

habits are built are masters of their earthly destinies and that all others are mastered by earthly destinies. Is that stating the matter correctly?

*A* Perfectly stated.

*Q* What establishes one's thought-habits?

*A* All habits are established because of inherent or acquired desires, or motives. That is, habits are begun as the result of some form of definite desire.

*Q* What takes place in the physical brain while one is forming thought-habits?

*A* Desires are organized impulses of energy called thoughts. Desires that are mixed with emotional feeling magnetize the brain cells in which they are stored and prepare those cells to be taken over and directed by the law of hypnotic rhythm. When any thought appears in the brain or is created there, and is mixed with keen emotional feeling of desire, the law of hypnotic rhythm begins, at once, to translate it into its physical counterpart. Dominating thoughts, which are acted upon first by the law of hypnotic rhythm, are those with which are mixed the strongest desires and the most intense feelings. Thought-habits are established by the repetition of the same thoughts.

*Q* What are the most impelling basic motives or desires which inspire thought action?

*A* The ten most common motives, those which inspire most of one's thought-action, are these:

- The desire for sex expression and love