

Rebuilding Character Through Auto-Suggestion

Having been an earnest student of psychology, I knew of course that all people become what they are because of their dominating thoughts and desires. I knew that every deeply seated desire may be transmuted into its physical counterpart. I knew that self-suggestion was a powerful factor in the building of character; that it was in fact the sole principle through which character is built!

With this knowledge of the principles of mind operation, I was fairly well armed with the equipment needed in rebuilding my character. In these imaginary council meetings, I called on my Cabinet members for the knowledge and the traits of character I wished each to contribute, addressing myself to each member, in audible words, as follows:

Mr. Emerson, I desire to acquire from you the marvelous understanding of Nature which distinguished your life. I ask that you make an impress upon my subconscious mind of whatever qualities you possessed which enabled you to understand and adapt yourself to the laws of Nature. I ask that you assist me in reaching and drawing upon whatever sources of knowledge are available to this end.

Mr. Burbank, I request that you pass on to me the knowledge which enabled you to so harmonize the laws of Nature that you caused the cactus to shed its thorns, and become an edible food. Give me access to the knowledge which enabled you to make two blades of grass grow where but one grew before, and helped you to blend the coloring of the flowers with more splendor and harmony. For you alone have successfully painted the lily.

Napoleon, I desire to acquire from you, by emulation the marvelous ability you possessed to inspire men and to arouse them to a greater and more determined spirit of action. Also to acquire the spirit of enduring faith which enabled you to turn defeat into victory, and to surmount staggering obstacles. Emperor of Fate, King of Chance, Man of Destiny, I salute you!