

willing to pay its price. No one can be entirely free—spiritually, mentally, physically, and economically—without learning the art of accurate thinking. No one can learn to think accurately without including, as a part of the needed knowledge, information on the control of sex emotion through transmutation.

Q It will be a great surprise to many people to learn there is so close a relationship between thinking and sex emotion. Tell us, now, about the third appetite, and let's see what it has to do with self-discipline.

A The habit of expressing loosely organized opinions is one of the most destructive of habits. Its destructiveness consists in its tendency to influence people to guess instead of searching for the facts when they form opinions, create ideas, or organize plans.

The habit develops a grasshopper mind—one that jumps from one thing to another but never completes anything.

And of course, carelessness in the expression of opinions leads to the habit of drifting. From there it is only a step or two until one is bound by the law of hypnotic rhythm which automatically prohibits accurate thinking.

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Q What other disadvantages are there in free expression of opinions?

A The person who talks too much informs the world of his