

If you feel the dynamic drive within, you will reach your goal

You have immense powers within. Channel this tremendous energy in the right direction. It will bring you peace, lasting prosperity and ongoing happiness, good health and the best of everything you could ever wish for. Do something about it now. Don't delay taking action any longer and don't shift the blame onto others! Your mental and physical energy knows no bounds.



This tremendous potential makes you more creative, more imaginative, more successful and more dynamic. You now appreciate just how much misguided thinking, feeling and action, if allowed to continue, can pull you down, burden you and cause you to fail.

At some stage in your life you will no doubt have experienced that negative thoughts seriously inhibit your creative and mental powers and cause psychosomatic illnesses. The key reason is usually the wrong approach to life, which of course stems in the main from negative thinking and faulty thought patterns.

If you want to alter this, don't forever blame your childhood, upbringing, the current situation in the family or at work, the weather or other circumstances for your troubles. Don't talk yourself into believing that other people - politicians, your colleagues, neighbors or competitors - are responsible for your present difficulties. All your problems are inextricably linked to you. They are always in some way associated with you, your attitude and your thought patterns.

This might sound hard to you, but you guide your thoughts and you bring upon yourself precisely what you feel and what you picture vividly in your mind's eye. You are the product of your own thoughts. If, for example, you are always of the opinion that your partner doesn't really understand you, your boss is an old misery who nobody can work with, or that your neighbors are bad-tempered, it is generally only the case because you tend to blame other people for your troubles. Take a closer look at what a major role you play. Once you realize this, it will bring you a step further toward changing your attitude and changing your situation for the better.

You are responsible for your situation in life

Free yourself of the habit of blaming everybody else for your situation in life. In reality you will reap precisely what you yourself have sown in the past. Your subconscious has stored everything you have committed to memory in the past. You have thus, unconsciously, formed a picture of yourself, and your life will take its course accordingly - either positive or negative.

Excuses - Pretexts

During their entire lifetime many people blame their problems on:

- their unhappy childhood
- their bad upbringing
- the current situation in the family
- discord in their partnership
- the situation at work
- political change
- economic affairs
- financial difficulties
- being treated unfairly
- the changeable weather
- or other circumstances

... What about you?

Anyone who has studied the paths to success of most great men and women will know the difficulties, obstacles, plights and predicaments most of them initially had to overcome. In the end it was not circumstances, age, sex, level of education, relationships or prosperity which determined their well-being or woes. The decisive factor was first and foremost their inner attitude and their self-confidence. They only progressed due to their open-mindedness, enabling them to see chances for advancement and happiness, and their ability to seize these opportunities courageously and resolutely.

You get what you ardently yearn for or desperately fear. You actually are what you believe yourself to be. Your thoughts create your personal situation: If you believe you were born to be poor, it will be impossible for you to achieve affluence. You have simply formed a false image of yourself. Once this image is implanted in your subconscious, you will not develop the necessary dynamism which could alter your current situation. These well-worn, negative thought patterns then become the main cause of your emotional, mental, physical and social disorders.

Stare long and hard enough at what you lack, and you can almost see it growing bigger and bigger. If you are convinced that you deserve poverty and failure, you cannot expect anything else. Just think of something special you have wanted to do for a long time, but which you never thought was possible. Now make a list of all the reasons why you could actually do it. It all depends on your attitude: how you view the problem and whether it bothers you enough to want to change it. Unfortunately, many people work against their own best interests.

6 February

The way you respond to circumstances reveals who you are. Check today what you'd like to change.

7 February

Your life can be a success or a failure today, fulfilled or empty, depending on how you think, feel and act!

8 February

Your attitude to money determines your financial situation. We only earn what we think we are worth!

9 February

Fear and doubt inhibit! Take all necessary measures today to achieve your goal, and do it optimistically.

10 February

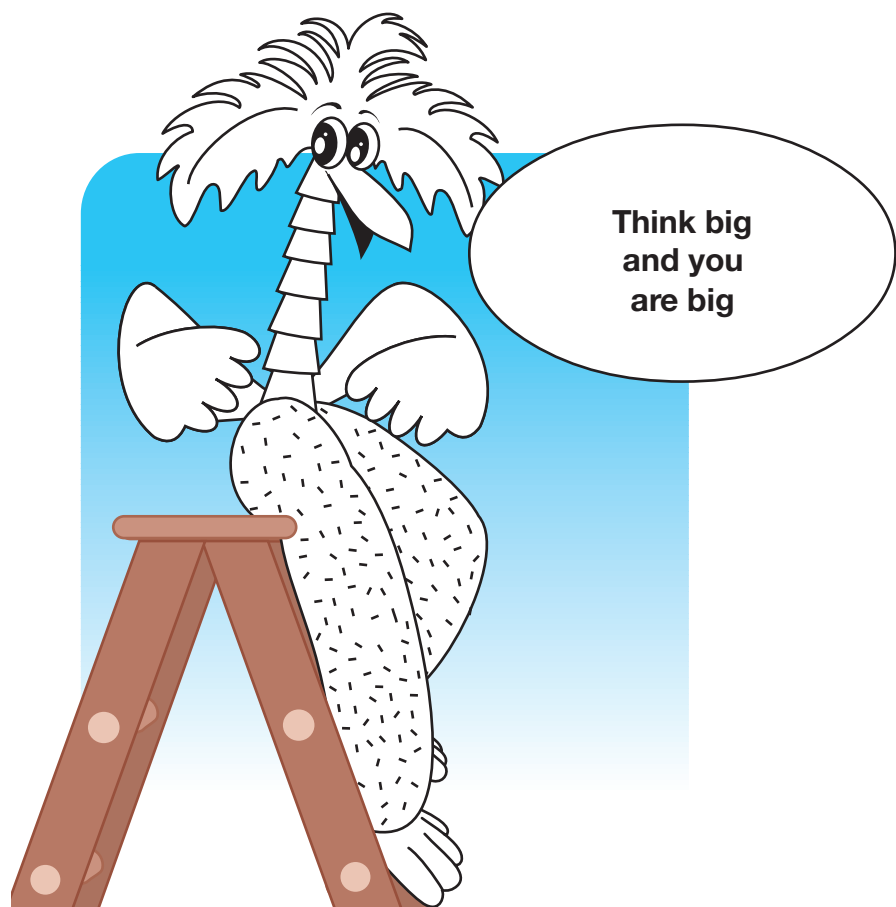
Only take positive thoughts out of your memory bank today. The negative ones will then begin to fade away!

11 February

Do today what you have always wanted to do! Do it right away and with all the enthusiasm you can muster!

You will find a helping hand on the end of your arm

Every situation, good or bad, is in fact a thought which has materialized. Your subconscious, properly guided, allows your wishes to become reality. It is capable of storing limitlessly and does not check whether the programs are detrimental to you or not. Its mental capacity is boundless and would be more than adequate even if you were to be on this earth for a thousand years.



Capitalize on this tremendous capability and capacity. Create a positive image in your subconscious using the powers of visualization, forming a vivid picture in your mind's eye, and affirmation, saying "yes" to this mental image within.

Your subconscious is your most faithful servant; it will transform all your ideas into reality. Once you break the habit of making others responsible for your circumstances you will no longer perceive your life as a chain of unfortunate coincidences and complications. Many people fall into just that habit; they use all manner of excuses as to why one thing or another is not feasible for them at the moment. Today it's a civil war somewhere in the east. Another time it's an oil disaster in the Mediterranean. Tomorrow it could be a problem at work, or perhaps lack of time or money which prevents them from doing something now, today.

Free yourself of the idea that some day in the distant future the world will be perfect. Accept it as it is now. Break the habit of making other people or your present situation responsible for your life. Only by doing this will you come to realize that you can and indeed must control your destiny, your future, yourself.

It doesn't matter what your life looks like, what your circumstances are, at the moment. You can change now and reshape things to come. You are the sole architect of your life and your future. Your thoughts can initiate a different and better future from now on. Only you can decide what you dislike about your current circumstances. Only you can alter your life step by step. But of course you have to make these decisions yourself and take appropriate action accordingly. Start right away!

Have confidence - the miracle is coming your way

No matter how far you have progressed along the wrong path, you can still turn around. You have no control over the mental capacity and talents you were born with. But you can decide what you make of what is available. You are only free to do so if you are prepared to take responsibility for your own thoughts and actions. Have confidence, and success will come your way.

If we want to ensure success and good luck we must always be alert and open-minded to recognizing chances for success and lucky breaks. Seizing opportunities and using them wisely is the key to achieving great results and overall success. You can be mentally agile, have the potential to be skilled with your hands or to become a sporting ace; but if you talk yourself into believing you are not particularly good, you will never discover what you are really capable of because you won't capitalize on your talents. It is your path through life, and only you are responsible for what happens along the way. You don't need these pretexts, these excuses, to distract from the real reason:

- If only I were smarter ...
- If only I were healthier ...
- If only I were older ...
- If only I were younger ...
- If only I didn't have a wife and kids ...
- If only I had a different boss ...
- If only I had different co-workers ...
- If only I had different colleagues ...
- If only I had more money ...
- If only I had a job ...
- If only I had a partner ...
- If only I were more attractive ...
- If only I had begun sooner ...
- If only I had more friends ...
- If only ...

You must believe that you can influence everything. Starting right now, consider how you have caused the present situation, instead of asking "why me?" Face the world with a smile and ask with joyful surprise: "Why is this happening to me at this very moment?" You will then experience the wonderful feeling that sufficient powers are developing within which are necessary to transform many of your problems into good fortune. Have faith and confidence - the miracle is coming your way.



12 February	13 February	14 February
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Appreciate today that your success depends in part on support from others. Say thank-you more often.

Plan joyfully today. Visualize clearly in your mind's eye what you want to happen in the near future, and smile.

Focus on your strengths. You will then be cheerful and can master any situation. That's important for you today.

15 February	16 February	17 February
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Think about fortune. Capitalize on the power of your thoughts and you will create the world you wish to live in.

Accept your age gracefully. Today, learn to appreciate the advantages the years have brought you.

Strike the word "impossible" from your vocabulary and your thoughts! You can do anything you set your mind on.

A wide-angle photograph of a beach at sunset. The sky is a gradient of light blue and yellow, with the sun low on the horizon. The ocean is a deep blue, and waves are breaking onto the shore. In the foreground, a path of footprints is visible in the golden sand, leading from the bottom left towards the water's edge.

**“... it was then
that I carried you”**

Footprints in the sand

One night I had a dream. I dreamed I was walking along the beach with my Lord. Across the sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand; one belonging to me, and the other to my Lord.

When the last scene of my life flashed before me I looked back at the footprints in the sand. I noticed that many times along the path of my life there was only one set of footprints. I also noticed that it happened at the very lowest and saddest times in my life.

This reality bothered me and I questioned the Lord about it: “Lord, you said that once I decided to follow you, you’d walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don’t understand why, when I needed you most, you would leave me.”

The Lord replied: “My precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you.”