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*"The only dependable power available to any human being...*

*The power of their own thoughts.*

*The only power they can control and may rely upon."*

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You may not be able to control other people ... but you can control how you react to them and their actions. This is an easy thing to say but much more difficult to do. We tend to want to change other people when we can truly only change ourselves and how we react to others.

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*Q* All you say seems logical, but why must I come to the Devil to discover such profound truths? Let's get back to the seven principles. You have already disclosed enough information to show clearly that the secret of how to break the power of hypnotic rhythm is wrapped in the seven principles. You have shown, too, that the most important of these principles is self-discipline. Now go ahead and describe the other five principles you have not yet mentioned, and indicate what part they play in giving one self-discipline.

*A* First, let me summarize that part of my confession we have already covered.

I have frankly told you that my two most effective devices for mastering human beings are the habit of drifting and the law of hypnotic rhythm. I have shown you that drifting is not a natural law, but a man-made habit which leads to man's submission to the law of hypnotic rhythm.

The seven principles are the media by which man may break the hold of hypnotic rhythm and take possession, again,