

The Ultimate

SUCCESS UNLIMITED!

- Goal Setting
 - Affirming
 - Dreaming
-

DR. TONY
MATHIAS

SUCCESS UNLIMITED

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TO MY WIFE LYNETTE

For her valuable assistance in transcribing the manuscript and offering valued and appropriate suggestions, this volume is affectionately dedicated.

MY THANKS

TO MY DAUGHTER

Ms. RACHEL MATHIAS

For her graphical representation of the book.

And to the Enthusiastic Team of

SUPPORTERS

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Please read the 'Conclusion' at the end of each Chapter daily for a period of 40 days.

This will get the Principles firmly embedded in your mind.

With persistence, practice and faith

You will be on your way to Success!!!

PREFACE

Ideas are the basis of all we do. They give us direction and purpose. They need to be developed, applied and given attention or they'll fall by the wayside not bearing fruit. There must be good reason for ideas to be developed, which should lead us on to solidify our goals, visualize our ideas and take affirmative action.

This book will help you to develop a positive and productive mental attitude and rediscover your dreams buried within you. You will gain powerful insight while reading these chapters. Using techniques enlisted will help fulfill your destiny. They will help actualize more and more of your God given potential. As you grab hold of the goal-setting techniques, dream 'Big Dreams,' think 'Big Thoughts,' and dare to live life at its fullest, with a miracle in your mouth awaiting release, you will change your world and impact society. Let your light shine, that others might see your good works and glorify your Maker.

Success is a journey and not just a destination. It is a journey constantly filled with adventure and challenges. You will live life at its fullest if you are willing to meet those challenges. As someone said, "your success depends on what you can get out of you." You will experience incredible joy, when you press on and accomplish your goals! Whatever you vividly imagine, ardently desire, sincerely believe, enthusiastically emphasize in word and deed will inevitably come to pass. Plans are guideposts to success. Attitudes are the factor that makes a difference in life. A winning frame of mind can draw you to success. God wants you to be a Winner! Your love for God will be mirrored by what you do with the talents, abilities and gifts He gave you.

An old Chinese proverb says that the longest journey begins with a single step. By making sure you read the first page of this book you will get to the next. Soon you will be en-route to achieving your potential and fulfilling your dreams. You are destined for Success! My aim is to help you make decisions, take steps to change your life, change your world and achieve Success!

With grateful appreciation this book is dedicated to those precious people I have come in contact with by reading their books on self-development. I am deeply grateful to the contributions made by *Florence Scovel Shinn, Shad Helmstetter, Dr. Paul Yongii Cho, Kenneth E. Hagin, E. W. Kenyon, Willie Jolley, Melvin Powers, Art Garner, Norman Vincent Peale, Dr. Joseph Murphy, Mike Murdock, George Barna,* and others whose teachings have found a way into my heart and also in this book.

Put the principles of this book to work and be on your way to success!!!

Dr. Tony Mathias

CHAPTER 1

GOAL SETTING

The Bible says: “For lack of vision my people perish.”¹ Many are adrift in life, wandering aimlessly, struggling and dissatisfied. They desire success but wind up frustrated in the valley of failure. The reason why this is so is because they neither have clear-cut goals nor a definite plan of action to achieve them. Greatness comes to those who develop a burning desire to achieve high goals. Christopher Columbus cherished a vision of a water route to the Indies, but discovered a ‘new world’ instead. Henry Ford dreamed of a mass production of automobiles. Thomas Edison dreamed of inventing a technique to illuminate homes and offices. It is never too late to set specific goals for our lives. Goal setting is vital to success!

Without a map you can get lost. Without goals you get nowhere in life. Goals are not goals, until written down with a time frame attached. A Goal is a dream with a deadline, a dream acted upon. To a

*Goals are the
roadmap of life*

footballer on the field, ‘no goal post’ means ‘running around in circles.’ He certainly wouldn’t know when he scored. If you do not know your destination, would you know which route to take? And would you know if you arrived? If you don’t know where you are going, you will probably end up elsewhere. Unless you define the target you are aiming at, you’ll never know how close you have come to hitting it. Without goals and plans to achieve them, you are like a ship adrift with no destination. A goal is a clear-cut blueprint objective or purpose that shows you where you are heading.



When we set goals we develop purpose and direction, we are able to measure our success or achievement and achieve more in a short time. Goal setting is an effective way to build self-confidence, which keeps increasing as goals are achieved, leading us on to achieve higher goals. Goal setting is vital to success. It enables us to reach our potential, overcome boredom and many chronic ailments on the way. People achieve success by setting goals and then formulating plans of action to reach them. You too must have a plan so that you know where you are headed.

Many are unaware of their untapped potential. The potential is the difference between where you are now and where you are committed to be. Your zeal for success will provide the energy you need to achieve your goals especially when you live as though the goal was already achieved. Through a tried and tested goal

¹ Prov29: 18.

setting process followed systematically, you can have success in every area of your life.

Every peak performer is an obsessive goal setter. To be successful you must first decide what you want in life, and then determine how much you are willing to pay to achieve it. You must resolve to pay that price and make sacrifices to reach your goals. In regard to goal setting you too like the rest have something special and valuable to contribute to humanity. Develop this area of excellence! To succeed, be aware of what you are doing, like what you are doing and believe in what you are doing. What the mind can conceive and believe it can achieve. *“As a man thinks in his heart so is he.”*²

Nothing shall be impossible to him who believes!

Willie Jolley in his book, “It Only takes a Minute to Change Your Life,” says in his lyrics, “It’s up to you whether you win or lose. If you want to reach the top you must believe deep in your heart. Give it your all, everything you’ve got, and never, ever, ever, ever, stop.” So never give up!

Arnold Schwarzenegger has become one of the greatest bodybuilders, famed movie star, international fitness chief and more through writing out his dream and goal setting it with action.

Many make New Year’s resolutions that only last a few weeks because of lack of constant motivation, which should in fact be part of daily routine. To encourage and inspire dreamers to pursue their dreams they need to read and hear something motivational, positive and encouraging. Determine right *NOW* that you are not going to be mediocre but excellent! Happiness comes to those who excitedly pursue new goals, eagerly awaiting something better. Your best is yet to be! Begin the process right away. Read the principles shown below. Practice them daily.

The ABCDE of Goal Setting!

Let us begin at the very beginning, a very good place to start! Are the Goals Attainable? Believable? Clear? Desirable? Exciting? The answer will determine the ultimate success of your goals. If the answer is ‘yes’ to each of these, you are on your way to success. If the answers are no, then you most certainly need to have sharp, clearly defined goals that are attainable, believable, clear, desirable and exciting! Believe that you will do 20% better this year than last year! *“If you have faith as a mustard seed, nothing shall be impossible to you.”*³

The Bible says: *“Beloved I wish above all things that you may prosper and be in good health, even as your soul [mind] prospers.”*⁴ Many wish to be healthy,

² Prov23: 7; ³Mt17: 20; ⁴ 3Jn2

wealthy, happy and prosperous. The outcome is determined by clear-cut goals.

Here are Five Valuable Principles of Goal Setting!

- Specific I will lose 10 Kilograms in four months
- Measurable If we are unable to measure it, we will be unable to achieve it.
- Attainable It must be practical and possible to attain.
- Realistic It must be sensible. A person who wants to win the 100-meter race with a day's practice is unreasonable.
- Time Bound There should be a starting and finishing date.

Further, given below are *Fifteen Keys* to successful goal setting. See if you can spot them out before you arrive at the summary at the end of the chapter.

Half the battle of getting what you want is to know what you want. The other half is doing what it takes to get it. These are both fueled by decision. The important thing is not where you were or where you are, but where you want to be.



Your goals could be anything you strongly feel like writing a book, selling your automobile, giving tuitions, learning music, decorating your house, purchasing groceries, arranging the wardrobe, a trip abroad, business and so on. Decide clearly what your goals are. To do this you need to understand what your needs are – physical, mental and spiritual. This would include needs like hunger, thirst, shelter, safety, friendship, affection, esteem, self-confidence, freedom, personal fulfillment, worship etc. What do you want to accomplish in life? What will it take to satisfy you?

Prioritize your goals – God, yourself, family, Church and so on. You could for example plan a 30-day goal for self- improvement. Here are a few suggestions: - put off negative language, watch selected T.V. programs an hour day, plan each day's work the night before, do something special with your family once a week, spend quality time every day with an hour of prayer and an hour meditation.

Be in right relationship with God and with others. Ask God to help you make the right decision and give you unmistakable assurance. Pray to ensure that your decision is right. When you *seek God's Kingdom and His righteousness first*,⁵ you will receive whatever you need. Once you know deep down in your heart that your decision pleases God, turn to the next step.

A 'burning desire' is another door to success. The goal must inspire and challenge you and yet be sensible and realistic. If you want something you've never had, you

⁵ Mt6: 33.

must be willing to do what you've never done. Desires that are weak become strong when supported with direction, dedication, determination, discipline and deadlines. Intense desire rocket fuels your goals. How badly do you want something? How badly are you longing for it? Are you constantly thinking of your goals night and day? Desire creates a strong feeling of commitment towards your goals. You must have a burning desire to see your goals accomplished. If you do not have it, ask God to impart it to your heart. Along with a clearly defined goal you must have a burning desire. *"Delight yourself in the Lord and he will give you the desires of your heart."*⁶

*A Goal casually set
and lightly taken is
freely abandoned at the
first obstacle.*

Next set a *deadline* – a time frame when you expect to reach your goal which is measurable, specific and quantifiable, to know how close you are to accomplishing it. Pray till you have real peace, which is like the chief umpire. Pray till you know God's timing. *"To everything there is a season, a time for every purpose under heaven."*⁷



*A Goal is a
Dream with a
Deadline.*

Then form a time frame for your goal to be accomplished. Practice effective time management. Remember, every minute, hour, day that comes and goes, if not used well is gone forever, because we may have lost opportunities to move closer to our goal. Do not waste time. A deadline gets results. It creates urgency, sharpens our thinking and makes things happen. It is crucial in goal setting. Set a date for achieving your goals and picture your success. Set a realistic time frame based on how long each activity will take. One minute well spent to make an important decision that is acted upon is an important step to get what you want in life. It can change your life. Building

30 days goals, with a daily effort to achieve them really pays off. It is a generally accepted fact that it takes 40 days to establish a new habit. This principle can be used in goal setting.

Imagine you had only one year to live and that failure was impossible during that time. Believe that you will achieve everything you attempt to do in that year. Write down what you would do. Sidestep the dream killers. Set high standards and go for great achievement. Accept the fact that you are making progress despite obstacles. Face them with a positive attitude. Believe in your God given abilities.

⁶ Ps37: 4; ⁷ Eccl13: 1;

You will have taken the most important step when you decide to take action on your dream. Goals are also more easily achieved when broken into smaller ones. Goals can be short term [one year], mid term [three years] or long term [five years]. Having a purpose is very important because without one we are only obsessed with achieving goals.

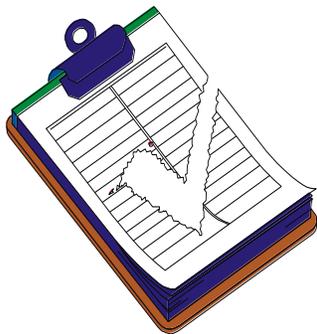
Zig Ziglar brings in an analogy about focus, referring to a magnifying glass igniting a pile of leaves by focusing rays of the sun. Similarly goals help focus dreams and serve as stepping stones to make dreams a reality.

Writing down goals creates instructions for the subconscious mind to carry out. Write or document your goal in a sharp clear statement and eliminate all uncertainty of thought. Writing helps stamp your goal indelibly on your mind. The more information you give it, the more clearer the final outcome. The more positive the instructions given the more positive the results. Writing helps you experience results beforehand. Write down your goals concisely and yet detailed. For example instead of writing 'a new home,' specify 1500 sq. ft carpet area, with three bedrooms toilet – bath attached, kitchen, spacious hall, overlooking a lake. Can you see your new home clearly?



The difference between a goal and a dream is the written word. Writing your goals creates the roadmap of your success. It is the blueprint of how you will arrive at your destination. It keeps you alert against obstacles that could hinder your way to success. This is the way to program goals into your subconscious.

What are your goals? What are your dreams for the present? What would you try to accomplish if you were told that it was impossible for you to fail?



There is something awesome about writing goals. It is as if you are ordering yourself to get it. Words are part of the thinking process. They convey images, pictures, feelings, and emotions to the mind. When words are written and rewritten repeatedly they have maximum impact. Don't be content with the first draft. Write down your goal, rephrase it, compact it, add activating adjectives. Keep fine-tuning.

Create a list of activities you must do to achieve your vision or goal. Make a list for each day at the end of each day so that your subconscious can work at it overnight. Set priorities on your list. When you start

off your day tick off each completed activity. This will give you a feeling of achievement.

Write down Ten Things you want this year. Begin to create images in your mind with these things. You will probably achieve at least eight this year? Write down an article about yourself and the goals you are achieving, with headlines, projecting yourself in the future as though it had already happened. Writing your goals helps crystallize your thoughts and make them specific. Write down your goals clearly and precisely, so that even a child can understand. Create an image of yourself Ten years from now. Write down your Ten Year Plan for yourself. Your life is too important to be left to chance. *“Write down the vision and make it plain.”*⁸

List the benefits you would enjoy when the goal is achieved and how you would feel about it. Everyday rewrite the major goals that you are working on. This single act will virtually guarantee that you will reach any goal you may set and provide you with an incredible amount of confidence in your ability to have what you desire.

Make a detailed plan. Write down activities you will engage in to reach your goal. Prioritize them in terms of importance. Review, revise and rewrite after receiving feedback, and noting setbacks. Back your plan with determination never to give up. Persistence is an important ingredient of success. Write down your goals repeatedly in order to internalize them and accept the idea. Get into the habit of goal setting so as you progress to bigger goals your ability to achieve becomes habitual. The subconscious just follows direction.

You may write specific goals like: ‘I intend to be ‘Sales Manager’ within the next three years.’ ‘I will save Rupees One Lakh a year.’ Write down your lifetime goals that include areas: personal, physical, financial, social, intellectual, spiritual, family, career, community and so on. For your short term goals for example you may write - pick up the laundry; buy a birthday card; get some petrol; get provision; visit relatives; family eat-out; cleaning the storehouse, etc. For your long-term goals: - family yearly holiday trip, house interior decoration; annual camp, etc. Tick mark when it is completed and congratulate yourself on the achievement. Do this regularly.

You may begin by writing down your specific goals in the space provided below on a special personal diary that you intend to read daily:

⁸ Habakkuk2: 2.

Lifetime Goals

1. _____
2. _____
3. _____
4. _____

Three-Year Goals

1. _____
2. _____
3. _____
4. _____

Six-Month Goals

1. _____
2. _____
3. _____
4. _____

In the same way write your goals from day to day, the night before.

Write down all the good things you have ever done all your life and the goals you have achieved in a special book. Let this book continue with the achievements you are making. It will help you recognize how much of a winner you really are. It will show you how you have overcome difficulties before. The reason why not many have written goals is because they don't know its importance or they don't know how to, or they fear rejection, failure, change. Unless a goal is written out it becomes only a wish.

Next *declare* or affirm verbally aloud in the first person singular – “I set goals for my success,” “I always achieve my goals,” “I am a good goal setter.” ‘I am successful.’ Affirmations are the key ingredient to bring success or failure. They may be visual or verbal. This is commonly called self-talk and is the most effective form of declaration. We must realize that our subconscious is trained by our talk, either verbal or internal. Knowing this, we would surely train it to do what we want rather than what we do not want. A visual affirmation is a picture or image of what we are seeking. Continually looking at a picture of this type brings us into situations that bring the picture closer to reality. Whatever the mind can conceive and believe, it can achieve. In Biblical times, during a severe drought, Elijah kept praying and affirming till it rained.

Depicting or visualizing the accomplished goal is another key to success. You need to *depict* or visualize the completed goal. For example, see your new home, smell the leather seats of your new car, feel the cold hard cash in your hand especially when

*Visualizing is the
key to Success*

you get up in the morning and the last time before you fall asleep at night. This process will start both your conscious and subconscious mind working towards the goal and replace negative with positive. Get a mental image of your goal as though it was already in existence right now. Play that picture of your goal on the screen

of your mind as often as you can. See yourself in possession of it. Your mind thinks in pictures and images. Whatever picture – goal you constantly think about will drive your actions to create the exact picture. When you continually see



yourself in possession of your goal your subconscious mind will move you into actions that align with the mental image you hold. You must associate a picture to your goal. You should picture yourself in the vision that you have already achieved your success. Visualize your accomplished goal at every opportunity, especially first thing in the morning and last thing at night. Visualize your success. Make a movie of how you achieved the goal in detail. Visualize yourself doing all the things to get your outcome. Visualize how you overcame difficulties. *“Say not there are four months and then comes the harvest. But lift up your eyes and look the fields are ripe with harvest.”*⁹

Creative visualization involves three steps – setting a goal; learning to relax; visualizing a successful outcome. The brain often thinks in pictures. A movie director’s job is to visualize the script and guide the production crew and actors. Be your own director. Visualize yourself enjoying the benefits of having reached your goal. In your mind create your own movie theatre with the screen, stage and seats. Put yourself in the front row. Press the button, start the movie, see yourself up there. See yourself receiving a job promotion, given a raise in salary, taking the long dreamed overseas trip and so on. Rewind and Replay.

Visualize your goals daily. Keep your eyes on the goal. Think about it constantly. Picture your goals as though they had already been achieved. Spend some time savouring the goal in your imagination as if you had already achieved it. You create your destiny. Why not visualize it? Try to visualize yourself at the moment of success. With this even adverse circumstance work out for the best. *God works in all things for good.*¹⁰

*Combination of Goal Setting,
Positive thinking,
Visualizing, Believing
Are Basic factors for a
Successful Outcome.*

Give your dream or desired goal a name-- once you name it, you're more likely to claim it as your own. What you want is a name that truly describes your mission, a name you can embrace and remember. Name your career, mission, and vision. Claim it and dedicate yourself to it. Naming brings control, a change of attitude, a change of life. Choose right names. Designate your goal, e.g. ‘weight loss,’ debt cancellation,’ "Be debt-free!"

⁹ Jn4: 35. ¹⁰ Rom8: 28;

Diversify your goals. Let there be variety. Have short and long term goals in different areas - Family and Home; Finance and Career; Spiritual and Ethical; Physical and health; Social and Cultural; Mental and Educational; Prioritize your short and long term goals. Is the gain worth the pain?

Read your list of positive goals, several times daily, but especially as soon as you get up, the first thing in the morning and the last thing before you sleep at night. Our subconscious mind goes to work immediately as the written goals are pondered over continually to make it a reality.

As you read your goals daily, you will believe them. Next by acting on them you will be amazed at the positive results that follow!

You were born to be a Winner!

Ruminate or ponder over your goal. Get a very clear colourful and sharp image in your mind of seeing yourself doing the things you will be doing after you have reached your major goal. Review your goals frequently. Sometimes we realize we need to revise a goal as circumstances and other goals change. If you need to change a goal, do not consider it a failure; consider it a victory as you had the insight to realize something was different. Revise your goals from time to time. And finally Rely trust or believe in God, not forgetting himself. If you don't believe yourself, you don't much believe in God. He made you. Winners are always believers. Believe you are a Goal Achiever and you will be one. As some one said another name for belief is positive thinking. Project yourself in the future. We become what we think about. Begin to talk and act as though you are already experiencing Success.

Identifying groups, people and organizations whose assistance you will need to reach your goal are Basics we ought to know. We succeed by serving our fellow men. Customer service is important to success. *"As you sow, you shall reap."*¹¹ The more you put in the more you get out. *"Do as you would be done by."*¹² *"What you give you receive, pressed down shaken together and running over."*¹³ Motivated people have specific goals and look for ways to achieve them. Whatever you think and believe you create. A great life is the result of creating priorities. Set achievable goals. Focus on what you can do rather than on what you can't do. Visualizing the end result enables you to build up courage and motivation you need to take the steps towards your goals. Focus on one project at a time.

¹¹ Ga6: 7; ¹² Mt7: 12; ¹³ Lk6: 38

Make sure your plan is not too rigid. Fill your mind with positive thoughts all the time. Saturate your mind with the idea of success, and then success will surely come to you. In the biblical story, David slew Goliath the giant and won freedom for his people. Although Goliath laughed at him, he kept his cool, he was determined, had a purpose and goal to fulfill and he believed in the power of

*Let Your Walk
Match Your Talk.*

Almighty God to fulfill it. David was an optimist and God saw him through. A successful man, sticks to his goal and is not discouraged at setbacks. Talking [especially self talk] about your goals and aspirations with repetition firmly implants the ideas both in the conscious and subconscious minds. Your action must reflect your new thinking. Do not lose sight of the goal. Keep it firmly fixed in your mind and pursue it with persistence and determination. Each time you make progress towards completion of your goals, celebrate it, give yourself a pat, and congratulate yourself. Have realistic time frames. Prioritize your goals

Goals should be balanced. Our life is like a wheel with spokes. If any of these go out of line, then life will be out of balance. Our loved ones should be one of the reasons we live and make a living. We need to have money, not money have us. We lose our health in the process of earning money and then we lose money in trying to regain health. Now health itself is an important factor. We should have knowledge and be wise and take social responsibility and walk in the fear of God.

A number of people do not set goals. There could be many reasons; pessimism, fear of failure, lack of ambition, fear of rejection, procrastination, low self-esteem, ignorance of the importance of goals or lack of knowledge about goal setting. It is important to consider hindrances to goal setting, that hinder your success and inhibit your creativity, such as negative attitudes, dream killers, pessimism, non specific deadlines, non realistic deadlines, improper time management, procrastination, self-depreciation, insecurity, lack of commitment, competition, well meaning friends, too many goals, lack of discipline, fear and you can add to the list. Identify the obstacle and focus on removing them. You need to have strategies to overcome *blocks* that slow you down or interfere with the accomplishment of your goal. Once you have written the obstacles down on paper, you will find usually one or two things that take up your attention, the rest are unimportant. Just like when you have roadblocks on a journey, you take a diversion, in the same way when you reach an obstacle, you know what to do.

Also you don't set goals unless you know the benefits. Determine how you will benefit by achieving your goal. Write down all the benefits and advantages you will receive on achieving your goal. The more reason you have for reaching the goal, the more irresistible the goal will become to you. The feeling of being a winner is an important part of being a winner. We can only feel like a winner,

when we are working towards an important goal. As you list the benefits and feelings that will be yours when you achieve your goals, the feeling of anticipation will take over and your mindset will go from – ‘If I get this goal’ to ‘when I get this goal.’ Set goals to get the job done and discover the real joy of living. The things you achieve by reaching your goals are not nearly as important as what you become by reaching them.

CONCLUSION

Checkpoints for Successful Goal-Setting

❖ Decision:

Decide what you want in life. Decide clearly what your goals are. Determine the cost – the sacrifice you are willing to pay to achieve it. Pray about your decision to ensure that it is right.

❖ Desire

A ‘burning desire’ rocket fuels your goals and brings success. List the benefits you would enjoy when you achieve your goals and how you would feel. Check if you have this kind of burning desire to attain your goals.

❖ Deadline

A deadline gets results. It creates a sense of urgency, sharpens your thinking and makes things happen. Set a realistic deadline, a date for achieving your goals.

❖ Document

Writing your goals helps stamp your goals indelibly in your mind, decides your destiny, creates the roadmap of your success and helps you experience results in anticipation. Write your goal in a sharp crisp clear statement, in detail and yet as briefly as you can, short and long term.

❖ Declare

Declaration is the key ingredient to bring success. Affirmations reinforce what you want done. You need to affirm in the first person

❖ Depict

Visualize or depict the completed goal. Visualizing your results is the key to realizing your results the key to your success. Rewind and replay the mental movies on the screen of your mind of how the goal has been accomplished at every chance you get especially first thing in the morning and last thing at night. Visualize yourself daily enjoying the benefits of having reached your goal.

❖ **Designate**

Name or designate your goals with names that can be easily remembered. Having named it, you are more likely to claim it as your own. The name should describe your mission.

❖ **Diversify**

Your goals need to be diversified and prioritized- short and long term in different areas.

○ **Read**

Make it a habitual practice to read your list of goals, several times daily.

○ **Ruminate**

Ponder over your goal.

○ **Review**

Reviewing your goals daily and frequently is a crucial part of your success.

○ **Rely**

You need to rely first of all in God, then in yourself and so on. He made you a winner. Believe you are a Goal Achiever and you will be one. Believe in advance that you have achieved your goals. Talk and act like it is so. Rely on your God-given ability to complete the goals.

➤ **Basics**

Serve your fellow men. Give and you will receive. Visualize the end result. Focus on one project at a time. Make your plan is flexible. Saturate your mind with success. Prioritize and set guidelines for action. Employ positive self-talk. Let your walk match your talk. Make sure your family is right behind you. Stay healthy. Seek help. Receive a feedback.

➤ **Blocks**

Beware of negative self-talk, non-realistic deadlines, improper time management, negative attitudes, dream killers and so on. Focus on removing the obstacles.

➤ **Benefits**

List benefits and feelings that will be yours when you achieve your goals.

Peak performers have more than goals, they have a vision of what their life will mean to themselves and others. Peak performers do not live in the future. Peak performers make sure each step taken in the present keeps them on the road toward their life goal.

CHAPTER 2

AFFIRMING

Affirm means to make firm, visible, or establish. An affirmation is a simple verbal, mental or written statement of truth repeated over and over again even in the face of contrary circumstances. They are repeated declarations of things we desire to come to pass. They are powerful tools for transformation and self-empowerment. They have been called by different names over the years such as self-talk, self-suggestion, or assertion. It is the repetition of affirmations that leads to belief. Once belief gets deeply rooted and becomes conviction, things begin to happen.

Affirmations are a useful method of "programming" your mind to act in a particular way. Through constant repetition your subconscious mind picks up the message with action on your part [as if it were true] to create change. It's a way of changing behavior to achieve your goal. They create positive thinking -- which leads to greater change. They are used to program your subconscious mind, remove blocks standing in between you and your desires, and manifest changes in your life.

All we desire and require are on our pathway. Blessings often elude us because we do not know the power of the spoken word. *"Death and life are in the power of the tongue."*¹ *"We are ensnared by our own words."*²

Power of the Tongue

However, blessings can still come to us if we know how – through the amazing power of the tongue. Jesus Christ emphasized the power of the Word: *"By thy words thou shalt be justified and by thy words thou shalt be condemned."*³ In the book of Numbers we read, God took the Israelites at their Word. Those who said, "We are able to enter the land" did enter it. Those who said, "We are not able" did not enter. God has not changed. He still says, *"Just as you have spoken in My hearing, so will I do to you."*⁴ Often, it is the way in which people speak about themselves that exposes them, to curses or blessings, failure or success, without recognizing it.

We have often heard words spoken like "This is driving me crazy!" "This sickness runs in the family, I guess I'm next." "I don't think I'll get pregnant!" "I just know

¹ Prov18: 21; ² Prov6: 2; ³ Mt12: 37; ⁴ Num14: 28;

I'm going to lose this one – I always do!” “I can't afford to tithe.” “I never can make ends meet” “Over my dead body!” “What's the use of living?” This is a sample of those who have invited mental or emotional breakdown chronic illnesses, barrenness, miscarriage financial deficiency and unnatural or untimely death? People using this kind of negative language unconsciously bring curses over themselves.

Do you long for victory over continual defeat and failure? Are you discontented with life? You have tried many things to get you out of your dilemma, yet without success. This chapter will be a blessing to you. It is designed to show you the power of your words and how to deal wisely in the affairs of life. Read on, discover principles shown to you in this chapter and practice them



What we have said with our lips only we can unsay. If we have spoken negatively, we need to recognize it, repent of it, revoke - cancel, unsay it and finally replace it with a positive affirmation. Man's word has the power to change unhappy conditions – from sorrow to joy, sickness to health, lack to plenty, and death to life. This generation is rediscovering the

folly and peril of a continual negative confession – a life of failure, defeat, fear, inability, weakness, inferiority, unworthiness, torment and so on.

Dr. Joseph Murphy in his book, “the Power of the Subconscious Mind” says, “Watch what you say. You have to account for every idle word. Never say ‘I will fail,’ “will lose my job,” ‘I can't pay my rent.’ Your subconscious mind cannot take a joke. It brings all things to pass.” You get what you say!

E.W. Kenyon in his book, ‘The Power of Your Words’ says, “We consciously confess what we believe. If we talk sickness, it is because we believe in sickness. If we talk weakness and failure, it is because we believe in weakness and failure.” To show the power of words he goes on to say, “Most of the sick Jesus healed during His ministry were healed with words. God created the universe with words, faith-filled words. Jesus said, ‘thy faith has made thee whole.’ He said to Lazarus, ‘come forth.’ His words raised the dead.”

God told Joshua that if he would meditate on His Word his way would be prosperous and he would have success or deal wisely on the things of life. When you know the truth, the truth shall set you free. If man's word is powerful, how much more powerful is God's Word?



A continual negative confession has bound and defeated many, such as the acknowledgment of fear, failure, inability, unworthiness, weakness, inferiority and so on.

This binds them and builds a prison house for them. Words identify. “*For as he thinks in his heart so is he.*”⁵ “*Out of the abundance of the heart the mouth speaks.*”⁶ A positive confession enables one to come out of the prison house of sin, sickness, weakness, failure and so on. Many limit ‘confession’ to confessing their sins and ‘salvation’ to having their sins forgiven, which we ought to do but its scope extends to the meeting of every other need as well.

The Bible tells us to consider ‘*Christ’ Jesus the Apostle and High Priest of our Confession.*”⁷ We must make sure that we are divinely led in making the right confession in every area of our lives, for a fuller experience of God’s total provision. If we make a positive scriptural confession, we release the ministry of Jesus to help us meet our need. If we make no confession, we are left at the mercy of our circumstances. If we make a negative unscriptural confession we expose ourselves to evil, demonic forces.

“Confession” in the biblical sense is limited to statements and promises of the Bible. It consists in saying with our mouth what God has already said in His Word. It is valid if the appropriate conditions attached are fulfilled, and effective only if it proceeds from faith in the heart. Like the rudder of a ship, used rightly, can guide the ship safely to its appointed harbour. Used wrongly it will cause shipwreck. Confession rightly understood and practiced can be a decisive factor in a successful life.

There are only two kinds of confessions – a wrong or a right one. A wrong confession is the confession of defeat, failure and everything negative. The believer who is always confessing his weaknesses is building weakness and failure into his consciousness. If we sin, we are to confess it. He then forgives us & cleanses us from all unrighteousness. When confession is made we are never to refer to it again. The right kind of confession does several things to a believer. It fixes the landmarks of his life. If you confess God’s Word concerning you, you will be blessed. We unconsciously confess what we believe. If we talk sickness or weakness or failure, we believe it is true. When we get into the habit of confessing our weakness then this weakness grows. Every time we confess weakness & failure, doubt & fear we go to the level of them. Whether we realize it or not we are sowing words. Why not sow positive words?

There is a grave danger in dual confession. If you confess that God is faithful to His Word, that He is your supply, that He is your healer, and then almost with the same breath you confess lack of money or ability, sickness, you are canceling your first confession. A number of people confess one moment that God heard their

⁵ Prov23: 7; ⁶ Mt12: 34; ⁷ Heb3: 1;

prayer and next question how He's going to do it and what they ought to do to get it. This latter confession destroys prayer and faith. For example, one may say, "God is the strength of my life, of whom shall I be afraid?"⁸ And in the next breath say, I am so afraid. By making two opposing confessions, we doubt God and His Word. Opposing confessions often result in lack and limitation and loss of blessings. "The man who doubts is a double-minded man, unstable in all his ways."⁹

The Bible is a book that contains God's promises. Every time a need arises we confess God's promise applicable to that situation. We begin with His Word in our mouth. By confessing it with our mouth, we receive it into our heart.¹⁰ The more persistently we confess it with our mouth, the more firmly it becomes established in our heart. Then no effort is needed to make the right confession. With God's promise rooted in our heart, struggle will cease and it will be natural for us to speak His Word in every situation, and receive the benefits. We are to hold fast to our confession or profession, without wavering by reaffirming our right initial confession, making the words of our mouth agree with God's written Word. We are to be grateful and thank God in advance for the benefits.

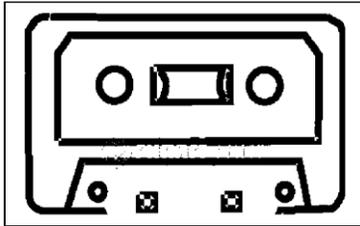
Florence Scovel Shinn in her book, "The Game of Life and How to Play it," says, "God is man's supply and man can release through his spoken word all that belongs to him by divine right. He must however, have perfect faith in his spoken word." It is also important to line up our words with God's Word for He watches over His word to perform it as the scripture declares. It may be difficult to hold fast to the confession of perfect healing with pain in your body at the same time. Also you cannot lie that there is no pain in your body. However, God can change the fact of your pain and release healing when you hold fast to the Word of faith that tells you, "Surely He has borne my sicknesses and carried my diseases, and that by His stripes I am healed."¹¹ And to hold one confession there will be a battle to gain mastery over your confession.

Again you may confess God's Word that says, "My God shall supply all my needs ---." And yet in the next breath say, I cannot pay my bills. It may be that you don't have the money right now to pay your bills, but God can change this fact and meet your need if you will stand firm on your confession of faith, that He will supply all your needs. Do not magnify obstacles, magnify the Lord, and magnify His power.

⁸ Ps27: 1; ⁹ James1: 8; ¹⁰ Rom10: 10; Mk11: 23; ¹¹ 1Pt2: 24.

Give God your undivided attention. Keep saying in the midst of difficulties, 'God's ways are ingenious, His methods are sure.'

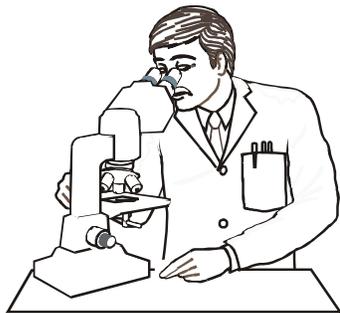
We have all been negatively programmed through life. The human brain is like an incredibly powerful personal computer. The negative programming that we have received and still receive may have come quite unintentionally from well-meaning parents, brothers and sisters, teachers, schoolmates, associates at work, life mates, advertisements and so on. Most of the times we are told what we cannot do and a few times of what we can accomplish in life. We believed the wrong programming as true. We heard the same thoughts and words repeatedly thousands of times. We



began to live out the picture of ourselves we had created in our minds. We became what we most believed about ourselves.

Kenneth E. Hagin states in his book "Words," that we have been programmed wrongly. We have been programmed negatively. He says, "Words make us or break us, heal us or make us sick. The words we spoke yesterday made life what it is today." Mark 11: 23 says, "...he shall have whatsoever he saith." What you say is what you get!

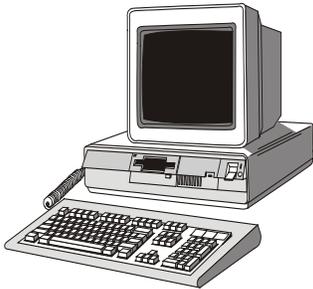
Because we learned our programs from people around us, it is natural that we also pass on the same to our children or to others. For example sincere loving, caring parents, teachers and friends have told children: 'You're just no good at that!' 'Your room is always in a mess.' 'Can't you do anything right?' 'You never listen!' 'You talk too much,' 'You have always been the problem maker.' 'You can't.' 'It's impossible.' 'It will never work.' 'You are always unlucky.' 'You'll never amount to much.' "You'll have to live with this problem," and so on. Your subconscious mind is at work right now, day and night to make sure that you become precisely the person you have subconsciously described yourself to be. When we talk to our friends, it is sometimes easier to talk about problems than about exciting potentials.



Leading researchers have told us that more than 75% of every thing we think is negative, counterproductive and works against us. And more than 75% of all illnesses are self-induced. Unless the negative programming we received is erased or replaced with a positive programming, it will stay with us permanently and affect and direct everything we do for the rest of our lives, producing failure, illness, lack of finances and so on. How successful you are depends on the programming you received from others and the words and

beliefs about yourself that you stored in your subconscious mind. Often what is stored in your subconscious was decided by someone else. You will become what you think about most; your success or failure in anything will depend on your programming – what you accept from others, and what you say when you talk to yourself. The brain simply believes what you tell it most. And what you tell it about you, it will create. It has no choice. What we think is what we become. “As a man thinketh in his heart so is he.”

Therefore programming the brain with a more successful picture of yourself is important. Whatever you put in your mind in one way or the other is what you will get back. You need a specific word-for-word vocabulary of the right positive things to say, to erase the old negative programming. As stated before, our brain is like a computer. Whatever is recorded or programmed will stay there forever unless the old information is erased and new information typed in. Most of our self-talk is unconscious. The longer the thought remains in you the truer it becomes.



Shad Helmstetter in his book “What to Say when you Talk to Yourself” says, “we all talk to ourselves all of the time, usually without realizing it. And most of what we tell ourselves is negative, counter-productive and damaging...preventing us from enjoying a fulfilled and successful life.”

Anytime you make a statement about yourself that is negative you are directing your subconscious mind to make you become the person you just described – negatively. For example you may have said something like any of these to yourself: ‘I can’t remember names,’ ‘I just know it won’t work,’ ‘That’s just my luck,’ ‘I’m so clumsy,’ ‘Today just isn’t my day,’ ‘I can never afford the things I want,’ ‘No matter what I do I can’t seem to lose weight,’ ‘I’m very busy,’ ‘I never have enough time,’ ‘When will I ever learn?’ ‘I never win anything,’ ‘Nobody likes me,’ ‘I’m always broke,’ ‘That’s impossible!’ ‘I get a cold this time every year,’ and so on. Imagine typing any of these into your mental computer. Imagine that your mental computer does what it is programmed to do! For example if we say – “No matter what I do, I just can’t seem to make enough money to make ends meet,” the subconscious will say, “Okay, I’ll do what you are telling me to do. I’ll make sure you can’t make ends meet.” In turn, it will unleash its powerful control over our mental and physical selves to achieve the result it was told to accomplish.

Norman Vincent Peale in his book “Why Some Positive Thinkers Get Powerful Results” says, “Never say that blessings are scarce or even that money is scarce. The very assertion can scare both away from you.” And he states further, “every

problem contains the seeds of its own solution. If there are no problems there will be no solutions and progress will stop.”

However, there is hope. You can reprogram. You can erase the old negative, work-against-you programming and replace it with a healthy, new positive, productive kind of programming. By learning how to talk to yourself, you will notice improvement in every area of your life.

If you are feeling unable to cope with everyday stressors and challenges, ‘Positive Self Talk’ can make a difference. It is a way to counter paranoid or hateful things we tell ourselves. Positive self-talk is complementing ourselves when we’ve done our best, using our own personal progress as the yardstick by which to measure our success. For every negative message you aim at yourself such as ‘I am worthless, I never do anything right’ remind yourself of things you do perfectly well. Whatever your abilities, use positive self talk to remind yourself daily that you are a special, unique and worthwhile person.

First just listen to anything you can be saying to yourself that could be working against you, and turn it around, using the self-talk that works for you. Speak in the present tense with the end in mind. You may say: ‘I am free, sin and sickness can no longer dominate me, ‘With God’s help I no longer smoke,’ [if you were unable to give up smoking]. By doing this you are replacing the old negative programming – can’t, cannot.

When the new programming takes over, the mind will do what you tell it to do. If you tell it the right way, it will do it. Simply replace the “cannot” with the “can.” For example, ‘I am a winner,’ ‘I can do all things through Christ who strengthens me,’ ‘I respect myself and I like who I am – I am a child of God.’

The silent internal self-talk goes on all the time whether conscious or unconscious. Listen as much as possible to everything you say when you talk to yourself. When you find you are saying to yourself what sounds like the wrong kind of self-talk, immediately turn it around and rephrase it in the positive. For example if you are saying to yourself internally ‘I can’t handle this, I am ever increasing in weight’ turn it around immediately and say ‘I can handle this, I eat what I should and only the right quantity by God’s grace,’ – I’m losing weight and looking great!’ Or if you telling yourself internally that you are tired at the peak of the day say ‘I am brimming with energy and enthusiasm – the Lord is my strength.’ Just keep doing it every chance you get and it will start to work for you.

Talk to yourself aloud. When you are doing so you are forcing yourself to put your thoughts into words. That helps you clarify your thinking on the subject and become more specific than you are when you are just letting thoughts drift through

your mind. It is the self-talk that is phrased in specific self-talk statements which deal directly with the most important new instructions you want to deliver to your subconscious mind for the purpose of reprogramming. [The author's self-talk audiocassette, 'Change Your World is available]. Self should cover a variety of topics like health, wealth, prosperity, self-esteem, self-confidence, determination and so on. You can listen to self-talk tapes of yourself even while you are doing something else. Your subconscious mind will be busily programming in the positive new information about you.

Setting good goals is one of the most important ways to achieve them. Doing this is part and parcel of becoming healthy wealthy and wise. Worthy goals are essential to true and lasting self-fulfillment. Imagine setting worthwhile goals and then fueling them with the non-stop energy of Self-Talk. Talk the walk and you will walk the talk. Your success will always depend on what you think, what you tell yourself most. Expect the best and then tell yourself the best. You can use the self-talk successfully in schools, colleges, work places and so on.

If you ever feel lonely or get depressed, if things are not working out well, its time to change the program. Using self-talk to deal with loneliness or depression is one of the best ways and one of the easiest to practice. Because it deals with you and what you think, it targets the root of the problem. Self-conversation would be a great help in loneliness. When dealing with depression, counselors often recommend the right diet and the right physical activities to help counteract depression. But you must also add a healthy diet of bright new self-talk. Your own self-programmed self-talk lies at the root of your Success. Putting self-talk in the present tense as though the desired change has already taken place gives your subconscious mind a completed picture of the accomplished task. For example you could say: 'I am a good listener,' 'I don't smoke,' 'I have a good memory,' 'I always save money.' Each of these examples states the change in the present tense as though the desired results has already taken place. Get specific when you use self-talk.

Change your words and you will change your world. The key to good self-talk is that it covers the problem and it gets specific. It must direct the subconscious mind to do something. If you have a goal, give detailed instructions that tell you exactly what you want.

Keep a diary of your own self-talk for the next 48 hours. Listen to every word you say to yourself. Bad, good or otherwise listen to every word you say out aloud or silently to or about yourself. Consciously listen to every thought you think to yourself, negative or positive. Watch you reaction to risks.



 [INFO/DOWNLOAD](#)

Listen to the self-talk of others – what they say about themselves or think or feel about anything they talk about. Just observe. Record it on your diary! Next listen to media talk – the programming you are receiving from radio, television, newspaper, magazines etc. Record it in your diary! The best way to begin practicing using Self-Talk is to create new Self-Talk for yourself. See the negative self-talk you gave yourself in your observations and then deliberately change it.

Kenneth E. Hagin says, spiritual things are created by Words. Even natural, physical things are created by Words. Children are a product of words. Words heal us or make us sick. They bless or curse us. Learn to fill words with love and faith. The home atmosphere is a product of words. Children fail because wrong words were spoken. You are not going to have health unless you talk health. “The tongue of the wise is health.”¹²

Words make us or break us. They heal us or make us sick. The words we spoke yesterday – made life what it is today. Spiritual things are created by Words. Even natural, physical things are created by Words. Children are a product of words. Words heal us or make us sick. They bless or curse us. Learn to fill words with love and faith. The home atmosphere is a product of words. Children fail because wrong words were spoken. You are not going to have health unless you talk health. “*The tongue of the wise is health.*”¹²

We are a product of words. The Bible teaches us that there is health and healing in the tongue. Talk health, talk wealth, and talk success. “Whoso keepeth his mouth and his tongue keepeth his soul from troubles.”¹³ The Bible teaches that you get saved because you believe and say something – not just because you believe. “That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.”¹⁴ “For verily I say unto you, That whosoever shall Say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he Saith shall come to pass; he shall have whatsoever he Saith.”¹⁵ In other words, you will have what you speak. You will have your Words. So we see how believing and speaking are important ingredients to Success.

The Words you use in your everyday life; the Words you speak at home, with friends, at work – these everyday Words locate you, fix the landmarks of your life.

¹² Prov12: 18; ¹³ Prov21: 22; ¹⁴ Rom10: 9-10; ¹⁵ Mk11: 23;

Therefore listen to the words you speak and you'll just know where you are. You will never realize beyond that which you say. You will never have beyond your words. .

Self-affirmations are positive self-scripts you give to yourself to counter your negative self-scripts. You take personal responsibility for your health and emotional stability. You let go of negative emotional baggage you have been carrying. Only then will you be able to deal with your life in a realistic and positive manner. The self-affirmative "I" statements can result in positive attitude, optimism, and motivation towards emotional growth and progress.

What are these "I" statements? - They are one-line statements that can be repeated to cover three areas:

I am: A statement your personality - 'I am energetic,' 'I am competent.'

I can: A statement of your potential - 'I can succeed,' 'I can lose weight.'

I will: A statement of positive change - 'I will control my temper today.'

Begin to confess God's promises of life and health and victory into your situation. Then you can begin to enjoy God's abundant life as you *have what you say!* "Words have creative power. You can have what you say. If you say, "I can't pay my bills,' for instance, you won't be able to pay your bills – even though God's Word says that "My God shall supply all your need according to his riches in glory by Christ Jesus." But if you change your negative way of speaking and thinking based on God's promise to supply, you will receive the financial miracle you need.

An affirmation can be powerful when worded correctly, emotionally charged and visualized. Music added with affirmation stirs up the emotion. Tell yourself in no uncertain terms, 'I was born to be a winner!' "I believe in me, for God made me! *I am His workmanship!* He didn't make any junk." Remember those power-packed words, "If you have faith as a mustard seed nothing will be impossible for you." Everyday practice the greatest of all positive affirmations, "I can do all things through Christ who strengthens me."

Never say that blessings are scarce or even that money is scarce; the very assertion can scare both away from you. Do not say that times are hard, for these very words will invite poverty. Fill every nook and corner of your mind with the word plenty, plenty. "*You will also declare a thing and it shall be established for you.*" ¹⁶ When you say, "I am poor," you are in effect declaring poverty. Your word is the expression of your mental image. Prosperity thoughts and prosperity words move you in the direction of prosperity and success.

¹⁶ Job22: 28.

There are some things that affirmations have in common which are worth noting. They are to be personal, stated in the present tense. For example, 'I now have a wonderful job.' Avoid affirming something in the future tense, e.g. "I am going to have a wonderful job" or the results will always be waiting to happen. They express a positive statement. For example, "I am now perfectly healthy." They are short and specific and are to be repeated to imprint it in the subconscious mind. You need to affirm the truth in line with God's Word even though the facts are opposite. The truth will change the fact!

Positive Affirmations

[Say them out Aloud in part or full as applicable to your situation]

This is the day that the Lord has made, I will rejoice and be glad in it. Endless good comes to me in endless ways. My barns are full my cup overflows with joy. I choose to feel happy, and so am I. I look with wonder at all that is before me. I am God's workmanship deluged with happiness. Happy surprises come to me daily. I am happy I am me.

I am always a winner. I choose to surround myself with positive, and successful people. I am successful at all times. I am delighted when others succeed. Every person is a golden link in the chain of my good. The floodgates of my good now open. People like working with me because I am successful in all I do. Endless good comes to me in endless ways. I give thanks for my whirlwind of success. Divine order is now established in my mind body and affairs. The open door of Destiny is set before me and no one can shut it. What is rightfully mine is given to me under grace. There are no lost opportunities in Divine Mind, as one door shut another door opened

The love of God dwells in me. I have unconditional and abundant love within me. Perfect love casts out fear. God's love pours through me wiping out fear, doubt, anger and resentment. I love myself. I am unique. I love everyone and everyone loves me. I attract loving, beautiful people in my life. The love inside me forgives everyone. My enemy becomes my friend. I love and I am loved. I am an extremely well liked and pleasing person. I am respected and well liked by all the people I know. I give and receive love easily and joyfully. I am at peace with myself and with the world. Nothing can separate me from the love of God.

I give thanks for the divine selection. The marriage made in heaven is now made manifest on the earth. The two shall be made one flesh. I forgive and I am forgiven. Though my sins be as scarlet they are washed whiter than snow.

God works in unexpected ways, unexpected people unexpected places and at unexpected times, His wonders to perform. It is dark before dawn but the dawn never fails. Do not be weary of make believing. When you least expect it you shall reap. Before you call you are answered, for the supply precedes the demand. You have made me wiser than mine enemies.

The Kingdom Come, Thy Will Be Done in my mind, body and affairs. Every plan my Father in heaven has not planned is erased. The Divine Design of my life now comes to pass. God is my immediate and unfailing supply. With God all things are possible now. I cast every burden on Christ within and I go free! What God has done for others, He now does for me and more. I cannot lose anything that belongs to me because there is no loss in Divine Mind. It will be restored to me or I will receive its equivalent. There are no debts in Divine Mind. All debts are cancelled. I owe no man anything but love.

I give thanks that this article [or property] is sold to the divinely appointed person at the right price with perfect satisfaction. There is no competition in divine mind. What is mine comes to me under grace. God protects my interest. Thy Kingdom Come, Thy Will Be Done. Your way Lord not my way. Your time Lord, not my time. Before I call You have answered. Whatever I should know is revealed to me under grace. I am always divinely led. I trust in the Lord with all my heart and I do not lean on my own understanding. In all my ways I acknowledge Him and He directs my path.

I call unto the Lord and He shows me great and mighty things I am not aware of. God is director of my life. My steps are ordered of the Lord and He delights in every step I take. I commit my way to Him and He directs my path. I am divinely led. God makes a way where there is no way. I walk in the light of Christ and fear flees. If God is for me who can be against me? I am strong in the Lord and in the power of His might. The Name of the Lord is a strong tower. I run into it and am safe for I have His righteousness. The eternal God is my refuge and underneath lie His everlasting arms. I have the righteousness of God therefore I am bold as a lion.

The joy of the Lord is my strength. Greater is He that is in me than he that is in the world. I call on the Name of the Lord and I am saved. I stand still and see the salvation of the Lord. I always triumph in Christ. I dwell in the secret place of the most High, under the shadow of the Almighty. The Almighty shall be my defense. No evil shall befall me, no plague come nigh my dwelling. No weapon fashioned against me shall prosper.

There is no loss of memory in Divine Mind; therefore I remember everything I should. I have a fantastic memory. It grows better and better everyday.

I now fill the place divinely destined, which no one else can, and do the things I can do and no one else can do. I am fully equipped for the Divine Plan of my life.

I am unique. In the whole world there is none like me. I now express the Divine Idea in my mind, body and affairs. I let go of everything not divinely designed for me, and the perfect plan of my life now comes to pass. God's plans for me are for good and not for evil, to give me a future and a hope. I am a new creation. I desire only that which God desires for me.

I am made in the likeness and image of God. The light of Christ streams through me. I give thanks for my radiant health. I attract powerfully positive and healthy people in my life. I deny appearance of disease. I am in perfect health. As in the days of my youth so shall my strength be. The Lord will satisfy me with long life. I am the redeemed of the Lord; I am redeemed from poverty, sickness and death. The Lord is my Healer. Christ redeemed me from the curse of the law. Therefore I am redeemed from sickness. By His wounds I am healed.

I give thanks for the Divinely planned journey under Divinely planned conditions with Divinely planned supply. The walls of lack and delay now crumble away and I enter my Promised Land under grace.

Abundance comes my way under grace in perfect ways. Endless good comes to me endless ways. "The Lord is my Shepherd I lack nothing." ¹⁷All my needs are supplied. I am truly grateful for everything that I now have. I give and share what I have. There is always enough. Money comes to me easily, effortlessly and abundantly.

I seek first the Kingdom of God and His righteousness and all things are added unto me. I delight in the Lord and He gives me the desires of my heart. It is God who gives me power to get wealth. The unexpected happens, my seemingly impossible good now comes to pass. God is my supply, which now pours in and piles up under grace.

I am positive and prosperous in everything I do. Prosperity is always working to find ways of expression in my life. Prosperous people are attracted to me. My purse is always jammed and crammed with money, bulging with abundance. God is my supply. Every day is a good day. Goodness and mercy shall follow me all the days of my life and I shall dwell in the house of abundance forever.

My God is a God of plenty and I now receive all that I desire and more. All that is mine by Divine Right is now released and reaches me in great avalanches of abundance, under grace in marvelous ways. God is my immediate and endless supply. Blessed be the Lord who daily loads me with benefits. I give and I receive, pressed down shaken together and running over. Now is the appointed time. Today is the day of my amazing good fortune.

¹⁷ Ps23: 1;

I have a wonderful work in a wonderful way. I give wonderful service for wonderful pay. I persevere and finish every task I undertake. I am well organized in every phase of my life. I am fully competent and capable in all I decide to do. People seek to do business with me because they like my qualities. I am sincere and honest at any job I do, therefore my efforts always bring accomplishment and monetary reward. My work and skill bring money for my needs, my love for what I do, bring me success. Everything I do turns into success. I can do all things through Christ who strengthens me.

This is the day that the Lord has made, I will rejoice and be glad in it. I dwell in the secret place of the Most High and under the shadow of the Almighty, safe and secure. I sow bountifully and reap abundantly. Surely goodness and mercy follows me and I dwell in the house of abundance. I am unique. I am God's workmanship. Endless good comes to me in endless ways. God is my immediate and unfailing supply. What is rightfully mine is given to me under grace. I am grateful for everything I have. I delight in the Lord and He gives me the desires of my heart

I am strong in the Lord and in the power of His might. I enjoy excellent health. All things are working out for my good. I have plenty of time, money and energy. I use them well. I am very special. I am positive, confident and full of life. I like to be around people and they like to be around me. People like to hear what I have to say and know what I think. I am happy on the inside and I am happy on the outside. I love and I am loved. Every person is a golden link in the chain of my good.

God's Kingdom Come and Will Be Done. Divine Order is now established in my mind, body and affairs. I let go everything not divinely designed for me and the perfect plan of my life now comes to pass. I now fill the place that I can fill and no one else can fill. I now do the things I can do and no one else can do. I now express the divine idea and fulfill the divine design of my life. I am always a winner. I give thanks for my whirlwind of success. God is director of my life. I am divinely led. *My steps are ordered of the Lord and He delights in every step* I take. God is my immediate and endless supply.

CONCLUSION

Ponder over these important points on Affirmation that would contribute to your Success.

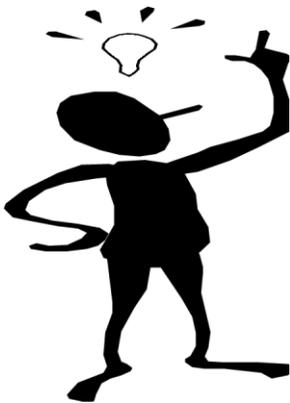
- ❖ **Affirm** in a relaxed, receptive state. Affirm the first thing when you awaken from sleep and the last thing before you sleep. These are the most receptive times. Affirm often during the day as well. Your affirmation should lead to a positive action.
- ❖ **Be specific**, be realistic and believe in the power of your affirmation. *Blessings* often elude us due to ignorance of the power of the spoken word. Be careful little mouth what you say!
- ❖ **Choose the affirmation** that is cheerful and most appealing. Listen to the statement that clicks. Carefully word your affirmations. What we have said only we can unsay! Change your words and you will change your world. Chant or sing your affirmation. Music brings in an additional dimension. When affirmations are mixed with music, you emotionalize. So sing your positive affirmations and watch the good results! We need to speak in line with the Word of God.
- ❖ **Do not say negative things** when very angry, because your emotions are involved and what you may get what you say. At the same time do not make dual confessions. A wrong confession is the confession of defeat, failure h His Word. The right confession fixes the landmarks of life and brings many blessings. Dual opposing confessions cancel each other.
- ❖ **Engage in positive self-talk**, an internal dialogue, but verbally expressed. Self-talk is the most effective form of affirmation. Erase old negative, counter-productive, work-against-you programming and replace it with a healthy, new positive, productive kind of programming through a specific positive self-talk. You need a specific word-for-word vocabulary of the right positive things to say, to erase the old negative programming. To change the program – erase and replace.
- ❖ **Feelings** are very important in affirmation. You need to *feel* what it would be like when what you affirm is fulfilled. Emotions power your affirmations. Belief is an emotion. Expectation is an emotion. Identification is an emotion. Fear is an emotion. Whatever you feel strongly in your affirmation will manifest in your life.

- ❖ **Good positive affirmations** should be in the first person singular, present tense. Use your own name in the first, second and third person. Always personalize your affirmations.
- ❖ **Hear cassettes of affirmations** that are in line with God's Word. You can order my audiocassette 'Change Your World' – a positive self-talk. You may have a powerful scriptural affirmation close to you of your choice to remind you and stir you with your other affirmations.
- ❖ **Identify the kind of thoughts** that stream from within you whether negative or positive. Cancel every negative thought with an opposing positive word of authority. You can also effectively starve out the negative thoughts by indifference. Avoid negative chatters as well.
- ❖ **Keep the positive affirmations short, specific and easy to remember.**
- ❖ **Meditate on your affirmations** while relaxed.
- ❖ **Persistence** achieves results sooner than practicing them periodically!
- ❖ **Repetition** is highly important, the key to success. Repeating statements impresses the subconscious and brings changes. Repeat the affirmations often daily especially on waking and before sleep. Affirmations often repeated lead to belief, which becomes conviction. Then blocks are removed, the mind is reprogrammed and things happen. Affirm God's promises and enjoy abundant life.
- ❖ **Use 'I am' statements** as often as you can.
- ❖ **Write down your affirmations.** Write them also on cards that you can carry with you to repeat during the day. While you affirm, prepare for what you affirm. The words you use should be aligned with your desires. Words create pictures. So choose your words. When you speak the word, ask for a definite lead and then act on it.

CHAPTER 3

DREAMING

God communicates with His people in dreams. The Bible gives us a number of examples of how people were forewarned, guided, encouraged, helped through dreams. To cite a few examples, we have Pharaoh,¹ Abimelech,² Joseph,³ and Pilate's wife.⁴ God speaks to man through dreams, yet often he doesn't perceive it. It doesn't make sense to him or he feels it is silly and unimportant.⁵ God promised to speak to his people in dreams and visions. ⁶ Joseph ⁷ and Daniel⁸ were remarkable dreamers. The kind of dreaming that is referred to you over here is the kind that comes in sleep. One often wonders why God would use dreams as a medium of communication. The answer could be drawn from a similar reason why a doctor uses anesthesia in surgery. Could you imagine the doctor and patient's plight if the surgery was performed without it? Similarly God anaesthetizes the conscious mind that fights God's message. The majority of dreams are symbolical while a few are literal in many cases. Dreams are important when they reveal God's message and they need to be deciphered or discerned and understood correctly.



The word Dream has also similar meanings such as vision, foresight, formation of mental pictures, or visualization. In this chapter we shall largely deal with this kind. Visualizing is the art of consciously selecting and focusing attention on mental pictures that represent a desired reality we wish to have manifested. Imaging is a mental activity of vividly picturing in your mind the desired goal or objective and holding fast that image till it sinks deep. An image formed and held tenaciously in the conscious mind will pass presently by mental osmosis into the subconscious mind. When it is accepted

¹ Gen41; ² Gen20: 3; ³ Mt2; ⁴ Mt27: 19; ⁵ Job33: 14-15; ⁶ Acts2: 17; ⁷ Gen17: 2;
⁸ Dan2: 19;

firmly in the unconscious, the individual will strongly tend to have it. From the heart flow all the issues of life.

If you stop and look around you, everything you see started in someone's imagination which didn't exist thousands of years ago. For example, radio, television, motor car and so on. What is your dream? Whatever it is you surely can achieve it...if you believe it and have confidence, determination and persistence. If the dream is big, the facts don't matter.

Willie Jollie in his book, "It Takes a Minute to Change Your Life," says, "every minute is a gift packed with power...has the potential to change your life...if you use it wisely." What you do with these minutes is the secret of your success. Decide quickly to change your life. *Decision* itself is another key to success. It is vitally important that you have a dream. Conceive it! Believe it! Achieve it!

Dreams are essential for success. All things are possible if you can dream. See things that are not yet, as a reality and possibility. Develop a vision for the future. The Bible says, "Where there is no vision the people perish."

To understand the philosophy behind dreaming, one must understand that there is a physical world and a spiritual world. The spiritual world is substantial. The physical world came from the spirit world and is both subjected to and influenced by it. There are laws that govern both the worlds. The law that operates in the spirit realm is the higher law and this is the reason for miracles.

God created the world with His spoken Word.⁹ But before He spoke it was already conceived in His mind. He formed it in the spirit realm first and then spoke it into being in our three dimensional world. Things that are physical are made of things from the invisible. Many people try to change the natural physical world. Instead, they should make the effort to change the spirit world in and around them. When they bring a change in the spirit world, they will bring a change in the physical world. This process may be termed visualizing.

Dreams are the starting point and seed for success. Like natural seeds, if you conceive the dream in your mind, plant it in your heart and water it daily, it will grow. One way to water it is to affirm the dream repeatedly. Do not allow weeds of doubt to choke it. Soon you will find your dreams become a reality.

Day dreaming, mental rehearsals, fantasizing and imagination are the same as visualizing. We all do it whether we realize it or not. We have used visualizing for good purposes and unfortunately even for evil purposes. We mentally release our greatest fears over and over in our minds. Businessmen train their employees to visualize to improve performance and productivity. Coaches use it to increase

⁹ Gen1: 1;

athletic performance. Student use it to improve test scores, while therapists use imagery to enhance relaxation skills. Dieters are taught to image a thin and beautiful body. Medical researchers have watched the power of mental imagery strengthen the immune system, lower blood pressure, decrease the excessive heart beat. Medical professionals often teach their patients visualizing techniques to assist in the healing process. Visualizing techniques can be applied to many areas of life.

Visualizing in itself is a mental process governed by the reasoning or conscious mind. Where as visioning in the true sense is a spiritual process governed by intuition, which is a faculty of the spirit in man. The mind must be trained to receive flashes of inspiration and work out these 'divine pictures' through definite leads and at the same time visualizing the same. A dream is nothing but a vision, foresight, mental picture or visualization.



Inside each of us is an image of the person we are along with the circumstances on the outside. This image is in the spirit realm. You may often notice that when you talk to people in poverty or in need, they have a picture of such a condition on the inside. They clearly see their bills piling up, and poverty coming in as though it has already taken place. They are taught the

Word of prosperity, but the image on the inside remains unchanged. If this image of poverty on the inside is not changed they will never be able to change their circumstances. But when they begin to change the inner image and act upon the truth of God's Word which says 'My God shall supply all my need...' instead of seeing unpaid bills, they will have their needs met and all debts cancelled.

The vision that each one of us has on the inside shows that there is an inner ability to give physical form to the vision. Visualizing has been operating in our lives whether we are aware of it or not. Before we have prosperity in our lives we have to build an image within from God's Word. When you see yourself as God sees you physically it begins to take place. All that you visualize must be in line with God's Word, His Will and purpose for your life. If you are called to be a prophet, you know personally that it is God's Will for you to be so, other godly people have told you the same, yet if you do not hold on to this Word God has given you, neither meditate on it and you do not form new images or visualize in line with your calling, you will never enter the prophetic office. When God gives you a vision, give it form, see it clearly, feel it in the inner spirit realm, conceive it till it gives birth.

Many don't live their dreams because they are afraid of taking chances. Choose to be great, count your blessings and decide to be happy. There is a poem worth pondering over:

If you think you are beaten, you are.
If you think you dare not, you don't.
If you like to win but you think you can't
It's almost a cinch you won't,

If you think you'll lose, you're lost.
For in this world, you will surely find,
Success begins with a person's will,
It's all in the state of the mind,

Think big and your deeds will grow
Think small and you'll fall behind
Think that you can and you will,
It's all in the state of the mind.
If you think you are outclassed, you are.
You have to think big to rise
You've got to be sure of yourself
Before you win the prize.

Life's battles don't always go
To the strongest woman or man,
But sooner or later the person who wins
Is the person who thinks he can!

Therefore you have to develop your thinking to the point where you honestly believe that it is impossible for you to fail.

Many are bound in self-imposed prisons with false images of destruction, poverty, condemnation, sickness and so on. They imagine them in their own lives as well as in their families. *George Barna* in his book, "The Power of Vision," says, "Sometimes we are overcome by fear because we have failed in the past and dare not reach for the stars again." Unless this kind of imagination is unlocked they will remain bound with strong fetters, stronger than physical prison bars. They need to be set free. This can be done by meditating and visualizing the positive Word of God.

It is you alone who can determine and decide whether you will be a Success or failure. Many feed on leftovers rather than feast on the banquet of life's successes. Depression is usually the result of an inner negative conversation. Affirm daily, "Today is going to be a great day!"

Your attitudes make the difference between success and failure. Attitudes are more important than facts. It is your attitude not your aptitude that ultimately determines your altitude. Develop a mental attitude that is positive. It is a key to Success.

If you want to change your life read positive self-development books and tapes, especially the Bible. (You can hear my self-speak tape, “Change Your World.” It will do you immense good.) Develop a mindset that with God’s help it is impossible for you to fail.

Words are actually images. All of us think in images. God created with His spoken Word. God’s Word is seed. This seed is the image He gives us. What has God promised you generally in His Word? What has God specifically spoken to you that you can have or do? Your mind receives images from the Word of God. Begin to visualize and imagine these pictures thrown on your mental screen. When He gives you His Word, you should constantly visualize it in your personal life. This will liberate you and bring many blessings in your life.

What precautions should you take when you are visualizing?

Make sure that whatever you are visualizing is in line with God’s Word. Never feed your sub-conscious mind with past failures, guilt, fear, anxiety, poor health, but feed it on hope and new challenges. Thoughts like ‘I can’t succeed’ and ‘I don’t like my job’ will be made true and immobilize your creativity. Negative thoughts are our biggest enemy. Do not build obstacles in your imagination. Doubt, fear, apprehension keep the doors and gates locked against your good. Unbelief stopped Jesus from working mighty miracles in his own hometown. You are a prisoner of your limiting beliefs if you have them. If a person persistently images failures, life will try its best to develop that picture as a fact. Worrying is a kind of negative imaging that tends to create conditions in which the unpleasant thing that is worried about has a better chance of coming to pass. “Keep thy heart [or imagination] with all diligence, for out of it are the issues of life.”¹⁰ What man imagines sooner or later externalizes in his affairs.

The conscious mind that is untrained sees life, as it appears to be. It is carnal and mortal. It sees disease, disaster, death, poverty and limitation of every kind and this impresses the subconscious. As someone said, - A man’s enemies [negative thoughts] are only those of his own household [which he has built in his own subconscious mind]. Fear must be erased from the consciousness. It is man’s only enemy – fear of lack, failure, sickness, insecurity and so on. Jesus Christ said, “Why are ye fearful ...”¹¹ Fears objectify if not neutralized. As someone said, fear is inverted faith. It is



¹⁰ Prov4: 23; ¹¹ Mt8: 26;

faith in evil instead of good. Therefore we must substitute faith for fear.]

Napoleon Hill in his book, "Think and Grow Rich," says, "Every adversity, every failure and every heartache carries with it the seed of an equivalent or greater benefit!" As someone said, - A man's worst enemies [negative thoughts] are those of his own household [which he has built in his own subconscious mind]. Fear must be erased from the consciousness. It is man's enemy – fear of lack, failure, sickness, insecurity and so on. Jesus Christ said, "*Why are ye fearful ...*" Fears objectify if not neutralized. Fear is inverted faith. It is faith in evil instead of good.

Mike Murdock in his book, "The Assignment," says, "What you look at the longest becomes the strongest in your life.' He states further, "Focus, is the Master Key to the Golden Door of Success." Walt Disney said, "If you can dream it, you can do it." If you aim at nothing that is probably what you will hit! Aim high, dream big dreams, set big goals and remember, all things are possible if you can just believe.

You combine with what you notice and if you are always noticing failure and hard times, you will combine with failure and hard times. If you give obstacles and hindrances your undivided attention they will grow more and more. Even if you do not have the good things you are longing for, because you do not presently have the money to buy them, keep noticing them in a shop window and link with them in thought. Sooner or later these things will be drawn into your life.

The Bible says, "*Without vision the people perish.*" When people have lost the power to image their good, they perish, go under or dwell carelessly and aimlessly. Many accomplish practically nothing for lack of vision although they may have worked hard. *George Barna* in his book, "The Power of Vision," says, "Vision is a clear mental picture of a preferable future imparted by God." *Napoleon Hill* in his book, "Think and Grow Rich" says, "Whatever the mind can conceive and believe it can achieve!"

Vision means to see clearly where you are going, keeping your eyes on the goal. Clear vision is like a man with a compass. As someone said let intuition be your compass and it will always get you out of the woods.

What is the Mechanism of Visualization?

A good time to visualize is when you are relaxed or feeling sleepy. At this time there is an increased flow of information between the conscious and the subconscious. In this state you can reprogram yourself replacing the old negative program with the new positive program. Therefore the best time would be on waking and before you sleep.

Norman Vincent Peale said that thinking negatively begets negative results, while think positively begets positive results. *Ralph Waldo Emerson* said that a man is what he thinks all day long. Your mind is like a garden where anything grows. So be careful to plant only positive thoughts. Jesus Christ said that all things are possible to those who believe.

Visualization must be accompanied with divine enthusiasm. A statement that shows this kind of enthusiasm: 'I bless what I have and look with wonder at the increase.' Psalm 24 tells us of 'lifting up heads' and 'King of glory entering.' The gates and doors could be symbolized as man's consciousness. As he is lifted up in his consciousness he could make contact with God Almighty who lifts burdens, breaks yokes, fights battles and solves his problems.

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Florence Scovel Shinn says, "Imagination is a man's workshop where ideas registered in the subconscious objectify. It is also called the 'scissors of the mind.' It is ever cutting day-by-day, pictures seen. Sooner or later man meets his own creation in his outer world. Whatever a man feels deeply or images clearly is impressed upon the subconscious mind and carried out to the minutest detail. Therefore we are exhorted to keep our heart or imagination with all diligence, for out of it are the issues of life."

If you have a failure thought, reverse it immediately into a success thought. By desiring sincerely without anxiety we catch up with what we desire. The Lord will give us the righteous desires of our heart. The Lord says, "I will give you the Land you see." If you see success, it will come to you. What you see is what you get. You combine with what you notice. Man is ever reaping on the external what he has sown in his thought world. If you have trained your inner eye to see through failure into success, sickness into health, lack into plenty, then you get what you see.

To change where you are, you must change your thoughts. Your thinking not only determines where you are today, but more importantly where you are going tomorrow. If you want success it is imperative that you change your thinking. If you change how you think, you will change how you act. This in turn will change what you do, what you get and where you go and ultimately change your life.

Remember everyday is a great day. Even if it doesn't feel like one, you can make it so.

The house of bondage is where a man is slave to his doubts, fears, lack and limitation. Success and limitation in life largely depend on following intuition. Many people are in a fog most of the time, making wrong decisions and going the wrong way. Unless intuition builds the house, they labour in vain that build it. To live intuitively is to live in the fourth dimension. One must receive divine leading. When you face a fork on the road, it is time to make a decision. Ask the Lord for a definite unmistakable lead and you will receive it. Your blessing is waiting to be released by faith and God's specific Word to you. God makes a way where there is no way.

Once you conceive your dreams, believe and nourish them, they will begin to grow. Next beware of dream busters who arise to kill your dreams. These could well be ourselves, petty minded pessimists we are associated with, or settling for mediocrity. *Dr. Robert Schuller* says: "Fear not that you might fail, rather that you will never succeed if you never try and are unwilling to take risks." We need to strive for excellence and watch our dreams rise to the top.

A man cannot boast of earning anything, since he is divinely provided. With realization of success we receive the Gift of Success. With realization of wealth we receive the gift of wealth. Success, abundance and wealth are states of mind. Psalms 62 tells us: "My soul wait thou upon God for my expectation is from Him." Our soul or subconscious should expect everything directly from God and not depend on our own understanding or other doors and channels. For God has different ways to bring our good to us. We have to look to Him. We have to depend on him. Walk in love, seek the welfare of others, bless others and do good and your channels will be clear for good to come to you and that includes good health. Give thanks that you have already received on the invisible plane and it will come to pass.

Dr. Paul Yonggi Cho in his book "The Fourth Dimension, Volume 2" says, that through continually teaching his people the principles of success found in scripture [Bible] they have seen no bankruptcies in their Church. He states further, "What has been the key to our practical success in business? We have taught our people how to use their fourth dimensional powers to visualize success. We do not dwell on negative thinking but speak positive words motivated by positive thinking." He also says that we should know how to visualize the end result of our goal, just as a hen dreams a chick out of the egg, so we should clearly see the end result of our goal in our visions and dreams.

You can never do a thing you cannot see yourself doing or fill a place you cannot see yourself filling. It must be a spiritual realization, a feeling that you are already

there. The imaging faculty is the creative faculty. Out of the imagination of the heart come the issues of life. Imagine yourself rich, well and happy, that all your affairs are in divine order and then leave it in the hands of the Lord for its fulfillment. 'The Inspiration of the Almighty shall be my defense and I shall have plenty.' Become as a little child and make believe that you are rich. You must have a great desire for financial freedom. You must feel rich and constantly prepare yourself for riches. The subconscious is impressed with expectancy, which is another word for faith. What pictures are you cutting in your imagination?

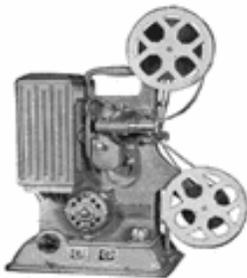
You need to hold firmly the vision implanted in you. Give thanks to the Lord that the end is accomplished – you have received. Be undisturbed by negative appearances. Cancel out all mental pictures of negativity. "Seek first the Kingdom of God and His righteousness..." "The Kingdom of God is within you." This Kingdom is also the realm of right perfect ideas or divine pattern. Here all things you need are given to you. There is a perfect picture in God's mind concerning you. A person trained to image only good things in his life will get every righteous desire, health, wealth, love, friends, and so on. Greet yourself in the mirror daily saying, "You're one of the greatest people that the world has ever known and you are going to do wonderful things today."

What are the Benefits of Visualizing?

Your success is assured. Your potential is attained. You receive answers to problems [especially in dreams]. You live in good health and you prosper in every way. Visualizing is important for church growth to the clergyman and a flourishing business to the businessman. The same applies to every walk of life.

A dream without action is a wish. Action without a dream is pass time. A dream with action can change your world. Little thinking begets little results for it limits existing possibilities. Remember, you can if you think you can!

Tips on How to Visualize Success



Imagine you are in a private auditorium sitting alone with the screen in front of you. Make your own private movie. Give it a title. You are the Director, and the Main Actor. First be relaxed! Then push the button, start the movie where you have arrived at the end. What do you see in your imagination?

Suppose you are a sportsman running a race. See yourself winning the race, breasting the tape, standing on victory stand in position number one. Hear the applause that you have won. You are overjoyed. You are receiving a medal, which is put, around your neck. The various dignitaries shake your hand See the prized trophy in your hands, feel its weight. Watch excited friends all

shaking hands with you, congratulating you. See yourself giving a speech as you are called upon to do so.

You next celebrate your Success with a party. Your people at home are overjoyed and rejoice with you. You take photographs of yourself with your trophy. See yourself in colour dressed up for the occasion, sitting in a brand new car that has been presented to you at this time, along with friends. You smell the new seats, the car keys in your hand, the colour of the seats of the car and so on. It would do you good if you use all your five senses in your imagination like touch, taste, seeing, hearing, and smell. See yourself as an observer not only enjoying the movie, but also as the actor. Imagine in detail. *Rewind and Replay often* during each day especially the first thing on waking and the last thing before you fall sleep. This method can be used for the success of any goal you have set.

Suppose you are looking out for a life partner in marriage. Know that marriages are made in heaven but manifested here on earth. God is the matchmaker Ask for the 'Divine Selection.' Note down on paper what you would eagerly long for in your partner. Stick the paper in a place where you frequently visit. Give thanks for your divinely destined marriage and partner. See yourself in a relationship that is harmonious, joyful and romantic. Imagine yourself and your future partner sharing fun and fulfilling life together. Generate the feelings of love and joy as you create these images in your mind. Then wait patiently for God to fill in the details of the picture you have created. Do this often and daily. It will come to pass.

God practices a principle that we must learn to follow. He does not look at the present circumstances, but He sees the end from the beginning and speaks as if all He is working on is already finished. [Rom4: 17]. We learn that once we pray specifically and receive the assurance that our prayers are answered we then need to visualize the answer and begin to speak as if it had already taken place.

“We should know how to visualize the end result of our goal. Just as a hen dreams the chick out of the egg, so we should clearly see the end result of our goal, in our vision and dream. “Faith is the (assurance) substance of things hoped for.” [Heb11: 1]. When you hope for certain things then you can have a strong vision or dream for that which you have hoped for. If you have not visualized clearly in your heart exactly what you hope for, it cannot become a reality to you. This is because you don't know what you really desire the Lord to do for you. The things you really hope for can only be possessed as you visualize them clearly. When they are clear in your mind the deep desire for God to grant that request becomes a vision in your heart as well as a prayer. You will then dream about it day and night.

Without visualizing you cannot have the things in the realm of the ‘hoped for.’ “Romans4: 17 says, “God raises the dead and calls those things which be not as if they were,” because God’s promises are true, all of the ‘hoped for’ things are a reality in His plan for His children. The next step is for His children to incubate those ‘hoped for’ things in visions and dreams by placing them in our heart in a completed stage as if it had already taken place. Dream it as ‘completed.’ Thank God that it is done! As you visualize this in prayer applying Romans4: 17, your faith will grow to believe God all the way to the final reality of the fulfilled dream or vision! We should always try to visualize the end result as we pray.

“When you have a clear-cut goal and have those things in the visions and dreams then you have to pray until your faith rises up and sustantiates these visions and dreams. Sometimes it will take a short time for assurance to come; sometimes it takes a long time to pray through. When God gives you the assurance, or assurance it is only a matter of time when you see it in reality!

“... When your faith becomes substantial, you’ve got to release that substance through your mouth. You’ve got to confess that it is going to be just as your faith reassured you! By confessing you can have a tremendous thing happen.”

(Dr. Paul Yonggi Cho, “The 4th Dimension-Volume 2).

Commitment to dreams will bring challenges. But a willingness to meet those challenges with a determined attitude will pave the way for astounding things to take place. We must develop a ‘no option’ mindset to make things happen. Dream the impossible then act on them in a positive determined way. Pursue excellence in all you do.

CONCLUSION

Ponder over these important points on Dreaming and Visualizing that could contribute to your Success

- ❖ **Ask God to reveal His Will**, solve your problems, and guide you through dreams in sleep. Keep a notepad and a pen near you to write the dream in detail. Remember, much of dreaming is symbolical and less literal. Ask the Lord to help you with interpretation.
- ❖ **Daydream** in a full color movie in your mind of what your life would be like after you achieved your goal. Be fully descriptive, colorful, positive, and uplifting. Use the five senses, with colour, sound and enthusiasm to make your images real. Play, rewind, and replay your success movie frequently.
- ❖ **Through visualizing, dreaming, brooding and pondering** you can incubate your future and hatch the results.

- ❖ **Be sure you are relaxed when you visualize.** A relaxed state allows you direct access to your subconscious mind. Remember much inner healing takes place through reprogramming the subconscious with positive visualization in a relaxed state.
- ❖ **Visualize yourself a success** in order to be one. Start at the finishing point. See yourself arriving at your goal with ease. Picture the positive result. Draw it, picture it, frame it and display it. Make a collage of images that represent your ideas, cut from magazines, photographs and so on, to view as a link.
- ❖ **Visualize as often as you can** but especially at waking and before falling to asleep.
- ❖ **Contemplate frequently** on the mental image with unwavering faith and gratitude. What the mind can conceive and believe it will achieve. Hold the picture of success in your mind tenaciously. Learn to hold the mental picture long enough without allowing anyone or anything to weaken it.
- ❖ **Use the masterminding principle. Get a few to agree with you.** Visualize it, dream it, team it, and then it is yours. The team would complement and supplement each other in ideas, weakness and strength.
- ❖ **If thought is the cause, effect is the conditioning.** Break the yoke of negative conditioning by **replacing it with positive pictures of accomplishment.**
- ❖ **Act upon intuition with boldness.** Value it greatly. Know what God has promised you in general and spoken to you specifically. Meditate and picturize, verbalize, emotionalize then it will actualize as you act in faith.
- ❖ **See positive images** of and think kind thoughts towards others and you will notice a change in their behavior towards you. Picturize loving harmonious relationships with others.
- ❖ **Seek first the Kingdom of God,** which can also be looked upon as the realm of right and perfect ideas, images and the divine pattern. Make the Lord the silent partner in all forms of positive imaging. He will protect you from wrong imaging.



You Can Be A Successful Goal Achiever!

You Can Get What You Say!

You Can Get What You See!

You Can Be A Winner!

You Can Change Your World!

This Book is Designed for Your Success!

Practice the Principles, Watch the Results!