



Pruning The Elements Of Death In Your Life

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**Discover How You Can Give Yourself New
Life By Cutting Off Sources of Negativity**

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Foreword

The concept of positive thinking has interpenetrated our culture. It's a philosophy of faith that doesn't ignore life's troubles, but instead explains a pragmatic approach to life's full potentiality. It's a system of creative living based on spiritual strategies, and its operation is proved in the lives of thousands of individuals. We offer this book because these are timeless truths that will work nowadays and tomorrow. The mighty principles held here are given to us by some of the greatest teachers who ever lived and still live. This book teaches an easy yet scientific system of practical strategies for successful living that works.

Pruning The Elements Of Death In Your Life

Discover how you can give yourself new life by cutting off sources of negativity.

Chapter 1:

Trust Yourself

Synopsis

Trust in yourself! Have trust in your abilities! Without a humble but fair confidence in your own powers you can't be successful or happy. But with self self-assurance you are able to succeed. A feel of inadequacy interferes with the accomplishment of your hopes, but self-assurance leads to self-realization and accomplishment. Because of the importance of this attitude, this book will help you trust in yourself and free up your inner powers.

Believe

An alarming number of individuals are made woeful by an inferiority complex. But you need not be hurt from this trouble. You are able to acquire trust in yourself. After a workshop, a person drew near me and enquired, "Might I talk with you about a matter of dire importance to me?" We went offstage and got seated. "I'm here to deal with the most crucial business deal of my life," he explicated, "but I don't trust I can accomplish what I want. I'm disheartened and depressed. As a matter of fact," he moaned, "I'm almost sunk. Why is it that all my life I've been tortured by inferiority Beliefs? I heard to your speech this evening about the major power of positive thinking, and I need to ask how I may acquire some trust in myself."

"There are 2 steps," I answered. "1st, it's crucial to distinguish why you have these beliefs. That calls for analysis and will require time, and might call for treatment. But to pull you through this trouble now I shall provide you a formula. As you walk down the street this evening, repeat particular words I shall provide you. State them over a lot of times before your crucial appointment. Do this with a mental attitude of trust and you'll get the power to deal with this issue." Accompanying is the affirmation I presented him: "I can do all things through He which strengtheneth me". "Now, abide by that prescription, and matters will come out very well."

He stood up, stood there quiet for a minute, and then stated with considerable feeling, "all right, All right." I observed him square his shoulders and walk away. He appeared a miserable figure; yet the way he walked away showed that trust was already at work in his brain. Afterwards he described that this easy formula "did wonders" for him.

He added, “It appears incredible that a couple of words from could do a great deal.”

Of the assorted causes of inferiority beliefs, not a few come from childhood. My own account is a perfect example. As a small child I was distressingly slim. I sustained lots of energy, was on a sports team, was fit and hard as nails, but slim. And that annoyed me as I didn't wish to be slim. I yearned to be anything but thin. I did everything to put weight on. I drank huge numbers of shakes, chocolate ice-cream, cakes and pies, but they didn't impact me in the slightest. I remained slim and lay awake nights considering and agonizing about it. I continued attempting to get plump till I was about 25, when all suddenly I popped out at the seams. Then I got self-conscious as I was so plump, and ultimately had to get rid of 30 pounds with the same agony to get myself down to a good size.

In the 2nd place, practically every member of my household was a speechmaker, and that was the last thing I wished to be. They used to make me talk even when it filled me with panic. I had to utilize every known gimmick to develop assurance in what powers the good Creator provided me.

I discovered the answer in the easy strategies of faith instructed in the Good Book. These precepts are scientific and may heal any personality of inferiority feelings. Their utilization may liberate the powers which have been subdued by a feeling of deficiency. Such are a few of the sources of the inferiority complex which put up power barriers in our personalities. It's some emotional violence done to us in puerility, or the outcomes of particular circumstances, or something we did to ourselves. This unwellness arises out of the hazy past in the dim niches of our personalities.

Maybe you had an older sibling who was a brainy student. He got A's in school; you made only mediocre marks, and you never heard the last of it. So you trusted that you could never win in life as he may. He got A's and you got mediocre marks, so you concluded that you were consigned to getting mediocrity all your life. Evidently you never recognized that some of those who failed to get elevated grades in school have been the keenest successes outside of school. Just because someone gets an A in college doesn't make him the most distinguished man in the U.S., As perhaps his A's will terminate when he acquires his diploma, and the fellow who got mediocre marks in school will go on afterwards to get the real A's in life.

Chapter 2:

Developing The Trust

Synopsis

The biggest secret for extinguishing the inferiority complex, which is a different term for profound self-distrust, is to fill your mind with faith. Develop enormous faith in the higher power and that will provide you truthful faith in yourself. The taking on of dynamic faith is achieved by prayer, by reading and by applying faith techniques. Go to a competent spiritual adviser and let him instruct you on how to have faith. The power to possess and utilize faith must be deliberate and practiced to acquire perfection.

Being Self Assured

To develop feelings of self-assurance, practice suggesting confidence concepts to your brain. It's imaginable, even in the middle of your every day work, to force confident thoughts into consciousness.

Let me tell you about one-person who did so. While driving me to a workshop, he stated, "I used to be satiated with insecurities. But I hit on a fantastic plan which bumped these feelings out of my brain, and now I live with assurance." This was the "marvelous plan." He directed me to 2 clips hooked on the dash of the auto and, stretching into the glove box, drew out a deck of cards. He chose one and slipped it beneath the clip. It had an inspirational message on it.

"I'm a traveling salesperson," he explicated, "and I used to go between calls thinking dread and frustration thoughts. That's one reason my sales were depressed. But since I've been utilizing these cards and charging the words to memory, the insecurities that used to frequent me are almost gone. Rather than thinking thoughts of frustration and ineffectuality, I think thoughts of trust and bravery. It's fantastic the way this technique has altered me. It's helped in my business, likewise." This person's plan is a judicious one. By filling his brain with affirmations, he had put an end to his sensation of insecurity. His likely powers were let loose.

Lack of self-assurance apparently is among the great troubles besetting individuals nowadays. In a university a study was made of six hundred pupils in psychology courses. The pupils were asked to state their hardest personal issue. 75 % listed lack of assurance. It may safely be presumed that the same big proportion is true of the population broadly. Everyplace you encounter individuals who are

inwardly afraid, who shrivel from life, who sustain a deep sense of deficiency and insecurity, who doubt their own mightiness. Deep inside themselves they mistrust their power to meet obligations or to grip opportunities.

Forever they're beset by the faint and dark fear that something isn't going to be quite correct. They don't trust that they have it in them to be what they wish to be, and so they attempt to make themselves content with something less than they're capable. Thousands go groveling through life on their hands and knees, disappointed and afraid. And in many cases such frustration of mightiness is unneeded.

The blasts of life, the collection of troubles, and the multiplication of issues tend to sap energy and leave you spent and disheartened. In such a status the truthful status of your power is often blotted out, and an individual yields to a disheartenment that isn't justified by the facts. It's vitally crucial to reappraise your personality assets.

Attitudes are more crucial than facts that are worth repeating till its truth grasps you. Any fact facing us, even the most hopeless, isn't as crucial as our attitude towards that fact. You might permit a fact to overcome you mentally before you begin to deal with it. On the other hand, a surefooted thought pattern may alter or overcome the fact.

So if you feel that you're shot down and have lost assurance in your ability to win, sit down, take a sheet of paper and make a list, not of the components that are against you, but of those that are for you. If you or I believe perpetually of the forces that seem to be against us, they'll acquire a formidable strength they don't possess. But if you mentally envision and affirm and reaffirm your pluses, you'll rise out of any trouble. Your inner might will reassert themselves and lift you to victory.

A sure cure for deficiency of confidence is the idea that the higher power is really with you and assisting you. No other theme is so mighty in developing self-assurance as this simple belief when applied. To apply it merely affirm, "The higher power is with me. The higher power is helping me. The higher power is guiding me." Spend numerous minutes every day visualizing His presence. Then practice trusting that affirmation.

Affirm it, envision it, trust it, and it will actualize itself. The freeing of power which this procedure stirs will amaze you.

Chapter 3:

Banishing Negative With Peace

Synopsis

The core of the mystery lies in a shift of mental attitude. One must learn to live on another thought foundation, and even though view change calls for effort, it's much simpler than to go on living as you are. The life of stress is hard. The life of inner serenity, living harmonious and without tension is the simplest type of existence. The primary fight then in gaining mental serenity is the effort of revamping your thoughts to the unstrained attitude of acceptance of the Supreme Being's gift of peace.

Serenity

At breakfast in a hotel dining-room, a man sounded off about a sleepless night. He had tossed and turned and was about as dog-tired as when he went to bed. “Reckon I’d better quit watching the news before retiring,” he noted. “I went to bed last night and got an ear full of disquiet.” A different man sounded off, “I had a great night. Naturally, I utilized my go-to-sleep plan, which never goes wrong.”

I nudged him for his plan, which he explicated as follows: “When I was a child, my father, a farmer, had the habit of assembling the family in the front room at bedtime and he read to us out of the Word. After prayers, I’d go up to my room and rest like a top. But once I left home I broke loose from the Scripture reading and prayer habit. For a long time practically the sole time I ever prayed was when I got into a jam. But a few months ago my wife and I, having hard issues, decided we’d attempt it again. We observed it a helpful exercise, so now nightly before retiring her and I together read the Scripture and pray. I don’t understand what there is about it, but I’ve been slumbering better and matters have improved. As a matter of fact, even out of town, as I am now, I still read and pray. Last night I read out loud. He addressed the other man and said, “I didn’t go to sleep with an ear full of disquiet. I went to bed with a mind full of serenity.”

Well, there are 2 deep phrases for you—“an ear full of disquiet” and “a mind full of serenity.” Which do you pick?

The core of the mystery lies in a shift of mental attitude. One must learn to live on another thought foundation, and even though view change calls for effort, it's much simpler than to go on living as you are. The life of stress is hard. The life of inner serenity, living

harmonious and without tension is the simplest type of existence. The primary fight then in gaining mental serenity is the effort of revamping your thoughts to the unstrained attitude of acceptance of the Supreme Being's gift of peace.

It has been said.” Be ye transformed by the renewing of your mind.’ To be happier and healthier they require a renewing of mind, that is, an alteration in thoughts. Once you ‘take’ this prescription, you actually accomplish a mind full of peace. That helps to bring about health and wellbeing.

A basic method for acquiring a mind full of serenity is to rehearse emptying the mind. At any rate twice a day, vacate your mind of concerns, hates, insecurities, sorrows and guilt. To preclude unhappy thoughts from slipping in again, directly fill your mind with originative and healthy ideas. At intervals during the day think about a carefully selected series of peaceful ideas. Let impressions of the most peaceful scenes you've ever found pass over your mind, as, for instance, the silverish light of the moon striking bubbling waters, or the sea lapping gently upon soft shores of sand. Such peaceful pictures will work on your mind as a mending medicine.

Repeat audibly a few peaceful words. Words have fundamental suggestive power, and there's healing in the very stating of them. Utilize a word like “tranquility.” Picture tranquility as you state it. Repeat it slow and in the mood of which the word is a symbolization. It's also helpful to utilize lines from poetry or passages from the Word. A friend who accomplished a noteworthy peacefulness has the habit of writing on cards strange quotes expressing peace of mind. He keeps one of the cards in his wallet at all times, citing it often till each quote is committed to memory. He states that every such idea cast

into the subconscious “greases” his mind with serenity. Among the quotations he utilized is from a sixteenth-century mystic: “Let nothing trouble you. Let nothing scare you. Everything dies except the higher power. The higher power alone is sufficient.”

There are additional pragmatic ways by which you are able to develop peace and calm attitudes. One fashion is through your conversation. In a grouping when the conversation takes a movement that's disturbing, attempt injecting peaceful thoughts into the talk. To have serenity, fill up your personal and group conversations with favorable, happy, affirmative, gratifying expressions.

A different effective strategy in growing a peaceful mind is the daily application of quiet. Take a firm stand upon not less than a 15 minutes of total silence every twenty-four hours.

Go solely into the stillest place available to you and sit or lie down for quarter-hour and rehearse the art of silence. Don't write or read. Think as little as conceivable. Throw your brain into neutral. Imagine your mind as the top of a body of water and see how closely still you are able to make it, so that there isn't a ripple. When you've attained a calm state, listen for the richer sounds of harmony and beauty and of the higher power that's to be discovered in the essence of quiet.

Saturate your views with peaceful things, peaceful words and thoughts, and ultimately you'll have a depot of peace-producing experiences to which you might turn for refreshment and replenishment of your spirit. It will be an immense source of mightiness.

Chapter 4:

Prayer Power To Do Away With Negative

Synopsis

You're addressing the most enormous power in the cosmos when you pray. The mystery of prayer is to discover the procedure that will most effectively open your brain humbly to the higher power. Any technique through which you are able to arouse the power of the higher power to flow into your mind is logical.

Ask For It

An example of a scientific utilization of prayer is the experience of a man who opened up a little business—as he qualified it, “a small hole in the wall” in New York— a long time ago. He bore one employee. In a couple of years they moved into a bigger room and then into voluminous quarters. It became a really successful operation. This man’s formula of business as he named it was “to fill the little hole in the wall with affirmative prayers and views.” He announced that hard work, positive thought, just dealing, correct treatment of individuals and the right sort of praying always acquire results. This man worked up his own easy technique for solving his issues through prayer power. The technique is:

Prayer, Picture, Realize.

By “prayer” my acquaintance meant an every day system of originative prayer. When an issue developed, he talked it over with the higher power simply and direct in prayer. Furthermore, he conceived of the higher power as being with him in his office, in his house, on the street, in his car, forever nearby as a better half. He took seriously the scripture to “pray without stopping.” He saw it as meaning that he ought to go about each day discussing with the higher power in a natural, normal fashion the questions that had to be addressed. He didn't often kneel to extend his prayers but would, for instance, say to the higher power, “What will I do about this, master?” or “Give me a new insight on this.”

The 2nd point in his technique of originative prayer is to “picture.” The common element in physics is force. The common element in psychology is the realizable want. When either failure or success is

pictured it strongly tends to substantiate in terms equal to the image pictured. To see to it that something worthwhile is occurring, first of all pray about it and test it according to divinities will. Then print an image of it on your mind as though it's occurring, holding the image firmly in awareness. Carry on to surrender the image to divinities will—that's to say, place the matter in His hands—and abide by His guidance. Work hard and intelligently, therefore exercising your part to accomplish success. Practice trusting and continue to hold the image in your thoughts. Do this and you'll be amazed at the unusual ways in which the image comes to fruition. In that manner the image “realizes.” That which you've “prayed” and “pictured” “realizes” according to the pattern of your primary realizable wish when stipulated by stirring His power on it, and if, furthermore, you give amply of yourself to its fruition.

I've used this prayer way and discovered grand power in it. Other people have also described that it released originative power into their experience. For instance, a woman identified that her hubby was straying from her. Theirs had been a happy union, but the married woman had become obsessed in social gatherings and the hubby had gotten busy in his work. Before they recognized it, the close fellowship was lost. One day she detected his interest in a different woman. She turned hysterical. She conferred with her pastor, who taught her how to pray and to “picture.” He likewise apprised her to hold an image of the return of the past fellowship, to envision the goodness in her hubby, and to picture a reestablished harmony between the 2 of them. She was to hold this image with trust. About this time her hubby informed her that he wished a divorce. She had subdued delirium and sedately replied that she was willing if he wished it, but suggested a postponement of the decision: “If at the end of 90 days you still wish

a divorce, I'll cooperate.” He afforded her a questioning look, for he had anticipated an outburst.

Nightly he left, and nightly she sat at the house, but she pictured him in his old chair. She even visualized him drying the saucers as he did when they were first wed. She saw the 2 of them playing golf in agreement as they once did. She sustained this image with firm trust, and one night there he really was seated in his chair. From time to time he would be away, but increasingly he was seated in his chair. And then one Saturday he inquired, “What do you think about some golf?” The days slipped away enjoyably till she recognized that the 90th day had come, so that evening she stated softly, “Tom, this is the 90th day.” “What are you talking about,” he enquired, perplexed, “the 90th day?” “How come, don’t you remember? We concurred to wait 90 days to decide on that divorce topic and this is the day.” He considered her for a minute, then buried behind his newspaper turned a page, stating, and “Don’t be goofy. I couldn’t possibly make out without you. Where did you ever get the thought I was going to go away?”

I've known a lot of others who have successfully utilized this strategy. When truly and intelligently brought into spots, this has produced such first-class consequences that it must be looked upon an extraordinarily efficient technique of prayer. Individuals who take this technique seriously and really utilize it get amazing results.

Chapter 5:

Solve Your Problems

Synopsis

Among the most effective strategies in problem solving and getting rid of negativity is the easy twist of imagining the higher power as a partner. Among the basic truths is that the higher power is with us. In all the troubles, issues and circumstances of this life the higher power is close by. We may talk to Him, lean on Him, acquire help from Him and have the immeasurable benefit of His interest, support and assistance.

Practically everyone trusts in a general way that this is truthful, and several have experienced the realism of this faith. In acquiring correct resolutions to your issues, however, it's essential to go a step further than trusting this, for one must really practice the idea of presence.

Rehearse trusting that the higher power is as real as your mate, or your business mate, or your closest acquaintance. Rehearse talking topics over with Him. Trust that He hears and provides thought to your issues. Accept that He impresses on your mind the thoughts and insights essential to solve your issues. Emphatically trust that in these answers there will be no mistake, but that you'll be guided to activities according to truth which leads to correct results.

A Backing Story

A man stopped me one day after a meeting at which I had spoke. He said to me that something I had written had, as he put it, “altogether overturned his attitude” and saved his business. Of course I was intrigued and happy that any little thing I had stated would manifest such a brilliant outcome.” I had been having rather a hard time in my business,” he stated. “As a matter of fact, it was starting to be a severe question as to whether I could salvage my business. A series of inauspicious conditions together with market terms, regulatory processes and the economic system impacted my line deeply. I read this material of yours in which you boosted the theme of taking the higher power in as a partner. I believe you utilized the words, ‘bring about a merger with the higher power.’

“As I first read that it appeared to me a quite ‘silly idea.’ How could a man in this world, a human, take the higher power as a partner? Likewise, I had forever regarded the higher power as an immense being, so much larger than man that I was like a worm in His sight, and yet you were stating that I ought to take Him as a partner. The thought seemed absurd. Then an acquaintance brought me one of your books and I discovered like ideas dispersed all through it. You told real life accounts about individuals who abided by this advice. They all appeared to be reasonable individuals, but yet I was unconvinced. I forever had the mind that pastors are idealistic theorizers, that they understand nothing about business and pragmatic affairs. So I kind of wrote you off,” he stated with a grin. “All the same, an odd thing occurred one day. I was at my office so blue that I really thought maybe the most beneficial thing for me to do would be to shoot myself and get away from all these issues which

appeared entirely to shock me. Then into my brain came this thought of taking the higher power as a partner.

I closed the door, sat down in my chair and placed my head on my sleeves on the desk. I hadn't prayed more than once a year. But, I sure did pray on that occasion. I told the Divine that I had heard this thought about accepting Him in as a partner, that I wasn't really certain what it meant, or how one arranged it. I told Him that I was confused, dumbfounded and disheartened. I stated, 'master, I can't offer you a great deal in the way of a partnership, but please unite with me and assist me. I don't understand how you may assist me, but I wish to be assisted. So I today place my business, myself, my loved ones and my future in your hands. Whatsoever you state goes. I don't even understand how you're going to tell me what to do, but I'm prepared to listen and will abide by your advice if you'll make it clear.'

"Well," he went along, "that was the appeal. After I finished up praying I stayed at my desk. I guess I anticipated something miraculous happening, but zero did. But, I did abruptly feel calm and rested. I really had a feeling of peace. Nothing out of the ordinary happened that day or that night, but the following day when I arrived at my office I had a sunnier and happier feeling than usual. I started to feel positive that matters would go right. It was difficult to explain why I felt that way. Nothing was changed. As a matter of fact, you may even say matters were a shade sorrier, but I was changed.

"That feeling of peace remained with me and I started to feel finer. I continued praying daily and talked to the higher power as I would to a partner. They weren't church-like prayers—just literal one-on-one talks. And then one day in my office, abruptly a thought cropped up in my head. I stated to myself, 'what do you know?' For it was something

that I had never thought of before, but I recognized right away that it was just the technique to abide by. Why I had never considered it previously I haven't the slimmest idea. My brain was too moored, I guess. I hadn't been operating mentally. "I directly adopted the hunch." Then he ended. "No, it was no intuition; it was my better half, speaking to me. I directly put this theme into Process and matters began to roll. Fresh ideas started to flow out of my brain, and in spite of conditions I started to get the business back on an even plain. Today the general state of affairs has bettered considerably, and I'm in the black."

Then he stated, "I don't understand anything about sermons or about authoring books, but let me tell you this. If you acquire an opportunity to talk to people tell them that if they'll take the higher power as a partner in their lives they'll get more great ideas and rid themselves of negativity more than they can imagine, and they may turn those ideas into pluses. I don't simply mean revenue," he stated, "while a way to get a great return on your investment, I trust, is to get the higher power -guided ideas. However tell them that the higher power partnership technique is the way to get their issues and negativity solved correctly."

This incident is simply one of many like manifestations of the law of a divine-human relationship working itself out in pragmatic affairs. I can't stress too strongly the effectiveness of this strategy of problem solving and to rid yourself of negativity. It's produced astonishing results in a lot of cases.

Wrapping Up

What is arresting you from living your dream life? Negativism. A damaging idea may extinguish all those dreams of having a more favorable life.

Face it – none of us may turn back the hands of time and reconstruct our past. There's no way you are able to unmake your past. But you are able to alter the way you feel about it. Your past wasn't so good, you state? And it appears like it won't disappear?

All right – you wish change. You've reconciled your mind that you merit better than what you've got, you merit to make something of yourself, you wish the self-assurance and self-respect of a successful person. You wish to be pleased, healthy, thriving.

So– how are you going to accomplish it?

All the negativeness around you has driven you to the point that you're truly ready to change. Time to plan how to do this. In the first place – living in dread, anger or in a ceaseless state of tension isn't a sound way to live. Not only does this wreck your life – but it may ruin your wellness. With your body and brain in a ceaseless state of tension, dread, fret, etc. your health likewise deteriorates. Once you save your mind – your body will be more pleased.

Unburden yourself with everything that's barricading your progress; get rid of the chains that are holding you down; quit all the insanity and the negativism – it's time to better your life, health and welfare.

Trust in a Higher Power – whether you trust in the higher power, Goddess, Higher Self, Universal Being, and so forth. And let it help you. Believe that inside voice during your meditations. Let this Higher Power take away all this negativism and send it someplace else in the cosmos.

Trust your consciousness – your awareness (Higher Power) recognizes which feelings most need discharging and the order in which to do them. Some deep-seated feelings/aches might need to be released many times (to get rid of even thicker layers).

When the negativism is expelled you'll feel alleviation. For instance, releasing a deep layer of hate will get rid of the feelings of hate that are in you. That feeling will simply pass from you – as though it was just being hoisted from your body. You'll feel remedied of these feelings; the old baggage is gone, leaving you feeling great. Every time a layer of hate is discharged and let go you'll feel better and better.

Fill your thinkings with Love, Acceptance, Inner Peace, Personal might, harmoniousness. You'll start to feel much better and you'll experience favorable feelings. This will likewise leave no room for any negativism to re-enter your being. You'll feel less troubled, peaceful, more self-assured and tranquil.

Carry on thinking these positive thoughts and don't let any negativity enter your mind again. When these ideas attempt to enter straightaway cancel them out with positive thoughts.