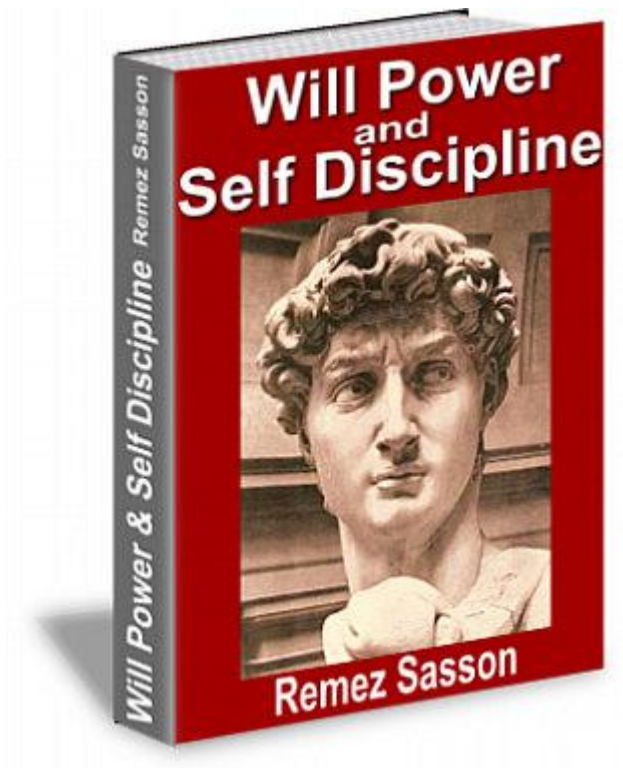


Will Power and Self Discipline

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Introduction

Most people admire and respect strong individuals who have won great success by manifesting will power and self-discipline. People in all walks of life, who with sheer will power, self-discipline and ambition have improved their life, learned new skills, overcome difficulties and hardships, reduced their weight, rose high in their chosen field or advanced on the spiritual path.

Will power and self-discipline are two of the most important and useful inner powers in everyone's life, and have always been considered as essential tools for success in all areas of life. Yet, in spite of this, only few take any steps to develop and strengthen them in a systematic way.

I have found that most people desire to obtain more control over their lives, overcome laziness and change their habits and behavior, but they neither believe that this can be done, nor possess enough inner strength to do that. This is because methods for developing will power and self-discipline are not common knowledge. They are not taught at school, and hardly anywhere else.

Will power is usually associated with ambitious, powerful and successful people.

Self-discipline is mostly associated with people who live a harsh, rigorous and limited life, and with people who seek a spiritual life in secluded places, such as in monasteries or in caves on the Himalayas.

These are completely wrong concepts. Everyone can reach high levels of power with a practical method of training. Will power and self-discipline can be learned and developed like any other skill.

The system of training provided in this book enables you to easily integrate the training into daily life, and develop these abilities through simple, but effective exercises. It does not matter if your will power and self-discipline are weak now. It is within your reach to attain them.

Will power and self-discipline are two of the main ingredients of every kind of success. Their possession will help you overcome weakness and dependability, and gain strength and independence. You will be able make decisions and follow them. You will learn to pull your own strings,

have control over your habits, behavior, actions and reactions, and gain the ability to manifest inner strength in every situation.

Everyday people face situations they do not like, but with which they have to deal. Everyone possesses habits and behavior patterns he wishes he could change, or has some weaknesses he would have been happy to overcome. I have endeavored to provide in this book the necessary information and techniques to develop inner power, and the ability to deal with negative habits and behavior, weakness, indecisiveness, procrastination and laziness.

It is not a book about psychology, but a practical manual for training the will power and self-discipline.

The book contains practical methods and exercises that are simple, and can be performed by everyone, everywhere and at any time. For most of the exercises you do not need to set apart any special time. They can be practiced during daily life, each exercise chosen according to the conditions and the circumstances encountered. You will find out that your daily life provides endless opportunities for practicing exercises to develop your will power and self-discipline.

The methods of this book have always been taught from ancient times, but have rarely been publicized. They have been mostly taught within the circles of those who followed the paths inner development, spirituality and occultism. I have taken what I could find, and added explanations and instructions, together with many new exercises.

I have started with the study of will power and self-discipline, after I have realized that they were essential for both daily life, and for the practical study and practice of concentration and meditation. This book brings you the knowledge and experience I have gained, and the exercises I have learnt, gathered, created and practiced.

There is nothing here that endangers you in any way or attracts to you any undue attention from the people around you. This is inner work, and there is no need to let the world know what you are doing.

Each exercise charges your will power and self-discipline “batteries” with power. When your “batteries” are charged, your powers are available for use whenever you need to manifest them.

The methods of this book can be compared to physical training. By exercising and developing the muscles one gains a muscular, well-shaped body, physical strength and endurance. When this person wishes to use his strength, it is immediately available for him. It is exactly the same with will power and self-discipline. A person develops will power and self-discipline by purposely and willingly overcoming inner resistance, and when he needs them for any purpose, they are immediately available for him.

Will power and self-discipline are closely connected. By developing and strengthening any one of them, the other is developed and strengthened too.

Read and reread the book and practice the exercises. Reading it will enhance your understanding of the subject, and strengthen your motivation and desire to succeed, but only by constant practice you gain real strength.

This book will open for you a whole new horizon. After you start to practice the exercises and experience their effects, you will begin to like the exercises, enjoy doing them, and derive a wonderful feeling of power, strength and satisfaction.

Dare to be strong!
Have faith in yourself!

Decide to develop your will power and self-discipline, follow your decision, persevere with your efforts and success will be yours.

Chapter 1

Definitions, explanations and benefits

What is will power

Will power is the inner strength to make a decision, take action, and handle and execute any aim or task, regardless of inner and outer resistance, discomfort or difficulty.

It is inner firmness, decisiveness, determination, resolution, persistence and the power of pushing towards any goal.

Will power is the ability to carry out actions, even if they are unpleasant, tedious and require effort, or are contrary to one's habits. It manifests as decisiveness, perseverance and tenacity. It is a valuable and an important key for being successful in life.

A strong and well-developed will power helps to execute plans, study and exercise. It gives the strength and decisiveness to act now instead of procrastinating, to resist the temptation to eat another slice of cake, to get quickly out of bed in the morning, assert yourself, and do anything that you desire, but feel too weak to do.

Will power overcomes inner and outer resistance.

It bestows the strength not to give up in the face of difficulties, and carry out whatever you start to its positive and successful end.

It is the inner power that overcomes temptations and negative habits.

Will power helps to reach a positive decision about any course of action, and execute this decision, even if there are other things that you prefer to do.

It is the power to follow one's beliefs in spite of difficulties or opposition.

It is the driving power behind perseverance.

What is self-discipline

Self-discipline is the rejection of instant gratification in favor of something better. It is giving up instant pleasure and satisfaction for a higher and better goal.

It is the ability of the individual to stick to actions, thoughts, and behavior, which lead to improvement and success.

Self-discipline is self-control, and it manifests in spiritual, mental, emotional and physical discipline.

A self-disciplined person does not produce excuses, but keeps and fulfills the promises he makes to himself and to others, and carry out his decisions.

Here are a few examples:

- If you have an appointment at a certain hour, you are there on time.
- If you make a promise to finish some work at a certain hour or date, you finish it by that time.
- If you promise yourself to start a self-improvement program, study, exercise or meditate, you keep this promise.
- If you decide to slim or eat only healthy food, you follow this decision, even if you have to give up your favorite food, and change your eating habits.

Possessing self-discipline means overcoming laziness, procrastination, indecision and weakness, and taking the necessary action in any situation, even if it is unpleasant and requires effort.

Self-discipline is the ability to say yes or no, and not changing one's mind without a good reason.

Self-discipline affords a person the ability to concentrate on a task, as long as it is necessary to learn, perfect, and complete it.

A person can be talented, bright and educated, but without self-discipline he will reach nowhere. Self-discipline bestows the power to persevere and succeed in everything, big or small.

Self-Discipline is the power, which gives one control over his habits, behavior, actions and reactions, exercise moderation in what he does, and the strength not to succumb to whims and rash impulsive actions. When it is really strong, one can withstand pressures and temptations, and does not let outside forces or passing thoughts decide for him.

People who possess self-discipline are able to set goals and work towards their achievement day after day, until they accomplish them. They are able to make sustained efforts. Anything worthwhile needs sustained effort to achieve, and without self-discipline there is no sustained effort.

Self-discipline is not a punishment or a restrictive lifestyle. It does not mean being narrow minded or living like a fakir. It means doing what you think is best and appropriate to do at any given moment.

Its lack is the cause of failure in relationships and in business, of strife, unhappiness, tension, obesity and health problems.

Will power can be described as the initiative element, and self-discipline as the accomplishing element.

In order to decide, start and work towards accomplishing your task or ambition, whether small or big, you need will power. To stick until the successful end you need self-discipline. Self-discipline and will power work together and strengthen each other.

The good news is that Will Power and Self-Discipline are skills that can be learned and developed.

You will find that the terms “inner strength” and “inner power” are widely used in this book. They relay the same meaning, and are the combined powers of will power and self-discipline. They give the ability to take action, overcome habits, resist pressure and stand up to any emergency. They are analogous to physical strength.

The inner power battery

Consciously and purposely refraining from useless, unnecessary and worthless desires, thoughts, feelings and actions builds up and reinforces will power and self-discipline.

Each time you reject and refuse to appease any senseless, unimportant and unnecessary desire, you charge the battery of your will power and self-discipline.

When the battery of your will power and self-discipline is fully charged, it supplies power whenever it is needed.

Personal experience

Spirituality and self-growth have fascinated me from an early age. I was about fifteen years old, when my interest was first kindled. My father used to talk with me about the power of thoughts and the occult, and to show me his interesting books. These conversations evoked my interest and curiosity, and the desire to experience these things.

Later, I started to read my father's large collection of books and magazines about inner development, mind power, the occult, yoga, psychology and philosophy.

Along the years my interest has grown and deepened. I have collected and read many books about the power of concentration, visualization, mind power, meditation and spirituality, and practiced what they taught.

Mouni Sadhu, a very talented spiritual and occult writer, wrote some of the books that have especially attracted my attention and interest. Among other things, he wrote about the importance of will power, and gave some useful advice and instructions. The method he presented was of conquering and refusing to satisfy unimportant inner impulses and desires, as a way to train the will.

What he said was very fascinating, and I enthusiastically started to practice the exercises he suggested. They were simple, uncomplicated and practical, and yielded almost immediate results.

At about the same time I was making my first steps in learning and practicing concentration exercises and meditation. I realized that will power and self-discipline were very important for developing the power concentration and practicing meditation. I came to the conclusion that a strong will power and developed self-discipline were essential for developing perseverance, and for success in self-improvement techniques, spiritual growth and controlling the mind.

One of the first exercises that I practiced was drinking my coffee and tea without sugar. Until then I used to add two teaspoonful of sugar to each cup I drank. I wanted to test my will power, and to find out whether I could endure the unsweetened beverages for a whole week. At first it was tough, because they were bitter and not tasty, but after about a week I got used to the bitter taste. This victory made me very happy, increased my inner strength, and motivated me to continue.

After practicing the exercise for some time, I stopped experiencing inner resistance or discomfort, and therefore, if I wished, I could have resorted to my previous habit of drinking with sugar, but didn't, because I began to like that taste.

Years have passed since then, and I still enjoy drinking hot beverages without sugar, though sometimes I do add half a teaspoon of sugar to the tea only, when it is too strong.

Acting contrary to a habit, and doing some disagreeable action strengthen the power of the will, self-discipline and endurance, and that is exactly the role of this exercise.

After strengthening your will power by conquering a habit, you may, if you wish, return to your old habit, if it is not harmful and you still like it.

You might consider the above-mentioned exercise as a sacrifice or as giving up of pleasure, but this is only temporary and for a good purpose.

By training your will power in this way you strengthen it, just as you strengthen your muscles by lifting heavy weights at a gym. You make some effort in order to gain a stronger will. You "sacrifice" a pleasure for the sake of gaining something better.

I wish to share with you another experience I went through at the beginning of my training.

At that time I began reading a very thick book, but after reading a few pages I put it aside, as it was too boring.

At that very moment I remembered that one of the ways to strengthen will power was by doing disagreeable things and completing them. I decided that no matter how boring the book is, I am going to read it through. I stuck with my decision, and went through each page to the last one.

Though it was a small accomplishment, it was a great victory for me, since I was able to overcome the opposition of my mind. This incident filled me with strength, and the faith that I can overcome any inner resistance. I felt that if I could read a boring book, I would be able to do greater things that need more inner effort.

Later, I have noticed that this exercise, and similar ones, developed my ability to go through and finish whatever I started to do, not just reading books.

Over the years I have read whatever I could find about this intriguing subject, and invented and practiced many more exercises.

The benefits of will power and self-discipline

Here is a partial list of what will power and self-discipline can do for you:

- Overcome laziness.
- Overcome shyness.
- Overcome negative habits
- Overcome fear.
- Overcome inner resistance.
- Resist temptations.
- Stop smoking.
- Lose weight.
- Engage in physical training or sport activity.
- Stop procrastinating and postponing for tomorrow or some indefinite future whatever you have to do.
- Stick to your decisions and execute them.
- Exhibit initiative.

- Act instead of just daydream.
- Control, change and improve your habits.
- Control your eating habits.
- Be able to get up early in the morning
- Always finish what you start.
- Get over anger and other negative feelings.
- Improve concentration.
- Improve the ability to meditate.
- Start a self-improvement program.
- Succeed in whatever you do.
- Be able to say “no” when you mean it.
- Have the courage to speak up your mind.

Will power and self-discipline have immense value in all walks of life. They are necessary for almost every act. The more they are developed, the more control you have over your life. If you intend to achieve any kind of success in your life, whether big or small, then will power and self-discipline are a must. They resemble a powerful engine, which is at your disposal. Without them you let other people, circumstances and chance to direct your life.

They help to focus the mind and persevere while studying. They give the courage to ask for a raise, refuse to do work that is unfairly delegated, pursue a diet, and use time wisely instead of wasting it.

Will power and self-discipline are required at work and at home, when alone or when in company. They endow the power to control moods, thoughts, words and actions.

Real inner power, which is gained by systematic development, is always available, under all times and conditions. It is not something that manifests sporadically and occasionally, but is under the control of the person possessing it.

What are you willing to do in order to attain this power, to be always able to follow your decisions to the end, and to have more control over your life?

Read on, and find out how to gain this power.

Why most people lack will power and self-discipline

What would you prefer to do, sit in an armchair and watch a romantic soap opera, or clean the house?

Would you prefer to lie down in bed and read a book, while it is raining outside, or pull yourself out of bed and go to the gym to exercise?

Would you prefer to eat a delicious piece of cake rich in calories, or cucumbers and tomatoes?

1) Most people prefer a comfortable laziness to actions that require effort. Indolence is very comfortable. It has no demands, and needs no effort. On the other hand, will power and self-discipline are not always comfortable. They demand decisiveness and action.

2) The fear of failure holds back decisiveness and taking positive action. Many find it hard to manifest will power due to negative habits and thoughts. Their minds have been subconsciously programmed by their environment and circumstances to dwell on negative thoughts and expect the worst. This attitude makes them weak and dependent, and prevents them from manifesting inner power.

Deep-seated thoughts, suggestions and habits that have sunk into the subconscious mind prevent the inner power from manifesting.

Children hear from an early age the following or similar words:

“This cannot be done”.

“This is not good for you”.

“Avoid this... and beware of that”.

These words repress initiative, self-reliance and creativity, and the child develops fears and repulsion about certain things. He is taught not to rely on himself, and he grows up with weak will power and self-discipline, unless he becomes aware of this weakness and decides to do something about it.

3) Parents and teachers try to teach children discipline, but more often it is the enforcement of their will on the children, and not any true guidance to develop self-discipline. This attitude usually engenders opposition and clashes. This is one of the reasons why children, and later as adults, exhibit a subconscious dislike of discipline. They feel and regard discipline of any kind as limitation of freedom, and as something unpleasant and frightening.

As grown ups, they grow and settle into a certain kind of life, which they fear to change, even if it is unpleasant and they don't like it. They consider change and improvement to be difficult, if not impossible. They accept their character and abilities as fixed, and the idea of gaining inner strength and power doesn't even occur to them.

4) All of us confront many, hard to ignore temptations, almost each hour of the day. Just think about the quantity of the ads in the newspapers, the magazines and on TV. Look at the assortment of products for sale in the supermarkets and shopping malls, and the huge amount of available entertainment, such as TV, movies, restaurants, concerts, sports competitions etc.

It is not easy to resist all these temptations. How can you resist the beautifully arranged and tasty food at the supermarket, or resist watching a TV show, which offers a pleasant escape from daily life? All these temptations distract the attention, weaken the will and the concentration, and divert the mind from focusing and manifesting decisiveness and inner power.

Lack of will power makes it difficult to stick in one direction, when there are so many other pleasant things to do or choose, and which offer immediate gratification. This turns into a vicious circle, where one manifests no will power and self-discipline, but follows his every whim and desire.

5) A lot of people find it hard to manifest will power, due to feelings of unworthiness and weakness,

Reinforcing the inner powers is not a common knowledge. Neither teachers at school nor parents teach it, because most of them do not know much about it.

Very few people know that these powers can be gradually strengthened by proper exercises.

🟡 Most people go through life letting other people, the environment, and circumstances control their lives and decide for them.

● It is easier and more convenient to sink into self-pity, when encountering failure.

● It is easier and more convenient to listen to people who say that this or that cannot be done, rather than pull yourself together, rise up and decide that you are capable and able to succeed.

● It is easy to let laziness win, even though it is fruitless, as this needs no effort.

Negative habits and thoughts, repressed initiative and creativity, feelings of unworthiness and weakness, laziness and fear, are just few of the obstacles that stand in the way of expressing will power and self-discipline.

If will power and self-discipline were taught at school like any other subject, life would have been so much better for many of us.

Chapter 2

Inner tools for inner work

Make a firm decision

The first step is to make some firm decisions.

Decide that you are not going to give in anymore to habits you do not like.

Decide that you want to stop being weak, and start manifesting inner strength.

Decide that acquiring will power and self-discipline is important for you, and that from now on you are going to develop and strengthen them.

If you feel that you do not possess enough inner strength, and usually fail to follow your decisions and carry them out, you may have little faith in yourself, and doubt your ability to carry out the above decisions. Forget about the past, as this time it is different, because you are going to learn not only to make decisions and promises, but act upon them as well.

Think and rethink about the importance of the above decisions, and what they can do for you, if you follow them. Be willing to practice the exercises and pursue the necessary training. Have faith in yourself that you are capable to develop your will power, attain self-discipline and become strong and decisive. This is your first exercise in manifesting these powers.

Once you decide, you have to follow your decision. You will not get much just by reading this book. You need to practice what you read.

Here are a few things you can do to strengthen your resolve:

● Each day during the following week, read and think about the benefits of possessing will power and self-discipline. Think and meditate what

they will do to your life. This will strengthen your resolve to practice the exercises, and make it easier for you to start.

● Take a sheet of paper and write down in big letters: “Will power and self-discipline are important assets. I resolve to gain inner strength and be strong”.

Put the paper where you can see it often, so as to remind yourself of your decision.

For at least a week, repeat the above sentence twice a day like a mantra, when you are in bed at night until you fall asleep, and for about five minutes, first thing upon waking up in the morning. These words will sink into your subconscious mind, and make it easier for you to follow your decisions.

Inner resistance to practice the exercises

It is quite probable that even if you are convinced of the importance of possessing well-developed will power and self-discipline you will experience inner resistance to perform the exercises.

The mind and body resist any new pattern of behavior, and oppose any deviation from well-known habits. After all, these exercises are intended to put you in charge of your life, pushing the supremacy of the mind to the second place. The mind is so habituated to act unhindered that it opposes any action to change the habits and think and act in a different manner.

The resistance may appear in various ways, as the mind’s arsenal of resistance is huge. You may forget to practice the exercises. You may feel too lazy to do them or you may postpone doing them. You may feel that the exercises are too difficult, they are a burden or that they are an unpleasant task.

Doing the exercises in spite the inner resistance is an exercise in manifesting will power. The best advice is to disregard the resistance of the mind, not give up, and insist on performing the exercises.

It is not so hard as you might think. The first exercises are simple and easy to perform. The idea is to progress gradually, beginning with easy exercises, so as to gain confidence and expertise, before moving to other exercises, which necessitate more power.

After practicing the exercises for some time you will begin to enjoy the power and confidence they bestow, and this will give you the strength and ambition to go on. As your inner strength increases with the help of the exercises, it will be easier for you to disregard and overcome any inner resistance you may encounter.

Change often meets inner and outer resistance at first. It is by surmounting and overcoming any inner and outer opposition that success is achieved.

By overcoming resistance you teach the mind to obey you. The mind is a creature of habit, and no matter how hard it may oppose you at the beginning, if you persevere with your efforts it eventually becomes your ally. Through persistence you can change the habits of the mind, and make it support you instead of oppose you.

The power of choice

There are always various options for handling every situation, but the subconscious habits usually dictate the way one acts. Most people do not realize that they can consciously, and through the act of their will, choose the way they behave, act and react. If they let habits and subconscious reactions rule, then they are not exercising their power of choice, but letting automatic habits dictate their behavior.

Here is an example to make it easier to understand.

Suppose there is a particular person, whom you do not like, and who makes you angry each time he talks with you. You have two options before you, to continue to get angry or choose to stay calm and friendly.

If you choose the second option, carry out your decision the next time you meet him. Become aware of the state of your feelings, and stay calm. Choose not to get angry, but to exhibit self-control. By doing so you

strengthen your will power, change your attitude, and may even change the other person's attitude towards you.

By consciously choosing how to act and react, you acquire the power to control the outcome of your actions, and develop and strengthen the inner muscles of will power and self-discipline.

Before every decision or action look at the situation, and choose which way to follow. It is like being at a crossroads. You can walk in one direction without thinking where it will lead you, or you can choose and decide consciously, as an act of your will power, which direction to follow.

There will probably be some inner tension and resistance at first, but this is natural. It takes time to change habits. You need patience, attention and perseverance.

As you proceed with this book, you will find many opportunities to strengthen and develop the power of choice.

Begin to manifest it in small matters, and in time it will become easy to manifest it in bigger matters.

Patience

Patience is a desired character quality, but seems to be an uncommon commodity. We all need it in all of our activities, and in our relations with the people we meet. It is a great virtue, always and everywhere, and is one of the pillars of every kind of success.

Think how many times during a day you need patience. You need it at home, in your relations with your spouse, children or parents, at work, with your boss, colleagues or customers, while driving, waiting in line, waiting for something or someone, in a conversation, and in many other places and situations.

Lack of patience causes anger, nervousness, thoughtlessness, misunderstandings, dissatisfaction, and unhappiness. It also causes

intolerance, errors of judgment, inappropriate actions, and an inability to finish what has been started.

Patience adds grace, respect and tolerance. It helps you make your life happier, more satisfying and successful. I believe you agree with me that life would be more pleasant, if more patience is exhibited.

As you proceed with the exercises, you will find that besides strengthening your will power and self-discipline, they also strengthen and increase your patience.

Perseverance

Can you speak a foreign language fluently after studying for only one or two days? Certainly not!

Can you build strong muscles in one week of training? Certainly not!

Only by perseverance you get results, and this includes will power and self-discipline as well. You have to persevere with the exercises in order to reap their full benefits.

As your will power and self-discipline get stronger through the performance of the exercises, your power of perseverance will increase too. These three are interrelated.

You will notice that on many occasions, while performing an exercise, your mind will try to divert your attention to something else, or will persuade you to drop the whole matter. Do not listen to it, persevere in your efforts and success will be yours.

It is true that at the start it will not be so easy to manifest perseverance. Keep on thinking about the benefits of perseverance, and the importance of attaining inner strength. Positive thoughts and attitudes will sink into your subconscious mind, which will eventually support you, and help you manifest more perseverance.

It is vital to go on and practice the exercises on a daily basis, in order to acquire inner strength. It is not much use to perform one exercise, and then do nothing for several days.

Concentration and will power

Can you hold your mind on one subject for several moments, without following any other thought? Most people find it hard to hold the attention for any length of time on one single subject or object, unless it is something that interests them very much. The mind is too restless to keep focused on one thought.

Will power can hold and rivet the attention in one place without swerving. As you strengthen your will power, you will find that your power of concentration increases too. Will power is one of the essential keys for the mastery of the mind and attaining good concentration ability.

Strong will power bestows the capability to concentrate on a task, and do whatever is needed to do, even if you have no interest in it, dislike it or it is boring. In fact, anyone who wishes to develop his concentration power should start with developing his will power first.

After working with the exercises you will discover that your ability to concentrate on any job increases. It will become easier to concentrate while studying, reading or working.

Positive thinking and positive attitude

Always maintain a positive attitude about your ability to improve your will power and self-discipline. Refuse to dwell on negative thoughts, and do not listen to people who tell you can't succeed. Never think that you are weak and lack power. On the contrary, think and believe that you are strong, and have the ability to acquire more power.

Positive thinking is not just repeating a few positive words, and then expecting miracles to happen. It is not enough to repeat some positive sentences once in a while. For positive thinking to be effective, you have

to truly believe what you say. You must have unwavering faith, and substitute each negative thought with a positive one.

A positive attitude means thinking in terms of possibilities and expecting the best, but also taking positive actions to achieve positive results. It means that even when you encounter failure you do not lose your faith, but try again. It means doing, acting and trying no matter what the circumstance are.

Words have power, therefore each time you hear yourself saying:

“I cannot do this.”

“I am too weak.”

“I have no power to pursue this subject.”

“My will power is weak.”

“I have no self-discipline, and there is nothing I can do about it.”

“I cannot make up my mind.”

“I don’t have the stamina to finish what I have started.”|

Change these words to:

“I can do this.”

“I am strong.”

“I am courageous.”

“I possess great inner power.”

“My will power is strong.”

“My self-discipline is very strong.”

“Whatever I start to do, I go through with it until I accomplish it.”

Believe and feel, or at least pretend that these positive words are true. If you go on in this way your attitude will gradually change. You will become stronger, feel more capable and optimistic, and your desire to develop inner strength will increase. It will then become easier to perform the exercises.

You may also add visualization to strengthen your positive attitude. Visualize yourself in various situations manifesting will power and self-discipline. Make the mental images clear, and feel the strength inside you. You will start to feel stronger if you focus on the image, and do not let contrary thoughts enter you mind.

A positive attitude makes the mind focus on finding solutions, on taking action, moving forward and on success.

Inner strength overcomes boredom

Do you sometimes feel bored, and find it hard to pass the time? Are there times when you count the minutes that seem to pass so slowly? On the other hand, how does the time pass away, when you are absorbed in something you enjoy? When you are interested in what you are doing, you are hardly aware of the time.

Interest makes one forget about everything else. Why is that so? Concentration and attention are the answer.

If your whole attention goes into what you are doing, you can't be bored. On the other hand, when what you are doing does not hold any interest, it is difficult to hold the attention, and you become bored and restless.

It is boring to do something, if you cannot focus on it. This causes frustration and a feeling of limitation. Actions done while the mind is focused on something else often produce poor results.

Putting your whole attention on what you are doing eliminates boredom, and makes time disappear.

Take the example of a movie. You get absorbed in an interesting movie, forget everything else and lose awareness of the passing time. If the movie is not interesting, you do not focus on it, your mind drifts away and you get bored.

A strong will power is a great aid for focusing and getting absorbed in what one is doing, whether it is interesting or not, without getting bored and restless. It does not allow the mind to drift.

Let me give you an example. A friend of mine was invited to a classic music concert. He does not usually go to concerts, though he likes classic music. When he listens to music, it is usually as background music, and not as the main theme of his attention. While sitting in the concert hall, he couldn't keep his attention on the music. His mind and attention

wandered to the people sitting around him, to his work, things he has to do, and to all kinds of thoughts that floated through his mind.

He did not concentrate on the music, and waited for the concert to end, so he could go home. Suddenly he became aware of what he was doing, and said to himself: “What is going on? What am I doing? I came to the concert to listen to the music and enjoy it, so why am I bored?”

He decided to concentrate and hold his attention on the music. His mind tried again and again to divert the attention, but he held it firmly, deciding that he was going to concentrate on the music and enjoy it, no matter what. And you know what? After a few moments he became so engrossed in the music that he forgot about everything else, and had a wonderful time for the rest of the concert. Boredom was completely gone, and he was not aware of the passing time.

A strong and trained will power helps to focus the attention on what one is doing and hold it there.

When you are able to focus your attention, you become able to immerse yourself in whatever you do, and therefore cannot get bored.

Pulling your own strings

- Do you sometimes find yourself saying and doing things against your better judgment?
- Do you find yourself accepting other people’s ideas and gratifying their will, and at the same time being angry with yourself for acting this way?
- Do you sometimes spend money on something you do not need, just because someone persuaded you to buy it?
- When someone talks to you with anger, do you follow his behavior and get angry too?
- A strong will power confers the ability to accept or reject at will outside influences.

- Inner strength enables you to say what you think without fear.
- When you possess inner strength, your actions will be initiated by you, and not as a reaction to outside influences.
- Will power and self-discipline provide the confidence to act on your own decisions, and not because of other people's pressure.

Why let other people pull your strings? Why not strengthen your will power and start pulling your own strings. You have your own will. Learn to say no when you mean it. Don't be afraid of what others might say about you.

If you always give in, people might take advantage of you. This brings unhappiness, frustration and resentment.

Performing the exercises in this book will increase your inner strength and confidence, and put the reins of your actions and reactions into your hands.

Keeping silence about your inner work

"Silence is golden".

It is better not to spread the word about what you are doing. This is inner work, and to be more effective it is advisable to remain silent about it.

People like to ridicule those who embark on any path of self-development, and might try to convince you that what you are doing is futile, and you would better drop it.

By keeping silent you save yourself a lot of inconvenience, and criticism.

It is a waste of time and energy to argue and try to convince people about your beliefs. Save this energy for better things. Besides, arguing makes the mind restless and might evoke anger and resentment, which are better avoided.

If you meet someone who is sincerely interested in what you are doing, you may share your knowledge with him or her, though it is better to keep

utterly silent about your inner work, until you possess strong will power and self-discipline. Then, criticism and ridicule will have no effect on you, and you will become immune to what people say. But until you gain inner strength, silence is golden.

Desire and motivation

Success in every field requires desire and motivation. How can you embark on a self-improvement program or begin any project, if you do not possess enough desire and motivation?

In order to practice the exercises successfully and gain their benefits, you have to desire to do them, and to invest effort and time in them. You have to be convinced of the importance of will power and self-discipline in your life, and to understand that they are a key factor for every success.

You have also to keep yourself motivated, so as not to drop the matter and discontinue the exercises. In order to keep your desire and motivation alive, you need to think often about the benefits of will power and self-discipline, and let the fire of desire and motivation rise up.

Read inspiring stories about people who exhibited these traits of character. Watch strong people in action. Think about the changes you want to make in your life, and which require inner power. All these actions will increase your desire and strengthen your motivation.

Real success is achieved through a strong desire and motivation, and not by a lukewarm attitude. An indifferent attitude does not get you far.

Desire and motivation are like a powerful engine that keeps pushing you forward. They determine how much zest, life, energy and ambition you put in everything you do. Without them there is standing still and no advancement.

Chapter 3

Introduction to the exercises

Start with simple and easy exercises

The exercises have been arranged from the easy to the more difficult. It is important to start with easier exercises, which don't call for much effort. If you start with exercises that for now are too difficult for you, you might not be able to perform them, get frustrated and disappointed, and leave the whole matter.

As your power increases, move on to more challenging exercises. This is the proper approach that will lead you to success. Never think about how long you still have to go or analyze your advancement, just practice the exercises day after day. Thinking and analyzing how much work you still have to do is just a waste of time and energy, and may make you impatient. Better devote this time to practice.

Don't be overwhelmed by the number of exercises. You don't have to perform all of them.

Even the performance of only a small part of them will increase your inner strength considerably. Yet, if you are really serious about getting stronger you will eventually perform all of them, excepting of course those that do not apply to your life's circumstances.

It is also important that at the start you do not try to perform too many exercises, even if you are enthusiastic. Go slowly. It is not the number that counts, but the quality.

Think often about the benefits of what you are doing. You will also need to constantly remind yourself to perform the exercises, as your mind will probably try to make you forget them. The mind feels that if you get stronger, you will be able to control it, and therefore it opposes your efforts, as it wants to be free and uncontrolled. It takes some time and effort to turn the exercises into a habit.

Along the way, and especially at the start, there might be laziness, procrastination and suggestions from your mind to give up. Your mind might tell you that there are other more important things to do, and whisper to you about the “pleasures” you are “missing” if you practice the exercises.

Be strong, persevere, and don't give in. Gradually the mind will accept your new attitude and go along with it.

As you progress, and see your will power and self-discipline growing stronger, you will begin to enjoy and love the exercises. Watching your power increasing will make you more confident and happy, and your ambition and desire to go on with the exercises will get stronger.

Exercising your inner muscles

In this book I have included exercises that I have read about and practiced, and others that I have invented myself. You might find some of them too easy and others more difficult. Some may make no sense to you, and others might seem ridiculous.

Imagine someone watching for the first in his life a person training in a gym. This may seem to him a weird spectacle. He sees someone doing a nonsensical act of lifting heavy weight for no purpose. He might think that this person is mad. Why would anyone make such an effort and lift heavy barbells? It looks such a futile activity! Yet, the person who lifts the barbells thinks differently, and knows that lifting them strengthens his muscles.

Developing will power and self-discipline resemble physical training. In both cases some of the exercises may seem like senseless, futile and useless actions, yet they are valuable and build strength and endurance.

Each day, every one of us faces situations that call for the manifestation of will power and self-discipline. Constant sharpening of the will power and self-discipline with appropriate exercises increases their strength, and makes them available whenever needed.

The common theme of the exercises is the refusal to satisfy certain unimportant, unnecessary or useless desires and habits. The exercises involve overcoming laziness, procrastination and inner resistance. This process strengthens your will power and self-discipline, and makes you able to manifest them whenever necessary.

The exercises work on the feelings, thoughts, words and actions. With a positive attitude, and after experimenting for some time, you will enjoy and love this process.

If you give up or sacrifice something in the short run, it is in order to gain something better and more satisfying in the long run.

Let's say you love to eat and cannot resist sweets, chocolates and cakes. You eat and enjoy what you eat, but at the same time you also suffer emotionally and mentally, because this makes you gain weight. You know that you have to regulate your eating habits, but you lack the power.

Wouldn't you be happy and satisfied if you could reduce the amount of sweets and cakes you eat? Are not better health, a better-shaped body, inner strength and lack of emotional and mental anguish worth "sacrificing" some food?

By giving up some undesirable desires and habits, you gain a lot. You give up what is unhelpful, harmful or unimportant, and gain a great and useful power.

Don't think that self-discipline will make your life unpleasant and boring. On the contrary, you will be filled with power and be able to put your affairs in order. You will live a better life, with you, holding the reins.

The exercises and usual daily activities

In order to reap the full value of the exercises, perform them seriously and enthusiastically. If there is an exercise you do not like or find boring and tedious, that's an excellent reason to perform it. How can you develop inner strength if you run away when you face a difficulty?

You will find easy exercises at first, and then you will gradually move on to more difficult ones. What may look difficult now, may be a piece of cake in a short while.

You might find some of the exercises boring and tedious, and feel reluctance to perform them. This makes them more valuable for you. As already mentioned previously, will power is the ability to do whatever one decides to do, even if it is unpleasant, boring or tedious. If you only do what you like, how can you develop inner strength?

You develop inner strength by stopping to be a slave to every passing whim, thought and desire.

Most of the exercises presented here can be practiced anywhere and everywhere. They are not restricted to special times, and do not require special preliminaries, set hours, places or conditions. You can always find the time and place to practice them, as they take advantage of the circumstances and situations of daily life.

As you proceed, you will see that various situations suggest various exercises. Many of the exercises can be integrated into daily life, without devoting to them any special time. They are simple and easy, in the sense of not being complicated. They can be practiced by everyone, not only by ascetics or yogis living in the Himalayas.

Almost every action and situation in daily life can be turned into an exercise, and this book will show you how. This means that you can develop your will and discipline while going on with your daily affairs. This is a great advantage, as you can train throughout the day and consequently advance faster.

Here are a few examples, in order to show you what I mean:

● Suppose you love to drink coffee at breakfast. For one whole week drink tea instead. This action will probably cause inner objection, and your mind and body would refuse to cooperate. They don't like to change habits.

Why would you drink tea if you prefer coffee? This action sets your will power into action. You have to use it in order to fulfill your decision. By using your will power, even in small matters, you get stronger.

Overcoming any sort of resistance increases your will power. It gets stronger in accordance with the amount of resistance you overcome.

By the way, after a week of drinking tea you can return to coffee.

- Sometimes, while walking on the street, count your steps until you reach 100 steps. Concentrate on the counting, and don't let your mind wander to the window shops or to the people passing by.

It might not be so easy to do, but it is a powerful exercise. You learn to concentrate and master your mind and senses. The ability you gain will help you on many occasions, such as for example, reading or studying in noisy and crowded places.

- If you are sitting in a bus full of people, stand up and give your seat for someone else, in spite of your desire to keep it.

- Most people cross their legs when they sit down. Whenever you become aware of this, change your legs by putting the other one on top of the first. This might feel inconvenience and awkward, and you will need to exercise inner strength to resist the temptation to switch back your legs. Practice this exercise until it stops inconveniencing you.

- For one week, hold the spoon or fork in the other hand when you eat.

All these exercises are derived or connected with situations of daily life. You will find the above exercises in the following chapters. They were produced here only to show you what to expect, and how ordinary daily actions are opportunities for developing your will power and self-discipline.

Overcoming inner resistance

The mind dislikes anything that interferes with its habits or tries to control it. It will persuade you not to exercise, and suggest to you that you have better and more important things to do. It may tell you that the exercises are useless or too difficult for you. It will even try to make you forget the exercises. It will do whatever it can to stop you.

It is as though the mind has a life of its own, and feels that if you become stronger, you will be able to subdue it, and then it will be forced to resign from being your master.

Do not be tempted to listen to your mind, but go on to performing the exercises. If you disregard its tireless attempts to sabotage your efforts, its resistance will start to wane. It is natural for the mind to behave as it does. It takes time to change habits. It takes time to become strong and able to act contrary to the instinctive subconscious urges and desires of the mind.

If you go on performing the exercises suggested in this book, you will soon begin to love and appreciate them. When you see the results, you will want to perform more exercises and gain more power. Constant practice makes the mind obey you, and it will soon change its habits and assist you in your inner work.

The mind can be your friend and ally, and it can be your adversary. It is up to you what you make of it.

Most of the exercises in this book call for the performance of habitual actions in a different way. This might sometimes evoke fierce inner opposition. It is the confrontation with this resistance, and performing the action in spite of the resistance that forges the steel of will power.

Every resistance that you overcome makes it easier to conquer other oppositions along the way. What might seem difficult today will look easy in a short while.

After you experience the sweet and pleasant feeling of inner strength and victory, and the effect inner strength has on your life, your desire to go on with these exercises will grow.

You might think and feel that you are sacrificing some pleasure or a convenient habit by practicing the exercises, but it is all for a purpose. You conquer laziness and give up weak, negative and useless habits and activities, in order to get the treasure of inner strength. This inner strength will make you the master of your life, instead of being the slave of circumstances.

As a bodybuilder strengthens and builds his muscles by overcoming the barbells' weight, overcoming inner resistance is the lifting of barbells to build inner strength.

In order to make it easier to surmount the inner resistance, start using positive motivating affirmations.

Here are a few affirmations you can make use of. Take any one of them, and repeat it for several moments with attention and feeling, whenever you feel the need for it.

“My mind obeys my will.”

“I am stronger than my mind.”

“My mind is my ally and it helps me to get stronger.”

“I have a very strong will power.”

“It is very easy for me to exercise and use my will power.”

“My self-discipline is very strong.”

“My will power and self-discipline are constantly getting stronger.”

The role of detachment

Detachment is the ability to stay calm and self-controlled in all circumstances, even if one encounters failure or difficulties. It is the ability not to let thoughts, feelings and desires sweep you off your feet or entangle you in undesirable situations.

Detachment is not indifference, coldness or lack of energy. One can be detached, and yet energetic, ambitious and very alive.

Detachment allows will power and self-discipline to manifest more easily, and the development of will power and self-discipline enhances the display of detachment. They affect each other.

Attachment brings fear of loss, and stands in the way of overcoming habits and fears, and of developing strength and independence. Attachment is like chaining the legs to a post or a heavy rock.

Detachment, on the other hand, frees from fixed habits and behavior, and brings peace of mind.

On some occasions, manifesting will power means acting contrary to habits and natural inclinations. If one is strongly attachment to a negative habit, he will need more effort to act contrary to it, than if he were not attached.

Too much attachment to people, possessions, circumstances and habits, makes it difficult to make changes and get free from unpleasant situations. It may also bring suffering, worries and lack of peace of mind, if something happens to the subject of the attachment.

Detachment, on the other hand, helps to keep a cool, clear and concentrated mind in times of turbulence, and consequently enjoy peace of mind. One learns to accept the good and the bad without losing one's composure and inner peace.

The exercises in this book help to develop the ability to stay detached, where and when necessary. In time you will find it easier to keep away, and not get involved with negative thoughts, feelings and desires, without much effort.

Here are some suggestions to facilitate the display of detachment:

- Try not to be too attached to habits, people and possessions. This does not mean being indifferent, uncaring or unloving. You can be caring, helpful and loving, and yet detached.
- Refuse to let fears and worries occupy your mind. In order to keep them away, think about or do something else that absorbs your attention. Fear and worry help no one, bind and make it difficult to make changes. When fear and worry are gone, attachment loses its power and the mind gains peace.
- Don't attach too much importance and value to unimportant objects and subjects that do you no good.
- Delay for a few seconds your reaction to words, feelings and actions that arouse your emotions. During this time take a few deep breaths to calm you down before reacting. This gives you the time to let some detachment come in.

- Remind yourself often that by staying calm and detached you avoid making mistakes or acting in a way detrimental to your best interests.
- When you feel that your thinking is getting clouded by too much emotions, take one step back in your mind, and look at your emotions and thoughts as if from the outside, like looking at someone else's feelings and thoughts.
- Concentration exercises and meditation help to develop detachment.

Control of desires

All kinds of desires demand satisfaction each moment of the day. Many of them work on a subconscious level, and we frequently appease them instinctively, before we are aware what we are doing. Satisfying desires has turned into an automatic, unrestrained habit.

Here are a few examples:

- You have a desire to watch a soap opera, and immediately your hand grips the remote control and switches on the TV.
- You see biscuits on the table, and before you know it, one is already in your mouth.
- Your body is thirsty, and instead of quenching your thirst with water, you instantly grab a can of beer.
- You remember some incident, and immediately start talking about it.
- You are angry with someone, and before you know it, you find yourself yelling at him.
- A smoker reaches for his cigarette, and before he knows it, he has already lit it.

Make a rule to become conscious of your desires, and wait a moment before rushing to satisfy them. Not every desire has to be obeyed and followed instantly without thinking. Pause a moment, and decide which one to appease and which one to deny.

In order to be in control and conduct your life in a reasonable way, you need to remember to be aware of your desires, and resist the temptations and inner urge to follow them automatically. I am not saying you have to interfere with all your desires. I only say that it is you, who should hold the steering wheel of your life, and not your desires.

Some desires may bring happiness and satisfaction, but there are also desires that bring no fulfillment, and only waste time and energy. Following them may bring regret, unhappiness and sorrow. It is by strengthening the inner powers that you become able to defy and conquer these weakening and useless desires.

In the following chapters you will find some exercises, which call for restraint and not giving in to certain desires. Most of these desires relate to simple and not so important matters, but their restraint will increase your will power and self-discipline.

There are many worthless and unimportant desires that can be denied, at least temporarily, in order to develop inner strength. After you are convinced that you can easily resist a particular desire, you may return to appease it, if you are still interested, and the desire is not harmful.

By “sacrificing” some desires you get stronger and more powerful. By refusing to obey unimportant urges you gain strength, which will be at your disposal whenever you need it.

This book will teach you to be aware of what is going inside your mind, and to be able to choose and follow your course of action, instead of following automatic responses, desires, habits and actions.

I am not trying to turn you into a fakir, but only to show you a method for gaining inner power. There are enough unnecessary or unhealthy desires, which can be denied and refused, without going to extreme and unhealthy denials.

Refusal and denial of unnecessary desires develops inner strength. As mentioned in other places in this book, it is like bodybuilding. The muscles need the resistance of the barbells in order to get stronger. Overcoming negative, unnecessary or useless desires is like lifting

barbells. This act strengthens the power of the will and enhances self-discipline.

Consciously and purposely refraining from useless, unnecessary and worthless desires, thoughts, feelings and actions builds up and reinforces will power and self-discipline.

Each time you reject and refuse to appease any senseless, unimportant and unnecessary desire, you charge the battery of your will power and self-discipline.

When the battery of your will power and self-discipline is fully charged, it supplies power whenever it is needed.

Advice and tips

In the next chapter you are going to start with the exercises, which constitute the practical part of this book, but before that I would like to suggest some helpful advice and tips. Some of the advice may have been already mentioned before, but repetitions are always good.

The exercises have been arranged from the easy to the more difficult. The next chapter contains simple, introductory exercises. Practice all of them, and in the order they are arranged. After you gain some experience with them you may proceed to the other exercises in the book.

Don't attempt to practice immediately all the exercises that are suggested. Start with just a few each day, and as you get stronger, advance further and add more.

If right at the beginning you start with exercises that are too difficult you might fail, lose your faith in the exercises and give up. This is why it is advisable to start with the easier exercises.

The exercises do not need any special environment or preliminary preparations before practicing them. Except some exercises, which need to be done when alone, most of them will be conducted during daily life, wherever you are.

Here are a few tips:

- Begin with the first set of exercise in chapter 4. They do not demand too much effort, and are therefore more suitable to begin with.
- Start the day with a few words of motivation. After you wake up in the morning tell yourself about your desire to possess a strong will power and developed self-discipline. Think about how they will improve your life, and help you accomplish your goals.
- Remind yourself several times each day of your resolution to strengthen your will power and self-discipline, and how much they are important to you.
- If you fail or do not perform an exercise properly, don't get angry with yourself. It is okay. Power is not gained in a day. Analyze why you failed, and then try again.
- Persevere in your efforts even if it is tough sometimes.
- Develop faith in yourself and in your ability to improve and strengthen your inner powers, even if at first you are not very successful.
- Know that even strong people, with a mighty will power, had to train and strengthen their power. Most of them were not born with it.
- Remember what was said about detachment, and exercise some detachment while practicing the exercises. Keep calm, and don't get carried away by every trivial emotion, thought or word that comes along.
- Earnestness and willingness will help you progress faster.
- Don't constantly compare yourself to other people, and don't worry if you think your progress is not fast enough. Each well-done exercise adds to your power.
- Pay attention and concentrate on what you are doing, and it will be easier to carry on each exercise.

Chapter 4

The first series of exercises

Foreword

Everything you have read so far, has been crucial to the understanding of the exercises and their correct performance, and was designed to prepare you for the practical part. Now the time has come to start with the exercises.

The first exercises are simple, easy, introductory exercises. They consist of doing certain actions, which need patience, attention, intent and the use of inner power to overcome inner resistance. Even though they might look strange or ridiculous, do not underestimate their value. They are useful and beneficial exercises, designed to provide you positive results.

By first training yourself and gaining experience in small and insignificant matters, you gain the ability to use your will power and manifest self-discipline in more important matters.

It is the same as with studying a new language. You begin with simple, easy to read books, such as children stories, because they use a simple language and a basic vocabulary. Learning the basics of the language prepares and trains you to talk fluently later.

Start with the first exercise and do it several times each day for several days. When you feel that it poses no difficulties, move on to the second one, and also practice it several times each day. Go on until you practice all the exercises in this chapter, before going to the next one.

You might find some of the exercises too easy, and after a few times you may feel that you can advance to next exercise. It is better to stay with each exercise in this chapter for at least three days, before going to the next one. It is also possible that you find some exercises are more difficult, and you will need more time to master them. That is okay. Take all the time you need. No timetable can be given, as progress is an individual matter.

Your reason, judgment and intuition should be the judge when to move to the next exercise. Remember, there is no need for haste. Better advance slowly, but steadily. Don't feel frustrated if you find your progress too slow. If for a long time in your life you have let your impulses, urges and other people to control your life, it takes time to change this situation. If you feel you need more time for each exercise, this is all right.

Don't be impatient and rush from one exercise to another, as if in a race. Do each exercise thoroughly, calmly, earnestly and attentively. It is quite possible that sometimes you will feel eager to perform several types of exercises each day, and move fast to the next chapter. Your ability to cope with this impatience and curb it is a test for your power of will and patience.

For the first exercises find a place and time when you can be alone and undisturbed. You can wake up fifteen minutes earlier each day to practice these exercises, or find any other suitable time. Don't do the exercises before going to sleep at night or when you are tired or sleepy. You need to be alert and fully awake while performing them.

After practicing the exercises successfully you will experience an exhilarating feeling of power and victory. This will enhance your confidence and faith in the effectiveness of the exercises, and your desire to continue doing them will grow. It is very important to gain confidence right from the start.

You will advance faster if after every successful exercise you tell yourself: "I have done it. I am strong, and can do greater things". Don't underestimate the importance of these words. Always acknowledge your success. This sends a positive message of strength and power to your subconscious mind.

Perseverance is the key to success.

The exercises

Exercise no. 1 - Arranging matches

Empty the contents of a full matchbox on the table, and arrange the matches in a row, one by the side of the other. Don't think of anything else, except of putting them in order. Your movements should be slow and controlled. If you experience impatience or tension, curb them and stay calm.

Besides will power and self-discipline, a well-performed exercise will also strengthen your concentration and patience, and teach you to overcome boredom.

Exercise no. 2 - Counting words

Open a book, and silently count the number of words in one paragraph. Count with your eyes only, without pointing your finger at the words. The counting should be done slowly and accurately. Afterwards count the words in the same paragraph again, to see that you have counted them correctly.

In this exercise you develop patience, control over your mind and the ability to focus it. This will consequently make it easier to concentrate your attention when you read and study.

Exercise no. 3 - Walking to and fro

Walk slowly to and fro in your room for five minutes. Don't watch TV or listen to the radio to pass the time. This might be boring, and this is where the value of the exercise lies. It will teach you patience.

There are many situations in life, where one has to do things that are boring. Voluntarily performing boring actions will make it easier to handle boring situations, and even use them advantageously.

Exercise no. 4 - Walking slowly in your room

Walk slowly in your room, but this time put each foot in front of the other one, the back of one foot touching the toes of the other foot. Walk in this way in your room, while concentrating on your steps, for about three minutes.

Do this exercise for a few days, several times each day.

Silly or not, this exercise develops patience, attention and discipline.

Exercise no. 5 - Putting on shoes

For a few days reverse the order of putting on your shoes. If you usually start with the right foot, this time start with the left one. Put on your shoes and tie or buckle them with full attention, otherwise you will probably put them on according to your automatic habit.

Though it is a very simple exercise, changing the order of putting on your shoes may cause you some inconvenience, impatience and nervousness, as you are acting in contrary to a subconscious habit. Nevertheless, go on calmly with your action.

By developing the ability to perform insignificant actions like this one, in spite of inner resistance and discomfort, you gain the ability to carry out uncomfortable and difficult actions on a bigger scale, and overcome greater inner resistance.

Besides developing your will power and self-discipline, this exercise will also strengthen your power of attention, make you more aware of your habits, and enhance your ability to control them.

Exercise no. 6 - Putting one leg over the other

Most people put one leg over the other, while sitting down. It is some kind of an involuntary habit. Whenever you become conscious of this act, reverse the legs and stay in this position for some time, in spite of your feeling of discomfort and awkwardness.

The body is so accustomed to its habits that it finds this simple exercise quite disturbing. Your ability to be aware of this unconscious habit and

act otherwise will be one of your first victories and tasting of inner strength.

Continue with this exercise until you don't experience any inconvenience.

Exercise no. 7 - Holding a glass with your other hand

With which hand do you hold the glass or cup when you drink? Next time hold the glass or cup with the other hand while drinking. It doesn't matter what you are drinking, it might be water, coffee or anything else. The important point is to disregard the feeling of inconvenience that you will probably experience.

You might also feel a bit awkward, and not enjoy the drinking. Don't give in. Perform this exercise often, until you do not experience any difficulty or inconvenience.

Consider the exercise as a challenge, and its successful performance will fill you with a sense of power.

This is an exercise for developing the inner powers, and its purpose is not to cause any suffering. You are temporarily acting contrary to a habit in order to gain inner strength. Your decision to use a particular hand, even if it is not comfortable, and your refusal to switch the glass to the other hand, strengthens your power of will.

Exercise no. 8 - Climbing or going down the stairs

Every now and then climb or go down the stairs on foot, instead of using the lift. If you live or work on high floor, it is enough if you climb only several flights of stairs and not the whole way, and of course take into account the state of your health.

Disregard any inner resistance you may experience. Tell yourself that beside training your will and discipline you are strengthening your muscles and lungs, and also losing some calories.

Exercise no. 9 - Cleaning a drawer

Decide to arrange the contents of one of your desk or kitchen's drawers, and immediately start doing so. Overcome any laziness, and do not listen to your mind's protests that this is not the right time or you have other, more important things to do. Show your mind that you are its boss, and that you can disregard its opposition.

Exercise no. 10 - Peeling a fruit

Take an apple and a knife, sit comfortably and start peeling the apple. The goal is to peel it slowly, starting at the upper point, going around it to the bottom, without cutting or breaking the peel. Endeavor to cut it thin.

At the end of the exercise you should have the whole peel as one continuous piece.

Instead of an apple you can peel an orange or any other fruit.

If you do it often you will develop patience, attention, will and discipline.

Exercise no. 11 - Not watching TV in bed

People who are used to watch TV in bed at night, might find the following exercise a bit cruel, but very rewarding. For a few nights do not switch the TV on when you lie in your bed. This might cause you to feel nervous, tense and restless, as you are interfering with a pleasant habit. But what is a TV program compared to becoming stronger, and having control over your time and life?

You can read a book or meditate before falling asleep instead of watching TV.

Exercise no. 12 - Switching off the sound of the TV

This is another exercise involving TV. This time, while watching a program or movie, switch off the sound for two or three minutes. Keep watching the program or movie, but without hearing what is being said. Stay calm and relaxed and do not count the seconds, waiting to switch on the sound.

Exercise no. 13 - Itching and scratching

This is an exercise for which you do not have to devote any special time, and may be practiced several times a day. When you feel some itching in any part of the body, refrain from scratching this place. Though a simple exercise, it may prove not to be too easy to do.

The desire to scratch can sometimes be real strong and disturbing. Postpone the scratching for as long as you can. Sometimes, when the itching is mild, it disappears after a while, but when it is strong and persistent, you may need strong inner power to resist the temptation to scratch. Don't torture yourself if the itching continues. Refrain for as long as you can, and then you may scratch where it itches you.

Exercise no. 14 - Adding up cars' plate numbers

A very common situation most people encounter almost daily is waiting in traffic jams, in a car, bus or taxi. They get nervous and uptight, wait for the time to pass, let the mind drift or just listen to the radio

You can take advantage of the situation and exercise your mind power. Look at the plate numbers of the cars around you, and in your mind add up their digits to one single digit.

Please, do not do that while driving!

Exercise no. 15 - Counting cars

Stand by the window, on a terrace, or in a street corner, and for five minutes count the number of cars that pass by. Don't pay attention to the people that you see, and do not follow any thoughts that arise in your mind. Just count calmly the cars and nothing else. Be alert so as not to let thoughts make you forget what you are doing. To make it easier, count only the cars that pass in one direction.

This exercise may look childish, yet, don't be tempted to skip it. You will find that **thoughts enter your mind, and divert your attention from the counting.** You may also find it hard to disregard what goes around you. It is only five minutes, yet your mind will probably refuse to obey you.

By insisting to count the cars you strengthen your will power and self-discipline, and overcome the mind's restlessness.

Practice this exercise at least once or twice each day. When you are able to do it rather easily for at least five minutes, and without any loss of attention, proceed to doing it for ten minutes, once or twice a day.

Keep performing the above exercises until you feel they present no difficulties for you, and then proceed to the next chapter.

Chapter 5

The second series of exercises

After performing the first set of exercises in the previous chapter, and beginning to see results, you are ready to tackle some more exercises.

In real life situations, when there it is necessary to display will power or self-discipline, one may not always be able to manifest them properly and in the right amount. But when one consciously and intentionally undertakes a training course things are different. It is like rehearsing and training to do a certain action. When the situation calls for this kind of action, one is ready for it and performs it easily.

With the help of this book you will learn how to utilize consciously each opportunity to develop will power and self-discipline. You will also learn how to put yourself purposefully into situations, where you need to manifest these powers, and in this way strengthen them.

Some of the exercises in this book entail putting yourself in inconvenient or a bit unpleasant situations and making small “sacrifices”, but this is the way will power and self-discipline get stronger.

You will have to reject instant gratification in order to gain inner strength.

Follow the exercises earnestly and sincerely, and your power will grow.

You do not have to follow the exercises in this chapter in the same order they are presented. Read the instructions for the exercises and remember them, and then perform them whenever the circumstances are appropriate.

You can perform any one of them, as many times as you want. When you are convinced that you are performing an exercise correctly, and it does not pose any difficulty, do it a few more times before leaving it.

It is a good idea to return every now and then to the exercises that you have already practiced, and perform them again, even if they are too easy. This will strengthen your confidence and faith in yourself, and keep your powers in good shape.

Exercise no. 16 - Getting promptly out of bed

Do you like to cuddle in bed in the morning, and find it difficult to get out of it? It is so pleasant, cozy and warm to stay in bed, especially on cold winter days. You stay a few moments, and then another some minutes, and then you suddenly realize that it is getting late and you need to hurry.

The good news are that you can use this habit to get inner strength, by learning to get up promptly, in spite of the desire to stay in bed.

You may consider giving up the warmth of bed and getting up promptly as a sacrifice, but you actually gain a lot. Getting up on time will give you some spare time in the morning. You can have enough time to eat a good breakfast, enjoy a relaxing cup of coffee and get to work on time, instead of cuddling in bed a little longer, and then rush with all the morning activities, and arrive breathless to work. You may even have enough time to read a book or take a short walk.

I don't intend to take this pleasure from you, but only to help you get over laziness, and develop enough inner strength to tackle easily any situation you might encounter, and which requires the manifestation of decisiveness and will power.

It might help, if you convince yourself that giving up the pleasure of being in bed for another ten minutes is not so crucial, compared to the benefits of having a relaxed beginning of the day. In the long run it is a good investment. You are trading this comfort for inner power. You give up some pleasure in order to grow stronger.

Here are a few suggestions to help you with this exercise:

● Before lying down in bed at night, repeat the following sentence several times aloud or in your mind:

“Tomorrow morning I am going to get up out of bed promptly, immediately upon waking up.”

Evoke within you the faith that you are able to do that. Think about the importance of this action, and that you are doing it to gain will power and self discipline.

- When you wake up, get up immediately and sit for a moment on the bed, to let your body gain its balance before standing up. If you still experience some inner resistance and wish to lie down, think about the inner strength you gain by getting up promptly, and what you can do with the spare time you will have at your disposal.
- You will sense a feeling of success and power after you stand up. Next night before sleeping, and the morning after, upon waking up, remind yourself of this pleasant feeling, and it will be easier for you to get up.
- It is not enough to do this just once. Don't stop after one attempt, but keep up this exercise for at least ten nights and days in a row, even if it is cold and rainy. On such days the resistance is stronger, and therefore the exercise has more value.
- If after ten days you still experience difficulty to get up immediately without cuddling in bed, continue the exercise until you can do it easily.
- When you feel that you have overcome any difficulty, and you can get up easily, you may continue with this exercise if you wish, and turn it into a habit, or you may return to your old habit of staying in bed, and practice the exercise only occasionally, to prove to yourself that you can do it whenever you choose. It is highly probable that you will choose to continue with it, considering the benefits.

Exercise no. 17 - Picking up trash

Each time you find at your home a piece of paper, a small crumb of bread or food or any piece of dirt or rubbish on the floor, the table or couch, pick it up and throw it into the garbage can. The purpose is not to clean the house, but to overcome any inner resistance, laziness or tendency to ignore what you see, and consequently strengthen your will power and self discipline.

Sometimes we disregard what is in front of our eyes due to all kinds of reasons. We might not want to touch dirty things or trash or we may feel too lazy to wash our hands afterwards, and prefer to ignore what we see on the floor.

You may be surprised at the ideas, suggestions, arguments and reasoning the mind might bring up to avoid this small and insignificant action.

Though a very simple exercise, it will teach you to refuse to obey subconscious habits and urges, free yourself from the shackles of your mind, and train it to act in accordance with your will. The benefits of this exercise or any other exercise are not limited to the subject matter of the relative exercise. The power you gain will be available for any other action, which requires will power or self-discipline.

Exercise no. 18 - Too lazy to take a shower

Sometimes you may return home late from work, feeling too tired and lazy to wash. You may feel that washing is too much effort at this time. This is a great opportunity to exercise your will power and gain inner strength.

Take it as a challenge not to succumb to the laziness. Think about the fact that if you ignore it, and go and have a shower now, you sharpen your will power, and get the bonus of feeling good and refreshed.

Convince yourself of the importance of following your own conscious decision, and not some unreasonable subconscious laziness.

Every time you give in to laziness you weaken your inner strength.
Each time you conquer laziness you strengthen your will power.

Exercise no. 19 - Holding a glass filled with water

The following exercise is a well-known one that has been mentioned by several writers and teachers.

Hold in one hand a glass filled with water. Extend your arm in front of you, gaze at the glass, and stay in this position for one minute without moving. It is important to keep your hand steady so that the water in the glass will not move.

After doing this successfully several times, increase the time to two minutes and then to three minutes. If you feel you can, then gradually try to extend the time up to five minutes, though three minutes is quite

enough, as this exercise is not meant to be an exercise in physical endurance.

Throughout the whole exercise stay calm and relaxed. Keep your hand and gaze steady, and don't look at your watch or calculate the time left.

Exercise no. 20 - Walking slowly in the street

While walking in the street, slow down your pace and walk slower than usual. Walk slowly, but in a natural way, so as not to attract unnecessary attention. Disregard any impatience or inconvenience that may arise. Do this for a few minutes.

Exercise no. 21 - Parking a little far

When you reach your destination, park your car some distance away, and walk the rest of the way. Even if you see some parking places quite near, resist the desire to park there. It might seem to you a silly thing to do, but do it anyway. This exercise is not intended to make your life difficult, but to sharpen your will power, and your ability to decide and execute your decisions

You do not have to make this exercise a habit, unless you want to, just do it once in a while and get the bonus of added strength.

Be reasonable. When it is raining or if you are late for an appointment, it might not be the perfect time for practicing this exercise.

Exercise no. 22 - Getting off the bus before destination

When you travel by bus, get off one station before or after your destination, and walk the rest of the way, in spite of your desire to descend as near as possible to your destination.

This is a real exhibition of inner power. You overcome laziness and inner resistance, and learn to decide and act according to your conscious decision, even if this affects your comfort.

Exercise no. 23 - Sitting without movement

This exercise has three stages.

Stage 1

Sit down comfortably in a quiet place and close your eyes. For a moment be conscious of any tension in your body and relax it.

For the next five minutes do not move. It does not matter what you think about, the important thing is to sit motionless for the whole five minutes without any movement. Disregard any noise, pain or any itching no matter how strong it is.

Be careful not to fall asleep, though it is more probable that the exercise will make you feel restless.

Breathe normally, but without thinking about it. Be careful not to strain your breathing or any part of your body. If you feel any strain, relax it, and continue to sit motionless. You need to reach five minutes of complete stillness, without any strain, as strain and tenseness mean movement.

You may set an alarm clock to ring after five minutes, so that you do not need to look at your watch, because looking at your watch means movement, which you are trying to avoid.

Keep still. If there is any movement, start the exercise again.

Though it is only for five minutes, you will experience all kinds of disturbances and distractions. Don't forget for a moment what you are doing, otherwise you will open your eyes, move your head, scratch or perform any other movement.

After it becomes easy to sit still for five minutes, each day add another minute until you reach ten minutes. If one additional minute each day is too much, then proceed at a slower a rate, such as one minute every two or three days or as convenient for you.

This exercise will show you how much energy you waste by performing many unnecessary movements. You will see how restless are the body

and mind. Performing this exercise successfully will teach you patience, self-control and discipline, and will increase your inner peace.

Stage 2

Now do the same exercise with your eyes open.

When the eyes are open there are more distractions, and therefore you will need more inner strength and patience in order not to move.

As with the previous exercise, start with five minutes sessions. After it becomes rather easy, proceed gradually to ten minutes.

Stage 3

This is exactly as stage 1 except that you do the exercise while standing with closed eyes. This is a bit more difficult, as the body may get tired, and shift a little after a while.

You may experience some imbalance and inconvenience. It is not a natural position to stand with closed eyes, but as you already know, overcoming difficulties and ignoring discomfort is the way to train the will and the discipline.

Exercise no. 24 - Stopping what you are doing

It is not very easy and simple to stop abruptly in the middle of doing something. It can be reading an interesting book, writing an important letter, working in the garden, putting your papers in order or fixing some instrument.

For this exercise, sometimes, when you are deeply engaged in some activity, stop abruptly what you are doing, and do something else for a while. If you are reading a book for example, close the book, especially if you have arrived to an interesting part, and leave it for half an hour or more. Do the same while reading the newspaper, doing household work, writing, working with the computer, cleaning or any other activity.

Whenever you decide to perform this exercise, stop what you are doing immediately. Do not tell yourself that you will stop in a minute or after you do a few more things first, otherwise the exercise will lose its value.

It is important not to listen to the mind's protests, and to ignore the inner subconscious compulsion to go on with what you are doing.

Use your common sense, so as not to stop in the middle of anything important that shouldn't be interrupted, and do not neglect anything important.

Exercise no. 25 - Switching off the radio

While listening to your favorite music, switch off the radio for a few moments. Prove to yourself that you can do it. Nothing will happen if you miss one song, you will only gain a stronger will power.

Exercise no. 26 - Skipping TV programs

Once in a while give up watching one episode of your favorite soap operas or programs on T.V. Your mind will probably oppose strongly this attempt, and raise all kinds of objections and reasons why it is so important to watch that movie or program. Do not listen to these objections, and stick by your decision.

Your mind will tell you that the program is important, or the soap opera you are watching has reached a climax, and therefore you have to watch it. You may promise yourself that you will skip the next episode, but have to watch this one.

Do you want to be strong and powerful? Do not listen to these objections and excuses. Simply (or it might not be so simple) ignore them.

What is more important, watching imaginary pictures on the screen, or developing strong will power and self-discipline?

Once I advised my wife to perform this exercise. She was stunned at my suggestion and said: "I don't want to cut off one of my daily small pleasures".

After a few days she thought it over and began to like the idea. She realized that she would have more spare time at her disposal, which she could use for other more useful activities. She gradually reduced the

amount of time spent on watching TV, and was happy about it. She felt a feeling of victory for overcoming this addiction.

She did not completely stop watching her favorite soap operas, but learned to watch them only occasionally, skipping some of them every now and then, and using the spare time gained. In order not to miss the thread of events, she sometimes read about the plot in the newspapers or on the Internet.

Remember, the exercises given in this book are more effective if you do them willingly and consciously, knowing precisely why you are performing them and for what purpose. Don't treat them as drudgery that you have to pass through, as this is not the proper attitude. Show love and interest in these exercises, and they will be easier to perform, and will bring you many benefits.

Exercise no. 27 - Driving behind a slow vehicle

How many times have you found yourself driving behind a very slow vehicle on a single lane road? You may have been late for work, for a meeting or arriving to school to take your children home, and therefore were in a hurry. No matter how impatient and angry you got, you couldn't do anything about it. You just had to crawl behind that car.

Anger and impatience will get you nowhere, neither honking nor getting very close to the slow car in front of you.

Here is what you can do next time you encounter this situation:

- Tell yourself that this is a golden opportunity to develop patience, and strengthen your will power and discipline.
- Relax the tension in your body, and refuse to get involved with impatience.
- Drive slowly, patiently and undisturbed behind the slow car. It might not be easy, especially when you are in a hurry. It is better to utilize the situation, instead of getting nervous and angry. You are there in your car, and can do nothing either to make the driver hurry or move in front of him, so why not use this situation to gain some inner power?

● In order to make it a little easier for you, imagine that you are a famous and important personality, and the car in front of you is your personal escort, bodyguard or the police making a way for you. If you enter into the role of a V.I.P., you will relax and drive patiently behind the slow vehicle in front of you. I am sure you will enjoy this mental trick.

I suggested this mental picture to a friend of mine, and he liked it very much. He called me a few weeks later, and told me that he had done as suggested, and it has helped him to stay relaxed on the road. He also told me that sometimes he even seeks to drive beyond a slow car, in order to enjoy the feeling of being a V.I.P. He added that now he arrives to work calm, in spite of the conditions on the road.

Exercise no. 28 - Wait a while before smoking

This exercise is intended for smokers. It is not here for the purpose of quitting smoking, though it may lead to it, but to build up will and discipline, and the ability to control and regulate habits.

If you are a smoker, next time you feel a desire for a cigarette, don't light one immediately, but **wait for another 5 minutes before lighting it.**

Ask yourself, who is stronger, your will power or your desire? Can't you control this desire for just five minutes? If you can't, this is a very good reason to practice this simple, but rewarding exercise.

Watch how the desire to smoke arises in you, and the inconvenience and nervousness you feel because of the delay. Isn't it silly? A desire arises in you and controls your actions, feelings and life. Where is your will power? If you can't exercise control over your own desires, then how can you control your life?

If your desires dictate to you what to do, then other people can do the same and control your life. Are you going to let that happen?

After you can easily wait for five minutes before you smoke, extend the time to ten minutes. Later you can lengthen the time by five minutes jumps until you arrive to a delay of half an hour. You may go on increasing the time for this exercise, if you wish, which may eventually free you from this addictive habit.

It is important to start with only a few minutes at first, otherwise you may fail and lose faith.

It will also be easier to practice if you approach this exercise with a positive attitude, and consider it as a game and a challenge.

Like all the other exercise, the results of any successful exercise affect all areas of life, not only the area where you practice the exercise.

Exercise no. 29 - Controlling the desire to spend

If you like to spend money on shopping, here is an exercise for you. Next time you get the urge to buy something you can afford to live without, restrain yourself. Tell yourself that for the sake of the exercise you are going to prove to yourself that you can refrain from purchasing the item you have in mind.

A big spender, who starts with this exercise as his first exercise to develop his inner powers, would probably end with failure, as he is not prepared, but if he has been practicing the previous exercises correctly, and advancing gradually, this one will not be difficult to do.

I am not telling you to change your habits. I am only suggesting that you occasionally use your desire to spend money as your gym's barbells. Prove to yourself that your will power is strong, stronger than your urge to buy. If the next day you still wish to buy this item, go ahead and buy it, but today you have showed your superiority over the urge.

This can be applied to inexpensive or expensive products alike, food and drink, clothes, books, cosmetics, restaurants or anything else. Of course, if you are not a big spender and think before you spend money, then this exercise is not applicable for you.

Exercise no. 30 - Restraining Curiosity

Every now and then withhold your curiosity, and do not read some unimportant stuff in a newspaper or a magazine.

Exercise no. 31 - Concentrate on eating

Most people live in a perpetual haste. They even eat in haste, hardly noticing what they eat. The following exercise will change this negative habit in addition to training your will and discipline.

While eating, put your whole attention on the food. Pay attention to how it looks, to its smell and taste. Take each bite attentively, and chew it slowly before swallowing it. Think only about the food you are eating and enjoying.

The important point is to eat slowly, calmly, patiently and with concentration.

Exercise no. 32 - Waiting before eating

For a week or two, when you are hungry, decide that you are going to wait for another twenty minutes before you eat. By this decision you actually tell your body and mind:

”Wait, I decide for you. I am your master. I am in charge here, and I tell you when to eat!”

”It is my decision to eat only twenty minutes from now. Who is stronger, I, or the desire to eat? “

Repeating these sentences several times will make it easier for you to resist your desire to eat right away.

Be careful not to go to the other extreme and starve your body. The body is a delicate machine, and you have to take good care of it. Don’t torture your body, but only postpone your meal a little while.

The aim is not suffering. The aim is the development of inner strength and self-discipline. When you know the reason for the exercises, it becomes easier to do them, and you even enjoy doing them.

Practicing this exercise will also strengthen your ability to reject any unhealthy or unnecessary food, and will give you the power to overcome undesirable habits.

Exercise no. 33 - Drinking coffee or tea without sugar

This is the exercise I have mentioned in the first chapter.

Do you drink your tea or coffee with sugar? For a week drink it with no sugar at all. Bluntly and decisively drink each cup with no sugar. It may sound difficult and too harsh, and you may feel that it spoils one of your regular small daily enjoyments. This exercise is not intended for making your life difficult. It is a wonderful way to show your mind and body that you are the boss.

Look within you while following this exercise. You will feel opposing forces working within you. On the one hand you want to prove yourself that you can do it, and on the other hand your body desires the sweet taste. Your mind may whisper to you to ignore the exercise, or at least just put a little sugar. It may even make you forget about the whole matter, so that you will continue to sweeten your beverage.

For a good performance of this exercise, and reaping better benefits, I suggest you do it for an additional week. If after two weeks you still have to fight with yourself, do it for another two weeks.

When you are convinced that it poses no difficulties for you, you may revert to drinking with sugar, though it is advisable to abstain from sugar every now and then, in order to prove to yourself that you can do it. It might be, as it was in my case, that you get to like the unsweetened taste, and make it a habit to drink your coffee or tea with no sugar at all.

Exercise no. 34 - Eating a different sort of breakfast

Here is another exercise connected with eating.

If you eat the same breakfast each day, then for one whole week eat something completely different in the morning. If for example, you usually eat an egg and bread, switch to cereals and milk. If you eat a roll with cheese, switch to bread and an egg and so on.

You may eat whatever you want for one week, but it must be different from your usual breakfast. After a week, if you wish, you may return to your former eating habits. The aim is to overcome any resistance and inconvenience, not to change eating habits.

After finishing your breakfast say to yourself, "I did it", and indulge yourself in the feeling of happiness and power you experience.

You will probably encounter the opposition of your mind and body, but that's the point. By overcoming their resistance you develop your inner strength. If there were no resistance the exercise would have no effect. If you find any exercise too easy to perform, then it may have little value. It is the overcoming of the resistance that gives strength.

Do not undervalue the importance of this exercise. It may seem too simple and meaningless, but each time you overcome a habit you add to the reservoir of your inner strength.

Exercise no. 35 - Chewing the food slowly

Sometimes, just to exercise your patience and will, chew your food very slowly before swallowing it. Take small bites, and resist the temptation to take big ones. You may experience impatience and physical discomfort, nevertheless continue to eat in this way for several minutes.

I suggest doing this exercise while being alone, so as not to attract undue attention.

Chapter 6

Making decisions

Who decides for you?

“Where would you like to go?”

“I don’t mind, you decide for me.”

“What would you like to drink?”

“I don’t mind, surprise me.”

“What would you like to eat?”

“Whatever you order I’ll have the same.”

“What movie would you like to see?”

“Whatever you choose is fine with me.”

How many times have you answered this way, without being aware that you have given someone else the right to decide for you, even if it is only about insignificant matters?

Sometimes people let others decide for them, because they really don’t care about the choice. At other times they might be shy, and sometimes they desire to maintain good relations with the person who asked them and to make him happy.

These daily instances, where you delegate the act of deciding to someone else, can be turned into a method of strengthening your power of decision and will power.

The ability to make decisions in small matters develops the strength, the courage and decisiveness for making decisions in more important matters.

Making decisions and following them, call for will power and self-discipline. By using every opportunity to be the one who decides, even about insignificant matters, you train and develop your will power and self-discipline.

Ask yourself:

Do you find it difficult to decide?

Do you let others decide for you?

Every moment of the day we make decisions. Some are significant, and require long consideration, but most of them are about small, insignificant matters, and are made instinctively, due to subconscious urges and habits. Here are a few examples:

Deciding to go somewhere at a certain hour, the decision to talk with someone or ignore him. Taking the five o'clock train or the five thirty train, watching a certain TV program, reading a book, eating cereals or an egg, having a shower now or later or revealing some information or not, all these are small daily decisions that we hardly think about.

Become aware of any situation that calls for a decision and take advantage of it. Train your power of choice and your ability to decide. In your own life, be the one who makes the decisions, and not other people or your subconscious mind and habits.

Make small decisions everyday

The majority of the decisions we confront are about the daily affairs of life. This is a vast field where one can develop his power to decide consciously and willingly, instead of evading the decision or making it in an automatic and subconscious manner.

- Make it a habit to see all the facts before making a decision.
- Do not hesitate too long to decide, especially about small matters that require a fast and immediate action.
- Once you have made your decision, stick by it, but if you later find out that you have made a wrong decision and choice, you are of course entitled to change your mind.

I don't advice you to decide fast and without thinking about important matters, but deciding fast about small, and not very important matters is a good method to develop the power of decision.

Once, years ago, I wanted to buy myself a sweater. I found a nice, reasonably priced one, at the first shop I entered, but could not make up my mind. I decided to go to another shop, and then to another one. I saw several nice sweaters, but could not make a decision, which one to buy. After going to several shops, I returned to the first one that I visited, and bought the first sweater I saw.

It was only a simple sweater; yet, it was difficult for me to decide before seeing all the available options. Seeing many options only increased the inability to decide. If that had happened after I became acquainted with the subject of this book, I would have behaved differently. The first sweater was nice, so I would have bought it and did not waste any more time.

Sometimes we waste much time and miss opportunities, only because we cannot make up our minds.

If you are searching for a particular product, and do not like what you have been offered, then it is quite legitimate to go on searching, and not accepting the first one you have found. On the other hand, if you like it, the price is reasonable and it serves your purpose, why keep on searching?

After you make up your mind don't let feelings of regret fill your mind, and don't think about the other alternatives you may have missed because of your decision.

If you decide to go to a movie instead of a restaurant, enjoy the movie and don't think about the restaurant.

If you bought a certain sweater, be happy about it and don't think about the other sweaters you could have bought.

If you decide to drive through a certain street, and get caught in a traffic jam, do not get angry with yourself for choosing to drive through that particular street. There is nothing you can do, so accept the situation and stay calm.

If you stick with your decision, in spite of the temptation to change it, you will experience an exhilarating feeling of power and triumph. You will gain inner power, which will help you in your other decisions.

Everyday life offers many opportunities to strengthen the ability to decide. Don't wait for a major decision to come your way in order to train yourself. Don't delegate decisions concerning you to other people, but make the decisions yourself.

By always making your own decisions, even about unimportant matters, it will become easier to decide, when you confront major decisions.

Here are some exercises to strengthen the decisions making ability:

Exercise no. 36 - Drinking tea or coffee

When you are asked what would you like to drink, at home, work or at friends, don't say that you don't mind, even if you really do not mind. It could be the choice between a cold or hot beverage, tea or coffee, water or some juice. Make a decision, and do not let the other party decide for you.

Make it a habit to choose decisively one of the alternatives, and tell your friend about it.

Exercise no. 37 - Choosing what to wear

For one whole week, when you dress up for work in the morning or for going out in the evening, don't hesitate too long about what to wear. Decide and choose quite fast, which shirt, trousers or jacket to wear.

Just pick any suitable clothes and wear them without vacillation. It is only for a week, and in order to help you decide fast. Show your inner strength and overcome any hesitation or vacillation.

This might be difficult for some people, but here lies the benefit of the exercise. By acting upon a quick decision you overcome vacillation and the inability to decide, and save a lot of time and useless worry and unnecessary tension.

Exercise no. 38 - Choosing ice cream flavor

Have you encountered the scene of people standing in front of an ice cream stand, unable to make up their mind, which flavor to choose?

From now on, when you buy an ice cream cone, choose immediately one of the flavors, without any hesitation. It is not a life or death decision, so there is no need to hesitate and regret later. Next time buy a different flavor.

Exercise no. 39 - Changing TV channels

Do you sometimes find yourself changing channels back and forth with the remote control, because there are several programs you wish to watch, and you can't make up your mind which one choose? No matter how tough it is, choose one channel and stick to it, until the end of the program.

Put the remote control on the table, so that you do not play with it and instinctively press the buttons.

Exercise no. 40 - Deciding where to eat

You and your husband, wife or friend, decide to go to a restaurant, and he/she asks you where you would like to eat. Instead of saying that you don't mind where you eat, state a particular place.

If your companion expresses disagreement you can of course accept his/her suggestion, but then it does not matter, because you have already utilized the situation and made a decision. In this case, if you change your mind, it is because you want maintain good relations, and not because of weakness or vacillation.

Exercise no. 41 - Choosing which movie to see

You wish to watch a movie. There are two good interesting ones, and you don't know which one to choose, because you like them both. One moment you may be in favor of one of them, and the second moment you change your mind. You may even feel mental anguish about this matter.

Instead of vacillating, decide quickly in favor of one of the choices, and don't change your mind. It is not a life and death decision. You can watch the other movie some other day.

Exercise no. 42 - Speaking up your mind

A salesman offers you a product and persuades you to buy it, but you are not interested. You have several options before you.

You can listen to what he says until he finishes, and then unwillingly buy the product.

You can listen to what he says, and then stammer to tell him that you are not interested.

The third option, which constitutes the exercise, is to tell him in an assertive and polite manner that you are not interested, and save his and your time.

Exercise no. 43 - Deciding what shirt to buy

You have certainly been in a situation, where you are at a shop to buy some product, but have several options before you. You stare at the products, check this one and then the other one, unable to make up your mind.

Imagine you are buying a shirt and there are two shirts in different colors, both of which you like. You don't want to buy two shirts, and so have to choose one of them. Instead of vacillating, and for the sake of the exercise, immediately choose one of them and buy it. Make a quick decision, and refuse to listen the vacillation of your mind.

This of course applies to anything you buy, not just shirts.

I have intentionally given exercises concerning decisions about daily, and not so important matters, because such decisions are more frequent than major ones. I have also have refrained from giving more exercises, as you can easily construct more such exercises.

Even small decisions are important

Constantly remind yourself to become aware of these common daily occasions, where you need to make decisions, and utilize them in the same way as shown above. Even if your decisions are wrong or you do not like the outcome, it does not matter, because they do not concern anything really important. Later, when you are confronted with major and important decisions it will be rather easy and simple to decide.

Endeavor to be decisive in the affairs of daily life. Do not underestimate the value of each decision, even if it about a completely unimportant matter. After each such decision that you make, congratulate yourself, as this sends a positive input to the subconscious mind about your ability to decide.

Remember, the important steps are decision, determination, and action. Do your best to make the right decision, but even a wrong one, as long it is not about an important matter, is better than no decision at all.

An important note!

Major decisions need thinking, gathering of facts and more time, than small insignificant decisions, which can be made fast.

Each day initiate an action

Every day initiate at least one action that you usually avoid. Decide what you are going to do, and do it with your own free will and intention.

Find out where you feel or exhibit laziness, indecisiveness, awe, fear, shyness or procrastination, and willingly put yourself in this situation, but with a positive attitude. Take the initiative and exhibit inner strength in handling this situation. Here are a few suggestions:

- Clean a drawer in your desk.
- Start putting your papers in order.
- Arrange your photo albums.
- Go out to throw the garbage now, and do not postpone it for tomorrow.
- Take care of your garden, if you have one.
- Get up earlier.
- Go to work earlier than usual.

- Say good morning to someone, whom you have never greeted before.
- Speak on the phone with someone, whom you haven't called for a long time.
- Compliment someone for how he or she looks, in spite of your shyness.
- If you usually do not cook, decide that today you are going to prepare some special dish.
- Bake a cake.
- Buy yourself a present.
- Buy your spouse a present.

You can add many more items to this list.

Summing up

Act even if you feel inner resistance, embarrassment, shyness, weakness or inconvenience. When you know why you are doing this, and what are the benefits, you will find the inner strength to act.

These small actions are like a saving account. The more you do them, the more inner power you store. The more inner power you store, the more your will power and self-discipline grow.

The purpose of the exercises is not to put you into unpleasant or inconvenient situations, but to help you gain the power to do whatever you want or have to do, at any time.

After performing any one of these actions you will feel exhilaration, satisfaction and power. The feeling of accomplishment that you experience, will reinforce your desire and resolve to continue performing additional exercises, in order to experience these feelings again and again.

Chapter 7

Performing disagreeable actions

There are certain actions, each one of us does not like or do not want to do, and look for all kinds of excuses to avoid doing them. One person may not like to wash dishes or iron clothes, and another may not like certain music, talk with a certain person, or get up early in the morning. Each one has a list of such unpleasant and undesirable actions.

Life can go on without doing most of these activities, but you gain a lot if you do perform them.

In this chapter you will practice doing some disagreeable actions. Performing them consciously and purposely will do a lot to your will power. They will develop the ability to face every difficult and unpleasant task and situation, and handle it successfully, without any excuses or evasion.

My advice to you is to practice at least one disagreeable action each day, more than one is of course better. Remember the barbells? These actions serve as the barbells for your inner muscles.

If one wishes to study a new language, he needs to practice talking. He has to overcome any reluctance or shyness, and talk with people who speak this language. As he advances, his vocabulary and knowledge of the grammar grows, and eventually he will speak the language fluently.

It is exactly the same with will power and self-discipline training. The more training you undergo, the more strength you gain.

I remember when I started with this subject, how I was always alert and looking for opportunities to sharpen my will power.

At the place where I used to work, I had to talk face to face or on the phone, with all kinds of people. A few of them I tried to avoid, as they were difficult, unpleasant and annoying or demanded too much. Sometimes I even asked one of my colleagues to do my job, and handle these people's affairs.

Upon recognizing the importance of confronting and overcoming inner resistance, fears and feelings of inconvenience, I decided to stop avoiding these people, and face them squarely.

From that moment on I changed my attitude. I stopped evading them, and even initiated conversations with them. It was not easy at the beginning, but each time I told myself that this was an exercise for developing inner strength, I got the energy, inner power and inspiration to continue.

After some time the feelings of inconvenience and the desire to avoid these people began to wane, and there was no need for any special effort to force myself to talk with them. It became easy and natural.

Every day, everyone encounters situations he does not like. He may try to evade or pretend not to see them, but this attitude never solves anything. On the other hand, looking for such situations, recognizing them and facing them squarely is a rewarding attitude. Look around, and you will see that there are many such opportunities. Use them to your advantage and gain more power.

Each time you win, even if this is just a small victory, you get stronger, and **accumulate inner power**.

Small acts of strength develop into bigger acts. The power you gain by performing small actions will grow, and help you perform actions on a bigger scale.

Below you will find a few exercises involving doing disagreeable actions. Use your common sense, and you will find more ways and opportunities to practice similar exercises.

Exercise no. 44 - Giving your seat in a bus

You are sitting in a crowded bus with no vacant seats, and a pregnant woman or an elderly man or woman gets on the bus. You may disregard them and pretend to be busy reading the newspaper. You may even tell yourself: “why me? Let someone else get up”.

In these circumstances become conscious of the way you are trying to evade the issue, and no matter how comfortable it is to sit, get up and offer them your seat.

This is not only an exercise in politeness. It is an exercise of will power.

Exercise no. 45 - Throwing the garbage

If the garbage can is full, and you don't feel like going out to empty it, take it as a challenge to overcome the feeling of laziness and procrastination, and go out to empty it immediately. Don't wait to be asked to throw it, but do it because it is your decision to do so.

Though a small and insignificant act, it will make you feel victorious and strong.

Exercise no. 46 - Facing people you don't like

When you meet someone you don't like, don't try to avoid him. Face him and exchange some words of courtesy with him.

One day I mentioned this exercise to my wife. She liked it and said she will remember it next time she faces such a situation. A few days later she met in the lift at a mall, a former friend, whom she hasn't seen for a long time, due to some disagreements and misunderstanding they had in the past.

My wife remembered the exercise, and instead of ignoring her, she looked at her with a smile and greeted her. Her friend was a bit surprised but replied courteously. They went out of the lift and continued their conversation for some minutes.

When my wife came back home she enthusiastically recounted the event, and said that she liked the way she behaved, and that it made her feel happy, powerful, and victorious that she could rise over resentment and negative attitude.

Exercise no. 47 - Holding cutlery with the other hand

Occasionally, when you eat, hold the spoon, fork or knife with your other hand. If you hold them in your right hand, then as an exercise, hold them in the left hand and vice versa. Continue to eat in this way, even if it makes you feel uncomfortable or nervous.

Eat your whole meal in this way, in spite of the inconvenience you may experience. It is advisable to practice this exercise when alone, so as not to attract unnecessary attention, and feel too awkward.

This exercise will strengthen your will power, patience, resolution and concentration.

Exercise no. 48 - Changing the order you dress

How do you wear your shirt or trousers, do you start with your right hand or foot or with the left?

Reverse the order and see what happens. It will make you feel awkward and uncomfortable. Disregard these feelings and practice this exercise for a week. Afterwards you may do it only occasionally.

Exercise no. 49 - Eating without watching TV

Do you eat while watching TV?

For several days eat without watching TV. As a bonus you will discover and enjoy the taste of food.

If you have been accustomed to eat in front of the TV, it will feel strange not to have something that grabs your attention. You will suddenly find yourself alone with the food, and your attention will wander, looking for something to attend to.

If you like to go a step further, and make a better use of this exercise, then focus your mind on the food and do not let it wander. Put your whole attention on its sight, smell and taste.

Exercise no. 50 - Sleeping on a different side

On which side do you lie down to sleep? For several nights lie down on a different side. If you usually lie on your right side, change your position and lie down on your left side and vice versa.

If you find it difficult to fall asleep, postpone this exercise for a little later, until you get stronger and then perform it again. It is not intended to cause you to lose sleep, but only to strengthen your will power and self-discipline, to get stronger and be able to overcome physical and mental habits.

Practice this exercise each night, until it does not matter to you on which side you lie down.

A variation of this exercise is to sleep for several nights on a different bed. If it makes you feel uncomfortable, then the exercise has more value, as you will have to manifest more will power and self-discipline.

Exercise no. 51 - Washing with cold water

Wash your face with cold water on cold days. I don't tell you to make it a habit, but to do this occasionally, just to exercise your strength.

A much harsher exercise is to have a shower with cold water on a cold day. Do that only if you feel you can stand the cold water. It is not necessary at this stage, but later, when you get stronger, you may do it occasionally if you wish, but be careful with your health. Start with cold water for a while, and then continue with warm water.

Having a shower with cold water requires the manifestation of strong inner power, as the resistance will be quite strong. Overcoming this resistance strengthen considerably the will power and self-discipline.

Exercise no. 52 - Physical exercises

Developing the habit of exercising the body, strongly develop the will and strengthen the inner discipline.

At least twice a week, upon arriving home from work, devote some time to physical exercises, such as jogging, bodybuilding, aerobics or any other kind of physical exercises.

The natural inclination upon arriving home would usually be to shower, nap for a while, eat or watch TV. You will need effort and inner strength

to engage instead in physical activity. You might feel too tired or lazy, and look for excuses not to do that.

The value of the exercise, except of course the benefits of exercising your body, is that you have to use will power and manifest self-discipline and endurance in order to overcome laziness and fatigue, and to compel yourself to exercise your body, when all you want is to rest.

Exercise no. 53 - Crossing a street

Do you sometimes wait at the crossing for the traffic light to change, but as there are no cars, everybody around you crosses the street without waiting for the light to change?

You see all the pedestrians crossing, and your natural inclination is to cross with them. If you wait, you may feel awkward to be the only person standing on the pavement waiting for the light to change. You might feel as if everybody is staring at you.

Exercise your will power and stand waiting for the light to change, even if you are the only pedestrian waiting. Disregard any feeling of awkwardness or ridicule. Standing and waiting, and not joining everybody else, needs inner strength. It is easier to join others, than act according to your own decision.

Chapter 8

Overcoming negative states of mind

Negative states of mind interfere with the smooth flow of life. Anger, worry, fear, nervousness, impatience and their derivatives cause unhappiness, trouble, and intolerance and spoil relationships. The present chapter deals with these negative states of mind and suggests ways to overcome them.

If you have been earnestly practicing the previous exercises, it will be easier for you to deal with and overcome these negative states. Will power and self-discipline are great help in combating any negative habit.

By following the advice and suggestions in this chapter you will not only change mental habits, but also strengthen your will power and self-discipline.

Getting angry means losing control

Everyone gets angry, irritated, moody or nervous from time to time. Sometimes it is a fleeting weak sensation, and at other times it might be a strong and destructive feeling.

Getting angry means that some person or an event dictates your feelings and reactions, and therefore it is not you who are in charge of yourself. Getting irritated means losing control over your thoughts, feelings and actions, and letting negative feelings take control.

Anger is a major factor that influences decisions, behavior, relations and health. It sometimes controls the thinking process for days and even years. Thinking over and over again about an event that led you to anger, increases the anger, and makes the mind look for ways to get even with the person whom you believe has offended you.

Remember what was said earlier: **“Self-discipline is the rejection of instant gratification in favor of something better”**.

Getting angry and releasing some steam is a kind of instant self-gratification. By rejecting anger, and not allowing it to grow, you gain greater benefits, among which, is peace of mind.

When negative feelings arise, they so much absorb the attention that the mind forgets about controlling them. You have got to find a way to remind yourself of your intention to overcome them, such as writing notes and putting them in various places.

It is much easier to get rid of negative feelings at the moment they arise. If you let them come and indulge in them, they gain power.

Even if the negative feeling or mood has already gained power, you can still make the effort to get rid of it.

In the following pages you will find techniques and suggestions on how to weaken and get rid of negative feelings and moods, and at the same time develop inner power.

How anger arises

Anger rises in many situations and places:

- You drive your car, and someone crosses your path with a reckless and dangerous driving.
- You are in a hurry to get to work on time, but get into a traffic jam.
- You arrive home or to your workplace, and find that someone has parked his car in your place.
- The elevator is out of order.
- The coffee machine is broken, and you cannot drink your coffee.
- You have a lot of work, and your secretary calls to say that she is sick, and has to stay at home.

- Half an hour before you leave home, the babysitter calls to tell you that she cannot come.
- You forgot about an important appointment.
- You forgot where you have put an important document.

This list can go on and on.

Anger appears when there is frustration, harassment or opposition. It rises when your rights are infringed, when someone tells you something you don't like or whenever you meet an annoying experience. It is as if some button in the subconscious mind is pressed, and anger comes out.

There are people who get angry quickly, and others who are slow to anger. Each person has a different anger threshold. It depends on his education, environment, character, body system and health.

Many get angry and show it clearly by their behavior, words and tone of voice. They shout, get agitated and may even get into trouble because of it.

Others get angry, but do not show it. They bottle up their anger, smile and continue to behave normally. If one could look inside them, they would see a raging storm. Repressing anger is harmful both for the soul and for the body. Control of anger is not achieved by repressing it.

It is better not to let anger arise at all. Then you do not have to express it outside, neither to repress it inside.

Whatever you focus your attention on – grows.

If you focus your attention on anger, then anger, rage and resentment grow.

If you focus your attention on peace and inner strength, then peace and inner strength grow.

Eliminating anger

Below you will find some advice and instructions about handling anger. At first it may not be so easy to remember to follow the instructions, because when there is anger the feelings rule and reason and common sense hide. You need to read and memorize the following points, so that even when you are angry you remember them and act accordingly.

At first it will be easier to handle mild and fleeting anger, but in time, as your power grows, you will be able to handle any anger.

Inner strength is not built in a day. It takes time and inner work to change long-standing habits.

When anger arises in you, do the following:

- 1)** Become aware of the anger.
- 2)** Wait and do not react immediately.
- 3)** For a few seconds become aware of any tension in your body and relax it.
- 4)** Take 4-5 slow and deep breaths. Slowly inhale through your nose, hold your breath 2-3 seconds, and then slowly exhale.
- 5)** For a moment reflect about the foolishness and destructiveness of anger. Does anger bring you any benefits? Sometimes there is a solution to the problem or situation without getting angry. If there is nothing that can be done, such as being caught in a traffic jam, why get angry? It will get you nowhere. Better accept the situation, and try to find a way to use the time advantageously.
- 6)** In your mind, take a back step, and look at the anger as from the outside, as not belonging to you. Pretend that you are looking at the anger of a stranger. Watch it as an uninteresting movie. Keep adopting this point of view each time you get angry, until it becomes easy to do.

You will find out that this point of view weakens the anger. You may not be able to do this for more than a moment at first, but even this moment has a cooling effect on the anger. By watching your anger in this way, you do not let it grow and can control it.

This is detachment. Detachment is not indifference. Detachment is the inner strength that enables you not to be swept away by your thoughts, worries and feelings, and gives you the ability to remain calm under all circumstances.

One can act with power, strength and energy, and at the same time remain detached and in control of his moods and state of mind. It is worthwhile to develop detachment, as it will help you on many occasions.

7) You can also use your imagination to help you overcome anger. In one of the previous exercises you were advised that when you are stuck behind a slow vehicle, instead of getting angry, imagine that you are a celebrity, and that the car in front of you is your personal escort, your bodyguard or the police clearing the way for you.

My wife has told me that once, on a rainy day, the windscreen wiper of her car made a constant irritating noise. She decided not to let it annoy her, and to turn it into a positive experience. She started to visualize that each time the wiper moved from one side to the other, 50\$ bills were entering to her bank account. Gradually she started to like the noise, and was even waiting and expecting it, as now it was associated with money.

Use your imagination and creativity to find such ideas to use in other situations, according to these examples.

8) Sometimes during the day, when you are tranquil, think about the negative outcome of anger, and the benefits of staying calm. This musing will help you to calm yourself down, if and when anger arises.

Remember, it is neither desirable to express anger, nor to repress it inside. It is better to not let it arise at all.

Do not let yourself get offended

Getting offended involves anger, and this is a suitable place to mention it.

Some people get offended easily from real or imagined slights. This state puts them at the mercy of other people, who might manipulate them.

Every time you believe or feel you were offended by some remark, action or behavior, instead of letting the feeling get stronger and dictate your reaction, turn the situation into a rewarding exercise.

Before sulking, becoming defensive or responding with anger, wait a moment, and take a timeout before you react.

- Did the other person intentionally wanted to offend you?
- Are you going to let passing negative feelings, created in response to some outer stimuli dictate your behavior?
- Are you going to let other people's behavior, words and remarks control your emotions and your life?
- You have the option of playing the victim, feel degraded, get unhappy and resentful, or **rise above the play of negative and unimportant feelings, and show your real strength.**
- **Realize that by being offended you let people pull your strings.**
- Think about the fact that on many occasions the offence may not be real. The offensive person did not mean any harm. It could be that a remark or behavior was misinterpreted. Often, people with a low opinion of themselves, erroneously think that others want to hurt them.
- Disregard the real or imagined offence. Refuse to give it room in your mind. If you have practiced the exercises so far, you should possess enough inner power to do that. View the offended feelings with lack of interest, as not belonging to you. Lack of interest takes out the energy of the feeling and weakens it.
- Muster enough will power to be able to get over the hurt feelings, and talk in a friendly, calm and confident tone of voice with the person whom

you believe has offended you. This will help you stop the negative feelings. If that person really meant to offend or belittle you, your tone of voice will make him realize that his remarks and behavior have no effect on you, and he may even feel uncomfortable for the way he talked and acted. In this way you put yourself in control of the situation, and may even turn an offender into a friend.

Not being offended puts you in control of the situation, to react wisely and appropriately, and not out of humiliation and embarrassment.

It is a mark of great inner strength not to let yourself feel offended, to remain calm, and not let the hurt feelings grow.

Worry and fear

Worry is thinking what will happen if...

After the word “if”, there is always an unpleasant or disastrous event.

It is a negative inner dialogue, and a mental movie about difficulties, failure and catastrophes (which usually never happen).

It is a useless waste of physical, emotional and mental energy.

What benefits do the repetitions of useless and fearful thoughts bring?

Worries arise when there is fear or uncertainty of what is going to happen. Under these conditions the mind thrives on inventing, thinking and visualizing all kinds of adversities. If you let the mind continue, it will bring you endless negative thoughts and worries, as was said earlier: “What you focus on – grows”

Fear is similar to worry. Both concern some sort of apprehension. Fear usually manifests in response to some imagined or actual immediate danger. Worry concerns imaginary situations that might happen in the future. Both of them cause tension, nervousness and lack of peace of mind.

When in an actual danger, fear makes one do one of two things, fight or run away. In both cases the subconscious mind receives the thoughts and feelings of fear from the conscious mind, and prepares the body accordingly. The tension level rises, the heart beats faster and certain

hormones and chemicals are released into the blood system. In a short while the body is prepared to face the danger, either to fight or run away.

The subconscious mind does not differentiate between real and imagined danger, and in both cases prepares the body in the same way to meet the emergency.

In real danger, the hormones that were released into the blood are consumed during the “fight or flight” action, but when there is only fear and worry, and no real danger, there is no physical activity to consume or release the hormones and chemicals, and all the physical tension remains in the body without being released. This may damage both the body and the mind.

Overcoming worry

People may worry at any time of the day, but lying in bed at night is the “ideal” time to start worrying and drive sleep away. The darkness and the silence are the perfect decor for worries and fears, as there is nothing around to see or hear to attract the attention, and one is left alone with his thoughts.

Worry is a habit, and you might occasionally feel the impulse or inclination to worry. After all, the habit has been there for such a long time that the mind has got used to it. It takes time to weaken or get rid of it. Resolve not to surrender to this habit and sustain your new resolve.

Here are some instructions and advice to get rid of worries:

- 1)** As worry arises, say decisively:
“I refuse to participate in the circle of worry. I don’t care about all these worries.”
- 2)** Calmly and bluntly, refuse to engage in worries. Think about something nice that lifts up your spirit or engage in some absorbing activity. This will take your mind off the worries.
- 3)** Don’t fight the worries, because by doing so you concentrate on them, and give them added energy, instead of weakening them.

4) Watch your disturbing thoughts with lack of interest, as if they belong to someone else. This viewpoint will take away their power and weaken them, so that they stop bothering you. Lack of interest in the worries robs them of their power.

Your interest and attention is their life force. By denying them your interest and attention you deny them energy and life.

Your mind will find all kinds of excuses, and convincing reasons to lure you into letting the distressful thoughts continue. If you give in, the worries win. If you persistently refuse to indulge in this negative mood you will eventually win.

5) Don't put feelings into the worries, because feelings are their fuel.

6) Believe that you are quite strong to throw away your worries. Remember the power and strength that you have gained by performing the previous exercises. This will strengthen your confidence, faith and resolve to ignore your worries.

7) Sometimes, when you are not worrying, think for a few minutes about the uselessness of worry. Persuade yourself of its futility. Tell yourself over and over again that whenever you become aware of any worry in your mind you are not going to cooperate with it, and that you are going to stay detached.

In this way you strengthen your motivation and your ability to drive away worry, when it appears, with the power of your will.

Don't give in to worry. Persistently and constantly refuse to indulge in this negative mood, and you will eventually win.

After getting proficiency, there will come a time when you will be able to discard worry with the sheer power of your will.

After you learn to eliminate unnecessary worries and fears you will find out that the level of worries drops down gradually, and you develop the "worry-less habit".

Engaging in an absorbing and uplifting activity

In order to drive worry away, do things that absorb your attention and uplift your spirit, apart from the advice and instructions given above.

- Do whatever makes you happy.
- Watch a funny movie.
- Read an inspiring and interesting book.
- Give time to your hobbies.
- Spend time with happy friends.
- Engage in some absorbing activity.
- Go for a walk.

These, and similar activities, are great ways to get an instant relief from worries, and to divert your attention from them.

Affirmations to drive away worry

It is a good idea to repeat affirmations before falling asleep, instead of repeating thoughts soaked with worry. Why cause yourself unnecessary and useless tension, unhappiness and worry before sleep? Instead, **do yourself good! Indulge yourself with beautiful, positive and encouraging thoughts.**

Take one of the following affirmations, and repeat it in your mind calmly, patiently and with a positive attitude, until you fall asleep. You may use a different affirmation on each night.

Repeat the affirmation with love and interest. Consider each sentence as a fact, even if for the time being it may not be so.

- My mind is calm and relaxed.
- My health is perfect.
- I have the power to choose my thoughts.
- I think only happy and positive thoughts.
- Only good and beautiful thoughts enter my mind.
- Everything turns out positively, and for my highest good.
- I always expect good, and that's what happens eventually.
- I expect, and get happiness and success.
- My life is full of love.
- It is easy for me to think thoughts about success

- My mind is free from thoughts.
- Tomorrow is a wonderful day.
- I am going to enjoy a great day tomorrow.
- I choose only happy and positive thoughts.
- Everything that happens is a stepping-stone on the road to success.

If there is a recurring worry about some specific matter, then construct a positive affirmation concerning the subject of your worry, and repeat it until you fall asleep. This might be about your health, an examination, a new job, money or any other subject.

It does not matter how long it takes to conquer worry and be free from it.
It does not matter how many times you fail.

Continue your efforts to take a back step in your mind, become disinterested in worries, negative thoughts and feelings, and downright refuse to indulge in them, and you will eventually win the peace of mind you desire and deserve.

Overcoming fears

There are many reasons why people experience fear. Here are some of them:

- 1) Actual danger or threat.
- 2) Imagined danger or threat.
- 3) Ignorance or lack of information.
- 4) Lack of confidence.
- 5) Unfamiliar situation.

Sometimes fear is not due to an actual physical danger, but arises prior to doing some unfamiliar or unusual act, of which one does not know what might be the sequences, such as asking the boss for a raise, asking a girl out, driving a car alone for the first time, going out alone at night or changing a job.

There is fear of darkness, fear of poverty, fear of failure, fear of certain individuals, and of animals. There is fear of sickness, fear of death, of war and of disaster. This list can go on endlessly. Sometimes the fear is justified and sometimes it is not. The purpose of this book is not to tell

you what fear is and why you experience it, but to teach you to strengthen your inner powers and use them to overcome unnecessary fear.

In order to prevent fear from taking over, it helps if you intentionally divert your attention to other subjects. Repeat an affirmation that inspires you or makes you feel good, or if you are already strong enough, refuse and deny outright any unjustified fear.

In times of real danger fear draws your attention to the danger, and alerts you to take preventive measures. In such situations you should recognize the fear, but do not let it control you.

Here are some suggestions and advice for overcoming fears:

- Make it a habit not to use negative words, but only positive ones.
- Many times people use negative words to describe a positive situation. Phrases such as:
“I am not afraid”,
“I can overcome this obstacle”,
“I am not nervous”,
should be substituted with phrases such as:
“I am strong and powerful”,
“I always win”,
“I am calm and relaxed”.

Always describe in positive words the positive situation you want to come about. Abstain from negative words, even if your intention is to describe a positive situation.

Negative words evoke negative feelings, and words about fear evoke fear.

- Always think about the positive outcome you want to accomplish, and not the negative outcome that you do not want. What you think about with attention and concentration gets priority, energy and strength, and comes to pass.
- Don't think on the fear. Think and concentrate on courage, strength and success instead.

● Don't be afraid to face your fears. Part of them may be imaginary, part of them can be easily dismissed, and with the remaining fears you can deal.

● Fear is a mixture of thought and feeling. While it is not always possible to control the outside causes of fear, it is possible to control the reaction to fear, and to develop inner strength, and the ability to handle courageously any situation.

● Whenever you face fear, remember all the exercise you have done so far, and know that you can use the inner power you have accumulated, to deal with the causes of fear.

● If the fear you are experiencing does not involve real danger, you can use it to your advantage by intentionally putting yourself in the situation that you fear, and consciously and decisively deal with it. Consider the fear as your barbells, like the other exercises in this book.

Some may say that it is easier said than done, but having performed the exercises so far, you have probably gained enough will power, self-discipline and tenacity to be able to face the fears squarely, and conquer them.

A word of warning! Don't do anything hasty, dangerous, or provocative that might harm you, just to prove to yourself that you are strong and fearless.

Conquering and eliminating worries and unnecessary fears is a great step toward possessing a strong will power and developing self-discipline.

Mastering nervousness

Nervousness is a sign of fear, worry and restlessness. It destroys peace of mind and can harm health. Like any other negative condition, it can be overcome with determination and inner work.

If nervousness is due to some physical condition, it is advisable to visit your physician first.

When you catch yourself feeling tense and nervous, find a place where you can be alone for a few minutes, and follow the instructions given below:

- Sit down comfortably or lie down.
- Take 5-6 slow and deep breaths. Slowly inhale through your nose, hold the breath for 2-3 seconds, and then slowly exhale all the air out.
- Nervousness always causes bodily tension and contraction of the muscles, therefore relaxation is important.

Relax your body for about 2-3 minutes. In your mind go from the toes to the head and pay attention to any area in your body, where you feel tension, and relax it.

- In your mind, view the nervousness as if belonging to someone else. Consider its futility and the damage it causes, and decide that you are not going to indulge in it, as your health and state of mind are more important. Don't fight the nervousness otherwise it will grow, just work on detaching yourself from it, and refrain from being swept into it.

- Think about calmness and peace of mind and not about the nervousness. Don't get angry at the nervousness, or try to eliminate it forcibly, as this will only give it added power and energy.

- Imagine that the nervousness has a shape and volume, like a cloud, and push it away from you, as if you are pushing away an undesirable object.

- Intentionally slow down what you are doing, even if at first this might temporarily increase your nervousness, make you feel uncomfortable and raise some anger. Moving or acting slowly requires the action of the will power in order to resist the desire to hurry, and this strengthens the will power. Don't overdo this in your first attempts. Trying too hard might increase nervousness instead of decreasing it.

After reading the above words, you may say that these are beautiful, but not practical words. You may also say you have tried not to be nervous before, but it didn't work. If you are persistent and earnest in your efforts, you will surely succeed. The key to success is practice and patience.

Change needs time and effort. Even if you have tried many times and failed, there is a good chance that you will succeed at the next time. Keep going on and success will be yours.

Mastering impatience

Impatience is very similar to nervousness, and the methods of overcoming it are similar. Impatience causes intolerance, anger and unhappiness. People who are impatient make mistakes, spoil relationships, hurt people and run into trouble.

Below you will find some instructions to help you cope with impatience. As almost all the exercises in this book develop patience, no special exercises are given here.

- The moment you realize that you are growing impatient, stop whatever you are doing.
- Breathe deeply several times.
- Pay attention to your body, muscles, and your posture. If you sense any tension, relax your body. In your mind pass all over your body slowly from toes to head, and relax and release any tension that you may sense in any part of the body.
- Tell yourself that you do not want to have anything with impatience.
- Watch the desire to hurry and the impatience, as if they belong to someone else. This point of view develops detachment, which weakens the impatience.
- Do whatever you do a bit slower, even if it is not comfortable. As a result your body may get tense, and some anger may surface. Your mind will tell you that you have no time or that you have more important things to do, and find excuses and reasons why you should hurry with what you are doing. Don't listen to your mind, no matter how tough it is.
- Remind yourself that the benefits and rewards of patience are great.

● Notice when and why you become impatient, and then intentionally put yourself in this situation, while at the same time adopting a detached attitude.

Your conscious decision to stop your impatience, your intention to stay relaxed, and the actions you take in this respect, are all acts of will power and self-discipline.

After following the above instructions for some time, your mind will gradually begin to cooperate with you, and help you build patience.

Chapter 9

Reject negative feelings, thoughts and words

Will power as a gatekeeper

There is a constant movement and activity on the screen of consciousness. Feelings, thoughts and words flow in an endless stream, triggered by memories, associations, the senses, environment and circumstances.

Some of these feelings, thoughts and words are positive and uplifting, and others are negative, unpleasant and annoying.

Will power is a great tool for refusing the admittance of negative and undesirable feelings, thoughts and words into the mind. When well developed, it serves as a gatekeeper, which closes the door to unwelcome visitors.

The possession of strong will power enables to reject and withhold the entrance into the mind of unnecessary, futile, negative and harmful feelings and thoughts, such as anger, resentment, vengeance, unhappiness, depression, failure etc, and also of negative words connected with them. Well-developed will power means self-control and inner strength.

On the other hand, accepting whatever enters the mind, and acting in response to every passing feeling and thought is a sign of weak will power.

When a negative feeling or thought arises, there is no necessity to concentrate on it and give it your attention. There is no need of repeating negative words and sentences in the mind. With the power of your will divert your attention to something useful, and save a lot of time and energy.

Instinctive expression of feelings, thoughts and words

Here are a few examples of instinctive expression of feelings, thoughts and words, and what can be done about them.

● You drive your car, when suddenly some car appears out of nowhere, traveling at a high speed. It overtakes you dangerously, and moves in front of you. The natural immediate reaction would be of surprise, fear and anger. If you allow the feeling of anger to grow, it will spoil your whole day, control your actions, and may get you into trouble.

The alternative is to be aware of your reactions and feelings, and in spite of your agitated state, not to allow the harmful and angry feelings grow. Refuse to participate in the play of the negative feelings and thoughts.

● You hear some gossip about a friend of yours, and your thoughts start to work overtime, judging, condemning, and inventing all kinds of theories and explanations relying on that piece of gossip you have just heard. All these thoughts might be completely wrong. This is a waste of mental energy. Better use this time and energy for more useful things.

Instead of letting the thoughts revolve and grow like a snowball, **become conscious of this mental process and stop it.** There might be other good and practical methods to stop futile, useless and unnecessary thoughts, but as in this book we are talking about will power, the advice is to stop the flood of thoughts by downright rejecting them, and not paying them any attention.

● You go out without a coat on a cold day, and feel the cold wind freezing you. Your instant reaction would probably be:
“Wow, it is so cold, I’ll definitely catch a cold”.

This is an instinctive reaction. The emotion of fear, and the expectation of illness are behind these words, and if you let them grow you might actually start to feel sick. This reaction might be exaggerated and out of proportion, but your subconscious mind believes and accepts your words and emotions, and affects the body accordingly, making it feel sick.

Pay attention to automatic verbal reactions like the one above, and instead of saying something negative, say something positive or don’t say anything at all. If you have already uttered a remark before becoming

conscious of what you are doing, add another positive or neutral one. In the example above you may calmly and without excitement say:

“It is a bit chilly. I’ll go back and get my coat”.

“I love the cold weather”.

“My body functions beautifully in cold weather”.

“It is a bit cold, but it is okay”.

If you persevere with this habit, you will learn to control your words and reactions, and eventually be able easily to prevent these instinctive, needless, verbal reactions from arising at all.

In all these examples you have to use will power and self-discipline to restrain, reject, ignore and close your mind to the any negative and undesirable feelings, thoughts and words.

Rejecting unnecessary thoughts and feelings

Unnecessary and unwanted thoughts and feelings are rejected and eliminated in the same way and method. The advice you find below refers to both of them.

● Become aware of your thoughts and feelings. Encourage the positive, uplifting ones, and eliminate the negative and useless ones.

● Pay attention and be aware of undesirable thoughts and feelings the moment they rise up, before they gain strength. It is easier to deal with them when they just bud, before they grow in strength and fill the mind.

Your attention and interest are their life force and fuel. Don’t let your attention dwell on negative, depressing, harmful and weakening thoughts and feelings, and don’t allow them to evoke your interest. If you ignore them, you take their energy away and they will vanish.

● It is important to proceed calmly and without tension. Anger, restlessness impatience and tension make the negative feelings and thoughts grow stronger.

● Your will power gives you the ability to choose, which thought and feeling to accept, and which to deny.

● Do your best to stay detached while holding back any negative, unnecessary and unpleasant thought or feeling. Stay detached and disinterested, and they will lose their power.

Rejecting and ignoring long-term, habitual feelings and thoughts, need effort and time, and may involve strong subconscious resistance.

Persistence, patience, will power and self-discipline are your strong and trusted allies.

● Don't be discouraged if you fail again and again. Persevere, and gradually you'll get the skill, and develop a new and rewarding habit.

● If at first you find it difficult to deny these thoughts and feelings, use the following simple, yet effective method:

Replace the negative thoughts and feelings with positive, pleasant ones.

When a disturbing feeling or thought pops into your mind, simply replace it with a pleasant memory of happiness, love, courage or success that you have experienced in the past. This way you expel the negative and insert the positive.

Later, when you gain strength, you will be able to downright throw away these feelings and thoughts, without the necessity of replacing them with others.

Controlling words

A strong desire to say something, to share, chat, show off or gossip, awakens inner restlessness, and a strong urge to let the information out. It is like a pressure of a growing inner current of energy, which desires to get out immediately. Talking releases this energy and inner tension, and brings relief.

If instead of expressing yourself, you decide to stay silent and say nothing, you do not release this energy. Using the power of your will to stay silent brings a strong sense of power. It is as though the energy was ready to get out and you stopped it by the act of your will, and converted it into inner power.

This has to be done as an act of your definite will and decision, for the purpose of gaining inner power; otherwise it is just an unhealthy repression.

If you do this often, soon your control over what you say will grow, and that means more inner strength. The energy that would have been wasted on empty talk stands now to your credit. Frequent acts like this train your mind to resist impulsive verbal reactions.

I do not advise you to withhold important and necessary information, but only useless, and not important information, comments and gossip.

It is always wiser to wait a moment and think before talking. Practicing discipline with words is a great exercise to develop will power and self-discipline for everyone, especially for people who are too talkative or find it hard to keep a secret.

Here are some instructions and advice to help you gain control over what you say:

● Next time you feel the urge to say something that is not important, or have you the desire to gossip, resist this desire. I know it is tough. There is some pleasure in gossiping and saying whatever comes to mind, but for the sake of developing your inner powers, resist the temptation.

● Talking releases energy. Resisting the desire to talk about an unimportant matter for the sake of training the will power, puts at your

disposal the energy that was about to be released for no special purpose. Doing so, you will find and feel that you have more energy and power at your disposal.

- Be especially aware of negative words and phrases that you use. Eliminate them from your vocabulary.

- There are many opportunities to train this ability in the day-to-day life. Do this often, not as a chore, but willingly and soon your control over what you say will grow.

- Using your will power to refrain from saying everything that passes through your mind, develops your ability to say only what you really want to say, guard your secrets, and have control over your speech.

I am not telling you to become secretive and introverted, or not to conduct conversations, but just to abstain from unnecessary and harmful words, comments, remarks and gossip.

Learning to stop the unnecessary expenditure of verbal energy, stores that energy for better and more useful purposes.

Chapter 10

Be kind with yourself

Throughout this book you are taught to discipline and restrain desires, impulses and actions. It is possible that in a particular area of your life you are too harsh with yourself, and require to decrease the discipline, not increase it.

Examine your life and find out where and when you unnecessarily limit yourself, and start to work on yourself in that area. Being kind with yourself, and allowing yourself to do things that you usually repress too much, curiously, also develops inner strength.

The following exercises are only examples of what you can do to develop will power and self-discipline, if you usually restrain yourself too much. The exercises do not cover all the possibilities, as you can find and invent new and suitable exercises.

Do not take these exercises as an excuse to follow your desires. These exercises are reserved for those who limit themselves too much.

Exercise no. 54 - Buying a refreshing drink

Do you spend money on expensive objects, and when it comes to small and inexpensive things you are tight fisted?

You are walking on the street on a warm day. You feel thirsty, yet you wouldn't buy yourself something to drink, even water, because you do not want to spend money. You might tell yourself that in a short time you will be at home, therefore you would better not spend money, even if you can afford it.

As an exercise, and as a challenge, indulge yourself. Spend a little money, and buy yourself some refreshing drink.

Exercise no. 55 - Not buying the cheapest product

Most people compare the prices of similar products at a supermarket, and buy the cheapest one. It is wise and advisable to do that and save money. But as an exercise, on some occasions, buy what you like without comparing prices. Just take and pay for the product you like.

I intentionally mentioned a supermarket, as I do not advise you to act this way everywhere, unless you are rich.

The aim of the exercise is to develop inner strength, overcome inner resistance and make you free from subconscious habits, behavior and fears.

Exercise no. 56 - Indulging yourself with delicatessen

If you are too strict with yourself, indulge yourself from time to time with small delicatessen, such as special cheese, chocolate or a slice of cake.

It is not meant to make this a habit, but to become free from limiting subconscious behavior and fears, and strengthen the ability to overcome instinctive self-deprivation, and feelings of unhappiness and resentment, due to excessive strictness.

Sometimes subconscious fears prevent people from spending just a few more cents to make them happy, even if they can afford it.

Exercise no. 57 - Buying a shirt or a dress

You see a beautiful shirt or dress in a shop and you like it. You wish to buy it, but you experience inner resistance to spend money, though you can afford it. Regard this situation as a challenge. Consider it as an exercise, and buy the shirt or dress you like.

This exercise is intended for people who find it hard to spend money, not for natural spenders or people who do not have money.

This exercise can of course be applied to anything else, not just clothing.

Exercise no. 58 - Taking a day off

If you are the type of person who devotes all his time to work, take a day off and do whatever you want, except work. There are people who are so obsessed with work that they become restless and nervous if they are not working. Work has taken over their lives and their freedom.

Use your will to break the habit. Disregard the protests of your mind, which will probably rebel against the unfamiliar situation. Take a day off and have fun. Go for a long walk. Go to the beach or swimming pool, sit in the park or read a book.

Strange as it may seem, some people find this hard to do, as they don't know what to do, when they have some free time at their disposal.

Depending on the kind of job you are doing, and whether your boss allows it, do this exercise every now and then, until it poses no difficulty.

A word of warning! This exercise is applicable for people who make work their master, not as an excuse not to work!

Exercise no. 59 - Doing nothing

If you like to be always busy, and cannot bear to be idle, take half an hour off and do nothing. Just sit on your porch, in the park, at the beach or in a coffee house and do nothing. Don't read, listen to the radio, watch TV or think about your work. Simply sit down, listen to the sounds and voices around you, look at the passers-by, watch the sky and clouds or feel the cold or warm wind.

In simple words, enjoy what you see around you.

Strive to do this exercise once a day for a whole week.

For an active, busy person this is not an easy exercise to do. It demands effort and will power, and this is where lies the value of the exercise.

Exercise no. 60 - Find the time for breakfast

Do you eat your breakfast standing and in a hurry, while preparing your children to school?

Sometimes, use your will power to help you indulge yourself. Leave whatever you are doing, and sit by the table to eat in a relaxed manner. Everything can wait. Take your mind off your chores and work and enjoy your breakfast.

Exercise no. 61 - Time for yourself

This exercise too is suitable for people who are always busy with their work or household tasks, hardly having any time for themselves.

Will power is necessary in order get out of binding chores, make time for yourself, and disregard any feelings of guilt that arise because you dare to devote time for yourself.

Every now and then allow some time for yourself. Get away from the demands of others and the demands you put on yourself, and allow yourself some time to do something that you love.

Take half an hour for yourself to read, watch TV, be alone in your room, walk, swim or enjoy a bath. Refuse any thoughts telling you that you do not deserve this free time or that you should work instead.

Chapter 11

Additional exercises

This chapter includes some additional exercises. There is no special order for practicing them, just perform any one you choose, whenever the conditions and time are appropriate.

Exercise no. 62 - Reading

Take a book, which you consider boring, and read it for twenty minutes. Do not think about anything else, just put your full attention on what you are reading.

Your mind may wander to other subjects and start daydreaming, noises may distract your attention, and you might feel tired. Hold your mind on the book, and whenever distracted, bring it back to the book.

The value of the exercise is in putting your full attention on the task. Pretending to read, and waiting for the twenty minutes to pass is useless and brings no benefits.

Exercise no. 63 - Going to sleep earlier than usual

For one whole week go to sleep half an hour earlier than usual. If you have some prior important engagements, then postpone the exercise for some other time.

Going to sleep earlier may seem easy to do, but your mind will probably interfere, and try to persuade you to watch another show on TV, eat, or do something else first.

If you listen to your mind, you let it rule your life. Don't listen to its suggestions, and carry out your decision.

Exercise no. 64 - Going to the bathroom at night

Sometimes people wake at night with the need to go to the bathroom, but due to laziness, the pleasure of the warm bed or insufficient will power, stay in bed and don't get up. They may feel pressure and inconvenience, and find it hard to fall asleep again, yet they stay in bed, suffer and do not go to the bathroom.

If you wake up at night in this condition, get up immediately and go to the bathroom without any hesitation. Don't be afraid that getting up will prevent you from falling asleep again. On the contrary, you will feel relieved.

Exercise no. 65 - Cleaning and abruptly stopping

Start cleaning the house. It does not really matter what you do, whether dusting, washing the floor or cleaning the kitchen. Your decision, its immediate execution and the overcoming of any laziness or procrastination are what matters.

After twenty minutes abruptly stop what you are doing, even if you entered into the mood of cleaning. The decision to stop and its execution are as important as the decision to start.

It is a curious fact, but when we start doing something, even if we do not like doing it at the beginning, it is often difficult to stop before we finish what we are doing. Sometimes leaving a chore half done is definitely irritating.

Strange as it may seem, will power, self-discipline, patience and inner strength are necessary not only to start an activity, but also to end it.

Exercise no. 66 - Switching off the TV

In an earlier exercise you have been requested to switch off the radio in the middle of listening to your favorite music. This time, switch off your TV in the middle of one of your favorite programs. This may sound cruel, but to possess strong and effective will power you need from time to time to train it to do some disagreeable acts. Just decide to switch the TV off, and do so immediately, without much thinking and any regrets later.

Exercise no. 67 - Controlling anger

If someone makes you angry, the first reaction would probably be to retaliate. Instead, decisively refuse to be involved with this anger.

Use your will power to overcome any hurt feelings and the desire to express the anger. Behave calmly both inside and outside.

Remember that controlling your temper puts you in control of the situation. It puts you in a position to act wisely and appropriately, and not impulsively and angrily.

Exercise no. 68 - Talking calmly

It is so easy to raise the voice when one is upset or in response to someone else's loud voice. Even when friends discuss their opinions about politics, sports or anything else, sometimes they raise their voices in order to dominate the conversation, and make people listen to them.

Each time you find yourself raising your voice, consciously and willingly lower it down. Don't raise your voice in reaction to other people's tone of voice or to what they say. Talk calmly even if you feel a strong urge to talk aloud. A calm voice means inner strength.

Talk calmly, with a friendly tone, and people will unconsciously imitate your tone of voice. This will give you control over the tone of the conversation, and the power to keep it friendly.

Each time someone raises his voice, whether in anger, to make a point or dominate the conversation, don't emulate him. Control your voice. By showing restraint and discipline and staying calm, you develop your will power and self-discipline.

Exercise no. 69 - Sweeping a room

Sweep your living room with a broom, even if it is clean, just in order to train yourself to make a decision and execute it immediately, in spite of laziness or lack of desire.

Exercise no. 70 - Counting your fingers

Count the fingers of both your hands, while touching each one. Continue counting again and again until you arrive to one hundred.

Exercise no. 71 - Extending your hands

Stand erect and extend your arms sideways. Stay in this position without any movement for one whole minute. Rest for a while, and then do it again for two minutes and then three.

After being able to stand with your hands extended for three minutes (which may not be achieved at the first time you try), you may do this exercise for a longer time, if you want and if feel you can.

It is not physical strength that counts here, but the inner strength and endurance to withstand the discomfort, and go on with the exercise.

If you have a problem with your muscles or blood system do not perform this exercise.

Exercise no. 72 - Standing on one leg

Find a place to be alone, and stand on one leg without holding anything for one minute. Afterwards change the leg.

After practicing a few times, and gaining balance, extend the time to two minutes. There is no need to go beyond two minutes, as this is not intended to make you a juggler or a fakir.

Exercise no. 73 - Counting your steps

Walk on the street, while counting your steps in your mind. Start with counting one hundred steps. Do it several times, not necessarily on the same day. When it becomes easy, and you make no errors while counting, count two hundred steps and later three hundred steps.

Exercise no. 74 - Talking a walk

If you have the time, and the weather allows it, go for a walk for twenty minutes, half an hour or more.

If you usually take walks or practice some sort of physical exercise, this exercise will not have much value for you. It is for people who shun physical exercises. The aim is to overcome the inner resistance and the excuses of the mind not to go for a walk.

Your mind might tell you that you are too tired, that it is too late, that you will sweat or that there is a TV show you do not want to miss.

Show your inner power by not listening to these excuses, and go out for a walk.

Exercise no. 75 - Ignoring the five senses

Sit on a bench in noisy and crowded place, such as in a park, restaurant or a bus, and ignore the sensations that come through your five senses. In order not to draw too much attention you may pretend to read a newspaper.

Start with only one minute. Don't look around, and don't listen to any conversation you hear. Ignore all the sensations, especially those coming through the senses of hearing and sight.

Even if there is a strong noise or you hear something interesting, don't look in that direction. Resist the temptation to turn around and find out the source of the noise or voice.

After being able to do it for one minute, do it for two minutes. When two minutes become easy, you may increase the time at your discretion.

Exercise no. 76 - Resist the desire to talk

Sometimes while having a conversation with friends, and the conversation comes to a subject that you know a lot about, restrain yourself, and resist the urge to show how much you know about the it. Stay silent how difficult it might be.

Exercise no. 77 - Drops filling a glass

Here is an exercise, which requires a lot of patience.

Open the water tap just a little, so that the water only trickles in small drops. Take a small empty glass, hold it in your hand beneath the tap, and patiently wait until it fills with water.

Fill yourself with inner power by refusing to satisfy each fleeting and unnecessary desire or habit. Every conquered desire charges and increases your energy storehouse of will power and self-discipline.

A life of inner strength

Now that you have finished reading the book and have practiced the exercises, your will power and self-discipline must have increased remarkably. You are now capable of handling confidently and resolutely each situation that you encounter, and are able to exhibit strong inner powers, patience and endurance.

If you have been performing the exercises as instructed, your will power and self-discipline are now far and above what most people possess, and your inner powers are more than enough for any need you may encounter.

You must have realized by now that as in every other area of life, constant practice, perseverance, ambition and motivation are necessary for success. To gain the benefits of the exercises, constant and sincere exercising is required. It is not enough just to read the book.

After practicing the exercises and arriving to the end of the book, my advice to you is to go over the exercises again, and repeat each one several times to ensure that you do it without any difficulties. If you find out that you still experience some inner resistance while practicing one of them, concentrate on it until you are satisfied with its performance. It is also a good idea to read the book over and over again, in order to refresh the memory and get motivated.

Afterwards, you will not need to practice the exercises in an intensive manner, but only every now and then, in order to keep in shape. Always keep exercising your will power and self-discipline, whether in real life situations or through the performance of exercises, so as to keep them constantly available and strong. If you stop exercising altogether, there is a chance that after some time your will power and self-discipline grow weak, unless you have reached a very high level, and their manifestation has turned into a habit.

When strong will power and self-discipline become habits, they manifest naturally and without effort. You will not need to strain in order to express them.

After passing through this course of training your life will be different. You will have more control over your life, habits and behavior, and even over your circumstances. It will be easier for you change negative habits

and build positive ones. You will be more courageous, assertive and decisive, and will be able to handle every situation, task, chore and ambition with energy and strength.

Will power and self-discipline are vital for a healthy and successful life at home, at work and everywhere. They are essential for the affairs of daily life, and also for acquiring success in any area.

They are imperative for getting results and attaining success with self-improvement techniques, for using mind power, developing the power of concentration, for meditation, spiritual growth and for following any spiritual path.

Dare to use your will power and manifest self-discipline!

To your success!

About the author



Remez Sasson, the author of “Will Power and Self discipline”, has been studying and practicing for many years self-improvement techniques, positive thinking, concentration, meditation, will power, self-discipline, creative visualization, the powers of the mind, Eastern philosophies, and spiritual development.

After over thirty years of intensive study, Remez Sasson has started to write, lecture and teach about the above-mentioned subjects.

You can find many of his articles about the inner powers, spiritual growth and achieving success with the help of mind power, at his website, “Success Consciousness – Attaining Spiritual and Material Success”, and at other websites.

The first book that he has written, and which has won great success is “Visualize and Achieve”. It is book about the creative powers of the mind and their use for success.

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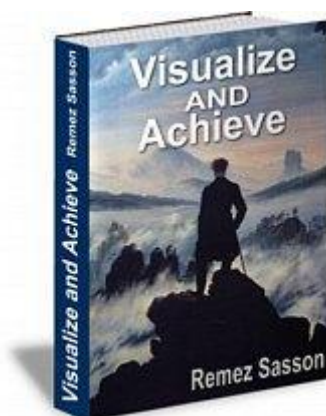
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