

How to Master Your Destiny

*“Hard to hold down, nimble,
alighting wherever it likes, THE MIND.
Its taming is good.*

The mind, well tamed, brings ease.”

Dhammapada, 3, translated by Thanissaro Bhikkhu

**Home-study Course for Training the Ego
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COURSE INTRODUCTION

This course is written just for you, and is presented in 14 parts.

Using the How to Master Your Destiny system as your operational platform you are presented with all the basic knowledge you require to engineer for yourself a Qualitative Personality.

The objective is to improve your powers of communication to a degree that will enable you to both give and receive more from life than you have previously.

This is a justifiable objective.

The How to Master Your Destiny system trains you to take conscious control of your brain and central nervous system. This is a personal matter demanding a much disciplined approach and personal action.

It cannot be applied by anyone other than you.

This is something you do for yourself not something that someone else can do on your behalf.

You determine in advance what your end objective is and how to accomplish it.

You learn how to apply the How to Master Your Destiny system for and to yourself for your own personal benefit. The ancillary benefits to other people will follow.

There are five key phases to the programme:

- **The Foundational Requirements.**
- **The Self-Image Syndrome.**
- **The Creative Syndrome.**
- **The Planning Syndrome.**
- **The Personality Syndrome.**

Once a full survey of your mental mechanism has been accomplished, and you have accepted and acted on each of these five phases you will have established a new brain pattern for yourself.

This pattern will be constantly reinforced by Negative Feedback... N.F. alerts your consciousness if you are acting or thinking contrary to your desired Life Mission Statement Pattern (we will consider your Life Mission Statement a little later) and directs you back to your desired plan.

Such a mechanism already exists within you, though you have probably not yet recognised it.

You are responsible not only for setting out what your brain patterns are designed to accomplish, but you must actually set about inputting these patterns into your brain (the method of INPUTTING will be dealt with in detail in part 2).

The entire process of STUDY is divided into 14 Parts.

Each Part will consist of:

- A general dissertation relating to the several parts of each of the phases of the system.
- The points raised in each Part will be analysed in detail.
- There will be a statement on how to apply the basic principles given in each Part. These will then have to be studied carefully in relation to that specific part. Several critical points will then need to be INPUT for each part.
- There will also be a list of guidelines for each Part. These must also be studied and immediately related to your own life and activity.

Checking your activities each day to ensure you have observed each Guideline ensures this. In a week you will have established the Guideline Pattern.

You will be required to complete self-assessments throughout the course.

These will offer a clear indication of your progress. Concentration will be focused equally on your accomplishments and upon areas, which demand further deep concentration.

Your personal programme of improvement will be developed from the feedback you gain from your inner mind self awareness profile which you should complete, if you have not already done so, before you commence study.

This will show all the points that need your full attention. With most parts there will be a self-checking proforma. These help you to keep on track throughout your self-improvement cycle.

There will be a series of special exercises concerned with your changing Self-Image, developing your attitudes, firmly fixing qualitative (desirable) mental impulses and guarding against negative thought impulses.

Your success with this course depends on you doing these exercises each day exactly as prescribed.

There will also be mirror exercises, which will be explained in detail later.

These are vital to secure the positive changes required to sustain results that you will achieve by committing yourself fully to your programme of self-development.

The most important part of the How to Master Your Destiny programme is the work YOU actually do. Once you have completed the programme you will be very much aware of changes in your behaviour. This will give you first hand evidence of what can be accomplished.

You will be introduced to the concept of Personality Factors. It is only when you deliberately set out to apply all of these Personality Factors (P-Factors) to your everyday activity that a permanent improvement will take place.

From the very beginning you must apply each new factor in your every day life. You must implement what you learn as you learn it.

Your growth and improvement will then take place at a measured pace controlled by you.

By introducing what you learn in each session to your re-engineered personal style you will develop a seamless transition to personal fulfilment.

Your closest friends and colleagues will begin to comment on the 'new' you.

That is when you will really discover the benefit of taking firm control of your own destiny.

Knowing about the P-Factors is one thing, using them is something quite different. Using them in everyday situations strengthens your capacity to communicate effectively.

Positive communication is the key to modern living. Throughout your course of study you should keep foremost in your mind the dramatic personal advantage to be gained by improving your powers of communication.

Remember you are seeking each day to improve your powers of communication and remember also that communication is a two-way art.

Your ability to communicate your ideas has to be balanced by your active listening and your ability to accept the ideas of others.

This means you will develop the ability to instantly identify and accept only positive communication from others rather than be snared and held back by any negative communication aimed at you.

Unfortunately too many people develop the ability to only accept the negative ideas and negative statements made by others. This then may damage their self image and also cause them to become increasingly critical of others and therefore distributors of negativity.

Remember you are embarking on a search for positive credibility not just as a receiver, but you must also seek to offer to others only what they can interpret as positive from you.

Most people are repelled by negativity. Therefore your communication with others must always be positive.

We know that when relationships can be put on a positive basis the whole relationship will change.

You will become positively magnetic, you will attract to you only positive people and positive situations, and you will have a similar effect on others.

Positive communication is the key to real success in all management, leadership and marketing scenarios as it is in your daily transactions with others in your everyday life.

Instantly your whole motivational accent will have changed. You will not so much be motivated by the ‘what can I get?’ mind set, but by the ‘what can I do for others?’ or ‘what can I give?’ core attitude which automatically sets you apart from the rest.

You should think seriously about this before you actually commence your study. Later you will be introduced to ‘autonomic briefing’ and the effect this will have on your entire motivational makeup.

How to Master Your Destiny starts you on a journey, which you will travel for the rest of your life.

Commit here and now to complete all the critical tasks that you encounter in this personal re-engineering programme.

You are about to change from the type of person who may sometimes be controlled by outside influences often of a negative nature.

You will become someone who retains absolute control of your own mental reactions and your brain responses. Consequently you will then be positively earthed and enabled to pilot yourself to true happiness and success, whatever that entails and means for you.

This will not be an easy journey for you.

There will probably be moments of self-doubt and even pure scepticism.

This is to be expected. You will be learning a new life language and experiencing uncomfortable discoveries about yourself.

Whoever you are and whatever your current station in life you will be consciously placing yourself well outside your existing comfort zone.

This is bound to make you feel a little apprehensive and strange at times. True growth however may only be achieved by pushing out your personal comfort boundaries.

Maybe you should re-affirm that you really do want to commence this process of personal re-engineering. You will be faced with so many new and difficult challenges.

**How important is it to you to take charge of the rest of your life?
If you determine that it is critical to do so then dare to change, dare to self-actualise.**

As you learn to build, develop and use to the full your mental muscle you will gradually cease to be affected by negativity or swayed by any other debilitating circumstance.

Thereafter you have total control of yourself. This is your objective.

Now turn to your study of **How to Master Your Destiny (Part One)**.

In Part One you will consider the Preliminary Questions that are necessary for you to establish your personal starting position. You will be introduced to the Ten Foundational Needs and will learn their place in your foundational approach to a system of Mental Control.

In Part Two you will be made aware that the basic foundational requirement of you is that you must rid yourself of any trace of the Basic Negatives. You will also be given to realise that you alone have Primary control of your brain. You are able to totally control the input

and the accepted input. You are also able to totally control the output and the associated body movements and actions.

In Part Three you will be acquainted with your brain and its' several functions. You will become aware as you study this part that these functions can also be controlled by you. This control you will be further given to understand is maintained through six groupings of your sensory reactions.

In Part Four you will learn of the vital importance of your own Self-Image. You will also discover how through the Self-Image Syndrome you set a positive concept for your life mindset. You will then realise that you can not be wholly positive while retaining even a trace of any negative image of yourself.

These first Four Parts of the How to Master Your Destiny system direct you to build for yourself an immensely robust foundational platform. From this platform you will launch your future life accomplishments.

It is therefore vital that you do not allow yourself to skip lightly over any aspect of these first Four Parts.

Once you have FULLY completed the first Four Parts of the course you will be primed and ready to take total advantage of the subsequent tutelage of How to Master Your Destiny.

OK, let's get started with Part One....

HOW TO MASTER YOUR DESTINY.

Part One.

Phase One (part one).

BASIC REQUIREMENT – FOUNDATIONAL NEEDS

All life could be described as a series of communications/transactions both spoken and unspoken between people, in which they negotiate what they are to give and what they are to receive.

Section One.

You should now have before you your Positive/Negative balance profile drawn from the ‘Inner Mind Self Awareness Questionnaire.’

If you have not already done so you may complete this online at the How to Master Your Destiny website.

The results should be saved and printed out. You can find the questionnaire here: <http://www.e-trainme.com/questionnaire.html>

Now check:

- In how many of the 72 vital points you have assessed yourself as fully positive. These are points you will either maintain or strengthen.
- In how many of the 72 vital points you have assessed yourself as negative. These are points to which you must give critical attention throughout your course of study.

These are factors that act as a brake on your powers of personal achievement and limit your chance of success and happiness.

Remember to negotiate from strength you must now use positive mental factors that you now know you have. These are the faculties that you must use to attain your objectives. All others are not really faculties there are “negations”. This is a word you must learn and guard against. It is your negations that cause you to fail, not your positive thoughts or actions.

Section Two.

You must realise that beyond your conscious mental faculties (which can be measured) you also have a series of mental faculties that are unconscious.

These are immeasurable, but are capable of being registered in the mind and their impact transferred to your consciousness.

These unconscious mental faculties then become part of and add strength to your mental muscle and help guide your inner motivations.

Many of these are more important than your conscious faculties. You can, by training, attune yourself to accept and act upon these “intuitive” thought processes.

You need to understand and accept that such forms of Intuitive Guidance have powers far beyond ordinary human powers.

They really are extraordinary.

The use of them opens for you a new dimension. They may seem strange at first but then eventually you will learn to accept them as naturally as you do your sense of touch or smell.

When you begin to experience this type of thought, you will find it worthwhile to make a note of them as they occur in a daily journal (diary) for future reference.

An important part of your development is to keep a ‘WRITTEN’ record of your intuitional discoveries and to re-read them a few days later.

You can then contemplate them as you set them down in your journal and consider how you may apply this type of information in your day-to-day dealings with others.

It is vital that you establish this principle of opening your mind to welcome intuitive guidance at the very beginning of your programme.

Whoever you are, whatever your faith or beliefs you must work with intuition and not against it.

Personal faith in the positive value of working with intuition is vital.

Whilst we talk of faith it must be made clear that the study you are embarking on is not of a religious nature. What your studies will do is enable you to express vividly with conviction whatever you do believe.

Remember it is what you believe, not what someone else wants you to believe that is important.

Section Three.

Your immediate task is to answer the **six preliminary questions** listed below.

Take your time with each of these questions. In answering these questions you need to be prepared to be quite critical of yourself.

Whilst we find it quite easy to criticise and make judgments on others we can find it hard to do when the object of our criticism and judgment is ourselves.

Answer them with total honesty.

Accurate completion of this first exercise is so vital to the success of your future development. Do not rush your answers take your time.

Once you have answered these questions it will become clear to you, which aspects of your current mindset (brain pattern) you must change.

Knowing what you must change will gear your unconscious to address these matters fully as you move through your development programme.

In the event that you discover you have six fully positive answers to these questions you do not need How to Master Your Destiny except perhaps as an academic study.

But if you answer even one of these six questions in the negative then, the study and practice of How to Master Your Destiny has much to offer you.

Answer them now:

1/ Are you *totally* satisfied with:

Your job? Yes No

Yourself right now? Yes No

Your future prospects? Yes No

2/ Are you considered a success by:

Your family? Yes No

Your friends? Yes No

Your employers? Yes No

3/ Do you enjoy:

Your work? Yes No

Your home? Yes No

Your family? Yes No

4/ Do you communicate well *with everyone* you meet? Yes No

5/ Are you personally happy? Yes No

6/ Have you *completely* planned your daily activities? Yes No

Section Four.

At this point you should prepare three notebooks.

1/ **A current notebook** in which you should make notes of the each section of the study, writing up your own reaction to each section of each part, noting any point which requires your further deeper attention.

Your final notes on any such matters must be your own final conclusions.

2/ **A day-by-day book or journal** in which you will note your POSITIVE or NEGATIVE reactions to important incidents in each day.

This becomes your daily diary. Remember that almost every person who ever really achieved great things in life kept a diary or journal.

Now is the time to determine that this will be part of your daily life. Making time for your daily entries will be the best use of time and you can make. It will highlight your need to keep on a positive track.

It will also re-emphasise your daily gains and losses if there are any. Noting the losses is not a negative exercise providing that when you make a loss note, you stop and contemplate on how you could have avoided that particular loss, and how you will safeguard against a repetition.

3/ **A personal programming book** in which, in a definitive and detailed way you construct a programme on any matter you want to input into the recording facilities of your brain.

These will be explained fully in Part Two.

These workbooks are an essential part of your study. Much of your future success with How to Master Your Destiny will depend upon your use of them. Use them every day.

It is critically important that these workbooks are completed in YOUR own handwriting. There are reasons for this which will become apparent later.

Section Five.

You next turn to the serious study of the five basic requirements.

They are self-obligations that activate desires in normal life.

It is in order to fulfil your desires that you must motivate yourself to perform those acts, or series of acts that will bring the desired results.

To do this you must be able to communicate with all others and exchange thoughts and feelings with them.

You must really work to an exact formula, no part of which may be ignored.

The formula consists of five main points:

1/ Self-obligation, consisting of five drives:

Self-preservation.

Material support.

Sex expression.

Life happiness.

Ego expression.

2/ Desires:

These must be expressed and result in the conversion of each of the above into some form of activity, producing rewards.

3/ Self-motivation:

This produces the detailed activity needed to promote and sustain your purpose plus the actual plan of action you are to perform.

4/ Communication:

This involves your ability to positively interact with other people. This is the real basis of co-operation.

5/ Fulfilment:

The fulfilment must have two elements:

- Personal satisfaction with the actual process of activity.
- Satisfaction with the actual rewards.

These add up to Job or Project satisfaction, essential to success and happiness.

This formula is a strict one, no part of it can be ignored.

Once the structure of the formula is settled, programmed into your brain and put into action, through discipline, this mind-set will become part of your brain equipment or faculty.

If you do not follow the formula your negative feedback will make you consciously aware of the fact that you are not following it.

Consequently your performance will lack something and be inadequate. By following the formula you ensure that you do everything necessary to ensure success. Like all formulae if one part is lacking the whole action is weakened.

At no time can you replace your free will with How to Master Your Destiny.

What you will ultimately achieve is the harmonisation of your free will with the various formulae upon which How to Master Your Destiny is founded. When you reach this stage of personal development you will unconsciously and seamlessly integrate the two.

Section Six.

Now we will introduce you to the **10 FOUNDATIONAL NEEDS:**

No. 1 Absolute truth in thought and action.

No. 2 Complete positivity.

No. 3 Constructive mindset.

No. 4 Use of imaginative powers.

No. 5 Compassion in all relationships.

No. 6 Control of natural emotions.

No. 7 Understanding and use of rational belief.

No. 8 Understanding and use of intuition or faculties.

No. 9 Understanding the brain/mind functions.

No.10 Understanding the need for relaxation of the brain and central nervous system.

Each of these requires serious thought and deep consideration by you. You must also clearly agree with the principles of the ten foundational needs in your own mind **and make written notes of your agreement with them in your daily journal.**

NB: Throughout this study the fact that you read about and discover certain principles that may be very new to you is not enough. You have to think about them. Concentrate on them and accept them.

Enter up your conclusions in your **notebook** and your final agreement in your **journal** on the day you agree with them.

If you determine it necessary these conclusions should later be logged in your **programming book** and be INPUT. (See later in part two the meaning process of INPUT.)

This 'WRITTEN' bookwork is essential as it is your act of conviction. It is confirmation of your agreement with yourself that you accept these principles and control actions in accordance with that agreement.

How to Master Your Destiny is about the recognition, control of and piloting of your mental mechanisms. You can only achieve this when you are in agreement with the essentials.

No. 1 Absolute truth in thought and action

The FIRST FOUNDATIONAL NEED of **Absolute truth in thought and action** is fundamental to success and happiness. Without it you cannot operate How to Master Your Destiny, or for that matter any phase of life successfully.

Unless you can agree and demonstrate this need in practice in your life the foundation is weakened at the cornerstone.

Perhaps it should be more clearly defined as it applies to How to Master Your Destiny. It means that what you think, say or do has to be demonstrably true insofar as your understanding goes.

It must be true to a degree of truth upon which you are prepared to stake all that you are.

There is for each individual only one state of truth, not several degrees of truth.

Unfortunately the failures of many unsuccessful and unhappy people can be traced back to a lack of personal truth and honesty with themselves.

It should not be difficult to realise that if you think in a way that ignores truth your actions will be based on such thought.

There can be only one result: some degree of failure and what that failure entails. Strength rests in absolute truth and not some fragment of truth. It is not attained by compromise.

Therefore, the search for truth in what you think, what you say and what you do becomes critical to your future growth and success. It has to be thought out by you personally, and then confirmed.

If you programme truth into your brain you will produce truth as a natural output unless you deliberately will it otherwise.

There are many people who without deliberate intent do not use absolute truth in thought, word and action.

This however does not alter the outcome. Reaction follows action not intent.

This principle has to be so firmly established by you that should you at anytime be drawn subconsciously to ignore it you will be immediately consciously guided to rectify the situation.

NB:

Hereafter reference will not be made to speech or word as something apart from action. Speech is to be regarded as part of action because it involves physical action in order to produce sound.

Therefore only thought and action will be referred to.

You must immediately establish that absolute truth in all your thoughts and actions is a worthy goal.

This is a critical success factor that must not be ignored.

It is you not anyone else who has to be convinced that what you think or do represents absolute truth to you. If it does you will communicate and act with a level of conviction and confidence that sets you apart. You will succeed in whatever it is you are concerned with.

No 2 Complete Positivity

The SECOND FOUNDATIONAL NEED of Complete Positivity is equally fundamental. Without it subsequent activity concerning any matter is weakened.

The complete positivity referred to has two aspects:

The Project you are concerned with is one you view with total

positivity and that you have no doubt in your mind about. You are not concerned with the views of anyone else.

That you have no doubt about your personal relationship to the project. It is something you want and have to do, and you are positive you can do.

With these two aspects you define your person relationship to the subject matter. Thus you are aligning your whole mental system to the subject.

It is usually the case that you will already have stored in your brain Data on any matter you are called upon to take an interest in. You may not even be aware it is recorded in your brain, because your recording faculties can, and do, record data without your being actually conscious of the fact.

Most people have masses of data stored in their brain that they are totally unaware of. However it is still there and can and may well be used with or without you consciously being aware of it.

This is one of the amazing facts about the human brain. Your personal recording facility uses every part of your sensory system.

If your prevailing mindset is negative it is unlikely that the recorded data would be focused on your consciousness and become available to you for positive uses.

If you have a completely positive attitude on a subject and start to think about it and begin planning to act on it, your brain reacts and marshals all the data it has recorded relative to that subject and makes it freely available for you to use.

Throughout your study of How to Master Your Destiny you will be exposed to a completely positive system. With this concept clear in your mind you will establish a positive response pattern to most things.

No.3 Constructive Mindset

The THIRD FOUNDATIONAL NEED is that you should develop a **Constructive Mindset**.

You should indeed recognise the need for this. Once this need is clear all the knowledge you gain from your study of the How to Master Your Destiny system will help in creating the desired mindset.

Your objective is to fashion for yourself a QUALITATIVE mindset that can effectively drive you to attain whatever you properly plan. It is therefore necessary for you to recognise the need for construction so that it appears as part of your mindset.

A quality life is built up from constructive thoughts and deeds but a life built on falsehoods, misdeeds and negative actions can only lead to permanent unhappiness and eventual failure.

Success is the result of constructive thought and action, building this ideal into your mindset adds to the strength of your basic life structure.

It is, therefore wise to occasionally remind yourself that you are a quality life builder.

When called on to undertake some task, just recall this fact immediately and set in motion positive building activity within your brain.

No. 4 Use of Imaginative Powers

The FOURTH FOUNDATIONAL NEED calls for you to use your **Imaginative Powers, POSITIVELY**.

As your brain does not differentiate between a real or imagined experience you must proceed with caution.

As you imagine your brain records.

Imagine success and happiness and with hard work and applied self-discipline they can be yours.

Imagine failure and unhappiness and they will instantly be experienced by you.

Whilst positive imaginings will not guarantee your success in a chosen field of activity they will lay a positive track for you to follow and vastly increase your chances of success.

Negative imaginings however almost certainly guarantee immediate failure in your chosen activity

To be a positively earthed imaginative person, you need to look within yourself and visualise the things you need to do and imagine yourself actually doing them, successfully.

We are all born with the ability to change the world as we see it to suit ourselves.

We are given the faculty of positive imagination so that we can dare to dream **and** visualise the achievement of those dreams.

However you must recognise that your personal faculty of positive imagination has to be finely honed and developed through practise.

Positive imagination is a valuable faculty.

Positive imagination plays a part in the enlargement of the Self-Image Syndrome (see part four), in the development of the Creative Syndrome (see part five) and in the Planning Syndrome (see part six).

It is clear that if you seek to use How to Master Your Destiny to assist in your personal development you need to develop and use your positive imaginative powers to the full.

You must think about this need in yourself.

Are you a positively imaginative person?

Take time to imagine yourself achieving the things that you want to achieve, also imagine the positive steps taken on the way to this achievement.

This is an early, preliminary exercise that will stimulate and release faculties within you that may never have been fully activated before.

If you feel you are already a positively imaginative person, think how important it is to use this power in a controlled and positive way.

To exercise positive imaginative control you test every imagined picture to see if you think it is feasible for you; to see if you think that you have the capacity to actually complete what you imagine yourself doing.

You must also believe this action will further your objectives in accord with Your Life Mission Statement.

These points are as fundamental to the use of imagination as they are to other aspects of the How to Master Your Destiny system.

No 5 Compassion in all relationships.

The FIFTH FOUNDATIONAL NEED is for the exercise of **Compassion in all of your relationships** both towards others and from others.

Are you are compassionate person?

This is a question that needs to be considered in a very searching way. It is difficult to either co-ordinate or co-operate with people unless you have an understanding of the need for compassion.

Compassion could be described as a genuine and sympathetic understanding of the distress or disability of others.

Do you have this?

Think about it and seek to develop it. It brings a new quality to your relationships and builds a new dimension into your core values.

No 6 Control of Essential Emotions

The SIXTH FOUNDATIONAL NEED is for **Control of essential emotions**.

The essential emotions, those relating to affection, sentiment and passion can be very valuable in your efforts to attain particular goals.

They can, however, have too overpowering an effect and cause an unsettling action.

Sometimes they will promote over-enthusiasm, which eventually becomes counter productive as it may weaken the drive necessary for successful accomplishment of a current task.

Check yourself to determine if you have a reasonable approach to your essential emotional expressions. Do not try to be emotionless, this can create a cold, calculating nature, but, on the other hand, do not let your emotions run away with you.

Stay in control.

Let your responses be real but practical, realising that sentiment will add to your awareness.

Your emotions need to be controlled, but they can also add strength zeal and drive to whatever you are engaged in.

Of course there can be a negative side to any emotion, expressed or otherwise.

This is something you need to consider carefully. However, if you are committed to developing the positive side of your nature, you need not fear any threat from long-term negative emotional blockages.

Despite the occasional danger you must realise your own need for emotional expression.

Make certain that you resolve that yours will though only ever be of a positive nature.

With such resolution you will programme emotional control as part of your mind set.

You should carefully concentrate on activating any immediate emotional control you feel necessary.

Thereafter your emotional output will be under your conscious control. This will lend strength and support when you need it.

The effect on you will be the releasing of tension where this is needed and an extra depth of drive being constantly provided.

No 7 Understanding and use of your Intuitional Faculties.

The SEVENTH FOUNDATIONAL NEED, **the acceptance, understanding and use of your intuitional faculties**, may cause some eyebrow lifting in the minds of some while others will regard it as both commonplace and essential.

The need to understand your intuitive faculties becomes more important when you consider one dictionary definition:

“Immediate and instinctive perception of a truth. Direct understanding without the process of reasoning”.

Intuition has long been accepted as one of the means by which human minds acquire knowledge and cogitate upon it.

Intuition is not a rare thing. Every Human Being has intuitive powers.

Many do not develop them mainly because they do not understand them.

Often intuition is regarded as being in the realms of mysticism.

Now though, many people accept that these powers do exist, and what is more important realise they are tools we can all use.

It may interest you at this time to read what John Mihalasky has to say - go to:

http://www.silvaultramindsystem.com/testimonials/business/executive_esp.php

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Many people have been brought up to ignore such phenomena, to limit their reasoning to observable facts and sources which they can identify.

They are reluctant to identify the source of knowledge as “feelings” they have. But, feelings are real and must be examined for their value.

You should pay heed to any information, direct knowledge or “feeling” that arises within your mind regardless of your inability to identify the source.

This faculty would not exist unless there was a purpose for it.

It answers a fundamental need you have.

If you personally use or subscribe to meditation, concentration contemplation or self-dialogue (all of these practices are dealt with later), you will most likely already be gaining personal benefit from “intuitive knowledge”.

If you are not you would do well to commit to planned periods of relaxed thinking (blue skying).

You start by clearing your mind of all intensified thought on current subjects that are concerning you.

Get your mind clear.

This may well take much practise, be patient with yourself.

You do need complete quiet and if you are able (some folks find this difficult), sit in a darkened room so that all your senses may be concentrated on the task of clearing your mind.

Let it be blank for the short while.

Then when thoughts flow in, try and fix them in your mind. Make notes of them and literally transfer them from unconscious mental processes to your conscious mindset.

Intuition is a valuable tool.

The whole How to Master Your Destiny system is designed to expand and enhance your mental dimensions.

As a result so you can become a more valuable person in terms of productivity and effectiveness in your chosen field of endeavour.

It equally follows that your job satisfaction will be that much greater.

Your associated financial rewards are also likely to increase in direct proportion.

No 8 Understanding and using Rational Belief.

The EIGHTH FOUNDATIONAL NEED concerns the power of **Rational Belief**.

This is fundamental because unless you can rationalise your belief in what you're doing, your capacity to deliver to the required minimum standards might be severely limited.

This is a serious matter, yet often is not considered.

When you feel that your strength of purpose is weak or the commitment of someone associated with you is lacking you are probably heading for failure.

This is a basic Law, which you cannot afford to ignore.

Reasoning strengthens belief.

It is rational to analyse your belief.

Throughout your study of the How to Master Your Destiny system you will encounter points, which you must submit to this scrutiny.

When you ask the question of yourself you must be able to answer, "I believe this to be true" if your answer to yourself is "No", then you will have no strength of purpose to carry you through.

Each point in the How to Master Your Destiny system has been subjected to tests for rational belief.

This does not relieve you of the need to test them for yourself (the methods of applying this test will be given later).

Remember: You cannot successfully be engaged long term in anything that you do not personally believe in.

You cannot successfully work with someone unless you believe in that person and that person believes in you.

IT IS VITAL THAT YOU EXERCISE YOUR NEED TO USE RATIONAL BELIEF.

No 9 Understanding the Brain/Mind functions.

One of the difficult problems you must resolve early concerns the NINTH FOUNDATIONAL NEED.

Understanding the Brain/Mind functions.

It concerns your proper appreciation of two aspects of your mental system.

The first aspect concerns THE MIND FUNCTION and the second THE BRAIN FUNCTION. Most people are confused on this point.

Most people think of them as one and the same.

This is not correct.

Briefly put, the mind is your thinking apparatus.

The brain is the complex of organs through which the electronic impulses released from neurons in specific parts of the brain, pass to receptor centres in order to cause the required activity to take place in the rest of the body.

Thought takes place within the brain as well as outside of it, but the activity which initiates and controls all movement, occurs only within the brain.

It is desirable that every person should know that the brain is all-vital for it is through the brain and central nervous system that the mind works.

Your critical self-control and all your actions are operated through your brain.

This is critical to the How to Master Your Destiny approach.

This is because the value of the system is that it provides you with the methods of control, allowing you to ensure that you will at all times remain in positive control of your actions.

How to Master Your Destiny also provides the means of piloting yourself in order to achieve the result you desire.

No 10 Understanding the need for relaxation of your brain and central nervous system.

The TENTH FOUNDATIONAL NEED, **understanding the need for relaxation of your brain and central nervous system**, is for the freeing of tensions in your brain and nervous tissue.

While general relaxation is always desirable, the specific relaxation of the nerves of your brain is essential.

These nerves lead into your brain tissue and connect tissue of the several parts of your brain.

This relaxation is essential for the free flow of the electrical impulses that carry the millions of messages from one part of your brain to another.

These messages direct all movement, as previously stated and they flow freely when the nerves are relaxed.

You have only to reflect and recall how slowly you react to the need for action when you're tired to realise the truth of this point.

Part of the exercise you perform later will train you to relax both your brain and your body.

It will be seen from the data that has been given on the 10 FOUNDATIONAL NEEDS that they demand serious study.

You may well have been aware of and accepted some of them all of your life, but you may not have given them the active expression they require.

Acceptance is valueless until applied.

Before you go further in the study, work on these FOUNDATIONAL NEEDS, start to enter your thoughts on each point in your notebook.

The objective of your notes is to declare that you:

- (1) Recognised each foundational need as part of your thought and activity programme.
- (2) State if you're using each one of them every day, and for a few days keep a record of recognisable occasions when you have used them.

Check each one daily at the close of each day. Note the ones you have used and strengthen your determination to use them every day.

They are foundational needs and they must be evident in the foundations of your life. Actively present in your thoughts and actively being expressed.

These must not only be done but they must be seen to be done.

Before long it will be second nature for you to express them on every relevant occasion.

From time to time, in studying each of the subsequent parts of this course, points will be related to these 10 Foundational Needs.

Eventually these foundational needs will be built into your basic mindset with a resultant improvement in the quality of your output.

Whenever you recognise such an incidence of improvement, note it in your notebook and journal. This will have the effect of confirming these needs and their impact on your life.

They must have the following effects and you should seek evidence of each one.

They will give you a strengthened activity structure, as each NEED has to be turned into action. As stated above it is not enough that you simply mentally deal with them.

Each need has a particular FOUNDATIONAL value and the development of each one provides a foundation for one more of the attitudes that will form your qualitative mindset.

The presence of these foundations also has a major affect in preventing the development of most of the negative thought impulses. (These are dealt with later).

You must be fully aware from the very beginning of your study of How to Master Your Destiny that it is essential you give searching consideration to these points.

Section Seven.

It is critical that you fully appreciate what the How to Master Your Destiny system holds for you.

It is a self-paced, self-improvement process. You must be personally aware of the improvement week-by-week, even day-by-day.

That is how the process works. It is not sufficient to simply store up knowledge of the system. It is the day-by-day improvement, gained through day-by-day application of the thoughts, ideas and exercises given in each part the builds your new mindset.

How to Master Your Destiny is a process of action. What you must aim for is to translate into action the main points of each week.

Doing so during that week and adding it to new controlled actions gained in the previous weeks. Then you will become the controlled person this study is designed to produce.

The basis of personal re-engineering is one of controlling, piloting and directing the automatic control system formed by your nervous system and your brain so that it produces the result you desire.

This control is your objective.

Once you have mastered it you can obtain more than would otherwise have been possible and with less effort.

With that objective realised - AND IT WILL BE, IF YOU PUT THE REQUIRED EFFORT INTO YOUR STUDY- the quality of your personal output becomes greatly enhanced.

Plan of Study.

Read carefully through this part again.

Take your time.

Make notes.

Then and not before study the Basic Principles listed below along with the statement of guidelines and additional practice work and fill out your first self-assessment sheet.

You will then work on these self-assessment sheets until you are satisfied totally with their content.

Basic Principles.

Basic principles are statements.

Their value lies in your using them in your daily activities.

There can be no question about this value.

Translated into action they add value and quality to your activities.

PART ONE. BASIC PRINCIPLES.

If a “feeling” or “thought” enters your mind, about a subject you are working on, stop and consider the implications.

It could be an intuitive impulse and you should consider if it serves to help you solve your problems or guide you in any way.

Remember that nothing will last if built on false or weak foundations.

You will accomplish much more by being positive than you will by being negative.

Realise that imagination is one of your most valuable tools.

Learn to use it by imagining how to accomplish things you have to do.

It will help you to avoid mistakes and stimulate positive action.

Compassion is one of the most human qualities you can use.

Practice being compassionate wherever it is needed.

Realise that you will accomplish little unless you believe in what you're doing and in the people you're doing it with. They must also believe in you.

Realise that emotion occurs naturally and is necessary, but be sure you control it positively.

It is vital to understand that the brain and the mind, while interdependent, are separate functions.

You think with your mind, and take action through commands originating in your brain, which are co-ordinated by your brain functions.

Your needs should be clearly defined because they translate into desires.

These desires, once your mind/brain is under your conscious control, will direct your motivation.

True fulfilment can only come when what you do provides you with a definite feeling of satisfaction both in what you're doing and how you're doing it.

This statement on the application of basic principles requires early study.

Take time to think them over in the plan of study given at the end of this part.

They are to be used and integrated into your day-to-day activities.

In this age of accelerated change a totally positive outlook is a great advantage.

Many people approach the day-to-day problems they are presented with in the wrong frame of mind. They do not realise that problems are presented to them so they may solve them and in the solving grow and personally develop.

Study the above Basic Principles carefully.

Think of how you can apply them in your activity **and make a written note of your findings concerning them.**

Later you will be making note of your use of them in your journal.

These principles you will help form the foundation of a very positive Self-Image.

Before long they will become part of your natural character and be reflected in your daily activity.

Statement of Basic Principles.

Your reaction to each of these should be **formed in your own words and written into your journal.** Do not ignore this. It serves to develop a special engram that will actively affect all your subsequent actions.

The word engram is not in common use, one dictionary definition is: "A physical alteration thought to occur in living neural tissue in response to stimuli, postulated as an explanation for memory."

In other words it is the process by which your brain receives a message (your mind picture) and stores it. It can then be recalled, as memory when needed in the future.

Remember this each time you study Principles and Guidelines.

GUIDELINES.

These guidelines can be converted into action now.

Ensure that whatever you say or do represents the absolute truth about the person, thing or situation you are at the time concerned with.

Always and in every circumstance be positive in all you say or do.

This may be difficult, but it is possible.

Be certain that any view or position you take any matter is a constructive one.

Always be relaxed in mind, brain, and body. If not, halt activity, and become relaxed before you continue.

Relaxation exercises will be given later in the course.

Train yourself to do everything in as near exact sequential order as is possible so you may continually work to bring order into your life.

Check yourself daily to ensure that you are gaining satisfaction out of all you are engaged in.

These guidelines should be thought about and directly related to what you are now doing in your work and day-by-day life.

The sooner you begin to apply the basic principles and guidelines the sooner you will begin to note positive changes in yourself.

What you should do now is prepare written reports in your workbooks on the Ten Foundational Needs, based on your responses entered in the form below.

- No. 1 Absolute truth in thought and action.**
- No. 2 Complete positivity.**
- No. 3 Constructive mindset.**
- No. 4 Use of imaginative powers.**
- No. 5 Compassion in all relationships.**
- No. 6 Control of natural emotions.**
- No. 7 Understanding and use of rational belief.**
- No. 8 Understanding and use of intuition or faculties.**
- No. 9 Understanding the brain/mind functions.**
- No.10 Understanding the need for relaxation of the brain and central nervous system.**

Simply mark each item with a tick or a cross to indicate your view.

1 Absolute truth in thought and action.

Need Do I understand this Need?

Am I observing it?

Can I observe it?

Will I observe it?

2 Complete positivity.

Need Do I understand this Need?

Am I observing it?

Can I observe it?

Will I observe it?

3 Constructive mindset

Need Do I understand this Need?

Am I observing it?

Can I observe it?

Will I observe it?

4 Use of imaginative powers.

Need Do I understand this Need?

Am I observing it?

Can I observe it?

Will I observe it?

5 Compassion in all relationships.**Need Do I understand this Need?****Am I observing it?****Can I observe it?****Will I observe it?****6 Control of natural emotions.****Need Do I understand this Need?****Am I observing it?****Can I observe it?****Will I observe it?****7 Understanding and use of rational belief.****Need Do I understand this Need?****Am I observing it?****Can I observe it?****Will I observe it?****8 Understanding and use of intuition or faculties.****Need Do I understand this Need?****Am I observing it?****Can I observe it?****Will I observe it?****9 Understanding the brain/mind functions.****Need Do I understand this Need?****Am I observing it?****Can I observe it?****Will I observe it?****10 Understanding the need for relaxation of the brain and central nervous system.****Need Do I understand this Need?****Am I observing it?****Can I observe it?****Will I observe it?****This is your preliminary, but serious, assessment and it will start adjusting your mindset at once.**

Once you understand the process of programming and INPUT you will revisit this list again and programme it fully.

It is critical to your successful completion of this self-study and self-improvement programme that you have these TEN FOUNDATIONAL NEEDS under personal control.

SELF-ASSESSMENT.

Completion of the sheet is in itself a valuable exercise.

After completion you will need to study your comments fully.

It is quite in order for you to make amendments to your original comments after due consideration. Indeed this is likely to be so.

Note briefly what, to you, are the five most important items of this First Part.

1.

2.

3.

4.

5.

If there are any aspects of How to Master Your Destiny so far that you found particularly difficult or any comments/statements you disagreed with then write them out in your daily journal and contemplate upon them.

Which of the FOUNDATIONAL NEEDS do you consider the most difficult for you?

Consider this question very carefully as it has a considerable bearing on the direction of your personality objective.

List three of the Foundational Needs in order of importance to you and give a brief explanation of why?

No. 1.

No. 2.

No. 3.

Date of Self-Assessment.....

Congratulations in completing Part One. Please feel free to email to me your self-assessment or and any other written statements you may have made in your journals for my personal comments...

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