1. Let this be your daily affirmation; write it down in your heart: I am one with the infinite  
   riches of my subconscious mind. It is my right to be rich, happy, and successful. Money  
   flows to me freely, copiously, and endlessly. I am forever conscious of my true worth. I give  
   my talents freely, and I am wonderfully blessed financially. It is wonderful!
2. The vital first step to success is to find out the thing you love to do, then do it. The infinite intelligence of my subconscious mind reveals to me my true place in life.
3. The second step is to specialize in some particular branch of work and strive to excel in it.
4. The third step is the most important one. You must be sure that the thing that you want to do

does not contribute only to your own success.

1. The infinite intelligence of my subconscious mind is all-wise. It reveals to me now the ideal  
   home that meets all my requirements and that I can afford. I am now turning this request to  
   my subconscious mind. I know it responds according to the nature of my request. I release  
   the request with absolute faith and confidence in the same way that a farmer deposits a seed  
   in the ground, trusting implicitly in the laws of growth.
2. Here are the steps of a simple technique:

* Quiet the mind and still the body.
* Mobilize your attention; focus your thought on the solution to the problem.
* Try to solve it with your conscious mind.
* Think how happy you would be about the perfect solution. Sense the feeling you would have if perfect answer were yours now.
* Let your mind play with this mood of happiness and contentment in a relaxed way; then drop off to sleep.
* When you awaken, if you do not have an answer, get busy with something else. While you are preoccupied with something else, it is possible that answer will pop up into your mind.

1. You delay the answer by thinking that it will take a long time or that it is a major problem.
2. By claiming guidance, strength, and greater intelligence in all phases of your life, you will be enabled to overcome all difficulties and the noise and the confusion of everyday life is also a form of sleep.
3. The creative intelligence of my subconscious mind knows what is best for me. Its tendency is lifeward, and it reveals to me the right decision, which blesses me and all concerned. I give thanks for the answer that I know will come to me. The wisdom of your subconscious mind can instruct you and protect you, if you pray for right action as you go to sleep.
4. My toes are relaxed, my ankles are relaxed, my abdominal muscles are relaxed, my heart and

lungs are relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed,

my eyes are relaxed, my whole mind and body are relaxed.I fully and freely forgive everyone, and I sincerely wish for them harmony, health, peace, and all the blessings of life. I am at peace, I am poised, serene, and calm. I rest in security and peace. A great stillness steals over me, and a great calm quiets my whole being as I realizethe Divine Presence within me. I know that the realization of life and love heals me. I wrap myself in the mantle of love and fall asleep filled with goodwill for all. Throughout the night peace remains with me, and in the morning I shall be filled with life and love. A circle of love is drawn around me. I will fear no evil, for Thou art with me. I sleep in peace, I wake in joy, and in Him I live, move, and have my being.

1. The 1st step: Never carry over from one day to another accumulated irritations arising from  
   little disappointments. Be sure to forgive each other for any sharpness before you retire at  
   night. The moment you awaken in the morning, send out loving thoughts of peace, harmony,  
   and love to your marriage partner, to all members of the family, and to the whole world.
2. The 2nd step: Say grace at breakfast. Give thanks for the wonderful food, and for your abundance, and for your blessings. Make sure that no problems, worries, or arguments shall

enter into the table conversation. Same applies at dinnertime. Say to your wife/husband., “I

appreciate all you are doing, and radiate love and goodwill to you all day long.”

1. The 3rd step: The husband and wife should alternate in praying each night. True and lasting happiness will come into your life the day you get a clear realization that you can overcome any weakness-the day you realize that your subconscious can solve your problems, heal your body, and prosper you beyond your fondest dream.
2. When you trust in the Lord (the power and wisdom of your subconscious mind) to lead, guide, govern, and direct all your ways, you will become poised, serene, and relaxed. As you radiate love, peace, and goodwill to all, you are really building a superstructure of happiness for all the days of your life.
3. Divine order takes charge of my life today and every day. All things work together for good for me today. This is a new and wonderful day for me. There will never be another day like this one. I am divinely guided all day long, and whatever I do will prosper. Divine love surrounds me, enfolds me, envelops me, and I go forth in peace. Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely, and of good report. I am a spiritual and mental magnet attracting to myself all things that bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long.
4. Your subconscious mind is neither compassionate nor vindictive. The way you think, feel, and act toward other returns last upon yourself.
5. I think, speak, and act lovingly, quietly, and peacefully. I now radiate love, peace, tolerance,

and kindness to all those who criticised me and gossiped about me. I anchor my thoughts on

peace, harmony, and goodwill to all. Whenever I am about to react negatively, I say firmly to myself, “I think, speak, and act from the standpoint of harmony, health, and peace within myself.” Creative intelligence leads, rules, and guides.

1. Responding in kind means to descend to the level of belittling criticism and to become one  
   with the negative atmosphere of the other. Identify yourself with your own aim in life. Do not  
   permit any person, place, or thing to deflect you from your inner sense of peace, tranquillity,  
   and radiant health.
2. The temptation is to turn their negative energy back on them in the form of dislike. But to do that, you first have to take the negative energy into yourself, with all the bad effects. Strive instead to “return good for evil.” This creates an armour that keeps their difficult and unpleasant attitudes from affecting you, and your transmission of compassion and understanding will set in motion the process of changing them.
3. Forgiveness of others is essential to mental peace and radiant health. You must forgive everyone who has ever hurt you if you want perfect health and happiness. Forgive yourself by getting your thoughts in harmony with the divine law and order. You cannot forgive yourself completely until you have forgiven others first.
4. Love means you that you wish for the other health, happiness, peace, joy, and all blessings of life. There is only one prerequisite, and that is sincerity.
5. I fully and freely forgive [think of the name of the offender]. I release him (her) mentally and

spiritually. I completely forgive everything connected with the matter in question. I am free,

and he (she) is free. It is a marvellous feeling. This is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and every one health, happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly. Whenever I think of the person or persons who hurt me, I say, “I have released you, and all the blessings of life are yours. “I am free and they are free. It is wonderful! The great secret of true forgiveness is that once you have forgiven the person, it is unnecessary to repeat the prayer.

1. If you have truly forgiven someone, you will remember the incident, but you will no longer  
   feel the sting or hurt from it. This is the acid test of forgiveness.
2. The solution lies within the problem. The infinite intelligence knows all. It has the answer and is revealing it to you now... but you must listen. You must follow the urgings of your subconscious mind with perfect confidence. Rest assured that such an attitude will bring order, peace, and meaning to all your undertakings.
3. Begin by relaxing body and getting into a drowsy, meditative state. Then fill your mind with the picture of the desired end. Imagine close relatives/friends complimenting you and becoming happy to see the change. Regularly, systematically, sit down and meditate in this way. When attention wanders, bring back the picture of smiling relative/friend. It is a gradual process.
4. I realize I am one with the infinite intelligence of my subconscious mind, which knows no obstacle, difficulty, or delay. I live in the joyous expectancy of the best. My deeper mind responds to my thoughts. I know that the work of the infinite power of my subconscious cannot be hindered. Infinite intelligence always finishes successfully whatever it begins. Creative wisdom works through me bringing all my plans and purposes to completion. Whatever I start, I bring to a successful conclusion. My aim in life is to give wonderful service, and all those whom I contact are blessed by what I have to offer. All my work comes to full fruition in divine order.
5. Your aim is peace, health, inspiration, harmony, and abundance. Feel a river of peace flowing

through you now. Your thought is the immaterial and invisible power, and you choose to let it bless, inspire and give you peace.

1. The 1st step: get still; quiet the wheels of mind. Enter into a sleepy drowsy state. The 2nd step: take a brief phrase that can be graven readily on the memory and repeat it over and over like a lullaby. Use the phrase “Sobriety and peace of mind are mine now, and I give  
   thanks.” To prevent mind from wandering, repeat it aloud. Do this for 5 times or more. You  
   will find deep emotional response. The 3rd step: just before going to sleep, imagine a friend or loved one with you. Your eyes are closed, you are relaxed and at peace. The loved one is saying to you, “Congratulations!”

Critical Laws

* The Law of Expectancy: Shinn emphasizes the power of the imagination to bring about life events: "Whatever man feels deeply or images clearly, is impressed upon the subconscious mind, and carried out in minutest detail."[[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)
* The power of words: "Jesus Christ taught that man's words played a leading part in the game of life. 'By your words ye are justified and by your words ye are condemned'." [Matthew 12:37][[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)
* The Divine Pattern and Intuition: Shinn says that one must always ask for the "right" circumstance, or the "Divine selection," and not to ask for specifics.[[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)
* The Law of Substitution: According to Florence Scovel Shinn, sometimes our desires are misdirected: "Many people are in ignorance of their true destinies and are striving for things and situations which do not belong to them, and would only bring failure and dissatisfaction if attained."[[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)
* The Law of Karma: The Law of Karma is also known as the Law of Cause and Effect: "Whatsoever a man soweth that shall he also reap." This means that whatever man sends out in word or deed, will return to him; what he gives, he will receive.[[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)
* The Law of Non Resistance: The Law of Non Resistance may be considered a sensible corollary to the Law of Karma, i.e. do not react to a negative situation with more negativity, as that will bring back more harm down the track.
* The Law of Forgiveness: Though Karma is a powerful law, Shinn explains that the Law of Forgiveness or Grace is a higher law. "Christianity is founded upon the law of forgiveness - Christ has redeemed us from the curse of the Karmic law, and the Christ within each man is his Redeemer and Salvation from all inharmonious conditions."[[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)
* The Law of Use: Shinn explains that a gift is a better investment than a savings account. "Many people are in ignorance of the fact that gifts and things are investments, and that hoarding and saving invariably lead to loss."[[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)
* The Law of Love: Shinn quotes Jesus when she explains the importance of love. "Every man on this planet is taking his initiation in love. "A new commandment I give unto you, that ye love one another."[[1]](https://en.wikipedia.org/wiki/The_Game_of_Life_(book)#cite_note-gol-1)