

CHAPTER ONE

REDISCOVER YOURSELF

“It is easier to live through someone else than to complete yourself. The freedom to lead and plan your own life is frightening. If you have never failed it before it is frightening when a woman finally realizes that there is no answer to the question, which I am except the voice inside her. “Betty Friedan

Life is a journey every person has to travel. For years you depended on someone to dictate your life. It has been so dominant that you can never know that you can plan and achieve big accomplishments.

You never knew yourself; you went very far out of you and when you came back you never knew yourself again. The point here is, you are yourself. God created you as an individual person being complete. You are your own, you have to know yourself. **Aristotle said it better “knowing yourself is the beginning of all wisdom.”** Know that you are awarded with the highly valuable gift called mind. Know that you have everything it takes to soar high as you want as an eagle. Don’t go out to find someone to lead you, you can lead yourself; you have been there where you are because of your own mind. Early Nightingale said, **“we become what we think about.”** When you rediscover yourself you start to listen to your inner voice which is in you and when you stand up for yourself-everything will start to be easy.

Charles De lint once said **“You have got to find yourself first. Everything else will follow.”**I know you have believed that you can not do anything valuable. Today start yourself to plan and do it yourself, you are unique and you were created for the purpose you can’t hide that.

Don’t hide in other people; come out of the others who have been controlling your life that you ended up living an ordinary life. With me I started to know myself as a hero when I changed my attitude of my mind. I started to see my potential, my abilities and my talents clearly. You have to make your inner discoveries everyday. Life is a long journey.

Don't settle determine to be better today than you were yesterday. Life can be travelled comfortably if it is under your full control. Live on your own terms. Decide that you want to accomplish something and go after it; plan to achieve it by putting massive actions.

You have to know the secrets of success. Learn them and put them into practice, you may fail but that will make you grow and develop the new way of doing it again. You will be better, you will never stop, is a long inspiring journey **Rainer Rilke said "The only journey is the one within"**. This is the most valuable journey a human being can make; you will have to create yourself. You will have to mould yourself to be the one you want to be, you will have to know your abilities and your weakness and thus be able to improve your abilities but get rid of your weaknesses that sabotage your life

There is no one who can know you than you can know yourself. Dig deep in your mind you will wonder how talented you are and if you do so success will be within reach. You have to be a new person who believes in himself and loves himself, and all creation has to start within you. Someone said it this way: **"put your future in good hands, your own"** "It is true you have the best hands that your future can be safe in beside all your inner and outer enemies.

YOU HAVE A VERY POWERFUL MIND

"All success in life whether material or spiritual starts with that twelve pound mass sitting between your shoulders or more specially with the thought that you put into your mind every second of every minutes of every day. Your outer world reflects the state of your inner world. By controlling the thoughts that you think and the way you respond to the event of your life you begin to control your destiny. Robin S Sharma.

Think of what has been achieved by human activities in the world because he has used his mind. From your mind you generate an idea and before even starting doing something about that idea you see in your minds eyes that an idea is achievable.

You analyze your idea deeply in your mind and with satisfaction you come to conclusion that it is possible to work on it. Dr Wayne Dyer said it better this way **“You have a very powerful mind that can make anything happen as long as you keep your self-centered”**.

That is why I remind you that, you are very powerful. The thing gets clearly created in your mind and you say yes let me put the plan of action to attain it. Most of the time people don't like to think, they like to do what others are doing. They think on common things which can be easily accepted by their minds, to think something new and unique is not easy to most people. **Thomas Edson said this quote “Five percent of the people think, ten percent of the people think that they think, and the eighty five percent would rather die than think”**.

You have the full control of your mind and your life. Think what do you want and understand that you have the ability to do the work it takes. You are the one to make that happen, and believe in yourself and in what you are.

You have the abilities given by your creator he called you GOD” meaning he empowered you beyond imagination. Meaning you can create things by words and actions .**Think of the quotation from Teil Hard De Chardin that says,“We are not human being having spiritual experience we are spiritual being having body experience “**.

There is greatness within you, you have the greatest freedom of all and that is a freedom of conscious choice through the power of your will.

Think of what you want, visualize it in your mind, focus all your thinking on that thing and put action on what you want to achieve. Put massive concentration on that one thing only. Napoleon Hill said **“Whatever the mind of the man can conceive and believe it can achieve”**. Think only on that goal while doing all it takes to go closer to its attainment, Mind you **“Everyone is born a king and most people die in exile.” Said Oscar Wilde**. You can choose to go to exile or remain as a king in your own country. For years I was in exile but I decided to come back to take my respect and honor. I have decided to do what I want to do, I have awoken my mind that has been sleeping.

Here I'm, and you have the great potential too. You can sharpen your mind one small, you can change your life today .Carol Dwell said **“You are in charge of your mind, you can help grow by using right way”**. You have to accept that your mind is very powerful and appreciate it for its ability that can make you write a new chapter of your life.

What you need to do is to have full control of your mind. Just as your mind have the potential of taking you into amazing achievement it can also make you fame and get recognized worldwide. Your problems can be fixed by having good mindset with a good altitude.

When you have a positive attitude, and you are realistic, you can solve the impossibilities. Avoid negative attitude of your mindset because it will weigh you down and sabotage your life. Louse Hay said **I don't fix problems, I fix my thinking then problems fix themselves**". You have a big potential to succeed but controlling your mind must be your number one priority.