

How to Unleash
the **Power** of
Your Mind
and Manifest
Success

Unlocking Human Mind Potential



Clary B. Collins

**How to Unleash the
Power of Your Mind
and Manifest Success:**

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Potential**

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Introduction

Everybody has dreams; something to strive for and things that we wish would come true in our lives. For some people their dreams become a reality but for others, their dreams seem to elude them, staying just out of reach.

Why does happiness happen for others but not for all and why does success find some people easier than it finds others?

The answer is in your mind. The truth is that we all have the same ability only when we are doing things that work against us instead of for us, we are kept from having the things that we want.

We keep ourselves from realizing our full potential. Wishing and dreaming will never bring success or happiness to your front door, but using your mind to unlock the potential of your life will.

For most people, we create our own shadows and we are the very roadblocks that we strive to overcome; only we do not realize that we sabotage ourselves.

This book will help you to understand how to unlock the secrets of your own mind and to stop getting in your own way. You are capable of doing amazing things once you put your mind to it and with the help of this book, you will finally begin to

have the things that you want. No more wishing
and dreaming simply make things a reality.

The Dangers of Negativity

The first chapter addresses a negative mindset. Nothing in this book can help you unlock your potential if you have a negative mindset.

Negative thinking will sink your dreams quicker than anything else. The problem with negative thinking is that it is so prone to self-perpetuation.

For example, something bad happens so you get into a bad mood, your bad mood causes you to be angry and so people react to you badly. You go to bed upset that people are not being nice to you and when you wake up, you think about yesterday and get angry again. You expect the day to be bad and so it will be bad and the cycle begins again.

The more you think about something, the more likely it is to happen. If you expect the worst, you get the worst. Negative thinking is the first thing that you need to work on because if you cannot drop the negative thinking cycle, your potential will stay forever hidden.

There is no success and no happiness when you willingly surround yourself with negatives!

You may not even realize that you are or you might protest that you are only negative because of the circumstances that you have had to deal with.

Here's a secret, we all have circumstances. You, me, and everybody; we all have circumstances that we have to deal with. Everybody that you see is fighting some sort of battle. It is how they choose to view it that makes the difference.

Go over your life, what things have happened that you wish had not? Do you chalk those things up to bad luck or did you make a mistake? If you agree that you made a mistake, you are going to have an easier time avoiding negativity because you understand that sometimes, we make our own bad luck.

All you can do is learn from it and move on. If you go over your list and think that everything or most of the things listed are from bad luck or because of other people, you have more of a challenge.

Why? Because bad luck does not exist! Sometimes things happen that we cannot control and yes, we call it bad luck but when everything in your life that has gone wrong is due to bad luck, you have to admit that there is probably a common denominator to those events that has nothing to do with luck; that common denominator is you. You are the catalyst to your own bad luck.

When you take the mentality of a victim, you allow yourself to become a victim. When you take control of your own life, you become the creator of your own destiny. Which sounds like the better option?

The creator of your own destiny, naturally! The choice is yours. Having a negative attitude will taint your life in a negative way. It is the exact opposite of wearing rose colored glasses, because instead of everything looking happy and rosy, it will look glum and gray.

Gray is not a very happy way to see the world, is it? No. You want to be happy then you have to get rid of your negative mindset because it is turning your world gray and unhappy!

Negative thinking usually begins when we are children. We worry about fitting in. We worry about being happy.

As we get older we worry about not having enough money. We worry about things that could go wrong before they even happen and then when things do go wrong, we just shrug because we expected it.

What if I told you that when you expect the best, the best usually happens? No joke! The future is unknown and every single outcome that is unknown has the potential to be good or to be bad.

Why expect it to be bad when there is the same probability that it could be good. Unleash yourself from thinking in the negative and shift your gears.

Our emotions and actions are dictated by our thought patterns. Allowing negative thought patterns to take root in our head is a dangerous thing

because then those roots of negativity will touch our every emotion and control our every action and reaction.

If you have positive thinking rooting in your mind, then your every emotion and your actions and reactions will be positive.

Now, things will still happen to you but when you are thinking positive you will be able to cope with them better. To be blunt, life is unpredictable and will still knock you down but instead of staying down in the dirt you will be able to get right back to your feet, dust yourself off and keep going.

Negative thinking will never allow you to move forward in life and positive thinking will help you overcome any and all obstacles that you come across.

Turn to Positive Thinking

Now that you understand why positive thinking is the first step towards unlocking your potential, you can begin to work in making vital changes to your thinking pattern. After all, you want to be able to bounce back when life knocks you down because staying down is not an option.

You, and everybody, deserve a life full of success and happiness. Never doubt that and if you hold that thought in your mind, it will make making the changes outlined in this book much easier to do.

Many people think that they cannot control what they think, that the way that they think is pre-programmed and therefore, set in stone. Nothing could be further from the truth. It is your mind, you have full control over it, including how and what you think.

If you do not want to think negative thoughts, you can banish them. All over, people have been successfully banishing negative thoughts to replace them with positive ones; one thought at a time, you can turn your habit of negative thinking into a habit of thinking positively.

Once you start to do so, you will feel better; you will find that the world is not such a bad place, it was your perception of it that was bad. The weight of the world will no longer weight you down.

When you have a negative thought you have a choice, to allow the thought to manifest and to act on it or to throw it away and replace it with a positive thought.

Happiness is your choice; you have all of the power over your own thinking, you just have to turn your mental eye inwards. If you have a thought that is negative, simply reframe it into something positive. Banish any and all negative self-talk; there is NO room for that in your mind.

If you have people around you who do not support you; why are they in your life? You need to be surrounded by positive people who can lift you up and offer support not bring you down like you have lead shoes on.

Negative people are energy vampires, they love to share their misery so do not let them take your positive energy from you. If you cannot avoid them totally, such as with co-workers, just limit your interaction and keep in mind, that their negativity cannot touch you unless you let it.

Another way to stay positive is to remember that it is not always about you. If somebody says something hurtful or something that you did not deserve; it is about them, not about you. If somebody frowns at you when you tell them good morning, do not let it affect you; their negative mindset is their problem, not yours.

Negativity spreads very easily but your positive thinking mindset is your vaccination from allowing it to spread.

For example if somebody was to insult you and you did not know them, why let it bother you? They obviously have their own issues if they feel the need to insult strangers and it is not about you. Just go about your day and brush it off.

Criticism is another area that can be tricky. Here is the thing; constructive criticism is good because it can help you improve.

As humans, in order to be our best, we need to be aware that we are not perfect and that we can always be better. Take constructive criticism as just that, an opinion about you that should never change how you view yourself.

If the criticism applies, than use it to better yourself and if it does not, brush it off. Unhappy people hand out criticism like it is Halloween candy sometimes, because they would rather call attention to the flaws in others than address their own flaws.

If criticism was given in the spirit of helping you, be grateful and consider it; if it is given with malicious intent, discard it.

In the beginning, it can be hard but the more you work at shedding your negative thoughts, the less of them you will have. One way to help hasten this process is to appear happy outwardly.