

*To the people who wants
to succeed....*

but keeps on falling short

This book is for you

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To my wife...

and...

...my two beautiful children

EPILOGUE

There are many things I have learned about the nature of success. From the library of books I have read and collected, I came to familiarize myself about the principles of achieving what we want in life. Still I find something lacking. Though I made an effort to implement the principles I have learned, there's a strong force within me that blocks my effort. Being unaware of its true nature, I would soon find myself mired in fear, laziness, bitterness and procrastination.

With all my effort I have tried to dissect the reason why I have failed in the pursuance of my aspirations. It is then that I found that I am being manipulated by a system within me that is not conducive to any success. Such is the reason I have written this book. I want to share with you the things that are holding us back from pursuing our dreams. It is right before us but we are too blind to see it and because of our tendency to prefer the comforts of the familiar, we become oblivious of our own deterioration.

The book is short, brief and simple. It portrays some aspect of our mentality that prohibits us from achieving our dreams. A simple truth has opened my eyes: *No matter how much we acquire the knowledge of gaining success in any field, if we don't have the*

knowing of our own selves and seek awareness, there will be no triumph of any form.

See yourself before your mind does; it is only then that you will gain complete control of your self. It will take time to break your self from the habits of the mind, but with awareness, effort and commitment, you will gain mastery.

INTRODUCTION

There is an old Hindu legend that states that when the Gods were making the world, they asked,

"Where can we hide the most valuable of treasures, so that it will not be lost?

How can we hide it so that the lust and greed of men will not destroy it?

What can we do to be assured that these riches will be carried on from generation to generation for the benefit of all mankind?"

And so, in their wisdom, they selected a hiding place that was so obvious it wouldn't be seen.

And there they placed the treasure, the key, to the true riches of life.

In this hiding place can be found this treasure, in every living person in every land.

Do you know where it has been hidden?

IT IS WITHIN YOU!

But the false conditioning you have grown into has blinded you from seeing it, and this is the reason you find it hard to succeed. Come with me as I identify the system within you that prevents you from attaining any triumph you aspire in life.

"You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind.

-- Darwin P. Kingsley

John was born with his left hand and foot twisted and deformed and he had to wear hand and foot braces on and off for the early years of his life. When he started schooling he found himself having trouble with reading. This led to certain occasions when his teacher had him wear a dunce cap and stare out the window away from the rest of the class because of his reading and language difficulties and his overall lack of comprehension. The teacher eventually told the unsuspecting boy's parents that their son has learning difficulties and will probably never be able to read, write or communicate properly. The boy heard these statements, which had been made in his presence, and he believed his teacher. So he gave up focusing so much on his studies and concentrated on sports, particularly baseball.

When he was fourteen he dropped out of school and with the blessing of his parents went to California to follow his dream of becoming a surfer. It is there when he met an old tramp that prompted a turning point in his life. During their conversation he explained to the old man that he has a problem with reading and

writing, and such led him to dropped out of school and go surfing. But then the old man said to him “There is something I want to teach you, young man. Never judge a book by its cover. You probably think I’m an old bum, but I’m one of the richest men in America. I’ve got homes and cars and planes. I can have whatever I want whenever I want it.”

After such fateful encounter with the old wise man, he never saw him again, but he took those special messages into his heart. And many years later he had confirmed that the old man is indeed what he say he was: Howard Hughes.

Upon reaching California, John surfed, begged for food and money and lived on the streets or in communes. Eventually John saved enough money to make his way to the North Shore of Oahu Hawaii to surf the waves of his dreams. An event that would turn his life around comes when he attended a talk given by an elderly man named Dr. Paul C. Bragg. During his talk, Paul Bragg encouraged the listeners to listen to the message of their hearts. He asked each of them to dig inside themselves and think deeply about what they would love to dedicate their lives to and what they would love to become. John closed his eyes and an inspiring vision came to him in which he was speaking before a giant square filled with tens of thousands of people. He was so touched by this vision that he was moved to tears. But again he thought of his impediments. In John’s willingness to find a solution to his weakness he mustered the

courage to approach Mr. Bragg and told him, “Mr. Bragg I am John, I was at your talk a few weeks ago at the Sunset Recreation Center and you stated that whatever we envisioned that night in our vision would become our destinies.” Mr. Bragg responded, “That is correct young man.” John returned with, “But sir, I don’t know how I could ever become a great teacher. You see sir I have learning difficulties and have never even read a book form cover to cover.” The elderly man listened to John’s vision and his despair that he would never be able to fulfill his discovered vision. John asked him for some advice. Dr. Bragg told him to say these words every day: “I am a genius and I apply my wisdom.” He then said that if John declared this statement everyday for the rest of his life, sooner or later the cells of his body would tingle with it and so would the world.” From then on John said those words everyday.

With the support of his loving parents, John mastered reading by dedicating a huge chunked of his time great reading books on every field. In a span of two years his knowledge grew and since he wants to be a teacher, he shared what he learned to others for a meager fee, and this started his night talks. He taught his way through college and Professional School. John went on to eventually graduate with Honours as a Doctor of Chiropractic - Magna Cum Laude. His parents were proudly sitting in the audience. John’s old primary school teacher would have been amazed if she could have seen him now... Then John opened his chiropractic clinic so he

could 'align spines and minds with the divine and make people feel fine'. He employed staff and worked long hours. He arrived first and left last. His teaching and healing efforts paid everyone's wages.

Today Dr. John Demartini has read over 28,000 books and has written more than 250 books. His goal is to write 1000 books, so he is well on his way. He spends more than 300 days each year speaking to millions of people around the world. He travels over 500,000 miles every year and has touched over 2 billion people with his message. He is on his way to becoming a billionaire – and most of the money he earns and saves is now going toward realizing his dream, in particular establishing the Demartini Institute and The Concourse of Wisdom School, which will both live on long after he is gone.

Imagine John, despite his detrimental state on the early stages of his life, was able to become a success as he is now. Don't you think you can also achieve your dreams too if you choose to conquer its challenges?

Goals are something that brings inspiration into our life. Whenever we want something to achieve, purpose sprung from our existence; whether it's losing weight or winning the person we love or getting

our dream job or success in our business ventures, we always have that wonderful feeling of excitement and anticipation. The problem comes when we start pursuing our goals. Since we only see the glitters of having it achieved, we altogether miss the accompanying roadblock that comes with its pursuance. It is only when we start to face the difficulties that we realize the hardships we must face. Some are very eager to win their goals, but they are ill equipped when it comes to dealing with the challenges that come.

Conquering our goals in life requires some important elements that we must incorporate within us. Remember that the rule of success has its own character, and if we don't abide by its rules, we are certain to fail.

Do you have a goal right now that you want to achieve? What have you done lately to take you closer to its realization? One major observation I find when we try to attain our goals is that we easily give up when there are forces that blocks our effort. What are these hindering forces and how to deal with them?

Let me help you in identifying them.

PART I

The insidious enemies of triumph

WOBBLING MOTIVATION

Our inner motivation plays a vital role in realizing our goals. It is in fact our most powerful weapon that keeps us going despite repeated failures. However, most of us find it hard to maintain a strong motivation that will carry us through in pursuing our goals. As ones motivation falter, the will to pursue ceases, and this is the problem most people face when working with their goals.

Let us take for example the goal of having a healthy body. There are many reasons that can motivate a person to want a healthy state of their bodies. But the weight of each reason may vary. If for example one's motivation is to feel and look good, how would it fare when faced with certain challenges like cravings for unhealthy foods or giving in to laziness should the fitness requirements becomes unbearable? Perhaps such premise of motivation won't be strong enough to defeat the aforementioned challenges.

But what if such person changes the premise of his motivation and attributes his purpose to the well-being of the people who relies on the healthy state of his body? Would this make his will stronger when faced with temptations stated above? Chances are high that he would resist any urge of abandon, no matter how tempting.

In our efforts to achieve our goals we always look for some motivation. But most of the time we hold on to a weak purpose that is incapable of withstanding the challenges that comes as our way. As a result we easily give up.

What can I do about it?

To win our goals we must find a strong motivation that will keep our desires burning. This may be simple but it's not always easy. Many will be wondering: Where will I find such strong motivation? The answer will always be US. If we really want to achieve what we aspire we must find within ourselves a strong reason that would invalidate any other reason to the contrary. Think of something important in your life where you can attribute it to. My greatest sources of motivation are the people I love and care about. If your goal is to get rich then find your motivation on the people who will benefit when you succeed—imagine how happy they will be, imagine how you can give them all the things they need, imagine how secured they will be.

Remember that the trick is to associate your motivation to the things important in your life. You know what they are. And as long you weave your purpose upon them, challenges will have a difficult time in throwing your motivation down.

HOW, WHEN and WHERE?

Goal getting can oftentimes lead us to confusion, and this typically happens when we are unprepared. When I planned of becoming a writer my mind was flooded with the questions of “How, When and Where?” I don’t know how to start, I don’t know when to start, and I don’t know where to start. Frankly, I got bogged down with these questions.

The challenge of how, when and where are the common hindrances in achieving ones goals. More often than not, we are overwhelmed by these questions that we end up in procrastination, laziness or abandonment. However, if we are clear with our goals, we are able to find ways to resolve these questions.

But what makes a clear goal?

In order to get through the how, when and where challenge it is imperative that we establish a roadmap over which we could navigate. This means knowing the right methods, a time frame and a definitive result. We could not just plan our goals without a blueprint over which we could pattern all our actions. Putting these in practice with my goal of being a writer, I did the following:

- Expand my knowledge and understanding about the many facets of life through reading great books
- Develop my writing skill by practicing on a regular basis
- Set the period over which I would start to implement my writing plans
- Set the medium on which my writing will be realized—in this case I have started a blog.
- Write my first book

As you can see I have set myself a clear goal to follow. Without these premeditated plans I would not have found myself writing this very material you’re reading.

Whatever goals you have in mind you have to remember to be specific about it. If your goal is to get rich, build a framework on which you can work on. Find out where you want to earn your richness: be it on a business venture, writing best-selling books, consultancy, corporate jobs, or anything that will bring such result. Once you find out where to start, capitalize on it by building your momentum on what you’ve chosen—if for example you have decided to go on a business venture find out all that is needed and invest your time and energy to over it. After gaining the necessary knowledge you have to set a definite time of implementation.

Remember to put a structure on your goals. This will give you the opportunity to have a clear view of your plan of actions.

HITTING THE PLATEAU

There's a story about the California gold rush that tells of two brothers who sold all they had and went prospecting for gold. They discovered a vein of the shining ore, staked a claim, and proceeded to get down to the serious business of getting the gold ore out of the mine. All went well at first, but then a strange thing happened. The vein of gold ore disappeared! They had come to the end of the rainbow, and the pot of gold was no longer there. The brothers continued to pick away, but without success. Finally, they gave up in disgust.

They sold their equipment and claim rights for a few hundred dollars, and took the train back home. Now the man who bought the claim hired an engineer to examine the rock strata of the mine. The engineer advised him to continue digging in the same spot where the former owners had left off. And three feet deeper, the new owner struck gold.

A little more persistence and the two brothers would have been millionaires themselves. That's gold in you too. Do you need to dig three feet farther?

How would you feel if you were those people in the story above? I guess you'll regret it deeply, and a series of "if only" will bludgeon your mind. Hitting a plateau has been the common problem we face in the pursuance of our goals; it gives us the impression that our efforts seems to be are going nowhere, and slowly we are lured into quitting

Going to a point where nothing seems to happen is a challenge most of us don't understand. Through our impatience in getting immediate results, we forget the tempering of time. Life has its rules that we cannot tamper. If for example you are doing your best to establish your business then suddenly its positive flow starts to go on a halt, don't readily dismiss that what you're doing is not working anymore. Take into consideration that some contributing elements are at work, and time is needed to achieve its desired outcome.

The best thing one can do to conquer this challenge is through perseverance. Anything that contributes in bringing us closer to our goals we should keep on doing, even if it hits a plateau. Put in mind

that something good awaits and you can surely find it as long as you keep the ball on rolling.

THE NAGGING OF INSTANT GRATIFICATION

A little girl visited a farm one day and asked to buy a large watermelon. That big one you got on your hand costs 3 dollars said the farmer. I've got only 30 cents replied the girl. 30 cents will buy you a small watermelon replied the farmer. What about that one asked the farmer pointing to a small watermelon in the field. Okay, I'll take it smiled the little girl. Here's your 30 cents but leave it on the vine. I'll be back for it in a month.

Pretty smart little girl. She knew her patience would be rewarded. By waiting one month, she could have a big, ripe watermelon for the price of a little green one.

Gratification (delayed or instant) is one of the most important determinants of our level of success. For most of us, instant gratification has been the preferred choice. It is a common propensity of most people to choose immediate satisfaction—even if it's to their disadvantage—than to invest their time on a much better yield, albeit the delay they have to endure. This simple I-

want-it-now attitude has a great impact on how we actually succeed with our goals.

Those who have the discipline of patience are usually the ones who get the better out of life; they know for a fact that all good things come if they wait a little longer. As we work through the realization of our dreams, we always have an itching to reap the resulting fruit as soon as possible. Little is our understanding that success takes time.

Let me site this observation in the field of sports. It is unfortunate that many athletes have been involved with taking steroids. Their longing for instant gratification have prompted them to take such precarious option. While success could grace them, it's but a shallow one. Their lack of patience has jeopardized their integrity, let alone their health; they have fallen into the trap to their own greed, and they cannot escape the ensuing consequences.

Success in any endeavor requires the tempering of time. Let us not allow the call of instant gratification destroy this process. As a child we were once, we fall many times in our effort to walk; with each fall our mind slowly learns, our body slowly adjusts, our bones slowly realign, our feet slowly strengthens, until everything falls perfectly, and thus we finally walk with perfection. Success in any chosen goal requires the same process; falling for instant gratification would only prolong the process.

ADVERSITIES

DONKEY IN THE WELL

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway, it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down.

A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping-stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up!

Adversities have been one of the killers of our efforts to succeed. It affects us in a major way that we are somewhat forced to give up the fulfillment of our goals. Though I cannot dismiss its inherent difficulty, we must somehow learn to work through it—like the donkey above who have chosen to shake it off and take a step up.

Joanne Kathleen Murray was an aspiring writer with the goal of writing a book that she believed would change her life. However, things have proven difficult because of her situation as a single mother with an infant. During the writing of her book she had to go to a local café with her baby in a carriage beside her because her welfare check didn't leave enough money to pay the electric bill. Despite these hardships she persisted and finished writing her book. When it was done, her approach to the first three publishers was but discouraging. Though rejected, she never loose hope, she went to another publisher who saw the potential and accepted her work for publication. The book was published and picked up in America

where it was published as *Harry Potter and the Sorcerer's Stone*, and her life would never be the same.

The story of JK Rowling only proves that adversity is not a reason to stop us from pursuing our goals. Had she surrendered to the difficulties of her time, she would have been mired deeper into misery. Keep in mind this simple wisdom: you cannot step above adversity unless you work your way out. Don't allow the hardships of life destroy your focus; be aware that you'll be far worse if you give up on your goals.

“Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are.”

--Arthur Golden

Instead of wasting your time and energy asking the why's of your misfortunes, try to channel it through productive means. Imagine the things you can accomplish if you put your mind's energy on the aspects of yourself that will improve your life. I say that you should focus it on achieving your dreams in life. Stop blaming, stop complaining, stop being sorry for yourself, stop brooding, stop

crying, stop cursing. Within you is the power to change your life. Make the choice to stand up and act towards your success.

SELF DOUBT

Self doubt has been one of the greatest culprits that rob us of our privilege to succeed. Despite having all the capabilities needed to attain any goals we aspire, the illusion of self doubt has become the fetters that bind us into stagnancy. Perhaps it's not our fault to cater such attitude; our upbringing, environment, culture and belief systems may have corrupted the true picture we have for ourselves. However, if we choose to remain stuck with this unfounded belief about ourselves, we are destined to a life of limited possibilities.

“I'm going to make that audience rock!” This was her last statement before she went on the stage to sing what has been the most surprising performance that has ever been on a talent show.

Despite her unsuitable appearance for the show—and stereotyped as awkward by the unsuspecting audience—she assumed no doubt and walked on the stage with her head held high. Albeit the air of suspicion flooded the auditorium, she wears confidence before the judges. And when the time has come for her to sing, she awed the audience with her astonishing singing voice. The magic of her voice

and sincerity of her personality were so genuine that the audience instantly fell in love with her.

Susan Boyle's first album "I dreamed a Dream" released in November 2009 has become a best selling album.

It is interesting how influential self doubt can be. We readily acknowledge its dictum without even verifying for ourselves its veracity. Whenever we want to achieve something we aspire, a voice within our mind interjects the thoughts: "you're not good enough," or "you don't have what it takes." or "you won't make it," or "don't be a fool, everybody knows you're not worth." And the lie goes on, until you convince yourself that what your mind is telling you is the truth. As a consequence, what the mind perceives, the body will achieve. Since you allow your mind to paint a false picture of yourself, you then lead your life accordingly.

Never doubt yourself. You can be anything you want to be so long as you believe in yourself. Always remember that you are what you think you are. Allowing doubt upon ones self means permitting defeat to control ones life.

Do what you have to do without entertaining any doubt, and soon you will discover the greatness that is within you.

UNEASINESS WITH FAILURE

*Failure doesn't mean you are a failure...
it does mean you haven't succeeded yet*

*Failure doesn't mean you have accomplished nothing...
it does mean you have learned something*

*Failure doesn't mean you have been a fool...
it does mean you had a lot of faith*

*Failure doesn't mean you have been disgraced...
it does mean you were willing to try*

*Failure doesn't mean you don't have it...
it does mean you have to do something in a different way*

*Failure doesn't mean you are inferior...
it does mean you are not perfect*

*Failure doesn't mean you've wasted your life...
it does mean you've got a reason to start afresh*

*Failure doesn't mean you should give up...
it does mean you should try harder*

*Failure doesn't mean you'll never make it...
it does mean it will take a little longer*

--- Author Unknown

Failure is an experience in life that we want to avoid at all cost. We'd rather choose to stay in the comforts of our mediocre life than to find our success that is waiting for us. Most of us are ignorant in thinking that success does not come with failure.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot...and missed. I've failed over and over and over again in my life. And that is why I succeed."

--Michael Jordan

On the contrary, success cannot be without failure. One must understand that failure is a process of learning. Without allowing failure, one cannot grasp the true meaning of success; and we cannot win any goal if we don't learn to embrace our failures.

What makes failure unappealing for many is that they don't understand its underlying benefit. The admonitions of disgrace, embarrassment and social stigma blind us from seeing its true intention. Much premium we put on the judgment we receive from other people, yet we don't see that it has nothing to contribute to our well being.

There is nothing to gain by fearing failure. In fact, many people don't realize that the source of their sordid existence is their very own continuous evasion of the experience of failure. They think that avoiding failure would make their lives better—but they are wrong, and far worse is they don't realize it. Whence they think they've loosed nothing, they have in fact denied themselves of the opportunity of gain.

The only way to get closer to success is to allow failure to do its work on weaving us for the better. The more we fail the wiser we become. Let us not allow ourselves to see failure as drawbacks, the purpose of failure is to give us a new perspective to follow. Ask the successful people of this world and you'll be surprised at how comfortable they are with failure. Be like them.

FEAR OF UNCERTAINTY

Whether we like it or not, we are living a life of uncertainty. No matter how much we try to influence fate on our terms, uncertainty will enforce its authority. If you think you can avoid it you are extremely mistaken.

The search for security and certainty is actually an attachment to the known...The known is nothing other than the prison of past conditioning...Without uncertainty and the unknown, life becomes the stale repetition of outworn memories. You become a victim of the past, and your tormentor today is your self left over from yesterday.

--Deepak Chopra

It's funny how we have prevented ourselves from succeeding just because of our fear of uncertainty, yet we live each day of our lives facing the fact that we have no idea of what's to come. We like to see things as they've been and we get agitated at the thought of finding ourselves in a situation alien to us.

To attain any goals we want it is imperative that we understand the wisdom of uncertainty. Despite the normal feeling of fear, we must

realize that nothing will change unless we extend ourselves beyond the horizon of the familiar.

Every move we make at each moment impacts our future. Restricting our actions within familiar boundaries constricts the opportunity of any success. Therefore it is wise to let go of your fear and take a step unto the unknown. There are better things that you will discover if you allow yourself to grope in the fog of uncertainty. Think of those people who have succeeded in life, they took chances in venturing into situations which are unfamiliar to them. They know for a fact that they would not find what they are looking for if they look at the same place.

I do admit that it's not easy to gamble with uncertainty. Still, I'm well aware that I have to take this necessary "evil" in order to realize my dream. And since I did you are now holding this book on your palm.

STUBBORN TO CHANGE

Many years ago a group of scientists conducted an experiment involving frogs. In their lab was a vat of boiling hot water. They wanted to know how the frog would react when dropped into the boiling water.

As they are about to drop the frog it immediately burst into the air far away from the vat; same thing happen with the other frog subjects. Perhaps the frogs are well aware that they will perish if they allowed themselves to be dropped at such vat.

The scientist however decided to take the experiment a step further. They took the same frog, and introduce it over on a different vat of water. This time the water was lukewarm, not too cold, not too hot just right. They dropped the frog but nothing happens.

The little creature just laid there, floating lazily; arms and legs splayed gently on the water's surface. It might have thought that it was a perfect temperature of water. While it laid in the water contented, happy, and relaxed, it was unaware the underneath the vat was a burning fire. It was slowly heating the vat of water. The contented frog, oblivious to the changing temperature, boiled to death.

Like the unfortunate frog in the experiment, most people have killed their chances of success because of their obliviousness to change. Whence everything has changed around them, they remained the same, and so they are harvesting the disadvantages brought about by their unwillingness to adapt.

Of course, nobody wants to be put on an uncomfortable situation. But success requires the necessity of leaving one's comfort zone in order to leap forward. It is unfortunate that for many, stagnancy is a way of life; they hope that things would change for the better yet they take no participation in it realization.

It is the common attitude of many to blame, curse and criticize instead of looking on ones' self. In our effort to evade self examination, we find fault on the things around us. We don't want to change; rather, we want circumstances to change. And during our misery we kept on wondering why God has forsaken us.

We would rather be ruined than changed;

We would rather die in our dread

Than climb the cross of the moment

And let our illusions die.

~W.H. Auden

The law of the universe necessitates change for the simple reason of improving; if it does not, life as we know it will collapse and deteriorate. Since we are part of this universe we are also subjected to its rules. Denying ourselves of the need for change will simply put us in contradiction with the harmonious flow of everything. This is the very reason why majority of people are living in a substandard way of living. They are stubborn to change and thus they are leading a life full of disadvantage. Late are they to realize that change is an opportunity worth grabbing.

"Do not consider painful what is good for you."

-- Euripides

Success requires the capacity to be open to change. Irrespective of the discomfort it may initially bring, we must realize that it is for our own benefit. I do understand that change is not an easy task to implement on one's self. However, if we try to weigh the pros and cons of adopting change we will find that change will open up us to many possibilities. Yes we may feel fear, resistance and uneasiness, but how can we grow if we keep on prohibiting ourselves.

Furthermore, being on a familiar terrain does not guarantee ours being better off.

Think about your current situation; are you happy or satisfied, or are you drowning in discontent? If you're on the latter it means you are resisting to change. Things are not going your way because you are going against the flow.

Be wise and adopt to change; you won't succeed unless you do.

IT'S TOO LATE AND I HAVE NO TIME

There are two days in every week about which we should not worry. Two days which should be kept free from fear and apprehension.

One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone!!

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is beyond our immediate control. Tomorrow's sun will rise, whether in splendor or behind a mask of clouds. But it will rise. Until it does we have no stake in tomorrow, for it is yet unborn.

This leaves only one day: today.

Any man can fight the battles of just one day. It is when you and I add the burdens of two awful eternities - yesterday and tomorrow, that we break down.

It is not necessarily the experience of today that disturbs one's peace of mind. It is oftentimes the bitterness for something which happened yesterday and the dread of what tomorrow may bring. Let us therefore live one day at a time.

--- Author Unknown ---

“Someday you will be a writer...not just a writer but a great writer.” Such were his mother’s dream for him and she would tell it again and again. But when his mother suddenly passed after he graduated high school, his pursuance of being a writer became blight. Having a terrible time trying to deal with his mother’s demise, he did not pursue college and instead went to work in a paper factory and afterwards joined the Army Air Corps.

Later on he became an alcoholic. As a consequence, her wife and daughter had left him. Without any direction he traveled the country in his old car, doing any kind of odd jobs in order to earn enough for another bottle of cheap wine. He spent countless drunken nights in the gutters—a surely wretched way to live.

Then one cold morning as he passed the window of a pawnshop he saw inside on a shelf a small handgun with a tag price of \$29. “This is it,” he thought, “This will liberate me from my wretchedness.” The idea of taking his own live played on his mind. He imagined of

pointing the gun into his head and saying goodbye to all his misery. But something happened; he walked away from the pawnshop and found himself inside a public library.

The library has made a major turning point into his life. As he began wandering among the thousand of books he found himself commenced into reading. From there he had learned a lot about himself and about life. A spark of hope flourished within him.

Though he had already wasted many years of his life, he gathered himself and started to do thing right. As he rose from his failures he started to work his way of becoming a writer. Shortly after, his efforts paid off when his first book “The Greatest Salesman in the World” becomes a success with hundreds of thousand of copies sold. Og Mandino’s mother was indeed right when she said that his son would become a great writer.

When I first read Og Mandino’s “A Better Way to Live” I was deeply touched. I thought to myself that as long as there is life there’s always an opportunity to make thing better for myself. One can never be too old or too committed to pursue their dreams.

The common hindrances of success are the perceptions of being too late or of being constrained of time. “Oh, I’m too old to learn the piano,” or “I’ve got too much responsibilities in my hand that I’ve got no time to pursue my dream of writing a novel,” or “My age

does not permit me to learn new knowledge.” Have you found yourself among these lines?

Let go of the illusion of impossibility. As the old saying goes, “When there’s a will there’s a way.” Make a choice of pursuing your dreams. You don’t have to make enormous leaps at the very moment. All you need is to find ways to do it one day at a time. If you want to build a cathedral stop wondering about the enormousness of such endeavor; instead look at the small bricks that will make them, and at every moment start laying those bricks. Such is how a cathedral is made. The same metaphor applies to any dream we want to achieve.

"You will achieve grand dream, a day at a time, so set goals for each day -- not long and difficult projects, but chores that will take you, step by step, toward your rainbow. Write them down, if you must, but limit your list so that you won't have to drag today's undone matters into tomorrow. Remember that you cannot build your pyramid in twenty-four hours. Be patient. Never allow your day to become so cluttered that you neglect your most important goal -- to do the best you can, enjoy this day, and rest satisfied with what you have accomplished."

--Og Mandino

There's always time for everything, even of the littlest of things. Never fall into the trap of excusing one's self from success just because time is against you. Remember, nothing's going to change unless you act to make a change. Age, circumstances and time constraints are irrelevant whenever we are committed about something. Think of your goals as an addiction. Look at those who are addicted to cigarettes or alcohol or gambling or television or video games or internet, they always find time to make way for their rituals. If you could do the same with your dreams then you'll initiate ways to act upon it, at every possible moment, in every situation. In doing so, you bring yourself closer to the realization of your dreams. Nothing's too hard when we want to do it; as the old saying goes: When there's a will there's a way.

Act now and treat the pursuance of your goals as an addiction. Time will always be available to you whenever you chose to have it.

INTOLERANCE TO CRITICISM AND REJECTION

Let's face it, we all hate to be criticized and rejected; but it is this very reason that success eludes us. Criticism and rejection has such an impact that it impales us to go on any further with any pursuance that have been subjected to it. To the wise however, these negative form of feedbacks could either be lessons or roadblocks over which

to assimilate or to ignore. Oftentimes, the simplest way to overcome these obstacles is to be oblivious to them.

We keep going back, stronger, not weaker, because we will not allow rejection to beat us down. It will only strengthen our resolve. To be successful there is no other way.

--Earl G. Graves

John Grisham who has more than 100 millions of his books printed in USA alone had received many rejections from agencies, publishers and editors prior to his becoming a bestselling author. Despite the unfavorable responses he got from his early works he never gave up. He did not let rejection bog him down from pursuing his goal, instead he chose to learn from the circumstance and carry on. His popular novel *The Firm* which was later became a box-office movie had elevated him to popularity. Had he brooded over his rejections, he would not be where he is now—a world renowned author.

Looking at the successful people we can learn a great deal of how they handle rejection. From my example above John did not take any of his rejections as setbacks. He did not settle on the beliefs of

the few that his work does not have any merit. He kept on pursuing until he found someone who recognizes his craft, and thus he had succeeded.

For every rejection that you encounter, remember to handle it objectively and never take it personally. See if you can learn something from it, if none then you must let go and push on.

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again, who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause, who at best knows achievement and who at the worst if he fails at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

From a speech given in Paris at the Sorbonne in 1910

--Theodore Roosevelt

There are lessons we can learn from criticisms but we should not allow it to distract us from succeeding. Let it serve as a guide or a motivator for the pursuance of our goals.

When Winston Churchill was in his youth, his father criticized him as “unfit for a career in law or politics” because he wasn’t good at school; as Charles Darwin was getting ready to set sail on his five-year expedition on Beagle, his father have criticized him for drifting into a life of sin and idleness; Barbra Streisand’s mother criticized her as not being pretty enough to be an actress and not having a worthy singing voice to be a singer. As you can see these great people have not been who they are now had they brooded on the criticism of the people around them. You have to understand that criticism is a fact of life. There are many underlying reasons why a person is criticized and the major reason is our differences with one another, but the important thing is that you’ve got to have faith in your self and understand that you have your own uniqueness from which you can flourish. Though there are many well-meaning criticisms that you must take heed, most are ill intent—and YOU MUST NOT listen to them; otherwise you will just be fulfilling their prophecies.

Listen, and listen carefully, you can be anything you want to be so long as you are firm with what you believe about yourself, and give your all to bring that best in you. Any criticism that comes your way—except for the constructive ones—you must ignore.

It will take time to immune yourself from negative criticisms. I suggest you start to be aware of yourself every time criticism passes your way and keep the good ones from the bad. With this practice you will never lose your path to where you want to be as well as you will be learning (from positive criticism) along the way.

LACK OF RESOURCES

When we set something as a goal but don't have the resources, we easily give up. This defeating attitude is all too common for many people who would just turn their backs on their dreams for the sole reason of not having the necessary materials that would make it possible. The truth however is that we possess the most important resources one can ever have: US! Yes, we have the power to get what we want if we really want to, yet many people don't realize this capability until it's too late.

When there's a will there's a way.

When God created the world, Man was his greatest creation, for in them He bestowed the power to create and destroy. Have you used such power lately? I guess few people know this fact. Warren Buffet was not a billionaire as he is now, back then we was just selling newspapers, but from such beginning he had made it possible to build his empire; J.K. Rowlings lack the resources to aid her during the writing of her novel, but she kept on persevering, and now she is famous the world over; Andrew Carnegie, a mogul in the steel industry, was once a poor boy from Scotland, but it never stopped him from finding ways to acquire what he wants. As we can learn from these successful individuals, their lack of resources did not prevent them from succeeding at their field of endeavors. They made an effort despite their scarce conditions, and now they are enjoying the rewards of their persistence.

If you want the fruit that is on top of a tree you must work your way to its branches. As you go on each branch, you are getting yourself closer to that fruit. Same is true with any goals that you want: *find the branches that will bring you closer to it rather than hoping for it to fall*. For example, you want to own the house of your dreams, but you don't have the resources to acquire it. Since money is what you need to that end you'll need to find ways to earn it, therefore you must make an effort. You can either get a job or start a business, and from there you'll be acquiring the resources you need to finance your dream house. Don't even think that it won't work

because you will be depriving yourself of the opportunity to attain what you desire. The logic is really simple: *find a way*.

Stop making excuses of your lack. Nobody was born having everything they want in an instant, all was acted upon. Make an effort, stop staring at your dreams from afar hoping that it will someday come unto you; the law of life states that if you want something you have to work for it—irrespective of the condition you are into. Everything is attainable to the person who sees no impossibility.

LAZINESS TO LEARN

The major factor that separates the winners from the losers is their capacity to learn and evolve. Unfortunately, some of us are not open to learning, especially as we grow older. When certain principle is established on our minds it's hard for us to break them. We would rather be on the comforts of our familiar knowing—despite its erroneousness—than to absorb new wisdom.

*Insanity: doing the same thing over and over again
and expecting different results.*

--Albert Einstein

For success to function on your behalf, you must be willing to give yourself a leeway for learning, even if it contradicts with your venerated belief systems. There's no other way to avoid repeating the same mistake other than to learn where we went wrong. Bigotry plays no sense in the pursuit triumph; the more we get stubborn with our antiquated ways, the more we will be mired in defeat.

Once I had a friend who has a knack for entrepreneurship. However though, every time he's grasps success, he would always fall. He would go from one business to another, and although he may appear to be succeeding, it was but for a very brief time. One thing I have observed about him is that in any of his ventures he may help someone with his/her needs, but in the process he also tends to deceit others. While he may succeed at first, his errors pushed him down. I do envy his perseverance, tenacity and brains but he's not have the capacity to learn from his mistakes. He does not want to change his approach; he sticks with his twisted style of dealing with people. The last time I have heard of him he was broke, and nobody wants to deals with him anymore. Such a pity indeed, considering that he has the potential.

We all have the capacity to change for the better, the only thing we need to do is to allow ourselves to learn from our shortcomings—and evolve for the better. Let us not allow ourselves to be stubborn to learning, after all, there's no benefit to gain from it. If you really

want to succeed at anything you aspire, start to see your lack and find ways alleviate it. Do not cease to learn: *in it you'll discover your infinite capacity.*

PART II

A call for awareness

Each of us wants to attain something in life but there are always hindrances that prevent us from achieving. By now you know what they are, and I hope you'll be able to intercept them whenever you are aspiring for a certain goal.

The error we usually make is to be stuck in our dreams; we immediately want the experience of satisfaction, yet we are unwilling to take the path that will get us there. Succeeding with our goals means we have to take a leap from our familiar plane to the domain of the unknown—*it is the only way to succeed*. The mentalities I have stated in the first part of this book are the excuses we usually make to justify the impossibility of our success; indeed we have fooled ourselves because we allow such excuses to prevent us from making any attempts.

What is there to gain if one chooses to be stagnant in pursuing his dreams? NONE.

Let us look at some of the characters portrayed here and see if you'll find yourself in them.

THE BORED EMPLOYEE

Jason is an employee of a large company and has been employed in it for almost half his life. His everyday task has been reduced to a routine and he's bored to death with his job. Since he's a family man and his income is the sole source of their nourishment, he cannot leave his job. Many times he's been engrossed by the fear of being laid off or be forced for an early retirement, or any misfortunes that will make him incapable of providing the financial needs of his family. Where would he go? What will he do?

Thinking of such scenario, he thought "Maybe I should find other ways to earn income; and since I always dream of starting a business of my own, perhaps I should start working on it now." While it seems grand and promising, he was suddenly stumped.

"Where would I get the capital I need?"

"What business should I start?"

"Where will I find the time to manage it?"

These are the series of questions that circled his mind. Overwhelmed, he chose to let the idea suspended on his mind. Years have passed and he found himself out of his job because that

company he's connected with was having financial crisis. Unable to break the bad news to his wife and children he started sobbing, "If only I have acted on my plan of starting a business and persisted, I won't be having this problem." He went home with his future uncertain.

If Jason have been wise enough not to listen to the false admonitions of his mind, here's what he'll do:

Save a small part of his income for the capital he needed;

Borrow some money from other sources like bank loans, friends or relatives;

Scout on the most ideal business he could get into and seek the help of his relative and friends in this endeavor;

Use his idle time for planning the appropriate actions for his business;

Learn along the way and persevere.

Acting the aforementioned, he could by now have his own company with several employees. He does not have to worry anymore about money as he can provide all the nourishments he can give to himself as well as his loved ones. Others would envy him, saying

he's lucky; but they will never know the truth behind his success because their minds are clouded with the weeds of defeat.

THE UNSATISFIED WIFE

Thelma is a plain housewife and during her moments of silence she sees herself making her special pastries on which she delivers to different confectionary stores. Before she got married and had children, she's very passionate about baking. She had learned the best recipes through her constant learning and practice, and his husband came to love her more because of her craft.

After years of marriage and care giving, she found herself wanting to bake and expand herself through it. She thought of a baking business by which she would consign her products to different confectionery stores. As the plan plays a lullaby on her thoughts, the system of defeat intervenes.

"Your husband won't approve of it."

"Your children need constant attention. How will you squeeze the time to attend to your business?"

“How will you be able to market your products? Your niche is already congested and you’ll be having difficulty finding prospective consignees”

“You know nothing about the mechanics of the business so it’s a bad idea.”

Holding on to the brilliant plan for a little more moment, she gave in to the defeating thought. She readily accepted it as a fact without even giving a little effort to test its validity. As time goes by she became resentful and unsatisfied. A part of herself she felt abandoned because she had deprived herself of the opportunity to do what she aspires to do.

If Thelma had known better, she would be aware that her mind tends to resist anything that is not familiar of. With such awareness, she would know better that it’s useless, follow her heart and do the following instead:

Talk to her husband of her plans and ask support. Whether she gets rejected or not, at least she conveyed her intention;

Study the tricks of the trade by acquiring the materials necessary to go with her plan of business;

Since she had no exclusivity of her time she may look for a partner (a relative or a trusted friend) to help her with the task;

She may start connecting with the local confectionery (during her errands) and slowly introduce her brand;

Learn along the way and persevere.

What do you think will happen if she did this task on a regular basis? Yes, her chance of success is very high because she made small steps that bring her closer to her goal. This would not be the case if she continued to brood and blame her circumstance for her failure. Remember, it is easy to blame the circumstances rather than do something about it.

THE LOVER WHO CANNOT EXPRESS HIS LOVE

Francis was in love with his college classmate Mina, and though he had the advantage of being a close friend to her he did not muster the courage to confide his feelings to her. He thought of their disparity: she being the apple of the eyes of many boys while he’s kind of a dork—but good hearted and sincere. Despite this perception Mina would cling to him whenever they are within the

vicinity of the university; they would eat together and seat beside each other during class. There's a certain level of chemistry and understanding that he felt when he is with her; however, Francis would always dismiss it as a characteristic of their friendship. His wanting of telling her his true feelings is always bogged down by his perception that Mina only sees him as a friend—no more, no less.

Time went by until the time came that they had to part ways. Francis did nothing, even for the last moment, to tell her the truth. Years came to pass but he's still having thought of her. Then one day one of his college buddies initiated a reunion. When he got to the reunion proper he was surprised to see her there. But his heart bleeds to see that she has now a family of her own. Before that day ends he had mustered the courage to ask her once and for all if she did have a feeling for him during the time they were together. A smile sprinkled her face as she tells him that she had a crush on him back then and that she was just waiting for him to ask her. Francis leaves the occasion burdened with regret, knowing that he will never have Mina in his arms. "If only I could brick back time," he thought, but it was all too late.

What if in the above scenario Francis did not doubt himself and braved the uncertain? Perhaps the following he would have done:

Test the water by asking Mina what's her thought about having a relationship with a guy.

Convey his intention little by little at any appropriate time that he sees.

Let go of his preconceived disparity and see himself as a worthy guy for her.

And finally, summon the courage to let her know of his feelings, irrespective of the consequences.

Doing the above he had not only fight for his love, but he has given himself the opportunity to win her heart. More often than not, regrets are more burdensome than making an effort at pursuing our dreams. Yes, we might not get the result we want (for the moment at least), but the most important thing is that we have tried; and through trying and trying, success will always manifest on our side.

There are many incidents of the above stories that happen each day. Regrets we are consumed whenever we have failed to act upon the things that we should have. We love to dream but most of us acts only by daydreaming. But who would not? It is very safe to daydream because we won't experience any pain, discomfort and

disappointments. What we don't realize though is that we have denied ourselves of the opportunity to explore the richness of life. All of us have the privilege to live a life of abundance, happiness and success. We just have to let go of the false perception that our minds are telling us.

The major key to overcome the challenges that comes whenever we pursue our dream is the awareness of the manipulations of our mind—and defy its dictum.

What I've learned from playing the piano

Whenever I see someone plays a piano, I marveled at their capability to move their hands at the same time on different keys to produce a melody of sounds. I kept on thinking how the brain manages to process the movement of both hands, and I can't decipher its complexity. A time came when I fell in love with a certain piano piece and it had given me the motivation to learn to play the piano. After I bought a piano of my own I immediately seek a tutorial of the piece I wanted to learn. I practice everyday for a month until I have perfected the piece. During the process I have discovered things about myself that I should not have known had I not learned to play the piano.

In the early stages of my pursuit, my mind was fast in telling that it's complicated: it does not want to go on because it thinks that it cannot go with the flow. Since my will was strong, I persisted, and slowly my hand became familiar with the keys. As I kept on playing my hands were moving without me even thinking of where my fingers should go next. I was amazed to know that my mind and body aligns with my will. Should I call it a genius? Yes it is. There's within us all the genius that is capable of doing anything if our will is strong.

What I have learned from bodybuilding.

Since I was young I have been joked around for being skinny. I was like a walking skeleton and no matter how much I eat to gain weight, I remained the same. Because of this I have developed an inferiority upon myself, until the day I've discovered that I can gain mass through bodybuilding. I was very happy, knowing that I can finally gain the physique I aspire.

Or can I?

I thought it was easy—going to the gym to lift weights and everything. Later did I realize that it takes tremendous amount of dedication to see some result. As I go to the gym each day I feel the

resistance of my body; the stress and the pain that comes with bodybuilding drains my motivation. Still, I persisted; my mind wants to give up but I did not listen to it. I commanded my body to push through despite the uncomfortable experience of the training. A point came when my mind had accepted the routine, and finally I did not wobble every time I need to go to the gym.

Little by little I saw success as I see my muscles grow. I was amazed that I was actually getting results. Indeed I have learned that there's a reward to those who faced the difficulties and persisted. I have also understood the fact that success takes time. This principle also applies to any goals that we want to achieve. Most of the time it may be hard and you feel like giving up, but I understood that it is all part of the journey.

Now my physique is being admired by my colleagues and I'm happy that I have succeeded with my goal.

Our minds have been preconditioned to resist anything that is not familiar with. This is the reason why we are immediately discouraged whenever hindrances interfere with the pursuit of our goals. There's a price we have to pay whether we pursue our goals or not. By giving in to defeat means a life of deterioration, we will be like the majority of people who blame others for their

misery; we are too blind to realize that it is US who weaves our destiny.

There are many people living in despair, all because they did not bother to examine their ways. Success is really simple: *learn to step out of your comfort zones and evolve accordingly*. Yes it is hard, but if you make no attempt you won't be able to reap the treasures of this world. Stop listening to the excuses of your mind—it is actually manipulating you to remain stagnant and defeated.

What's my proof that we're manipulated by our minds?

If you open your awareness you will see that your mind determines how you see everything. Take a look at how you readily believe in gossips; you did not even bother to verify its validity. Look at how easy you judge others, even though you don't have any idea of the truth. See how you perceived the challenges that come with the pursuit of your goals, you readily tag it as hard or difficult without even testing it yourself. Can't you see? You are a slave of your mind!

To bring back control you must remember to be aware of what your mind is telling you and see if it is preventing you from taking a step further. Know that you are the master and the mind is your slave.

You are the one that should decide, not your mind. Practice this awareness everyday and success will favor your every endeavors.

Within you is the power to succeed at everything. Use that privilege. Now is the time!