When The Mind Awakens

How Success Came to the World's Wealthiest Men, What They Did

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To the Father of Light.

You are the light of the world. He who follows you never walks in darkness.

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WHEN THE MIND AWAKENS

Introduction

A LONG TIME AGO, THERE lived a wise old man in Eziaja village. Wisdom was showered on him from his mother's womb and he was generous in counseling everyone who ran to him. He requested nothing in return.

That morning, the village was hush as if it was an abandoned place in which the toil of battle had wiped out every living thing.

A faint scent of smoke traveled through the motionless air, although there was no smoke in sight.

He shifted his weight on the squeaking stool to look out for the source of the smoke. Only the sound of tree leaves aflutter in a soft wind that just arose could be heard.

That faithful Saturday, he saw a beautiful young lady

walking in his direction where he sat outside his *Obi* (a canopy where men of the Igbo race meet with their kin).

Devastated, she had suffered setbacks in life and in her business.

Head drooped, faced down on the tiled floor, the wise old fellow did not move; he listened intently to her lamentation for several minutes, then she finally inquired, "Tell me, what I must do to actualize my dreams and become cheerful?"

The question traveled through his mind and he felt what she had passed through. He breathed down softly, looked up at the young enthusiastic lady. She seemed unrelenting in pursuing her dreams.

With both hands crossed, one on top of the other, leaning on a cane, he said with a smile plastered on his face, "Unless you discover the valuable possessions inside of you, everything you do will come to nothing."

She looked tense, almost disappointed, probably because she had shared bad memories with him and expected some form of kind words. But she was undeterred. She sat up on her stool and persisted, "But what are these valuable possessions?"

The old man glanced sideways at the lady and noticed her determination, not a particularly common attribute in people of her time.

He took his time getting up from the stool and smoothed his long gray beard with his palm. The man

squinted at her and then said, "Your valuable possessions are your uniqueness and the totality of your being. I mean, discover your uniqueness and unleash the totality of your being. After you do this, you'll actualize your dreams."

So much for the old man and the lady, let's turn to you.

One question to ask yourself is: how do you develop your abilities and become an expert at whatever you set out to do? In other words, how do you awaken the sleeping giant inside you without resorting to speculation?

The journey toward achieving your dreams may be long and challenging. But it doesn't have to be if you start living consciously today. There is a proven way to succeed in that which you set out to achieve. The key lies in the commitment to engage your entire self fully—mind and body. Utilize one hundred percent of your abilities, rather than merely tapping into a fraction of your potential as most people do.

Psychologists reveal a disturbing trend in a world where conformity often reigns: nine out of ten individuals use only a fraction of their inherent uniqueness. Many professionals—teachers, lawyers, engineers, clergymen, editors, doctors, and business owners—rely heavily on this insignificant percentage, resulting in a marked absence of distinction within their work. As a result, these professionals risk becoming mere functionaries instead of leaders who inspire change and progress. The giant inside them is asleep.

The industrious populace devotes precious time to their vocations, yet when their work reaches the peak of

excellence; it fails to pass the test. Why?

Every informed person should understand how a seed sprouts after it is planted. Unfortunately, many lack knowledge of this miraculous process. Of course, knowing how a seed germinates isn't enough to make your dreams come true. Yet, understanding what it takes to succeed in any endeavor will help save you time and money as you work towards fulfilling your dreams.

To make the motive of developing your abilities so strong as to visualize it is a clear path to bringing the world to taste your originality.

The power to succeed is inherent in all of us but is waiting to be harnessed. First, you must realize that you possess a power that eludes the grasp of the unconscious mind. You may call it by any name—the seed of greatness, the dormant giant. It truly resides within us. Unleashing this power unlocks prosperity and happiness. All you need to do is awaken it and utilize it at your discretion.

But it begins in the mind. Successes, wealth, riches, happiness, all have a starting point in our thought processes. And it begins by stoking the flames of your mental faculty to a degree surpassing that of the average individual, focusing your thoughts on your dreams

Take a moment to reflect. I want you to be honest with yourself—what is preventing you from happiness? What is hindering you from achieving your dreams? Could it be your inability to harness the God-given talent entrusted to you?

These abilities reside inside you and hold the key to accomplishing those dreams you thought were impossible.

It is important to understand that the God-given trait within you—your originality—is malleable, like putty. What you shape out of it depends on your way of thinking. We all have different mental attitudes, and those who have improved their mindset and steered it in the right direction ultimately benefit from it.

You know Aristotle, one of the greatest teachers in history. He said, "Where your talents and the needs of the world intersect, therein lies your vocation." Aristotle championed the idea that individuals followed a unified developmental pattern, leading to a well-developed person. He aimed to draw the world's attention, highlighting the importance of fully developed abilities.

The first thing to remember: Aristotle understood the application of certain vital principles for achieving personal development. He was not merely an achiever; he was fully aware of his uniqueness.

Unfortunately, many fail to recognize the "gold" inside them, letting it stay unrefined, drifting along with the wind of adversity.

Are You Fishing and Getting Nothing?

While most individuals demonstrate faithfulness to their vocations, working hard with determination, a significant

number experience stagnation. But a select few ascend to remarkable heights, building empires seemingly beyond their initial capabilities. The question arises: what's the secret?

Certainly, education cannot be deemed the sole determinant of success. If having formal education guaranteed success, then eighty-seven percent of the world's literate people would be successful. This global literacy rate stood at 87% as of 2022, up from 12% in 1820, according to the World Bank and Our World in Data.

Idea? Maybe. The possession of a brilliant idea alone is insufficient for success. Ideas often exist in the realm of thought, devoid of execution. Without a meticulously developed plan to harness these ideas and translate them into concrete actions, they remain nagging thoughts—they won't profit you.

To create your own lane in our competitive world, you need to win one battle—knowing what your strengths and weaknesses are. One man lacks discipline to follow a plan, another is intolerant, yet a third procrastinates. Now do yourself a favor. Write down your weaknesses. But you can only be thorough if you study yourself for a long period; not less than three months.

The thought that we can become achievers or even be like successful individuals comes to mind sometimes. These thoughts come from imagination. In fact, learn the art of daydreaming and pay the price so your dreams can come to reality. Don't give in to that thought that laughs at you, telling

you it's impossible.

Those who daydream and are willing to pay the price have shaped our world. Basically, taking action is imperative.

Therefore, the way to get things done begins with visualization, then focus on taking a step down the road to that goal. Equally important is taking continuous baby steps, and this brings you closer to learning how to walk. This is how we grow.

The same effort you put in will be better than the previous one. Put in yet another little effort and it'll be better again. This is the way to progress.

Don't think these baby steps will go smoothly. Sometimes things can get out of plan and you must learn to stay resolute and learn how to deal with them. It's not about the outcome. It's about time and effort put into solving unexpected problems.

As you journey to the city of life, one reality awaits you. You'll come to learn that life is not perfect.

When the sea of life gets turbulent, where do you run to? Certainly, the family is a strong pillar of support. And you have to make time for family. This is vital for success in that endeavor.

In a nutshell, a united family will keep you going in times of trouble.

How Fortune Comes to Ambitious People

There is one path that leads to accomplishing dreams. Those who have nurtured their ideas and succeeded followed it. They stimulated their mind for original thinking and worked hard.

But I know an easy way. It leads you to develop your abilities and use your built-in source of power; your thoughts.

That's what *When The Mind Awakens* shows you how to do. While other books about success only state some principles about attaining success, this book teaches you how to put them into use. This book identifies the five essential but often overlooked traits needed to dominate in any vocation. These I have classified as The Trigger. This book describes the components of The Trigger and the role they play in actualizing dreams. This is where this book towers above its contemporaries.

Its purpose is to help you cross the boundaries of your limitations and unleash your hidden potentials. In a nutshell, it's a practical book on how to succeed in life. But it will do you no good if you're not the serious-minded person who can devote time to pursuing success. Using this book as a companion significantly enhances the likelihood of you meeting with success in any endeavor. Basically, this book teaches you, step by step, how to go about being successful.

In short, it tells you the how and why, and what to do.

ONE

Crown Your Mind with Power

"If you have the will, you can create your own lane"

TEXAS. TWELVE DAYS after payday in Katy. The temperature was 104 degrees Fahrenheit. Jude was at the entrance of a coffee shop, carrying with him the devastation of a man unable to fulfill his cherished daughter's needs.

He grabbed the steel balustrade, hesitated, then dawdled past the entrance door.

Jude could have crossed the hall to the lobby, could have walked to the counter, could have placed his order. On the

right, he headed for an empty table and eased into a chair.

Overhead hanging lamps brightened the air-freshened space. But frustrated, the interior door to his heart admitted no happiness. With globules of sweat sliding down his forehead, head drooped, the shadowy experience of the past hour quickly flashed in his mind. A mental conversation was going on inside him.

The disappointment that some face is the saving incident that forces them to begin looking inward to take control of their destiny.

If you're one of the conscious, wide-awake individuals who like the good things that life presents yet lack the will to get them, I have another story to tell you. David demolished Goliath. You know this. But it began this way.

And David said to Saul, "Let no man's heart fail because of this Philistine; your servant will go out and fight with him." When the Philistine came forward to meet David, at once, David dashed toward the battle line to meet the Philistine. David was less equipped. And he did not fortify himself like the armored Philistine giant. Yet he won.

Did you imagine for a second where David acquired such power? His power grew from his self-belief, and this self-belief came from within him; his thoughts. David won the battle in his mind before it began. His self-belief became elevated. The burning desire came from his mind.

In order to elevate those thoughts that instigate action, it is important to have a clear understanding of the mind.

One thing must not be overlooked. David won because he prepared for victory.

Interesting! How?

He understood what it takes to win battles. David had the power of belief to take on the Philistine, and shut the door of his mind against the demon called procrastination. He welcomed a friend called zeal. This preparation took place in his mind.

The mind is a storeroom of experiences. It is the epicenter of creativity and an infinite wellspring of ideas. It is similar to the steering wheel of a car. Small in size, yet without it, the vehicle drifts aimlessly. The mind provides direction to human actions and endeavors. Of course, it's not about the sheer number of ideas you can generate each day or the multitude of experiences you may have accumulated. Until these ideas and experiences are transformed to empower the mind, you lack control over your destiny.

Picture inside you the lady who can weave someone's hair into braids. Have a mental image of the patterns that form the braids. This experience has one origin. Its origin is the thoughts that form these ideas. These thoughts ignited by a spark of idea mean power. The mind grapples with ideas, locked in a battle between acceptance and rejection. However, bringing your ideas to reality lies in how you utilize them.

What does success mean to you? Success means different things to different people. Achieving success is difficult if you cannot organize your ideas and imagination.

The mind, a complex source of power, is a mystery. It will benefit you if you can simplify it and unleash its power. Asking certain questions will help you make sense of the ideas within you. Start with these:

(i) What do I want to achieve in the present circumstance?
(ii) How do I achieve this?
(iii) Why do I want to achieve this?

These three questions can help you focus your mind and pay attention. By starting this way, you are on the right path to unleashing the power within you. One of the challenges we face is trying to figure out what we want out of life.

All day long, our minds are constantly navigating life's challenges. From the moment we wake up until we go to bed, we strive to determine what we want to achieve. Progress is made when we find the answer to the second question: "How do I achieve my desires?" This is the real-life question that looks you in the eyes, demanding an answer. In reality, this one question sparks our imagination and ignites zeal. It propels our thoughts in different directions, searching for a way to make our dreams come alive. This awakening of the imagination can be challenging because the mind is constantly active. However, once we can pinpoint what we want to achieve, a spark of burning zeal is born. This gives us something to act on. From then on, nothing can stand in our

way that is not surmountable.

Will a Focused Mind Win the Battle?

Have you ever taken a moment to reflect on how difficult it is to get your mind to understand and pursue what it desires? It can be quite challenging to guide your mind to focus and contemplate the fulfillment of your wishes. Understanding how to direct your thoughts can grant you the power to manifest your aspirations. The people you surround yourself with greatly impact the ideas that spring to mind. Engaging with negative individuals can give rise to pessimistic thoughts while associating with positive individuals can cultivate a mindset teeming with optimism and constructive ideas.

Now, here's a top secret I'll want to pass on to you because it will help you secure your mind. Pay attention to the people you meet. If you discover the person or people you associate with breed negative thoughts, it's best to distance yourself.

In interpersonal communication, we often encounter discussions that can veer into the unhealthy and negative. Recognizing these conversations is crucial for mental well-being. When I observe that dialogue has taken a detrimental turn, my first action is to attempt to change the topic to a more constructive subject. This strategy often redirects the conversation, subduing the negativity that may have seeped into the discourse.

However, should the conversation persist in its negative trajectory, I find it prudent to excuse myself politely. This approach not only safeguards my mental space but also sets a boundary that discourages further engagement in unproductive discussions. Protecting one's mind from toxic dialogues is an essential skill that enables one to maintain focus and emotional health.

Moreover, it is vital to cultivate relationships with individuals who share positive thoughts and experiences. Surrounding oneself with optimistic perspectives fosters a supportive environment conducive to personal growth. Nevertheless, it is equally important to remain receptive to negative experiences shared by others. Listening to such narratives can provide valuable insights, enabling one to learn from the mistakes of others and avoid similar pitfalls in one's life.

In essence, a wise person balances the need to steer clear of negativity while being open to lessons that can arise from adverse situations. By discerning when to engage and when to withdraw, one can navigate discussions judiciously, fostering a more positive and productive interpersonal landscape.

Your mind is an endless sea of thoughts. And these thoughts flow in quick currents, sometimes causing disorderliness. Worry and fear often cause this state of disordered thoughts. It becomes difficult to generate the ideas necessary to achieve your goals when your mind is in disarray.

Life presents us with circumstances that can be dangerous, ranging from unhealthy eating habits, unfavorable environments, and unreciprocated love to financial struggles. These situations can disrupt the mind and lead to a loss of focus. Diverting the mind from its objectives can make success elusive.

There are strategies to guard your mind, strengthen it, and bring it into focus before you take the first step on the transformative journey to accomplishing your desires.

Let's examine nagging and infighting, whether at home or in the workplace. These are factors that lead to mental disturbance. Any environment where infighting or nagging is present is far from conducive.

Nagging, infighting, or hostility can cause a significant loss of ambition and focus. It redirects the mind's energy from productive thoughts to thoughts of defense. It's crucial to remain vigilant and aware of these negative experiences.

Secondly, the extent to which you can fulfill your dreams is closely tied to your physical health. A body not in good health can lead to an unhealthy state of mind, impacting your ability to thrive and succeed in various aspects of life.

Taking care of your digestive system is crucial for maintaining overall well-being. A balanced and wholesome diet is essential for keeping your digestive system functioning at its best. When you consume foods that are not well-suited to your digestive system, you may experience various issues. These problems can manifest as digestive disorders, causing

discomfort and impacting your daily life. If your digestive system is not functioning optimally, it can hinder your ability to pursue your goals and aspirations. Rather than focusing on productive and fulfilling activities, you may become preoccupied with addressing health concerns.

Lastly, the key to achieving financial independence is to earn, save, and spend wisely. It's important to live within your means and avoid accumulating debt. If your expenses consistently exceed your income, it's difficult to catch up without falling into a financial trap. When faced with financial difficulties, it's easy to lose focus and become preoccupied with finding ways to support yourself and those depending on you. This can distract you from pursuing creative endeavors.

Your mind is like a battery; it needs recharging. I have explained how to protect your mind from certain individuals and situations. Guarding your mind is called activating the defense mode while recharging it is the attack mode. To succeed in this mental game, you must play both defense and attack.

As you start working towards realizing your plan, there are two things you need to do.

To begin with, prioritize exposing your mind to high-quality, enriching materials that contribute to your personal development. Afterward, engage with these educational resources and apply the knowledge gained in practical ways to pave the path towards becoming an achiever.

Secondly, to ensure your personal growth and success, it is crucial to engage with influential and knowledgeable individuals who can positively impact your mindset. While gathering valuable information is important, the quality of your associations and connections is paramount. The key is to surround yourself with people who support and align with your goals and ambitions. It is within such circles that you will thrive and achieve your best results.

The Power of the Mind

You are solely in control of your mind because it belongs to you. Your mind is your most powerful asset. Take control of it because it belongs to you. Choose wisely who you allow into your thoughts. Your mind is the tool that can liberate you from poverty and misery. Of course, this can happen if you put it to productive use. Success often hinges on a person's ability to think creatively. Regrettably, many individuals neglect to nurture their creative potential, allowing it to stay dormant. Interestingly, an abundance of ideas flood the mind each day, yet it can be difficult sometimes to connect these ideas and turn them into reality. Nevertheless, with effort and perseverance, it is possible to bridge this gap and achieve your dreams.

Isn't it time you embrace a creative vision to navigate the path toward achieving your aspirations? Embracing innovative thinking can provide the insight and inspiration

needed to overcome challenges and make progress. By tapping into the power of original thinking, you can chart a course toward realizing your dreams and drive your success forward. Imaginative thinking will help you dissect situations into essential parts. Like an engine, understanding the workings of critical parts is necessary. Understanding these key components will help you find practical solutions when issues arise. Once you grasp how these critical parts function, you can disassemble and reassemble them to ensure the engine works properly. It proves that you are competent.

If you want your ideas to sprout, gain the power of creative thinking. Follow the principles that have worked for others. Your focus is on generating and transforming ideas instead of inventing new rules.

Creative thinking is the power of the mind to combine ideas for productive use. The human mind derives its strength and capabilities through the intricate process of transforming abstract ideas into tangible concepts. By skillfully combining these ideas, individuals can form vivid mental images of various situations and scenarios. This mental imagery, in turn, aids in problem-solving, creativity, and understanding complex concepts. This is achievable thanks to your wealth of experiences, skills, and knowledge, allowing you to breathe new life into old ideas. The creative capacity of the human mind is demonstrated by the combination of old and new ideas. It's astonishing to witness how the mind can fuse a diverse range of concepts and blend

them into an improved entity, like assembling individual parts to create a complete and functional whole.

Transforming ideas requires a strong foundation of belief and initiative within the mind. Belief draws from the well of self-confidence, the attainment of which necessitates the acquisition and practical application of knowledge. Self-confidence stands as a crucial element in achieving success in any endeavor.

All significant achievements start in the mind; a citadel of power. It is where initiative, self-confidence, and definite plans originate. The fulfillment of desires occurs in the mind as thoughts. When these thoughts are transformed into action, they bring our dreams to reality.

Throughout our lives, thoughts naturally flow into our minds. It's our response to these thoughts that sets us apart. As thoughts enter our minds, they have the potential to transform into powerful ideas. The differentiating factor is blending these multitudes of ideas and rebuilding them in a way that fits our plan. This mixing and modifying of ideas makes the mind a mystery. Achieving your dreams requires a creative amalgamation of two or more inspiring ideas. However, this is just the starting point. Building self-confidence and taking initiative are crucial to transforming your ideas into reality.

Could anything be more regrettable to humans than living without fulfilling a dream worth it? Engaging in innovative and original thinking is essential to achieving

success in various aspects of life, whether it be in personal or professional endeavors. Embracing creative thinking allows individuals to explore unconventional solutions, generate new ideas, and approach challenges with a fresh perspective. It drives progress and uncovers opportunities not easily seen using traditional methods. In essence, cultivating a mindset that values and encourages creative thinking can pave the way for remarkable achievements. So, you cannot allow your mind to wander. Success will come if you put your mind to productive use through original thinking.

To escape misery, poverty, and financial struggles, it's essential to combine mental and physical effort. Success in any endeavor requires the effective use of your mind, and the blending of ideas to achieve your goals is crucial.

Your journey to success is within reach when you know what you want. Knowing what you want calls for productive use of the mind. Then, decide on the best route to accomplishing that dream.

How to Stay Focused in a Fast-Paced World

It was 2 pm. The heat from the sun was scourging. Horns blaring from the multitude of cars were deafening.

We ran into a traffic jam at Ojuelegba, in Lagos. The sea of cars left us speechless.

"Not again!" Emeka retorted, his voice ladened with despair. "Where are they going?"

Beside us was a man traveling in the company of his family. He was on the phone while driving. A female driver on the left was stretching behind to stabilize her baby. Her baby jolted because she jammed on her brakes to avoid an accident. This was because she struggled to communicate with someone over the phone.

Suddenly, with a burst of motion, the traffic gained momentum.

In today's fast-paced and demanding environment, multitasking has become a prevalent phenomenon. Individuals frequently find themselves juggling numerous responsibilities, driven by the relentless pursuit of their goals. While the ability to maintain a focused mind amidst this chaos can be seen as a triumph, it often comes at a significant cost. Achieving such focus requires not only patience but also the cultivation of qualities that are often overlooked in a culture that prizes speed and efficiency.

Interestingly, despite the inherent risks associated with multitasking and the challenges that arise from it, many individuals shy away from taking risks altogether. Life, however, is replete with uncertainties, and the ability to adapt to these risks can ultimately define our capacity to thrive. Navigating challenges can make us feel like our well-being is under threat, reducing our ability to thrive. In this context, the importance of patience becomes increasingly evident. To maintain focus and clarity amidst the myriad obstacles life presents, one must embrace the advantages of waiting for the

right moment and exercising restraint.

Moreover, the modern world exerts pressure on individuals to act quickly, often leading to a culture of impatience and dissatisfaction. However, if one can adjust their mindset to embrace waiting without complaint, they can mitigate the health risks associated with a hurried lifestyle. This shift in perspective not only fosters mental well-being but also enhances one's ability to make informed decisions, ultimately leading to more meaningful outcomes.

While the fast-paced nature of modern life may tempt individuals to rush through tasks and avoid risks, the true path to success lies in cultivating patience. By learning to wait without grumbling, individuals can protect their mental and physical health while navigating the complexities of life. In doing so, they can transform challenges into opportunities for growth, ensuring that they not only survive but thrive in an ever-demanding world.

There are three reliable methods to succeed in a fast-paced world. They will help you stay focused and stand out from others. Ultimately, following them will lead to happiness.

First, it's crucial to develop empathy and understanding towards others' situations.

Imagine a situation in which a man has scheduled a laundryman to deliver his suit for an important board meeting. The man has carefully planned his morning routine and expects the laundryman to arrive at his house ten

minutes earlier than his cab driver. He needs to dress up and leave for work so he's not held up in traffic on his way to the office. He has fifteen minutes to get to work.

However, to his dismay, the laundryman arrives five minutes late, without prior notice. The man is frustrated. He's irritated and wonders if the laundryman is unmindful of the traffic that may likely jeopardize his punctuality at work.

Our man is upset because the laundryman is late. He thinks the laundryman has no value for time.

To stay focused and reach your goals, you should show consideration. Imagine being in the laundryman's position. He may be late due to reasons he cannot control. What if he has a sick child at home? Or what if he woke up feeling sick but still chose to deliver the suit? These are important reasons to think about before getting upset.

Second, if you aspire to find peace of mind and achieve success, consider taking up a challenge. By this, I mean breaking away from certain habits and cultivating new ones through proactive measures. You can discover valuable insights on habit formation in my book "*Purpose and Habits.*"

Third, the pressure of time constraints often leads to impatience when expectations are shattered. Many people wonder how long it will take to find the right life partner or achieve their career goals. Again, others want to become top performers in their sporting careers and need to dedicate twelve hours of training every day. For others, the feeling that they have much to accomplish in the day to reach their goals

is disturbing. The last three statements above are common time-sensitive concerns that people often contemplate. However, in our fast-paced world, it's crucial not to allow external pressures to overshadow our focus and well-being.

Think of your inner self. Life will not have meaning if your mind tells you it does not. Place high regard on your source of power and take pleasure in its positive signals. Then you will be able to withstand the fast-paced world. Therefore, pay attention to and nurture your inner man.

The Art of Visualizing Your Desires

To achieve success, it is essential to have a vivid mental image of the specific desire you seek to fulfill. This crystal-clear mental picture serves as the starting point for your journey. By having a precise mental image, you provide your body with clear guidance and direction to pursue your goal. The failure to observe and take in one's surroundings can hinder a person's ability to visualize their desires. Even the most brilliant minds may struggle to generate ideas if they do not actively observe what is happening around them. Observation is the catalyst for generating ideas, and it serves as the foundation for visualizing your dreams.

Whenever your eyes are open and you can see, take a moment to observe how ideas and thoughts flow into your mind. It is common for us to struggle with visualizing our desires, but through active listening and careful observation,

you can enhance this process and make it more enjoyable. These two sensory experiences act as the seasoning that adds flavor to the act of observation, making it a rich and fulfilling experience. Don't underestimate how important this simple listening and watching exercise is. This is how you find opportunities. Great ideas don't announce themselves, they require you to pay attention to recognize.

If you want to achieve success in pursuing your passion, it is important to carefully observe and vividly visualize it in your mind. This mental image serves as a powerful source of enthusiasm and motivation. Once you have fully conceived a clear and detailed vision of what you wish to achieve, bringing it into reality becomes a matter of the body's concerted efforts and actions working in harmony with your mental vision. Before your body can begin working towards this vision, fill your mind with this mental image. This involves concentrating these mental images on the mind.

If you have a dream, you only need to visualize yourself fulfilling that dream. Keep this mental vision in your mind day in, and day out. Carry that image up to the forefront of your mind. Do not doubt this vision because it will come to reality if you often bring it up to the forefront of your mind. Picture yourself achieving every detail of your dream, feel the emotions, and believe in the possibility of its realization. This consistent focus and belief will help you manifest your dream into reality. Visualizing our thoughts can be incredibly powerful as it sets the stage for imagination and belief. The

foundation of all great accomplishments lies in forming a clear mental picture. This visualization precedes the actual realization of our goals in the physical world. The process of achieving success involves focusing your mental energy and taking physical actions towards your goals. Once you have this mental picture, nurture it with care and attention, similar to tending a plant. By regularly focusing on and nurturing this mental image, you can manifest your desires into reality over time. First of all, you don't just plant a seed and leave it. You need to take care of it by watering it, applying manure, and ensuring it gets enough sunlight if you want it to grow. The same principle applies to the mental image of your desires. Just as a clear and vivid mental image can help manifest your desires, a vague or unclear mental image may not be as effective in bringing your aspirations to reality.

Plant the image of what you want in your mind. Then, focus on it by avoiding negative thoughts and doubts. Eventually, this mental image will develop.

TWO

The Body Against the Mind

"There's a time to fight and a time to run"

HE WAS AN imposing figure, standing at six feet two inches, with a well-defined muscular build that commanded attention. His sloping shoulders gave him a powerful yet agile appearance, and his long arms and legs complemented his stature. His hands hung well below his sleeves, swinging with an effortless grace that hinted at his strength and control. Each movement he made showcased the results of countless hours of training, particularly evident in his strong and agile

legs, which provided a solid foundation for his quick footwork. When he threw his right-hand jab, it delivered a staggering force of 1,178 foot-pounds. Every strike was executed with a precision that could catch anyone off guard. His footwork was remarkable; with a fluidity that appeared almost chaotic—like a drunken man—he glided across the ring. In an instant, he employed a sharp one-two step, propelling himself with a stunning speed that bewildered his opponent. With unwavering determination and a punch as fast as lightning, he threw a killer jab at his challenger. As he side-stepped gracefully, a move that suggested he was retreating, he closely observed his opponent. In that moment of impact, the challenger crumpled to the canvas like a log, completely overwhelmed by the force of the punch. After a tense count of three, it became painfully clear that the challenger, still reeling from the blow, struggled to regain his footing while staggering. The referee swiftly declared the fight a victory by knockout, sealing his triumph in the ring.

Every skilled boxer understands the importance of timing their jabs and knowing when to gracefully evade their opponent's punches. They possess the ability to gauge the right moment to deliver a powerful punch or execute a well-timed uppercut. This level of expertise extends beyond the boxing ring, as it underscores the significance of self-control in all endeavors. An individual must have the discipline to persevere and the wisdom to recognize when it's necessary to release their grip on a situation. Sometimes events do not

turn out as planned. You try and try again, and the desired results fail to materialize. Self-control is necessary so you can let it go. Time heals wounds, they say. It would help if you had the self-control to act appropriately.

Self-control demands you show no sign of emotion when events go wrong. Emotional disturbance, when faced with setbacks, is a sign of weakness.

There is a mental conversation every man holds with himself. He is evaluating the most effective approach and considering whether to persevere when the outcomes are not as favorable.

A forex trader draws a plan on when to buy the GBP/USD. In a sudden rush, large orders from willing sellers hit the market floor. The currency pair declines as if a downtrend is unfolding. He becomes eager to enter the market, then he places a market order to sell 10 lots. The market declines in two sessions in the intraday chart. He is happy with the paper profit. In a trice, willing buyers step in and prop the currency pair, forcing a rally. The GBP/USD rises. It rallies five sessions in the intraday chart. His paper profit turns into a loss. Hanging on one more session, he's optimistic the market will decline. But with the market still rallying, he discovers he holds a losing position. The battle ensues inside him, whether to close the position or wait in anticipation of another decline. After the battle rages inside him for a while, he decides to close his position at a loss. Now he's traumatized. "Not again!"

Lack of self-control in following a plan is a weakness. This weakness has kept many people from actualizing their dreams. You need emotional control if you want to stay focused on that dream. Without self-control, it's impossible to follow a well-defined plan. What use is that plan if you lack self-control in following it?

Every undertaking takes time to accomplish. It requires patience, hard work, and initiative to accomplish. There is a season for everything: time to plant and time to reap, time to be born and time to die. You require self-control to take action at the right moment. More so, you need self-control to direct your actions and energy aright. Influential leaders and successful people acknowledge this attribute of self-control. To gain this attribute is to receive substantial influence. There is no strength as great as showing restraint amid provocation. This is the power of self-control. There is nothing as powerful as displaying no sign of emotions amid defeat.

The essence of our nature requires we conquer. To overcome setbacks and thrive in our chosen vocation is our calling. We are a combination of spirit and flesh. It's the body against the mind. To prevail in overcoming setbacks, your body must be subservient to your mind, the flesh obeying the spirit.

To procrastinate means, you have given in to the flesh. You have lost control of your conquering nature. To sparkle, shine, and dominate your world, you need to gain self-control to act on your plans today, not tomorrow. This way you take

your destiny in your hands. You do not give in to procrastination. It will do you a lot of good if you conquer the body. This is power. Making the body subservient to the mind is the pathway leading to happiness.

To sink in the sea of failure is to let the body govern the mind. To rise to the pinnacle of success is to bring the body under the control of the mind. Self-control is a hard thing to handle, make no mistake about this. Nothing good comes easy.

The effectiveness of a knife is directly related to the sharpness of its edge. When using a well-sharpened knife, one can save valuable time and effort when cutting through objects. Conversely, a dull knife can result in unnecessary labor and inefficiency. The issue with a blunt knife lies in the considerable effort required relative to the minimal results achieved. The ongoing strife between a sharp knife and a blunt knife predominantly centers on their respective cutting capabilities. Certainly, with the sharpened knife, you cut deep with less effort, but with the blunt knife, you put in more effort and still get nowhere. Then what is the solution? Sharpen the blunt knife.

To properly sharpen a dull knife, one must first understand the inherent process involved. A dull knife signifies an edge that has folded over and become misaligned, rendering it ineffective for cutting. To restore its functionality, the knife must be brought into contact with a material that possesses greater hardness. This is where the

grindstone proves indispensable. Composed of robust materials such as silicon carbide, the grindstone grinds away the dulled edge, revealing a fresh, sharp blade. This process underscores a fundamental truth: there are no shortcuts to achieving sharpness; friction and abrasion are essential components of the journey.

The analogy of a grindstone sharpening a knife extends beyond the realm of tools to encompass the development of human character. Just as a knife must endure the rigors of sharpening, individuals must cultivate self-control and discipline to refine their abilities and reach their full potential. The journey of personal growth often involves facing challenges and overcoming obstacles, akin to the friction experienced by a knife against a grindstone. Those who resist this process, who oppose the necessary sharpening, risk remaining blunt and ineffective, unable to navigate the complexities of life and achieve success.

Moreover, success is rarely attained by those who lack determination. To reach one's goals, it is imperative to be proactive and resilient. The journey may be arduous, but the rewards of perseverance and discipline are profound. Just as a well-sharpened knife can cut through the toughest materials, a person who embraces the process of personal refinement can overcome obstacles and achieve their aspirations.

The act of sharpening a knife serves as a powerful metaphor for personal growth. It illustrates the importance of enduring challenges and embracing self-discipline to achieve

goals. By understanding and accepting the necessity of this process, individuals can unlock their potential and navigate the path to success with confidence.

One of my weaknesses was a lack of self-control in following a plan. This kept me from succeeding in my business. The thought kept ringing in my head—you have no future in this endeavor. But, on close observation, I found the fault was mine. I developed a long-term writing goal and a daily plan of how many words to write. I still lacked the discipline and self-control to follow the plan. When I gained self-control to adhere to my plan, things changed for good. I wrote my first novel, *Poorracourt*.

If your venture has not yielded the desired results despite the implementation of known strategies, it may be prudent to first reflect on your approach. Have you exhibited a high level of self-control in this endeavor? Upon careful introspection, if you discover that the weakness lies within yourself, it may be necessary to address this internal issue.

I would suggest you give that task another opportunity. I encourage you to try again, this time utilizing self-control to adhere to your plan.

Now if you discover that the issue lies within the endeavor itself, it may be prudent to consider discontinuing the current endeavor and redirect your focus towards finding a venture that truly ignites your passion. It is essential to find work that brings you joy and fulfillment. Do not neglect this fundamental principle of success. This new venture should

harness one of your God-given traits called originality.

Your Mood Depends on You

It's about you sitting at your study desk at home in the evening. You melt with tiredness, yet summon the strength to draw up a plan for the next day's activity. When you are satisfied you have a plan for tomorrow, you switch off the reading lamp.

Just as the time ticks past 8 pm, you pull yourself up from the seat and walk across the room to your bed. A few minutes before lights out you meditate and then slide into the sheets.

At the break of dawn, exactly 6:30 you awaken to the Robin whinny call. Fondling with the bedside switch, you jam on it. As your eyes meet the clock, you scamper into the bathroom.

Releasing the spray control, cool water pounds your body. After a quick shower, you get ready for work.

Ten feet away from your car you noticed a deflated tire. Damn! Your face reddens with unhappiness. You realize you will be late for work. Your plans will require readjustment; some rescheduled.

No life is without challenges. No one has ever lived in constant pleasure. Sometimes you make plans, but they don't turn out as expected. It happens occasionally. This is not the issue. What is important is how you react to these

circumstances. You require self-control to keep your emotions in check. Setbacks are a period of awakening. It is not the end per se. Thus, remove every pessimistic thought from your mind. Instead, imbibe optimism. Keep every emotion that ruins happiness away from that undertaking. If you know setbacks are opportunities for re-awakening, you have a lesson worth appreciating. Learn to harbor moods that will help that undertaking become successful. Believe in yourself and your ability to see your aspirations through. It's not enough to claim that you believe in yourself; you must demonstrate it through your actions. When you exhibit confidence in yourself, you not only inspire those around you to believe in your dreams, but you also set an example for them to follow. Your self-belief serves as a guide and motivator for others to pursue their ambitions with determination and perseverance.

For this reason, your mood is in your control. Do not blame your reaction on that temporary setback. You have absolute control over your mood.

Setbacks instill doubt in us. This doubt has the potential to generate fear. Fear breeds inaction. The moment you allow inaction in that undertaking, you have given in to your emotions. When you give in to emotions, you have lost control of yourself. If inaction has made you lose control of yourself, keep hope alive. Let your willpower bring you back to action. You can develop this willpower by using it. I mean, put it into action. Avoid procrastination. Take action by

carrying out your plan now. Utilizing your willpower involves taking the initiative and putting your plans into action.

By following this approach, you can regain self-control and act on your good intentions without feeling compelled. This ability to take initiative is a crucial attribute needed to thrive in any endeavor. Cultivating this important habit is essential for turning your dreams into reality.

Are you feeling dissatisfied with your current career and considering starting your own business? I have some valuable information that may interest you. It's important to learn to manage your emotions and not let setbacks derail you from reaching your goals. Remember, achieving your dream is the ultimate goal, and reaching that finish line signifies power and influence. When you notice that your attention is slipping, it's important to persevere. This is a test of your commitment to achieving success and your ability to stay motivated despite challenges.

Another effective method for gaining self-control is to develop the skill of focus. By mastering the art of focus, you will be able to stay committed and persevere in pursuing your dreams. In the face of setbacks, it's important to reassess the conditions you have set for yourself. By making necessary adjustments, you can stay on track and realize your plans despite any obstacles. Break up your plans into small actionable goals. Set a timeline for achieving these small actionable goals. While you do this, do not lose sight of the big picture.

As you meet these small actionable goals, new goals will not be difficult. As with self-control, each victory helps you gain self-confidence. This gained self-confidence makes it easy to follow through on new goals.

A good boxer, a successful forex trader, and a talented singer; these professionals do not achieve greatness in one day. It takes years of perseverance, hard work, willpower, and dedication to duty (Love of work). But to succeed demands that you begin now, not later. It's difficult to regain lost time. It is advisable to always establish a timeline for each goal and strive towards its achievement. Today's tasks should not be deferred to tomorrow. If today passes without the accomplishment of your goals, tomorrow will bring a double responsibility: the tasks from yesterday and those for today. And it takes a great deal of drawing from willpower to do double work. If you intend to gain control over yourself then, make your body obey your mind. Be decisive and act right.

Lack of self-control will bring you a bag full of regrets. Can you imagine any feeling more regrettable than a missed opportunity? A missed opportunity is one of the biggest regrets humans face. An opportunity not taken at the moment is the eternal regret that stands tall in front of many, hunting them for a lifetime. Yet opportunities abound. Thus, develop self-control to act at the proper time, and you will benefit from such opportunities.

From henceforth, write on a piece of paper "ACT NOW". Keep it in a visible place. When the demon called

procrastination arrives at your door, look at your writing and say aloud, "I'LL ACT NOW".

One Weakness That Can Destroy You

The habit of spending all you earn is a weakness that leads to financial struggle. It will make you go broke. To teach you the route to financial freedom, I will expose this weakness. This habit of spending above your income is one form of lack of self-discipline.

We now live in a world where heavy spending is the trend. Many people see nothing wrong with borrowing. They spend on liabilities such as big houses, exotic cars, and expensive phones.

The craze for cars is frightening. The life of silent competition has eaten deep into the fabric of our world. Many see their neighbors and colleagues as competitors in liabilities. What is it worth to own and maintain a car? Sometime today or in the future, your colleague at work will buy an SUV. You may lose your inner peace. Your words, feelings, and deeds will give you away. You perceive your colleague as "superior" to you. Your spirit fails you, you are thinking of how to do away with your sedan to buy a better SUV. Well, I have information that might help you. This lack of self-control has put many in debt. It will limit your capacity to fulfill your burning desires.

Man is a competitive creature by nature. However,

gaining self-control is vital to the actualization of desires. First, look at your fingers and observe they are unequal. So avoid falling into this competition trap.

If your colleague seats in business class, there is no need for you to fly first class to prove a point. Flying first class is not a sign you are wealthy. You can conquer this weakness with your thoughts. Think before you spend. Is it necessary? Or is it a means of satisfying my ego? These questions should serve as a guide. If it is about your ego, then pass it and save that money. Remember the rainy day will arrive in the future.

Well, I want you to know that the money you save is a seed. Don't take chances with this seed. Of course, if you will reap, then you must have sown. When you have gained self-discipline to save money, you need self-control to sow this seed in a well-thought-out investment. Over time when this investment matures, you will reap. When you reap, you can stop living from paycheck to paycheck. You will now have more income and with more income comes a quality lifestyle.

Without the self-discipline to save and invest, you will get trapped in a cycle of poverty and missed opportunities.

Saving money is difficult, and it requires a great deal of self-discipline. It requires you to dominate your mind and subdue the body. However, to truly conquer the impulse to acquire material goods, one must exercise considerable discipline and foresight. This disciplined approach is essential not only for personal financial stability but also for the achievement of long-term goals.

The desire for luxury items often stems from societal pressures and the need for validation. Friends showcasing their latest high-performance vehicles can create a sense of urgency to conform. Yet, those who learn to resist these temptations demonstrate a profound understanding of the value of self-control. This self-control allows individuals to prioritize their financial future over immediate gratification, leading to greater opportunities and achievements in the long run.

Gain self-control and you have developed personal power. Develop self-discipline and you will control your spending habits. By prioritizing financial health over impulsive spending, individuals position themselves for greater future successes, enabling them to invest in opportunities that yield substantial returns. Those who recognize that true success is measured not by immediate possessions but by sustained stability and growth are better equipped to navigate the complexities of modern financial landscapes.

The age-old adage "There's strength in numbers" unquestionably applies to saving money. When a man who has been saving all his life decides to work for himself, he comes with strength. You can call it an edge. His method and style of working for himself are different. Of course, he comes with a focused mind free from financial struggle. He becomes a role model for other men shattered by financial difficulties.

I want to assure you that the power of self-discipline is in you. With a brief life of solitude and meditation, you can sharpen your thoughts. Since the power to think resides in you, you can control your thoughts. The power to control your thinking is the power to achieve success and greatness.

Bring your body to act in line with your thoughts and you will succeed. Many people overlook this crucial point on the journey to realizing their dreams.

The mind consistently produces a stream of thoughts. As these thoughts emerge, it's important to discern which ones align with your aspirations. Once you've identified the thoughts that align with your dreams, it's crucial to allow them to influence your decisions and actions. This is the key to manifesting your dreams. Allowing thoughts not aligned with your dreams to dictate your actions will hinder your success.

The most painful part of our existence is allowing thoughts out of place with our dreams to control us. Most times, the thinking of others controls you. No wonder many lack the self-control to save money. They relegate their thinking to the backstage. If you are to gain self-discipline, you need to shut your mind to the thinking of others. Focus on your thoughts, especially those that align with your dreams. Be zealous in guarding your mind against other people's thoughts. Allow others' thoughts to control you and you lose your inner peace, and the power to realize your dreams. Control your mind and your thinking because it's the

only thing that will bring you success. Your thoughts shape your destiny.

Self-control begins with controlling your thoughts. You will lose your originality. Why? Because you place more value on the thoughts of others than on your own.

Many people have lost their inner peace because they have lost control of their minds. They lack independent thinking and instead let the thoughts of their friends, colleagues, families, and acquaintances control their minds. By doing so, they have surrendered their originality and power to others. If you seek the power to fulfill your dreams, you must retain control of your mind. The power to fulfill your dreams is in your hands.

The individual who has mastered self-control demonstrates strong determination. They persevere in pursuing their dreams despite encountering temporary setbacks. They consciously filter out thoughts that contradict their aspirations and instead prioritize thoughts that are in harmony with their goals. They allow these constructive thoughts to influence their actions.

How You Can Develop the Power of Self-Control

Building self-control can be a challenging task, but practicing these self-control exercises will aid you in changing your life and managing your impulsive behaviors.

1. Take note of your impulsive behaviors, such as impulse buying, overeating, or acting without thinking. Identifying the specific situations or emotions that trigger your impulsive behaviors will help you create a plan to delay the urge to act. For example, if stress triggers impulsive eating, you can develop strategies to manage stress effectively, such as practicing mindfulness or engaging in physical activity, to help you resist the urge to overeat.

2. See the good in others by acknowledging their positive traits and qualities. Develop awareness of their attitudes and behaviors by paying attention to how they interact with others and respond to various situations. Instead of focusing on the actions that may irritate you, try to understand the underlying reasons for their behavior and consider how you can positively influence the situation. Keeping a diary can be a helpful tool in this process, allowing you to track your reactions, reflect on your interactions, and monitor your progress in developing a more empathetic and understanding mindset towards others.

3. Please consider the importance of getting adequate sleep. It is essential for maintaining self-control and providing the energy needed to face daily challenges. Strive to get at least six hours of sleep each night.

4. Developing a mindset of tolerance and respect for people from diverse religious, racial, ethnic, and political backgrounds can help you regain self-control and navigate

through challenging situations with empathy and understanding. Embracing diversity and recognizing the value of different perspectives can lead to a more harmonious and inclusive society.