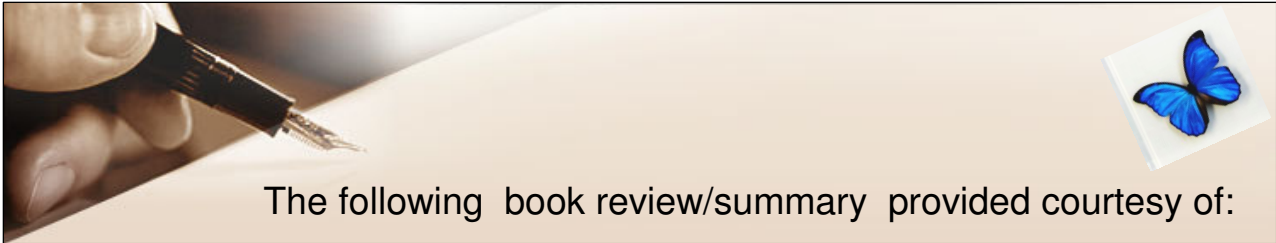


Dr. Wayne  
**DYER**

**10**  
**Secrets**  
*for*  
**Success and**  
**Inner Peace**

The New York Times Bestseller  
As Seen on Public Television



The following book review/summary provided courtesy of:



**Dr. Wayne W. Dyer** (born May 10, 1940 in Detroit, Michigan) is a popular American self-help advocate, author and lecturer. His 1976 book *Your Erroneous Zones* has sold over 30 million copies and is one of the best-selling books of all time.<sup>[1]</sup> It is said to have "[brought] humanistic ideas to the masses".

Dyer spent much of his adolescence in an orphanage. He received his Doctor of Education in counseling from Wayne State University. He was a guidance counselor in Detroit at the high school level and a professor of counselor education at St. John's University in New York.

He first pursued an academic career, publishing in journals and running a successful private therapy practice, but his lectures at St. John's, which focused on positive thinking and motivational speaking techniques, attracted students beyond those enrolled. A literary agent persuaded Dyer to package his ideas in book form, resulting in *Your Erroneous Zones*; although initial sales were thin, Dyer quit his teaching job and began a publicity tour of the United States, doggedly pursuing bookstore appearances and media interviews ("out of the back of his station wagon", according to Michael Korda, making the best-seller lists "before book publishers even noticed what was happening"), which eventually led to national television talk shows including Merv Griffin, The Tonight Show, and Phil Donahue.

Dyer proceeded to build on his success with lecture tours, a series of audiotapes, and regular publication of new books. Dyer's audience was not limited to business as with Dale Carnegie or Stephen Covey, and so his message resonated with many in the New Thought Movement and beyond. He often recounted anecdotes from his family life, and repeatedly used his own life experience as an example. His self-made man success story was a part of his appeal. Dyer told readers to pursue Self actualization, calling reliance on the self as a guide a "religious" experience, and suggested that readers emulate Jesus Christ, who he termed both an example of a self-actualized person, and a "preacher of self-reliance". Dyer criticized societal focus on guilt, which he saw as an unhealthy immobilization in the present due to actions taken in the past. He advocated readers to see how parents, institutions, and even themselves had imposed guilt trips on them.

Although Dyer resisted the spiritual tag, by the 1990s he was altering his message to include more components of spirituality, in *Real Magic*, and higher consciousness, in *Your Sacred Self*. Currently, his focus is on interpretations of Tao Te Ching and has many US speaking engagements.

~Wikipedia Author



## Introduction by Wayne Dyer:

"There's never a day that goes by that I don't think about God. More than thinking, I experience the presence of God in most of my waking moments. It's a feeling of contentment and satisfaction that's beyond anything that I might convey in a book. I've come to know the peace of Spirit in my life, and because of this knowing, all of my concerns, problems, accomplishments, and accumulations diminish in importance. In this short book, I will elaborate on ten principles to success and inner peace, which, if mastered and practiced on a daily basis, will also guide you to this same sense of tranquility."

" . . . they're valuable for anyone who has decided to *consciously* be on their life path. Each of us makes that choice depending on our individual time clock . . . the secrets apply whether you're just beginning your life path, are nearing the end of it, or are on the path in any way."

"What I offer you are ten secrets that allow your spirit to guide you . . . Read these secrets with an open heart. Apply the ones that resonate with you, and discard those that don't."

### The First Secret -

**Have a mind that is open to everything and  
attached to nothing.**



"I wish to say what I think and feel today, with the proviso that tomorrow perhaps I shall contradict it all." ~Ralph Waldo Emerson

"I always entertain great hopes." ~Robert Frost

"In today's overpopulated world, we simply cannot continue to live with those old styles of closed-mindedness. I urge you to open your mind to all possibilities, to resist any efforts to be pigeonholed, and to refuse to allow pessimism into your consciousness."

"No one knows enough to be a pessimist-- There are billions and billions of planets, objects, and stars in our galaxy alone, and there are uncountable billions of galaxies out there. We are a specks in an incomprehensibly vast universe that has no end to it . . . how can anyone be a pessimist in a world where we know so little?"

"Resist being a pessimist. Resist with all your might, because we hardly know anything at all in comparison with what there is to know. Can you imagine what a pessimist who lived only 200 years ago would think about the world we live in? Air-planes, electricity, automobiles, television . . . all because of that spark of open-mindedness that allowed progress, growth, and creativity to flourish."



"An open mind allows you to explore and create and grow. A closed mind seals off any such creative explanation. Remember that progress would be impossible if we always did things the way we always have. The ability to participate in miracles- true miracles in your life- happens when you open your mind to your limitless potential . . . refuse to allow yourself to have low expectations about what you're capable of creating."

"The scriptures say, 'With God all things are possible.' Now tell me, what does that have out?"

"Understand that what you think about expands . . . If your thoughts are filled with doubt and you have a closed mind, you will of necessity act upon those closed-mindedness doubts, and you'll see evidence of your thinking virtually everywhere you are. On the other hand, should you decide (make no mistake about this, it *is* a choice) to have a mind that's open to everything, then you'll act upon that inner energy, and you'll be the creator of as well as the recipient of miracles wherever you are."

"It's possible to have a burning desire yet not have attachments. You can have an inner vision of what you intend to manifest and still detach yourself from the outcome . . . When you detach from the outcome, you're at peace; and you'll ultimately see the fruits of your convictions . . . Simply have a mind that is open to everything but attached to nothing. Let it all come and go as it will. Enjoy it all, but never make your happiness or success dependent on an attachment to any thing, any place, and particularly, any person."



"In all of your relationships, if you can love someone enough to allow them to be exactly what they choose to be- without any expectations or attachments from you- you'll know true peace in your lifetime. True love means you love a person for what they are, not for what you think they *should* be. This is an open mind- *and* an absence of attachment."



## The Second Secret -

### Don't Die with your Music Still in You



"There is just one life for each of us: our own." ~Euripides

"A musician must make music, an artist must paint, a poet must write, if he be at peace with himself. What a man can be, he must be." ~Abraham Maslow

"Your left brain calculates, figures things out, analyzes, and comes up with the most logical choices for you. It thinks, thinks, thinks . . . Your right brain represents your intuitive side. This is the part of you that goes beyond reason and analysis. It's the part of you that feels things, that's sensitive to love, that's emotional about what's important to you . . . Your left brain can *analyze* it, while your right brain lets you *feel* it . . . there are times when what you feel will supersede what you know."

"Your right brain will always lead you passionately to your purpose . . . Your intuitive inner voice keeps urging you to play the music that you hear so that you won't die with it inside you . . . Listen to your music, and do what you know you have to do to feel whole, to feel complete, and to feel as if you're fulfilling your destiny. You'll never be at peace if you don't get that music out and let it play. Let the world know why you're here, and do it with passion."

Being Passionate Means Taking Risks:

"You'll find your passion in what inspires you the most . . . When you're inspired, you never have to ask about your purpose . . . What is your passion? What stirs your soul and makes you feel like you're totally in harmony with why you showed up here in the first place? Know this for certain: Whatever it may be, you can make a living doing it and simultaneously provide a service for others . . . the only thing that will keep you from playing the music you hear and marching to the unique drumbeat you experience within, is fear."

The Myth of Failure:

". . . failure is an illusion. No one ever fails at anything. Everything you do produces a result . . . Failure is a judgment. It's just an opinion. It comes from your fears, which can be eliminated by love. Love for yourself. Love for what you do. Love for others. Love for your planet. When you have love within you, fear cannot survive . . . 'Fear knocked at the door. Love answered and no one was there.'"

"Be enthusiastic about all that you do . . . *enthusiasm* literally means "the God (*enthos*) within (*iasm*).'" The passion that you feel is God inside of you beckoning you to take the risk and be your own person . . . Rudyard Kipling declares, 'If you can meet triumph and disaster and treat those two imposters just the same . . . yours is the earth and everything that's in it.'"

"Follow your right brain, listening to how you feel, and play your own unique brand of music . . . listen- and don't die with that music still in you."

## The Third Secret –



### You Can't Give Away What You Don't Have

"No man who is occupied in doing a very difficult thing and doing it very well, ever loses his self-respect." ~George Bernard Shaw

"As soon as you trust yourself, you will know how to live."

~Johann Wolfgang van Goethe

"Your thoughts create your reality because your thoughts determine how you respond to situations in your daily life. Those responses are the energy you have inside of you to give away . . . you get back what you put out into the world. Thus, what you've attracted to you is what you have to give away . . . By changing your inner thoughts to the higher frequencies of love, harmony, kindness, peace, and joy, you'll attract more of the same, and you'll have those higher energies to give away. These higher and faster frequencies that empower you will automatically nullify and dissipate the lower energies in the same way that the presence of light makes darkness disappear."

"Notice when your thoughts drift into the lower energy of ridicule or hate or guilt, and change the thought at that very moment if at all possible. If you're unable to change the thought, then at least love yourself for what you *did* do- that is, for noticing."

". . . create a huge inventory of what you wish to give away . . . the universe responds with the same energy that we send out . . ."

". . . you can't give love away to others if you don't have any for yourself. You can't show respect for others if you lack self-respect. You can't give happiness away if you feel unhappy. And, of course, the reverse is true."

"You can only give away what you do have, and all that you're giving away each and every day are items from your own personal inventory . . . the concept is simplified by a description of squeezing an orange. When you squeeze an orange, you'll always get orange juice to come out. This is true regardless of who does the squeezing, what time of day you squeeze, what instrument you use to squeeze, or what circumstances surround the orange-squeezing. What comes out is what's inside. The same logical

applies to you. When someone squeezes you, in some way puts pressure on you, or says something unflattering or critical; and out of you comes anger, hatred, bitterness, tension, depression, or anxiety, it's because that is what's inside. The irony is that you can't give away what you don't have because you're always giving what you do have. If you want to move into the realm of purpose by giving and serving others, ask yourself, "What do I have inside?" and "Why have I chosen to store these kinds of energies in me to give to others."

### Finding Your Purpose

"You come into this world with absolutely nothing. You will leave this physical world with exactly the same . . . Therefore, the only thing you can do with your life is give it away. You'll find yourself feeling purposeful if you can find a way to *always be in the service of others* . . . Purpose is about serving."

". . . you'll find yourself thinking less and less of your own self-interest and more and more about how you can make the world a better place for all . . . The more you chase after your own goals and pursue your self-interest, the more these aims will elude you. But when you turn your thoughts and then your activities, regardless of what they are, to serving others, those things that you used to chase after will follow you wherever you go. When you get yourself out of the picture completely, the forces of the universe will seem to conspire to provide all that you previously sought for yourself . . . stop taking your life so personally. You can end any and all suffering by reminding yourself that nothing in the universe is personal . . . Tsmr your ego, and absolutely free yourself from ever taking anything personally."

". . . be able to say, 'Yes,' when you ask yourself, 'Do I really possess what it is that I wish to give away?'"



### The Fourth Secret –

#### Embrace Silence

"There's a momentary silence in the space between your thoughts that you can become aware of with practice. In this silent space, you'll find the peace that you crave in your daily life. You'll never know that peace if you have no spaces between your thoughts . . . it is when you merge in to the silence and become one with it that you reconnect to your source and know the peacefulness that some call God."

"It's really the space between the notes that makes the music you enjoy so much. Without the spaces, all you would have is one continuous noisy note. Everything that's created comes out of silence."

## Accessing More Silence in Your Life

" . . . make mediation a daily practice . . . Give yourself time to sit quietly alone . . . There are many opportunities to access silence. I try to meditate each time I stop at a red light . . . I probably stop at a red light 20 or 30 times a day, creating 40 minutes to an hour of silence. And there's always someone behind me to let me know that my time is up . . ."

## Meditation Not Only Affects You. It Impacts Everyone Around You.

"When you're at peace, you radiate a different kind of energy than when you're stressed or depressed. The more peaceful you become, the easier you can deflect the negative energies of those you encounter. This is like having an invisible shield around you that nothing can penetrate unless it's at a higher spiritual energy than your shield . . . A person who attempts to bring you into their misery cannot succeed without your agreement. Your mediation practice keeps you immune. Not only can you deflect the negativity of those around you, but your sense of peace will bring others into harmony with you."

" . . . just being in the energy field of those who meditate raises the serotonin levels of the observers . . . The more you achieve peacefulness through meditation, the more your peaceful state impacts those around you."

"You will find your answers in the silence."

## The Wilderness Is Therapy

"Nature has a marvelous way of healing many maladies . . . Give yourself opportunities to be in the wilderness as a regular part of your life routine."

## Keep Your Silent Communion with God to Yourself

" . . . ego can inhibit the creative process. For this reason, I urge you not to divulge your private insights, what you intend to create . . . When you talk about your emerging manifesting ideas and relate your insights to others, you often feel the need to explain and defend them. What happens is that ego has entered. Once the ego is present, the manifesting stops. Silence is where manifesting occurs, so keep your potential miracles in the treasured silence that you embrace as often as possible."





## The Fifth Secret –

### Give Up Your Personal History



"Florence Farr once said to me, 'If we could say to ourselves, with sincerity, 'The passing moment is as good as any I shall ever know,' we could die upon the instant and be united with God.' ~William Butler Yeats

"When a speedboat zooms across the surface of the water, there's a white foamy froth behind it that's called the wake of the boat. The wak is nothing more than the trail that's left behind . . . the boat moves because of oresent-moment energy generated by the engine . . . Can the trail that's left behind make a boat go forward? [No] . . . the wake is only the trail left behind . . . it's not what drives the boat forward . . . The wake of your life is nothing more than a trail that's left behind you."

"Your past is over! By bonding to your past, you not only ensure that you'll be immobilized today, but you prevent yourself from healing . . . with compassion, allow the words, wounds, and pain of the past to be written, embraced, examined, understood, accepted, and loved for all that you've learned and experienced. The act of . . . embracing it will give you the strength to transform the past into song, poem, paint, or ritual if you feel called to do those things, or to throw it away in your unique way."

"You had to go through what you went through in order to get to where you are today, and the evidence is that you did . . . Embrace them . . . and then understand them, accept them, honor them, and finally retire and/or transform them in your own way . . . Become free to immerse yourself in this moment-- the *now* that's called the *present*- because it's simply that- a present to open, relish, nurture, play with, and enjoy and explore."

"Don't let the elusive present moment get used up by thoughts that aren't in the here and now . . . you can consume your now with thoughts of "then" and "maybe," but that will keep you from the inner peace and success you could experience . . . Practice living in the moment, and refuse to allow any thoughts based on your past to define you. Stop and take notice of all that's in your immediate space- the people, creatures, vegetation, cloud formations, building designs, everything . . . you can begin by releasing your personal history from your repertoire of available excuses for why you're not living in peace."

"Transcending labels, particularly those that have been placed on you by others in your past, opens you to the opportunity of soaring in the now in any way that you desire. You can be all things at any present moment in your life . . . you're not what you've done, what you've been, how others have taught you, or what has been done to you. You're a part of the beloved, connected always to your source, and therefore connected to the unlimited power of the beloved."

## The Sixth Secret –

### You Can't Solve a Problem with the Same Mind That Create It



"In the world of Spirit, or God, problems simply don't exist and aren't real . . . Your mind creates the illusion of separateness, and your body, influenced by your ego thoughts, takes on diseases . . . all of the so-called problems, however, represent a spiritual deficit that can be remedied with spiritual solutions . . . If you change your mind you will solve your problem."

"If God is everywhere, there is no place that God is not; therefore, you have God with you at all times. You may believe otherwise. It is this belief system that creates your so-called problems. If you can bring truth to the presence of these illusions, they will dissolve . . . all of your beliefs that create "problems" in your mind dissolve when you bring the higher energy of truth to them . . . problems exist as beliefs of your ego mind, which is unable to conceptualize an awareness of your spiritual mind, just as dark has no concept of light. By actually rewriting your agreement with reality, you can change your mind and send away any perceived problem . . . Turn anything that seems problematic over to your higher self, trusting that the "problem" is not what it seems to be. Rewrite your agreement about who you are and what you're capable of achieving."

"Your thoughts are the source of virtually everything in your life . . . Change your thoughts, and you change what you carry around in your head as problems . . . You can process it in any way that you choose . . . change your mind from one that created and experienced problems, to one that resolves them."

#### The Three Levels of Consciousness:

1. "The first level is ego consciousness . . . primary emphasis is on your personality and your body . . . an exceptionally strong belief in your separateness from everyone else . . . prods you to compete compare . . . it's at this level of consciousness that problems exist. This is where inner peace is virtually impossible and success eludes you . . ."

2. "The second level is group consciousness . . . you move past yourself as the central focus of your life, and you now include others who are members of your tribe or your clan . . . you're required to think and act like the group . . . At the group consciousness level, you're often dedicated to continuing social problems such as war, brutality, and religious persecution . . . But it also comes right down to daily living. Families insist that you adopt their viewpoint, hate whom they hate, and love whom they love . . . Remember that you can't solve any problem with the same mind that created it. In order to resolve a struggle that results from group consciousness, you have to change your mind or continue to have the problem haunt you. Resolving the problems related to group consciousness involves moving into the highest level."

3. "The third level is mystical consciousness . . . this level of problem-free consciousness is distinguished by the feeling of connectedness rather than separateness . . . you feel connected to every individual, every creature, the entire planet, and God . . . cooperation sup-

plants competition; hatred is dissolved with love; and sadness is reduced to nothingness with joy . . . you're a nation of the world with a global awareness, rather than a patriot of any one country . . . you will have changed your mind! Problems will now be only illusions of the mind that you no longer carry around with you."

"Man becomes great exactly in the degree to which he works for the welfare of his fellow man."  
~Mahatma Gandhi

"There is no remedy for love but to love more."

~Henry David Thoreau

## The Seventh Secret –

### There Are No Justified Resentments



"The happiness of your life depends upon the quality of your thoughts . . . take care that you entertain no notions unsuitable to virtue and reasonable nature."

~Marcus Aurelius

"God does not command that we do great things, only little things with great love."  
~Mother Teresa

"Anytime you're filled with resentment, you're turning the controls of your emotional life over to others to manipulate . . . Resentments give you an excuse to return to your old ways. This is what got you there in the first place."

Dr. Dyer talks about the tv show 'Who Wants to Be a Millionaire' and explains that " . . . the \$1,000 level is one in which you learn to leave blame behind in your life. If you don't do so, you go home with nothing."

"Removing blame means never assigning responsibility to anyone for what you're experiencing . . . you're willing to say, 'I may not understand why . . . but I'm will-

ing to say without guilt or resentment that I own it, I live with, and I am responsible for, having it in my life.' Why do this? If you take responsibility for having it, then at least you have a chance to also take responsibility for removing it or learning from it . . . be willing to send the higher, faster energies of love, peace, joy, forgiveness, and kindness as your response to whatever comes your way ."

"You would rather be kind than right. You have no need to make others wrong or to retaliate when you've been wronged . . . Your resentments will destroy you. They are low energies . . . First, you have to get pass blame. Then you have to learn to send love to all, rather than anger and resentment . . . Become a person who refuses to be offended by any one, any thing, or any set of circumstances. If something takes place and you disapprove, by all means state what you feel from your heart; and if possible, work to eliminate it and then let it go. . . Your desire is to be peaceful- not to be right, hurt, angry, or resentfully. If you have enough faith in your own beliefs, you'll find that it's impossible to be offended by the beliefs and conduct of others."

". . . when you judge another person, you do not define them. You define yourself . . . stop expecting those who are different to be what you think they should be . . . When you respond with hatred to hate directed at you, you've become part of the problem, which is hatred, rather than part of the solution, which is love. Love is without resentment and readily offers forgiveness. Love and forgiveness will inspire you to work at what you are *for* rather than what you are against . . . When Mother Teresa was asked to march against the war in Vietnam, she replied, 'No, I won't, but when you have a march for peace, I'll be there.'"



". . . thoughts of resentment, anger, and hatred represent slow, debilitating energies that will disempower you. If you could release them, you would know more peace. You practice forgiveness for two reasons . . . to let others know that you no longer wish to be in a state of hostility with that person; and two, to free yourself from the self-defeating energy of resentment. Resentment is like venom that continues to pour through your system, doing it's poisonous damage long after being bitten by the snake. It's not the bite that kills you; it's the venom. You can remove the venom by making a decision to let go of resentments. Send love in some form to those you feel have wronged you and notice how much better you feel, how much more peace you have . . . there are no justified resentments if you wish to walk along the extra mile and enjoy inner peace and success on every step of the path."

## The Eighth Secret –

### Treat Yourself As If You Already Are What You'd Like to Be



"First say to yourself what you would be, and then do what you have to do." ~Epictetus

"Whatever it is that you envision for yourself . . . begin acting as if what you would like to become is already your reality. This is a wonderful way to set into motion the forces that will collaborate with you to make your dreams come true . . . inspiration involves a mind that transcends all limitations, thoughts that break all their bonds, and a consciousness that expands in every direction . . . The more you see yourself as what you'd like to become, the more inspired you are . . . you discover that you're a greater person than you ever dreamed yourself to be . . . dormant forces that were dead or nonexistent, springing into being and collaborating with you as a result of your becoming inspired and acting as if what you want is already here! By having the courage to declare yourself as already being where you want to be, you will almost force yourself to act in a new, exciting, and spiritual fashion."

"This is a silent agreement between you and God . . . a knowing on your part that success and inner peace are your birthright; that you are a child of God; and as such, you're entitled to a life of joy, love and happiness."

"Furthermore, you act toward everyone else as if they, too, are all that they are capable of becoming . . . particularly with your children, it's important to always have this little thought in mind: *Catch them doing things right*. Remind them often of their inherent brilliance, their capacity for being responsible, their innate talents, and their fantastic abilities. Treat them as if they're already responsible, bright, attractive, and honorable . . . before your next encounter . . . have expectations that focus on the qualities of inner peace and success . . . This strategy for living works for virtually everything."

"There are no coincidences . . . as you place more and more of your energy on what you intend to manifest, you start seeing those intentions materializing . . . you must hold on to the idea that you can negotiate the presence of these things by keeping your energy field always focused with love on what you passionately intend to create. The law of attraction is put into play, and your thoughts literally become attractor energies . . . Connected to God as you always are, you are the divine force that puts this synchronicity into your everyday life . . . what you think about is what expands; therefore, you'll become more mindful and careful of what you think about. This process of treating yourself, 'as if' begins with your thoughts, impacts your emotional state, and finally stirs you into action . . . thoughts to feelings to action, they will all react affirmatively when you stay inspired and get out in front of yourself in ways that are consistent with what you want to become. Declare yourself to be . . ."

"Treat everyone you encounter with the same intention. Celebrate in others their finest qualities. Treat them all in this 'as if' manner . . . Whether you think this is possible or impossible, either way you'll be right. And you'll see the rightness of your thoughts manifesting everywhere you go."



## The Ninth Secret –

### Treasure Your Divinity



"In the faces of men and women I see God." ~Walt Whitman

"You are a divine creation of God. You can never be separate from that which created you . . . While you're separated in your mind from your source, you lose your divine power, the power of your source. Just like the drop of water, you too will change form and ultimately return to your source. As long as you feel disconnected from God, you lose the power of your source, which is the unlimited power to create, to be miraculous, and to experience the joy of being alive."

"Your ego is nothing more than an idea that you carry around with you everywhere you go. This idea tells you that you are the sum total of what you have, what you do, and who you are . . . Your ego also tells you that you're separate from everything that's missing in your life, and so you must spend a great deal of energy chasing after what's missing . . . your ego keeps you in a constant state of fear, worry, anxiety, and stress. It implores you to be better than everyone around you . . . it maintains your separate status from God and allows you to be terrified of your own divinity."

"*There is no place that God is not.* Remind yourself of this every day . . . you're already connected to all that you'd like to attract into your life. In some inexplicable way, you're already connected to all that you'd like to attract into your life by the presence of this universal, all-powerful Spirit called God . . . You are a divine creation- a being of light who showed up here as a human being at the exact moment you were supposed to . . . You are beloved. A miracle. A part of the eternal perfection. A piece of the divine intelligence that supports everything and everyone on this planet. In a world in which this divine intelligence creates everything, there can be no accidents. Every time you experience fear, self-rejection, anxiety, guilt, or hate, you're denying your divinity and succumbing to the influences of that insidious ego mind that has convinced you of your disconnection to God."

Dr. Dyer tells the story of author U.S. Anderson called Three Magic Words that speak of three magic words. In the end it is revealed that the words are '*You are God.*' As Dr. Dyer goes on to explain, "Not God in the sense of 'above all others and better than everyone else,' but in the sense of being eternally connected to your source, the ever-present power of love that never abandons you and never runs dry. You can rely on this source if you remind yourself that it includes you at all times."

## The Tenth Secret –

### Wisdom Is Avoiding All Thoughts That Weaken You



"Believe that life is worth living, and your belief will help create that fact."

~William James

"Nothing is, unless our thinking makes it so." ~William Shakespeare

"Every single thought you have can be assessed in terms of whether it strengthens or weakens you."

Dr. Dyer talks about a simple muscle test where you hold your arm out to the side and think a thought. Have someone else put pressure on your arm. If you think a thought that is true your arm will remain strong. However, if you think a thought that is false your arm will become weak. He also talks about David Hawkins' book, *Power vs. Force* and explains that "every thought computes to either weaken or strengthen you. Authentic wisdom is the ability to monitor yourself at all times to determine your relative state of weakness or strength, and to shift out of those thoughts that weaken you."

"Power urges you to live and perform at your own highest level, and it is compassionate . . . thoughts of force weaken you . . . In an athletic event, your thoughts are on overpowering your opponent, being better than another, and playing and winning at any cost. The entire muscular structure of your body is actually weakened . . . if in the midst of an athletic event you can keep your thoughts on performing at your highest capacity, on using your inner strength to muster the energy to be as efficient as it's possible for you to be, and to have great respect for your God-given abilities, you will actually be empowering yourself."

"The thought that makes most people the weakest is shame . . . The importance of forgiving yourself cannot be stated strongly enough . . . No amount of guilt will ever undo what's been done. If your past behavior mobilizes you to learn from your mistakes, this is not guilt; it's learning from the past. But to wallow in the present moment over your so-called errors is guilt, and it can only take place now. . . . Guilt is released through the empowering thought of love and respect for yourself. You empower yourself with love and respect, letting go of standards of perfection and refusing to use up the precious currency of your life, the now, with thoughts that only continue to frustrate and weaken you."

"You have the choice each day to wake up and say, 'Good morning, God' or 'Good God, Morning!' It's always a choice . . . to me it's an insult to this wondrous universe filled with a hundred million miracles to ever allow myself to think thoughts of boredom or apathy . . . When you're afraid, you've moved away from love . . . Every

"The most empowering thoughts you can have are those of peace, joy, love, acceptance, and willingness . . . [these] thoughts stem from your willingness to allow the world to be as it is . . . All of this is nothing more than a conscious decision on your part to be in charge of your thinking. Be aware at any given moment in your life that you always have a choice about the thoughts you allow in your mind. No one else can put a thought there. Regardless of the circumstances you find yourself in, *it is your choice*. Choose to replace disempowering, weakening thoughts with thoughts of a higher spiritual frequency . . . Your mind is yours to control. You are the creator and selector of your thoughts. You can change them at will. It is your God-given inheritance, your corner of freedom that no one can take away. No one can have control of your thoughts without your consent. So choose to avoid thoughts that weaken you, and you will know true wisdom. ***It is your choice!***



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