The Power Within

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Everything in the Universe is a form of energy. Mastery of anything is mastery of energy. Energy occurs in two states – materialized energy and un-materialized energy. The things we see around us such as cars, houses, books, and trees, are examples of materialized energy.

All energy that is not in materialized form comprises the balance of the energy in the Universe. Both states of energy are more similar in form than appears to the naked eye. Even those objects which seem most solid, such as steel beams and concrete walls, appear as molecules in motion when viewed under high power microscopes.

How does energy reach its materialized form? In a most surprisingly simple way - through the mechanism of thought. **Everything begins with a thought. Whatever we see around us was at some prior time a thought.** Our conditions are but the outward manifestation of our thoughts. As our thought changes, all outward material conditions change in order to be in harmony with their creator - which is thought. This places each of us in an extraordinarily powerful position.

To benefit from this power, however, we must first believe that we have the power, and then we must use it in ways that create positive results. We are influencing energy all the time, since we are thinking all the time. This is true whether or not we are consciously aware of our thoughts. Psychologists tell us that we have upwards of 50,000 thoughts a day. Most of them are the same as the ones we had the day before. We tend to form thought "pathways" or patterns.

In Summary then, we create our lives with our thoughts supported by our feelings. Since there is no limit to what we can think and feel, there is no limit to what our life experience can be.

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