

Ten Secrets for Success and Inner Peace – Dyer, Wayne

Ten Secrets for Success and Inner Peace:

1. Have a Mind That is Open to Everything and Attached to Nothing.
2. Don't Die with Your Music Still in You.
3. You Can't Give Away What You Don't Have.
4. Embrace Silence.
5. Give Up Your Personal History.
6. You Can't Solve a Problem with the Same Mind That Created It.
7. There Are No Justified Resentments.
8. Treat Yourself as If You Already Are What You'd Like to Be.
9. Treasure Your Divinity.
10. Wisdom is Avoiding All Thoughts That Weaken You.

A closed mind seals off creative explanation. (5)

In every single case of a person experiencing spontaneous healing or overcoming something that was considered to be impossible, the individual went through a complete reversal of personality. They actually rewrote their own agreement with reality. (5)

Your thoughts: Your mind = you act upon that inner energy. (6)

Your agreement with reality and all that's possible determines what you'll become. You're attached to your conditioned reflex. (7)

Releasing Attachments: 1. A mind that is open to everything; 2. A mind that is attached to nothing. Your attachments are the source of all your problems. To release attachments, you have to make a shift in how you view yourself. As a spiritual being, you can observe your body and be a compassionate witness to your existence. Your spiritual self is an infinite soul. Nothing can make you happy or successful. These are inner constructs that you bring to your world, rather than what you receive from it. It's possible to have a burning desire yet not have attachments. You can have an inner vision of what you intend to manifest and still detach yourself from the outcome. (8)

In all of your relationships, if you can love someone enough to allow them to be exactly what they choose to be – without any expectations or attachments from you – you'll know true peace in your lifetime. (9)

There are two basic emotions: one is fear; the other is love. (16)

Failure is an illusion. No one ever fails at anything. Everything you do produces a result. (17)

Acquire what it is that you want to both attract and give away. Responses are the energy you have inside of you to give away. (22)

Nothing in the universe is personal. Ask yourself, "Do I really possess what it is that I wish to give away?" (28)

The average person is said to have 60,000 thoughts every day. (32)

All creativity requires some stillness. Silence reduces fatigue. (33)

Just being in the energy field of those who meditate raises the serotonin levels of the observers. (36)

God is that which is indivisible. Silence is the one experience you can have that's indivisible. Therefore, silence is your one way to experience the oneness and indivisibility of God. (37) Everything that you wish to manifest emerges from Spirit, from the silence. You don't use your ego to manifest. (39)

It's absolutely impossible for that wake to drive you forward. The wake is not in any logical way responsible for what you're experiencing or failing to experience today. The wake is just what it is, and nothing more – a trail that you've left behind. (42) `

God is always here now. (47) If God is everywhere, there is no place that God is not. (52)

Labels serve to negate you. You must ultimately live up to the label rather than being the limitless spirit that is your true essence. (48)

The only way you can experience another person is in your thoughts. (54)

Three levels of consciousness: 1. Ego (primary emphasis is on your personality and your body. Ego will seldom allow you to rest.); 2. Group (you move past yourself as the central focus of your life, and you now include others who are members of your tribe or clan. Our inhumanity to our fellow human beings is often justified on the grounds of a group-consciousness mentality.); 3. Mystical (feeling of connectedness rather than separateness. Harm directed at others is really harm directed at ourselves. Cooperation supplants competition.) (60)

Anytime you're filled with resentment, you're turning the controls of your emotional life over to others to manipulate. (66) Get past blame; Send love to all. (67) Not being offended is a way of saying, "I have control over how I'm going to feel." When you feel offended, you're practicing judgment. (68)

What you think about is what expands. (81)

You are a container of God. (83) Ego is nothing more than an idea that you carry around with you everywhere you go. Ego insists that you are a separate being. (84)

Every single thought you have can be assessed in terms of whether it strengthens or weakens you. (89)

Power urges you to live and perform at your own highest level, and it is compassionate. Force, on the other hand, involvements movement. This is unlike power, which is a standing field that never moves against anything. Because force is in motion, it always creates a counterforce. That counterforce constantly consumes, and must be fed, energy. (90)

No amount of guilt will ever undo what's been done. Apathetic thoughts create despair. Apathy stems from self-pity and a need to be entertained continually to avoid boredom. You can never be apathetic or lonely if you love the person you're alone with. (92)

Your mind is yours to control. You are the creator and selector of your thoughts. You can change them at will. It is your God-given inheritance, your corner of freedom that no one can take away. (97)