

The Image of Success

By Michael Goss

As we search for the keys to success, we hear some familiar things: set goals; work hard; practice often; improve attitude etc. Most of us know these techniques, and some even utilize these methods with varying degrees of success. But, there is a missing link.

Our entire lives are built on one thing, our internal image of that life. We accept and internalize images that determine the way we live. You see, we think in pictures. Words that you hear or read are converted into corresponding images in your mind. Whenever we accept an image as true, that image is transmitted into the subconscious mind.

Once the image is in the subconscious mind, it literally becomes the programming that runs our lives and determines our actions. This internal programming ultimately determines our results. So, you may want to lose weight, but if you do not change the subconscious image of yourself, then you will not accomplish the desired result.

Why? Because it is the subconscious mind that generates the feelings that govern your actions. We all know that our actions determine our results. This is why you may work out for a few days then quickly abandon your routine. This is why you may work the business for a few months then simply quit.

For many, their internal image is that of failure instead of success. In order to change our results, we need to change the internal images. To begin, write a specific description of the person you aspire to be. Write in the present tense and make sure the description is in the positive only, no negatives. Then, spend time impressing the new image into your subconscious by reading the description out loud and visualizing your new identity every day. The more time you spend with the new image, the faster you build that image.

ForMor International began back in 1993. Dale, a computer programmer, has worked for the company since its beginning. He has written all of the main programming used to run our business. Our order entry programs, our customer service programs, our commission calculation programs and other programs are all written and maintained by Dale.

How will our business operation change if we replace Dale tomorrow with a different programmer? Well, other than a new person sitting in Dale's office, it will not change at all. We will still be using all of Dale's old programming, so we will continue to see the same results. But, as the new programmer begins to rewrite one program and then another, change will begin. Over time, we can totally reinvent our business.

In this analogy, you, the spirit, are the programmer. Your mind, the soul, is the programming. And, your body is the hardware, the computer. Your spirit was designed to be the decision maker in this relationship, but most of us are running old software that produces lack, poverty and death. When we "reprogram" our minds with the Limitless thinking, we are able to produce abundance, wealth and life.

You see, we exist on three planes simultaneously. We are a spirit, we have a soul and we live in a body. We do not have a spirit; we are a spirit. Our souls consist of the mind, the will and our emotions. Take a few moments to better understand this.

Understanding the Mind

In order to live in abundance, we must come into harmony with this Limitless way of thinking. We must truly think about things rather than just reacting to events in our lives. We must renew our minds.

The mind is a part of the soul that includes the mind, the will and our emotions.

"I wish above ALL things that you prosper and be in health, even as your SOUL prospers."

3 John 2

The mind is not a part of your physical body; however, it is in every cell of your body. Your mind is a perfect creation.

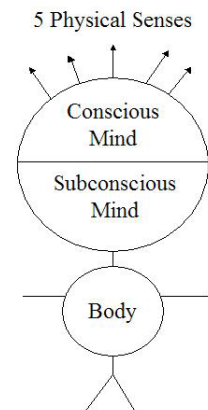
Remember, your brain is not your mind. Your brain is a physical organ. Your mind is a part of your soul. Your mind stays with you forever; your brain stays in your body when your soul leaves this earth.

The Stickman

Because we think in pictures instead of words, understanding the mind is difficult since we cannot see it. In 1934, Dr. Thurman Fleet created the stick man as a way of illustrating the mind.

The Conscious Mind

The conscious mind is the part of you that thinks and reasons; your free will lies here. This is the part of your mind that decides: how much money you want to earn; what kind of car you want to drive; where you want to go on vacation and what sort of life you choose to live. **The conscious mind can accept or reject any idea.**



No person or circumstances can compel you to consider thoughts or ideas that you do not choose. Thoughts are a part of the mind, or soul, and are therefore subject to your spirit.

You, the spirit, have authority over your thoughts. I can just hear someone saying, “This sounds like mind control.” IT IS! We are to be in control of what we choose to think.

“As a man thinks in his heart, so is he.”

Proverbs 23:7

Your choice of “thoughts” eventually determines the results in your life. All pain, pleasure or limitation is either originated in the conscious mind or accepted uncritically from an outside source.

As you accept a thought, it is impressed upon the second part of the mind, the subconscious. The subconscious is given the responsibility of creating reality from your accepted thoughts. In essence, if you think it, you become it.

The Subconscious Mind

The subconscious mind is the most magnificent part of you. It is your power center. It functions in every cell of your body. **Every thought your conscious mind chooses to accept, the subconscious MUST accept...it has no ability to reject anything.**

This part of you operates in an orderly manner. "By law," it expresses itself through you in feelings and actions. Any thought you consciously choose to continually impress upon the subconscious, becomes fixed in this part of your personality.

Fixed ideas or paradigms (ways of seeing the world) will then continue to express themselves without any conscious assistance, until they are replaced. These ideas in the subconscious are literally the programming that controls our lives. The subconscious mind knows no limits, except those that you consciously choose.

The Body

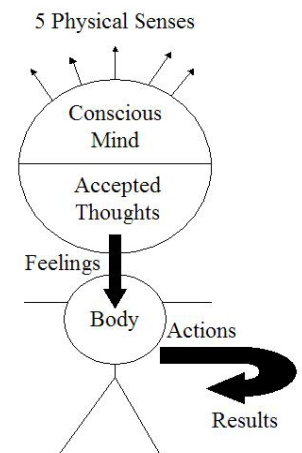
Although the body is the most obvious part of you, it is merely the instrument of the soul -- the mind, the will and our emotions. It is simply the “house” in which you live. The thoughts or images that are consciously chosen and impressed upon the subconscious must move your body into action. Keep in mind that the subconscious is in every cell of your physical body. Your actions determine your results.

- #1 - Accepted thoughts create feelings
- #2 - Feelings create actions
- #3 - Actions create or determine your results

The key is to prompt the conscious mind, the subconscious mind and the body to work in harmony. Change your programming with a new image, and you will ultimately change your actions thereby changing your results.

Putting the Spirit into Control

You, the spirit, are to be in control at all times. Your soul, the mind, the will and your emotions, is meant to serve you, the spirit. We are not to allow our soul to determine our actions. Our spirit should determine our actions. We should use our feelings, our circumstances or our five physical senses to give us feedback not determine our course. We must learn to be moved by faith.



The Process of Reprogramming the Subconscious Mind

In the best selling book, The 7 Habits of Highly Effective People, Dr. Stephen Covey hits upon a major spiritual truth. According to the book, the 7th habit is called “Sharpening the Saw.” It is the process of renewing the mind.

Dr. Covey tells the story of a man working feverishly to saw down a tree.

A stranger comes up and asks, “*What are you doing?*”

“*Can’t you see?*” comes the impatient reply. “*I’m sawing down this tree.*”

“*You look exhausted!*” exclaims the stranger. “*How long have you been at it?*”

“*Over five hours,*” he returns, “*and I am beat! This is hard work.*”

“*Well, why don’t you take a break for a few minutes and sharpen that saw?*” inquires the stranger. “*I’m sure it would go a lot faster.*”

“*I don’t have time to sharpen the saw,*” the man says emphatically. “*I’m too busy sawing!*”

Dr. Covey lists this habit as the 7th in the overall scheme, but he says it surrounds the other habits and makes them possible. This process is so important that, without it, walking in abundance is virtually impossible.

Have you ever been too busy driving to stop and get gasoline? It may seem like a ludicrous question, but that is what many people do to themselves. They are too busy doing the things that they do to take the time to refill their spiritual gasoline tank. That is what renewing the mind is all about.

Steps to Renewing the Mind

Step #1: Make a Decision

Everything that happens in your life starts with making a conscious decision. Everything you ever say and everything you ever do can ultimately be traced back to a conscious decision. Remember, nothing can move into your subconscious without conscious approval. This is why you should never subject yourself to hypnosis. You are allowing someone access to your subconscious mind without knowing what thoughts or ideas they could be placing there.

Making a quality decision puts into motion a set of events that take you in the direction you have decided to go.

You do not accidentally get married; you decide to get married. You do not accidentally get a job; you decide to get a job. Understand that a decision precedes every action. You decide to prosper. You decide to live healthy. You decide to have a great marriage. You decide how much abundance you will enjoy in life.

Make the quality decision right now to live a life with no limits. Make the decision that you are going to experience everything this life has to offer. Make the decision that you are going to live. Let everything else fall away.

Step #2: Reprogram

Once you make the decision to attain a new way of thinking, the next step is easy; spend time learning. Put words of abundance into your eyes, into your ears and into your mouth. Read You Were Born Rich by Bob Proctor. Listen to his Success Series CD's and watch videos that teach abundance. It is not enough to just hear it; you need to understand it.

Step #3: Write Your Image

Describe in writing the image of the new person you want to become. Be specific. Write in exact terms, and write it in the present tense. You need to visualize yourself in possession of the good that you desire...NOW! Use the form at the end of this article to write your new image. Make sure it is written in the positive...no negatives. Spend time each day in a relaxed state visualizing this new image. Rewrite your image after visualization to add any details that you added in the visualization.

Step #4: Take Action

Once you hear a truth, apply it immediately. Hesitation or lack of action will negate progress. By putting into motion that which you have learned, you increase your capacity to learn and to use more. The knowledge upon which you act creates power.

Step #5: Continually Renew Your Mind -- Sharpen the Saw!

Spend every available minute renewing your mind. Renewing your mind is not a one-time event. It is an ongoing lifestyle. Dr. Covey said that this renewal process is one of the core habits of effectiveness. You should always be learning and expanding your understanding.

The information that takes you where you want to go is not enough to keep you there. You may be able to get married with what you know, but it will require something more to have an enduring, great marriage.

I cannot stress this point enough. You are your best asset. Invest in yourself continuously. There is a battle for your mind; fight to win.

