

## Miracles of your mind

All of the creatures on Earth are remarkable. They're all equipped with exactly what they need to succeed. The magnificent bald eagle has eyesight so powerful it can spot small rodents moving in the grass or a fish below the surface of the water while it soars high in the sky.

In contrast with its incredible eyes, the eagle's brain is small and rudimentary. The eagle doesn't need to think, or plan, or remember. Even animals with much larger brains like dolphins and chimpanzees don't have minds like ours. Only one creature takes 20 years to mature, rules over the rest of the Earth and has the power to destroy all life on that planet. Human beings are the only species with the power to shape its own life according to dreams and ambitions it visualises in its remarkable mind.

Everything achieved by human beings is because we set ourselves goals. And we reach those goals. Consider the progress we've made towards curing diseases; smallpox eradicated, HIV no longer a death sentence and treatments for cancer advancing all the time. There isn't a goal that humans have set that hasn't been achieved. We put a man on the moon and now look to the possibility of living on other planets.

But no one has ever achieved anything meaningful without having a clear goal to work towards. I hope you've chosen your goal and are thinking about it every day, through the day, imprinting it into your mind, insinuating it into your subconscious so your subconscious can help you to achieve what you want.

Take a moment to reflect on the things that your mind has brought you. Everything you have – your work, your relationships with your family and others, your philosophy of life, all come from your mind. Earl Nightingale believed that we only use a fraction of our brain's potential, as little as five to 10%. While the idea that we only use one tenth of our brain has been debunked, it's true that most of us don't use all of our potential. Our brains are the most complicated organ that nature has ever created. Our brains have capabilities that no supercomputer can match today according to the Max Planck Society.

Work at the UCLA Brain Research Institute points to enormous abilities latent in everyone by suggesting an incredible hypothesis: that the ultimate creative capacity of the human brain, mind, emotion and energy may be, for all practical purposes, infinite.

Your goal is your future. Your problem is to bridge the gap between where you now are, and the goal you intend to reach. Your brain and its incredible potential is the key; scientists agree that our brains are constantly transformed right up to old age, that the brain is capable of learning for a lifetime. Make sure that you focus your brain's power on the right things. This program will show you how to use infinitely more of your mental powers and human natural intelligence.

Robert Seashore, when chairman of the Department of Psychology at Northwestern University, pointed out that successful people are not people without problems, they're simply people who've learned to solve their problems. So, to get what you want from life, you must solve the problems which stand between where you are now and where you want to get.

No one is without problems, they're part of life. Earl Nightingale warns us not to waste time worrying about the wrong problems. He estimated that the things people worry about can be broken down as follows:

Things that never happen: these account for 40% of what we worry about.

Things over and past that can never be changed by all the worry in the world are responsible for 30% of our worries.

Needless worries about health make up 12%.

Petty, miscellaneous worries are the next 10%.

And real, legitimate worries account for just 8% of what we worry about.

That means 92% of the average person's worries take up valuable time, cause painful stress but are absolutely unnecessary. We need to let them go.

The real, legitimate worries fall into two categories. First there are the problems we can solve and second the ones we cannot. Most of our real problems are in the first category if we learn how to solve them.

Millions of people feel unhappy with their lives, cut off from the life they want because they see problems not as challenges to grapple with, but barriers that are impossible to overcome. A little research proves that successful people have the same kinds of problems as everyone else. It's not therefore the problems, which we all have, but our ability to solve them.

By now you should have decided on a goal. You will become what you think about. You will achieve what you think about. If you stick with it, you will achieve your goal. But how? That's where your body, mind, emotions and energy come into play.

What is your mind really? Pulitzer prize-winning playwright Archibald Meech wrote in his play *The Secret to Freedom*: "The only thing about a man that is a man is his mind. Everything else you can find in a horse or a pig." That's uncomfortably true. The human mind is what makes us different to all the other creatures on Earth; anything that means anything to us comes from our mind. Love, our beliefs, our talents, what we know, what we can do – all of it is reflected through our minds. Anything that we achieve in the future will almost certainly be as a result of us using our minds. And yet, according to Nightingale, it's the last place the average person will turn to for help.

Do you know why? Do you know why people don't automatically turn their own vast, mental resources on when faced with a problem?

Earl Nightingale said that it's because they never learned to think.

“Most people never think at all during the entire course of their lives; they remember, but that's not thinking creatively, or in new directions. They react to stimuli, but again that's not thinking. Remembering to set the alarm at night and getting up when it rings in the morning does not take thought. Nor does showering, getting dressed, eating breakfast, going to work. At work, we fall into comfortable routines. At the end of the working day we go home and start repeating the process.

“Most people don't know how to think. When faced with a problem they'll go to any length to avoid thinking. They'll ask advice from the most illogical people, usually people who don't know any more than they do: next-door-neighbours, members of their family. Very few will sit down with a notepad (physical or digital), write the problem at the top of the page, and then think hard about how to solve it. ”

Of course some people do think. Look at what we've achieved. We're advancing so quickly that we've made more progress in the past 50 years than the 10,000 years of human civilization that came before. Most recently we invented AI.

Of all the scientists who ever lived, it's estimated that 90% of them are alive today. Nightingale wrote, and I believe it is still true today, that we've reached, in the area of ideas and human advancement, a plateau so high it was undreamed of by even the most optimistic forecasters as recently as 50 years ago. For every new idea triggers additional ideas, so now we're in an era of compounding advancement on every front. It is staggering. We can harness the power of the sun, wind and waves; we have computers that are starting to solve problems faster than people. Every invention, every leap of progress came from the human mind.

Dr Harlow Shapley of Harvard said that we've entered an entirely new age. He called it the psychozoic age, the age of the mind. The 40 hour working week is getting shorter – the Office for National Statistics shows the average worker worked a 36 hour week in the summer of 2023. The average working person therefore has at his or her disposal an enormous amount of free time. If you allow for eight hours sleep every night, a person

working a 40 hour week has nearly 6,000 waking hours a year of which less than 2,000 hours are spent at work. This leaves around 4,000 hours a year when a person is neither working nor sleeping, imagine what that time could be used for.

Christopher Summerfield, Professor of Cognitive Neuroscience at the University of Oxford, is exploring human potential as Natural General Intelligence. At Regent we are exploring NI vs AI.

Earl Nightingale urges, so that you can see amazing results in your own life, that you take just one hour a day, five days a week, and devote this hour to exercising your mind. You don't even have to do it on weekends. Pick one hour a day on which you can fairly regularly count.

For me the best time is when I am fully relaxed because I can focus fully on my goals without distractions. It can be useful to set your alarm an hour early or arrive at work or your place of study an hour early each day to carve out the time to really focus on thinking about your goals. You need something to write on and with, either a blank sheet of paper and a pen or a tablet or even phone, so you can make a note. Write your goal at the top of the page. It should be one, clear goal that you truly want to achieve. Next write as many possible ways that you can improve your current work. It won't be easy because every new thing we start is tough until it becomes a habit. Aim for a dozen or more ideas but realise that even one idea is a step in the right direction. Don't be too hard on yourself – some of your ideas won't be any good, they might even be silly – but it's the thinking that matters. By doing this each day your goal will be there at the forefront of your mind. You'll carry on thinking about it through the day.

Earl Nightingale explains it as follows:

“This means you'll be thinking about your goal and ways of improving your performance, increasing your service, six and a half full, extra working weeks a year! Six and a half 40-hour weeks devoted to thinking and planning. This thinking will put you head and shoulders above the competition and still leave you with seven hours a day to spend as you please.

“By starting each day thinking, you’ll find that your mind will continue to work all day long, and you’ll find that at odd moments, when you least expect it, really great ideas will begin to bubble up from your subconscious. When they do, write them down as soon as you can. Just one great idea can completely revolutionise your work, and as a result, your life.”

To build muscle you train, you lift weights. You can develop your mind in a similar way with mental exercise, by using it. The returns are far greater than you might expect since our minds are incredibly powerful.

Nightingale reports some of the results people achieved as a consequence of following this one hour a day routine: An office equipment salesman sold more of his company’s product in one month than he had formerly sold in an entire year during the four years he had been with this company. A Sunday school teacher with five pupils grew her class to 25.

Each time you write or type your goal at the top of the sheet of paper, don’t worry about it. The goal is simply waiting to be reached, it’s just a problem waiting to be solved. Believe that you will achieve it and apply all the powers of your mind towards solving it and you will. You are in charge, you are in the driving seat.

*To recap:*

1. This week start spending one hour a day getting as many ideas as you can (aim for a dozen a day) of how you can improve what you’re doing. Don’t be discouraged by how hard this might feel, once it becomes a habit you will want to keep it up; reaching your goal depends on the energy you put into this.
2. Successful people have problems too, they’ve just learned how to solve them.
3. Save your energy, don’t worry about needless things. 40% of the things people worry about will never happen, 30% have already happened and can’t be changed, 12% are needless worries about our health, 10% are petty, miscellaneous worries, and only 8% are genuine worries. Try to separate the real from the unnecessary, and focus on those problems which you can solve.

4. The human race has advanced further during the past 50 years than in all the preceding 10,000 years of human civilization. We're living in a golden age that man has been dreaming of for centuries; and things are going to get better.

5. The only thing that can help you to achieve your goals in life is your mind, using it well, and following through the ideas it gives you. We all tend to underestimate our abilities. Know that we have reservoirs of great ability – genius even – deep within us that can be tapped if we mine for them. That is the miracle of your mind.

**For an hour each working day this week, focus on your goal.**

Write your goal at the top of the page. It should be one, clear goal that you truly want to achieve. Next write as many possible ways that you can improve your current work.

<b>Day 1</b>	<i>My goal:</i>

*Ways I can improve my current work:*

1		7	
2		8	
3		9	
4		10	
5		11	
6		12	

<b>Day 2</b>	<i>My goal:</i>

*Ways I can improve my current work:*

1		7	
2		8	
3		9	
4		10	
5		11	
6		12	



**Day 3** My goal:

<b>Day 3</b>	My goal:

*Ways I can improve my current work:*

<b>1</b>		<b>7</b>	
<b>2</b>		<b>8</b>	
<b>3</b>		<b>9</b>	
<b>4</b>		<b>10</b>	
<b>5</b>		<b>11</b>	
<b>6</b>		<b>12</b>	

**Day 4** My goal:

<b>Day 4</b>	My goal:

*Ways I can improve my current work:*

<b>1</b>		<b>7</b>	
<b>2</b>		<b>8</b>	
<b>3</b>		<b>9</b>	
<b>4</b>		<b>10</b>	
<b>5</b>		<b>11</b>	
<b>6</b>		<b>12</b>	

<b>Day 5</b>	<i>My goal:</i>

*Ways I can improve my current work:*

<b>1</b>		<b>7</b>	
<b>2</b>		<b>8</b>	
<b>3</b>		<b>9</b>	
<b>4</b>		<b>10</b>	
<b>5</b>		<b>11</b>	
<b>6</b>		<b>12</b>	