

Mind Your Mind

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Preface

This eBook contains articles about the powers of the mind, and how to use it for achieving success. You will also find here articles about peace of mind.

I hope the articles will inspire, motivate, and help you to improve your life.

If you find these articles to be inspiring and helpful, which I hope you do, please feel free to share this eBook with your family, friends and colleagues.

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Remez Sasson

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The Power of Thoughts

Think about certain events in your life, and try to remember what kind of thoughts did you think, before they happened. Try to find the connection between your thoughts and the events.

How many times, something happened in your life and you said: “I was sure this was going to happen?”

Our predominant thoughts influence our behavior and attitude, and they, in turn, affect our actions, our life, and the people around us. As our thoughts are, so are our lives.

This means that it is of great importance to be careful with our thoughts, especially with thoughts that we often repeat. Thoughts are like a DVD that we play in our mind. What we play, is what we see with our inner eyes, and if we keep playing the same DVD, we will sooner or later create and recreate in our lives.

The thoughts that we repeatedly think shape our lives.

In order to make changes in our life, we have to make changes in our thinking process. It is necessary to change our thoughts. It is like ejecting a DVD and inserting a new one that we like better.

The new mental DVD will in time, change our behavior, actions and attitude, and attract into our lives people, situations and events corresponding with our new thoughts.

One single thought is not strong enough to make a change, but if the same thought is repeated often, it gradually gains strength.

A thought that is often repeated takes root in the subconscious mind, and from there, it affects our lives and even our environment. The great thing about this process is that we don't need to strain or overexert ourselves to make it happen. All we have to do is to choose a thought that we want to come true, and keep repeating it.

Suppose you are shy in the company of people, and you want to change this situation. Forcing yourself to talk with people does not always work, and might make you feel uncomfortable and behave awkwardly.

A useful technique is to visualize yourself feeling confident and talking fluently with people. This is similar daydreaming, and is an easy and pleasurable activity. This is a mental activity, which is quite simple and does not require effort.

This is a sort of practical daydreaming, a method of using the power of your thoughts. It is very similar to ordinary daydreaming, yet with some differences.

Visualize yourself conversing fluently, with ease and confidence. Imagine how the words just flow from your mouth, how you enjoy expressing yourself, and how everyone pays close attention to every word you say.

Build in your mind a perfect scene of whatever you want to accomplish. Put a lot of detail, color, sound, scents and life into these mental scenes. Repeat them often, with faith and attention, and your subconscious mind will accept them as real experiences, and would therefore, assist you in aligning them with your reality in a most natural way. It will make any necessary changes to make your reality fit your mental images.

You can overcome negative habits and build new ones, develop new skills and abilities, and even change your circumstances and attain anything that you truly desire.

The power of thoughts can help you get a new job, improve your relationships, earn more money or improve your life.

All this does not happen overnight. It needs time, and depends on how sincere you are in your efforts, and on how much time and focus you put into your new way of thinking.

This is mental work, but this does not mean that you stay passive and wait for things to happen. You need to keep an open mind and be willing to take action when necessary.

Decide what you want to get or achieve, and start thinking about it often during the day, or at several specific times during the day. These repeated thoughts would ultimately get stronger, and bring inner and outer changes.

The power of thoughts is a real power. You have certainly used it many times without realizing it. When you know how it works and how to use it consciously, you gain the ability to transform, improve and master your life.

Learn how to use the power of thoughts and visualization to attain success.

Visit: www.successconsciousness.com/books/visualize-and-achieve.html

Thoughts, Feelings and Success

Repeat aloud the word 'success' several times, and notice how you feel.

Depending on your mental and emotional makeup, and your mood of the moment, there are two possibilities.

You might become inspired, happy and elated, or despondent, unhappy and bitter. In the latter case, you might start telling yourself how miserable you are, and that success is not for you.

This may sound strange, but thoughts about success can evoke negative feelings.

People who have entertained negative thoughts and feelings most of their lives, expect failure and do not feel worthy of success. If they have experienced lack and hardships, they believe that success is not for them. In these cases, everything associated with success might evoke negative feelings.

Your thoughts and feelings can draw or repel success. They shape your beliefs and expectations about success or failure.

Thoughts too often, come and go and change direction like the wind. They influence your mind the same way that the wind affects the direction of a flag. One moment the flag may be fluttering this way, and a moment later in a different direction. One moment you might be thinking one thing or see things from a certain viewpoint, and a moment later this can change.

When your thoughts, feelings and moods become steady and under your control, your life also becomes under your control. You become the deciding factor, not the outside influences or passing moods.

In order to control your thoughts, feelings and moods and navigate your life, concentration and willpower need to be developed. Concentration and willpower constitute the steering wheel of your life, with which you can navigate the boat of your life toward success and achievement.

Your predominant, habitual thoughts and feelings determine whether you will achieve success or not, and whether you will feel satisfied upon realization or not. This means that you have to be more aware of your thoughts and feelings. It is important to learn to be more positive, less critical, and less worried. Then, when success is achieved, you can enjoy the happiness of achievement.

Thoughts, attitudes and habits can be changed. The change does not come overnight. Some inner work is necessary.

Positive thoughts and feelings make you happier and more receptive to success, and a positive disposition bestows upon you the ability to enjoy success when it comes.

Take it as a challenge, and pay more attention to your thoughts and feelings. Find out what kind of thoughts you think and what kind of feelings you usually experience in connection with them. If your thoughts and feelings are positive that's okay. However, if you think and feel failure, unhappiness and dissatisfaction, then you need to do something about this.

Why is it that people desire success? There is a desire for growth in each one of us. It is the cosmic desire for expression and expansion. This desire manifests in every form of life. We see it everywhere, even in a blade of grass, which can grow on a rock or on a wall.

The desire for success is the inner natural desire for growth, expansion and expression.

What is success?

Success is the realization and achievement of plans, desires or intentions. It is the positive outcome of your actions. It could result in more money, a better job, better relationships, getting a desired object, finding the perfect spouse, attaining fame or power, and the realization of your dreams.

Success is not confined to material objects. There is also a mental and a spiritual success, such as getting good grades at school, or making progress with self-improvement or spiritual growth.

It is not enough to seek only external success, such as money and possessions. Self-improvement, spiritual growth and inner peace are important too. Without them, you might be successful, but still feel a lack of happiness.

People often think that success will bring them the happiness they seek. Sometimes it does, and sometimes it doesn't. Happiness is more dependent on your attitude and inner life and not so much on external conditions.

Learn how to use the power of thoughts and visualization to attain success.
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The Magnetic, Attracting Power of the Mind

The mind attracts certain events, circumstances and people into our lives and repels others. In this respect, it resembles a magnet.

Look at the people around you. Some pass through certain events and circumstances, while others pass through different experiences. Some accomplish certain things easily, and others accomplish them with great difficulty or not at all.

All this has much to do with the mind.

Your mind is composed of the thoughts you think. These thoughts are like magnetic currents. If you keep thinking about some event or action, it might become a part of your life. This holds true when thinking about things you want and about things that you don't want.

You attract into your life what you think about frequently. It does not mean that every thought gets materialized. Most of the thoughts are either not repeated long enough to gain sufficient strength, or you might also think contradictory thoughts, or you might have doubts about what you are thinking.

Thoughts that lack strength and focus are like a weak magnet; they hardly have any attractive power.

You have seen how a magnet draws metal objects. A strong and big magnet draws bigger objects than a small and weak one.

Magnets have another peculiar characteristic. One side of the magnet draws, and the other side repels.

The magnet draws to itself everything made of iron, useful objects or just junk. The mind acts in the same way. It attracts into your life positive and negative situations and events, according to the thoughts that you think. Like the magnet, the mind not only attracts, but also repels. If you do not believe you can get or accomplish something, then you repel it.

Thoughts of lack, doubts and fears create a repellent force. It is as if you are creating a wind that blows away what you want. In this way, you prevent what you want from reaching you.

There are several ways to charge your mind and thoughts with magnetic power. A strong desire, concentration and faith are a few of the important ingredients for infusing power into thoughts.

We often activate the magnetic power of their mind unconsciously, without knowing what we are doing. When we know the rules, we become able to activate the magnetic power of the mind consciously, positively and effectively.

When you think, you broadcast your thoughts, affecting the minds of other people, and attracting to you people, who think along the same lines as you do, and can therefore, help you with your plans and goals. This process also heightens your awareness and perceptiveness of any opportunity that might come your way, connected with your thoughts.

Why not become conscious of your thoughts, choose to think the ones that are beneficial to you, and consciously and advantageously utilize the power of attraction of your thoughts?

Remember, what you think about intently, with attention and feeling, is attracted to you. It might be something material or non material. The power of attraction is a universal power and manifests everywhere and in everything. It is the power that holds the Universe together. Without it there would not be any world.

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Feelings, Emotions and Creative Visualization

You have probably heard or read about creative visualization. Maybe, you have tried it. The idea is that by visualizing a mental image of a desired object or situation, you can attract it into your life. In this way, you can shape your life, behavior and circumstances.

To make this power work, visualization is important, but is not enough. Some additional ingredients are required to energize the thoughts into action. These ingredients are desire and emotions.

What makes you take action, a cold uninteresting thought, or one charged with emotion?

When you listen to a lecture, which lecturer rivets your attention, someone who talks in a boring, listless manner, or a lecturer who talks with zest and emotion?

When you meet a total stranger for the first time, who leaves a stronger impression on you, a cold, dull person, or one full of energy and enthusiasm?

People, actions and thoughts charged with emotion make a stronger impact.

Thoughts that are charged with emotional energy are the ones that affect you more, and drive you into action. Feelings and emotions energize your thoughts and fill them with power.

Emotions and feelings energize thoughts, the same way that electricity makes electric instruments work. The best instrument won't function without electricity. In order for a thought to act and manifest, it needs something to give it life and energy. Feelings and emotions are this something.

If your desire is strong, then you can generate the necessary emotional energy. However, sometimes, the emotional power you produce is not enough to make things happen. In these cases, you need, in some way, to strengthen your emotional energy.

It is possible to produce emotional energy when you need this power. It is like connecting a television or a radio to a wall socket in order to let the electricity flow. You do so by producing positive and happy feelings of success and satisfaction, and associating them with your desire.

Everyone has, at least a few times, experienced some sort of success. Remember and visualize any success you have achieved in the past. Even small manifestations of success count.

In your mind, relive successful events, such as getting good grades, receiving a compliment from someone whose opinion you value, finding a good job, getting a promotion or achieving success associated with your work or business. You may choose any event from the past.

Relive the event of success in your imagination, visualize it as clearly as possible, and let the positive and happy feelings, which you experienced at that time, become alive again.

When these feelings are aroused, it is time to think about your current goal. Live and experience these feelings and emotions in your imagination, and associate them with your present goal. This action, will inject energy into your thoughts and make them powerful.

When your thoughts are charged with emotional power they are transmitted to the surrounding environment. They are even picked up by other people, who will consequently help you to bring your thoughts into reality.

Thoughts evoke feelings, and feelings evoke thoughts. Our habitual thoughts influence the way we feel, and our feelings influence the way we think. There is always an interaction between thoughts and feelings. Learning to take advantage of the combined power of thoughts and feelings can take you a long way toward achieving your goals.

The Restless Mind

Most of our body's functions are automatic activities. Take for example, breathing. We constantly breathe, but we hardly pay this function any attention. The blood moves automatically through the veins, but we are hardly aware of its movement. So it is with many other bodily functions.

Thinking is also, to a large extent, an automatic continuous activity. Thoughts come and go incessantly from morning till night. There is no rest from them for a moment. Most of these thoughts are not exactly invited; they just come, occupy the attention for a while, and then disappear.

Our inner consciousness is like the sky, and our thoughts are like clouds. The clouds drift through the sky, hide it for a while, and then disappear. They are not permanent. So are our thoughts. They hide our inner self, our sense of being. When one thought goes, another thought comes, and we always find ourselves thinking, never paying attention to what lies beyond our thoughts.

Thoughts resemble the waves of the ocean, which are always in a state of motion, never standing still. The mind, which attracts and produces thoughts, finds it hard to stand still. It always thinks about whatever it sees. It likes to compare, analyze, reason, and to ask questions. It never stops or rests, even for a short while.

Everyone's mind automatically accepts certain thoughts, but filters out and rejects others. This is the reason why some people occupy their minds with thoughts about a certain subject, while others don't even think about this same subject. It seems as if everyone possesses a different mental filter.

Why some people are attracted to football and others don't? Why some love and admire a certain singer and others don't? Why some people think a lot about a certain subject, and others never think about it? It is all due to this inner filter.

This is an automatic and unconscious filter. Do you consciously tell certain thoughts to come and tell others to go away? This is usually an automatic

activity. This filter has been shaped according to the influences that have affected you since childhood.

Every event, occurrence, word or suggestion has an affect on the mind, which produces thoughts accordingly. The mind is like a thought factory, working in shifts, day and night, producing thoughts.

Everyone is thinking and producing thoughts. It is as if we are living in an ocean of thoughts. We constantly pick one, let it pass through our minds and then pick up another one.

It is like catching a fish from the ocean, throwing it again into the water and catching another one.

We spend a lot of energy and time thinking about unimportant, and mostly negative passing thoughts.

Why let thoughts rule the mind, instead of being their master? Why not enjoy inner peace, and choose only beneficial and desirable thoughts? Why let your thoughts treat you like a relentless boss that constantly gives you an errand after errand to do? There is no freedom here.

It is freedom when you can choose your thoughts. It is freedom, when you are able to decide which thought to accept, and which one to reject.

Stopping the flow of thoughts might seem to be an infeasible fit, but it is possible. With some training, you can learn to calm the restlessness of the mind. This training consists of concentration exercises and meditation and a few other things. You can find exercises and instructions at www.SuccessConsciousness.com.

The mind is like an untamed animal. It can be taught self-discipline and obedience to a higher power, through proper training. This training leads to peace of mind and to mental mastery.

Peace of Mind

Do you desire to enjoy peace of mind? Do you want to be able to stay calm and relaxed in difficult and trying situations? It is not so difficult as it might seem.

I meet people who say that they desire peace of mind, but how can they get it, if they never do anything to attain it?

In a world full of tension, conflict and competition, peace of mind is a great necessity.

A person, who possesses peace of mind is able to remain calm, peaceful and unaffected by outside events. This peace has nothing to do with indifference or laziness. In fact, you can be peaceful, yet energetic, enterprising and possessing a sharp and keen mind.

Meditation, concentration exercises, guided imagination, affirmations and breathing exercises are a few of the techniques that lead to peace of mind. Every one of these techniques will gradually make your mind more calm and peaceful.

As you go on with your chosen technique, your level of inner peace will rise. You will experience it not only while using one of the above mentioned techniques, but at other times too. You will discover that as by-product, you also gain inner happiness and inner strength, discipline, better judgment and stronger mental powers.

When your mind is peaceful, it unconsciously radiates peace to the people who happen to be around you. A peaceful mind has a calming effect on other people, and surrounds you with an aura of peace, which affects the areas of those present near you.

Pacifying the mind, especially through meditation and concentration, ultimately, leads to real and lasting peace and the ability to control the mind. With this kind of training, the mind will stop nagging and bothering you, and the ability to control your would thoughts get stronger. You will then be

able to use your mind when you need it, and switch off your thoughts when there is no need to think.

When you can switch off your thoughts, your mind becomes peaceful, happier, and more focused.

You might say that you don't have the time to work on gaining peace of mind, but the truth is that you can always find the time, if you really desire it. You might believe that peace of mind can be gained only under special conditions and in special places. That is not true. Circumstances should not bar your way. If your desire for peace of mind is strong enough, you can attain it whether you live in an ashram or in a noisy city.

Peace of mind can be yours, if you make the effort to relax and calm down your mind. If you have always believed that it is unattainable and reserved for special people, then change your belief, because this belief will keep it away from you.

Try this exercise:

- 1) Sit down comfortably.
- 2) Go through your body from the head to your toes, and relax every tense muscle.
- 3) Take a few deep breaths.
- 4) Now think about something that inspires you or makes you happy. Think of something you love doing, or about a happy event that you went through in the past.
- 5) Enjoy the happiness and calmness that you are experiencing. Engross yourself in the associated pleasant feelings, and forget everything else for a while.

Repeat this procedure whenever you feel tense and nervous.

This is only the first step. Peace of mind is gained through various methods, but especially by concentration and meditation practiced on a regular basis.

You can find more information and articles about peace of mind at:

www.successconsciousness.com/peace-articles.htm

Peace of Mind in Daily Life – The ebook on peace of mind:

www.successconsciousness.com/books/peace-of-mind-in-daily-life.htm

Inner Peace and Outer Peace

Real peace comes from the inside, and is not dependent on outside conditions. Inner peace is a state, in which the mind becomes calm and tranquil, and thoughts are controlled and disciplined.

Ordinarily, the mind is in a state of incessant thinking. Thoughts come and go every hour of the day. Many of these thoughts are about unimportant matters, or are negative thoughts, worries and fears.

The mind keeps asking questions, comparing, analyzing, commenting on everything, chattering and not allowing any moment of rest.

This state of affairs is one of the reasons for the craving for inner peace. Yet, though there is longing for peace of mind, most people continue to let restless thoughts and worries fill their minds, thus keeping inner peace away.

Inner peace appears, when the flow of thoughts subsides. Only when your mind becomes tranquil you can enjoy inner peace. Only when you make peace inside, within yourself, does real peace come into being in your outside world.

When a storm is raging, the waves toss a boat up and down, from one wave to another. Only when the storm and waves cease, can the boat sail smoothly. So it is with peace of mind. You experience it, only after the winds and gales of the mind and thoughts calm down.

If the inner world is in peace, then the outer circumstances begin to reflect this inner peace. Outer peace always follows inner peace.

A peaceful mind broadcasts peace and affects the surrounding environment. Anyone who comes in contact with a peaceful person, senses this peace, and unconsciously, responds and behaves accordingly.

What happens, if you talk calmly with someone who is angry, or who is talking in a loud voice? Sooner or later he will lower his voice.

What happens, if you keep calm and tranquil in situations that make other people nervous or restless? You act efficiently, and make fewer errors.

These are just a few examples of the effect inner peace has on the outside world.

You can attain inner peace mainly through concentration, meditation and yoga. The keys to inner peace are the ability to calm down the mind, reduce its restlessness, and free it from the compulsion of constant and restless thinking and worrying.

If you work on your mind and emotions you can achieve inner peace, and consequently, enjoy outer peace. It does not matter what are your external conditions and what is the state of affairs around you.

If you work toward inner peace, your life and circumstances will change to reflect your inner peace.

Experiences of inner peace are not as rare as you might think, but they are often only temporary. They occur when you are absorbed in an interesting activity, like watching an interesting movie, reading a book or watching a beautiful landscape. They usually last for a short time, until the mind becomes active again.

A good example of temporary inner peace is a vacation, when you are away from home. After a day or two you begin to experience some kind of inner calmness and tranquility. The mind's feverish tendency to think is quelled down, and the level of worries and endless thinking drops down. In this state of mind, you feel more relaxed and happy, and therefore, you enjoy your vacation.

By the way, have you noticed that people, who are on vacation, are usually more patient, friendly and well disposed to everyone? This is because their minds are more peaceful.

Temporary inner peace is fine, but not enough. In order to experience peace more often and more deeply, and independently of outer conditions, you need to undergo inner training. It is possible to enjoy the same peace and

happiness that you have experienced on your vacations, even while working, carrying your duties, at home or while with people.

This state, can be reached through concentration, meditation, yoga and a few other means.

Nowadays there are so many opportunities for inner work. There are teachers, books, workshops, courses, and of course the Internet. There is no lack of information and guidance. However, it is you, who have to decide that inner and outer peace is one of your priorities, and begin doing something to attain it.

You can find more information and articles about peace of mind at: www.successconsciousness.com/peace-articles.htm

Peace of Mind in Daily Life – Learn how to gain inner peace:
www.successconsciousness.com/books/peace-of-mind-in-daily-life.htm

The Power of Concentration

Concentration is the ability to focus the mind on one single object or thought to the exclusion of everything else. It is the ability to hold the attention focused on what you are doing.

Doing one thing, and at the same time thinking of something else, shows lack of concentration. This might lead to making mistakes and to lack of efficiency.

Few possess really strong powers of concentration. Most people recognize its importance, but few do something to develop or strengthen it.

Concentration has great value. It helps you to do your work more efficiently. It strengthens the memory, makes it easier and faster to study, and makes you more conscious and aware of your surroundings. Actions, tasks and work are performed better, faster and with fewer errors.

Concentration is required for creative visualization, affirmations and psychic powers, and is of major importance for practicing meditation. It helps you to control the incessant flow of your thoughts, and thereby, bring peace of mind and freedom from nagging thoughts.

As the ability to concentrate grows, fewer thoughts are able to intrude into the mind without permission. This means more mental mastery and more inner peace and happiness.

It is important to possess good powers of concentration, if you wish to conduct your daily affairs of life in an efficient and effective way, to succeed in the material world or to grow spiritually.

Concentration can be improved and strengthened by proper exercises, just like developing and strengthening the physical muscles through bodybuilding exercises. If you lift weights, you strengthen the muscles of your body. If you perform concentration exercises you strengthen your mental muscles.

Concentration is a simple process, though not so easy to practice. This is because the mind is very much accustomed to running here and there, and resists any effort that aims to control and calm it down. Yet, by proper exercises it is possible to train the mind and teach it to focus exclusively on one subject or object at a time.

The more time you devote to training and exercising your mind, and the more sincerely you practice the exercises, the stronger your concentration would become.

Find more about the power of concentration at:

www.successconsciousness.com/index_000004.htm

www.successconsciousness.com/index_000005.htm

Learn how to focus your mind:

www.successconsciousness.com/books/how-to-focus-your-mind.html

Developing Willpower and Self Discipline

Most people admire and respect strong individuals, who have won great success by manifesting willpower and self-discipline. They admire people, who improved their life, learned new skills, overcame difficulties and hardships or rose high in their chosen field.

The truth is that everyone can reach high levels of willpower and self-discipline, through a practical method of training. These skills are not reserved for a few special people.

Willpower and self-discipline are two of the most important and useful inner powers in everyone's life, and have always been considered as essential tools for success in all areas of life. They can be learned and developed like any other skill, yet, in spite of this, only few take any steps to develop and strengthen them in a systematic way.

What is willpower?

It is the inner strength that makes it possible to make a decision and follow it through, take action, and handle and execute any aim or task until it is accomplished, regardless of inner and outer resistance, discomfort or difficulties.

Willpower bestows the ability to overcome laziness, temptations and negative habits, and to carry out actions, even if they require effort, are unpleasant and tedious, or are contrary to one's habits.

What is self-discipline?

It is the ability to reject instant gratification, in order to gain something better.

It manifests as perseverance and the ability to stick to actions, thoughts and behavior, which lead to improvement and success, despite obstacles or difficulties. It also manifests

Both of willpower and self-discipline are essential for daily activities and decisions, and also for making major decisions and attaining major success.

They are required for doing a good job, for studying, building a business, losing weight, bodybuilding, maintaining good relationships, changing habits, self improvement, meditation, spiritual growth, keeping and carrying out promises, and for almost everything else.

One of the most simple and effective methods for strengthening willpower and self-discipline is by refusing to satisfy unimportant and unnecessary desires. Everyone is constantly confronted and tempted by an endless stream of desires and distractions, many of which are not really important, useful or of any real value. By learning to refuse to satisfy every one of them, you get stronger.

Rejecting, and refusing to satisfy useless, harmful or unnecessary desires and actions, sharpen and strengthen your inner strength. By constant practice, your inner power grows, just like exercising your muscles at a gym increases your physical strength. In both cases, when you need inner power or physical strength, they are available at your disposal.

Here are a few examples:

- Don't read the newspaper for a day or two.
- Drink water when thirsty, in spite of your desire to have a soft drink.
- Walk up and down the stairs instead of taking the lift.
- Get down from the bus one station before, or one station after your destination, and walk the rest of the way.

These are only a few examples developing willpower and self-discipline.

Exercises like these, add to the storehouse of your inner strength. By following a systematic method of training you can reach far, have more control over yourself and your life, attain your goals, improve your life, and gain satisfaction and peace of mind.

Read the book Willpower and Self Discipline, and find full guidance, instructions and effective exercises for developing willpower and self-discipline.

To learn more on willpower and self-discipline visit:

www.successconsciousness.com/books/willpower-and-self-discipline.html

The Power of Repeated Words and Thoughts

Thinking is usually a mixture of words, sentences, mental images and sensations. Thoughts are visitors, who visit the central station of the mind. They come, stay a while, and then disappear, making space for other thoughts. Some of these thoughts stay longer, gain power, and affect the life of the person thinking them.

Most people, allow thoughts connected with worries, fears, anger or unhappiness occupy their mind most of the time. They keep engaging their minds with inner conversation about negative situations and actions. This inner conversation eventually affects the subconscious mind, making it accept and take seriously the thoughts and ideas expressed in those inner conversations.

It is of vital importance to be careful of what goes into the subconscious mind. Words and thoughts that are repeated often get stronger by the repetitions, sink into the subconscious mind and affect the behavior, actions and reactions of the person involved.

The subconscious mind regards the words and thoughts that get lodged inside it as expressing and describing a real situation, and therefore, endeavors to align the words and thoughts with reality. It works diligently to make these words and thoughts a reality in the life of the person saying or thinking them.

This means that if you tell yourself often, that it is difficult or impossible to acquire money, the subconscious mind will accept your words and put obstacles in your way. If you keep telling yourself that you are rich, it will find ways to bring you opportunities to get rich, and push you towards taking advantage of these opportunities.

The thoughts that you express through your words shape your life. This is often done unconsciously. Most people don't pay special attention to their thoughts and the words they use, often allowing outside conditions and circumstances determine what they think about. They let the outside world

affects their inner world. They let the outside world determine what they think about.

If you consciously, choose the thoughts, phrases and words that you repeat in your mind, your life will start to change. You will begin creating new situations and circumstances. You will be using the power of affirmations.

Affirmations are sentences that are repeated often, stating a particular desire or goal. These sentences, sink into the subconscious mind, which in turn, releases its enormous power to materialize the intention of the. This does not mean that every word you utter will bring results.

In order to trigger the subconscious mind into action, the affirmation has to be said with attention, intention and with feeling, and to be phrased in positive words results. Consider the following two sentences:

1. I am not weak anymore.
2. I am strong and powerful.

Though both sentences seem to express the same idea, but in different words, the first one is a negative sentence. It creates in the mind a mental image of weakness. This is wrong wording. The second sentence awakens in the mind a mental image of strength.

Sometimes, the results might be fast, but often, depending on your goal, results take time to appear, which means you need to persist with repeating the affirmations. It is not enough to repeat an affirmation a few times and expect your life to change.

It is important to choose the right affirmation for the specific situation. You also need to feel comfortable with the words you repeat, so as not to awaken inner resistance.

Affirmations can be used together with creative visualization, to strengthen it, and they can be used separately, on their own. They are of special importance for people who find it difficult to visualize, and can serve as a substitute to creative visualization.

Instead of repeating negative and useless words and phrases in the mind, choose positive words and phrases to help you build the life you want. By choosing your thoughts and words you exercise control over your life.

Here are a few affirmations:

- Day by day I am becoming happier and more satisfied.
- With every inhalation, I am filling myself with happiness.
- Love is now filling my life.
- The power of the Cosmos is filling my life with love.
- My relationships with... are improving.
- I have now a wonderful job, which pays well.
- A lot of money is flowing now into my life.
- The power of the Universal Mind is now filling my life with wealth.
- The powerful, and vital energy of the Cosmos, is flowing and filling my body and mind.
- Healing energy is constantly filling every cell of my body.
- I always stay calm and in control of myself, in every situation and in all circumstances.
- I am having a wonderful, happy and fascinating day.

Learn more about affirmations:

Affirmations – Words with Power is a practical and detailed guide about the power of affirmations.

For information about affirmations, visit:

www.successconsciousness.com/books/affirmations_words_power.htm

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The About the Author

Remez Sasson has been studying and practicing various techniques of self-improvement and spiritual growth from an early age. After many years of studying, practicing and gaining practical experience, he decided to share the knowledge and experience he has gained, through his websites, articles and books.

Remez Sasson is the author of several books, among which, are 'Peace of Mind in Daily Life', 'Emotional Detachment for a Better Life', 'Willpower and Self Discipline', 'Visualize and Achieve', 'Affirmations Words of Power' and 'How to Focus Your Mind'.

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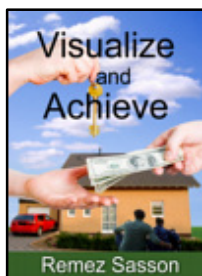
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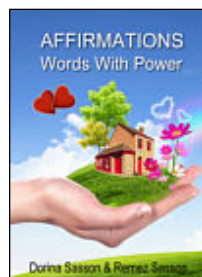
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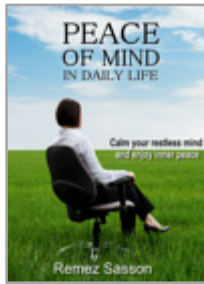
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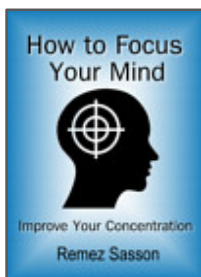
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