Do not think you must use stereotyped pious phrases.
  - iii. Talk to God in your own language.
  - iv. He understands it.
3. Pray as you go about the business of the day, on the subway or bus or at your desk.
  - i. Utilize minute prayers by closing your eyes to shut out the world and concentrating briefly on God’s presence.



- ii. The more you do this every day the nearer you will feel God's presence.
- 4. Do not always ask when you pray, but instead affirm that God's blessings are being given, and spend most of your prayers giving thanks.
- 5. Pray with the belief that sincere prayers can reach out and surround your loved ones with God's love and protection
- 6. Never use a negative thought in prayer.
  - i. Only positive thoughts get results.
- 7. Always express willingness to accept God's will.
- 8. Ask for what you want, but be willing to take what God gives you.
  - i. It may be better than what you ask for.
- 9. Practice the attitude of putting everything in God's hands.
  - i. Ask for the ability to do your best and to leave the results confidently to God.
- 10. Pray for people you do not like or who have mistreated you.
  - i. Resentment is blockade number one of spiritual power.
- 11. Make a list of people for whom to pray.
  - i. The more you pray for other people, especially those not connected with you, the more prayer results will come back to you.

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**PART V**

**HOW TO CREATE YOUR OWN HAPPINESS**

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**STEP 1**

**CHOOSE TO BE HAPPY**

- ✓ People are just about as happy as they made up their minds to be.
- ✓ But say to yourself, “Things are going nicely. Life is good. I choose happiness,” and you can be quite certain of having your choice.

**STEP 2**

**BE LIKE A CHILD**

- ✓ Children are more expert in happiness than adults.
- ✓ The adult who can carry the spirit of a child into middle and old age is a genius, for he will preserve the truly happy spirit with which God endowed the young.
- ✓ The subtlety of Jesus Christ is remarkable, for He tells us that the way to live in this world is to have the childlike heart and mind.
- ✓ In other words, never get old or dull or jaded in spirit.

**STEP 3**

**DON'T BECOME SUPER SOPHISTICATED**

- ✓ Many of us manufacture our own unhappiness.
- ✓ Happiness is achievable and the process for obtaining it is not complicated.
- ✓ Anyone who desires it, who wills it, and who learns and applies the right formula may become a happy person.

## STEP 4

### DEVELOP HAPPINESS HABIT WITH HAPPY THINKING

- ✓ Proverbs, tells us that "... he that is of a merry heart hath a continual feast." (Proverbs 15:15)
- ✓ In other words, cultivate the merry heart; develop the happiness habit, and life will become a continual feast, which is to say you can enjoy life every day.
- ✓ Make a mental list of happy thoughts and pass them through your mind several times every day.
- ✓ If an unhappiness thought should enter your mind, immediately stop, consciously eject it, and substitute a happiness thought.
- ✓ Every morning before arising, lie relaxed in bed and deliberately drop happy thoughts into your conscious mind.
- ✓ Let a series of pictures pass across your mind of each happy experience you expect to have during the day.
- ✓ When you arise, say out loud three times this one sentence, "This is the day which the Lord hath made; we will rejoice and be glad in it." (Psalm 118:24) Only personalize it and say, "I will rejoice and be glad in it."
- ✓ Repeat it in a strong, clear voice and with positive tone and emphasis.
- ✓ While dressing or shaving or getting breakfast, say aloud a few such remarks as the following,
  - "I believe this is going to be a wonderful day.
  - I believe I can successfully handle all problems that will arise today.
  - I feel good physically, mentally, emotionally.
  - It is wonderful to be alive.
  - I am grateful for all that I have had, for all that I now have, and for all that I shall have.
  - Things aren't going to fall apart.
  - God is here and He is with me and He will see me through.
  - I thank God for every good thing."

## STEP 5

### PRACTICE LOVE

- ✓ You must also base your actions and attitudes upon principles of happy living.
- ✓ So a practical principle in creating happiness is to practice love.
- ✓ The way to happiness: keep your heart free from hate, your mind from worry.
- ✓ Live simply, expect little, and give much.
- ✓ Fill your life with love. Scatter sunshine. Forget self, think of others.
- ✓ When one experiences a dynamic spiritual change inwardly, success with happiness-producing ideas becomes extraordinarily easy.

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## PART VI

### STOP FUMING AND FRETTING

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#### STEP 1

##### WHAT IS FUMING AND FRETTING

- ✓ The word “fume” means to boil up, to blow off, to emit vapor, to be agitated, to be distraught, and to seethe.
- ✓ The word “fret” is reminiscent of a sick child in the night, a petulant half-cry, and half-whine.
- ✓ It ceases, only to begin again.
- ✓ It has an irritating, annoying, penetrating quality.
- ✓ To fret is a childish term, but it describes the emotional reaction of many adults.

#### STEP 2

##### REDUCE YOUR PACE

- ✓ The Bible advises us to “Fret not thyself ...” (Psalm 37: 1)
- ✓ A first step is to reduce your pace or at least the tempo of your pace.
- ✓ We do not realize how accelerated the rate of our lives has become, or the speed at which we are driving ourselves.
- ✓ Many people are destroying their physical bodies by this pace, but what is even more tragic, they are tearing their minds and souls to shreds as well.
- ✓ It is possible for a person to live a quiet existence physically and yet maintain a high tempo emotionally.
- ✓ The character of our thoughts determines pace.
- ✓ The pace of modern life must be reduced if we are not to suffer profoundly from its debilitating over-stimulation and super-excitement.
- ✓ This over-stimulation produces toxic poisons in the body and creates emotional illness.
- ✓ It produces fatigue and a sense of frustration so that we fume and fret about everything from our personal troubles to the state of the nation and the world.
- ✓ It is impossible to have peace of soul if the pace is so feverishly accelerated.

- ✓ Slow down, for whatever you really want will be there when you get there if you work toward it without stress, without pressing.
- ✓ If, proceeding under God's guidance and in His smooth and unhurried tempo, it is not there, then it was not supposed to be there.
- ✓ If you miss it, perhaps you should have missed it. So definitely seek to develop a normal, natural, God-ordered pace.

### STEP 3

#### GOD WON'T GO THAT FAST

- ✓ God won't go that fast.
- ✓ He will not endeavor to keep up with you.
- ✓ He says in effect, "Go ahead if you must with this foolish pace and when you are worn out I will offer my healing. But I can make your life so rich if you will slow down now and live and move and have your being in me."
- ✓ God moves imperturbably, slowly, and with perfect organization.
- ✓ The only wise rate at which to live is God's rate.
- ✓ God gets things done and they are done right and He does them without hurry.
- ✓ He is peaceful and therefore efficient.
- ✓ This same peace is offered to us—"Peace I leave with you, my peace I give unto you ..."  
(John 14:27)
- ✓ To help reduce this tension which seems to dominate our people everywhere, you can start by reducing your own pace.

### STEP 4

#### PRACTICE BEING PEACEFUL

- ✓ Practice being peaceful.
- ✓ Practice "the peace of God which passeth all understanding." (Philippians 4:7)
- ✓ Then note the quiet power sense that wells up within you.
- ✓ Have you ever considered the importance of having the peace of God in your muscles, in your joints?

- ✓ Your muscles will work with correlation when the peace of God who created them governs their action.
- ✓ Speak to your muscles every day and to your joints and to your nerves, saying, “Fret not thyself.” (Psalm 37: 1)

#### **STEP 5**

##### **DELIBERATELY PRACTICE SERENITY**

- ✓ We should give time and planned effort to keeping the mind in a healthy state.
- ✓ One way to do this is to sit quietly and pass a series of peaceful thoughts through the mind.
- ✓ For example, pass through the thoughts the memory of a lofty mountain, a misty valley, a sun-speckled trout stream, silver moonlight on water.
- ✓ At least once in every twenty-four hours, preferably in the busiest part of the day, deliberately stop whatever you are doing for ten or fifteen minutes and practice serenity.
- ✓ There are times when it is essential resolutely to check our headlong pace, and it must be emphasized that the only way to stop is to stop.

#### **STEP 6**

##### **HAVE FAITH IN THE PRINCIPLES OF CHRISTIANITY**

- ✓ Simple faith and practice of the principles and techniques of Christianity bring peace and quietness and therefore new power to body, mind, and spirit.
- ✓ It is the perfect antidote to fuming and to fretting.
- ✓ It helps a person to become peaceful and thus to tap new resources of strength.
- ✓ Adopt the skill of church going.
- ✓ Make church worship a therapy.

#### **STEP 7**

##### **DISCIPLINE YOUR PHYSICAL REACTIONS**

- ✓ Practice keeping physically still.
- ✓ Don't pace the floor.

- ✓ Don't wring your hands.
- ✓ Don't pound or shout or argue or walk up and down.
- ✓ Don't let yourself get worked up into a dither.
- ✓ In excitement one's physical movements become accentuated.
- ✓ Certainly keep the voice down to a low pitch.
- ✓ In developing a calm control it is necessary to think calmness, for the body responds sensitively to the type of thoughts that pass through the mind.
- ✓ A physical attitude can induce desired mental attitudes.
- ✓ This principle can be effective in controlling emotional excitements, fretting, and tension, as many have discovered by experimentation.
- ✓ You will be much less tired.
- ✓ It is, moreover, a good procedure to practice being phlegmatic or apathetic, even indifferent.
- ✓ To a certain extent even practice being sluggish.
- ✓ People thus constituted are less likely to emotional breaks.
- ✓ Highly organized individuals may do well to cultivate these reactions to a degree at least.
- ✓ Naturally one does not want to lose the keen, sensitive responsiveness characteristic of the highly organized individual.
- ✓ But the practice of being phlegmatic tends to bring such a keyed-up personality to a balanced emotional position.

#### **STEP 8**

#### **SIX POINTS TO REDUCE FUMING**

1. Sit relaxed in a chair.
  - a. Completely yield yourself to the chair.
  - b. Starting with your toes and proceeding to the top of your head, conceive of every portion of the body as relaxing.
  - c. Affirm relaxation by saying, "My toes are relaxed—my fingers—my facial muscles."
2. Think of your mind as the surface of a lake in a storm, tossed by waves and in tumult.
  - a. But now the waves subside, and the surface of the lake is placid and unruffled.



3. Spend two or three minutes thinking of the most beautiful and peaceful scenes you have ever beheld, as for example, a mountain at sunset, or a deep valley filled with the hush of early morning, or a woods at noonday, or moonlight upon rippling waters.
  - a. In memory relive these scenes.
4. Repeat slowly, quietly, bringing out the melody in each, a series of words which express quietness and peace, as, for example,
  - a. tranquility (say it very deliberately and in a tranquil manner)
  - b. serenity
  - c. Quietness. Think of other such words and repeat them.
5. Make a mental list of times in your life when you have been conscious of God's watchful care and recall how, when you were worried and anxious, He brought things out right and took care of you.
  - a. Then recite aloud this line from an old hymn, "So long Thy power hath kept me, sure it STILL will lead me on."
6. Repeat the following, which has an amazing power to relax and quiet the mind:
  - a. "Thou wilt keep him in perfect peace, whose mind is stayed on thee." (Isaiah 26:3)
  - b. Repeat this several times during the day, whenever you have a fraction of a moment.
  - c. Repeat it aloud if possible, so that by the end of the day you will have said it many times.
  - d. Conceive of these words as active, vital substances permeating your mind, sending into every area of your thinking a healing balm.
  - e. This is the best-known medicine for taking tension from the mind.

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## PART VII

### EXPECT THE BEST AND GET IT

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#### STEP 1

##### CHANGE YOUR MENTAL HABIT

- ✓ Change your mental habits to belief instead of disbelief.
- ✓ Learn to expect, not to doubt.
- ✓ In so doing you bring everything into the realm of possibility
- ✓ This does not mean that by believing you are necessarily going to get everything you want or think you want.
- ✓ Perhaps that would not be good for you.
- ✓ When you put your trust in God, He guides your mind so that you do not want things that are not good for you or that are inharmonious with God's will.
- ✓ But it does definitely mean that when you learn to believe, then that which has seemingly been impossible moves into the area of the possible.
- ✓ Every great thing at last becomes for you a possibility

#### STEP 2

##### LEARN TO BELIEVE

- ✓ William James, the famous psychologist, said, "Our belief at the beginning of a doubtful undertaking is the one thing (now get that—is the one thing) that insures the successful outcome of your venture."
- ✓ To learn to believe is of primary importance.
- ✓ When you expect the best, you release a magnetic force in your mind which by a law of attraction tends to bring the best to you.
- ✓ But if you expect the worst, you release from your mind the power of repulsion which tends to force the best from you.

### STEP 3

#### READ THE NEW TESTAMENT

- ✓ Perhaps you have not been doing so well in the game of life.
- ✓ You strike out time and again and your batting average is lamentably low.
- ✓ Start reading the New Testament and notice the number of times it refers to faith.
- ✓ Select a dozen of the strongest statements about faith, the ones that you like the best.
- ✓ Then memorize each one.
- ✓ Let these faith concepts drop into your conscious mind.
- ✓ Say them over and over again, especially just before going to sleep at night.
- ✓ By a process of spiritual osmosis they will sink from your conscious into your subconscious mind and in time will modify and reslant your basic thought pattern.
- ✓ This process will change you into a believer, into an expecter, and when you become such, you will in due course become an achiever.
- ✓ You will have new power to get what God and you decide you really want from life.
- ✓ “If thou canst believe,” it says, “all things are possible to him that believeth.” (Mark 9:23)
- ✓ “If ye have faith ... nothing shall be impossible unto you.” (Matthew 17:20)
- ✓ “According to your faith be it unto you.” (Matthew 9:29)
- ✓ Believe—believe—so it drives home the truth that faith moves mountains.
- ✓ Things become better when you expect the best instead of the worst, for the reason that being freed from self-doubt, you can put your whole self into your endeavor, and nothing can stand in the way of the man who focuses his entire self on a problem.

### STEP 4

#### GIVE IT ALL YOU HAVE GOT

- ✓ When the entire concentration of all your force—physical, emotional, and spiritual—is brought to bear, the consolidation of these powers properly employed is quite irresistible.
- ✓ People are defeated in life not because of lack of ability, but for lack of wholeheartedness.
- ✓ Their heart isn't in it, which is to say they themselves are not fully given.

- ✓ Results do not yield themselves to the person who refuses to give himself to the desired results.
- ✓ In other words, whatever you are doing, give it all you've got.
- ✓ Hold nothing back.
- ✓ Life cannot deny itself to the person who gives life his all.
- ✓ In fact, very few people do, and this is a tragic cause of failure, or, if not failure, it is the reason we only half attain.
- ✓ Fire the heart with where you want to go and what you want to be.
- ✓ Get it so deeply fixed in your unconscious that you will not take no for an answer, then your entire personality will follow where your heart leads.
- ✓ "Throw your heart over the bar" means to throw your faith over your difficulty, throw your affirmation over every barrier, throw your visualization over your obstacles.
- ✓ In other words, throw the spiritual essence of you over the bar and your material self will follow in the victory groove thus pioneered by your faith-inspired mind.

#### **STEP 5**

##### **BEWARE OF WHAT YOU WANT FOR YOU WILL GET IT**

- ✓ It is what is in the heart of you, either good or bad, strong or weak, that finally comes to you.
- ✓ Emerson said, "Beware of what you want for you will get it."
- ✓ So the formula is:
  - to know what you want,
  - test it to see if it is a right thing,
  - change yourself in such a manner that it will naturally come to you,
  - and always have faith.
- ✓ According to your faith in yourself, according to your faith in your job, according to your faith in God, this far will you get and no further.
- ✓ Whenever you have a bar, that is to say a barrier,
  - stop,
  - close your eyes,

- visualize everything that is above the bar and nothing that is below it,
- then imaginatively throw “your heart” over that bar and see yourself as being given lifting power to rise above it.
- ✓ Believe that you are experiencing this upthrust of force.
- ✓ If in the depth of your mind you visualize the best and employ the powers of faith and energy, you will get the best

## **STEP 6**

### **HAVE A DEFINED PURPOSE**

- ✓ Your expectation must have a clearly defined objective.
- ✓ Lots of people get nowhere simply because they do not know where they want to go.
- ✓ They have no clear-cut, precisely defined purpose.
- ✓ You cannot expect the best if you think aimlessly.
- ✓ That is the failure point with many people.
- ✓ No objective leads to no end.
- ✓ I copied it and am giving it to you: “A man who is self-reliant, positive, optimistic, and undertakes his work with the assurance of success magnetizes his condition. He draws to himself the creative powers of the universe.”
- ✓ It is indeed a fact that the person who thinks with positive self-reliance and optimism does magnetize his condition and releases power to attain his goal.

## **STEP 7**

### **CULTIVATE FAITH**

- ✓ Cultivate faith and you will have the necessary courage and character.
- ✓ Faith power works wonders.
- ✓ Hold them in your thoughts, say them over and over again.
- ✓ You can achieve the most tremendous things by faith power.

## STEP 8

### SATURATE YOUR MIND WITH THE BIBLE

- ✓ If you will spend one hour a day reading the Bible and committing its great passages to memory, thus allowing them to recondition your personality, the change in you and in your experience will be little short of miraculous.
- ✓ Generation after generation, no matter what develops in the way of knowledge and science, the Bible is read by more people than any other book.
- ✓ Humanity rightly has more confidence in it than any other document ever written, and the Bible tells us that faith power works wonders.

## STEP 8

### BE SPECIFIC

- ✓ The reason, however, that great things do not happen to some people is that they are not specific in their application of faith power.
- ✓ Be specific. Take them one by one.
- ✓ If there is something you want, how do you go about getting it?
- ✓ In the first place, ask yourself, “Should I want it?”
- ✓ Test that question very honestly in prayer to be sure you should want it and whether you should have it.
- ✓ If you can answer that question in the affirmative, then ask God for it and don’t be backward in asking Him.
- ✓ And if God, having more insight, believes that you shouldn’t have it, you needn’t worry—He won’t give it to you.
- ✓ Ask God for any right thing, but as a little child, don’t doubt.
- ✓ So roll those words around on your tongue.
- ✓ Say them over and over again until they lodge deeply in your mind, until they get down into your heart, until they take possession of the essence of you: “... whosoever shall say unto this mountain, be thou removed, and be thou cast into the sea, and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass, he shall have whatsoever he saith.” (Mark 11:23) affirm, “I expect the best and with God’s help will attain the best.”

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## PART VIII

### I DON'T BELIEVE IN DEFEAT

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#### STEP 1

##### STAND UP TO YOUR OBSTACLES

- ✓ Do not complain about or whine but forthrightly attack it.
- ✓ Don't go crawling through life on your hands and knees half-defeated.
- ✓ Stand up to your obstacles and do something about them.
- ✓ You will find that they haven't half the strength you think they have.
- ✓ You can do this when you have faith, faith in God and faith in yourself.
- ✓ Faith is the chief quality you need.
- ✓ You will learn to know yourself, your own ability, your power to do things.
- ✓ Anybody can keep going when the going is good.
- ✓ But some extra ingredient is needed to enable you to keep fighting when it seems that everything is against you.

#### STEP 2

##### THERE IS NO SUCH SITUATION

- ✓ You may counter, "But you don't know my circumstances.
- ✓ I am in a different situation than anybody else and I am as far down as a human being can get."
- ✓ In that case you are fortunate, for if you are as far down as you can get there is no further down you can go.
- ✓ There is only one direction you can take from this position, and that is up.
- ✓ So your situation is quite encouraging.
- ✓ However, I caution you not to take the attitude that you are in a situation in which nobody has ever been before.
- ✓ There is no such situation.

- ✓ There are people who have overcome every conceivable difficult situation, even the one in which you now find yourself and which to you seems utterly hopeless.
- ✓ Here is the formula again, “I can do all things through Christ which strengtheneth me.” (Philippians 4:13)

### **STEP 3**

#### **CONVINCE YOUR SUBCONSCIOUS MIND**

- ✓ Your subconscious mind in a sense is one of the greatest liars in existence.
- ✓ It concurs in and sends back to you your own errors about your abilities.
- ✓ So just turn on your subconscious and say to it, “Now look here, I do believe that. I insist upon believing it.”
- ✓ After a while your subconscious mind will begin to send back the truth to you, the truth being that with the help of Jesus Christ there isn’t any obstacle you cannot overcome.

### **STEP 4**

#### **ELIMINATE “LITTLE NEGATIVES”**

- ✓ Making such statements as, “I’m afraid I’ll be late,” or “I wonder if I’ll have a flat tire,” or “I don’t think I can do that,” or “I’ll never get through this job. There’s so much to do.” If something turned out badly, I might say, “Oh, that’s just what I expected.”
- ✓ It is surprising how they accumulate in force, and presently, before you know it, they will grow into “big negatives.”
- ✓ I found that the best way to eliminate them was deliberately to say a positive word about everything.
- ✓ When you keep asserting that things are going to work out well, that you can do the job, that you will not have a flat tire, that you will get there on time, by talking up good results you invoke the law of positive effects and good results occur.
- ✓ “A clean engine always delivers power.”



## STEP 5

### OBSTACLES ARE REMOVABLE

- ✓ If you have been long defeated by a difficulty, it is probably because you have told yourself for weeks, months, and even for years that there is nothing you can do about it.
- ✓ You have so emphasized your inability to yourself that your mind gradually accepted the conclusion upon which you have insisted, and when your mind is convinced, you are convinced, for as you think so are you.
- ✓ But, on the contrary, when you employ this new and creative concept, “I can do all things through Christ,” then you develop a new mental slant.
- ✓ When at last your mind becomes convinced, astonishing results will begin to happen.
- ✓ Of a sudden you discover that you have the power you would never acknowledge.

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## PART IX

### HOW TO BREAK THE WORRY HABIT

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#### STEP 1

##### DEFINE WORRY & RID IT

- ✓ Worry is a destructive process of occupying the mind with thoughts contrary to God's love and care.
- ✓ Basically that is all worry is.
- ✓ The cure is to fill the mind with thoughts of God's power, His protection, and His goodness.
- ✓ What is worry? It is simply an unhealthy and destructive mental habit.
- ✓ You were not born with the worry habit.
- ✓ You acquired it.
- ✓ And because you can change any habit and any acquired attitude, you can cast worry from your mind.

#### STEP 2

##### HOW TO LIVE LONG

- ✓ Observe the following rules:
  - Keep calm.
  - Go to church.
    - Church members live longer than non-church members
  - Eliminate worry.
- ✓ Married people, according to the article, live longer than single people.
- ✓ Perhaps this is because a married couple can divide the worry. When you are single, you have to do it all alone.
- ✓ People lived long and contented lives for the following reasons:
  - They kept busy.
  - They used moderation in all things.

- They ate lightly and simply.
- They got a great deal of fun out of life.
- They were early to bed and early up.
- They were free from worry and fear, especially fear of death.
- They had serene minds and faith in God.

### **STEP 3**

#### **PRACTICE EMPTYING THE MIND**

- ✓ This should be done preferably before retiring at night to avoid the retention by the consciousness of worries while you sleep.
- ✓ During sleep, thoughts tend to sink more deeply into the subconscious.
- ✓ The last five minutes before going to sleep are of extraordinary importance, for in that brief period the mind is most receptive to suggestion.
- ✓ It tends to absorb the last ideas that are entertained in waking consciousness.
- ✓ Such thoughts can be emptied from the mind and will not accumulate if they are eliminated daily.
- ✓ To drain them, utilize a process of creative imagination.
- ✓ Conceive of yourself as actually emptying your mind of all anxiety and fear.
- ✓ Picture all worry thoughts as flowing out as you would let water flow from a basin by removing the stopper.
- ✓ Repeat the following affirmation during this visualization: “With God’s help I am now emptying my mind of all anxiety, all fear, all sense of insecurity.”

### **STEP 4**

#### **IMAGINEERING**

- ✓ A small child possesses an imaginative skill superior to that of adults.
- ✓ A child responds to the game of kissing away a hurt or throwing away a fear.
- ✓ This simple process works for the child because in his mind he believes that that is actually the end of it.

- ✓ Imagination is a source of fear, but imagination may also be the cure of fear.
- ✓ “Imagineering” is the use of mental images to build factual results, and it is an astonishingly effective procedure.
- ✓ What you “image” (imagine) may ultimately become a fact if held mentally with sufficient faith.
- ✓ Therefore hold an image of yourself as delivered from worry and the drainage process will in time eliminate abnormal fear from your thoughts.

#### **STEP 5**

##### **LET FAITH CROWD OUT WORRY**

- ✓ It is not enough to empty the mind, for the mind will not long remain empty.
- ✓ It must be occupied by something. It cannot continue in a state of vacuum.
- ✓ Fill it with thoughts of faith, hope, courage, expectancy.
- ✓ Fear is the most powerful of all thoughts with one exception, and that one exception is faith.
- ✓ Faith can always overcome fear.
- ✓ Faith is the one power against which fear cannot stand.

#### **STEP 6**

##### **PRACTICE FAITH**

- ✓ Learn to be a practicer of faith until you become an expert in faith.
- ✓ Then fear cannot live in you.
- ✓ Fear something over a long period of time and there is a real possibility that by fearing you may actually help bring it to pass.
- ✓ The Bible contains a line which is one of the most terrible statements ever made—terrible in its truth: “For the thing which I greatly feared is come upon me ...” (Job 3:25)

**STEP 7**  
**AVOID WORRY CONVERSATIONS**

- ✓ Never participate in a worry conversation.
- ✓ Shoot an injection of faith into all your conversations.
- ✓ A group of people talking pessimistically can infect every person in the group with negativism.

**STEP 8**  
**CULTIVATE FRIENDSHIPS WITH HOPEFUL PEOPLE**

- ✓ Surround yourself with friends who think positive, faith producing thoughts and who contribute to a creative atmosphere.

**STEP 9**  
**SEE HOW MANY PEOPLE YOU CAN HELP TO CURE THEIR OWN WORRY HABIT.**

- ✓ In helping another to overcome worry you get greater power over it within yourself.

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**PART X**

**POWER TO SOLVE PERSONAL PROBLEMS**

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**STEP 1**

**CONCEIVE OF GOD AS A PARTNER**

- ✓ One of the basic truths taught by the Bible is that God is with us.
- ✓ We can talk to Him, lean upon Him, get help from Him, and have the inestimable benefit of His interest, support, and help.
- ✓ Practice believing that God is as real and actual as your wife, or your business partner, or your closest friend.

**STEP 2**

**WORK OUT AND ACTUALIZE A PLAN**

- ✓ Keep calm.
- ✓ Tension blocks the flow of thought power.
- ✓ Your brain cannot operate efficiently under stress.
- ✓ Go at your problem easy-like.
- ✓ Don't try to force an answer.
- ✓ Keep your mind relaxed so that the solution will open up and become clear.
- ✓ Assemble all the facts impartially, impersonally, and judicially.
- ✓ List these fact on paper.
- ✓ This clarifies your thinking, bringing the various elements into orderly system.
- ✓ You see as well as think. The problem becomes objective, not subjective.
- ✓ Pray about your problem, affirming that God will flash illumination into your mind.
- ✓ Believe in and seek God's guidance on the promise of the 73rd Psalm, "Thou wilt guide me by thy counsel."
- ✓ Go to church and let your subconscious work on the problem as you attune to the mood of worship.

### STEP 3

#### **BELIEVE THAT FOR EVERY PROBLEM THERE IS A SOLUTION.**

- ✓ In the very necessary business of solving personal problems, it is important, first of all, to realize that the power to solve them is inherent within you.
- ✓ “Faith, even as a grain of mustard seed,” will solve your problems, any of your problems, all of your problems, if you believe it and practice it.
- ✓ “According to your faith, be it unto you.” (Matthew 9:29)
- ✓ Little faith gives you little results, medium faith gives you medium results, great faith gives you great results.

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**PART XI**

**HOW TO USE FAITH IN HEALING**

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**STEP 1**

**IN SICKNESS, SEND FOR YOUR MINISTER EVEN AS YOU SEND FOR YOUR DOCTOR.**

- ✓ In other words, believe that spiritual forces as well as medical technique are important in healing.
- ✓ Belief and faith in the combined therapy of medical science in harmony with the healing power of God.

**STEP 2**

**SURRENDER ONESELF TO GOD**

- ✓ A complete willingness to surrender oneself into the hands of God.
- ✓ A sincere willingness to accept God's answer, whatever it may be, and no irritation or bitterness against His will.
- ✓ A substantial, unquestioning faith that God can heal.
- ✓ 'Be still and know that I am God.' (Psalm 46:10)
- ✓ 'Wait on the Lord: be of good courage, and he shall strengthen thine heart.'" (Psalm 27:14)
- ✓ 'I can do all things through Christ which strengtheneth me.' (Philippians 4:13)
- ✓ "... In Him we live and move and have our being." (Acts 17:28)

**STEP 3**

**PRAY FOR THE DOCTOR**

- ✓ Pray, therefore, that the doctor may be an open channel of God's healing grace.



#### **STEP 4**

##### **DO NOT BE PANICKY**

- ✓ If you do, you will send out negative thoughts and therefore destructive thoughts in the direction of your loved one when he requires positive and healing thoughts to assist him.

#### **STEP 5**

##### **LET HARMONY PREVAIL IN THE FAMILY**

- ✓ That is, a spiritual harmony
- ✓ Matthew 18:19: “If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.”

#### **STEP 6**

##### **FORM A PICTURE IN YOUR MIND OF THE LOVED ONE AS BEING WELL**

- ✓ Visualize him in perfect health.
- ✓ What we believe in the subconscious we usually get.

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## PART XII

### WHEN VITALITY SAGS, TRY THIS

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#### STEP 1

##### CAST OUT ILL WILL AND RESENTMENT

- ✓ Get rid of them without delay.
- ✓ They do not hurt anybody else.
- ✓ They do no harm to the person against whom you hold these feelings, but every day and every night of your life they are eating at you.

#### STEP 2

##### CAST OUT GUILT / FEAR / ANXIETY

- ✓ “Emotional colds” are suffered by children who feel insecure.
- ✓ Many cases of chronic colds occur in children who come from broken homes.
- ✓ An older child often has recurring respiratory infection when a new baby is born because he feels neglected and jealous.
- ✓ Infants can “catch” fear and hatred from people around them more quickly than they can catch measles or other infectious diseases.
- ✓ The virus of fear may burrow deeply into their sub consciousness and remain there for a lifetime.

#### STEP 3

##### CAST OUT ANGER

- ✓ Anger is an accumulated vehemence of a multitude of minor irritations.
- ✓ Make a list of everything that irritates you.
- ✓ Make each separate irritation a special object of prayer.
- ✓ Get a victory over each, one at a time.

- ✓ In this way you will weaken your anger to the point where presently you will gain control over it.
- ✓ Train yourself so that every time you feel the surge of anger you say, “Is this really worth what it is doing to me emotionally? I will make a fool of myself. I will lose friends.”
- ✓ Deliberately, by an act of will, keep your hands from clenching.
- ✓ Hold your fingers out straight.
- ✓ Deliberately reduce your tone; bring it down to a whisper.
- ✓ At that moment it may be a bit hard to pray, but try it anyway; at least conjure up a picture of Jesus Christ in your mind and try to think of Him mad just as you are.
- ✓ “Our Father who art in Heaven, hallowed be Thy name.” When angry, say that ten times and your anger will lose its power over you.

#### **STEP 4**

#### **CAST OUT HURT**

- ✓ Do not allow yourself to sulk or indulge in self-pity.
- ✓ Go to someone you trust and pour it out to him until not a vestige of it remains within you. Then forget it.
- ✓ Start praying for the person who has hurt your feelings.
- ✓ Sometimes you may have to pray for quite a while to get that result.
- ✓ Say this little prayer: “May the love of Christ fill my heart.” Then add this line: “May the love of Christ for ---- (insert the other’s name) flood my soul.”

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**PART XIII**

**INFLOW OF NEW THOUGHTS CAN REMAKE YOU**

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**STEP 1**

**REMAKE YOUR THOUGHTS**

- ✓ “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.”
- ✓ “‘The Lord is the strength of my life ... in this will I be confident.’ (Psalm 27:1, 3)
- ✓ “A man’s life is what his thoughts make of it.”
- ✓ “A man is what he thinks about all day long.”
- ✓ “There is a deep tendency in human nature to become precisely like that which you habitually imagine yourself to be.”
- ✓ Do not passively accept unsatisfactory circumstances, but form a picture in your mind of circumstances as they should be.
- ✓ If you think in negative terms you will get negative results.
- ✓ If you think in positive terms you will achieve positive results.

**STEP 2**

**BELIEVE AND SUCCEED**

- ✓ In three words: Believe and succeed.
- ✓ “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive them.” (Matthew 21:22)
- ✓ Believe that if it is God’s will and is worth while, not selfishly sought after, but for human good, that it is at that moment given you.
- ✓ It is as simple as this—put your problem in God’s hands.
- ✓ In your thoughts rise above the problem so that you look down upon it, not up at it.

### STEP 3

#### TEST IT ACCORDING TO GOD'S WILL

- ✓ That is, do not try to get success from something that is wrong.
- ✓ Be sure it is right morally, spiritually, and ethically.
- ✓ You can never get a right result from an error.
- ✓ When the 23rd Psalm says, “He leadeth me in the paths of righteousness,” it not only means the paths of goodness, but the paths of right-mindedness as well.
- ✓ When Isaiah says, “Let the wicked forsake his way and the unrighteous man his thoughts,” (Isaiah 55:7) it not only means that a person is to depart from evil and do good, but that he is to change his thinking from wrong to right, from error to truth

### STEP 4

#### SPEAK HOPEFULLY ABOUT EVERYTHING

- ✓ For the next twenty-four hours, deliberately speak hopefully about everything, about your job, about your health, about your future.
- ✓ Go out of your way to talk optimistically about everything.
- ✓ After speaking hopefully for twenty-four hours, continue the practice for one week, then you can be permitted to be “realistic” for a day or two.
- ✓ You will discover that what you meant by “realistic” a week ago was actually pessimistic, but what you now mean by “realistic” is something, entirely different; it is the dawning of the positive outlook.
- ✓ When most people say they are being “realistic” they delude themselves: they are simply being negative.

### STEP 5

#### CHOOSE YOUR FRIENDS

- ✓ Make a list of your friends to determine who is the most positive thinker among them and deliberately cultivate his society.

- ✓ Do not abandon your negative friends, but get closer to those with a positive point of view for a while, until you have absorbed their spirit, then you can go back among your negative friends and give them your newly acquired thought pattern without taking on their negativism.

#### **STEP 6**

##### **AVOID ARGUMENT**

- ✓ Avoid argument, but whenever a negative attitude is expressed, counter with a positive and optimistic opinion.

#### **STEP 7**

##### **PRAY A GREAT DEAL**

- ✓ Pray a great deal and always let your prayer take the form of thanksgiving on the assumption that God is giving you great and wonderful things; for if you think He is, He surely is.
- ✓ God will not give you any greater blessing than you can believe in.
- ✓ He wants to give you great things, but even He cannot make you take anything greater than you are equipped by faith to receive.
- ✓ “According to your faith (that is, in proportion to) be it unto you.” (Matthew 9:29)

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**PART XIV**

**RELAX FOR EASY POWER**

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**STEP 1**

**KEEP THE MIND QUIET**

- ✓ Avoid all hectic reactions of haste, and to practice peaceful thinking.
- ✓ Perform your responsibilities on the basis of the most efficient conservation of energy.
- ✓ Don't strain so hard. Don't take yourself so seriously.
- ✓ Don't try to do everything at once.
- ✓ That is why time is spread out.
- ✓ Heed that wise advice from the Bible, "This one thing I do."
- ✓ Think it's hard and you make it hard.
- ✓ Think it's easy and it tends to become easy.

**STEP 2**

**COLLAPSE PHYSICALLY**

- ✓ Practice this several times a day.
- ✓ Let go every muscle in the body.
- ✓ Conceive of yourself as a jellyfish, getting your body into complete looseness.

**STEP 3**

**LIKE YOUR WORK**

- ✓ Determine to like your work.
- ✓ Then it will become a pleasure, not drudgery.
- ✓ Plan your work—work your plan.

- ✓ Become efficient in your work.
- ✓ “Knowledge is power” (over your job).
- ✓ It is always easier to do a thing right.
- ✓ Discipline yourself not to put off until tomorrow what you can do today.
- ✓ Accumulation of undone jobs makes your work harder.
- ✓ Keep your work up to schedule.
- ✓ Pray about your work.
- ✓ Take on the “unseen partner.”
- ✓ It is surprising the load He will take off you. God is as much at home in offices, factories, stores, kitchens, as in churches. He knows more about your job than you do. His help will make your work easy.
- ✓ You will get relaxed efficiency by so doing.
- ✓ Analyze people who are really efficient and they always seem to do things easily, with a minimum of effort.
- ✓ In so doing they release maximum power.

#### **STEP 4**

##### **THINK SPIRITUALLY**

- ✓ To think spiritually means to turn the mind at regular intervals to God. At least three times a day “lift up your eyes unto the hills.”
- ✓ This keeps you in tune with God’s harmony. It refills you with peace.
- ✓ Self-knowledge is the beginning of self-correction.



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## PART XV

### HOW TO GET PEOPLE TO LIKE YOU

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#### STEP 1

##### ACCEPT NOT EVERYONE WILL LIKE YOU

- ✓ You will never get everybody to like you.
- ✓ There is a curious quirk in human nature whereby some people just naturally won't like you.
- ✓ Even the Bible recognizes this unhappy fact about human nature, for it says, "If it be possible, as much as lieth in you, live peaceably with all men." (Romans 12:18)
- ✓ This is all by way of saying that you will be wise if you do not let it too seriously affect you if you do not achieve perfect popularity with everyone.

#### STEP 2

##### BEING APPRECIATED & NEEDED

- ✓ The psychologist, William James, said, "One of the deepest drives of human nature is the desire to be appreciated."
- ✓ The longing to be liked, to be held in esteem, to be a sought-after person, is fundamental in us.
- ✓ To be master of the art of popularity, be artless.
- ✓ Strive deliberately after popularity and the chances are you will never attain it.
- ✓ The feeling of not being wanted or needed is one of the most devastating of all human reactions.
- ✓ To the degree to which you are sought after or needed by other people will you become a fully-released person.

#### STEP 3

##### BE A COMFORTABLE PERSON

- ✓ That is, one with whom people can associate without a sense of strain.

- ✓ A comfortable person is easygoing and natural.
- ✓ He has a pleasant, kindly, genial way about him.
- ✓ Being with him is not unlike wearing an old hat or an old pair of shoes, or an easy old coat.
- ✓ Eliminate conscious and unconscious elements of strain which may exist.
- ✓ Do not assume that the reason other people do not like you is because of something wrong with them.
- ✓ Assume, instead, that the trouble is within yourself and determine to find and eliminate it.
- ✓ Don't be egotistical.
- ✓ Be natural and normally humble.
- ✓ Cultivate the quality of being interesting so that people will want to be with you and get something of stimulating value from their association with you.

#### **STEP 4**

##### **LOVE OTHERS**

- ✓ Christianity teaches that one basic trait will go far toward getting people to like you.
- ✓ That trait is a sincere and forthright interest in and love for people.
- ✓ Perhaps if you cultivate this basic trait, other traits will naturally develop.

#### **STEP 5**

##### **PRAY FOR OTHERS**

- ✓ When you pray for anyone you tend to modify your personal attitude toward him.
- ✓ You lift the relationship thereby to a higher level.
- ✓ Essentially, getting people to like you is merely the other side of liking them.
- ✓ Some people are by nature more likable than others, nevertheless a serious attempt to know any individual will reveal qualities within him that are admirable, even lovable.

## STEP 6

### BUILD UP THE EGO OF OTHERS

- ✓ Elevate their self-respect and contribute to their feeling of personal worth.
- ✓ Build up as many people as you can.
- ✓ Do it unselfishly.
- ✓ Do this and you will never lack for friends.
- ✓ You will always be well thought of.
- ✓ Build people up and love them genuinely.
- ✓ Do them good and their esteem and affection will flow back toward you.
- ✓ Whomever you help to build up and become a better, stronger, finer person will give you his undying devotion.
- ✓ Learn to remember names.
- ✓ Never miss an opportunity to say a word of congratulation upon anyone's achievement, or express sympathy in sorrow or disappointment.

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**PART XVI**

**PRESCRIPTION FOR HEARTHACHE**

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**STEP 1**

**PERFORM MUSCULAR ACTIVITIES**

- ✓ The sufferer must avoid the temptation to sit and brood.
- ✓ Get busy walking, riding, swimming, playing—get the blood to coursing through your system.
- ✓ Muscular activity utilizes another part of the brain and therefore shifts the strain and gives relief.

**STEP 2**

**PERFORM CREATIVE ACTIVITIES**

- ✓ Return once again to the normal course of your life. Get back into the main stream of life's activities.
- ✓ Take up your old associations. Form new ones.
- ✓ Lose yourself in some worth-while project.
- ✓ Fill your days with creative activity and emphasize the physical aspect of activity.
- ✓ Employ healthy mind-relieving busyness, but be sure that it is of a worth-while and constructive nature.
- ✓ Superficial escapism through feverish activity merely deadens pain temporarily and does not heal, as, for example, parties and drinking.

**STEP 3**

**GIVE WAY TO GRIEF**

- ✓ It is natural to cry when pain or sorrow comes.
- ✓ It is a relief mechanism provided in the body by Almighty God and should be used.

- ✓ To restrain grief, to inhibit it, to bottle it up, is to fail to use one of God's means for eliminating the pressure of sorrow.
- ✓ A good cry by either man or woman is a release from heartache.
- ✓ However, that this mechanism should not be used unduly nor allowed to become a habitual process.
- ✓ Should that happen, it partakes of the nature of abnormal grief and could become a psychosis.

#### **STEP 4**

##### **DO NOT AVOID OLD PLACES VISITED BY LOVED ONES WHO PASSED AWAY**

- ✓ People whose loved ones have died.
- ✓ They find it very difficult for them to go to the same places they were in the habit of frequenting together or to be with the same people with whom they associated as a couple or as a family.
- ✓ Therefore they avoid the old-time places and friends.
- ✓ This is a serious mistake.
- ✓ A secret of curing heartache is to be as normal and natural as possible.
- ✓ This does not imply disloyalty or indifference.
- ✓ This policy is important in avoiding a state of abnormal grief.
- ✓ Normal sorrow is a natural process and its normality is evidenced by the ability of the individual to return to his usual pursuits and responsibilities and continue therein as formerly.

#### **STEP 5**

##### **PRACTICE THE PRESENCE OF GOD**

- ✓ The deeper remedy for heartache, of course, is the curative comfort supplied by trust in God.

- ✓ Inevitably the basic prescription for heartache is to turn to God in an attitude of faith and empty the mind and heart to Him.
- ✓ Take into your mind and heart one of the most marvelous texts in the Holy Bible—“Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.” (I Corinthians 2:9)
- ✓ This means that you have never seen, no matter what you have seen, however wonderful it is, you have never seen anything to compare with the marvelous things that God has prepared for those who love Him and who put their trust in Him.
- ✓ People who really practice living on a Christlike basis have the most incredible things happen to them.

## STEP 6

### WE WILL RECONCILE WITH OUR LOVED ONES AFTER DEATH

- ✓ We shall be reunited with them.
- ✓ Meanwhile, we continue in fellowship with those who dwell in the spirit world.
- ✓ Where are they? What is their condition? What sort of body have they? These are questions that are difficult.
- ✓ The idea of a different dimension is probably the most tenable, or it may be more accurate to believe that they live in a different frequency cycle.
- ✓ It is impossible to see through the blades of an electric fan when it is in a stationary position.
- ✓ At high speed, however, the blades appear to be transparent.
- ✓ In the higher frequency or the state in which our loved ones dwell, the impenetrable qualities of the universe may open to the gaze of one passing into the mysteries.
- ✓ “... because I live, ye shall live also.” (John 14:19)
- ✓ In other words, our loved ones who have died in this faith are also near by and occasionally draw near to comfort us.
- ✓ “Why seek ye the living among the dead?” (Luke 24:5)

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**PART XVII**

**HOW TO DRAW UPON THAT HIGHER POWER**

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- ✓ There is a Power greater than yourself.
- ✓ If you will turn your will and your life over to the care of God as you understand Him, He will give you strength.

**STEP 1**

**ISAIAH 40:28-31**

- ✓ Lie down there on that couch.
- ✓ Shut your eyes and relax and let these words sink in.
- ✓ 'Hast thou not known? Hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary?
- ✓ There is no searching of his understanding.
- ✓ He giveth power to the faint; and to them that have no might he increaseth strength.
- ✓ Even the youths shall faint and be weary, and the young men shall utterly fall.
- ✓ But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.'
- ✓ (Isaiah 40:28-31)

**STEP 2**

**WAIT UPON THE LORD**

- ✓ Give your job all you've got. Of course you must do that.
- ✓ But do it in a relaxed and easy manner like a batter in a big-league ball game.
- ✓ He swings the bat easy-like, and doesn't try to knock the ball out of the park.

- ✓ He just does the best he can and believes in himself because he knows that he has lots of reserve power.”
- ✓ “They that wait upon the Lord shall renew their strength.’

### **STEP 3**

#### **TAKE A POSITIVE ATTITUDE**

- ✓ Learn to take a positive, optimistic attitude toward every problem.
- ✓ In direct proportion to the intensity of the faith which you muster will you receive power to meet your situations.
- ✓ “According to your faith be it unto you,” (Matthew 9:29) is a basic law of successful living.

### **STEP 4**

#### **DEPEND UPON THE HIGHER POWER**

- ✓ Be willing to depend upon the Higher Power from whom he derives a strength which he does not himself possess.
- ✓ Men discover laws and formulas and harness power to do remarkable things.
- ✓ Spiritual power also follows laws.
- ✓ Mastery of these laws works wonders in an area more complicated than any form of mechanics, namely, human nature.
- ✓ It is one thing to make a machine work right.
- ✓ To make human nature work right is something else.
- ✓ It requires greater skill, but it can be done.



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## CONCLUSION

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- ✓ You have read a formula of belief and practice which should help you win victory over every defeat.
- ✓ But reading is not enough.
- ✓ Now please go back and persistently practice each technique given in this book.
- ✓ Keep at it until you obtain the desired results.
- ✓ God will help you—so believe and live successfully.

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## ABOUT THE AUTHORS

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### ABOUT DR. NORMAN VINCENT PEALE

Norman Vincent Peale was an American minister and author who is best known for his work in popularizing the concept of positive thinking, especially through his best-selling book *The Power of Positive Thinking*.

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