

Seven Laws of the Mind

Law of Substitution

We cannot think about 2 things at the same time. If a negative thought enters your mind ~ try to think about God instead. If that is too big a reach at the time, use any fond memory or other pleasant thought. Jesus, the Master Teacher, said, "Resist not evil" ~ meaning turn from it and think about something else instead.

Law of Relaxation

Mental effort defeats itself ~ exactly the opposite of physical effort. A relaxed, calm state of mind, is the only doorway to progress mentally. Relaxation of thought is the only access to Infinite Intelligence.

Law of Practice

Practice makes perfect. The 5Ps - Perfect Practice Promotes Positive Presentations. Our bewilderment of magnificence in others, upon further inspection, finds...as Wooden shares 'you'll find most of it is practice, the rest of it is work.' With practice of the correct things, we improve ~ on the other 6 Laws of the Mind.

Law of Forgiveness

To access the Divine and connect the subconscious to the Omnipotent, Omniscient and Omnipresent Creator we must forgive everyone and anyone to clear the channel. There can be no connection to the Divine mind where anger or resentment against a brother or sister, justified or not, exists.

Law of Dual Thought

Thought is a combination of ideation and feeling. We can attach any feeling to a thought we want.

Law of Subconscious Activity

As soon as the subconscious accepts the idea it becomes a demand and it works constantly, 24-7, to manifest demand ~ accessing a reservoir of infinite resources.

Law of Growth (The Grandma of them all)

Whatever we think about grows. What we forget atrophies.