

# COMMAND YOUR LIFE AND MIND



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## Chapter 1:

# ***Introduction***

## ***The Basics Of Self Control***

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### ***Synopsis***

Self Control touches on almost all aspects of happy and healthy living; exercising, eating right, avoiding alcohol and drugs, working harder, studying more and spending less. Self control or willpower is something that separates humans from our ancient ancestors as well as from the rest of those who belong to the animal kingdom. Instead of responding to our immediate impulses, human beings can evaluate, has the ability to plan and can avoid doing things that they will regret in the future.

There are times that people lose their self-control which makes things more complicated. Obtaining self-control is a crucial ingredient in being successful in any field or facet of life that we engage in. Willpower can actually mean the difference between creating good impressions and creating a really terrible one. This can also greatly change your life and the lives of others.

## ***Self Control***

Self-control is not all about having control on the things that you want to do; it is also about having enough control of the things that goes into your mind. Everything actually starts within your mind, so if you are able to control your mind, you will also become more successful in achieving self-control.

People must also learn how to choose their thoughts, in the same way they select the clothes to wear every day. Controlling your thoughts is an essential component of a successful self-control endeavor. It is a great power that you can always cultivate. If you really want to control the things in your life that are not so good, you have to work on your mind; that is the only things that you must be trying to control.

### Two Principles of Self-Control

#### ➤ Observation

One of the most important ways for you to understand anything within your life is actually to observe. The moment that you begin to observe something is also the moment that you start understanding how it works. People love to observe other individuals, but they rarely pay attention toward observing their own selves. Many people are more likely to think that they just act the way they are doing and there is nothing they can do to change, but they really don't have time understanding themselves.

Being successful in achieving self control must begin within us. We need to understand ourselves first. It's just the same as a man asking out a woman.

More often than not, a man just can't understand why a woman would say no. However, if tables were turned and saw himself through the eyes of the woman, he would actually never date himself. Sometimes, we just really forget or even don't care to look at ourselves in a mirror and see the things we need to develop on.

We have to observe ourselves so we can better prepare ourselves to interact with others. Preparing ourselves by observing our beliefs, actions and character will help us to prepare to have such self-control.

➤ Listening

Most of the times, people want others to listen to them, but it is also important to remember that they also need to listen to others. With the principle of listening also comes the ability to effectively understand about the things around us. If we start listening to what we say and what we think, we would actually understand whether we're making any sense or not.

Willpower is not all about the way you manage the outside world; it's about the way you manage the inside. Anything that requires control requires to be understood, and we can't understand something unless we take time to listen.

Whatever goes into our mind can greatly affect our lives today and in the future, so it is really important for us to master controlling our thoughts.

# Chapter 2:

## *Identify Where Your Life Is Out Of Control*

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### *Synopsis*

If you live a not-so-joyful life, the first thing that you have to do is to step back and identify where your life is out of control and where you're out of balance. This is necessary for you to take the right steps and do the best things that can help you build a joyful and satisfying life that you always want.

When it comes to living a life that is “out of control”, mostly, you are the last person who is able to realize it. It's very easy to be caught up in a circle or a cycle of struggle, negativity, addiction and even depression but it is so hard to move away from it. Most of the time, out of control situations are showing their face with us when we never really have enough time to work on it. Before you be caught up in the middle of this situation and make your life even more miserable, you have to understand and identify which part of your life is out of control.

## ***Where Is It Out Of Control***

When things in your life seem to be out of control, you will feel that nothing feels so right, whether it be in your family, friends or in school. It would make you feel so overwhelmed and you won't even feel sure about how you can pull yourself out of that black hole you found yourself in. Giving a name on what's bothering you is an essential place for you to start. More certainly, there are various issues you need to deal with. You may consider creating a list of all the things that bother you.

Just the same as anything that you attempt to resolve in your life, it's essential to understand your state of mind. Of course, you wouldn't attempt solving a math problem if you're sad or depressed. Your mind will work best at solving complex problems once you're in a better state of mind and can think clearly.

Identifying where your life is out of control involves an intricate process so you have to organize your ideas and decide on a single thing that you want to work on first. Never try to solve your entire problems all at once because it could lead to something that you would never want to happen. In your life, you will encounter a lot of problems so you have to cope with it and a great way to do this is not doing it alone.

There are a lot of people around you who can help you solve your problems. Your friends, families and your loved ones can always assist you throughout the process. These people can also help you in discovering the things that might have gone wrong in your life that you didn't notice.



# Chapter 3:

## *How Your Thoughts Affect Your Life*

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### *Synopsis*

Conditions and events don't actually make a person, they reveal him. Each of your life's aspect, from your finances to the state of your relationship and health, reveals your beliefs and your thoughts.

Did you know that your thoughts have the power to control some events in your life? Well, that is right. Your thoughts are really powerful and they can greatly affect your life in so many ways. What you think can help you create the reality that you experience. Whether such experience is positive or negative, all of these things are determined by your thoughts.

Your thoughts are greatly powerful and these are the main key to making your own reality. Everything that you perceive in this physical world always has its own origin within the invisible and inner world of your beliefs and thoughts. If you want to change your reality, you have to change your thoughts. For you to become master of your own destiny, it is important for you to master the art of controlling that nature of your own dominant – your thoughts. As you come to realize that your thoughts are creating your own reality and begin to control your thoughts, you will be able to greatly attract in your life the things which you intent to experience and achieve.

## ***For Each Outside Effects comes an Inner Cause***

Each effect that you see in your physical or outside world has a particular cause which also has its own origin in your mental or inner world. It's actually the great essence of the power of thought. In other words, the circumstances and conditions of your life today are results of your collective beliefs and thoughts.

Many people believe that they think or feel the way they do because of some events or circumstances happening to them; but it is actually the otherwise. The truth is your thoughts are creating certain circumstances and situations whether they are unwanted or wanted. Through applying and internalizing the truth that your thoughts have the power to make reality, you will give yourself the power to make changes on the things you want to be manifested in your life.

The Power of your thought is actually limitless, since you can also think anything you want. Your thoughts have the power to make your emotional state. They can even affect your health and they can influence what you say and to people. Thoughts can then be transformed into your feelings, which will then turn into actions and finally to results. As being said, thoughts are really powerful, so if you don't pay attention to the things within your mind, you might not want what you'll get.

# Chapter 4:

## *Learn To Think Positive*

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### *Synopsis*

Optimism is an important human trait that enables us to improve our current situation, transform our ideas and to hope for an even better tomorrow. The way we think about life and every event that is happening to us can greatly affect our life today and in the future.

## ***What is Positive Thinking?***

Positive thinking is actually a mental attitude that enables you to see the brighter side of many things. Adopting this kind of mental attitude allows you to teach your mind to anticipate success, expect growth and look forward to favorable outcomes.

Knowing that our thoughts are really powerful and has the ability to dictate what will happen to us, we must learn to think positive. Positive thinking attracts positive events and situations so rather than thinking negatively, why don't we put positive and great things within our minds.

Thinking positively is like living happily. Positive thinking is greatly powerful and as part of this new-age movement to self-improvement and personal development, positivity or optimism has always been touted as an effective solution to obtaining total health.

What can Positive Thinking Give you?

Various researchers who are studying in positive psychology field have actually investigated various advantages of positive thinking, and they have found out that thinking happy and positive thoughts is indeed a good habit. Individuals who see a glass half full are actually more likely to enjoy significant improvements in the lives such as emotional, relationships, mental health, physical as well as career success.

When we learn to think positive, we are not only attracting good events or situations to happen in our lives but we also allow ourselves to experience great and pleasant feelings. Learning positive thinking is also like learning

to become happier and to drawing positive things towards you. Thinking positively can also greatly affect our overall health is a good way.

It s true that no one can always avoid negative feelings or thoughts in life and it is not also realistic to believe that you should or can. However, the happiest people in some way know the ways to buffer them through keeping those inevitable circumstances in life from ruining those good things in life. Positive thinking brings hope and can greatly improve our quality of life.

# Chapter 5:

## *Using Affirmations*

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### *Synopsis*

Our mind is really our powerful tool; this can always be used to uplift and empower us, but this can also be used against us. Whether we choose our mind as a tool for empowerment or destruction, the choice is only ours – our alone. A lot of people believe that for them to become successful, they need to have something over others, but the truth in this matter is actually very simple. Once we learn how to use affirmations efficiently, we can't only change our emotional and state, but also the world we live in.

Words of affirmations or verbal compliments are really powerful love communicators. These words can create huge impact not only in your life but also into the lives of others. You can always change your life by using the right words and speaking right things towards yourself and to others. Using affirmations is a greatly powerful key towards happy and successful life.

With the use of affirmations, you are also helping yourself to fulfill your dreams and goals in life. Affirmations can actually have transformative effects on both your goals and life, and in order for you to obtain its positive effects, you have to use them correctly. With proper usage of affirmations, you can find yourself constantly going in circles, not getting to the right direction that you want.

## ***What are Affirmations?***

Affirmations are actually defined as positive statements, judgments or declarations. Once you state affirmations, you're declaring something as true. These statements can work best once they are phrased with those positive words instead of negative and are used on regular or consistent basis.

Many people have some misconceptions about the whole concept. These statements are really intended to be essential "cure-all"; but they are only one piece of a whole puzzle with regards to personal improvement. However, you have to understand that these statements are highly crucial pieces of a puzzle.

If you want to improve yourself, there are some changes that you have to make in your life. If it seems that your life is not changing in the way that you want it to be, there might be something wrong in the way you perceive or think about life. In these situations, changes in your thinking patterns need to be done. The repetitive use of affirmations can greatly help you in breaking your negative thinking habits. Once you start using affirmations constantly, your moods, actions and thoughts will also start to change. With the use of affirmations, you can target your actions and feelings, so you can obtain the outcomes that you want.

# Chapter 6:

## *Learn To Get Rid Of Bad Habits*

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### *Synopsis*

Human thoughts give birth to human actions and your repeated actions can develop your habits. Your habits can always transform your character and your character will lead you to your own destiny. Habits are really tough and bad habits are very hard to get rid of because these have been some of the most essential aspects that shape one's life.

When it comes to habits in general, there are four most influential aspects that serve as the baseline of one's process of habits development which include social circle, interests, education and vision and the way a person has been brought up.

All such factors are greatly influencing people with various weights at the different phases of their lives. However, it is important to note that your entire habits are actually more or less linked back with just one or even more of the said factors. For you to learn to improve new good habits, develop your existing habits that are also good and to get rid of your bad habits, there are some important things to take note of:



## ***Developing Existing Habits***

Feedback and encouragement from others is an essential part of strengthening your existing good habit. Ask for feedbacks from your friends, family or those who are close to you. More often than not, you will need self encouragements in order to keep the level of your spirit. So if you excel at something, it's important for you to tell it quite often to yourself to give you inner confidence to be able to effectively strengthen your habit.

### **Shun your Bad Habits**

If you've had some bad habits like being so reactive, short tempered, a smoker or being extravagant, then begin with the process of mind purification. Once your mind is free from any impurities, this will start working some rewarding things. Stay away from individuals that pollute your mind.

For instance if you have a bad habit of back biting, you have to work on your own surroundings like your friends and negative acquaintances that can trigger your bad habit. If you have a clean company, you can now concentrate on the way you can develop your personality. Focus, motivation and commitment are the main keys in shunning your bad habits.

### **Improve New Habits**

Focus more on the 4 essential aspects for your new habit development. You may study and think of good new habits that you can develop to improve your life. Personal encouragement is greatly important during this process. Changing your bad habits can improve your own personal life.

# Chapter 7:

## *The Benefits Of Command And Control*

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### *Synopsis*

In this world, the only thing that you have a complete control over anything is your own mind. You can control the thoughts within your mind and your thoughts are one of the most powerful and strongest tool that you posses. Thoughts are the building blocks and foundation of everything that is around you.

Having the ability to command and control your thoughts is an important gift. If you are able to control your thoughts, you also have the power to change the world around you and your own life. Not only it's a responsibility or a privilege, you can also receive a lot of benefits by working to command and control the thoughts in your mind.

## ***What You Need***

### ➤ Good Health

The most important benefits that you can reap as you begin to control your mind is a good and sound health. Your overall health is related to your own thoughts and if you continue to tell yourself that you will feel great every day, your body has its way of lining with such thought. You will have more energy and you will also become a happier individual.

### ➤ Peace of Mind

Once you start practicing to have control over your thoughts, you will discover a level peace that will come within your mind. Since you have decided about the thoughts that will and will not think of, optimism can always be your mainstay. Your mind will not be occupied with indecision, anger, greed, discouragement, frustration, fear, doubt and jealousy.

### ➤ Positive Mental Attitude

Having the ability to control your thoughts is a gift that you can get of having a mental attitude that is positive. Together with having a positive feeling about yourself, you can also attract other people due to your positivity. Your life will become happier, light and you will not worry much no matter how difficult life might seem. There's an attractiveness and energy that will radiate from you.

## ➤ Clarity

Also, having the ability to command and control provides you clarity. If you are able to control your thoughts, you can also think positive. You can focus more clearly on the things that you want and you would like to attain in life. There are also a lot of healthy choices you can always make once your mind is clear.

Your physical world is commanded by your own thoughts occupying your mind. Remember that your world is actually a mirror of the things that you consistently ponder. By just observing you and seeing your world, people could also see the pictures you constantly hold within your mind.

If you have the ability to command and control, you will also have the ability to change your life. Commanding and controlling your thoughts can help you reap great benefits that you want to possess in your life. You can always choose to focus your mind on either negative or positive thoughts; just be sure that your plane will land at the place of your most dominant thoughts to obtain these wonderful benefits.

# Chapter 8:

## *Staying Motivated To Command And Control Your Mind*

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### *Synopsis*

Would you wish that you have a super mind power that will enable you to transform your miserable life into a life that is filled with happiness, abundance and bliss? You might want to fall in love, to lose weight or get rich. Actually, you have such power. The only key is to be able to keep motivated into commanding and controlling your life.

Your thoughts are highly powerful that they can even have control over your life and the situations that may happen to you. If you stay motivated to command and control your mind, you will also obtain great benefits in your life.

Your thoughts are really powerful and the more we think about negativities in our life, the more negative events we attract. Your thoughts can greatly affect us in various ways. They can also help us shape and create the reality that we experience. Whether your experience is bad or good, all of it is actually determined by your thoughts. No matter what circumstances or situation are that may happen on our life, things that we do stem from our thought.

## ***About Your Thoughts***

Your mind that creates thoughts is actually capable of obtaining achievements that you cannot even imagine, but there are still important things that you have to take into consideration in order to reap the kind of success that you want.

To be able to effectively access your own mind power, you have to keep motivated and be open to possibilities. It is also really important to believe in your own unlimited potential. Keeping motivated is the primary key that unlocks the door to the great power of your inner mind.

If you want accomplish something, you have to become more focused and motivated about achieving something. There are actually some mental exercises that are very simple that you can practice.

The primary step that you must take is to list down the things that you mostly desire. Do not reason as to those you ought to want. Rather, list down your wants quickly without thinking about it. Just write anything that immediately comes into your mind.

Now, you have to examine the list carefully and then ask yourself about potential rewards that you can get from each of those on your list. The rewards that you want must be expressed in the terms of feelings.

Bear in mind that feelings, both sweet and bitter are the essential fruits of your own lifetime experience. They're the prize and once you depart in this world, you also leave behind all your worldly treasures. However, you feelings will always remain with you.

Make a simple and short command for your mind. Make it positive and clear. It is also important to make commands in your spoken words because this can help you in stimulating your mind into action.

# Chapter 9:

## *Staying On Track*

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### *Synopsis*

Now you have come to understand that your thoughts are greatly powerful and can also make essential effects in your life. Having knowledge about this can help you to become more motivated on thinking on the positive things, so that your inner thoughts can attract positive things that can be manifested in your physical world. Your world is the mirror of your thoughts. By just observing you and knowing the kind of life and your attitude about it can define the thoughts you have within your mind.



## ***Understanding***

All your feelings are associated directly with your own thoughts and if you really want to control your feelings, it is important to control first your thoughts. Having the right knowledge about how greatly powerful your thoughts are can help you to have more focus on thinking on the positive things in your life.

It is important to remember that the Law of Thinking is just one of the many Universal Laws silently governing the lives of people. By mastering these kinds of laws and staying on track as well as working in harmony with them, people can achieve their greatest life's success.

As James Allen stated, "Mind is the master that moulds and makes", he clearly want to say that our mind is a powerful tool that can shape our life. By staying on track and effectively controlling and commanding our minds, we can get whatever we want to obtain in this life.

A person becomes what he thinks about, and his external world is the direct reflection of the internal world or his thoughts. If you want to stay on track and reap the benefits that you want, there are some important things that you have to consider such as focusing on end results.

Whether you are using a mantra or a mantram, an essential thing that you have to bear in mind is this: once you command and control your mind, you must just focus on your desired end result. Do not attempt to dictate how your mind will achieve its miracles because it is actually far more resourceful and clever than you can imagine. A super conscious mind

always knows that there are thousands of ways in order to obtain the goal that you want.

The super conscious world of your own mind is actually wonderful and greatly magnificent. It is taking great joy when it comes to working in order to fulfill anything that you want.

What you really want in life and having focus to obtain it, is really a strong force and using it to be able to stimulate the inner world to make an action, can then be thrilled to give you what the desires of your heart in many ways that you never really dreamed possible. Staying on track and having focus on the things you desire can bring much success in your life.

# Chapter 10:

## *Making Resolutions For Command And Control*

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To make the right choice that can change your own destiny, the first important thing for you to do is to know yourself more and understand the things that you think of moment by moment. The things that you do and the thoughts in your mind in the present moment can create changes in your entire life.

Since our life is forever in a constant change of developing and creating, we create the story of our own life by controlling the thoughts in our mind and choosing the ideas that are within it. With just a single thought that we constantly think of, we can change our own destiny.

The repetition of particular thoughts greatly plays a crucial role in determining our destiny as well as our future. This is actually the reason that we have to be mostly aware of how and what we think of. Of course, every one of us wants to be happy and to obtain real happiness, we have to learn managing our mind. Otherwise, this will menace us just the same with the consistent dripping of the leaky faucet.

“The world you have created is actually a product of your thinking; it can’t be altered without changing your way of thinking.”

If you want to change your life today, and solve your current problems, you have to change the way you think. This can be a great challenge to any person, but if you are really serious about creating life changes in your

future, you have to do this. You have to bear in mind that it took many years of thinking in order to create the kind of life that you have right now. Change will never be instantaneous, neither be easy, but this can always be fast as you as you're really persistent.

Einstein once said, "We cannot solve problems by using the same kind of thinking that we used when we create them." However, there are a lot of people who strive in vain in order to accomplish. If you want to solve your problem effectively, you don't only need to change your thinking but also require you to elevate the level of your thinking. Therefore, to obtain what you want and achieve your goals, it is important for you to be on a constant path of personal improvement. This is also greatly important if you want to advance in your life and fulfill your dreams.

Whatever you think of will manifest in your physical world. The right application of the Law of Thinking is a crucial process towards self development. The right path towards light involves in making the right resolution to command and control. Be mindful of your thoughts.

Making resolutions to command and control in your thoughts within your mind is an essential part of creating your own destiny and shaping the kind of life that you want.