



Success, Failure and the Secrets of Unlimited Power

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Introduction

Why do some people seem to succeed at everything they try without even breaking a sweat, and others seem to work like crazy and achieve little if any results? Why do some people seem to have everything and others seem to have nothing? Why do some people seem to be happy all the time while others appear to be depressed and unhappy?

It would be easy to assume that the answers to these questions are deeply complicated, but the fact is, they are not. Basically this is simple stuff but some of the mechanics that underlie this simplicity can get a little involved, but nothing you can't handle.

The concepts of success and failure are only used here as a device to help describe, define and communicate the main subject of this e-book which is creative power. This does not mean that success and failure will be short changed in the deal, quite the contrary, your understanding of these two states of consciousness will resolve into a profound condition of enlightenment when we add the knowledge of power to the equation, and you will not be disappointed.

This journey will lead us to the doorway to the unlimited power that is natural to the Human adaptation of life. But be prepared, because we are talking about the real deal here, and the knowledge you will encounter may not be compatible with any comfortable and convenient bubble realities you may currently be enjoying, and you may find yourself faced with truths that are not easy to accept, but must be, in order to gain access to true creative power.

There are multiple objectives involved in the creation of this e-book. The first and most important is to provide those who are suffering from the negative influences of failure programming, whether they are aware of it or not, with hope and a plan that will enable them to find a new and successful path which will result in a much more satisfying and rewarding life.

The reader may well ask just what advantage is there in learning about success programming for a person who is already successful. Ironically, many successful people are not aware of the dynamics behind success, which makes them somewhat vulnerable to those occasions when life delivers an unexpected curve ball, and it is sometimes difficult to recover from these events if we do not understand how we were successful in the first place.

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Also, when we understand those dynamics, it allows us to put them to better use and we become even more successful. The truth is that success is measured by many different criteria and standards, and even though many people think they are successful, it is a matter of levels. So, gaining an understanding of the nature of success may reveal that you have not achieved the level of success that you deserve or are capable of, and therefore open up new horizons and possibilities for you.

The second is to provide parents with a deeper understanding of all of those influential forces that can and do have such a profound impact on our lives, so that we don't pass on the failure programming to our children, but instead, pass on the knowledge of success and power.

The third is to open the door to the unlimited power and the associated infinite potential that is unique to the human adaptation of life. With that power, comes the ability to take complete charge of our own lives, determine our own purpose and destiny and become a high quality positive asset able to make meaningful contributions to all life on this world, and in so doing, give our own lives added value and meaning.

We don't just stop at examining and revealing the enormous power available to us as Human life forms. We go on to suggest some strategies on how that power might be used to affect changes in ourselves and thus our lives. Also we suggest some of the helpful tools that are available to us for use in not only discovering and exploring our power, but also those that we can use in conjunction with our power.

I wish I could say that I am the author of new and innovative information, but that is not the case. This critically important information is not new, it has been available to our species for centuries, it's just that each person along the path of our history who has tried to share it could only do so using their unique ability to express and communicate. This also applies to me, so it is my great hope that my ability to communicate this information will resonate with as many of you as possible in such a way that you can make it yours, and use it to enable and enrich your lives in unlimited ways and degrees.

At the very least, this e-book hopes to stimulate a deeper level of thought on these important concepts which in turn have the potential to provide us with a greater awareness and understanding of ourselves, our lives and both the material and spiritual worlds.

A word of caution:

The information you now have in your hands is very powerful and has the potential to impart a great deal of power to you. Power brings responsibility because power is a tool and can be used for positive and constructive purposes or just the opposite.

The saying; "Knowledge is power" is true on a superficial level, but the true power comes from the deep understanding of the knowledge we acquire. How we use that power will depend on whether we have also acquired a measure of character along the journey of our lives as well as whether our natural power is being used by conscious thought or unconscious impulses and/or reactions.

Background Check

For those of you who, like myself, have come to view the information highway with a certain amount of suspicion as to the quality and reliability of the information that is published out there, I include this section which I hope will introduce you to my somewhat unorthodox qualifications.

While I don't have a PhD, I do have decades of failure and criminal behavior under my belt which qualified me as a career criminal. The emotional obstacles that I acquired when I was very young simply shut me down to the point where I took refuge in the global decision to not care, about anything or anyone, including and maybe most importantly myself.

But something occurred when I was 47 years old that inexplicably rewired my brain completely. I became a single father of a little girl. Two weeks before she was born, I started a federal prison sentence for armed bank robbery. When all the drugs finally flushed out of my system and I regained some health from regular meals in jail, I looked into the mirror and the full realization of what I had done washed over me and cut the legs out from under me. Knowing that there was a little girl out there who needed me, and because I didn't have the courage to care, she would be paying for my behavior as well, penetrated my armor, hurt me deeply and affected me profoundly.

It took a full year before I could look at myself in the mirror again and see anything resembling a man, and several years more before I could hold my head up and feel any self respect at all.

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When I was released, all I knew for sure was that there was a little girl out there somewhere that needed a dad, and that was my job. The problem was, I didn't know anything about being a parent or even a responsible person. I really didn't know anything beyond how to weigh drugs and break down a nine millimeter Beretta automatic and a .357 Colt Python. Not the kind of skill sets one brings to the normal job market.

To make matters worse, I soon began to realize that one of the obstacles that had initiated my flight from reality in the first place, was my belief that I was unable to learn. Back then it seemed to me that every time I tried anything I failed, and so I gave up trying, and that meant I also gave up learning and that meant I stopped growing. I became somehow frozen in time, in the world, but somehow not part of it.

In my late fifties I was forced to implement a career change from the building trades and steel industry to a career in computer systems. This meant I had to go to school. I was terrified, this meant so much, I had to be able to provide for my daughter and after an initial period of dismal failure in class, I went on the internet to several University web sites and found their student services, and saw resources like test taking skills, study skills, note taking skills and I soaked it up like a dying man who finds an oasis in the desert.

Suddenly I was getting good scores on daily quizzes and I began to realize that I could learn. This was like a dam breaking. Suddenly I was curious about everything. I went on to become a network systems administrator, a Microsoft Certified Professional, a webmaster, a web designer, a writer, a licensed California Real Estate agent, a tech support specialist, a grant writer for the nonprofit industry, and an internet marketer. Now at 66 years old, I'm still learning and growing each day, and even during the night, by programming my subconscious mind to carry out certain tasks I set myself while I sleep.

However, there was one curious glitch in my learning processes. For some reason I had to know the how and why of something before I could really learn it. This has turned out to be both a curse and a blessing for me. As it happens, this will turn out to be a blessing for you the reader, because I not only turned my life around from failure to success, but I also know exactly how I did it, and this means that I can pass it on to others.

But the really important gem here is what my obsession with curiosity eventually led me to. I had come to the realization that the Human adaptation of life seemed to have infinite potential simply because we are able to learn and grow and achieve different levels of consciousness. But this implied something enormous, something

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huge. It implied that we also had the power to explore and develop that infinite potential.

Potential is completely useless without the capability to realize it. This meant that we must also have infinite power. And so began a learning journey that simply cannot be described with the symbols of language alone, but can be experienced and I know the how and why, and can point you in just the right direction so that you can experience it yourself. It is my great honor and pleasure to pass my knowledge and experience on to you here.

The Landscapes of Success and Failure

We explore these landscapes because it is necessary to get a deeper understanding of the nature of the tasks and challenges ahead so that we know what we are up against. To know our enemy is half the battle toward defeating it.

In their simplest and natural form, success and failure are words that we use to indicate value judgments based on some criteria of value that we make concerning the outcome of some *action* that is the result of *thoughts* produced by our mind.

To describe it in normal language, success is when we think of something we want, and set a goal or objective, and figure out a plan or strategy designed to reach that goal and the result is a positive one, we consider this activity to have a successful outcome.

On the other hand, if the result is not what we intended and is negative; we consider this activity a failure. This behavior is normal to the Human activity of trial and error and is not problematic.

What Are They Really?

When it comes to concepts like success and failure we need to acquire a clear understanding of not only what they are, but also what they are not. Basic success and failure are natural consequences of human activity and we touch on them briefly here, but our main journey is focused on success and failure programming, which results in the idea that we didn't just fail at some task, but that **we are** failures, and are somehow destined to fail at all tasks.

The determination of success or failure is highly relative to many variables such as time, place, context and arbitrary point of view. Success and failure are terms designed to indicate the outcome of actions based on our thoughts and or feelings.

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There is no evidence supporting the idea that failure or success is an actual conditions that we have no control over. They are simply value judgments.

This is much like the difference between normal natural ignorance, which is an indicator of the absents of knowledge and an opportunity to learn, and self imposed ignorance, which is a component of self deception and denial.

Mistakes are often experienced as failures rather than a natural part of learning representing an opportunity for growth.

And with that knowledge under our belts, we can now look at what some believe is an entirely different kind of failure, the idea that we can be failures or losers or successes or winners by virtue of some natural condition.

This of course is horse crap of the first order. Success and failure are naturally occurring events and are unavoidable if we have the courage to try anything new. We learn from our mistakes (failures) and turn them into successes.

Where things go sideways is when for some reason, we begin to entertain the idea or perception that we can't succeed at anything or will always fail at everything, and we entertain those ideas long enough to turn them into beliefs by the simple process of conditioning, which is nothing more than repetitious exposure to anything, over a period of time.

Yes, it is as simple as that. However, the mechanisms and processes by which these kinds of beliefs, whether success or failure, are propagated and affect us can get a little more complicated. In other words, how do we come by these ideas in the first place and how do we deal with their impact?

Acquiring an understanding of these mechanisms and processes is essential to gaining power and control over them. We should keep in mind that ultimately, success or failure can be a highly subjective or completely personal determination. One person's success may be another person's failure. Here we try to focus only on those areas that represent problematic limitations or obstacles that interfere with a healthy productive life.

Important!

*(Because one of the most difficult parts of any journey of self awareness and self improvement is in locating and identifying problem areas, the existence of which we are almost always ignorant, I strongly suggest that you **always have a note pad** with you as you read this material. Whenever you encounter a word, phrase,*

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statement or idea or just a flash of insight that affects you mentally, emotionally or physically, write it down in as much detail as possible. These will be very helpful and extremely valuable later on!)

Success

The Success Mindset

First a little clarification, what I mean by mindset is; dominant attitude and or dominant point of viewing. The second strongest source of influence in our lives is our current mindset. Our mindset is important because it is the basic template from which so many other things get their instructions and guidance. Dominant attitude and point of view are not only the result of our current core beliefs, which are the first strongest source of influence in our lives, but are also a constant source of reinforcement for those beliefs. This is an important insight because our core beliefs determine our personal reality, the reality that we are constantly trying to reconcile (make it work) with the general reality that is the result of everyone else's attempt to reconcile their personal reality with the general reality.

Some mindsets, in fact probably most mindsets are formed without our being aware of it. We are not only unconscious of their existence but also of how we get them. But not all mindsets are formed unconsciously; they can be formed as a result of conscious effort and the use of personal power, which we will get into later.

The Unconscious Success Mindset

This is what I call success by default. This is success by psychological and cultural inheritance and is assumed without question. This occurs when we grow up in an environment of success. Our home, our school, everyone we associate with is successful and no one ever questions the fact of success. It just seems to come naturally. The idea of not succeeding doesn't occur to them at all, ever. Failure is only a temporary setback to a successful effort.

This success mindset is usually the result of fortunate circumstance which, sadly, not all people are blessed with. There can be a trade off here though. A person thus blessed can also be cursed with an unexpected vulnerability which may or may not be revealed depending on the circumstances of their lives. Should they encounter hard times and crash and burn, they may not be able to recover easily or at all depending on how they are able to deal with the onslaught of unforeseen adversity.

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Also, very few people are successful in all areas of their lives and those who are, usually have the knowledge of what success is, and the creative power that it is based on, which gives them a total advantage and complete control over the outcomes of their efforts. This in fact is the same knowledge that you will find here in this material.

The Conscious Success Mindset

Mindsets are not magical occurrences; they are states of consciousness that manifest as thoughts in our mind. The thoughts produced by our mind are ultimately the responsibility of the thinker, and that would be us. This is not a popular belief because it leads to personal responsibility which is also not very popular these days.

However, personal responsibility is a clue to the secret of personal power. Think about how important our mindset is, and then think about the idea that our mindset is something that we have control over, that is, if we know about our power and accept it.

Take for example someone from much different circumstances, say someone from a poor neighborhood. Family and environment are strong influences that send strong messages to a young developing human mind. If we look around us and all we see and hear are sights and words of failure, defeat and the associated hopelessness, and this is our daily input for years, which constitutes strong conditioning influences that create a mindset characterized by failure, then we would not expect success to result.

There are exceptions though, and those exceptions point to a truth. The exceptions are those who find the desire and will to care about themselves enough to believe that they deserve all that life has to offer just like everyone else, and so may begin the journey to success and possibly even power.

Any person, who has the strength to believe in themselves enough to follow their own path with confidence and determination, will create their own mindset of success, which of course will result in successes that in turn will reinforce the success mindset. It is a self-perpetuating system. This kind of personal power is the truth that the exceptions point to.

Fortune opens up to those who have the courage to dream and have faith in the power to believe in themselves and their dreams. Unlike success by default, the individual who achieves the success mindset by overcoming conditions and circumstances of adversity develops strength of character that will serve them well, through good times and bad, their entire lives.

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And of course we are not successes or failures at all things all the time. That kind of absolute thinking simply doesn't reflect reality. Even in the worst negative conditions people find something to be successful at; otherwise the burden may be too much to carry.

But many of those who break out of such failure conditions against all odds don't necessarily know exactly how they accomplished this, their will and desire alone (spiritual assets) were strong enough to get the job done. Or perhaps they became very good at some sport or in the entertainment world as the result of good fortune, and because of that, they missed the critical knowledge that would have led them to the secrets of power.

Such knowledge comes from a desire to know how and why something is or is not, which is the motivation for achieving a deeper understanding of any given thought, action, feeling and consequence. We need to understand not only the effect, but more importantly the cause.

Characteristics of Success

If you asked a successful person what success is all about or how they became successful, most would simply stare at you as if you just grew a third eye on your face. A successful person doesn't question **how they became successful**; a successful person is too busy **being successful**. They don't ask "can I do this?" they ask "how will I do this?" these two questions belong to two completely different mindsets. The following traits characterize the success mindset.

- Confidence

The concept of doubt, in the right time and place, can be useful. But if not consciously understood and controlled, it can be an extremely corrosive and destructive force. The success mindset doesn't waste time questioning their basic ability to perform; they are too busy exercising that ability in order to achieve.

- Determination

It is natural whenever we undertake a difficult project and the tasks necessary to successfully achieve best results, to encounter unforeseen obstacles. Determination is the will to see things through regardless of any challenges that arise.

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- Desire

Many people miss this one, yet it is one of the keys to power. Without desire, what is the point? Why are we doing what we are doing if it does not serve our intention? Are we just building a token gesture in service of some hidden agenda or motive? Perhaps even hidden from ourselves? A clear decisive intention based on a well defined desire is necessary here. Thought, without the power of desire to give it vitality, is sterile and powerless to create.

- Commitment

If we state our desire but then fail to bring the full array of our mental, emotional, spiritual and physical resources to the table, then our desire is not genuine, our commitment is empty and has no strength. The success mindset brings a 100% personal investment to the table. Which means a total commitment of personal resources like energy, skills and talents.

- Work

This is the actual time and sweat and personal energy that is always necessary to achieve success. This is often the critical element to the success of some project or task, the human factor that is so difficult to quantify or qualify. This is the rolling up of the sleeves and getting down to it element. This isn't only physical activity but mental as well.

- Decisive

Few people understand just how important our ability to make choices based on options is. Like desire, this is one of the keys to power. But there are meaningful decisions and there are meaningless decisions. The success mindset only engages in meaningful decisions because they are the only decisions that have any power to affect anything at all.

- Perseverance

Often confused with determination or will, perseverance is that quality which is related to commitment that tolerates no thoughts of surrender, giving up or failure of any kind. This is the mindset that knows we will

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get up and brush ourselves off and get back in the game, and do so until we achieve success.

- Faith

While this is one of the foundations of power itself, it is also an absolute requirement of success. Closely related to self confidence and often confused with it, faith is purely spiritual and so is not compatible with the word symbols of language, but this has to do with our power to believe in things even though we have no evidence in the material world to support that belief. This one takes strength of character and personal courage.

- Patience

This is the ring that binds them all. This is where we let go and put faith to the test and let all these elements do their magic without unnecessary interference on our part. The success mindset never questions this, it is automatic, we are confident in our faith in the power to believe in successful outcomes.

A Look At The Programming

Verbal Communication

The first source of self awareness comes from parents, parental figures, or authority figures like teachers. Verbal support comes in many different ways and care must be taken here because things are not always what we might think they are. For example; which are better, words that indicate that a child **could be** successful or words that indicate that you believe the child **is** successful?

There are subtleties here that most people don't realize because they themselves had a limited role model to work from when forming their own parental image. A child's mind picks up on these subtleties. Also, a child's mind is in the process of developing, which also means that they have no defenses in place against absolute global statements from parents such as "That was stupid!" or "Are you stupid?" A child can easily translate these statements to mean that he/she **is stupid** because their mind doesn't process information completely enough yet. So they may not realize that the statement "That was stupid" only applied to a certain instance or

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activity or event in time, not always and forever, especially if these kinds of statements occur on a regular basis.

A child will do something for the sole purpose of seeing how their parents react, whether with approval or disapproval. It's a way of discovering not only who and or what they are, but also and maybe more importantly, how much their parents care about them. This is why we need to give our children our full attention at all times.

Not only are words important, but how they are delivered is equally important. The tone of voice gives extra meaning to words, extra emphasis, and when this is added to the body language along with physical environment and cultural background and the non verbal modes of information transfer, we have the full range of communication sources from which a child begins to build their image of the world and more importantly, their self image and their place in the world and whether they are a successful person or not.

Non Verbal Communication

The non verbal sources of information can be broken into three types; facial expressions and body language and actions or behavior. Many times verbal communication can be completely negated by a parent's behavior. For example; if we tell our children to love one another and then we turn around and mistreat someone, this can leave the child confused as to what is the true message, and actions do speak louder than words and they will almost always take precedence of authority over words.

With our wives or husbands we can make offhand statements that we love them while rushing out the door to work, or eating our cereal and not making eye contact, and we usually understand. But saying this to a child in such a way can be like not saying anything at all or even saying just the opposite and may initiate the idea or doubt that they are loved at all.

To criticize or even compliment a child with the wrong expression on our face can be extremely damaging. Great care must be taken to be aware of the complete context of our interaction with children.

It should be clear that in a success oriented environment, every facial expression, word, body language and attitude supports the success mindset simply because everyone in a success oriented environment is successful, they don't see failure, they don't think failure, they don't use failure orientated words, failure is not part of their reality so they don't attract failure, they only attract success.

Repetition and Conditioning

Current civilization supports the existence of many large corporate entities whose existence and continued survival depends on the majority of the Human population not becoming aware of the underlying causes of many of the symptoms that plague us today, much less how to address and correct those causes.

Psychology, psychiatry and some of the pharmaceutical industries owe their success to not promoting the whole truth. But even so, if the whole truth was available, many people would simply not believe that the solutions could be so basically simple as the idea that what was created by repetitive exposure to something could be uncreated by the same process of conditioning.

Conditioning is an extremely powerful tool for change, modification or adjustments. It's ability to influence our mind without our being aware of what is taking place is scary, but it is also very important to be knowledgeable about this process so that we can not only flag it as it exerts it's influence upon us, but also, and maybe even more importantly, learn how to put it to use for our own consciously intended purposes.

I mention this briefly here so that your mind will begin to associate this influential force with the concepts of success and failure. We will return to this subject later when we get into power.

Core Beliefs

Our core beliefs are the basic programming structures or modules from which our views, emotions, feelings, thoughts and behaviors spring. This is the foundation upon which our mindset is built. Because these are the deepest levels of programming, they are also the most difficult to get in touch with and work with.

Formation

Core beliefs are formed in the early developmental years but can be changed or augmented by traumatic events in later life or by conscious intervention on our part. But usually they are the result of early family, cultural and environmental influences. The problem with these beliefs is that they are basic and fundamental, and therefore powerful and influential. In a healthy developmental process which results in a strong positive mindset, there will be few if any problems, but when we grow up in a

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dysfunctional environment, our core beliefs can be extremely problematic not only because they are difficult to become aware of, but also to work with once we do.

Impact

In the case of success programming, the core beliefs are solid and positive and were formed naturally without trauma or disruptions like those that create lack of confidence and doubt in ourselves and our abilities. The success mindset generates success oriented thoughts which lead to success oriented decisions which lead to successful outcomes. Life is good and these core beliefs influence our mindset and thoughts and feelings in positive ways for our entire lives.

Simple Stuff

What might be the consequences of one child growing up in an optimistic environment and another child growing up in a pessimistic environment? Optimism is a way of perceiving the world and life from a positive temporary perspective and Pessimism is a way of perceiving the world and life from a negative globally far reaching (thinking in terms of always rather than temporary) perspective. Which one will result in what outcome where mindsets and viewpoints are concerned?

The Law of Attraction

As always, the law of attraction applies here. A positive view of the world and ourselves in the world, supports a positive mindset which is essential to a success mindset. Positive attracts positive, success attracts success. Everything a successful person does naturally tends to attract more success.

The Conspiracy of the Organism

Science is finally catching up to ancient spiritual knowledge, at least where the connection between the mind and body are concerned. Everything mental has its equivalent in the physical body right down to the cellular level. Cells have a basic level of intelligence, they know what their function is, they know how to adapt, they know how to evolve and they have memory. They can and do exchange information with the peptides which some believe are the biological basis of our emotions as well as intuition.

Peptides are manufactured at many centers around the body, and interestingly, these centers seem to correspond closely to the chakra system, though I have found no scientific research in this area to verify this.

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For our purposes here it is significant to note that the receptivity of a cell's receptors to life giving peptides is affected by stress levels within the tissue of the site where the cell is located and where peptides are manufactured. Where trauma has resulted in the muscles being contracted or by unexpressed emotions, there is less receptivity to the information available in the circulating peptides as well as fewer peptides being circulated which would otherwise catalyze in good feelings.

In a success oriented organism, none of these limiting circumstances and/or obstructions exists and therefore the body is in harmony with the mind, and failure doesn't enter in.

Success and Power

Though it may sound strange, both success and failure are the result of the exercise of power. Power is a tool that represents potential capability, and the value of any tool is determined by the uses to which it is put. Most people use their power unconsciously and are never aware of what they are doing and so are forever the victims of random unpredictability. Power used in this manner is extremely unpredictable and can create more problems than it solves.

But the **fact** of power remains regardless of how we use it or whether we are aware of it or not. The conscious use of power requires that we have knowledge of power and the fact that we may have the success mindset does not imply or indicate that we also have knowledge of power even though the existence of the success mindset is the result of the use of power. The success mindset is often the result of nothing more than the use of power by chance and good fortune.

This may seem like a strange distinction and even perhaps a paradox, but it is an important concept to consider. Take for example the Human beings that are classified as scientists and engineers. Many people assume that these people are highly intelligent when in fact many of them simply have the human characteristics of smart and clever. They are not necessarily well balanced responsible individuals or even intelligent individuals.

For now it is useful to understand that for power to have real value, it must be under knowledgeable conscious control. By real value I mean that its use results in the realization of positive and constructive goals and objectives. By positive and constructive I mean those ends which are in harmony with the agenda of life which is to learn, grow, adapt and evolve toward the development of the infinite potential and diversity, which I personally believe that the continued survival of all life on planet earth will eventually depend.

Remember This:

Keep in mind that the usual situation is rarely absolute or so clear cut as if to say that we are either successes or failures. Our lives are made up of a tapestry woven from many different elements and in many different degrees and levels. If we leave our success or failure up to chance or any influence outside ourselves, then we invite unpredictable results or even domination by others. But if we gain the knowledge of success and apply that knowledge consciously, we will realize reliable and consistent success.

What we believe is based on our thoughts about what is true, and we are what we believe we are. We are the absolute masters of our thoughts and beliefs and therefore the absolute masters of our lives. We are successful because we believe we are successful.

Failure

The Failure Mindset

I will not repeat what I said in the section on the success mindset because just about everything I mentioned there, also applies here by substituting the negative for the positive. The difference between the two is that one is not problematic and the other is. Success is just that, success, and the only real advantage in exploring it was to get a deeper understanding of it so that those who are already successful might use the information to become successful in areas that they have not been successful or even more successful in areas they have been successful in. But it was also valuable as a counterpoint and/or contrast for the exploration and study of the failure mindset and if nothing else, paints a model as a goal to aim at, for those who wish to turn their lives around from predominately failure to predominately success.

The importance of exploring the failure mindset should be obvious. It is about shining the light of truth on a much misunderstood mindset in order to lead the way out of hopelessness to a mindset of success. It should be understood from the start that the success mindset is the natural result of unobstructed and untampered with early developmental processes. The failure mindset is usually the unnatural consequences of things gone wrong at a very vulnerable time in our lives.

The Unconscious Failure Mindset

Much of what I said about the unconscious success mindset earlier applies just as well to the failure mindset, just in reverse. When we grow up in an environment of failure such as in a poverty area, we just take failure for granted and rarely question it. But there is a difference. Since the failure mindset is not natural to us, there will always be a small voice or a vague intuitive or instinctual perception that something isn't right, and at some level we will always have a conflict going on.

At some level we will know that constant failure isn't right and this small nagging awareness will surface from time to time and give us the opportunity to decide to stop ignoring, denying and submerging this issue and set out on the journey to change our behavior and become the person we were naturally meant to be, or continue to embrace our failure because it has long ago become our comfort zone and excuse not to succeed.

This journey is essentially the processes of becoming aware of that which is unconscious and bringing it into conscious awareness in order to see possible solutions or ways to replace unwanted behaviors with more constructive and positive ones. This is not rocket science, it is basically the act of installing new behaviors in place of old ones, and accomplishing it in much the same way as the old ones were installed in the first place, through awareness and conditioning.

The difficult part is becoming aware of the negative behaviors in the first place, and finding the courage to change them in the second place. We may have lived with them for so long, that they have become comfortable, easy and unconscious. The new patterns will feel uncomfortable and unfamiliar for awhile at first and ironically we need to bring the success characteristics into play in order to succeed in breaking out of failure city.

Remember?

- Confidence

Which you may not have yet, but you will, by building one success upon another.

- Determination

You already have this but may not be aware of it. (think about how you go after something you really want)

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- Desire

Are you truly sick of not getting anywhere in your life? Failure can become a comfortable behavior pattern and great excuse for not trying.

- Commitment

Bring it or go home and complain and whine your life away. Make your commitment firm and meaningful and it will have the power to perform.

- Work

Be prepared to put the time and effort into achieving what you desire and what you have committed to.

- Decisive

Be firm in your decision and make sure there is solid intention behind your resolve.

- Perseverance

Resolve not to give up for **any** reason **ever**. If you find that you have mistakenly taken a wrong turn, don't use it as an excuse to give up, just recognize it, make adjustments and move on to success.

- Faith

Know down to your soul, that there is a power that will serve you if your desires are genuine and in harmony with the rhythm of life. When our goals are true, the power of faith will serve us.

- Patience

Let the power and the success formula work for you. The failure mindset is forever sabotaging success by making token gestures of effort and when they don't bear fruit immediately they give up. This is an old traditional failure mechanism, be on the alert for it and no matter how long it takes, keep on truckin.

The Conscious Failure Mindset

It isn't likely that anyone would consciously decide to be a failure. There are those who may have given up and surrendered to a life of failure, but to knowingly choose this condition over success for no reason is difficult to comprehend.

Having said that, I won't even try to go there.

Characteristics of Failure

When we asked successful people how they became successful, they looked at us as though they didn't understand. If we ask unsuccessful people why they are not successful, they will break out a basket of excuses that range from god to society to the weather and none that indicate that they themselves have had a hand in it.

This might be ok if we were asking unsuccessful children, but once we hopefully grow up to become adults, will all those excuses still fly? We are no longer excused by a lack of experience and knowledge and brain development. The easiest explanation is that by then we have surrendered to, and become comfortable with, our failures and defeat. And change can be a difficult mountain to consider climbing, especially later in life. Difficult, but by no means impossible!

Here are the characteristics of failure for reference purposes.

- **No Confidence**

Way too much doubt closes the door to the possibility of self confidence. Our ability to entertain doubts can be useful or extremely destructive depending on how much conscious control we exercise over it. Few people realize the terrible consequences of a lack of self confidence; this one can prevent us from even trying.

- **Weak Determination**

Failure attracts failure just as easily as success attracts success. Successful people know that strong determination is critical to successful achievement and they bring all they have. Those caught in failure mode only deliver a token gesture of determination, perhaps saying the words without any feeling behind them and maybe making a half hearted effort, but there is never any power or real capital behind their investment.

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- Little or no Desire

The person who is programmed to fail spends a great deal of energy attempting to reinforce their belief that they are a failure. Therefore they cannot really desire success, and so they cannot desire anything very deeply, certainly not deeply enough to generate the necessary vitality that infuses all the other characteristics that lead to success with enough power to be meaningful.

- Half Hearted Commitment

As I said in the section on success characteristics, if we state our desire but then fail to bring the full array of our mental, emotional, spiritual and physical resources to the table, then our desire is not genuine, our commitment is empty and has no strength.

Here the failure mindset creates token gestures in order to convince itself that it tried everything but mysteriously it just doesn't work for them.

It is ironic that they don't even see that they have successfully carried out a successful strategy designed to avoid being successful. Power misused!

- Work

This is another irony. Anyone can work their tail to the bone and never succeed, simply because the other characteristics are not on board. This way, a person can work like crazy and never seem to get anywhere. This constitutes another successful failure strategy, here again the goal is self deception.

One strategy is to choose a "go nowhere job" and spend years complaining about it. Sometimes failure can be disguised as success. Take for example the business person who has a business that is successful because it hasn't gone under. Whereas it could be very successful if managed differently from a different mindset.

- No Firm Decision

Another failure strategy is to make decisions that have no conviction behind them. There is no real desire and therefore there will be no

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vitality to give the thoughts the strength and power to manifest into reality.

Much like many New Year's resolutions, which have no real desire, determination or commitment behind them and therefore no real resolve. This has to do with mistaking the words for the actual reality, the map for the actual territory in order to create the illusion that we are doing something real.

- No Perseverance

Desire and commitment constitute our intention. Weak desire and half hearted commitment don't produce strong intention, and without strong intention there will not be enough perseverance to carry us through the obstacles that are sure to arise in any endeavor, and must be overcome in order to realize success.

Real perseverance is like an infinite reserve resource of mental, physical, emotional and spiritual power that can be called upon to reinforce the normal investment of the other resources. This is like a success guarantee because it is that quality that simply does not accept surrender, failure or defeat of any kind, ever! True perseverance is a powerful and implacable force within us and without it, the outcome can be unpredictable if not doomed.

- Weak or no Faith

Like desire or intent, faith is a key component of power. Faith is sometimes dismissed or devalued because of its association with organized religions and mysticism. To be fair however, this is an oversimplification of the real truth concerning faith. The more reasonable explanation has to do with our species having decided to adopt the material world as our primary reality and it is not difficult to figure out why.

Our physical senses are directly connected to the material world of things and events, while faith belongs to an entirely different reality, one that is not so easily detected by our senses, and in fact, by its very nature, it is difficult to verify it by our direct senses.

When our species was young and primitive, such things as faith were categorized as fearful superstitions because we simply couldn't figure

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out what was behind it all, even though we experienced their power. This fear more than anything else turned our species away from a spiritual vision of reality to the more readily available material one.

This represents a terrible tragedy for our species because this was the door to our power and we closed it. Having faith in ourselves is a requirement of success, no faith, no success.

- Patience, the ring that rules them all

Actually, patience is a characteristic of faith, but I separate it out here because it deserves some emphasis. Think about it, even if we bring all the characteristics of success to the table and try to have faith in ourselves as well as the Universe to make it all work, but then don't have the patience to let it work and begin tampering with things, or just as bad, become discouraged and give up, this is like a built in self destruct mechanism.

Many people with ADHD get the idea that they cannot succeed at anything because of this very process. Time is a key element of success. Everything takes place within time and there is time for everything to take place, unless we interfere, in which case, there is time for failure.

A Look At The Programming

Verbal Communication

The verbal communications of failure are:

- You can't !
- Why can't you?
- Never
- Ever
- Are you stupid?
- Can you ever do anything right?

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- You're never going to amount to anything
- Don't even bother to try
- Don't try to think
- Are you dumb?
- Can't you learn?
- Never mind, I'll do it
- I can't

These kinds of words along with all negative associations aimed at a child are diminishing, demeaning, derogatory and defeating. They are non supportive coming from the primary support source and care giver, and therefore have a deep impact.

Many times these are words that are passed on from parent to the child who becomes a parent who pass them on to their children. Somewhere the cycle must end, awareness must conquer.

Non Verbal Communication

The non verbal communication methods are a little more difficult to nail down because they can be so subtle. Body language, a look, an expression in the eyes, unexpressed and unreasonable expectations that are perceived perhaps more by what is not said, than what is said.

Expectations can be communicated indirectly by a parent's reaction when the child doesn't perform in a certain way that wasn't clearly stated in the beginning. For example; criticizing for something that the child didn't do right, as if they were expected to know how to do it at all in the first place even though there was no prior evidence of experience.

Repetition and Conditioning

Repetitious exposure to anything can have a powerful influence and affect. It is called conditioning and the only defense is awareness and the control that may result from that awareness. I say may, because it isn't a given, it depends on the level of that awareness. Just to know about the existence of conditioning influences doesn't necessarily indicate that we are also able to recognize how, where and when those influences are being applied and therefore are affecting us, or in what ways they are affecting us.

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Just as with the successful mindset which thrives in an environment of success which constantly reinforces the mindset through constant exposure to success conditioning, the failure mindset too is constantly being reinforced, but by a self-perpetuating environment of failure. And if you grow up in this kind of environment, and know of no other way to live, it would seem natural, if it wasn't for the fact that there are many who enjoy the benefits of success that don't live in the poor neighborhoods, and questions arise. Not only that, but failure just doesn't feel right.

Core Beliefs

As the words core beliefs imply, these are the belief systems upon which all other beliefs are built and through which all information is filtered and thus altered to conform to the core beliefs. Most of us are not clearly aware of our core beliefs because they were formed before we had the mental abilities to have a say in what was happening to us.

Family, culture, social exposure and local community as well as national environment all conspired to program our minds which determined our views for as long as it takes us to *somehow* become aware of that programming and begin to reprogram ourselves in accordance with, hopefully, new and more relevant and appropriate information. The ***somehow*** is the tricky part.

Normally, in time, our initial programming was submerged under the onslaught of the many ideas, experiences and challenges of life in modern civilization. It is rare that we ever become aware of that programming at all, and it is impossible to change things that we are not aware of.

However, their power and influence is undeniable. And the character and content of our core beliefs determines the quality of our lives. Success or failure, winner or loser, healthy or unhealthy, happy or unhappy, it all springs from the basic programming in our mind, which is the seat of our power over the material world.

Of course there would be little purpose in exploring core beliefs if there were no significant problems in our life, but if the situation is otherwise, and there are problems in our lives, then this becomes an important and sometimes critical objective.

Formation

As mentioned earlier, core beliefs are formed in the early developmental years but can be changed or augmented by influences beyond our control such as traumatic events later in our lives or by our own aware and purposeful intervention. But usually

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they are the result of early family, culture and environmental influences. The problem with these beliefs is that they are basic and fundamental, and therefore powerful. In a healthy developmental process which results in a strong, healthy, positive mindset, there will be few if any problems.

But when a child is loaded up with unresolved issues due to exposure to a dysfunctional family, and a negative environment, then learning, growing and development is restricted and or retarded to the point that the person is unable to move on and mature. They may spend the rest of their lives in the prison of these limitations and never realize that they have the power to break out of the cycle of failure and defeat, and perhaps for no other reason than a simple case of low self esteem and negative perceptions of themselves and life in general.

Remember, not all core beliefs are problematic. When trying to track down and identify core beliefs, look for the character of them, like are they negative or positive, do they reflect negative perceptions of our worth and abilities?

Above all, in order to be prepared, remember this; when we identify and begin to replace core beliefs, this can have a domino effect and will tend to change behaviors that are and have been dependent on those core beliefs for many years, and this means that you will encounter resistance.

Resistance can come in many forms and may be difficult to identify as resistance, you may just begin to feel more anxiety for no apparent reason, or nervousness or anger. The secret to dealing with these is not to fight them, simply notice them and accept them and move on. To resist them is to give them vitality and power, and that power is power over you. The secret is 'resistance equals persistence', the more we resist, the more it will persist, just let it go.

We are changing old comfortable behavior patterns and they won't die easily!

Impact

The impact of failure programming can be and usually is devastating. I personally sacrificed 47 years of my life to it and many people sacrifice their entire lives. If this isn't enough tragedy, what makes it even worse is the fact that it is so unnecessary.

The truth here is appalling. The condition of constant failure and the solution to that condition, boil down to a simple absence of information. This is not rocket science. This situation can be avoided in the future and can be changed in the present with the right information. The question arises; why hasn't this information been distributed widely to the general population of humans on the planet?

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Other than unconsciously occurring conspiracies like the conspiracy of the mind, body and spirit conspiring to embrace the belief that a person is a failure or a success, I am not one for imagining conspiracies that would require more intelligence than most humans possess.

But having said that, we may be looking at another of those unconscious conspiracies. For one thing, just how many successful people not only do not understand how or why they are successful, but if they did, would they wonder or even think about the idea that other people don't understand any of it?

And what if their financial well being depended on a great many people remaining ignorant of this knowledge? Would they be anxious to broadcast this information?

Simple Stuff

Core beliefs, mindsets, programming influences, they all seem to be complicated, but in themselves they are actually simple and straight forward. Core beliefs are just our first level basic belief system. They are important because of the influence they have on our views of almost everything.

Mindsets for example, are built primarily from those core beliefs and serve as our immediate response system which determines how we are going to think, which in turn will determine how we feel, and these will initiate decisions and actions.

While simple, the importance of programming influences should be obvious. These are not only one of the keys to becoming aware of areas that need work, but how to work on them. Understanding programming influences endows us with the power to take control of our lives in ways that few ever dreamed of.

The Law of Attraction

The power of the law of attraction lies in its simplicity. That which we hold constantly in our minds eye will attract only those things of the same character. Like attracts like. If our predominant thoughts are those of failure and defeat, then failure and defeat are sure to be attracted to us. On the other hand, if our predominant thoughts are those of success and achievement, then that is what will be attracted to us.

This is so simple and so true, that it is a wonder how so many people do not understand this law and use it to their benefit. But then, remember, success only thinks of success, and failure only thinks of failure. Think about how important it is to learn how to break out of failure city and suddenly see a world filled with possibilities for success.

The Conspiracy of the Organism

Do our own bodies conspire against us? Well, yes and no. It is more a case of our bodies responding to our need to survive and that response eventually becoming a liability, obstacle and/or limitation. For example; during my journey of self realization there came a time when I spontaneously recalled an event in my youth that resulted in my tensing up my stomach muscles so hard that they began to burn with pain and rather than dealing with the issue that caused the muscular response, I chose to force my mind to ignore the pain instead. My spontaneous recollection decades later released the muscles and the issue came into awareness and was thereby resolved.

If you've ever observed the curious slumped shoulders and bent posture of a defeated person, then you have already seen the connection between the mind and body. The stomach and chest muscles constrict in response to and defense against negative feelings about ourselves, and pull the upper body forward as well as restrict the lung's capacity which reduces breathing which reduces the oxygen to the brain which restricts our thinking ability and reduces the possibility for successful thinking.

The cells and muscles of our bodies hold the failure programming messages just as readily as they do the success programming messages. Our body and mind are part of an integrated system, it can't be otherwise. This too is one of the clues to our power.

Failure and Power

As with success, here again we encounter the twisted irony that failure, like success, exists as the result of the exercise of our power. Remember, power is a resource and can be used as a tool to achieve any goal and accomplish any objective. *Being aware of what we are using this tool for, how we are using this tool, and most importantly what part of us is using this tool, are of critical importance.*

The distinctions are important because if we don't use power consciously, power will use us unconsciously. A perfect example of this is a person who experiences a predominance of failure in their life. *It is through the unconscious use of power that failure manifests, and it is through the unconscious use of power that failure is maintained.*

I know that many readers who reach this point in this book will begin to experience a bit of nervousness and or anxiety because they are intuitively sensing the

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implications of power. Be at ease, this isn't that difficult, and isn't a little discomfort worth your freedom?

Regardless, power will be used because power exists to be used. Who is using it, how it is being used and for what reason it is being used are what it is all about. A tool doesn't know or care what it is being used for. *Power is a spiritual capability designed to create anything we desire or choose to believe in.*

What if we are not truly aware of what we desire and believe in because we don't pay attention to such things, that is, we take many things for granted without questioning them.

When a person is born into a success environment, everything he or she says, does, thinks, feels and dreams attracts more success. All the programming is about success and therefore that person's power will focus on and serve the success agenda.

When a person is born into an environment of failure, everything is reversed and power serves the failure agenda. Power itself does not and cannot discriminate, it serves any master equally, even if that master is random chance.

Remember This:

One of the best uses of our creative power is when we use it to replace unconscious negative and unproductive programming with conscious positive and constructive programming that results in a richer and more rewarding life. Find the courage to care enough about yourself to take the journey. You are worth it!

You will learn about the importance of patience in the next section on creative power. Changing our core beliefs from failure to success may take some time, but if you learn about your power and apply it, and have patience and faith, *you will succeed*. And one success will attract another and another and another, and soon success will become natural to you.

Unlimited Creative Power

Introduction

Knowledge of power is critical if it is to be used consciously for well defined objectives. Power can and is used to carry out the demands of the unconscious or random mind, but such demands are often in conflict with other purposes and confusion prevents power to get fully organized and reach its full creative potential. Power needs a clear purpose and a well defined goal or objective to be focused correctly.

So essentially, without the knowledge of power its affect is weak, unpredictable and unreliable.

On the other hand, power in the hands of a Human life form with full knowledge of its nature, and well developed skills in its use, becomes a creative force of nature, a spiritual phenomenon unconstrained by limitations of either the world within or the world without.

A little clarification regarding what I mean by power might be in order here due to misconceptions and misperceptions about this concept. The idea of power as it is applied to those who have a certain social position or have acquired a level of financial resources is an illusion of power that is experienced by the participants in the illusion as real by virtue of the mutual agreements to the rules of the illusion. In other words, that power is only real to the extent that others recognize it and subscribe to it.

If you buy into the idea that a particular social position bestows power on the person that holds that position, then to the extent that you believe it to be real, it is real.

But this is not the power I speak of here. The power we explore here is the force that is the creative characteristic of spiritual energy. The same energy that all existence is created from through the enabling catalyst of creative power.

Power is energy in motion. Static energy with purpose becomes energy in motion otherwise known as creative power.

Energy becomes creative power by using power to create. Such as when energy is converted by power into inorganic and organic matter which represents infinite possibilities for manifestation into infinite form and possibility for the purpose of

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creation. One of those infinite possibilities is the creation of life, a purpose for power that is also infinite in its possibilities.

One of life's infinite possibilities is the creation of conscious life, the evolution of which eventually produced the Human adaptation of conscious life which is capable of achieving self awareness. Self awareness opened the door to a new form of infinite power, conscious energy. Was this spiritual energy's agenda from the start? The vast unlimited possibilities of self awareness? Or is the Human adaptation of life only the current best expression of spiritual energy's larger agenda?

I touch on such basics only for the purposes of obtaining a deeper understanding of the raw resources that we will be tapping into as we explore how the Human life form can take possession of and use energy in the form of creative power. We will have enough on our table just dealing with the knowledge of and the how tos of the awesome power that is natural to our species and the long neglected inheritance that comes to each of us as we exit the womb and begin to experience the physical manifestation of a spiritual being.

The Law Of Power

The law of power is that it will serve any master for **any creative purpose**. It is a state of energy, a resource, it does not think. Since energy is infinite, then the power that energy implies is also infinite.

It is equally capable of producing infinitely negative as well as infinitely positive results. Take care of the causes you set into motion because those causes will have effects that may in turn become causes themselves.

The Foundations Of Universal Power

- Energy

The stuff from which all things are made. The assumption that energy is spiritual is fairly solid, based on the evidence of the underlying order of creation. Order implies purpose and an agenda driven by some level of intelligence.

The purpose of energy seems to be the need to express itself by means of creative power. Whether that creative power takes the form of violent activity or change by time and experimentation, it is nevertheless energy at work in the form of power.

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- Creation

Power in the form of creative activity which is energy in motion, serves as a vehicle for fulfilling spiritual energy's purpose. It makes sense that energy would initiate an infinite number of possibilities such as so called big bangs, in order to manifest as many possibilities for achieving its purpose as possible. Creating material realities must be part of energy's strategy for expression. That the creation of the material Universe represents the possibility of the creation of life is not an accident of chance, but rather an indication of an underlying spiritual consciousness.

- Life

Life seems to be another form of power that spiritual energy uses to carry out its agenda for the fulfillment of its purpose. The power of life is evidenced by the sheer diversity with which it expresses itself in just one material reality called Earth.

That life has a purpose and an agenda is evidenced by the undeniable tenacity by which it has managed to recover from major extinction events throughout time. But is the purpose of spiritual energy only life for the sake of life? Or is life itself just another means for achieving a larger purpose?

And where does the development of conscious life come into the equation?
And how does that fit in with spiritual energy's overall agenda?

The Infrastructure Of Human Power

Just as infinite energy created a material reality that we know as the Universe, that serves as the infrastructure that created, supports and nurtures life itself, there are infrastructures that life creates in order to support its agendas. In the case of the Human form of life, the particular agenda seems to favor the evolution of consciousness.

Each step of this infrastructure is built upon the evolution of the previous step.

- The Body

The evolution of the Human body is well documented and science has made great strides in illuminating its mysteries. Yet there are some

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glaring holes in our knowledge and understanding of that which we call mind.

Even with the relatively recent discoveries concerning the brain, mind remains elusive. As mature as we like to believe ourselves to be, we still persist in perceiving the mental and physical as two separate and distinct entities. This is usually the result of an illusion of the mind supported by inaccurate sensory interpretations.

Our physical senses are not always reliable. For example; most humans believe that a bell makes a ringing sound. But the truth is that a bell can't make any sound, it can only produce vibrations, and many living organisms are able to perceive those vibrations. The Human life form is able to interpret those vibrations as a tone in our brain. How other organisms perceive and translate those same vibrations is unknown.

If we look at the human life form from the perspective of form and function, the focus seems to be on consciousness and creation. It is these characteristics that allow us to function in both the spiritual and material realities.

Our physical characteristics and capabilities are obviously designed to not only support our ability to survive in the material environment, but also manipulate the material reality for the purpose of creation.

Simply surviving cannot be the meaning of life, there must be a greater purpose. That purpose is implied by the existence of consciousness in organic life forms.

If we look at the human body as a temporary evolutionary vehicle necessary to carry out and achieve spiritual goals, then consciousness and mind represent a whole new set of possibilities.

Why it has taken so long for Humans to realize that the conscious and subconscious minds are able to affect our physical condition, when that is and has been so obvious, is a mystery to me. That is, until I think about the medical industry and our species single minded obsession with the material version of reality.

There is simply so much overwhelming evidence to indicate that we can not only heal ourselves, but make ourselves ill in the first place, to

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indicate the existence of our species ability to access and use (or misuse) power for any purpose.

When it is all said and done, one of, if not the main purpose for the existence of our physical manifestation is to host the development and evolution of our unique brain and the enormous possibilities that it represents. To this extent alone, the body represents a critical component of the infrastructure of Human power and therefore, the condition of our health is of the utmost importance.

- The brain

The importance of the evolution of the organic reality we call the brain is beyond calculation. Even without the value of its apparent infinite potential, its current capabilities alone are spectacular.

The current manifestation of the Human brain is the result of our species collective experiences from the beginning. The development of our brain seems to respond to necessity, desire and intention.

The fact that the brains potential far exceeds the needs of the body or our immediate survival indicates a much higher purpose.

Initial consciousness seems to be the consequence of the brain interacting with the senses. For example; without consciousness nothing exists. If you have ever been rendered unconscious it goes like this, the world exists, then the world exists again. If we are in a sensory deprivation tank we think we are conscious but that is the abstract mind's "idea of consciousness", not direct consciousness.

That the brain hosted the development of consciousness and the abstract mind, two of the greatest evolutionary advances in the history of our species, indicates the importance of our brains role in the infrastructure of Human power.

Our brain ultimately reached the point that it created a consciousness that can now exercise direct power over the condition and development of the very brain that created it. We can reprogram it, instruct it to carry out repair and maintenance tasks, expand its own capacity and much more.

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- Consciousness

So many of us take consciousness for granted and in so doing have cheat ourselves of a great wonder of life. That's what happens when we take something for granted, we stop wondering about it and when we stop being curious about a thing we stop developing it any further.

It is easy to take consciousness for granted, it is a part of every moment of our lives and so does not stand out, is not noticeable, becomes invisible. This has resulted in a huge loss because there is much more to consciousness than most Humans are aware of.

The Human life form is capable of different levels of consciousness.

- The most basic level of consciousness is pure awareness. This is when we are simple observers of the here and now events and experiences as they unfold in real time. Pure direct experience.
- Another level is what some believe is the first expression of mind, and is direct thought in the here and now. This is straight forward data processing on immediate concerns regarding present real time situations and events.
- Another level is the abstract level. This activity is conducted in the here and now but is able to deal with concerns of the past and or future as well. This is definitely the territory of the abstract mind by definition, since it is one level of consciousness removed from the present direct consciousness.

Note:

It is important to realize here that the Human species has all but lost a critical skill with the advent of comfort and security, pure awareness of the here and now reality. This was also one of the consequences of the development of the various manifestations of mind and the advent of, and focus on thoughts, as opposed to direct experience. Without awareness, thoughts can be a conceptualization of actual experience and therefore can themselves become an abstract representation of reality. Without developing the skill of mindfulness, which is the

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ability to maintain a high degree of awareness of what is going on with our mind each second of our existence, we are subject to becoming lost in the conceptualized reality and begin to mistake the world of thoughts for the actual real world of experience. Thoughts and direct experience are two different worlds. To mistake thought for the real actual world is to be lost and unable to exercise power over thought, which means that we are then the slaves of thoughts and may spend our lives responding and reacting to the undisciplined random mind. Cultivate mindfulness!

Another consequence of taking consciousness for granted is the fact that so many of us confuse the abstract mind with the other states of consciousness, and the undisciplined conscious and abstract minds can be masters of deception, often leading us to believe that we are in the here and now when actually we are not. This can and usually does close the door on the here and now awareness because the abstract mind is not native to the present, it is always at least one level removed from the present in terms of awareness and focus.

Mind in the here and now is when we are thinking thoughts generated by our brain associating information delivered by our immediate senses concerning our immediate environment and situation. It is by definition current mental activity and not abstract though it can make use of the abstract mind if needed for its present real time processing. *Also, care must be exercised to maintain a high level of awareness due to the danger of our thoughts becoming abstract without our realizing it and therefore losing our here and now attention. Always be on the alert for changes in focus.*

One of the greatest things about the brains ability to create host and support consciousness, is that consciousness facilitated the evolution of the abstract mind. But remember, without consciousness, how will we perceive existence?

- Language

Language was not only a social evolution that enabled exponential expansion of awareness resulting in culture and cooperation. It also represented a means by which consciousness could begin to define, describe and delineate not only the material reality but the inner reality as well. Once the initial steps of describing reality took place, our ability

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to manipulate reality expanded and more than any other evolution, language almost demanded the evolution of mind.

Language also heralded the beginning of the collective consciousness or knowledge base. It made history and the passing on of lessons possible. Again, that we have not made the best and highest use of this, reflects on our performance not the fact of the existence of the capability. This also made possible the future development of our brain by allowing us to build upon the experiences of the past.

If words are the language of thoughts, then they are also the symbols of power. Think about all the things that language has made possible. We would have never developed beyond our direct consciousness of the immediate environment and expanded our possibilities with the development of the abstract mind. Without the ability to label objects and thus describe events, how would we have become so successful at dominating the material world?

The fact that we take so much of our heritage and inheritance for granted, is part of the reason we have never learned about our natural power and how to use it.

Yet for all the great advantages that language has brought, ironically, it carries with it an equally powerful disadvantage simply by its abstract nature, *we are capable of getting words confused with the actual reality that they are only meant to symbolically represent.*

Nevertheless, language, more than anything else, made the evolution of the abstract mind not only possible, but necessary.

Mind

Mind, like power, has remained a mystery to science simply because science deals with the material reality and not the spiritual reality. It is clear that power and mind are spiritual phenomenon directly connected to our origins and nature as spiritual beings. They are not so much "things" as they are "on demand processes" that have access to infinite energy. The demand is usually created by Human necessity, intention and/or desire.

Power is the catalyst that converts energy at rest, static energy, into energy in action, dynamic energy when creative purpose is applied to

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it. Mind is much the same because it seems to be the catalyst that facilitates consciousness into creativity through the use of power.

The concept of mind can be slippery and needs some clarity through definition. It may serve us here to use our abstract mind to go back in time and imagine how mind might have evolved. What need might have precipitated its appearance?

The world of our species primitive beginnings was physically different from today's world of course, but it was the same to the extent that any physical environment places demands on the life forms that it hosts. Those life forms must respond to the challenges of the environment through the process of adaptation and in the case of Humans, with the aid of the capability of manipulation.

Our early ancestors were faced with a reality that consisted of an almost exclusive focus on survival. We were as much prey as predator and here and now awareness was the key to surviving.

Our brain responded according to demands, and the first demand was the quick accurate processing of immediate sensory data. Allowing the mind to wander would be fatal. But part of that survival mechanism must have included the need to develop the brains memory capacity in order to recall events and conditions that repeated over time in order to associate those events with survival.

For example; weather and wildlife migration patterns, time of year and appearance of certain food sources etc. This associative ability of the brain was probably the first appearance of mind, and since this is mind producing thoughts in real time concerning here and now matters based on current awareness supported by memory, it is the direct conscious mind not the abstract mind.

Spiritual events like instinct, intuition and sudden insight were mysteries that belonged to the world of the shaman or superstition.

The Human spirit must have been a constant source of hunger or need that created a kind of drive that demanded the exploration of Human potential and that in turn must have placed a demand on the brain to expand its capabilities.

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That hunger must have taken the form of our natural capacity to wonder and in the act of wondering, imagination is born, and imagination is a characteristic of the abstract mind. This would become one of our greatest blessings as well as our greatest liability.

A blessing because more than any other event, the appearance of the abstract mind opened the door to unlimited power for our species. A liability, because power is a two edged sword and cuts equally both ways. That sword can be used to make our species great or destroy our species. Also, the abstract mind can be used by the other manifestations of mind, the subconscious mind and the unconscious mind or what I call the random mind. The random mind is that part of our mental capability that in the absence of discipline and well managed will, can drive us completely nuts with its constant seemingly purposeless chattering and is the source of many of the behavioral ills that beset our species such as stress and anxiety. This same undisciplined mind can and has created many diseases in the world.

The random mind is the one that meditation is used to quiet and ultimately manage and take advantage of for constructive purposes.

The subconscious mind is the powerhouse, and to this day there are many Humans who believe that the subconscious mind either doesn't exist at all or if it does, it's only purpose is to run the automatic systems concerned with the maintenance of life such as breathing and heartbeat.

The reality is that the subconscious mind is our connection to infinite energy, the path to our spiritual origins and thus a conduit to power. We will explore this in more detail later.

So, the brain plays host to four distinct forms of mind:

- The conscious here and now data processor
- The abstract mind which expands our capability
- The random mind or unconscious mind
- The subconscious mind

Interestingly, mind itself, with the exception of the subconscious mind, does not represent our greatest source of power, it is what mind is

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capable of producing that more accurately represents our power, and that of course is thought.

- Thoughts

Thoughts are the extremely powerful expressive capability made possible by the body, brain and mind. They are the language of the mind, the building blocks of ideas.

The character, quality and vitality of thought is important. Thoughts can be weak, meaningless and powerless, or they can be unbelievably strong, critically important and infinitely powerful depending on the underlying core beliefs, the dominant mindset and the intensity of the feelings or emotions that we attach to our thoughts.

They can create or destroy, and while the entire infrastructure of Human power is interdependent, thoughts and feelings are the two most important elements because through their activity comes action and creation, which are the point and purpose of the use of power.

For thoughts to be powerful they must have strong feelings of intention, desire and commitment and other mechanisms of power associated with them, thoughts alone can have a small influence but it is nothing like what a collection of truly powerful thoughts, that form an idea, can achieve.

As a species, we are the result of all powerful thoughts that have been generated by those who have come before us, and as individuals we are the result of all the powerful collective thoughts that we are aware of, as well as those we have personally generated and continue to generate. To have little knowledge of the thoughts of the world is a severe disadvantage, we are then only left with thoughts that we as individuals have produced without the support of an historical foundation. This is one of the critical agendas of any true educational system.

By way of example, lets revisit some of the ideas I expressed earlier regarding the success and failure mindsets.

Hopefully I made it clear that the quality of our lives was and is a direct consequence of the predominating thoughts or mindset, that we

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consistently hold in our minds awareness as well as the beliefs that helped create those thoughts.

Those beliefs generate the *feelings* of conviction that give those thoughts the power to manifest ideas (collections of thoughts) into reality. That idea of reality may be that you are a successful person or unsuccessful person, but it all depends on the reality created by the underlying thoughts.

If my predominating thoughts condition me into believing that I am a successful person, am I likely to be a failure? And though I may fail at individual tasks, will I perceive them as failures or simply indications that I must make some adjustments or learn something more?

The thoughts that populate the landscape of our minds and create our mindset, determine the quality and character of the conditions of our lives in the physical world. We are what we believe we are, based on the thoughts which create those beliefs, which are in turn based on the underlying core beliefs which are in turn reinforced by our mindset. It is a self perpetuating cycle.

So, the evolution of the body, brain, consciousness and mind, constitute a reality that is capable of producing thoughts which are the spiritual expression of power capable of creating, modifying and un creating the material world at will. This indeed, is power!

Thoughts produce the purpose that initiates the processes of power. If our thoughts produce the purpose of establishing and maintaining a condition of failure, that is the master or purpose that power will serve.

- Feelings/Emotions

Feelings can be the physical experience of our emotional thoughts. We think sad thoughts which have the effect of making us feel the physical manifestation of sadness. But they can also be the result of intuitive perceptions or spiritual insight or a collection of subconscious perceptions that together give rise to indications of things not yet obvious to our normal senses. "I had a feeling you would call".

While feelings and emotions are wide ranging in character and application, they can also represent the extent or intensity of the

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desire, need or intent we attach to our thoughts which endows our thoughts with vitality and therefore power.

The term "feeling" is applied to many different experiences such as "I'm feeling down" or "I had a feeling you would come" or "I'm feeling under the weather". So the word feeling seems to be a multipurpose term that indicates that we are experiencing some phenomenon, activity or event. We just usually associate it with emotional experiences rather than intuitive, instinctive, insightful or physical events.

As regards the infrastructure of Human power, feelings and emotions are almost exclusively about the intensity of our intention. Just how strong are the feelings and emotions that we attach to our desire to actually realize our vision? Are we acting on intense conviction or are we just engaging in the construction of a token gesture built on empty words? The one has infinite power to create, while the other has no power at all and is only meant to distract and or deceive us into believing that something real has taken place other than the reality that we have manipulated our own perceptions for reasons that even we may not be aware of.

The fact that some thoughts have the potential for initiating a strong emotional response, even to the extent that our mind's ability to reason is overwhelmed, is an indication of the power that resides in our emotional capacity. Badly managed and or undisciplined emotions are the usual source of the bad rap that emotions get. When emotions are allowed to run rampant without regard to appropriateness of time and place, the consequences are almost always unpredictable.

However, where power is concerned, that potential is one of the greatest assets we Humans possess and downplaying or devaluing our emotions is a critical mistake because these are one of the secret ingredients that determines the level of power we bring to any desire. The more passion, the greater our intention, the greater the power, the better the results.

We must be aware of a difference here and distinguish between the power of emotions and emotional attachment which represents an unnatural focus and attention on some object, thought or belief that limits our ability to be flexible and open. Attachment implies limits and boundaries within which we become confined. We must let go of

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emotional attachments and have faith in ourselves and the Universal spirit.

Emotions are such an important element of our power that like thoughts, we must learn about and establish a level of discipline over them so we are able to manage these two powerhouses under our conscious direction because if we don't, we will always be the helpless victim of the unpredictable consequences of the random unconscious use of power.

- Actions

Actions are the physical expressions of either instinct or thought. Instinct is embedded in our subconscious mind and is part of our autonomic systems, those systems that are conducted beyond our conscious mind such as heartbeat, breathing and survival responses.

Our interest here is on those actions initiated and carried out in the physical reality as a result of our mind engaging in the spiritual process of thinking thoughts. This is the pure cause and effect nature of Human power. Creation is the effect caused by actions which are the effects caused by thoughts which are the effects caused by mind which is the effect caused by consciousness which is the effect caused by brain which is the effect caused by body which is the effect caused by life which is the effect caused by the transformation of spiritual energy into physical matter through the auspices of Universal power.

It should be clear by now that all of the parts of the one spiritual reality are interconnected and interdependent. It is the intricate tapestry of the Universal spiritual mind behind the basic order and organization of the manifestation of the material reality that we call Universe.

That material reality made possible the appearance of the powerful reality we call life. The Human form of life is one of the most advanced adaptations of that powerful reality to ever appear that we currently know of.

The physical evolution of our body allows us to manipulate the immediate material reality around us by performing various physical actions, but our mind and its ability to think thoughts, allows us to extend our ability to act on the material world by enlisting the aid of

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other Human resources as well as science and technology and even spiritual resources in order to accomplish our desired objectives.

Even with the possibility of bionic enhancements through nano technology, our physical manifestation will be subject to the laws of physics and thus the potential for evolution in that direction may well be limited. But the potential of our brain and mind is currently unlimited, and who knows where their development and evolution may lead us.

Our physical body allows us to act on the material reality in ways that no other life form is capable of and is a critical element of our creative potential. The fact that we have not used our creative ability to its best and highest purposes only reflects on our *performance* not the *fact* of power and potential.

Action is the process of translating the spiritual reality of thought into its material manifestation, and is part of the process of creation in the material reality.

- Creation

The idea that creation is the whole point and purpose of power is common and not an unreasonable assumption. What would be the point of the existence of power if it didn't create something? What is the point of doing anything if the result is not creative? Even destruction can be creative, witness the current belief regarding our Universe's beginnings and the continued formation of solar systems.

In fact, the terms power and creation are difficult to separate because at some point they will always converge. And so I use creative power to best describe the full meaning of the processes I am talking about.

Creation seems to be another of those concepts that gets undervalued and misunderstood. For example; few people realize that a thought is a creation. It is something that our mind creates. It is the same miracle as the creation of the Universe, just on a different scale and by a different method, but the energy and power are the same.

One of the great secrets of spiritual power where the Human life form is concerned is that *life creates our physical bodies, but we are spiritual beings capable of creating ourselves from the first breath of life on*. Sadly, this awesome realization strikes fear in the hearts of

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many Human beings because it takes courage to travel the uncharted landscape of faith.

I proposed earlier that the purpose of spiritual energy's agenda might be the development of conscious energy, but a strong case can be made for the idea that the act of creation may be the purpose of everything, and in fact, they might be the same thing because what would be the purpose of conscious energy if not creation?

Remember This:

This infrastructure represents the Human life forms access to unlimited power through all these capabilities, each of which implies the existence of power. But knowing about something and knowing how to use it can be two different things, and since power is a spiritual reality, it makes sense that it must be used by spiritual assets.

I call these spiritual assets the **mechanisms of human power** because they are the conduits by which, and through which, power can be used and thus translated into objective manifestation, otherwise known as the act of creation.

The Mechanisms Of Human Power

Although these mechanisms will produce results even with half hearted effort, it is the intensity of feeling that we bring to them that enables us to access the creative power necessary to achieve great results.

Power must have a clearly defined purpose, goal or vision in order to be used correctly and effectively. Like electricity, which also is just potential power until it is used, which needs an infrastructure like generators, transmission lines and sub stations so it can be distributed to the individual mechanisms that translate the power into useful purposes like refrigerators etc, Human power needs mechanisms that can be used to translate itself into useful activities and creative objectives.

These mechanisms are the characteristics of the Human mind that provide us access to unlimited creative power. Used correctly they constitute unbelievable and unlimited capabilities.

Note: This list is not in order of operation. The reader should realize that not all of them need to be used together or in any kind of order, to take advantage of their power. For example; not everyone has a highly developed imagination for visualization purposes, and isn't ready to invest the hard work to develop this ability.

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Don't worry, just find the combination of mechanisms that work for you at any given time and place, and for any particular purpose, and you will be fine. Don't be afraid to mix and match.

- Desire

Desire, instinct and hope are what we might think of as initiators of intent that enlists all or any combination of the other mechanisms in a kind of conspiracy of creation using creative power as the driving force to fulfill the desired purpose.

Strong desire creates a need that sets into motion the laws of attraction, growth and balance. That need creates an imbalance and an expectation of fulfillment. Power and our subconscious mind are employed in the fulfillment effort.

Our desire must be an intense emotional/physical experience that gives thought the intensity to impress our vision/purpose on the subconscious mind so that it will begin to focus on gathering support for the objective from all possible sources such as words people say, exposure to media, fantasies, intuitions, instincts and insights etc. The level of intensity attached to our desire will directly determine the quality, quantity and timeliness of the results.

Put into simple terms, the act of praying for something with all our heart is a statement of desire which becomes a command on our subconscious mind which uses our creative power to fulfill our prayers by transforming energy into creation.

Because the intensity I am speaking of here comes from our heart, it is necessarily a spiritual resource and thus difficult to communicate clearly with the word symbols of language which belong to the material reality. Our spiritual resources are more the domain of feelings and intuition than mind and thought, and this too is simple.

What this simple version doesn't reveal, is some of the challenges involved in the actual implementation of these mechanisms. For example; our desire must be backed up by other mechanisms like commitment and determination or our desire may weaken and we may lose interest and when interest is lost, power disappears because purpose is lost as well.

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There is one more curious thing about the nature and use of creative power and the initializing characteristic of desire. Life is the result of spiritual energy using power to transform itself and fulfill its creative agenda.

Life's agenda is creative as well, and our species is just one of life's creative experiments. Although creative power will serve any master, the motives behind the desire that calls that power into service are important, not only in terms of our spiritual health but also by the criteria of these grand agendas which serve the best interests of all life.

There is a harmony and rhythm to the agendas of life and energy and because the Human species is potentially the most powerful adaptation of life's agenda to date, we have a responsibility to recognize that harmony, adjust ourselves to it, and become one with it.

If our desires are motivated solely by self serving personal ends, creative power will still serve us but it will create an inharmony that conflicts with the agendas of life and energy, and power will not serve such ends very well, or for very long, simply because the potential for creativity is too limited in its scope and potential, and doesn't serve the greatest good.

However, if our self serving ends also serve a higher purpose and benefits others, then harmony is not disturbed and long term success is more likely.

Living in harmony with our spiritual nature may not seem very important to those of us who are born into the predominant material reality and know little of our spiritual origins. But with the achievement of a greater spiritual awareness comes a deeper understanding of the forces at work in the agendas of creation, and with that understanding comes a realization of the role and responsibilities of the Human species in the appropriate use of power.

- Will

Many people use the words will and willpower, but few have a deep understanding of the concept that these symbols represent. Will is not the same as desire, desire is the wanting to do, will represents the decision to actually carry out that which we desire to do.

Will sets many of the other mechanisms of power into motion. Where desire represents the ultimate goal, will represents the act of achieving that goal by initiating and carrying out as many smaller goals as needed. Our will

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represents a huge resource of power by its very nature. If you have ever called upon your will for anything, did you ever encounter a limit to it? Only if we impose one can there be a limit on will, otherwise it is infinite. This is the muscle, the powerhouse of the mechanisms of power. Anytime you encounter weakness of any kind, doubt, hesitancy or reluctance, you can call upon your will and it will carry the world before you.

Never take this one for granted, it is a spiritual resource that can make us giants and endow us with grace. Just remember that these mechanisms represent power and power will serve any master. It is the responsibility of any truly fully matured Human life form to be wise and compassionate masters of the use of power.

Will is an on demand power source that is capable of super charging all the other mechanisms of power, get to know it, know how it feels and learn how to use it. You can actually physically feel this power in your chest when you access it.

- Vision

Power needs a clearly defined purpose. While desire can initiate and set into motion the purposes necessary to demand the presence of power, the subconscious mind needs a clear and well defined picture of the thing or condition desired in order to do its magic. A vague blurry idea just isn't concrete enough to build a plan for, create a strategy for carrying out that plan and setting into motion an entire agenda of resources in order to fulfill the purpose of the plan.

One of the greatest assets of the evolution of the abstract mind is its potential ability to visualize or imagine the existence of that which does not yet exist in the objective reality. I say potential ability because like all abilities it must be developed. The more well developed our imagination, the more powerful this tool becomes. And it's power is awesome!

This ability allows us to build a vision of a thing or condition in great detail in the inner world of our mind and see it, test it, tweak it or redesign it as we release it for manifestation in the material reality.

Our ability to visualize that which we desire also serves as a kind of proving ground for our desire itself. Sometimes we may desire something that seemed good at the time, but when we begin to picture it in our mind, it just

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doesn't work well with the real world and this helps us avoid wasted time and energy.

Like all the mechanisms of Human power, visualization must be used correctly in order to produce high quality results. So, when using this ability I take advantage of tools like meditation and affirmations to enhance and extend this mechanism. It makes visualization so much easier if I first create a quiet peaceful place in my mind so I can focus one hundred percent on the visualization process. Also, just as with desire, that spiritual ingredient of feeling and intensity must be brought into the equation. So, we not only must see the vision clearly and in fine detail, but we must also want it, smell it, feel it, taste it, hear it and experience it in as many ways as we can.

The more detailed and intense our vision is, the more powerful it is and the more effective it is. This mechanism combined with strong desire is an extremely powerful combination.

- Intention

This mechanism helps to initiate action because it reflects a firm decision to at least go a little further. Often confused with desire, commitment or determination, intention is the first step in translating what until now is the product of the inner world of mind and thought into not only further thought, but also actions that may take place in the material reality designed to further the realization of the object of our desire.

Intention is capable of accessing enormous power resources by its very nature alone. It can make the decision to go a short distance forward or open the way for a full commitment to go forward with the project thereby releasing the subconscious mind to use all available power to carry out the realization of that which is desired.

Intention is a subtle mechanism that almost certainly belongs to the spiritual reality and can serve many purposes. But mainly I believe that in this context at least, it serves as a kind of safety mechanism that can validate or verify our desired end before commitment and determination are implemented.

- Commitment

This is the bingo point, the point of no return without too much loss of investment. This is where it is 100% investment of everything, or nothing at all.

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Half assed commitments produce half assed results. These belong to the failure mindset that needs to deceive itself into believing that it is actually doing something to succeed, when lip service is the only thing that is really going on.

Fear of commitment often reflects a lack of self confidence and self assurance, but it more often reflects a lack of faith, not only in ourselves, but also the reality of the existence of spiritual power and harmony.

Because of this, the mechanism of commitment sometimes needs the support of the next three mechanisms of determination, courage and faith to carry us through. Commitment sometimes feels like having to step off of a cliff and having faith in the belief that we won't fall, against all evidence to the contrary provided by our senses.

Such is the nature of the landscape of the spiritual reality that it is not always compatible with the material reality, does not follow the rules of the material version of the world but has its own rules and laws, and one of those laws is faith.

Commitment is a must, if we are not committed to the fulfillment of our own desires then there can be little or no real desire in the first place, and power will not arrive because there is no real purpose that demands the presence of power.

In many cases and situations there can be degrees of commitment, but in this context, the level of commitment is directly related to the level of successful achievement. Bring it all, win it all!

Commitment affirms our intention and initiates action by sending the message to the subconscious mind that we are not just daydreaming and fantasizing about what we desire, but are serious and our commitment is our proof.

- Determination

This is our insurance policy for success. While it is sometimes difficult to distinguish between commitment and determination, I think of them in this way. Commitment gets the ball rolling and determination keeps it rolling against all obstacles.

Determination is that characteristic of the mind that drives us to seek solutions and alternatives rather than surrender to failure and defeat. Also,

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determination serves as a long term support for our commitments which can be strong in the beginning but weaken with time, and determination can revitalize and reaffirm our commitment because that is what it does, It calls upon a kind of reserve power designed to recharge our resolve or boost us over the bumps that any explorer is bound to encounter.

This is true especially in the area of self improvement where we are exploring unknown territory for which there is no map. With these kinds of activities it is easy to make not just one error in judgment but sometimes several in a row, and these kinds of events can easily send us straight to discouragement city and suppress our enthusiasm, you know, take the wind out of our sails?

While normally this might not be an issue, the fact that we are working in the very sensitive area of self improvement can magnify perceptions and impacts and make things seem larger than they actually are. It is times like these that we need a resource that can help us pick ourselves up and get back on the road to success.

Determination is a strong success oriented mechanism that is sometimes associated with our instincts, such as the instinct to survive, where we find ourselves in a situation that appears to be hopeless and against all odds we just keep on truckin because we are determined to survive.

This mechanism is almost certainly a spiritual asset since it has a well known and documented track record of accessing super human strength and unlimited power in order to carry out its purpose. This is the unstoppable, indomitable force, that has direct access to total power.

This mechanism represents the act of, and power to, determine our own intended outcomes including the determination to succeed.

- Perseverance

Sometimes when people succeed against all odds and opposition, they are said to have heart. This is perseverance in action. It is another success oriented mechanism that provides a reserve resource of strength and power that can be called upon when strong intention and commitment begin to weaken due to a heavy assault of negative influences or challenges that tend to wear us down and attack our resolve.

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This is a state of mind that represents another powerful spiritual asset that we can rely on to help and support our creative power in achieving our desires and intentions.

This mechanism provides the strength and power to carry on despite all our efforts coming to nothing and our spirits taking a pounding. This is the booster rocket that gets us passed the discouragement and weaknesses that we are sometimes faced with in life.

Perseverance is that spiritual something that comes to us in our darkest hour and whispers in our ear to remind us of our commitment, our intention and our faith, and all the strong positive concepts that conspire to achieve success and gives us the self confidence and self assurance we need at times like these.

Although this mechanism originates as thoughts created by our mind, it has a strong physical component that can send a charge of energy throughout our body that makes us feel like we can conquer anything.

- Courage

More than at any other time in our species history, living life in today's world takes courage. The Human family has become so fragmented by the forces of organized religion, national interests, racial, social, economic and political pressures that we have forsaken the way and power of love.

The need for courage is not always obvious. Sometimes our fears have been buried so deep for so long that even we are unable to define and describe them. In fact, many of the actual events that initiated our fear in the first place have long since passed into history leaving only their footprint, the original experience (feeling) of fear associated with that event, and in time those fears lose their association and become a general all purpose fear which becomes the fear of fear itself. Any idea held in the mind for a long period of time will become automatic, and then unconscious, and the idea of fear is no exception.

Fear can only survive and flourish in certain environments such as lack of self confidence and or insecurity, severe lack of knowledge which is of course ignorance, narrow mindedness, obsessive focus and reliance on traditional thinking and behavior patterns etc. Fear thrives in the darkness of unchanging realities and the truth is the light that conquers the dark. Truth is the light that conquers fear.

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Risk is an indicator of the courage to live life. No investment, no return. No risk, no reward. Safe and secure is not always the best path but only the comfortable path, and the dangers of a single minded focus on comfort are complacency and indifference, both of which are the enemies of learning and growth and are characteristics of the decay of hope and caring and all that those two concepts stand for.

When it comes to power, courage is most relevant in two main areas; taking on the responsibility of power and trusting in faith.

- Power places certain demands on those who would know of it and take possession of it. Personal responsibility is one of those demands. Because the use of power becomes a cause for effects, and those effects can and often do become the cause for other effects, all of which the user of power is responsible for, it takes great courage to use great power.
- Faith has always required courage because this is the landscape of the spirit and heart not the senses. With no direct sensory evidence we must believe in something based on perhaps only a vague feeling. This means that we must trust in something for which there is no initial proof of existence. This requires great courage especially in a material world.

Courage is sometimes an elusive asset, and when asked, most people have difficulty describing and defining it. This is a sure sign of its spiritual origins and here again we must have faith in its existence. But anyone who has successfully faced their fear, knows what courage feels like and therefore also knows that it exists as a resource of power that performs on demand. Courage is a resource that is called up more by letting go and allowing rather than something we can make happen or do. It is often a support system for other mechanisms to take advantage of in order to fulfill their function and or purpose.

Courage is the act of overcoming fear and hesitation by going forward regardless of them. Attempting to ignore something such as fear creates a point of resistance, and resistance breeds persistence because resistance implies the focus of our attention, which endows that which we are resisting with the power to persist. We must always therefore place our focus and attention on positive, constructive, loving and compassionate goals and purposes which are in harmony with the agenda of life.

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Both fear and courage are states of mind and are natural to the Human life form. Fear becomes a liability only when we allow it to appear at inappropriate times and circumstances, and give it excessive power and meaning by focusing too much attention on it.

Focusing our attention on anything gives that anything vitality, strength and power through the law of attraction among other means. Power does not discriminate between the agendas it serves, only the user of power can do that.

Courage is that mechanism that allows the Human life form to use power to explore the unknown, remain open to the new and different, to believe in spiritual realities such as faith, intuition and the unlimited power of the subconscious mind without the security of absolute knowledge by virtue of material proof.

- Faith

Faith is a different kind of belief. Because the Human species naturally gravitated to an exclusive focus on the material version of reality probably due to the early Humans critical dependence on their senses for survival, our beliefs are based on material evidence, if we can verify it with our senses, we can believe it.

A belief based on the conviction that something is real though there is no material evidence to verify it, is said to be faith. I believe that evaluating the concept of faith by the standards of the material world is a mistake. Faith belongs to an entirely different reality that has its own rules and laws.

This is in fact the very reason why this subject is so difficult to wrap our brains around and describe, define and apprehend. There are times when a small nagging suspicion creeps into my consciousness that it is possible that one of the greatest mistakes of our species is that we chose not to explore the spiritual reality as eagerly as we have the material reality.

Today many people are recognizing the limitations of the material world in the area of exploring our Human potential, and are beginning to explore the possibilities that the spiritual reality might offer. Because of this, more and more individual Humans are acquiring a deep enough level of spiritual awareness to realize the enormous power and potential of faith.

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Our ability to believe in things beyond the material reality may represent the path to our spiritual nature and perhaps the gateway to another entirely different frontier of experience.

When we confine the concept of faith to the criteria of the material reality alone, we confine the power of faith to the limitations of that reality and deny ourselves what may well be our species evolutionary future.

Faith in the present context, that is, the Human life form's ability to know and use power, is huge. It is almost impossible to distinguish the meaning between the two word symbols "faith" and "belief". Faith only indicates a kind of belief, but the act of believing is the same. This is important because of the well known creative power that the act of belief represents.

In the reality creating equation, belief is the essential ingredient. If we don't believe something is real, then it isn't real. Faith allows us to go beyond the physical material reality and wonder if first, there is a spiritual reality, in what way might we perceive and connect with that reality, and then how might we explore and create in that reality? Faith allows us to consider believing in things beyond the ken of our physical senses and possibly create yet undreamed of realities.

Faith relies heavily on the support of courage not only because of our conditioned reliance on the material world, but because of the other area of power and the use of power that faith is relevant in. This is a more traditional area of faith; the faith that there is some form of intelligence behind the harmony and order of creation itself.

This is not that difficult if you can get passed the need to characterize and define that intelligence before you can believe in the correctness of the order it is said to have created. Personally I don't have to subscribe to any particular conception in order to work with the reality of the existence of energy, matter and power. Nor the idea that it is all spiritual energy, because when we truly dissect the material reality, we invariably come to a place where it all gets down to the spiritual nature of all there is.

Some call this the Cosmic Intelligence, some call it the Universal Mind, some the Spiritual Mind, but whatever concept we perceive it as, there is little doubt that some fundamental reality is at work here. This is the kind of belief that faith allows us to hold based on other truths that we also take on faith, such

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as the idea that there really is order in the Universe and it is not just the creative power of our minds trying to make sense of chaos.

The enormous power of belief is well established which also means that our ability to have faith, or believe in things that are not supported by the rules and laws of the material world, has that same power available to it. This is extremely important where self change and personal development are concerned because our beliefs are at the core of who and what we are.

One of the secrets to using power for self change, is in our ability to replace negative and limiting beliefs with new and more positive and empowering ones, and faith is a heavy hitter in this arena. I will revisit this later.

- Patience

The least appreciated and understood mechanism, yet its power is absolute. Without patience, there can be no success, the lack of patience can shut down any effort or project. More time and energy have been wasted because of the misuse of this mechanism than all the others combined.

I sometimes think of patience as the ring that rules them all. It is the one ingredient that all the others depend on. Whatever is undertaken in the material reality must be done within time simply because space/time are properties of the material version of reality. The seed germinates in time, the tree grows in time, our physical presence lives and dies in time. Patience is the recognition of time and its importance to the creative cycle of birth, growth and renewal that is characteristic of the material world.

Devaluing this mechanism by taking it for granted is the result of the undiscerning mind, which is common in a shallow and superficial civilization. But this is a costly mistake that amounts to the act of ignoring a huge source of power. What mindset would do such a thing?

A person can make all the right moves and do all the right things in order to succeed at something, and in the end not provide the patience necessary to allow time for those activities to accomplish their purpose and bear fruit. Thus it is that we interfere with our own success by sinking our own ship when all we had to do was let go and do nothing, because ***there is a time when doing nothing is the most powerful activity we can engage in.***

Interestingly, faith and courage are the main support system for patience, especially for those people who are so insecure that they feel compelled to

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control everything all the time in every way. These people have a difficult time with patience or anything that even hints of letting go of control.

So, faith and courage must be brought into the equation in order to allow us to stop tampering with the world just long enough to let something complete its natural course and actually get done. This is critical when it comes to objectives like self change and personal development. We must have faith in ourselves and the order of creation and believe that our efforts will be successful.

So, these are the mechanisms by which the Human life form can access and use unlimited creative power to create any desired objective or purpose. There is no set formula for their use or the order of their use, they each bring power on demand and are brought into play as needed to achieve the intended purpose. They represent an astonishing array of creative power.

Remember This:

You can take ownership of power and become the master of your life, or forever be the helpless victim of the winds of chance, always seeing life as something that happens to you, rather than something that you make happen by your conscious use of creative power.

Rebuilding The Human Life Form

Though power can be used for any objective, I believe that personal development should be our first project simply because of the damage that we sustain growing up in a dysfunctional civilization. Once we get ourselves into some kind of reasonable working order, we will be much better prepared to deal appropriately with the challenges that we face today that are the consequences of our fear, ignorance and single minded obsession with comfort and security, and the resulting neglect and indifference to our responsibilities as the most powerful adaptation of life on the planet.

Personal development is not the easy path. We as a species have chosen the easy path much too often in the past, and if we are to be a successful form of life, it is long past the time for us to roll up our sleeves and get down to the difficult tasks of recognizing our mistakes, learning from them, correcting them, and then setting about exploring the frontier that we have neglected for so long, which is ourselves and the unlimited potential that the Human life form represents. All life on this world may well depend on our success in this effort.

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The fact that we are each unique is both an asset and a liability. An asset in the wonderful benefits of diversity, a liability in that our problems are as unique as we are, and we can rarely find any one size fits all solutions for them. We can be grateful however for our similarities that allow us to share experiences and help one another out at times.

It is because of the critical importance for all Human life forms to raise their level of conscious awareness and intelligence that I have chosen personal development as the format for demonstrating how our creative power can be used in meaningful and constructive ways that are in harmony with the agenda of life and therefore can benefit all life.

Throughout my own experience in this area I have always felt like I was on some kind of journey, a journey from darkness to the light and I stumbled and fumbled around in the dark for a long time before I found the key to the door to the next dark room full of challenges. Fortunately, you have this e book to guide you and can thereby benefit from my experiences and perhaps more importantly, my mistakes, and bypass all that stumbling around.

Also, please be aware that this is no ordinary journey, this is a journey of a lifetime, and the most important journey of them all. Show yourself some compassion and understanding and realize that you will be exploring unknown territory and you may experience unfamiliar thoughts and feelings. You may experience frustration, fear, anger, sadness, joy, bliss and love. Let it all happen, it is part of your journey to the light.

You don't have to do this all in one shot. If things get a little too intense just back off, give yourself some time to absorb and assimilate, bring patience into your life and have faith in the belief that everything will work out fine because your spiritual nature is watching over you, if you will just let it, by having faith in it.

Among the advantages of this e-book is that it can make your journey much less painful and much quicker than mine was. Less painful because you will be more prepared for what might happen as a result of changes you try, and quicker because you won't have to make the costly and time consuming mistakes that I made, and for which I sometimes paid dearly.

Some of the difficulties I encountered early on had to do with the commercialization of the self change movement which created the self change industry. The element of profit has a way of complicating things. For example; it made my research efforts more difficult than they should have been by making it difficult to determine which

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resources were genuine and which were more hype than valuable products and services.

There are financial considerations here as well. It is possible to spend a lot of money on crap before finding the real deal. I solved this issue by doing more research and fine tuning my search criteria. But this resulted in far more time than otherwise might have been necessary had the almighty Yonkey Dollah not been involved.

A further complication was the fact that some basically good resources left out certain critical information regarding the use of their product. For example; many of the vendors of lists of affirmations don't provide the knowledge of how to properly use affirmations, and without that knowledge affirmations are pretty much useless.

The Bottom Line

Here is a simplified version of what this journey is all about. First we need to begin thinking about what we would like to be and build a vision of our ideal self. Next we must undertake a discovery project in which we attempt to recognize negative, limiting and destructive unconscious habitual thinking, feeling and behavior patterns, and replace them with positive, enabling and constructive unconscious habitual thinking, feeling and behavior patterns. We do this by holding the new patterns in our minds eye and practice them long enough for them to become automatic and then unconscious patterns. At this point the assimilation will be complete and we will have exchanged old beliefs with new beliefs.

There will be times when you will suddenly realize how strange this journey can be. For example; you may get the feeling that this journey is meant to be taken by the way things work out. For instance, when we first begin to formulate the vision of the new person we are, we begin to encounter obstacles such as negative thinking patterns and resistances that send us down new paths of discovery, and each path we take leads to another and another, all of which we needed to take. Yes, it just works that way, you will see.

Rebuilding From Scratch

Not many people will need to build from scratch like I did, but by outlining the processes by which I succeeded It is my purpose to give hope to those few who are like me, as well as let those who are not as broken, know what possibilities are available to them.

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Here is one basic strategy that I have used successfully.

- Identify the goal. Invest as much time as you need in determining what you want (desire) to become. Goals become beacons that can keep us on course. Create a vision of your ideal using tools like visualization and affirmation and make your vision powerful by giving it as much detail as possible. See it, smell it, taste it, hear it and believe it. And make sure you visualize it and feel it as if it is already real.
- Identify obstacles. This one can be a little tricky because we need to identify problems without giving them too much of our attention which gives them vitality and the power to grow. They are only temporarily useful in order to indicate the best replacement. For example; I may identify a tendency for pessimism that obviously indicates a shift to optimism. But it will be optimism that I will focus my attention and power on and thereby give vitality for optimism to grow.
- Repetition, automation and assimilation. The processes and procedures for change are exactly the same as those that made us what we are to begin with except for the fact that this time we are doing it consciously from our own intent. While these processes are conceptually simple, they can get a little tough in the implementation department. But this is where those mechanisms of power will come in handy and serve you well. Once you have identified and determined where you want to go (the ideal) and what you need to change to get there (the obstacles), then it's all about repetition (conditioning) which is all about constantly practicing by placing our attention and power on the positive replacement behaviors. This means being mindful of our thinking patterns so we will be aware of when this is necessary. It takes time, but it will work, and when it does, the subconscious mind will make those new thinking patterns automatic, and again in time, the automatic will be assimilated and become unconscious replacement patterns.

The challenge here is that the thinking patterns that we need to change have long ago gone through this procedure and become unconscious. So how do we recognize them when they occur in order to replace them with new ones?

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This is about developing a much deeper level of conscious awareness of ourselves, otherwise known as self awareness, and this becomes a sub goal and mini journey. Be aware that this is the nature of self change and personal development. We begin with a high level goal, but there is usually work to be done before we are ready to arrive there. First we must attend to smaller goals and challenges without which we simply can't move forward because we just aren't ready.

Be aware also that this is the rebuilding from scratch model. This is for those of you who, like me, started out as complete train wrecks that must be rebuilt from the ground up, which means dealing with core beliefs and perhaps even deeply buried traumatic events and experiences. There is danger here so take it slow and be patient and have faith in yourself and the process.

There are some helpful tools that have been and still are being developed that will help you in your effort. Especially when building your ideal, which is so critically important that you should forget about all else until this is complete. The process of building the ideal will also help you identify some of the obstacles you will need to deal with, so take your time and pay close attention to your thoughts and feelings during this step.

Just so you'll know. I had no way of knowing how important this step was when I was beginning my journey. That came with hind sight, and this turned out to be the reason why I spent so much time stumbling and fumbling around in those dark rooms. Damn! I was beginning to feel like one of those sightless albino cave dwelling troglolite thingies.

Meditation, visualization and affirmations are three of the most powerful tools available for not only this kind of activity but for just about anything you want to accomplish. I realized very early that meditation wasn't just a religious orientated ritual. This is actually the Swiss army knife of the mental, physical, and spiritual aspects of life. I first used it very successfully as an aid to my visualization efforts because of its ability to achieve very deep levels of concentration. Concentration leads to contemplation and contemplation allows us to achieve extremely detailed views of a subject as well as extract extremely deep insights into the subject we are contemplating and thereby achieve an astonishing level of understanding.

Knowledge itself does provide a certain amount of power, but understanding that knowledge endows us with enormous power.

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So, as in all things, practice develops greater capability and the more we practice meditation and visualization, the better we get at them, and the better we get at them, the more detailed and thus powerful our visualizations will be. And just in case your mind isn't racing ahead and realizing this already, yes, meditation is equally useful with all the mechanisms of power not just the mechanism of visualization. Use it well and wisely.

Note: *resistance to becoming aware of certain things about ourselves may well show up during meditation sessions in the form of mental distractions. Don't let them send you to frustration city, just observe them and accept them and gently bring your awareness back to the here and now and that which you are focusing on. You may well need your perseverance here. Also, make note of those resistances because they may very well be indicators of the issues you need to work on.*

Building An Ideal

This is basically the framework for what kind of Human being you want to believe you are, and so will become. As you define and describe this ideal, you will find that it will begin to indicate not only the possible obstacles in the way, but also indicate a possible plan or guide for dealing with those obstacles. I know this may sound strange, but self change is a strange journey in an unfamiliar territory.

For example; Let's take a really difficult scenario. Let's say that you suspect that you have some heavy duty failure programming in place and you're really hesitant to launch any project for fear that you might sabotage it at some point in order to reinforce your failure oriented beliefs. Not only that, but you haven't got a clue what you want to be and are reluctant to try to define such a thing because of that same possibility of failure creeping into the equation. This almost describes a no win situation but it's not.

I'm going to ask you to trust me on faith for awhile until you see some results that indicate that I know what I'm talking about and I'm not just talking out of the side of my neck.

Let me introduce you to one of your greatest sources of power and support; your subconscious mind. Like power itself, this is an equal opportunity resource. That means that it will carry out any instructions it receives from the thoughts produced by your conscious and unconscious mind. If our thoughts

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are of failure, then it will set to work helping us achieve failure, if our thoughts are of success then it will support that objective equally as well.

So, let's start from the beginning. The first belief you will need to build and have faith in, is the reality of the subconscious mind itself. We know about the scientific definition regarding the subconscious mind's role in monitoring our body's automatic functions, but anything beyond that gets a little speculative.

Let's just assume that the whole thing is a load of horse crap, but it wouldn't hurt anything for us to agree that the idea of such a powerful ally isn't bad. And from there we might tentatively consider some possibilities. One of which might be that if it doesn't exist, why don't we create it by believing in it temporarily? Then if it produces results we'll keep it.

Now, if you are serious about going on this journey, you need to bring it all. No half hearted half assed attempts at believing. Remember, this is only a test flight, what do you have to lose? On the other hand think of what an enormous resource you will gain when it works. Did you catch the word "when"?

The first task we are going to set our new creation is to help us create itself by giving it instructions to carry out. Now, since we are creating this, why not get down funky and do it right? How about if we give it access to infinite power? And oh yeah, let's make it a set and forget resource so we don't have to always check on it or worry about it, just give it instructions and let it do it's magic and not have to think about how it will do it.

Of course, this is an exact description of the resource that millions of people all over the world, including myself, have come to know and rely on, and if you are not familiar with it yet, it is time you came up to speed.

So we are starting off with three obstacles. The first two are; possible failure programming and an inability to define what we would like to be. The third obstacle is the *fear* of failing at both. So, we need to craft some instructions for our newly created genie in a bottle, our subconscious mind.

We don't want to give it any negative instructions like please take away the fear. This just helps to establish the reality of fear and gives it vitality and power to grow. No, better we feed power and vitality to the positive and visualize *the courage to overcome all obstacles, show us the way of success and help us see what we would like to be.* I usually send instructions at night

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before I crash and then each night thereafter until I see results. Sometimes even during the day I will reaffirm my desire and intentions.

Now remember, the way we give our subconscious mind instructions is to visualize the reality we desire as clearly as possible and write down and say affirmations, which are positive statements concerning our desired results as if they have already been realized, the same as our visualizations. For example; "I now have the courage to overcome all obstacles", "I am now a very successful person", "I now see what my ideal is" etc. Do the visualization and affirmations regularly.

The secret here is to let go and be vigilant, mindful and above all, demonstrate faith in this powerful resource by being patient. Also we need to be open and receptive to the results, be alert to the thoughts ideas and feelings that will come. Our subconscious mind isn't going to send us an e-mail telling us that our order is ready.

Letting go is important because there is a difference between strong desire and emotional attachment. We must let it go and just know that the subconscious mind will manifest what is right, we must not fear what might happen if it doesn't produce exactly what we envisioned. Sometimes something isn't meant to be, and our higher power will take us in a different direction and we must be sensitive to it and let go of our initial goal and have faith in our higher power.

Such events normally only occur when our vision or ideal is one built from our forcing and or pushing what is somehow expected of us rather than our letting our ideal come to us naturally. For example; focusing on financial wealth rather than providing a meaningful service to the world that will result in financial wealth is backwards. Just be aware that there is a power in us that knows what is best for us and trust that power.

There is one more thing you need to know about how to use the power of the subconscious mind, the secret ingredient. The secret ingredient is one or more of the mechanisms of power attached to our instructions. Passionate desire is a good one, firm intention, total commitment to the journey is another. The more clarity and intensity your instructions carry with them, the more completely and thoroughly those instruction will be carried out.

The critically important step of building an ideal, isn't just used for high level objectives. It's used in varying degrees for every goal and objective you

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desire. When I say give your subconscious mind instructions, the most powerful way of doing this is to create a vision of the objective with your ability to visualize. The more intense and clear the vision, the greater the imprint on the subconscious mind. See yourself courageously discovering the truths that you need to uncover. See yourself as a successful person. See yourself realizing and discovering things about yourself that you may never have suspected. See all your goals as being already accomplished. See it all clearly, experience it as if it is a reality now.

Here is how it works. Once it knows its objective, the subconscious mind sets out to gather up every possible related thought, idea, feeling, view and word that could in any way have the slightest influence on a successful outcome and organizes them and gives them the power to flood our consciousness with their combined influences. It will recognize other people and situations that can be advantageous to the objective and urge you to take appropriate action. This is like calling up a group of relevant professionals to come together and collaborate on the successful achievement of a common goal.

So perhaps three days or a week go by and you are noticing strange thoughts and ideas coming into your conscious mind, some of which may not be the most comfortable you have experienced. It's ok. A common experience is one of resistance. Any time we try to mess with the status quo, that is, introduce new and unfamiliar thoughts and ideas that tend to threaten the established order, we will get some resistance from the old thought and behavior habits. You turn this to your advantage by realizing that those very resistances are beacons to the problem areas that need your attention.

Also, please keep in mind that changing or even just altering long held views and beliefs is going to take some time. The more firmly entrenched they are, the more of an investment of time and effort we will have to bring to the table.

Those thoughts and ideas that resulted from your use of the subconscious mind are the clues and indicators that you have to work with even if they are vague and perhaps confusing. Maybe you are only aware of a kind of anxiety that has come over you. It's ok, this is normal especially in the beginning. A good practice to establish is that of watching your own thoughts without judgment, even the unconscious ongoing babble that our minds produce.

Keep a special eye out for your "self talk", which sometimes is delivered through fantasies. I have discovered so many valuable things about myself in this way.

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Sometimes the clue we're looking for is not in the thoughts themselves but rather the flavor or character of the collective thoughts. In other words, what do all your thoughts collectively have in common and seem to be saying? Don't fight it or even push it, just let it come. And keep your subconscious mind on the job with gentle reaffirmations of your instructions (visions).

Being mindful of the thoughts your mind is producing may provide you with insight into the source of that anxiety and this can lead to further insights. Be prepared for progress to go slow in the beginning, apply the mechanisms of patience and faith here.

Don't get caught up in the obstacles or the negatives, their only purpose is to point us at the positive replacements. Meditation is another good tool for digging out the issues. Identifying the obstacles or issues will give us a good idea of how to craft the solutions or counter images and concepts. Not only that, but after awhile when you have collected enough issues, you will begin to see an overall picture of yourself begin to emerge that will provide even deeper insights and self awareness.

Once you pop the lid on this can of worms gather up your courage because one thing will lead to another and another and you will get better at dealing with this stuff and it will all come tumbling out of the dark and into the light and the truth will set you free.

Bring In The Tools

Our problems and issues are not always clear and easy to get a handle on. In fact, they are almost always really difficult to get a clear view of. Think about it, in our case scenario, failure programming is involved. This alone will make it extra hard to move forward with any kind of effort that is designed to result in success. But this tells us something useful. It tells us that we need to focus our power on replacing thoughts designed to bring about failure with thoughts designed to bring about success. And this revelation gives us something else to work with, we now know some of the kinds of thoughts we should be looking for and be on the alert for as they populate the landscape of our mind. These will take the form of negative interpretations and all thoughts that tend to place limits and obstacles in our way such as "I can't".

So we already know that when building our ideal we definitely need to include being successful into the vision and thinking about what that might look like,

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feel like and be like is going to generate more material to work with and give us more ideas for positive replacement thoughts, views and ideas.

You might even want to plug the instruction to help you become more aware of the thoughts and feelings of success into your subconscious mind as well as meditate on what success looks like and feels like. Use the mechanism of visualization to see it, feel it, live it. Create a movie of yourself being what you intend to be.

This failure issue may be emerging as a sub goal to the main goal of building your ideal. It could well be that because of the nature of failure programming, you will need to deal with this issue as a collateral task before you can succeed at completing the ideal. I suggest a collateral task rather than a separate task because sometimes goals can feed each other if conducted together.

Here is a brief description of some of the main tools used in a self change and personal development effort. The resource page at the end of this document has links to some of the tools that I take advantage of.

➤ Meditation

As I have mentioned already, this is the Swiss army knife of the self change world and even though I break things down and separate them out for the purposes of defining and understanding, all the tools and mechanisms of power can and should be used together or in appropriate combinations. Mix and match as needed.

Meditation, like Will, is a perfect collaborator with all the other tools as well as all the mechanisms of power. And of course, when working with the subconscious mind, the power of meditation to achieve a level of concentration necessary to build a clear and detailed picture for the subconscious to work with is a critical asset.

Also, this is one of the best ways to develop the all important mindfulness necessary to maintain a high degree of awareness of our mind's activity so we don't become captured by the conceptualized world of thoughts but remain the masters of our thoughts.

➤ Self Hypnosis

I often think of self hypnosis as the positive use of self deception. Thinking of it like this allows me to see the enormous power potential here. Think about the power and capability represented by our ability to deceive ourselves. And we have developed this ability to the level of an art form.

Since we have used this ability almost exclusively for negative purposes, it is only fitting that we now take advantage of it for positive purposes. It's called turning a liability into an asset and is what successful people do.

➤ Self Talk

Some things are too elusive for our conscious mind to perceive directly, perhaps because we have built up a resistance to them, so our subconscious mind tries to communicate with us through our thoughts in the form of self talk.

All we have to do is listen and learn how to recognize and interpret these messages. Some of my most valuable insights into myself came from this source.

For example; What we project on the world and other people can usually be applied to ourselves. In my case, a heavy judgmental parental influence in my personality expressed itself in the form of critical thoughts of others in my mind. When I finally got around to dealing with this aspect of my personality, I began to realize that almost all of my criticisms of others fit me perfectly and this led to the opening up of an avenue of insight into myself. This turned into a rich source of truths about myself that not only needed my attention, but ultimately set me free from that heavily serious control freak parental mindset. Yeah!

Develop the habit of listening to your thoughts, they may contain very helpful gems of insight that can point you at the critical areas of concern.

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Ironically, self talk is not generally used for this purpose, but rather as a method for creating positive replacement thoughts and ideas much the same way as visualization does.

➤ Affirmations

Affirmations are just that, affirmative statements of positive acts and conditions. These can be powerful but **they must be done correctly**. I must have wasted months trying to do these without success until I stumbled upon the simple secret.

Just saying words isn't going to get it done! You have to bring the mechanisms of power into the equation. My own experiences may help to explain this.

I started out by taking stock of my overall condition. Remember, back then I did not know what I know now. So I didn't know about the importance of building an initial ideal framework, I was basically just winging it and stumbling around trying to make sense of the mess I referred to as my life and get some kind of idea of what to do about it when, and if, I did.

So when I took stock of my condition, a few things stood out that I felt were good places to start. For example; when you have blown off 47 years of your life alternating between prison and a life of crime, it's fairly certain that you have some failure programming at work. And when I started to think about failure and what that might be all about, I suddenly encountered things like fear, insecurity, weakness, low self esteem, lack of confidence, lack of emotion and others. And it seemed like all my thoughts were negative.

Even as dense as I was back then, I heard the little voice that was whispering "do you think this might be a clue?" Duh! Do you recall my saying that I had a really judgmental parental figure riding shotgun with me back in those days? Well, that was the "duh" part.

But by then I had done a little research on the internet about affirmations and so I at least knew that I needed to affirm in the positive, and I was a gold mine of negatives with which to find the positives that were relevant to my situation.

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I went out on the internet and found a resource for affirmations that I thought might be reliable and purchased a CD full of success oriented affirmations. I had two motives behind this decision. One, I wanted some affirmations to work with and two, I wanted examples from which to learn how to build my own affirmations.

I got pretty good at creating affirmations that were highly targeted to my particular dings and dents and I was very diligent about repeating them every day like clockwork. But it turned out to be just an extension of my stumbling around exercises until further research produced a hint, I had to add the secret ingredient, emotional intent, strong feelings.

This probably would not have been a problem except for the fact that I had shut down all access to this part of me over three decades earlier. But the good news here was that this pointed me at a whole new area that needed attention, my condition as an emotional cripple. Back in those early days I needed the help of determination all the time, because it just seemed to be one mountain after another.

But that is how the self change and personal development journey works. We may start down one path but encounter other paths along the way, each of which we must explore, and once done, we emerge a stronger more valuable more powerful life form, not to mention, closer to our original objective.

➤ Visualization

This one we don't have to go out and buy, we already have it. But we do have to develop it and learn how to use it correctly. Most of us are familiar with our ability to fantasize, which is the recreational use of our imagination. Visualization is the creative use of imagination.

While fantasies are a pleasant way of structuring time, this can also be a form of avoidance or just wasting valuable time. Fantasies are an easy activity to engage in. But visualizations are a whole other kind of activity. This is mental work, and hard work at that. This isn't about just letting our imagination roam around freely, this is the willful intelligently directed use of a powerful capability for a definite objective.

This is probably the most important and productive tool we have available to us because it is a powerful ally of the subconscious mind.

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Once we have a clear, detailed and well defined vision of a goal, (ideal) this makes a powerful imprint on the subconscious, which immediately sets out to create this goal and manifest it in the material world (make it real).

Our subconscious mind receives our vision as a command from our conscious mind. The importance and priority it gives any vision is determined by the passion of the desire attached, the strength of the intention indicated by the detail and clarity of the vision, which of course constitute the application of the mechanisms of power.

Also, many people don't realize that there are many ways to use visualization. You don't necessarily have to see something in your mind, we can write it out on paper, we can draw our vision in a picture or some kind of visual representation. Just as long as we have some kind of image to reference in our mind.

The spiritual and mysterious part of this, is the fact that we don't know or need to know how the subconscious mind accomplishes this, it just does, every time without fail, unless we interfere with it, and many of us do just that. This is kind of like a manager who gives someone a task to do but then micro manages them to the point where the person can't get anything done.

Of course, this is not to say that we stop moving forward in our journey. For our part we need to nurture that vision by holding it in our minds eye, visiting it regularly, feeling it, experiencing it and thereby endowing it with the vitality and power to grow, while leaving the details of how, to our faith in the subconscious mind. In this department, we just need to let go.

A few words of caution are necessary here. Because this process is automatic, there is a danger of the undisciplined mind setting in motion the creation of negative and or destructive objectives. Just like power, the subconscious mind serves any master, any vision. It is the responsibility of any powerful intelligent life form to be mindful of the thoughts we create at all times.

Building an ideal is a powerful methodology for using creative power. It not only sets up a goal, but the very process of building it reveals some, it not all of the challenges it will be necessary to overcome in order to achieve that

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goal. If we start with a framework and immerse ourselves in the activity of fleshing out the details of bringing the framework to life, we are essentially engaging in an act of creation.

It is this activity of visualizing the tiniest detail of the ideal and bringing to bear one or more of the mechanisms of power into this activity, that really nails down a successful creation. After that, it's all about maintenance and enhancements and moving on to using this same power structure to constantly add value to your life and make an ever greater contribution to all life.

The nuts and bolts of creation have their foundation in our power to believe, and this is why we focus on exploring and discovering our current beliefs in order to figure out if they need to be altered, or replaced altogether in order to bring about necessary changes in our lives, because we are what we think, and therefore believe.

There is a powerful revelation to be found in all of this, and it is the one revelation that some find very scary. It is the knowledge of our power that gives us complete control over our lives and allows us to determine our so called destiny. But it also means that we are totally responsible for the consequences of the use of that power.

This structure of power and the formula for its use constitutes the Human life form's unlimited creative capability which in turn reveals an infinite horizon of possibilities for exploring our potential as one of the most powerful adaptations of life ever to appear.

If you think that all this is incredibly complicated and difficult, you're right. But remember that the above scenario is based on my personal journey which took me years of effort, but how many people are going to be as damaged as I was? Also, remember that I didn't have an e-book like this one to help guide me, which would have shaved years off of even my journey.

Most of you will not have to go through this. I used this as an extreme case to describe the structure of power and the formula for its use because there are people like me out there who need to know there is hope and a way. For the rest of you, using this structure and formula will be a piece of cake and you will soon be using it to achieve business goals, or spiritual goals, or any goals you choose, because you will know that you are a spiritual being with unlimited creative power that can be applied to literally any activity.

Summary

Because we remain vulnerable for a long period of time after birth due to the strange reluctance of our species to address the child raising paradigm and bring it up to a level of development more appropriate with the changes of time, we do not acquire the reasoning skills necessary to protect ourselves against the conditioning influences of a dysfunctional society.

This is important because without those skills our beliefs about ourselves and the world all come from outside us in the form of social, environmental, cultural and familial influences. All of which are the dysfunctional reflection of the society they are a product of.

Because of this situation, we all sustain varying degrees of damage as a consequence of growing up in this kind of environment. There are a fortunate few that by virtue of their financial wealth, are able to protect their young from many of these influences, but even they are faced with their own unique challenges.

Our early belief system comes first from the verbal and nonverbal information of our parents. Nonverbal may take the form of something that is missing like parents who lack self confidence and self assurance which will be inherited by their children. The verbal will reflect the parents words which will reflect their thoughts which will reflect their belief system which will also be inherited.

All these influences begin to establish themselves through the power of conditioning, and once we buy into them, we ourselves begin to nurture them with our own focus and attention until eventually all of this becomes automatic and ultimately unconscious beliefs, and we become the reflection of those beliefs. ***We are what we believe.***

Having knowledge and understanding about the processes by which our beliefs are established, and having knowledge and understanding of our creative power and how to use it, provides us with everything we need to take complete control of not only our inner lives but also the physical conditions with which we encounter in our lives in the material reality.

Remember This:

Power will serve any master. If you think this through, you will realize what this really means. While the conscious knowledgeable use of power will set us free from the whims of chance and unpredictability, essentially making us godlike, the unconscious ignorant use of that same power can make our entire lives miserable, can create disease and illnesses that can actually destroy us. Learning about our power is critical to our wellbeing.

We have the power to break free from our original programming by replacing it with a vision of our own choice, using the same processes that made us what we are to begin with, only now we have the power to consciously create a vision of ourselves that has all the bells and whistles, is configured for love, compassion, courage, strength, power, abundance, health, wealth, tranquility, prosperity, confidence, faith and success in all things. Build it with love and compassion.

- **Just Remodeling**

Most people don't have to deal with a condition of complete disaster and have to change out their entire belief system. The usual situation is a simple case of the consequences of being exposed to the normal dysfunctional social, family, cultural and environmental influences we grow up with.

Many people are just naturally strong enough to withstand these influences and not let them have sway over the makeup of their personality.

But for most of us, we may need a little remodeling as we become aware of problem areas in the course of living our lives, and even those of us who had to do a complete overhaul will need this. Problems may not seem to be directly related to the self change and personal development arena, they may seem to be about business issues or social issues or relationship issues. Whatever it is, if it is strong enough to impact your life negatively and noticeably, then you might want to deal with it and get passed it.

You will find that almost all problems will be rooted in your belief system whether inherited or consciously built by you. Even if we took our time and did the best job we could building our vision, we can't be expected to plan for every eventuality because life is dynamic and ever changing and one of our greatest strengths is our ability to deal with life on the fly, as it is happening,

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and that ability should have been included in our vision of ourselves. It's a component of self confidence, self assurance and having faith in ourselves.

The procedure and the use of power is the same here, the only difference is in the scope and content or area of focus. You may not have to replace an entire belief, but perhaps just reevaluate the belief and modify it a little. It may just be an error in perspective, how you are perceiving something, or perhaps a false assumption is the culprit. It doesn't really matter, just recognize it and counter it with an appropriate replacement.

Here is an example from my own experience. I found myself bumping up against a series of annoying little problems that appeared on a regular basis and when I tried to wrap my brain around them, they seemed to just slip away. Now, at first I began to think that this was one of those encounters with a traumatic event from my past and I was bumping up against resistance. But it just didn't feel like that kind of thing. So I turned it over to my subconscious to work on, and let me know.

When it finally came back to me it came like gang busters. It was one of those real "duh!" moments. It turned out to be all about my lack of thinking skills, which of course I never acquired, didn't know anything about, and wasn't particularly aware that I needed to. So, I jumped on google and began to do some research and suddenly discovered a whole new world of exploration out there. Critical thinking! What a concept! Here then was a perfect candidate for the creation of a new project, a new vision. This time not a major overhaul, but only a missing skill. A new goal, a new journey, yeah! I packed my mule and made sure I included my knowledge of power, a note pad and a good supply of "post its" with which to decorate my forehead, which is an older persons strategy for countering a diminishing memory, and set off for critical thinking city.

I did spit a few nails at the world in my mind regarding the fact that we allow an indoctrination system to masquerade as an education system that doesn't include critical thinking as an early requirement, but that rant and rail didn't last long because I was suddenly too busy learning and growing and creating a new dimension to myself.

Of course, critical thinking skills, like mindfulness, are something that needs to be practiced and perfected over the course of a lifetime. I was just happy that I now knew that they existed and that I could now work on them. It is called self improvement, and is in harmony with the agenda of life.

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Remember, I used the self change and personal development movement as a vehicle for demonstrating the structure of creative power and the formula for its use. But this same methodology can be applied to any task, project, goal or objective. The creative power we're talking about here, is not just unlimited in its extent, but also its application.

Tweaks and Adjustments

When it comes to the activity of self change and personal development, tweaks and adjustments for maintenance purposes are necessary simply because our social and physical environments are still dysfunctional and therefore still exert their negative influences on us every minute of every day.

However, we can minimize the need for periodic adjustments by maintaining a high level of conscious awareness (mindfulness). This can be installed as an unconscious behavior the same way as any other goal using the same process of building the model or vision and giving it power and holding it in the mind's eye long enough to become automatic and then unconscious. *But mindfulness is a special skill that requires a particular type of meditation technique called vipassana meditation. This is a type of meditation designed specifically for developing awareness and insight.*

Make it your business to get really good at the processes of creative power until this too becomes second nature, at which time you will be in perfect harmony with the spiritual energy of the Universe and you will be magical.

We Interrupt This Program

The knowledge of the extent and nature of the power that is available to the Human life form carries enormous implications regarding our true nature. Are we spiritual beings in physical form? If so, how, when and why did we lose our way and become so obsessed with the material version of reality?

These are important questions because of the extent of the interference that the material version of reality has had on our natural development. Back when our species was young and primitive it is understandable that the young be raised by the demands and concerns of the physical environment which was dangerous and was a matter of survival. But at some point in our species evolution we had options to choose from.

I suspect that it was a consequence of the advent of comfort and security that gave us the time to explore the inner world of the abstract mind and its potential power.

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But we used that power to learn better ways to manipulate our physical environment in order to serve our ever growing need for more comfort, rather than exploring the scary and mysterious spiritual world, which I doubt many believed in anyway.

Besides, the power of the material world and our ever growing ability to manipulate it must have been intoxicating and all consuming. But, what of the cost? We cannot know the extent of the cost until we begin to explore the unexplored frontier of the spiritual reality. But it seems pretty clear that there is something very wrong with the current situation which instead of teaching our young **how to** learn, think and seek the truth, we tell them **what to** think and believe is true. This is the definition of pure indoctrination, not an education based on inquiry and exploration of our power and potential.

Of course, what they should think and believe is determined by the demands and needs of the material reality in order to support and perpetuate itself. This is kind of like the creators letting their creation get out of hand and dominate and enslave the creators. Sort of a Frankenstein scenario on a global scale.

What might we become if allowed to unfold naturally without the interference of our dominant creation (the material reality) and all its limits and boundaries? What if we were not afraid to explore a world of unlimited possibilities using our unlimited power? It is heart breaking to think that our species will end up squandering its unique and unlimited potential wallowing around in a meaningless fear generated obsessive quest to gratify adolescent whims as a strategy for avoiding the responsibilities of power, rather than boldly and courageously breaking the chains of fear and setting forth on perhaps the greatest journey of all time, the exploration of our spiritual nature.

Thinking About Thoughts

The idea that "we are what we believe" is extremely powerful and few will argue the truth of this statement. But what of the origin of our beliefs? Throughout our exploration of success failure and power we have encountered the sources and mechanisms of power, and always there has been the brain, consciousness, mind, and the thoughts that make up the ideas upon which, ultimately, our perceptions and beliefs are based.

In view of the powerful influence that our beliefs have over the entire tapestry of our lives, a deeper understanding of this concept is not only necessary, but critical to our mastery of creative power. Because the subject of belief is huge and worthy of an e-book all its own, we will only be able to cover the fundamentals here. But those

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should be enough to stimulate your awareness and get your brain working on this concept.

First a couple of definitions:

- In the material world, belief is based on the perception that something is true by the standards and criteria of the material version of reality. We **believe it, because it is true**. This truth comes from outside us.
- In the spiritual version of reality, something **is true, because we believe it**. This is called faith, our belief makes it true. This truth comes from within.

And if that isn't strange enough, there is the BIOS, the basic input output system to consider. This is about the perception, processing and command system that underlies the thoughts that result in our beliefs. Think about how important our core beliefs are to the formation and maintenance of our mindset. And how important our mindset is in regard to how we perceive reality. The quality of our ability to perceive reality has a lot to do with how we perceive what is true or not, and what we perceive as true, is what our beliefs are built upon. We believe that which we perceive as the truth.

It all feeds into itself like a self perpetuating system, so if any one element is in error, they all will be in error. For example; if my beliefs are not serving me well, there is a good chance that the things that I think are true, may not be true or entirely true, and my mindset, through which everything I perceive is filtered, may be faulty also. In computer speak it's called "garbage in, garbage out".

One of the great things about our creative power is in our ability to become aware of problems with our thinking or behavior or feelings, and backtrack it to a particular belief, and either completely swap out the entire belief or just tweak it a little to address the problem. The world outside of us doesn't have power over us unless we give it that power, otherwise we have the power.

A well developed input output system is required for quality beliefs based on quality thoughts, based on quality data, based on quality perceptions.

And there is more. There is always the implication that every individual can just believe whatever they want, whenever they want, and this of course is true. But there must be laws that apply, and if so, what are those laws, where do those laws apply, and when do those laws apply?

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There are some basic truths here that we can rely on. For instance, the quality of our beliefs will depend on the quality of our thoughts which will depend on the quality of our thinking skills and the quality of our perceptions, which will determine the quality of the data we are working with from the start.

When we begin to develop critical thinking skills we become aware of things that have to do with thinking, and one of those things is the idea of knowing. Our ability to know something can be mind expanding as well as mind limiting. Most of us never question the idea of knowing and so we never realize that most of what we know has an expiration date on it.

There are only a few things that can be known reliably. Good quality values are usually built on wisdom that comes from things that are known that survive the changes of time. But all other things that we can know are only temporary because time can render them no longer true, and thus no longer relevant or useful.

These are the things that determine whether we are manipulating the facts in order to believe what is convenient, where there is no underlying truth to support it, or whether we have the courage to seek and follow the truth and live with it. There are some concepts to guide us, such as harmony, love and compatibility with the agenda of life, but ultimately I think that the concepts of positive, negative and reason, will be our best and most reliable guides, and our hearts know these paths.

Beliefs have to be believable, even belief in the form of faith in ourselves needs to be reasonable. That is, they must be compatible with the current version of reality's belief system. Both the material and spiritual reality. We are all free to decide to believe in anything we want to, but both the material and spiritual version of reality impose certain rules and laws upon our imaginations. For example; I can decide to believe that I can fly, however, this belief conflicts with too many other beliefs for it to get off the ground (so to speak). On the other hand, Wilbur and Orville decided to believe the same thing, but do so within the confines of the current version of material reality and its belief systems.

Individual beliefs as well as whole belief systems have their down side. By their very nature they are confining and limiting. Also, they need varying degrees of maintenance because few beliefs withstand the influences of time. Many of the problems experienced by both individual Humans and whole civilizations are the result of a stubborn loyalty to beliefs that have long ago outlived their usefulness, appropriateness and relevancy.

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For example; the belief that any economic system, social system or system of government will always be relevant and appropriate, without change or adaptation, regardless of the fact of the dynamic nature of the world those systems were created to serve, and do so forever, is ridiculous and indicates a fundamental level of ignorance on the part of the believer.

One of our mistakes is in our initial belief that beliefs are absolute and will never change or need changing. Most beliefs need to be perceived from the start as temporary mental positions appropriate only to the moment and purpose. Kind of like theories, we keep them as long as they hold up and therefore are useful, otherwise we dump them in favor of one that is more relevant to current time, condition and reality. But we probably shouldn't cling to them desperately as if our lives depended on them.

Another mistake we make regarding beliefs is in relying on our beliefs for our security. True security is only found in the knowledge of power, developing our thinking skills, faith, and our capacity to be aware of the here and now, so that we are better able to process and deal with the dynamic ever changing moments of life in our immediate environment, which will give us the self confidence and security to face actual reality ***as it truly is, when it truly is.*** This is the only real security, all else is an illusion.

Our enormous potential resides in the fact that we are conscious life forms with the ability to think, feel and act. Our power comes from our knowledge and understanding of these three realities and our ability to master their use. This in turn requires that we take a personal journey of self awareness and self realization that may at times be difficult, but not impossible.

The reward is a two edged sword. On one edge, we achieve joy, satisfaction, love, peace, freedom and the ability to function in harmony with the rhythms of life. We acquire infinite power through the mastery and control of the processes of thinking and believing.

The other side of the sword is the fact that we will still find ourselves living in the same static petrified Human reality, that we created by decades of neglect and indifference. And the only good thing about that, is the opportunity it represents for making positive and constructive contributions, while attempting to influence the direction of the evolution of the Human life form towards finally exploring the unexplored territory of our spiritual nature.

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So, if even our beliefs are variable and changeable what can we rely on for guidance? A large number of people who read this book and acquire power, will use that power for practical purposes like building financial wealth or advancing their professional status, and that's ok. But the main value of unlimited creative power is in our ability to use it to improve ourselves as life forms and become more positive contributors to the evolutionary agenda and thereby become more compatible with our world and all life on it.

The only actual reality is that which is actually occurring in the present moment, and the only thing we can really rely on, is the knowledge of power and our ability to use that power in a loving compassionate manner to make choices designed to deal appropriately with the reality that is unfolding in the ever changing and ever challenging here and now. It's called freedom.

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Resources:

- [Meditation](#)

There are many good meditation resources out there, most of which confine themselves to one particular style of meditation. I use the Mind Body resource because these people use them all. Their approach is down to earth and practical and that is what attracted me in the first place. Check them out here.

- [NLP Hypnosis](#)

This is the resource I use when I just don't have the time to implement changes the old fashioned, and often more difficult, way. Hypnosis is like taking the fast track to changes and modifications, and these folks are the best in the field.

- [Self Talk](#)

The way I took advantage of self talk is somewhat unique and was the result of my focus on a desire to become aware of problematic thinking patterns. But this natural phenomenon can and is used in other ways as a powerful tool to help us create and install new and more positive patterns.

- [Affirmations](#)

This is a link to the ThinkRightNow website where you can find affirmations and more. Their products are solid, well thought out and designed, and they have invested a great deal of effort into them. They use 16 beat music as a background to their affirmations on CD which I transfer to my laptop into my itunes program and then upload them to my iPod shuffle and either exercise or meditate.

- [Visualizations](#)

Visualization alone is extremely powerful. But when you add meditation and affirmations to the mix, you have a triad of power that is unmatched by any other combination. Here is the best source of information on this subject

- [Goal Setting](#)

Organized thinking and goal setting skills are essential to being successful. There is a lot of software out there to choose from but I think this is among the best. Goal setting software was originally designed for the business industry as well as human resources. That alone should tell you of its value as a personal development tool. Since the critical thinking learning curve is a long one, I used tools like this one to get up and running much quicker.

- [Yoga](#)

It seems like the more complicated our lives get, the more popular disciplines like yoga become. The real value of yoga from a self change and personal development standpoint, is twofold. First the obvious capability of achieving physical relaxation, but also, the body is a back door into long held emotional issues that are bound up in muscular systems.

This is the go to resource for yoga.

- [Another Yoga](#)

I include this additional yoga resource because of their shear variety and volume of yoga related products.

- [Mindfulness](#) (in plain English)

This is a link to a short and simple book that is a great introduction to this highly targeted mediation technique. It can change your life.