

# **Success Through Self Awareness**

**JOHNNIE HAYGOOD SR.  
COME WALK WITH US DOWN THE ROAD  
OF UNDERSTANDING  
LOVE AND KNOWLEDGE  
LET YOUR INSPIRATIONS GUIDE YOU  
PUT YOUR SUBCONSCIOUS MIND TO  
WORK AND RELEASE YOUR OWN LIMITATIONS.**

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## FOREWORD

It is not enough to wake up, you have also got to get up. I can wake you up, but only YOU can get YOU up. The purpose of SUCCESS THROUGH SELF AWARENESS is to awaken our readers to the knowledge of their higher self and lower self, and show how to apply this knowledge towards your complete betterment.

SUCCESS is whatever YOU say it is for YOU. And yet, the sincere can easily distinguish genuine SUCCESS from the myriad of impostors, masquerading as the crown of self discipline.

True SUCCESS stays with you, all the days of your life. Of all the roads purported to lead to SUCCESS, only one is the true one. That one is, and has always been: SUCCESS THROUGH SELF AWARENESS.

Brother Joe M. El

# **SUCCESS THROUGH SELF AWARENESS**

## **Introduction**

Upon the pages of this book, waiting within these few words, you will meet with Universal Success Principles complete with character building techniques to enable you to search into the deepest depths of your inner self, and find and remove that part of you which has hindered your growth into that spiritually and physically mature person, that you have every right to be.

As you read, feel compelled to be totally honest with yourself, especially when you discover some negative aspect, dwelling there within you.

As your eyes and mind ride the waves of these pages, you will see the clever faces of innocent-evil, imbedded in your thoughts clogging the pores of your mind with an insidious layer of doubt; but fear not, for there within, you will also find the storeroom of your goodness, waiting passively, ready to be called forth into the spot light of life.

After seeing the secret face of your real self, the love which is the core of your very heart, will overpower the false self, evil, and flow throughout your soul bringing your entire kingdom into harmony with the infinite, the ever is.

Sometime after creation, man selected words as the tools to convey his thoughts. In so doing, it was discovered that most words cover a broad area. For example, the word'

Success" covers a large spectrum; yet many of us harbor a very narrow perspective of SUCCESS. In doing thusly, we tend to think that SUCCESS can only be realized through materialistic achievements. Some of us never stop to think that there are numerous passages that can lead to prosperity.

When the knowledge of self is revealed to you, the feeling of that awareness is more powerful than all the material "Possessions" which you now own. Having the material wealth is good, but knowledge of your inner wealth is a much greater treasure. A million dollars can be won in New York lottery, but the only way to reach true wealth is through a thorough search of the inner self.

"How can I become self aware?" I'm sure this question has passed through many minds. To unravel this Cosmic Riddle, in these few pages I will share a very unique way through which the human mind can be focused on self, in order to bring to surface that knowledge of negatives and positives, which lies dormant within each of us.

While lending your attention to the unfolding of these writings, please know that a sincere attempt has been made to bring out that love which can subdue all negativity.

As seeds are planted in the earth for growth into maturity, so are ideas inoculated into our minds, and will react from our energies, as the seed in soil will from the earth's subtle incentives. To know means to come into an awareness of that which has been injected into our mind-fields. Being cognizant of seeds of the subconscious allows us to weed out the negatives and in so doing, the realm of our new understanding will include the jewel called PEACE.

In order to find that PEACE, it is essential that we dwell on the level of positive mental attitude. We are fooling ourselves when we think that PEACE can be found in the wilderness of negativism.

We can have extensive knowledge of the physical world, all the money that our hands can carry, but the only achievement which will liberate the soul from pain and uncertainty is the knowledge of the inner-self.

## CHAPTER 1

### THE DISCOVERY OF SELF

if you wont share the little you won't share the lot so start right now sharing what you've got

Dissatisfaction is the major factor in self defeat. You may feel malcontent with your job, family, personal relationships or just the environment in general. Yet the uneasiness rests not within the physical or material surroundings, but within you. Far too many of us have been lead to believe that we must live a lifetime, blundering in the maze of artificial contentment. As a result, our search for lasting knowledge is stymied. This mental limitation hinders us from finding that peace of mind, security and happiness, which we all want and need.

Through this dark tunnel of ignorance, we have allowed our thoughts and feelings to manifest a dual nature, the positive and the negative. Unconsciously, many of us view life from the dark side, and in so doing we dwell within negativism much of the time.

Since the duality of nature does exist within us all, let us stop at this moment and take a good look at it. In so doing, when our motivation is not at its peak, we need not let ourselves fall victim to an unwanted situation.

Now let us take an inward journey and look at the negative forces. Are you ready? They are Powerful! In fact, they are more dominant than the positive forces, though they should not be. For these negative forces are destructive to the entire human family of mind, body and soul, as well as the organization of society itself.

The six (6) most damaging thoughts that the human mind can hold are: hatred, fear, jealousy, revenge, greed and anger. When the mind is allowed to dwell in any of these conditions, it is slowly being destroyed. When we hate, we are the one who suffers, and not the person we hate. If we would just stop and recognize the feeling which occurs in the state of hate, we would see how detrimental it is to our complete being.

Fear not only generates the same type feeling, it also kills all motivating factors which impel us toward success. Before we can find peace of mind, security and happiness, we must rid ourselves of fear, doubt and indecision, which in essence are one.

Jealousy, another negative component, has crept into the mind of man and made him ill, both in mind and body. When we allow ourselves to become jealous of another's SUCCESS, we are upset with our own incompleteness. To rid self of this demoralization, we must understand that all of life's possessions, self-included, have the right to be free and should evolve with the rest of creation.

Vengeful thoughts, like other negative components, are energy-wasters. When someone invades our privacy and inflicts pain upon us and we didn't create the situation, it is not necessary to hold thoughts of revenge; for through the geometry of cause and effect, they shall surely pay. So why should we suffer with them.

We live in a capitalistic society, that has allowed us to be greedy while striving for material comforts. Being aware of our true nature enables us to know we do not have to be full of greed in order to survive. The more we give, the more we receive.

To become angry is to be disturbed, and when we are disturbed we are out of tune with self. This imbalance leads to many illnesses which are so appropriately called diseases.

We have covered the major negative forces; I am sure while covering them with a sincere desire to be honest, you found some if not all of them, right there within you. Now, let us see how we are going to surmount these impediments and replace them with their positive counterparts.

This is accomplished by taking complete inventory of all thoughts, feelings and actions pertinent to the new self you wish to express. The object is to make the acquaintance of the positive forces, long dormant within you. So come with me! Permit your mind to travel as far back into your life as possible. Analyze all entanglements and

transitions, for they have molded and shaped your character, if by chance you see a bit of hate within you, replace the thought with love, love for the new path you are trodding. Exchange fear for faith. Jealousy is but an insecure feeling, longing to be overcome with confidence and success.

As your mind continues to travel the inroads of self investigation, if by chance you see yourself being greedy in any sense, replace that energy-stealing attitude with the science of sharing. Develop an intense desire to share and remember. **"IF YOU WON'T SHARE THE LITTLE, YOU WONT SHARE THE LOT, SO START RIGHT NOW, SHARING WHAT YOU'VE GOT!"**

Once we have replaced the negative with the positive, the higher power blossoms and the divine will grows stronger, thought by thought, day by day, deed by deed.

Now that we have recognized some of the negative aspects of our inner-self and replaced them with positive images, let us test our power and see how easy it is to communicate with positive thoughts.



## MY SON

MY Son, be the Man you choose

BUT, at all things be the best!

USE Love, and tolerant understanding

SO your mind can be at rest!

NEGATIVE thoughts and evil ways

WILL intrude, and block your course

PUSH them aside with POSITIVE drive

AS though you were strong as a horse!

BEING the man, you choose to be

TAKES more than desire, my SON!

FAITH, COURAGE, PERSISTENCE and

LOVE ARE required for the PRIZE to be won!

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## CHAPTER 2

### OUR IMAGINATION

"aspiration without inspiration equals frustration!"

In the Introductory chapter, we talked about some of the negative forces and how to remove them with a positive thought. In this chapter we go more in depth and see how our minds operate from the potency of the Universe.

Imagination is the act or power of forming mental images of what is not actually present. It is also the act or power of creating mental images of what has never been experienced. Now let us see how thoughts are formulated in the mind. Through an image-making power thoughts are created. Words are our mental currency founded upon the "Gold Standard" of the intangible intent, just as U.S. dollars are founded upon the gold reserves in Ft. Knox. Words are uniquely powerful, they can build; they can destroy, with equal facility. Keeping this in mind, to build a Success Attitude, we must use positive language. Usage of positive language is always followed by positive action. One is the wash cycle, the other is the rinse cycle. Until we commence to live, from the premise of love, there can be no promise of Success, for we have secreted the bud of our unique goodness, from the life giving rays of the sun of simple common sense and kindness.

Just as we have used our thinking faculties to accomplish the things which we have, we are going to use them more effectively to achieve the satisfactions of our hearts desire. Visualize yourself being the person you want to be. See yourself doing the things you like to do, having what you like to have. All for the price of a thought.

When a carpenter desires to build a house, he doesn't simply purchase materials and build the house overnight. First comes the desire, next the motivation and then he takes his first manifest step and goes seeking an architect to draw up the blueprint. The earth is landscaped to be sure of a solid foundation and step-by-step he works his plan until his house is finished. After the house is completed, he rejoices from his work's reward,

the satisfaction of seeing his dream come true. His desire was to create. He submitted to the law by doing his work, and his desire was turned into its physical equivalents.

This carpenter was a positive thinker. He had faith in the Law-of-attraction and knew through planning and working his desires would be fulfilled.

How many times have you had an idea to do something, then allowed a negative thought to creep into your mind and extinguish the spark of your heart's desire.

When we are conscious of our thoughts, and the words we use to express them, this adds to our strength to carry them through. So after using our imagination, we must observe our thoughts to determine if they are negative or positive. When negative thoughts invade the mind, do not act; push them aside with a positive drive, then put the positive thought into action.

### **NEGATIVE IMAGINATION BRINGS FRUSTRATION**

There were two sellers of fish who had converted themselves into two positive thinking dynamos. With an enthusiastic exuberance, they went about the city selling their fresh fish. As they were driving through a residential area, one of them spied a middle-aged man sitting on the porch. The driver stopped in front of the house and called out, "Would you like to buy some nice fresh fish today?"

The man on the porch acknowledged the salesman with a dry look, and then turned and called to someone inside the house. "Bring yourself out here," he commanded in a tone so rude and demeaning that it could easily off-set any person's nerves, especially if he or she had little control over their emotions. After a moment, a woman came to the door wearing a terrible frown on her face. The man pointed in the direction of the salesman, indicating that they had something that she might be interested in buying. One salesman spoke out, but before he could finish extolling the goodness of his wares, she interrupted with a rudeness equal to that which had summoned her to the porch. "I'm not interested in buying anything," she retorted, with the frown deepening on her face as she turned abruptly and stormed back into the house.

Both salesmen smiled and with a sincere response one added, 'Thank you mam, have a nice day.'

From all indications, they were husband and wife. The husband had allowed some of his imaginary thoughts of a negative nature to frustrate him. So like a dump truck dumping its load, he released his frustrations upon his wife, through the choice and tone of his spoken words. By not being able to control her thoughts and emotions, she, in turn, allowed him to pull her into his negative plane, causing her to act in the same negative manner and unload her disappointments upon the innocent salesman.

Quite a few of us are like this husband and wife. Being of this nature, we allow a circumstance to influence our attitude in a negative direction.

How many of us are like the salesmen, who did not permit the attitudes of the husband and wife to penetrate their positive plane. WE should strive to be like our two salesmen, and not let negativity sway us from the path of Successful Thinking, no matter what the outward appearances may be. Know that they are appearances, illusions and nothing more.

### **GETTING OFF ON THE RIGHT START**

Instead of allowing the less pleasant phases of life to manifest intensity within, imagine finding good in all situations. Then we will not rob ourselves of the inner-peace and spiritual joy which life has to offer us, for the price of a positive thought.

**STOP!** Ask yourself "what can I gain from being frustrated?" Pondering this question should show us that being dissatisfied with a particular person, place or thing, and worrying about or causing another to worry because of it, fails to alter the condition. If anything, it makes matters worse, because when one becomes irritated and loses control of his emotions, he has added another problem to the already existent confusion. This is to say, let's look both ways as we cross the streets of life; let's find a

little Peace and love in living together in this Ocean of Life, and turn the madness into gladness.

It is very easy to say we want Peace of mind, security and happiness. It is easy to say that we are not going to let the trying times bind us in our thinking. The challenge is are we willing to give of ourselves in a manner that bring us within the gates of this Peace we crave, or will we allow ourselves to remain adrift in the murky realms of our lower nature.

We must discipline ourselves and know that balanced emotions are the motivating forces behind our new-found positive drive.

## **CHAPTER 3**

### **THE POWER WITHIN BUT THAT A MAN DREAMS HOW ELSE CAN A DREAM COME TRUE**

In the two preceding chapters, we have talked about our dual nature, the positive and the negative. We also covered Imagination. This should give us a better view of our nature. Now we are going to take a further look, and see how the many different aspects of life influence our thinking.

First, we must recognize that we have a mind which consists of two levels, conscious and subconscious. Our subconscious is that giant that never stops working, collecting everything our five senses report. From the time we enter this world, it begins its work, obtaining and storing. It doesn't matter, positive or negative, the subconscious records all aspects. From this data stems our daily reactions.

When we make ourselves conscious of that which exists within the subconscious, we are then able to see and weed out whatever it is hindering us from our full mental, physical and emotional growth.

I will give you the opportunity to look into your subconscious this very minute, are you ready? Step 1: Find a quiet place where you can relax as you take this trip and lift yourself into a higher level of consciousness. Let us regress until you are seeing yourself as you were at five years of age. Look and look and look, try to remember all of your entanglements with others and most of all yourself. As we travel forward in time, when you see when things did not go so well for you, examine the situation. In so doing, you will see where you could have handled each painful predicament a little differently.

When your mental state is of value to you, you will feed your mind on constructive data which encourages and insures your continuous growth. Never be too busy to take time to study and learn new ways to make life more meaningful and productive.

When you value your spiritual being, you will not get spirituality confused with religion; you will know that some of us use various religions as vehicles to develop our spiritual selves. We can, with or without church, develop our complete beings, through wise disciplined use of these principles.

As you continue to escalate your past, tell yourself that you are going to be honest with yourself, when you see how you have not allowed your capabilities to be expressed to the fullest.

During your inward journey, do not pass judgment nor grow angry when you are not satisfied with some of your past actions. If by chance you can see where you have been negative in your thinking, change; tell yourself that that was yesterday and how I think and act today is all that counts.

After you have looked and familiarized yourself with the inner you, start this day developing your positive drive by living towards that new you that you know you can and must be. No matter what, never tell yourself that you can't do it.

Know that through discipline you can change your thoughts and world towards a better and more peaceful experience.

The Law-of-Life is as powerful as the Law of gravity. Know that by utilizing your Self-Discipline Principles, your ideas and actions can be under your direct control.

Now that you have come into this awareness, you have an understanding of the Flow-of-Life; therefore your mind need never again be in bondage to any negative situation.

## **PREPARATION**

Now you are ready to put your imaginative mind to work. See yourself being the person you want to be. Realize that preparation is essential to any and all SUCCESS.

Now you are ready and willing to face any obstacle with positive drive. Now you are ready to set short and long range goals which will enable you to reach your ultimate.

Just as Muhammad Ali told himself and the world that he is the greatest, you can tell yourself that you are, or soon will be, the greatest in your field. He didn't just sit and think, he put his thoughts in motion by preparing himself. He worked hard, setting and attaining goal after goal, always with faith in himself being the greatest. In spite of setbacks and obstacles, he structured and followed his plan and became the heavy-weight champion of the world again and again, three times all told.

You can be whatever you desire to be, by setting realistic goals and following up all ideas with their equivalents in work, persistence and faith. Know your objectives, then conduct your energies in that direction.

## **VALUES**

Prior to this chapter, you have been looking within and planning. I hope that you have been honest with yourself when you discovered some of your negative traits. Did you replace them with positive thoughts? If so, very good! You are now on your way to share the true essence of life. But don't think that your negative ideas won't try to regain their stature in your life. When they circle around and try to storm the fort from the rear, simply push them right back into oblivion.

The word value is used to identify that which is desirable or worthy of esteem for its own sake. I am sure that if you would look deep enough, you will learn the true merits of your own value system; you might find the need to build a new one and redefine what you term your worth.

Look at the material aspects of the life you cling to. Have you allowed your self to become so hypnotized by materialism, until you feel it is futile to try and balance your thinking? If so, don't fear, you now know how to talk to yourself and start yourself to thinking in the new way of the new you. What are you waiting for? You have been putting it off for too long as it is.



Do you value friendship? You should, It will allow your spiritual self to rise above the dust of immorality.

Do you value the three aspects, physical, mental & spiritual, of your being? You should; it will bring you into harmony with your true self and the world.

When you value your physical being, you will not partake of any poisons that you know will hinder you in your march to success.

## CHAPTER 4

### **ATTITUDES AND CIRCUMSTANCES IF QUITTING COMES EASILY SUCCESS WILL NOT COME AT ALL**

Mature adults do not change until their mental attitudes change. Attitudes change from worse to better, only when a person reflects on his or her own life.

You were asked in the last chapter to regress, to delve into your past. Now that you have, you are ready to observe your new attitude, and see the changes that have taken place within you. With this positive change, you will be able to separate and salvage a positive attitude, independent of life's fluctuating circumstances.

When we were in school, we were taught from a mathematical point of view, that a problem was something to be solved. With the basic add, subtract, multiply and divide principles, it was easy for us to determine the solutions.

The same principles apply to all of life's problems. Each day we are confronted with decisions and indecisions as to what we should and should not do to make our lives better. When a situation seems difficult, we tend to let it get inside of us, to tear us down mentally, physically and spiritually. Instead of letting it get us down and keeping us there, we should stand back, take a good look at the situation, view it for what it is and then come up with the appropriate solution.

I knew a woman, who during the time of our friendship exhibited a jealous nature towards her husband. Being that she was unaware of her basic insecurity, her negative thinking habits fostered a breach in their relationship which led to the eventual collapse of her marriage. In her suspicion, she accused him of things that were untrue.

The husband after a period of time began responding from his lower self and soon fell into the abyss along with his mate. The negative germs spread like proverbial wildfire and before long the once calm affinity of their love became rapidly worse than the

dialogue between the sea and a ship when the waters are strongly conversing with the wind. Their lives became a battlefield, destroying all matrimonial correlation through the negative dis-eases spawned by an untrained attitude. Their relationship rapidly disintegrated into one constant war, making them both sick in body and in mind.

Had she taken a good look at her own insecurities and then made an honest attempt to transform them with positive thought, she would have had different feelings towards her husband. So often when a wife thinks a man is seeing another woman, it is just the woman she used to be. The same holds true for the husband who thinks his wife is seeing another man. Had the husband in this situation understood why his spouse acted as she did, his attitude would have remained positive and the relationship could have remained a harmonious one.

So man and woman, when coming together as one, use understanding as the foundation of your two gentleness. To each we say: 1. To maintain a lofty attitude towards your mate, you must first look at yourself, see your doubts, confess them to yourself and rid your mind of them. 2. If there is something that might lead to discomfort, bring it out in a positive and constructive manner, so that you may both grow and not wither from the revelation. 3. Understand that each of you is an individual with a separate mind to think, a heart to love and the will to share. Then, will your lives be joyful, living as one in tune with nature. 4. And remember, "If quitting comes easily, success will not come at all."

## **UNDERSTANDING HUMAN NATURE**

In order that we may understand and live in harmony with another human being, we must first understand and live in harmony with self. Know how we want to be treated, and treat others as such. We tend to see things not as they are, but as we are; this makes us have less concern for the other person's thoughts. When we become aware of our own weaknesses in this area of perception and work to turn them into strengths, our inner conflicts will no longer put us at a distance from our true nature, our higher self.

Sharing our worldly belongings, our love, our thoughts, our time with others without the idea of receiving something in return will animate the flow of life within our every endeavor. However, when we give with the thought of receiving, we hinder the mobility of love, and keep nature's innate free expression from blooming into full unfettered maturity.

It is our nature as human beings to share and enjoy the beauty that is birthed from the feeling of sharing with pure motives as our only impetus. Some will give of their worldly possessions, only to control the recipient of our tainted gift. When we are of this nature we are ego-tripping, seeking recognition from the receiver. In mind, we are trying to obligate the other person, that we might satisfy our own selfish carnal desires.

I once knew a man, who subconsciously thought that he could not live without dominating his every surroundings. He used his wealth to attract the people he was interested in controlling; he would give posh parties, serve the best food and drink. When the people were in the midst of their revelry, he would stand and speak of his money. It aroused his ego to know that he could host such an august gathering.

The years went by and his finances dwindled down to nothing. The specially catered parties became a thing of the past and his so-called friends disappeared; he was left alone in his home with a mind full of hollow yesterday-thoughts, pondering why his friends had turned their backs and drifted elsewhere to seek their ribald pleasures. It never occurred to him that the friendships were false from the very beginning. His attitude has seen to that.

You see, when we seek recognition with impure motives, there is an unpleasant ending waiting somewhere down this road of life. However, when we give from our hearts, love will continue to flow, with or without material inducements. Only then will we be recognized. On the contrary, when we pretend, as did the so-called friends, we are not a true receiver. Our motives are that of a parasite with only the intention of getting all that's possible, while giving nothing of value in return.

Only when we give from the heart will the reward for giving keep the indelible spirit of love moving through the oneness, which is all of us.

Only when we receive without the thought of deception, will the soul be awakened, and the way opened for the essences of life to waft heartward, perfuming our entire being with their heavenly scents.

### **SPEAK OF GIVING**

Some of us give to be praised.

Some of us give to pacify ourselves.

But a true giver gives from the heart,

Gives the heart, to keep the flow of true

Love, ever coursing through the soul of all humanity.

### **ON RECEIVING**

When we have benefited through receiving that which is needed, we should show gratitude from the depths of our soul, or we attract our only pleasure from that which is received, thus missing the true treasure of the act itself.

## CHAPTER 5

### **BEYOND THE KNOWLEDGE OF MAN KNOWLEDGE WITHOUT WISDOM IS A TREE WITHOUT ROOTS!**

We as human beings have speculated in many areas of our universe. After centuries of pondering, we've developed ideas pertaining to the manifestation of life, and labeled these concepts, truth. The truth is we don't know the beginning of Life. We have blindly accepted the theorizations of idealists who visualized the manifestation of "life as being." Through this visualization, many have been led to numerous and divergent beliefs, and drifted from our proper relation to nature.

In addition to that, somewhere during our search, we have allowed our true natures to become unbalanced. This imbalance leaves us partial people, stimulated from only a physical point of view, thus leaving our spiritual selves unnoticed, unattended. This negative state of mind, hinders our growth in the true knowledge of self.

When a transition is made, (when we die), many are led to believe that there is a heaven or hell somewhere, waiting to receive us. If we would only use our minds and stop depending on another's concept we would know that heaven and hell are only mental states of mind.

How can another human truthfully say where life ends or begins, or what shall take place after life on earth? Don't you think that such a prognostication would be most difficult, unless of course, our informant had experienced it himself?

If we would use the time we spend thinking about where we are going when we leave this earth, and think instead about where we are going and what we are doing while upon this earth, the peace and tranquility that life has to offer would be ours for the thinking.

Only when the mind is focused inward, will we find the answers to the adversities of mental limitation. The adversities which we ourselves allow to be a part of our lives. It shouldn't matter whether sand or rocks rest on the bottom of the sea; air or electrons beyond the blue skies, as long as we know that we are one with all of creation.

The capacity of that oneness can only be found in the midst of self. So remove the dark clouds of ignorance from your mind. Explore the virgin soil of your soul and share the joy that blooms from the intimacy of human nature.

The air that we breathe to keep the stream of life flowing, is it not the same air that is conveyed through the beauty of a flower, the whispering of the birds, the muttering of the sea, and our counterpart who stimulates our inner-most being.

Can we walk together in the midst of winter, and some of us not feel the chills from the high winds? Can we eat of the same food and one not benefit from its nourishment? The sun doesn't separate the gleam of its light when glowing on earth's face. It shines as one light so that the energy may flow through all of life's possessions. The trees and the rocks do not stand apart, but together as a mountain of nature's beauty so that we all may see and recognize the oneness of the universe.

## **UNIVERSAL**

Universal includes, collectively without limit or exceptions. Yet, some of us tend to focus on out-of-space when thinking universal. Looking collectively would enable us to visualize the whole as one including all of life's possessions.

It doesn't matter whether you are in Spain, Japan, or America, the same problem that exists within the realm of one exists within the realm of all.

## CHAPTER 6

### THE REALITIES OF LIFE TO MEET YOURSELF FACE TO FACE YOU MUST EXPLORE, YOUR INNERSPACE

Today, more so than ever, we as a people are more interested in what is real and what is unreal. Man has searched the four corners of the universe; made many discoveries concerning the truth, and some of us are still in the midst of darkness when it comes to knowing the truth about self.

From the beginning of man's creation, his mind has been trained, and made to believe so many false concepts until it is somewhat difficult for some of us to accept the true meaning of reality. Therefore, the quality of being true to life has been lost in the wilderness of self.

In this writing an effort is being made to point out some of the facts, which caused us to lean away from The Realities of life. So as you read, give it a thought and look beneath the words. This will give you a greater understanding of self.

When we came out of the deep dark pit of our mother's womb, we had no knowledge of our purpose of life, or for that matter, we knew nothing of our destiny. Unconsciously, from the very first moment of daylight, our subconscious mind started a collecting process gathering all information it came in contact with. Although we are not aware at this point, a pattern is distinctly arranged by those that were before us, and through their training, we are indoctrinated.

This indoctrination, after we have come through a few stages of maturity, permits us to establish different concepts, and we call them our ideas. Yet, the thoughts which we have pertaining to our way of life, are not ours. How can we know the truth of our existence when our minds have been over flooded with different illusions and misleading appearances as to the way we should accept our creation.



Some of us look for guidance through various religious concepts; in finding this guidance, we become confused as to what exits we might take when we make our transition from this earth.

We become curious, and probe into the depths of all aspects of the physical world. However, we are reluctant to explore the depths of our very own souls. We should take time to listen to the voice that speaks from within. Not only will we learn how to communicate with self, but we will also realize that all human beings have an objective in life.

With all of our book learning, which consists of the ideas of others, we have yet to learn to yield to our true higher self. We have failed in understanding that we are one with all of life's creations.

Some of us capitalize on all matters; we foster a feeling of selfishness which allows us to tramp on those who aren't as fortunate as we. We make them suffer and call it the way of life. Instead we should face the fact that it is the way of man. We manifest pitfalls for the less wise, while looking upon him with scorn and hating him for his gullibility.

Our only true right, is to know and control our own will.

Yet some take it upon themselves to dominate, victimize and sow a way for vicissitudes among the people. To lift oneself to a higher level of consciousness, we must become aware of our higher self, then will we become properly concerned with our brother man.

We through searching inwardly will see the falsehoods that have influenced our thinking, and drove us out of harmony with nature.

When we are able to face the realities of life, there's no need to be influenced by anyone. We will submit to our own intuitions because a desire to challenge all human concepts will free us from any form of bondage.

We tie ourselves to worldly conditions, other people's opinions, and many other circumstances that hinder the liberation of the soul. In doing so, the will to be free is counteracted with circumvention that makes us suffer from pain and toil. We shouldn't allow an attachment of any sort, with people or situations, to bind us in our thinking to the extent that we suffer when the winds of life go contrary. Life can be lived without pain when the soul is free to fulfill its own capacity.

When we understand the realities of life, we will know that nothing under the sun remains the same. As we listen to the whispering of the high winds, our soul will relax knowing they do not last all day. When we see the greenness of the leaves that are hanging from the trees and the grass turn brown, we will know that evolution has birthed fall and is pregnant with winter who will show its smiling face soon.

When the clouds unfold and release the rain, upon earth's murmuring face, we will not grumble, but be thankful for the opportunity to share the wetness of the rain. When our friends and loved ones act in accord with their nature, we will understand that they are only expressing themselves.

Why should we allow our  
thoughts of yesterday  
to frustrate us?  
They have served their purpose  
and can not be retrieved,  
not even in our knowledge of today.

If there were pains in living yesterday, they were for us to grow and have one less pain to endure tomorrow. Pain births knowledge, that will unfold the inner soul, open the treasures of our hearts and give us strength to live love and understand.

So now, this moment is what we live for.

The time spent worrying, complaining, criticizing, and etc., could be very powerful if utilized in a positive manner.

Instead of complaining about the rain, say it's beautiful because it serves just as much to the growth of vegetation as the sun.

Instead of criticizing the young, assist them in finding a better way to enjoy the beauty that glistens from life's fulfillment. Look at the old as wisdom that can be shared in finding the joy that's buried in life's travel.

As I was looking around trying to find a place to initiate a Self-awareness class, I decided to stop in at Operation Dare, an organization designed to assist ex-offenders in finding employment. While waiting to see one of the counselors, I noticed two of the waiting men had become somewhat irritated by the long wait. One said to the other one, "I wish he (speaking of the consultant they were waiting to see) would come on out of there." The other one looked up and replied, "I can dig it man. I'm tired of this myself." They complained between themselves for another five minutes or so, then one of them spoke out, "Man, pass me that syrup, so I can get my head together." His friend politely responded by going into his pocket, and pulled out a bottle. He took the top off of it, served himself a big drink, and passed the bottle to his friend which likewise, he took a big drink. After the chemicals in the syrup began to affect their minds, the both of them lively lifted their heads, and one said to the other one, "I'm ready now man, for anything." He became so belligerent that his negative attitude aroused the other one, and they became involved in a dissension between themselves.

First of all, at the very beginning of their waiting, they allowed themselves to become full of anxiety, which is a negative component that builds up tension.

After becoming tensed, they felt that they could cool them selves with the codeine-based cough syrup. Instead, it merely added to their irritation. You see, through their disrespect for themselves, their minds were all but destroyed by the negative illusions which established their attitudes towards life, other people and themselves.

Many of us in this ocean of madness lose control of our thoughts and submit to various drugs for mental support not knowing the damage we are doing to our mental and physical beings. When we are intoxicated from any sort of drugs, including cigarettes, we have denied ourselves a healthy mind and body. In doing so, the mind becomes distorted, which allows our morals to dwell on a lower level, as we feed from the negative aspects of life.

When the doors of the soul are unlocked, and truth commences to grow, we will have no need to suffer with pleasure or pain. We will comprehend pleasure as but a blanket to cover our own inflicted pains. It is the soul that weeps when we put pain to sleep with the warmth of pleasure. To know thy self is to release pain from the heart, then there's no need for pleasure seeking!

WE NEED LOVE MORE THAN ANYTHING

We need the trees

We need the birds

We need the air that keeps us breathing

We need the sun for its light

We need love more than anything

Man needs woman

Woman needs man

We need each other

We need heat to keep us warm

We need the rain that dampen's the earth

We need love more than anything

We need food to quench our hunger The water to wet our throats We need friendship to harmonize

But we need love more than anything

We need knowledge to make us wise

Faith, to continue our growth

We need obstacles to build our strength

We need love more than anything 30

## CHAPTER 7

### **OUR ACTIONS THE FOLLOWER DREAMS OF WHAT HE WANTS TO SEE THE LEADER MAKES THOSE DREAMS BE!**

There is power in knowing, and accepting the actualities of life, but to know, and accept isn't all. Our action must harmonize with the rest of creation in order to enjoy the beauty that glistens from being a part of this vast universe.

We must act in accord with our true nature when dealing with others. Love should be the foundation of all of our endeavors. Love the work that you are engaged in. Love the people that you are working with, and the tide of life will be easy to ride.

Human understanding and the will to be submissive to each other's needs will bring us more peace than just satisfying our individual needs and desires. As long as we over-look the feelings of others, and look for peace in the material aspects of life, we are burrowing ourselves deeper into frustration and discontentment.

Some of us struggle through our entire life with our minds over loaded with distorted concepts. We toil with greed and hate that dilutes our very soul, yet we ask for mercy at the arms of death. Now some of us, at an early age, become wise; we search for the knowledge of self.

Through the growth of learning, we understand, submit, and live life nature's way. Some of us know we are one, love the joy of being in harmony with others as well as self.

#### Togetherness

We hear people complaining so much that we are not together. If they could stop complaining and use their minds, they would learn that it is impossible for us to not be together in this universe. The problem is, we are not aware that we are together. Therefore, we do not function as a unit. When we evolve to this awareness and stop characterizing other human beings by their material wealth or academic training; a

concern for all humanity will trot out and manifest the harmony and unity that is necessary for us to find peace.

### **KNOW YOUR RIGHTFUL PLACE IN LIFE**

Do you go through life blundering from job to job, not knowing what you really want out of life? To rid one's self of such irritation, it is necessary to stop, backtrack into your life, find that one sparkle that gleamed from an idea of what you once wanted to do. Upon rediscovering your lost dream, cultivate it; make it a part of your new self, and be totally about the business of being the you you always wanted to be.

Release all "I can't" thoughts from your mind. Convince . yourself that <sup>k4</sup>"I CAN!" This will energize your desire to Succeed, and give you that added incentive to develop the vast reservoirs of power within you.

Each of us owe to ourselves the chance to dis-cover, to uncover, the inner realm which is our true and fearless self. To harness this vast energy reserve, we must first harmonize with the creative principles of the Universe. We must make ourselves worthy of this state of tranquility we are seeking. We do this by being thankful for a mind to think with, the chance to utilize it, and a divine imagination to plot and steer a useful course through life.

We all have the same power. Some use it, some do not. The choice is upon the individual. Often times it requires much hard work to bring our plans into fruition, but remember: "If quitting comes easily, Success will not come at all."

We cripple our minds with thoughts that we cannot make it in life. If you were to ask the average person, "How is everything going?" The vast majority would respond, "Things are hard, it's rough out here." Some of us complain so much, til we don't know how to appreciate the changes in the weather.

We complain about the hot We complain about the cold We criticize the young And we dislike the old.

## CHAPTER 8

### BEAUTY WORDS

#### LISTEN TO OUR WORDS WE ARE WHAT WE SPEAK

Words are the tools we use to build or destroy our relationships with people. Beautiful words/beautiful relationships. Negative words/negative relationships. Just as there are flowers, parks and memories endowed with beauty, so are there words like parks, flowers and memories, scented with beauty.

In this chapter, you will find a listing of 20 beauty words. Internalize and use them as you continue on up the road to Success Through Self Awareness.

#### **Discipline:**

"Training that corrects, molds, or perfects the mental faculties or moral character; control gained by enforcing obedience or order."

We discipline our children, other people, and animals, but few of us stop to discipline ourselves. Self-discipline is the key to putting oneself on the road to Success. It is necessary to stop, look at yourself in the mirror, and tell yourself that you can be the person who you desire to be, do what is needed, have what is wanted and live to the fullest of your heart's desire.

When a negative thought creeps into your mind, talk to yourself and tell the negative intruder that you have no time to entertain such lowly thoughts. Using this principle will give you conscious control over thoughts. Remember, wasted mind is wasted time!

#### **Love:**

"A strong affection for another, arising out of kinship or personal ties; affection based on admiration or common interest; warm attachment, enthusiasm, or devotion; unselfish, loyal, and benevolent concern for the good of others.

Sometimes we tend to get love confused with lust, desire, and appetite. In doing so, we use this four letter word out of context most of the time. True love is a feeling which makes it difficult to voice with a word. A feeling that is created through an intangible substance that flows within the deepest depths of the human soul. When flowing at its own will, inward peace will bloom from the infinite portion of your heart, as self-esteem reaches out to share in the essence of the flow.

When we speak the word love, our thoughts should be much higher than seeing through a lustful eye. Love is more than the fulfillment of a selfish appetite, or any of the purely physical desires that seek to enter the minds of all human beings. When we speak the word love, directly to others, we should know that we have befriended them. This is the love that should be in the world of our thoughts and expressions.

Personal love is two hearts coming together blending their souls into one.

**Loyalty:**

"The quality or state of being loyal: the tie binding a person to something to which he is loyal."

When we think of loyalty, we think of being faithful to a private person to whom fidelity is due. Therefore, we think of loyalty as the quality of being loyal. Again, we are looking outwardly and not inwardly to the person whom we first must be loyal to. Being true to "yourself will enable us to show loyalty toward our fellow man.

When you discipline yourself, love yourself for being able to accept self-discipline. You will be able to know the true meaning when asking yourself, are you loyal to yourself as well as others.

**Enthusiasm:**

"To be inspired: belief in special revelations of spiritually: something inspiring zeal of fervor."

Enthusiasm is a God given power which stimulates the mind, body, and soul when



put in motion toward the betterment of humanity. When you are full of love, and show loyalty toward others, you will have the desire to be helpful. With faith in your service that you are rendering, a stronger power will show, and the world will know you are projecting enthusiasm. No one will have to call you, an enthusiast; because you as well as the rest will know that you have been attached to a good cause.

**Desire:**

"A conscious impulse toward an object or experience that promises enjoyment or satisfaction in its attainment: a longing, craving: sexual attraction or appetite."

To be the person one would like to be, to do the things in life one chooses to do, and to have life's fulfillments, first there must be a desire.

When you have disciplined yourself, awakened the love that is in your heart, very loyal to yourself, and full of enthusiasm, your desires will burn like fire generating you into action. With out this desire, my friend, you will become or remain stagnant like a motionless body of water, and end up being foul, both mentally and spiritually.

**Appearance**

"Outward aspect: a sense, impression, or aspect of a thing: something that appears: occurrence."

When the word appearance enters our minds, most of us can only see from a physical point of view which mostly consists of the material aspects of life that adds to our individuality. Yet, there's much room for us to look further, and see our true appearance we announce each time we speak, smile, be negative, worry, etc., etc., etc. Seeing as much, we will know our total projection is what appeals to other people.

Now that you have disciplined yourself with the thought of love, loyalty floods your soul. With enthusiasm, you have the desire to be that which you choose to be, and your appearance has no need to be expressed by you because it will show through your action.

The blue distant skies is only an appearance.

**Motivation:**

"The act or process of motivating: the condition of being moved: a motivating force or influence incentive drive."

Motivation is the condition of being moved in a particular direction. Some of us can only move when someone else is pushing us. Either through fear, or from an incentive point of view. When our own thoughts motivate us, we are self-motivated, which makes us move in spirit. There is a difference.

Through self-discipline, love, loyalty, and a desire to convey a beautiful appearance, you are automatically motivated to achieve that which your heart longs for.

**Decision:**

"The act or process of deciding: promptness and firmness in deciding: a determination arrived after consideration."

Before we can find success in any endeavor, we must first make a decision. Decide what it is you want out of life, and know that you can only get out what you put in. If you are to be a salesman, make the necessary preparation that will enable you to become that salesman. Whatever your decisions may be, be firm in making them, and most of all, be honest with yourself.

It is very easy to make a positive decision when you are motivated. Love what you are doing, and be full of enthusiasm, enough to turn your desires into their physical equivalents.

**Humbleness:**

"Not arrogant or assertive. Offered in a spirit of deference or submission."

Some of us feel submission is a weakness, and so we strive to be dominant and aggressive. Being aware of the fact that humbleness generates strength, and brings peace to the soul, will keep the love that is within, flowing like the essences of a beautiful flower.

Knowledge of self will humble the soul and allow outside forces to by-pass your inner peace.

**Friendliness:**

"Showing kind interest and goodwill; not hostile; inclined to favor. Cheerful."

When we project a friendly attitude, we are stressing an inner magnetism which will shine and attract good people. This attraction will automatically produce harmony and unity. Friendliness is more than just being a friend; it is the glow of our true nature expressing the beauty of its awareness.

Be a friend to man, woman, and child; but most of all, be a friend to yourself.

**Satisfaction:**

"Fulfillment of a need or want; the quality or state of being satisfied; a source or means of enjoyment; gratification."

To be satisfied is to be at peace with self. Whatever endeavor we undertake towards success, in essence, we are seeking a good feeling, a satisfied feeling that can only be expressed from within. Most of the time, some of us seek outwardly for this good feeling, when we should be looking inward. We can satisfy that inner desire without stimulation from an outside source. Just know within yourself, that your desires are yours to be realized in living color. This awareness will create an in depth feeling of already having, as your thinking mind brings your mental imaging into physical manifestation.

**Happiness:**

"Good fortune; property; a state of well-being and contentment; joy; a pleasurable satisfaction."

I'm sure some of you have heard others say "happiness only comes at a spur of a moment." Since we have defined the word happiness through Webster's dictionary, and accepted the merits of its meaning, with a little effort on our part, I know we can maintain this state of well-being at all times.

Let us go back to our feelings, think about the change of feeling that comes when we accomplish one of our goals. We feel good, just from the thought of achievement. Just as we gained a feeling of accomplishment, we can easily condition our minds through steady discipline, and make feeling good a priority state.

**Morality:**

"A moral discourse, a doctrine or system of moral conduct; relating to principles of right and wrong in behavior."

Creation provides us with moral principles to live by. These principles will enable us to love, respect and understand the true nature of the universe. In so doing, we will love, respect and understand self, and live in harmony with the world.

This state of consciousness will transcend the thought of right and wrong; wrong doesn't enter the mind when we are aware of our relationship with the rest of humanity.

**Faith:**

"Allegiance to duty or a person; loyalty, belief, and trust in and loyalty to God; firm belief in something for which there is no proof. Complete confidence; something that is believed, esp. with a strong conviction."

We as a people tend to have faith in many aspects of life, the different religious concepts, etc., yet we lack faith in our own abilities. When Webster defined: "trust in and loyalty to God," I think he meant your very own God-self.

Faith is the strongest motivating factor in the nature of humanity. Without it, you are going to accomplish nothing, and the word nothing is used, as Zig would say, "deliberately, because that's less than anything."

With faith in our abilities, we can achieve any and everything our minds can conceive, as long as we are realistic in our thinking.

**Moderation:**

To lessen the intensity or extremes of; avoiding extremes of behavior or expression;

observing reasonable limits."

We are moderate when we have looked at the negative aspects of ourselves in a way where we are able to dissolve their strength and act in a positive manner. Moderation will enable us to avoid an extreme of any sort.

**Harmony:**

"Tuneful sound, internal calm, tranquility; an interweaving of different accounts into a single narrative for the purpose of showing an agreement."

To be in harmony with self is to be aware as to how one must harmonize. Know your physical, mental, and spiritual self to the extent that you have balanced all three. As we feed the physical part of our being the right food for mental growth, and allow love to uplift our spirits, then we will be in harmony with self as well as the rest of creation.

Through harmony blended with unity, one can master his own fate.

**Intuition:**

"Act of contemplating: immediate apprehension or cognition: knowledge or conviction gained; intuition the power or faculty of attaining to direct knowledge or cognition without evident rational thought and inference: quick and ready insight.

All of our knowledge is known or perceived by intuition. Being aware of such adds to our power to know our sisters' and brothers' feelings. We are able to visualize our goals, and through an in depth insight, we will, somehow, know they will become a reality.

**Peace:**

How peaceful would we like to be? But first, what is peace? We have been told that peace is "a state of tranquility; freedom from civil disturbance; freedom from disquieting or oppressive thoughts or emotions; harmony in personal relationships are all a condition of peace." How can we find this most precious jewel we all call peace? It's for sure, we will not find it in the material aspects of life alone. It can only be found in the midst of the inner-self, and only our thinking will make it so.

Peace be still in the depth of my soul.

Understanding:

"To grasp the meaning of: to supply in thought as though expressed: have the power of comprehension: to show a sympathetic or tolerant attitude toward something or someone."

How many times have you been communicating with another person, and they made a statement which you didn't understand? But yet, you retaliated by saying, "I understand." We do this daily. In doing this, it's very easy to take the misinterpretation, and make something else out of it. To understand is to know what is said, what we are doing, where we are going, and why.

**Respect:**

"To consider worthy of high regard; to refrain from interfering with; concern."

We use the word respect very loosely, especially when asking it of another. But have we researched our own conscience for that which the word truly identifies? If not, let's ask a few questions of ourselves. Do we feel and show esteem for who we are, what we are and the difference in knowing or not knowing? Is it possible to attempt respect towards another human, when we haven't acknowledged it towards our own higher self? Do we constantly lie to ourselves, by lying to others? Do we evade the truths that are within us all. Until we learn to be honest with ourselves, and how to live in harmony with self, we can not love and respect our neighbor.

Let's take the R and be Real, the E and be Expressive, the S and be Satisfying, the P and be Paramount, the E and be Eased, the C and be Congenial, and the T and be Tolerant. Then we will know the subtle essences that rest within true R-E-S-P-E-C-T!

We have now covered our twenty (20) beauty words. As you noticed, all of them are inner-related. Make these **BEAUTY** concepts a part of your new life, and sadness and confusion will no longer be a part of you. Your level of realization will remain high, as long as you dwell within the energy levels of your **BEAUTY** words.

Some have turned in to the negative frequencies of life for so long, that when they hear the positive broadcasts, it is disregarded, as they tell themselves that we are too old to change our thinking habits. If we would but monitor ourselves, the feedback gathered in the course of one negative day, should be enough to encourage us to change our ways, for better, better, best.

## CHAPTER 9

### FAMILY RELATIONSHIPS

#### **WE MUST STOP MAKING THE BEST OF THE EXISTING SITUATIONS AND START MAKING THE BEST EXISTING SITUATIONS . . .**

Being without the knowledge of self has created a communication breakdown within many homes and marriages. Over the next few pages I will share some of the Universal Principles that can birth love, harmony and unity within any home and family.

When we think of family, the first image that comes to mind is man, woman, and child. Through this image, in many cases we can see cruelty, frustration and neglect, ie., cruelty is the father, frustration in the mother, and neglect in the child.

Most relationships between husband and wife begin as harmonious liasons; therefore, with an understanding between the two, any correlation can remain in harmony with a little effort from all involved.

When man meets woman, a true interest is aroused. He's motivated to do all that is within his power to satisfy his woman. Does he stop to ask himself what his interest is based upon? Is it based on mere sexual attractions? Is he simply

interested in someone to cook and clean. And for the woman, is she only looking for an end to her financial worries?

These are some of the questions that each should ask themselves, before entering a man/woman relationship. If by chance you can see your motives were such, then you will know why harmony and unity do not exist within your relationship.

Universal love, and understanding are the two aspects of life that will keep two people together. Understand that each individual should take a closer look at themselves, as well as accepting their responsibility as a mate. Each person should admit their own shortcomings instead of casting the problem on their mate. When there is a disagreement, try to communicate on a positive level so that the conflict can be blotted



out without arousing negative emotions.

Whatever little nice things you did to satisfy your mate before you got the go signal, continue them as long as you are together.

Before we capture the intimacy that we are seeking some of us will go to any extreme to impress the opposite sex. The woman will beautify herself to look good for him. He in return, will buy her little gifts, put on his best suit when going to see her. After the chase is over, and they come together as husband and wife, it isn't long before they start looking at each other through different eyes. Why? (1) The husband stops doing the nice things that he use to do. (2) The wife stops beautifying herself as she did earlier in their relationship.

Subconsciously, they both feel the change, and unconsciously blame the change of feelings on something else: now the seed of discontentment is planted. With neither party knowing the true reason why they began finding fault with one another. At this point, being aware of the true cause would easily alter and alleviate the friction. By coming together on a positive note and talking over your problems with your mate, you can promote a more healthy and mature household. When these measures are taken, not only will you and your counterpart feel better, but you will have grown as adults. This kind of man-woman interaction will bring you together on a spiritual plane and help in establishing your matrimonial mastermind. (The two minds working as one in the same direction).

Share everything with each other. The worse thing either spouse can do is be deceitful, be a liar, or be selfish with your mate. What belongs to one belongs to both, be it problems or pleasures. If you are doing something shady, do not think that you are getting away with anything, the law of cause and effect will eventually catch up to you and balance nature's accounts.

I once knew a man who remained upset most of the time. His conflicts came out of his distasteful attitude towards his job. He would go home to his wife, dissatisfied and grumpy, and dump his frustrations upon her. Everything she did was wrong. By her not

understanding and empathizing, she reacted negatively and thereby helped create a house full of ill-feelings and strife.

I am sure quite a few of you reading this book\* have experienced the very same trials. First of all, we should control our attitudes and not allow circumstances to control us. If my friend would have known more about himself, he would not have been on a job which he did not enjoy.

Had his wife understood why he was dumping his frustrations on her, she would not have reacted in the same negative manner.

Men and women should have a purpose in life, when coming together as one. Have the same basic objectives, and plan to reach them together. Share ideas each day which will enhance the relationship. Understand that each of you have differing moods; when the other seems to be in a moody atmosphere, allow him or her to express their particular mood, through silence if desired.

**CHAPTER 10**  
**THE CHOSEN FEW CHOSE THEMSELVES**  
**RULES FOR A CONTINUOUS HARMONIOUS AND UNIFIED RELATIONSHIP**

Be aware of your mate when you meet him or her.

Come together on a mental and spiritual level. When two minds are interested in the same aspects of life, this will stimulate the spiritual being, awaken the spiritual affinity, which will automatically bring you together on a physical level.

Now that you are together, establish a major goal with interest that will add joy to your being together. Know the process by which you will reach your goals.

Put the minds together and work out a plan, a workable plan by which both must follow.

Take one step at a time. Do not try to do everything at the same time. Complete one mission then start another one. If you plan to get a house, don't buy the furniture before you get the house. Get the house then think about the furniture.

Know what each of you like for pleasure, and share these desires with each other.

Of all things be honest with your mate; but first be honest with yourself.

Read motivational material and exchange ideas that were stimulated by the material.

9. Be conscious of a continuous search for the knowledge of self. This will enable you to know your mate much better.

Know that obstacles will appear to test your strength.

Maintain a positive attitude while over coming the obstacles.

If both are working share the home responsibility as well as the little problems which will occur.

When the first child arrives, in the event that it does, the husband must understand she will have more work, and less time to share with him on a personal level.

Share the sleepless nights you are kept awake by the baby or any problem for that matter.

Of all things don't feed poison to the mind of the child.

The worse thing a husband and wife could do is feed the wrong things into the subconscious mind of their children.

If there's a disagreement between the two of you, try not to disturb the children with it. When they see their mother and father dissatisfied with each other, it tends to affect them emotionally.

Do not lie to your children. When they question us at a certain age, some of us tend to feel that they are not ready to know the different aspects of life, so we take them on a trip by injecting untrue statements into their minds. Remember, when the mind is mature enough to ask questions it is capable of understanding the truth.

Do not criticize each other in front of the children. This will take away faith and love. In fact, criticism is no good; period.

Make sure you teach them how to watch television. This will enable them to learn the difference in what's real and what is unreal.

When they are old enough to share the work, show them how they can be helpful around the house. This will instill responsibility into them which will be necessary for their survival in the future.

When our children become young adults and go contrary to the ways in which we have taught them, we have a tendency to put the blame on them. Only when we stop and realize that our teaching in the home is the base which causes their behavior will we stop casting the blame on them.

If you used these principles, and you find them not working for you, you will automatically know that you are not meant to be with each other. And I would suggest that you get out of each other's life as soon as possible, if not, you will find yourselves being two painful souls.

So many of us come together with lack of understanding and live a very discontented life for many years. Most of the time we will look for the problem outside of ourselves, and put the blame on the other person. Blame who may, but this does not alter the fact that your life is miserable.

As a drummer changes his drum beat  
to get a different sound  
we can change our thoughts  
turn our complete lives around  
Instead of thinking evil  
or worrying each and every hour  
think of love, peace, and happiness  
know that the world is ours  
As the ocean reflects the sun  
from its deepest blue  
I can love all of you  
you can love me too  
Why not give it a try  
stop criticizing each other  
look at your inner-self  
know we all are brothers  
As the fish loves the sea  
that gives him air to breathe  
it wasn't an accident  
that all this wood was once trees  
Realizing all of this  
is as simple as a grin  
the oneness of all of us  
is calling from within

When we become conscious of our true nature, we are able to love and understand others, & live with a peaceful soul, as the flow of love energizes the essence of our existence.

SUCCESS THROUGH SELF AWARENESS to all of you,

Yours Truly,

Johnnie Haygood Sr.

## WHAT OUR STUDENTS SAY

Dear Sir:

For the last 13 weeks of this class, I have learned to respect the individual ideas of some co-workers. I believe they in turn have learned to respect some of my ideas.

I am now trying to convince some of the other members of the group to continue the Group Therapy, at least once a week.

Thanking you,

Harold Eugene Hightower, Sr.

Mr. Haygood:

I would like to congratulate you for learning the arts of the power of the mind and willing to share this power with us.

I, along with many others, will profit from your motivation class now and for years to come. It would be a great asset for your knowledge to be taught to leaders in the business field in order for our young to get a good start in life.

Keep up the good work. It's very inspirational knowing you.

Herman Cunningham, Agent Metro-South District

Who are you? And what do you know about yourself? One knows little about one's self, but with a class like Self-Awareness, you have the opportunity to get to know one's self. If you would just listen and learn. I would say that everyone living today should go to a self-awareness class. Because of an assignment in the class, for one week, my check was over \$1,000.00 dollars. I am going to do it again and again.

Nelson Moss

As New York State coordinator for SUCCESS THROUGH SELF AWARENESS, I consider it an honor to serve the community of humanity by sharing with you the SUCCESS THROUGH SELF AWARENESS principles. Once you have taken the



program your life will never be the same.

Success can not be measured in dollars and cents, it cannot be given or bought. It must be earned. The SUCCESS THROUGH SELF AWARENESS staff will concentrate on helping you become the best of what you want to become.

Peace, Akua, New York State Coordinator

Dear Mr. Hay good:

Please be advised that since you have conducted classes in our district building, here on 87th Street, with your program, "Success Through Self Awareness", your method of teaching has certainly given our district much imputus.

Our people that are enrolled in your class were only mediocre agents prior to enrolling in your program. Now we find that these agents have self awareness, they are able to overcome obstacles, and their selling phase of our business has improved at least 63%.

Thank you for all of your help in your program.

Sincerely yours,

Julius B. Collier, Manager

Central District #22

United Insurance Company of America

Dear Mr. Hay good:

I have been conversing with several of Chicago Metropolitan's field representatives relative to your seminars on "Success Thru Awareness." I am most pleased with their thoughts on the 12 sessions that you held. Each of those with whom I talked had nothing but positive views, first in the manner which you conducted each session. Second, your genuine interest in each of the students as individuals and third, the fashion which you caused them to open up and take a good look at themselves. Most importantly the instilling of self confidence, positive mental attitudes and belief in your fellow man.

I was most impressed with the graduation exercise. My pleasure in witnessing the graduation was to hear some students express what the class meant to them. I believe if each applies some small part of what they learned in the 12 sessions the individual and company cannot help but grow. You have my best wishes and backing to start another Phase I session and also to encourage those 61 who just completed Phase I to go into Phase II. Sincerely, James S. Isbell

Vice President/Agency Director Chicago Metropolitan Mutual

'SUCCESS THROUGH SELF AWARENESS" is a collection of motivational concepts that are keystones to the beauty we can achieve in life, if we put them into ACTION. Johnnie Haygood has given you an example on how life can work based upon his incredible journey to inner peace. Read . . . Study . . . Use . . . and enjoy life's journey."

Frederick M. Chivers

National Director

Institute for Motivational and Correctional Programs ,

Lewis University

SUCCESS THROUGH SELF AWARENESS Johnnie Haygood has written a direct, concise book which expresses much that is beautiful and wise for all of his readers; students, teachers, or laymen.

The author explains concepts of personal growth from his philosophical basis of discipline, peace and truth; he both inspires and motivates one to improve self now.

Rena Krizmis, Ph. D.

Associate Professor of Psychology

Chicago State University

SUCCESS THROUGH SELF AWARENESS by Johnnie Haygood, Sr. Mr. Johnnie Haygood, has produced a most interesting and thought provoking book dealing with success. He has incorporated much of the most recent thinking about awareness and has added to this a new dimension involving concepts from philosophy and religion. The book will be of great value to not only teachers in the areas of psychology and social science but also to the layman who is searching for realistic ways of learning to cope with life. Bryant Feather, Ph. D. Professor

Chairman of the Department of Corrections Chicago State University