

# Introduction

"Be a Columbus to whole new continents and worlds within you, opening new channels, not of trade, but of thought." – Henry David Thoreau

## Behind the Philosophy

I think that in order to be responsible in the writing of this material I need to state this early on... I believe that all humans are unique and different from one another... spiritually.

And, yet, I believe we are all born with similar physical systems and functions that we are able to use in perceiving, interpreting, comprehending, and responding to our lives and environment if we choose. To be specific, I believe all of us to have neurotransmitters (i.e., amino acids, peptides, and monoamines) that carry signals (energy) to our central nervous system (brain and spinal cord) and our peripheral nervous system (limbs and organs) to help us experience our lives. These signals cause glands and organs in our bodies to release a myriad of chemical compounds that regulate the functionality and safety of our bodies (e.g., hormones) that act as messengers that carry signals from one cell (or groups of cells) to another. And, since I believe our bodies to be a system, the chemical compounds in turn influence the brain and the cycle starts all over again, with one system affecting the other... over and over and over again.

I believe that within our brains resides the entity that we call our "psyche" or "mind" which in turn houses all thoughts and their correlating processes. I BELIEVE THE WAY WE THINK IS A HABIT OR A PATTERN OF THE PSYCHE OR MIND THAT WE CAN ENTIRELY CONTROL (for better or for worse) if we choose to believe we can and take the appropriate steps to make it work for us. For example, as you are reading this, there are thoughts (or a voice) responding to this material; those thoughts are generated by your mind and it is the functionality of your brain that is allowing you to speak silently

and to hear your inner voice (or voices if you subscribe to Carl Jung's Complex of the Mind Theory).

Now, if your mind can control the physical activity of your brain and spinal cord, which according to modern science and technological breakthroughs we know to be true (i.e., MRIs and brain scans) then our mind can control the rest of our body (i.e., peripheral nervous system).

If your mind controls the systems of our body, then your mind is controlling the way we perceive, interpret, comprehend, and respond to your life and the environment you live in. And, if that's true... your mind is in control of your life... and, if you can control your mind (e.g., autosuggestion, meditation, etc.) you can therefore control your life. I know, that's pretty deep, but bear with me.

This e-book deals with one simple, yet complex idea: that your mind controls your brain and that it is in control of the release of chemical compounds (e.g., hormones) in your body that entirely dictate how you feel and often how you act. I posit that if you can control your mind through thought and condition them properly (habit of thought), you can control how your body responds to the natural chemicals of the body (both positive and negative), thus controlling how you feel (mind over matter). If you can do that, then you can predict with higher accuracy how you will act.

If you act in certain ways (i.e., confidently and self-assured... or powerful), then you will be perceived as confident, self-assured, and powerful. If you are perceived as such (through your body language and behavior), you will be treated as such, and these interactions with society and your environment will help affirm and reaffirm to your mind that you have power. And, since your physical body acts as a system, this behavior will send powerful signals through your entire body which will send signals back to the brain and repeat this process over and over and over again (this is why you must always "think happy thoughts" and "find your happy place"; because how you think causes your body to respond or to "make you feel" and experience emotions that can dictate how you act and are perceived

and ultimately picked up by your mind and the process starts all over again).

I'd like to begin the remainder of this introduction with a quote: "Courage is not the absence of fear, but rather the judgment that something else is more important" by Ambrose Redmoon. I believe this quote holds much importance to the message behind this e-book: WE ALL FEEL FEAR AND ARE AFRAID AT TIMES, IT COMES WITH THE TERRITORY OF BEING HUMAN; HOWEVER, IT IS THE PROCESS OF THINKING THAT ENABLES US TO PERCEIVE AND DECIDE WHETHER THE REWARD OF ACTION OVERRIDES THE CONSEQUENCE OF NONACTION OR VICE VERSA.

Now, if you can reduce your mind's response to fear or change your mind's perception of it, you can reduce your body's response to fear. If you do that, you'll reduce the influence fear has on your decision-making abilities. In other words, if you are less influenced by fear, the actions and behaviors associated with courage (i.e., balls) will be easier to perform. The more you do them, the more they get engrained in your subconscious minds to become habit. Once these actions and behaviors become habit they will seem easier and more natural. This is where your power-attitude comes in; but, before you go down the path of power, you must first understand how your mind and body work together to help you experience life efficiently. Before I do that, though, I'd like to introduce you to Napoleon Hill and his masterpiece *Think & Grow Rich*.