

4 Powerful Mind Principles to Control Your Destiny

By Michael D. Pollock

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The word "resolve" has been showing up in my space quite a bit lately. I've no doubt it's a definite "sign of the times." I'd like to spend a few minutes to discuss this word, what it might mean to you, and offer you some principles that can positively affect your life experience.

Dictionary.com defines the noun form of "resolve" as:

- * Firmness of purpose; resolution.
- * A determination or decision; a fixed purpose.
- * A formal resolution made by a deliberative body.

There are some pretty powerful words in that definition. "Firmness of purpose," "decision" and "deliberative body" are the three words/phrases that jump out at me.

Although there's nothing mind shattering about the definition itself, it begs this question: do you have your own resolve for your life?

Asked another way, are you deliberately creating your own life through decisions shaped by a firmness of purpose? If you are, I'd suggest you hold the key to living a joyful, prosperous and fulfilling life. If you're not, well that's okay too . . . or is it?

Some 40 years ago, U.S. President John F. Kennedy stated: "Let us resolve to be masters, not the victims, of our history, controlling our own destiny without giving way to blind suspicions and emotions." Those words seem as relevant today as they were in the 1960s.

If your resolve is to be "master of your history" and to "control your own destiny without blind suspicions and emotions," the following principles should prove very helpful.

Principle 1

Recognize that you can come from a place of fear, or you can come from a place of peace. It's your choice. If you don't consciously choose peace, you're more likely to come from fear simply out of habit.

Action to take - Practice finding peace within yourself. Spend 30 minutes each day in silence. Get comfortable, close your eyes and breath deeply. Focus only on your breaths, counting the in and out movements. Quiet your mind. Peace lies beneath the meandering chatter of your thoughts.

Principle 2

Your power exists only in the now. Last year is gone. Last month, last week, last night, 1 second ago are all gone. They do not exist, except in your memory. They are meaningless, except for the meaning you give them.

Likewise, tomorrow, next week, next month, etc. do not exist, except in your imagination, which you can control.

Action to take - Be here now. Always. Concentrate on what you're doing now. Remember, now is all that exists, and so, now is where your power exists. Recite "be here now."

Principle 3

Your thoughts and emotions are creative forces. The thoughts and feelings you choose to focus upon most consistently will eventually manifest in your physical reality. If you consistently focus on thinking and feeling prosperous, you will create that in your reality.

Action to take - In each moment, get a grip on what you're creating. Decide what you want to have or experience, and create that, both mentally and emotionally. Experience it as if it exists now. Bring the experience into the now.

Principle 4

Whatever you resist, you cause to persist. As you resist any undesired experience, you focus your thoughts and emotions upon that experience. By focusing on the experience, you only create more of it.

Action to take - Embrace your undesired experiences, for you can not know what you want unless you know what you don't want. One can not exist without the other. Continually shift your focus to what you do want.

In his book "Mind Power Into the 21st Century," John Kehoe explains: "Your mind is like a garden . . . and you are its master gardener. You can cultivate this garden, or you can ignore it . . . But make no mistake: you will reap the harvest for your work or neglect."

Cultivate your garden. Resolve to master your history, and control your destiny by incorporating these 4 principles into your daily life.

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