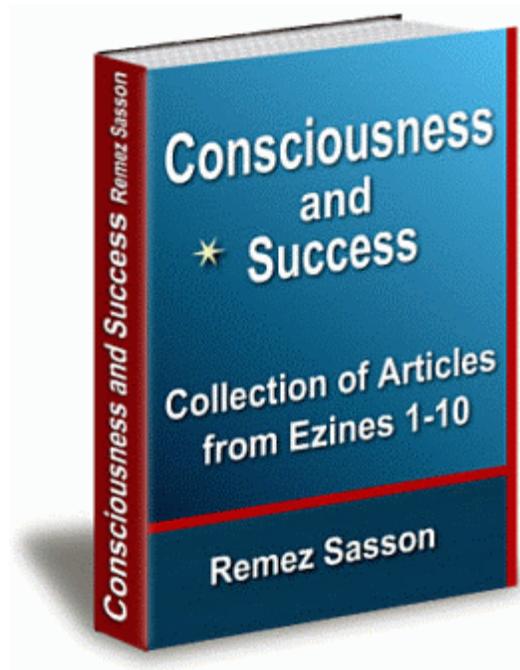


Consciousness And Success

By Remez Sasson



Articles about mind power, self-growth, spirituality and spiritual awakening. These articles were published in the by-weekly ezine "Consciousness and Success" issues 1-10

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Foreword

'Consciousness and Success' is a biweekly ezine about attaining both spiritual and material success. You can find in it articles about success, self-growth, developing the inner powers, mind power, visualization, positive thinking, spirituality, the way to spiritual awakening and other similar subjects.

In this ebook, I have gathered fifteen articles that have appeared in the first ten issues of the ezine. I hope you enjoy them.

If you find these articles inspiring and helpful, which I hope you do, I invite you to join our mailing list.

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Success

This word has a beautiful sound. Repeat it aloud several times: "Success, success, success..." Now, what has happened? Depending on your mental and emotional make, and on the mood of the moment, there are two possibilities. You may become inspired, happy and elated, or despondent, unhappy and with feeling self-pity. You may start telling yourself how miserable you are, and that success is not for you.

It may sound strange, but thoughts about success can evoke negative feelings. People who entertained negative thoughts and feelings most of their lives, expect failure and do not feel worthy of success. If they have experienced lack and failure, they may believe that success is not intended for them. In this case everything connected with success may evoke negative feelings. BUT IT NEED NOT BE SO.

YOU HAVE THE ABILITY AND POWER TO CHANGE YOUR LIFE!

Moods have much to do with how we feel towards life. They come and go during the day. They are like the influence of the wind on a flag. Now it is fluttering this way, a moment later, in a different direction. What about developing the ability to control the wind, so you can decide in which direction the flag should turn?

When your thoughts and moods are under your control, then to a large measure, your life is also under your control. You become the deciding factor, not your moods or outside influences. In order to navigate your life, concentration and will power need to be developed.

Concentration and will power are the steering wheel, with which you can navigate the boat of your life towards material success, and towards peace of mind.

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. It manifests itself in every form of life. We even see it in a blade of grass, whose desire to grow is so strong, that it may grow through a crack in the pavement or on the wall. This is a desire for growth, expression, action, and in human beings it manifests also as the desire for reward for something well done.

We can describe success as plans, desires or intentions, whether material or spiritual, which were actualized in a favorable way. They may bring satisfaction and happiness. I say 'may bring' for two reasons. The project or goal may succeed, but it may not bring any happiness. Sometimes we pursue ambitions and desires, which if we cared to analyze before starting to manifest, we might have come to the conclusion that we do not really want them.

The second reason is that there are people who are always unsatisfied and worried. Even when they get their desires fulfilled they stay unhappy. They seem unable to enjoy the glorious moment of success.

The best attitude is to think and analyze each ambition and desire before starting to realize it, and then, when achieved, enjoy the happiness of success. Thoughts, attitudes and habits can be changed. I know it to be a fact. Entertaining only positive thoughts and feelings make you happier and more receptive to success. Being positive bestows the ability to enjoy the glorious moments of success.

Take it as a challenge, and become committed to be conscious of your thoughts and feelings. When negative thoughts enter your mind replace them with positive ones. Make it as a sort of a game. If you are sincere in your efforts, after a while you will surely notice the change in you, and in the attitude of people towards you. This of course will have its effect on your environment and your success.

Feelings Emotions and Creative Visualization

Most of you have probably heard or read about creative visualization. Some of you have perhaps tried it. The idea is that by visualizing and concentrating on the image of an object, it is possible to attract it. In this way circumstances, events and behavior can also be influenced and changed.

Thought alone is not enough. Something else is needed to spur the thought into action. Think, what makes you take action, a cold uninteresting thought, or one charged with emotion?

Feelings and emotions give power to thoughts. When you listen to a lecture, which lecturer rivets your attention, someone who talks in a boring, listless way, or a lecturer who talks with zest and emotion?

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

Feelings and emotions add zest and energy. They energize every thought. Even in small daily actions you may see the power of emotion. Suppose you consider taking a walk. You know that walking is good for your health. If you think about it with lack of interest, you would probably stay at home. But if your desire is strong, or there is some emotional incentive, you go out for a walk.

Emotions and feelings are like electricity for an electric appliance. The best appliance 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.

It is not enough just to think about your objective. You need to generate emotional energy. If your desire is very strong, then it is all right, and you will probably get what you want. Yet, there are times you need to do something, which you know is important for you, but you cannot generate enough emotional charge to act to make it happen.

It is quite possible to produce emotions and feelings in an artificial way. It is like connecting a television, or a radio to a wall socket. What kinds of feelings have to be generated in order to succeed in creative visualization? You need to produce only positive and happy feelings of success and satisfaction. Create feelings and emotions that strengthen your desire and your ambitions.

All of us have experienced some sort of success in our life. Even small success counts. You may have experienced this success in various forms. As a small present or a compliment from someone whose opinion you value. By being on time for the theatre, baking a good cake, or getting a date with someone you want. Of course big success counts too.

Relive the event of success in your imagination, and visualize it as clearly as possible. Try to evoke the positive and happy feelings you experienced at that time.

When these feelings are aroused, think about your present goal. Then live and experience these feelings and emotions in your imagination, and connect them with your present goal. These feelings will inject a strong energy into your thoughts.

Thoughts charged with emotions materialize faster. They are transmitted to the surrounding environment and are sensed subconsciously by the people you come in contact with. These people may help with your ambitions, because your thoughts prompt them to act on your behalf.

Emotions and feelings are a great power. For this reason it is better to indulge only in the positive kind.

Thoughts evoke feelings, and feelings evoke thoughts. Our habitual thoughts influence the way we feel, and our feelings influence the way we think. It may seem unbelievable, but we have the power to choose our thoughts and feelings. Thinking the right thought seasoned with the right feeling can reshape our life and make it a success.

Remember, the correct formula of success is positive thoughts, plus right feelings and emotions.

Peace Of Mind

Imagine someone who is calm and relaxed under all circumstances. He may be alone, in company, at home or at work, in times of peace or under stressful circumstances. Nothing disturbs his inner peace. Suppose this person is also full of energy, is powerful and possesses a sharp mind. He is not lazy or indifferent, as some may think. He is active but also calm.

Have you ever met such a man or woman? Would you like to become peaceful and calm as described above?

Meditation, guided imagination, affirmations, breathing exercises etc, all develop peace of mind. The trick is to practice with these techniques daily, on a regular basis, until they become a habit.

Peace of mind should be practiced deliberately, in order for it to become available at the time of need. When the mind is calm, thoughts do not rush through it. There is more energy, better judgment and inner happiness.

Peace of mind is transferred to the people who happen to be around. Next time you meet a calm and relaxed person, watch him and the way people around him behave. There is an aura of peace surrounding him.

I meet people who say that they want peace of mind, but they never do anything to develop it. It is just a lip service. In a world full of tension, conflict and competition, peace of mind is a great necessity.

Constant training in meditation and concentration make the mind peaceful. With this kind of training the mind stops to nag and bother, and the ability to control thoughts gets stronger. When your mind becomes your servant, you gain the ability to switch it off. Then peace of mind becomes constant.

You may say that you do not have the time and the desire to develop peace of mind. You may believe that peace of mind can be developed only under special circumstances and in special places. That is not true. Circumstances should not bar your way. Start and make the first step. Disregard your circumstances.

Peace of mind also means inner strength. To be strong you need to exercise and develop your strength. Postponing this enterprise for tomorrow will always place it in tomorrow.

Almost everyone will praise the merits of peace of mind. Most people covet it, but they regard it as unattainable and reserved for special people. These thoughts keep them away from peace of mind.

Take the first step today. Whenever you feel tense, physically and mentally, relax your body, take a few deep breaths and think about something pleasant. This will relax your mind. Make it a habit, and you will enjoy more inner peace.

This is only the first step. As mentioned earlier, real and lasting peace of mind is gained by developing your powers of concentration, and by practicing meditation on a regular basis.

Real and lasting peace of mind is the ability to silence your thoughts, and invite them into your mind only when you need to think. It is the ability to switch the mind on and off at will.

The Importance of Concentration

We always hear about the importance of concentration. From an early age people keep telling us to concentrate on what we are doing. We recognize its importance, yet few do something to develop or strengthen this ability. Very few really possess strong powers of concentration

Parents, teachers, people who work with us, all tell us to concentrate when our mind is not on the job. But are they able concentrate? Do they really know what concentration is?

Concentration is the ability to think on one object or thought to the exclusion of everything else. It is the ability to focus the mind on one single point. It means paying attention exclusively to what we are doing at the moment.

Most people, when doing something, think about something else at the same time. Any action, when performed while the mind is not focused on it, is not done well.

Suppose you get out of home and arrive to your destination. Then your mind starts to wonder whether you locked the door of your house, switched off the lights, closed the windows etc.

You may have locked the door, switched off the lights etc, but as your attention was not focused on your actions at that moment, you are not sure whether you have actually done so. You become worried and tense, and your mind starts engaging in guesses and negative visualization of what might happen. If you had concentrated on your actions before leaving home, nothing like that would have happened.

A lot of mental energy is wasted because the mind is always in a state of thinking, does not concentrate on one thought for any length of time, and does not pay attention to the job at hand. In such a state, each thought comes up and is replaced by another after a while. We are at the mercy of these thoughts, which consume our time and energy.

Concentration has a great value as it strengthens the memory and helps us to study and comprehend faster. Actions, tasks and work are performed better, quicker, and with fewer errors.

Concentration is necessary for creative visualization, telepathy and psychic powers, healing and magic. It is important for meditation. It brings peace of mind and freedom from nagging thoughts.

When concentration becomes easy and natural, fewer thoughts try to intrude into our minds without being asked. Then we begin to experience moments of inner

calm and bliss. The mind stops for a while its feverish activity, and we live in inner joy and bliss.

This bliss does not necessarily come during the concentration or meditation session, but spontaneously during the day. These are great moments. The strange thing about them is that the one who experiences them, continues to function in a normal way. All the five senses are open as usual, and yet there is a different consciousness from the ordinary one.

You see, concentration is a must, whether you wish to conduct effectively your daily affairs of life, to succeed materially, or if your goal is spiritual.

Concentration can be improved by proper exercises. It is very similar to sport. If you train with weights, you strengthen your bodily muscles. If you train with concentration exercises you strengthen your concentration muscles.

Concentration is very simple, though not so easy to practice. The mind is very much accustomed to running here and there, resisting any effort to control and calm it down. Yet, by proper exercises it is possible to train it and develop concentration.

The more time you devote to training and exercising the mind, and the more sincerely you practice the exercises, the stronger the concentration you will develop.

Here are some more articles you can read about concentration.

http://www.successconsciousness.com/index_000004.htm

http://www.successconsciousness.com/index_000005.htm

http://www.successconsciousness.com/index_00001a.htm

Inner Peace and Outer Peace

We hear so much about peace, world peace, peace of mind etc. Is there such a peace? Why people speak so much about it? Why people seek peace? Is it possible to experience it?

Real peace comes from the inside. When there is inner peace, there is also outer peace. Inner peace is a state where the mind is calm and tranquil. It is a state where thoughts do not sweep us off our feet.

The tendency of the mind is to think incessantly without any rest. Thoughts almost never leave us. We are as if living in an ocean of thoughts. We are influenced by these thoughts wherever we are. Worries, fears, questions, and desires fill the mind, not giving it any rest for a moment.

Because of this state of affairs people crave inner peace. But though they long for this peace, they follow their restless minds. New desires, thoughts and feelings constantly arise, making them forget any peace they may experience momentarily.

There is also outer peace, when the outer world around us is at peace too. Here, as in inner peace, people think and talk about this state, but they do nothing about it.

Real peace, whether inner or outer, comes from the spirit. Only when we make peace inside, with ourselves, does real peace come into being in the outside world.

In a stormy lake we cannot see the surface, which is always there. Only when the waters become calm can we see it. When the mind is made calm, we become conscious of the inner spiritual self, which is hidden by the mind.

When we are able to manage to live and function from the inner self, and not from the mind, we experience real peace of mind. When there is peace of mind, there is happiness too. Peace of mind, happiness and inner bliss are interconnected.

If our inner world is in peace, then our outer circumstances begin to reflect this inner peace. Outer peace always follows inner peace. The people we come in contact with, sense this peace subconsciously, and respond and behave accordingly.

Developing the ability to concentrate, meditate, rule one's thoughts, and not to feel compelled to follow every thought that floats through the mind is the key to inner peace.

Inner peace is achieved individually, not on a wide level. It does not happen to many. Throughout history, few people really tried to penetrate inside, beyond the mind and the ego, and to find their real essence. Only when this is done real outer peace can manifest.

An individual working on his mind and emotions achieves inner peace, and consequently enjoy outer peace. It does not matter what are the outer conditions, and what is the state of affairs around. If you work towards inner peace, your life and circumstances will change to reflect this peace.

Sometimes political and economical conditions are in a mess. If there is an inner attitude of peace, then the person stays calm, relaxed and uninfluenced by the outer conditions. In the long run, if the inner peace is strong, it is bound to influence the outer conditions.

Most of you have probably been on a vacation more than once. After a day or two, you start experiencing 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. You then enjoy each moment.

When the mind is peaceful there is also happiness, calmness and inner confidence. On a vacation most people are more patient, friendly and well disposed to everyone, because of this inner peacefulness.

It is possible to enjoy this feeling constantly, no matter what are the outer conditions. You can always feel being on a vacation, even when you have to go to work, have duties to perform, responsibilities and various errands and chores.

This state can be reached by earnest training. Enjoying inner peace does not make you lazy and inefficient. On the contrary, there is more energy, power, strength, and ability to deal with whatsoever arises.

The inner Powers

We all possess inner powers. Most of the time we use them unconsciously, incorrectly, inefficiently, and not to our own good.

It is both funny and tragic that people are unhappy, and undergo difficulties and problems, while they possess powers, which can change all that.

These inner powers are natural powers. I am not speaking about something supernatural. If these powers are developed in a systematic way, life can be changed and improved.

Concentration, will power, imagination, silence and faith. Each one of us possesses them in a greater or smaller degree.

Concentration is the ability to focus the mind on one thought or object, without letting any thought intrude and disturb the attention. It is the ability to hold the attention on one thing to the exclusion of everything else.

Everyone realizes the importance of concentration, but very few bother to do anything about it. Like any other ability, proper training enhances this power. Concentration can be developed to an incredible power.

Concentration helps in reading, studying, working and any other activity. It is important in creative visualization, healing, meditation, and any other activity needing mind power.

Will power is the ability to decide and carry on the decision. It is the power of persistence and tenacity. Without it, life is like being in a small boat in a choppy sea. Will power helps to give life a direction and to stay in this direction. Like any other ability, proper training and exercises can develop it.

One way to develop the will power is to refuse deliberately to do, think or say unimportant and unnecessary things. Sometimes Just refuse the desire to do, think or say something that has no value, and there are many such instances during each day. At first there will be inner fight. The mind will refuse to yield. If you do not give up, you will strengthen your inner powers.

For more information and exercises about will power visit
http://www.successconsciousness.com/index_000006.htm

Imagination is important for planning and creating everything. It is used for baking a cake, knitting a sweater, building a house, or constructing a business. It is of great importance in creative visualization, healing and magic.

A mental image has the power to influence habits and behavior. Imagining a situation or an object, and holding the image firmly in the mind, causes the situation or object to be attracted into the life of the one visualizing it.

One way to develop this ability is to look at an object or a photograph and study it. Next close your eyes and try to visualize it.

Imagination is not restricted to mental images. The other senses may be involved too. It is possible to visualize a scent, a physical sensation, a sound or a taste.

Developing this skill develops also concentration and will power at the same time. This is because you need to focus your mind while performing these exercises.

The clearer the mental scene you can construct, the more power it exerts. It is really a magical ability that can transform life, and make and remake it.

Now let's discuss the power of silence. When you divulge a secret, or talk with someone about your problems, you feel some kind of lightness afterwards, as if some heavy load has been released.

If you are planning something, or using mind power as in creative visualization, do not talk about it. Preserve the energy and do not lose it by talking. Do not release your emotional and mental energy by useless talking. It is better to use this energy to propel your thoughts and plans into materialization.

Another inner power is faith. Faith is not just a belief. One may believe something, yet has no faith.

Faith is a very strong belief. It has to be so strong that you rely completely on it in your actions. Real faith is when you are convinced of the reality of something, even when you have no facts. With real faith you have no doubts whatsoever.

Developing and manifesting the inner powers brings power into your life. You become less influenced by people, thoughts and circumstances and gain more control over your life.

Is Acceptance a Weakness?

The wind is blowing very strongly. The tall big trees stand erect, and do not let the wind sway them. As the wind gets stronger it breaks them up, and some trees get uprooted altogether and fall down.

There are some shrubs growing near the trees. When the wind blows they just bend down, and let it pass away.

We can behave like the trees or like the shrubs. We need to know when to bend down and when to resist. There are times that call for bending down. When this bending is done willingly and wisely, it is not a sign of weakness or spinelessness.

Sometimes we cannot change situations. We try and try and it seems that we can do nothing. It is possible to go on fighting incessantly, wasting time and energy, and it is possible to quit. Quitting under these circumstances is not a sign of weakness; it is a sign of wisdom.

There is a lot of wrong thinking concerning acceptance. We associate the word with incompetence, failure, and weakness. Some interpret acceptance as giving up without trying.

A wise person knows when to persist, resist, and not give up until he succeeds. He also knows that there are times when acceptance turns into winning.

How many times you have you fought in vain, when something you did not like happened to you? How many times have you argued and quarreled with people, only to find out later that they were right? If you were a little more patient and accepted their words or suggestions, you would have spared yourself a lot of trouble.

Do you remember times in your life, when you persisted in a line of action that yielded no results? If you could have accepted and acknowledged that a certain situation or way of action was fruitless, you may have found other better options for action, and stopped banging your head against the wall.

When a fly enters the house it wants to get out. It sees the world outside through the windowpane, and flies in that direction to go out, but it keeps banging against the glass. This thing can go on for hours. We sometimes behave in the same manner. If we could stop for a moment and consider all the options, we might find other ways to do or get what we want.

Have you been trying to change the opinions of your spouse for years with no avail? Stop it, and consider that he or she is entitled to their opinions.

Do you try to keep on lifting heavy weights in order to show off in front of the young people at the gym club? Do you feel frustrated that you cannot do what they do? Accept it that your body is different, or older

On the other hand, telling yourself that you cannot do something without even trying is true defeat! Acceptance is not giving up without a struggle. I don't tell you to accept whatever people tell you and do to you. This means becoming a doormat or a sponge.

True acceptance usually comes after a long struggle. It is only after trying and being convinced that either you are not on the right path, or you find out the situation is hopeless that you stop your efforts. When you find that your efforts do not take you closer to your objective accept the fact and move on.

Real acceptance comes from strength, an open mind and true wisdom.

Shaping the Body with Imagination

In this article I would like to treat the subject of losing weight with the help of visualization. The same procedure and suggestions can be emulated in pursuing other objectives.

Imagination plays an important role in our lives. Some people consider imagination as just nonsense and worthless activity. They do not give it any importance. Whether we accept the fact or not, imagination shapes our life.

Take for example a fat person. He does not believe he can lose weight. He keeps repeating to himself that he cannot get slim. This thought evokes feelings of failure and incompetence. He sees in his mind only images of being fat. This may develop negative attitude towards social activity, which may make him lonely and unhappy.

What such a person does in order to compensate for all this? He eats more and consequently gets more weight. He has succeeded in realizing his thought of being fat. As he keeps on thinking that he is fat, he keeps his body in that shape.

Now imagine someone else. He is slim and looks good. What is his secret? He is aware of his good shape and frequently looks at himself in the mirror. Whenever he visualizes himself, he visualizes a slim body, because that is what he sees all the time. He trains several times a week at the gym in order to keep his shape, and is careful with his food.

You see how attitude, and the images in the mind are the power that spurs to action? It means that by changing our attitude and our predominant thoughts, it is possible to influence our minds to act in a specific way that brings specific results.

Thoughts and images sink into and influence the subconscious mind. They also affect the mind in the body's cells. Thoughts and images can strengthen the cells and can weaken them.

Suppose you want to slim a few pounds. How can your imagination help you? Open the door of the projection room of your mind, and sit in a comfortable seat. Try to visualize your body, as you would like it to be. You may encounter some difficulty, as the mind may find it hard to visualize something different from what it is accustomed to see.

Here lies the secret of success. It is the ability to see beyond circumstances, situations and what we call 'facts'. The winners in the game of life are those who are able to see a different reality, and do not give up until this reality materializes.

Trying to lose weight with creative visualization is not different. There must be a strong desire, and persistence with replacing images of fatness with images of slenderness.

Treat visualization it as any other work you do. Whenever you feel unhappy, frustrated or lose faith, just remind yourself that a repeated thought becomes a habit. By intentionally substituting thoughts and mental images of fatness with thoughts and mental images of slinness, you are actually changing a habit.

By repeating these thoughts you develop the faith that it is possible to lose weight. Then it becomes easy and natural to visualize yourself slim. From here to slimming the road become easier.

Devote a few minutes, several times each day, to these thoughts, you will soon find out that consciously or subconsciously you are performing all kinds of actions that contribute to losing weight.

These thoughts influence the body's cells, and cause them cooperate with you in your desire to lose weight. Unconsciously you may develop better eating habits, start exercising, or may find the perfect diet for your body. By repeating the mental images of your ideal body's shape, your mind strengthens your desire to lose weight, making you more ambitious to win.

Being Conscious of Consciousness

Have you tried to be conscious of your consciousness? These words may sound weird and seem meaningless to you. Yet they are full of meaning. You are conscious of what is going on around you. You hear, see and interact with the environment, but can you say that you are really conscious?

Are you aware of all the thoughts that pass through your mind? Are you aware of your feelings? The truth is that most of us are not really conscious. We are semi-conscious, doing most of our activities in a robot-like manner.

On the other hand, what happens if you perform all your actions consciously, that is with full attention? Reading consciously, eating consciously, driving, washing, dressing, eating and talking consciously, means paying attention to each act.

Acting like this has many benefits. In this way you learn to control your attention. Controlling the attention means concentration. You can practice and develop your concentration throughout the whole day. It is needless to explain the importance of concentration.

By paying attention to what you say and do, you avoid a lot of trouble. You gain more control over your words and actions. In this way you do not hurt people with your words, behave in a more congenial manner, and gain popularity with the people you come in contact with.

Being conscious also means being conscious of your thoughts, and learning to admit only the ones you accept. It is quite possible to be conscious and aware of the thoughts that pass through our minds. It is like being a watchman at the gate of the mind.

Are the doors and windows of your home constantly wide open so that everyone can enter? No, you admit into your house only those whom you approve to enter. So what about the mind? Why allow every passing thought to enter freely?

Trying to be conscious of the mind under all circumstances develops the ability to sift the thoughts. This develops concentration, attention and will power. You gain the ability to avoid thoughts that are not beneficial to you. You develop detachment and learn not to let worries disturb you.

With persistence you will find that your mind is becoming peaceful. You become calm, relaxed and aware of a sort of a new consciousness. You may term this new consciousness as higher than the ordinary consciousness.

After more training this 'higher' consciousness becomes natural. From the viewpoint of this consciousness you conduct your life in a more reasonable way.

You leave tension, pressure and fear behind. The mind becomes 'clean' of disturbing thoughts and worries.

This is actually the consciousness aimed at by the study of meditation. This is the higher consciousness we hear so much about lately. It is a natural, calm, happy, and blissful consciousness. There is no trance, or loss of consciousness of the body or the surroundings.

All this can be practiced during our daily activities, without devoting special times for it. Just persist, and after a while you will begin to experience the results. The important thing is to constantly remind yourself to practice, as the mind may try to make you forget your endeavor. But who is the boss you or your mind?

From the point of view of this 'new' consciousness you feel more powerful and competent. Isn't it worthy to pursue? All you have to do is concentrate and pay attention to your thoughts, feelings, emotions and actions during the day.

While watching your thoughts and activities, try to be aware of the consciousness that is doing the watching. Try to be aware of the watcher of your thoughts and activities. Try to find out who and what it is. Do not analyze or verbalize, just let your intuition to arise. When you are able to do this, you will know what it means to be conscious of your consciousness.

Clear Intent

It is very important to have a clear idea of whatever we do. Knowing clearly what we want and why, gives us the ability to approach any subject in a decisive and direct manner.

This approach is valuable in small matters and bigger ones. When you bake a cake, you need to have a clear and precise idea of the kind of a cake you are going to bake. You need to know what ingredients are necessary. If you are not clear about these facts, you cannot bake the cake.

The same process should be gone through if you intend to construct a building. You have to decide where you are going to build it, what kind of a building, how many stories, etc. You cannot start building it before all these details are settled.

Having a clear intent is a necessity in every field. Without it there is chaos.

Clear intent means that you know clearly what you are going to do, how, and why. Clear intent is having a very well defined image of the end result before starting anything. Without it you may waste a lot of time and energy.

You may commence doing something, and then you might stop because you do not know how and where to proceed. You might end somewhere you did not intend to. On some occasions you might stop after a while, and then begin doing something else, and then switch again to another thing. Without clear intent you might get bored with your project and lose interest.

The need of a clear intent is very important, especially when it comes to using mind power. The mind has a tendency to doubt. If your goal is not clear enough, then you are not decisive enough, and may listen to your mind's suggestions to stop what you are doing. When you employ creative visualization, the mind might raise so many doubts and objections that you might listen to it and stop your visualization.

It is better to think and discuss in your mind whatever you want to do beforehand. Then the mind intervention and resistance becomes weaker. This helps you to formulate a clear aim and goal, which means a clear intent. With a clear intent you possess more enthusiasm, become resolute and proceed in the most direct way towards your objective. You do not let anything deter you until you accomplish your aim.

Clear intent is important not only on the material level, but on the spiritual level too.

Approaching meditation for example, you have to know how to meditate, why you want to meditate, and what it is going to give you. If you don't, you may not proceed right and just waste your time.

If before you start to meditate, you know why you are doing it, for what purpose and what are your expectations, you stand a better chance to succeed.

In the spiritual field it is very easy to be get adrift. One may think that he is proceeding correctly, whereas he is just daydreaming and wasting his time.

Before any action, sit in a quiet place, relax your body, and think about what you want to do. Find the reasons, the motives, and think about how you are going to proceed. Be clear about what does success means to you.

If you need some more knowledge, then go ask questions, read books. Know well your subject before you proceed.

Your intent is clear only after you have no questions in your mind, and you can visualize clearly the end result of your goal.

It is better still to write down your intent, as this makes your intent clearer.

If what you have written does not make any sense to you or is not clear enough, rewrite your intent again and again, until it becomes clear and understandable.

The Happiness Factor

Robert loves to play football. Jill likes to write. Diving thrills Elliot. Dona loves chocolate, and Tim feels the need to cheat. There is one common aim for all these people. They seek satisfaction and happiness.

If you analyze people's actions, you will come to the conclusion that they all seek happiness. Every act is in fact a search for happiness, even if on the surface it doesn't look so. Happiness is always the main target.

Going to the movies, eating in a restaurant or going to a party, are motivated by the desire to be happy. Sometimes the movie is not interesting, the food is not good and the party is boring. Then the search goes on. Maybe the next time happiness will be found.

If the activity is pleasing, there might be a feeling of happiness, and then this activity is sought again so as to repeat this feeling of happiness.

Who does not dream of a vacation in some fascinating location, a new car, a new house, or the ideal match? All people daydream, and some even try to make their dreams a reality. And why is that? In order to be happy.

What about people who endanger themselves by climbing steep mountains, entering unexplored caves, or diving into the deep of the ocean? They too are looking for the few moments of happiness and rapture.

A thief may steal because he loves the thrill of danger, or because he desires to have quick money to spend. He is actually looking for happiness, though in a criminal and perverted way.

The list can be endless. It is the happiness factor that is dictating the behavior of each and everyone. Sometimes the happiness is sought in a selfish way, by hurting other people through stealing or taking by force.

Of course not all actions end in happiness. The motive is happiness, but the results not always bring the coveted happiness.

According to some spiritual traditions, we are spiritual beings in physical bodies. The spiritual part is always happy, or rather is happiness itself. The body covers this happiness essence, but it is there all the time. There is a constant desire to be aware of this happiness. This is the reason it is constantly sought.

No matter what activity is sought, at the moment that happiness is experienced, something happens. Whether it is the thrill of arriving to the summit of a high mountain, eating a delicious cake or winning the lottery, there is a common element that is always present.

At the peak of happiness there is a stoppage of the thinking process. There is inner silence. Worries are dropped away. There is peace. The competition or dangers are over. This may last for a brief moment or a little bit longer. In this vast peace we feel happy. It is not the object gained or the successful performance that brought this happiness. It is something inner.

This happiness is always there, but covered by thoughts, desires and fears. When there is a time off, this happiness is experienced. Whenever something comes to a conclusion there is a temporary stoppage of everything. The ego and personality stop moving for a while, and a great satisfaction and inner happiness is experienced.

To experience this happiness on a daily basis, one has to learn to quieten the restless mind. One has to dive inside, because happiness is an inner attribute and is not in the objects or circumstances. It is in this world, but out of this world.

There is no need to search for this happiness or to create it. There is no need to have all kinds of outer experiences and actions in order to feel it. On the contrary, everything has to be dropped in order to experience it.

Every technique, which helps to relax the mind and quieten the rush of thoughts, will lead to happiness. Developing concentration and engagement in meditation are the main ways towards this goal.

When the ability to have a quiet mind under all circumstances is gained, one enjoys constant happiness, no matter what he is doing and where he is. This is quite attainable, but to gain this peace and happiness you need to work towards it. By making the first step today, happiness will start to fill your life.

Will Power

"I cannot stop eating".

"I cannot concentrate".

"I feel too lazy".

You have probably heard yourself saying these words many times before, and have grown used to accept them without questioning.

Most people agree that will power is important, and they wish they had a stronger will, but they never do anything to improve and strengthen it.

Will power is the ability to decide, and then execute the decision. It is the ability to overcome laziness, shyness and inconvenience. It is the strength to persevere, and never break down or give up. It is inner strength and the ability to withstand any difficulty.

What are the uses of will power?

We can decide to do something and then do it.

After we start a program or project, we go on until we reach the finish line.

Will power develops perseverance and tenacity of purpose.

Will power helps to control and stop negative habits.

Will power helps to control the mind and thoughts.

Will power helps in getting rid of negative feelings

Will power helps in executing uncongenial but necessary tasks.

Will power is an important ingredient necessary for success.

You can add many more items to this list.

Ok, you acknowledge the importance of will power and its benefits, and you ask what can be done to develop it.

There are many ways to develop it. First, you need to be absolutely sure of the importance of developing will power. This will strengthen your desire to improve it.

Fortunately, there is no need to devote special times during the day to special exercises. The tools to improve and develop the will power are present always, wherever you are.

Anytime you deny yourself of something unimportant, you strengthen your will power. I don't mean that you have to live a life of self-denial like a fakir. Deny only negative, useless or unnecessary actions and desires. Each time you refuse

to satisfy your desire to do some unnecessary or useless act, you strengthen the will power.

View this training as a game and you will start enjoying it. After some time, when you see the results, you will start to like these "exercises".

Let us see some examples.

Wait a moment before gratifying any desire you have. By waiting, you tell your subconscious mind that you are the boss, and not every passing desire.

If you start with small acts of will power, in time you can proceed to bigger acts, and so strengthen considerably your will power.

When you want to utter or say some unimportant remark, just withhold this desire.

If you have a desire to eat, consider whether you are hungry, in which case you have to eat, or it is just because you just feel like it. In this case decide not to eat, or postpone eating by some minutes.

When negative feelings and thoughts feel your mind, try to be detached from them and occupy yourself with something else.

The secret of success is developing strength and refusing to accept and act on every passing whim. Do not refuse or deny natural functions or important actions, only the unnecessary ones, and soon you will get stronger.

There is another group of actions that can be practiced. It is doing things that you do not want to do, or feel too lazy to do.

There are dishes to wash, but don't feel like washing them now. Summon your will power and wash them now.

When going somewhere near, resist the temptation to go by car and go on foot instead.

There is some difficult work to be done and you shun it. Instead, face the work with inner strength, and resist the temptation to postpone it.

Engaging in physical exercises also develops will power, so does concentration and meditation.

You can invent many more exercise like these. If you proceed gradually, soon your will power will become mighty.

The Restless Mind

Most of our body's functions are unconscious activities. Our body breathes all the time, and we hardly pay this function any attention. The blood moves automatically through the veins, and we are hardly aware of its movement. So it is with many other bodily functions.

Thinking seems also to be an unconscious continuous activity. Thoughts come and go incessantly from morning till night. They give us no rest for a moment. Most of these thoughts were not exactly invited; they just came, occupied our attention for a while and then disappeared.

Our true essence can be likened to the sky, and our thoughts are the clouds. The clouds drift through the sky, hide it for a while and then disappear. They are not permanent. So are thoughts. Because of their incessant movement they hide our essence, our core, and then move away to make room for other thoughts.

Thoughts resemble the waves of the ocean, always in a state of motion, never standing still. These thoughts arise in our mind due to many reasons. There is a tendency on the part of the mind to analyze whatever it contacts. It likes to compare, to reason, and to ask questions. It indulges constantly in these activities.

Everyone's mind has a kind of a filter, which allows it to accept, let in certain thoughts, and reject other. This is the reason some people occupy their minds with thoughts about a certain subject, while others don't even think about this subject.

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 incessantly about a certain subject, and other never think about it? It is all due to this inner filter.

This is an automatic unconscious filter. We never stop and say to certain thoughts 'come' and to others we say 'go away'. It is an automatic activity. This filter was built during the years. It was and is built constantly by the suggestions and words of people we meet, and as a consequence of our daily experiences.

Every event, happening or word 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.

The mind also gets thoughts directly from the surrounding world. The world is full of thoughts and we constantly pick one, let it pass through our minds and then pick up another one. It is like an ocean full of fish. There is a constant action of catching one fish and then throwing it away and catching a new one.

The restless mind occupies our consciousness all the time. Now our attention is on this thought and then on another one. We pay a lot of energy and attention to these passing thoughts. Most of them are not important. They just waste our time and energy.

This is enslavement. It is as if some outside power is always putting a thought in front of us to pay attention to. It is like a relentless boss constantly giving us a job to do. There is no real freedom. Freedom is when we are able to choose our thoughts. It is when we are able to decide which thought to think and which one to reject. It is when we are able to stop the incessant flow of thoughts.

Stopping the flow of thoughts may look infeasible, but constant training and exercising with concentration exercises and meditation eventually lead to this condition. The mind is like an untamed animal. It can be taught self-discipline and obedience to a higher power. Concentration and meditation show us in a clear and practical manner that we, the inner true essence, are this controlling power. We are the bosses of our minds.

The Power of Thoughts

Thoughts are the second strongest power in our life next to the spirit. Our predominant thoughts influence our behavior and attitude and control our actions and reactions. As our thoughts are so are our lives.

This means that it is very important to be careful of the thoughts that we entertain. Thoughts are like a videocassette that we play in the VCR of our minds. What we play is what we see. What we think is what we live.

To make changes it is necessary to eject the videocassette, and insert a new one that we like better. Then, after a while, our life will start reflecting our thoughts.

One single thought is not strong enough to cause a change, but if the same thought is repeated often, then each time we think it gains strength. Ultimately the subconscious mind accepts it and acts on it. The great thing about this process is that we don't need to strain or overexert ourselves. Everything changes in a most natural way.

Suppose you are shy in the company of people, and you want to get over it. If you force yourself to talk when in company, you might find it difficult. You might feel timid and awkward. You might find it hard to force yourself to talk, and if you do, you start to stammer. You might find it hard to get the attention of the people you want to talk to.

You don't have to force yourself to talk when you daydream. It is quite easy then, as it is only in the mind. Practical daydreaming is actually using the power of thought. You can visualize being in the company of other people and conversing with them calmly and with ease. You can imagine how the words just flow from your mouth, and how everyone is paying complete attention to what you say.

It is quite possible to build in the mind a perfect scene of whatever you want to accomplish. You can put a lot of detail, color, sound, scent and life into these mental scenes. If you repeat them often with faith and attention, the subconscious mind accepts them as real experiences. It does not differentiate between real and imaginary experiences, and accepts them both as real.

An experience repeated often turns into a habit. A habit is an automatic activity that we perform naturally, without thinking. What does this mean to us? Taking the above example of a shy person, with constant positive visualization that person begins to feel at ease when in company. The continuous visualization has developed the habit of feeling comfortable with other people, and of being able to converse fluently.

There is no need for this person to strain, sweat and feel inconvenient. It is as if new software has been installed in his mind. He has developed a new ability

without any inner fight. Well, it does not happen overnight. It needs time, and depends on how sincere he is, and how much time and concentration he puts into this action.

This process can be used for changing, improving or gaining any kind of habit, ability or expertise. The only effort is mental effort.

This technique is good not only for improving and changing attitudes and habits. It is good for gaining money and possession, promotion, improving relationships and traveling.

You have to choose what you want to get, and think about it often during the day or at several specific times during the day. These repeated thoughts gain strength and spur you to take action to realize them.

Other people may perceive your thoughts and unconsciously fulfill your desire. Constant thinking about the same subject causes you to be more acutely aware of opportunities, and when you see them, you find out that you have the energy and ambition to make use of them.

Pay attention to your thoughts. They are powerful. Learn to accept only the thoughts you choose.

Inner Silence in Everyday Life

Jim's mind was very frantic. All kinds of thoughts raced through his mind and he couldn't sleep. Tomorrow he has an important interview, and he is afraid it might go wrong. When the morning came, he was very tired, and tense. Though he washed and dressed, he looked exhausted.

Arthur worked with machines in a factory. It was a job that required attention and caution, but he couldn't keep his attention on the machines because he had problems at home. Every now and then he found himself thinking about his personal problems, and forgetting to heed the machines.

Have you noticed how tiring it is when you are occupied with some problems? You cannot take your attention from them for a moment. You do not pay attention to what you are doing, make mistakes, miss opportunities, get tired quickly, lose control and easily get angry.

The mind gets agitated rather quickly, get engrossed in almost every thought that comes along, and does not give a moment's rest. No wonder people love to go to sleep. When the sleep is deep, the mind is calm and there is peace.

Everyone, even if not admitting consciously, desires inner peace and silence. This is a vacation from the mind. We seek ways to divert our thoughts from the mind. Hobbies, movies, parties, sports and meditation are all ways to run away from the incessant activity of the mind.

There is slavery to the mind. The mind works overtime just to keep us occupied with thoughts, because for the mind thinking and activity are life. Without them it is non-existing. It rarely occurs for anyone to disassociate himself from his thoughts. It seems such a natural process to think incessantly. It seems natural to be involved with thoughts, and to believe that we cannot exist without them.

The mind is our instrument. It need not be our master. When we are able to look at it in this way, our life changes. We begin to experience real peace. When the mind is quite, we become aware of our inner consciousness, and we gain strength and power.

When the lake is still, we can see the bottom. We can then see any treasure hidden beneath the water. It is then easier and more pleasant to swim in the lake. There are fewer dangers. So it is with inner silence.

Inner silence is not a state of torpor. It is a state where the mind is calm and does not produce thoughts without our consent. It returns to its right place, as a useful instrument, which is used when necessary and put aside when not needed. It stops being our master, and obeys us instead of us obeying it.

Wouldn't you prefer to feel calm under all circumstances? Never to lose your composure, always remain conscious of what you are doing? Life has many ups and downs, happy and unhappy events. Sometimes things turn out as we would like them to be, and sometimes they don't. Sometimes we gain something, at other times we lose something. All these events toss the mind like a boat on a choppy ocean.

You don't need to be a yogi, or a saint, in order to enjoy inner silence. It is quite possible to lead an ordinary active life, and at the same time enjoy the high planes of inner silence.

Inner silence is inner peace. In inner silence, we experience who we really are. The mind is like a screen hiding our true essence. When this screen is dropped, we know who we really are. This screen is dropped when the mind is obedient to us.

This is not a state of inactivity. It is a state of consciousness, knowledge and power. Only by experiencing it one can really know what it is. The way is open for everyone. Developing concentration, practicing meditation, and learning to be detached from the mind are the ways leading to this inner treasure.

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Remez Sasson has been studying and practicing mind power techniques, creative visualization, positive thinking, meditation and spiritual development for many years.

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He also issues the biweekly ezine "Consciousness and Success".

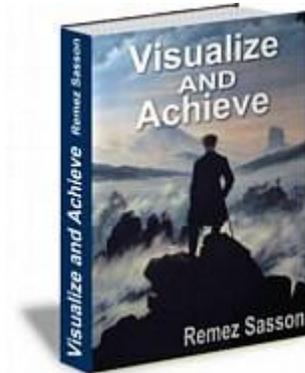
He is the author of the book, "Visualize and Achieve", which is a practical and inspiring guide about creative visualization and positive thinking.

Visualize and Achieve

By Remez Sasson

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I remember when I first started to study this subject, how I searched for clear instructions and stories about success with creative visualization. I wanted precise and direct instructions on how to secure results. The stories in this book are exactly the kind of stories I was looking for, and that is why they were written.

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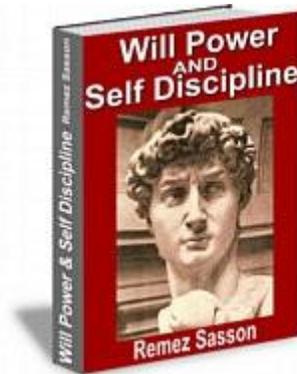
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By Remez Sasson



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