

1. Be a mental engineer and use tried and proven techniques in building a grander and greater life.
 2. Your desire is your prayer. Picture the fulfillment of your desire now and feel its reality, and you will experience the joy of the answered prayer.
 3. Desire to accomplish things the easy way with the sure aid of mental science.
 4. You can build radiant health, success, and happiness by the thoughts you think in the hidden studio of your mind.
 5. Experiment scientifically until you personally prove that there is always a direct response from the infinite intelligence of your subconscious mind to your conscious thinking.
 6. Feel the joy and restfulness in foreseeing the certain accomplishment of your desire. Any mental picture which you have in your mind is the substance of things hoped for and the evidence of things not seen.
 7. A mental picture is worth a thousand words. Your subconscious will bring to pass any picture held in the mind backed by faith.
 8. Avoid all effort or mental coercion in prayer. Get into a sleepy, drowsy state and lull yourself to sleep feeling and knowing that your prayer is answered.
 9. Remember that the thankful heart is always close to the riches of the universe.
 10. To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer.
 11. Generate electronic waves of harmony, health, and peace by thinking of the love and the glory of God.
 12. What you decree and feel as true will come to pass. Decree harmony, health, peace, and abundance.
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1. Your subconscious is the builder of your body and is on the job 24 hours a day. You interfere with its life-giving patterns by negative thinking.
 2. Charge your subconscious with the task of evolving an answer to any problem, prior to sleep and it will answer you.
 3. Watch your thoughts. Every thought accepted as true is sent by your brain to your solar plexus—your abdominal brain—and is brought into your world as a reality.
 4. Know that you can remake yourself by giving a new blueprint to your subconscious mind.
 5. The tendency of your subconscious is always lifeward. Your job is with your conscious mind. Feed your subconscious mind with premises which are true. Your subconscious is always reproducing according to your habitual mental patterns.
 6. You build a new body every eleven months. Change your body by changing your thoughts and keeping them changed.

7.It is normal to be healthy. It is abnormal to be ill. There is within the innate principle of harmony.

8.Thoughts of jealousy, fear, worry, and anxiety tear down and destroy your nerves and glands bringing about mental and physical diseases of all kinds.

9.What you affirm consciously and feel as true will be made manifest in your mind, body and affairs. Affirm the good and enter into the joy of living. 2 The Edinburgh Lectures on Science (New York: Robert McBride & Co., 1909).

1.Mental coercion or too much effort shows anxiety and fear which block your answer. Easy does it.

2.When your mind is relaxed and you accept an idea, your subconscious goes to work to execute the idea.

3.Think and plan independently of traditional methods. Know that there is always an answer and a solution to every problem.

4.Do not be overly concerned with the beating of your heart, with the breathing of your lungs, or the functions of any part of your anatomy. Lean heavily upon your subconscious and proclaim frequently that Divine right action is taking place.

5.The feeling of health produces health, the feeling of wealth produces wealth. How do you feel?

6.Imagination is your most powerful faculty. Imagine what is lovely and meritorious. You are what you imagine yourself to be.

7.You avoid conflict between your conscious and subconscious in the sleepy state. Imagine the fulfillment of your desire over and over again prior to sleep. Sleep in peace and wake in joy.