

A Yes, the law of hypnotic rhythm forces every human being to form thought-habits which harmonize with the dominating influences of his environment, particularly that part of his environment created by his association with other minds.

Q Then it is important that one select one's close associates with great care?

A Yes, one's intimate associates should be chosen with as much care as one chooses the food with which he feeds his body, with the object always of associating with people whose dominating thoughts are positive, friendly, and harmonious.

Q Which class of associates has the greatest influence upon one?

A One's partner in marriage and in the home and one's associates in his occupation. After that come close friends and acquaintances. Casual acquaintances and strangers have but little influence on one.

*"The material on which thoughts are fed
come from one's environment. Thought-habits are made
permanent by hypnotic rhythm."*

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Have you ever felt your attitude or mood become negative just by being in the presence of someone negative? Was it your spouse, child, or business partner? Hill suggests that you need to interject thoughts that are positive, friendly, and harmonious not only to counteract those negative thoughts