

Adversity forces an individual to test his mental, physical, and spiritual strength; it thus brings him face to face with his weaknesses and gives him the opportunity to bridge them.

Adversity forces one to seek ways and means to definite ends by meditation and introspective thought. This often leads to the discovery and use of the sixth sense through which one may communicate with Infinite Intelligence.

Adversity forces one to recognize the need for intelligence not available except from sources outside of one's own mind.

Adversity breaks old habits of thought and gives one an opportunity to form new habits; therefore, it may serve to break the hold of hypnotic rhythm and change its operation from negative to positive ends.

*Q* What is the greatest benefit one may receive through adversity?

*A* The greatest benefit of adversity is that it may, and generally does, force one to change one's thought-habits, thus breaking and redirecting the force of hypnotic rhythm.

*Q* In other words, failure always is a blessing when it forces one to acquire knowledge or to build habits that lead to the achievement of one's major purpose in life. Is that correct?

*A* Yes, and something more! Failure is a blessing when it forces one to depend less upon material forces and more upon spiritual forces.

Many human beings discover their "other selves," the forces which operate through the power of thought, only after some catastrophe deprives them of the full and free use of their physical bodies. When a man can no longer use his hands and his feet, he usually begins to use his brain; thus