

NOTES

4. MIRACLE OF YOUR MIND

Successful people are not people without problems, they are simply people who have learned to resolve their problems.

One of the very real benefits of working with a psychologist or psychiatrist comes from learning that there are hundreds of thousands, perhaps millions, of other people with problems identical to our own.

No one is without problems; problems are a part of life. But let me show you how much time we waste in worrying about the wrong problems. Here is a reliable estimate of the things people worry about:

- Things that never happen—40%.
- Things from the past that can't be changed by all the worry in the world—30%.
- Needless worries about our health—12%.
- Petty miscellaneous worries—10%.
- Real, legitimate worries—8%.

In short, 92% of the average person's worries take up valuable time, cause painful stress, even mental anguish... and are absolutely unnecessary.



Of the real, legitimate worries, there are two kinds: there are the problems we can solve, and there are the problems beyond our ability to personally solve. But most of our real problems usually fall into the first group – the ones we can solve, if we only learned how.

Today there must be millions of people who feel they are being barred from the life they want because they look upon problems not as challenges to be met, but rather as wide chasms beyond their ability to bridge.



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A little research proves that successful people have the same kind of problems. One of the very real benefits of working with a psychologist or psychiatrist comes from learning that there are hundreds of thousands, perhaps millions, of other people with problems identical to our own. So the whole thing boils down to, not our problems, which are common to us all, but our ability to solve them.

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Dr Ken McFarland

Dr Ken McFarland says, “2% of people think, 3% think that they think, and 95% of the population would rather die than think.” I’m inclined to agree with him. Thinking is hard work, that is why Henry Ford said that so few people engage in it. There is, however, tremendous compensation for the person who trains themselves to think constructively.

The human race has advanced further during the past fifty years than in all the preceding 10,000 years of human civilisation. We are now living in the middle of the golden age that we have dreamed of and prayed for, over centuries – and it’s going to get better!



Last of all, the only thing in the world that can bring you closer to your goals in life is **your mind**; its effective use, and following through on the good ideas it supplies you.

Each of us has a tendency to underestimate his or her own abilities. We should realise that deep within ourselves, we have a reservoir of great ability, even genius, that can be tapped if we just dig deep enough. It is ‘The Miracle of the Mind’.