

## Ten powerful truths:

By Graham W Price

1. We were all born with the potential to be successful and live an amazing life. All we need is an awareness that this is so, the knowledge of how to overcome limitations and a willingness to act powerfully, despite whatever limiting feelings and beliefs we may be experiencing.
2. Every negative experience is the result of our irrational tendency to 'resist what is'. The average person 'resists what is' between 20 and 50 times a day. (On East Enders it's around once every 7 seconds, or 4,000 times a day for the average East Enders character !!). Everyone should learn how to eliminate resistance from their lives.
3. 'Resisting what will be', otherwise known as 'worry', is equally irrational and therefore equally possible to eliminate from our thinking.
4. Resisting discomfort, just one example of 'resisting what is', is a major limiting human trait. It leads us to allow uncomfortable feelings, and underlying beliefs, to determine our behaviour, the source of most limitations in life.
5. Whenever we act powerfully we develop or reinforce powerful self-beliefs. Anyone can learn how to unwind limiting programming, and live an amazing and successful life.
6. We live in a determined world. Everyone should know this and use it every day of their lives. Bertrand Russell knew it. Albert Einstein knew it. But even those who know it, generally know little about how to use it, or even why it's so powerful, and so miss the many benefits it can bring. Jack Nicklaus knew it, and used it to become world golf champion.
7. 'Be yourself' is a highly beneficial, much quoted piece of wisdom. Yet carelessly applied, it's also one of the most limiting. It keeps us stuck. It sustains limitations. It prevents us from becoming powerful.
8. Owning our reactions, is a first step to dealing with challenges in relationships. An ability to focus on the other person's perspective is a powerful supplement.
9. Owning our experience, and knowing how to then change that experience, puts us in control of our lives.
10. Few are aware of the power of the intuitive mind. Many men in particular live their whole lives without ever discovering that power. They're missing out on a resource that can dramatically enhance our effectiveness.

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