

Activities and Boosters to Increase Your Mental State!

In last weeks post, I mentioned that “new consciousness” began in the early 20th century. One ‘awakened’ soul of that period was Charles F. Haanel. I have learned much from him in the past years. Below are some of my notes and quotes that still reverberate within me today. I read them as I need to. A booster so to speak. We all need it from time to time.

The Master Key System” written by Charles F. Haanel in 1912, available on this web site as part of a free book give away. Please take advantage of this opportunity to grow your thought life and your consciousness!

What is One of the Strongest Affirmations?

One of the strongest affirmations you can use for the purpose of strengthening the will and realizing your power to accomplish, is, **“I can be what I will to be.”**

The Universal cannot express through you as long as you are busy with your plans, your own purposes. Quiet the senses, seek inspiration, focus the mental activity on the within, dwell in the consciousness of your unity with Omnipotence. “Still water runs deep.” Contemplate the multitudinous opportunities to which you have spiritual access by the Omnipresence of power.

What are Mental Activities?

These mental activities pertain to the world within, to the world of cause, and conditions and circumstances which result are the effect. It is thus that you become a creator. This is important work, and the higher, loftier, grander, and more

noble ideals which you can conceive, the more important the work will become.

What is the Benefit of Silence?

It is in the Silence that we can be still, and when we are still, we can think, and thought is the secret of all Thought is a mode of motion and is carried by the law of vibration the same as light or electricity. It is given vitality by the emotions through the law of love; it takes form and expression.

What is the Exercise?

Mental strength is secured in exactly the same way that physical strength is secured, by exercise. We think something, perhaps with difficulty the first time. We think the same thing again, and it becomes easier this time; we think it again and again; it then becomes a mental habit. We continue to think the same thing; finally it becomes automatic. We can no longer help thinking this thing; we are now positive of what we think. There is no longer any doubt about it. We are sure; we know.

What is the Mind?

The mind, which pervades the body, is largely the result of heredity, which, in turn, is simply the result of all the environments of all past generations on the responsive and ever-moving life forces. An understanding of this fact will enable us to use our authority when we find some undesirable trait of character manifesting.

What is Your Rich Inheritance?

In the domain of mind and spirit, in the domain of practical power, such an estate is yours. You are the heir! You can assert your heirship and possess, and use this rich

inheritance. Power over circumstances is one of its fruits. Health, harmony and prosperity are assets upon its balance sheet. It offers you poise and peace. It costs you only the labor of studying and harvesting its great resources. It demands no sacrifice, except the loss of your limitations, your servitudes, and your weakness. It clothes you with self-honor, and puts a scepter in your hand.

How Do You Gain this Rich Estate?

To gain this estate, three processes are necessary: You must earnestly desire it. You must assert your claim. You must take possession.

Where Does It Come From?

This power is from within, but we cannot receive it unless we give it. Use is the condition upon which we hold this inheritance. We are each of us but the channel through which the Omnipotent power is being differentiated into form; unless we give, the channel is obstructed and we can receive no more. This is true on every plane of existence and in every field of endeavor and all walks of life.

What is the Golden Principle?

The more we give, the more we get. Power is contingent upon a proper use of the power already in our possession; what is true in every field of endeavor.

All possession is the result of the accumulative attitude of mind, or the money consciousness; this is the magic wand which will enable you to receive the idea, and it will formulate plans for you to execute, and you will find as much pleasure in the execution as in the satisfaction of attainment and achievement.



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