

# How to Leverage the Power of Your Mind

## Creating a Positive Mental Landscape (For Serious Achievers)

**Ray W. Lincoln**

How would you like to be able to feel the natural high of a happy, healthy mind? It's what most of us want. It also evades most of us. We succumb to negative thoughts more than we would like. Correct? How often have we thrown in the towel or abandoned an idea before we gave it a fighting chance because a mild mental depression has de-motivated us? I'll show you how to maintain a natural mental high and enjoy the effect it has on all you do and think. Discover the way you were meant to live.

Our mental powers can also be leveraged to heights most of us have not even imagined. Both multiplying the power of our mind and creating a positive, healthy mood is what this study is all about. We were made to climb the mountain and live with a view from the top. You will find within just a few minutes of reading how to intentionally make the climb. I'll even show you how to creatively combine your natural mental powers to maximize the use of your mind.

### **Unleash the possibilities**

When our mind is positive and power-driven anything we consider seems to share that positive atmosphere. Even cloudy days are days that somehow encourage possibilities. They shine with whatever opportunities come, and our spirits soar above the grayness. Optimism reigns, and we think clearly and powerfully. Problems are assessed as opportunities. Failures are not devastating, and mistakes show the way to success.

*Sid was a normally a clear thinker but neither he nor his friends could lift him out of his frequent bouts of negativity and discouragement. He would curl up on the couch silent and sad and spend night after night there drowning in his despair while his wife, not knowing what to do, went off to bed. People who previously admired him would now discount him because he looked too often on the dark side and, try as he could, he couldn't always shake the feeling that he was worthless. Actually, he was quite a successful businessman. He had built himself a small empire, but Sid was his own worst company and was losing his friends and his position in the market because he had become Murphy's cheerleader. His mental weakness was caused by his mental gloom. Just like positive thoughts have a seemingly unlimited upside, negativity has an unlimited downside.*

*When the market showed weakness and the politicians acted irresponsibly he became fearful and visibly upset. When his business showed a downturn he panicked. Just when he needed a clear powerful mind it clouded over and his fears took charge.*

*His forebodings with which he breakfasted were usually wrong. If you listened to these forecasts you could bet on the opposite of his predictions and score in the 90's because all were so consistently negative. This man lived in a pathetic mental timidity.*

Ever met someone like this? All the persuasion that I could dream up failed to jolt him out of his gloom. He insisted on countering my efforts with phrases like: "But, you never know;" "I can't stand disappointment;" or "Mark my word, the economy is going to the dogs." In his case, the path to a positive mental landscape was thwarted by the comfort of pessimism.

Sid had lost the power of his mind, succumbed to a negative mental climate, and lost his motivation into the bargain. The principles and techniques you are about to discover were what restored him to be the man who built an unlikely business to notable success. Journey with him.

An intentionally focused mind is a factory for possibilities. It operates best in the brilliant light of what could be, should be, might be, and the explorations that follow a "what if...?"

So, any takers? I hope so, because the alternative is not worth ... well, not worth living to be honest.

## **A Plastic Mind is Spelled O-p-p-o-r-t-u-n-i-t-y**

The mind can change the brain. We hear a lot about the landscape of the mind these days. We never used to. An understanding of neuroplasticity informs us that we are able to rewire the brain without medical or surgical interference. In fact, neurons can form new connections and create new paths through the maze of dendrites that cram a brain: a brain already loaded with billions of cells and connective paths.

Yes, that's news in the scientific world and great hope for us. We are made with a built-in path to creative success. Those neurons can even assume new roles on demand, so to speak. This plasticity is quite captivating and revealing. Whole areas of the brain can be taken over by another, and a wholesale reconstruction of pathways can be the result of simple, directed, mental activity. We can change our brains!

Studies such as those of Jeffrey M Schwartz, Paul Bach-y-Rita, Michael Merzenich, V. S. Ramachandran, and many others are offering help for all of us who felt as though we had to live with the way we are.

Determinism has held sway for over a century in the scientific world, but now we are being freed from its tentacles to believe we are what we thought we were: creatures with minds and free will that mold and shape our destinies. However, the extent to which we can control our mental world is what is striking.

Note this with a sense of relief. Our minds can affect our brains by determined mental activity and alter not only the mind's landscape but also the brain's physical structure. These minds of ours are ever changing. As a result so is the brain. What an opportunity!

So, here's the news. We are in control of ourselves and are invited by our designer to utilize this serious piece of knowledge to shape our lives, leverage our powers, and create an exciting mental climate.

In case you are thinking that it is only the child's mind and brain that is plastic, think again. The adult brain is what we have been talking about. The adult brain may be slower to make major changes than the child's brain, but it does so just the same.

### **Plastic and fast**

We can only think one thought at a time, though. Are you thinking "How limiting!" Rather than limiting, it highlights our opportunity for change.

Because of this design feature we can change about as fast as we can think. Change is a built-in mechanism. We are also told that we can think 2500 thoughts per minute. No, I haven't counted, and I have no idea how they did count a nonmaterial action like

that! Because the point I am making does not depend on an actual count I will go ahead and make it. Changing our minds is as common as hen's feathers and should not surprise us or shock us. It happens as fast as our thoughts, and when we need a change we can make it happen in our minds with lightning speed. When face to face with a mountain lion, thank God for fast changes in our thinking.

Distraction, which is often the cause of our changing our minds, is a daily, hourly, and even constant experience for many of us. Not surprisingly, since we change our minds so frequently we get praised and rewarded for concentrating — that is, sticking with one thought and not waffling all over the place.

### **Finding consistency in the midst of change**

Our opportunity to change our mental landscape is unlimited so we must somehow find ways to create some stability, too, and forge a more constant atmosphere. That has been provided for us, as well. Here's how...

A belief is one way we can create a constant. We think a thought, and then perhaps we are inclined to believe it. If it is a candidate for belief status we may mull it over, weight the evidence available to us, and come to a firm acceptance of it as a belief. Now that we believe something, we don't have to go back to reestablish our conclusions again. We simply refer to our belief and act accordingly in similar circumstances. Beliefs are like case law: we refer to past cases to establish how we should act.

Beliefs are also “yet to be proved” hopes. We look into the future and hope for something. and our hope hardens into a belief that it will happen. Faith and hope then combine to become a creative force that summons the powers in us to achieve the not yet, or the impossible. (Combining mental powers is the way to multiply powers. More in a moment about that.)

Belief is a key, as we will see, to maintaining a constant mental atmosphere or landscape. Beliefs motivate and direct us and hold our attention. We can then become consistent in our thinking and our actions as well.

- Examine what you believe; it is where you are headed.
- Remember: Beliefs motivate, so they are also energy for the journey.
- Beliefs also help you aim consistently in the same direction and avoid the mistake of firing haphazardly in every direction, at every opportunity: scatter gunning and dispersing your energy.
- Beliefs begin the all-important task of creating a pinpoint intense focus.

Stop and ask: Have I examined my beliefs lately? Perhaps you will want to make a note and return to this exercise after you have finished this article.

### **Beliefs are plastic, too**

We are not, however, forever stuck with any belief that we form. We can form new ones and cancel old ones. Therefore, the plasticity of belief also presents us with more opportunity to change our lives. It takes a little longer, usually, to change a belief than to change a thought. Although, when faced with that mountain lion I think I could change a belief as fast as I could change my thoughts! Most of the time changing a belief is a matter of being persuaded that a change is necessary. What an amazing thing the mind is: able to hold us firmly on course and change at the flash of a thought.

Most minds oscillate with the winds of circumstance and opinion from positive to negative. Changing back and forth effectively cancels either the positive or negative thought, constantly changing the mind's weather conditions. This we have to avoid if we want mental power. A person with the disease of double-mindedness is unstable in all he thinks and does.

This change from positive to negative is a major change with far-reaching effects. The brain responds by changing its chemical production and its routing of electrical messages. We truly reconstruct our brain in a major way when we turn from a negative thought to a positive thought, or vice versa. We should also be able to notice that when we change our minds or our beliefs we redesign what is going on in our life as well.

So, neuroplasticity is opportunity for both changing and controlling the mental atmosphere and the life. Opportunity is what we want, because we want to be the designers of our own lives. Let's find out more about how to use this knowledge (of how we are made) to build the mind we want to live in.

## **This Plastic Mind is Molded by Reason and Emotions.**

The mind is filled with thoughts: both thoughts that reason and thoughts that feel. Emotions and reason are equally thoughts. Because they are both thoughts, they are both within our control. Does it seem like that?

Although some thoughts invade our mind and we have no way to stop them, we can dismiss them by inattention. And although some emotions stubbornly refuse to leave and require a major effort at eviction, evict them we can. So, the mind's atmosphere is molded not by the thoughts we have in our minds but by our response to those thoughts of reason or emotion. Either can be positive or negative. It sounds

complicated, but in essence, what we focus on (focus is the response we just mentioned) is what drives, changes, and controls our minds. Just remember that.

To manage the ever-changing mind we must gain control on both the rational and emotional fronts. Sometimes the challenge will be to change our reasons, and sometimes to change our emotions; or both, at times. Mental control is nothing more than the control of our reasons and emotions.

*Challenged* is one of those words that stir the blood of the achiever. It is like verbal adrenaline to mental champions. It is not within the scope of this topic to discuss how we best use our reasoning powers and how we control our emotions, but both are necessary skills we all should master to win on a constantly changing mental front.

### **What qualifies as a positive, empowering mental landscape?**

Here are four parameters of a healthy mind:

- One where we are not damaging ourselves or potentially damaging others
- One where the climate is more conducive to creativity and empowerment than it is to worry and fear
- One where hope, belief, and passion are prized and in use
- One where we are happily related to our circumstances

### **Happily related to our circumstances?**

We have no problem with all but the last condition: a mind is only positive when we are happily related to our circumstances, whatever they may be. It's all about the control of our minds when calamity hits.

A bad circumstance can evoke instant emotional reactions. "What!" explodes from our lips like a bolt of lightning when we suddenly hear that the circumstances have turned against us. A surge of emotion follows and overtakes us while our blood pressure shoots through the ceiling. We are angry in an instant and can't see past our feelings. I'm mentioning this emotional struggle since it is the one that brings most of us down. We know only too well that a sudden change in our circumstances can crush our confidence in a flash and change the climate of our mind dramatically.

I also find that people are confused when I talk of being happily related to their circumstances. They feel that if the circumstances are hurting them they surely can't be, or should not be, happily related to them. Therefore, they create a negative mental atmosphere that encourages resentment. The idea that one should be happily related to bad circumstances seems to fly in the face of the facts. But follow my reasoning. It is all a matter of response. If we lose our job, for example, we can say, "This is bad, I have no job. What will I do now?" and sink into despair. On the contrary we can say, "I've lost my job. I didn't like everything about it, anyhow. This is my chance to find a

better one, and even though it may be hard I will find something better than I had before.”

One response is to wail over my loss (negative); the other is to see it as an opportunity (positive). I become happily related to my loss when I see its possibilities and refresh my spirit with hope. We can be happily related to bad circumstances. A positive mind will find a way to do this. It is a change we must make for our mental health.

Will wailing over my loss improve my circumstances any? Of course not. On the other hand, will seeing the possibilities, the silver lining in the clouds, improve my circumstances? I don't know, but at least it has a real chance and, in the mean time, I am happily related to life and not negatively moaning my loss and dragging my chin on the ground. A positive mental atmosphere changes my feelings and empowers my mind to search for solutions. This should be obvious. I mold my whole life and release my mind for creative solutions by the positive quality of the thoughts that I nurture in my mind. It is as simple as that.

We all know that emotion is more volatile than reason and changes the landscape of the mind in less than a second. We must take advantage of this knowledge. Use emotion to change your mind to your advantage and increase its power. That's the subject we'll discuss in a moment. First, we must see how a mind's positive beliefs, reasons, and emotions can be further enhanced by what we focus on and how.

## **Strengthen Your Beliefs with Intense Focus**

I am going to propose a thesis that says that every mental quality is multiplied when it is combined with another quality of like value. By like value I mean, both are positive or both are negative. Combine a positive belief with an intense, positive focus, and you have more than doubled its effect.

For example, if we believe that there is a cure for some disease and believe it can be found, we have a positive belief. If when we focus on making it happen we have no doubt it will happen, both the belief and the focus are positive — not adding their powers to each, but multiplying their powers. However, if we have the same positive belief, but we doubt that our efforts will result in a cure or that we can make it happen, we have a negative focus. Our doubt will then sabotage and drain away the power that our mind could otherwise generate. We end up with little mental force.

As a little boy I was intrigued with a magnifying glass, a piece of paper, and strong sunlight. Squatting in the back yard and focusing the sunlight on a piece of paper seemed like a magic trick. A small plume of smoke would spiral upward and, in a moment, the piece of paper would burst into flame. The secret was in how far away I

held the magnifying glass. I soon learned to concentrate the sunlight to a pinpoint by moving the glass nearer or further away to produce a point of intense heat. The lesson was not forgotten as years later I would pack a magnifying glass when I disappeared for days into the bush. If the sun was out, wet matches were no longer a disaster. The raw power of focus embedded itself in my mind.

### **Focus creates mental fire**

Focus can set our minds on fire! Beliefs, enhanced by intense focus when they are positive, create more than a positive mental atmosphere. They generate impressive energy and motivation. That mental heat can warm the coldest day and keep negative downpours from ruining our experiences or robbing us of success. Without intense focus our efforts are only average.

### **Examine your focus**

Is it intense?

How intense?

Have I focused my efforts or scattered them over several goals and processes?

Is my focus limping along in the company of a doubt?

Am I committed to my focused efforts?

Am I constantly trying to increase my focus?

An honest examination of the condition of my focus will largely predict my results. "Seek and you will find; knock and the door will be opened." The ultimate commendation of an intense focus is embedded in that advice. Follow it tenaciously to the top of the mountain.

### **Focus protects our fragile beliefs**

A positive belief, with a targeted focus, stands firmer against the onslaught of negative thoughts than a belief alone. They feed each other. A belief is a fragile thing; it needs attention, mindfulness, and concentrated focus to nurture it. We have all seen people whose beliefs have grown through their focusing on them rather than through the process of assembling more evidence. Focus alone can and will grow a belief.

Consider this: Our convictions and beliefs are not bulletproof unless we keep building them. Only when they are growing are they resistant to dying. A growing belief is impossible if we are not focused on our thoughts and beliefs. Therefore, intentionally focus on your beliefs if you want them to grow.

The mind can change fast, and a belief can soon be trashed when challenged by a negative change in our circumstances. For example, we may believe in risk until we

lose our job or watch our savings vanish. Our belief in the value of taking risks is then challenged and is likely to be exchanged for a more cautious belief.

On the other hand, if we still focus on the large possible pay off that risk offers, our belief in a high-risk lifestyle is less likely to be exchanged for cautious conservative measures. Focusing on our beliefs protects them against inevitable attacks. Therefore, what you must protect for your success must be what you focus on.

### **Focus magnifies motivation**

Research on the power of attention, awareness, mindedness, focus, — whatever you want to call it — demonstrates that giving our attention to something directs our physical and mental resources to it. It demands more space in our minds, a higher level of activity, and more physical resources to feed its growth. Along with other things, blood flow is stimulated and increased.

Experience and common sense tell us the same. When we focus on something, other thoughts fade, and we become more centered and conscious of the thing we are focusing on.

Attention directs our rational thinking and our evaluating feelings. Focus, being a stronger form of attention, narrows the attention and demands even more intense thought. The narrower the focus, the more power is generated. I prefer to state it this way: **Whatever we focus on we MAGNIFY.**

We know that beliefs motivate us. Did you realize that we never do anything without a belief that we can or should do it, however weak that belief may be? A little boy faced with taking a shower may do so only because it is less painful than losing his chance to watch his favorite show. Belief motivates him regardless. When faced with a fading bottom-line we should feel the motivation to do something differently. Listening to the words “I love you” creates or awakens a belief like, “Wow! That’s made my life, not just my day!” and we feel the surge of motivation to do something. We’d better!

### **Athletes use this principle**

The motivation of our beliefs is also in proportion to the intensity of our focus. Olympic athletes know this. The stronger their belief that they will win, the greater is the mental determination. The more they focus on this belief, the stronger it grows. The focus and the belief react on each other with a multiplying effect.

The financial world talks of leveraging your money. So, using the metaphor, let’s leverage the power created by our beliefs by focusing intently on them. Mental leverage begins with focus. Are your beliefs positive, and are you setting them ablaze by focusing on them?

**Strengthen your beliefs with focus. Here are some steps:**

- Explore your belief. Know what it is that you believe or are accepting as axiomatic.
- Look for reason to support it. How does reason support it?
- Turn it inside out as you examine it to understand why it should be your belief.
- Apply all the knowledge you can get to your belief. Does it qualify to become a conviction?
- Think through the implications of your belief. What will it do if I believe this?
- How will I explain my belief to others?
- Is my belief compatible with my other beliefs? Is it consistent with my desires?
- Will it support the integrity of my life's purposes?
- Will it damage others or damage me?

Each of these probes into your belief should have the effect of increasing your focus.

**Leverage Your Focused Belief with an Emotion,  
And It Multiplies Even More**

By now you are undoubtedly getting the idea behind the multiplication of our strengths. Start with your beliefs, since that is where all the motivation within us begins. Take the steps I have just outlined to strengthen your beliefs with focus.

Next:

- Determine where you want to go, your goal, and what you want to achieve. Clear direction is essential, or our efforts weaken as they disperse toward multiple goals — the shotgun effect. I am assuming you have a sharply focused direction in life. My business card says, “Discover the direction your life is intended to go.” You can do this best by finding your temperament and learning what strengths are the native fulfilling strengths of that temperament. They will point unwaveringly to your purpose in life.
- Intentionally and deliberately combine other compatible strengths to increase your beliefs even more.
- Center your interest on strengths that intensify each other. Focus intensifies beliefs, and as we will show in this section, emotion increases your strengths even more.

**I will offer three combinations as examples of how we can plan the maximization of our strengths by adding emotion.**

## **Peak Power**

Let's refine our formula one more step. Belief, plus focus, *plus emotion*, creates peak power.

Our brains, simply put, are really two brains: the analytical brain and the emotional brain. Combine an element from the analytical brain with an element from the emotional brain, and the power that our brain generates is intensified. It makes sense that the more of our mind or brain we use, and the more of its potential resources we use, the more mental force is generated.

We have observed this since the beginning of human history when a child (or adult) throws a tantrum. Emotions increase the intensity of the event and prolong its duration. Any emotion will inflate a belief, strengthen the focus, and amplify the results (sometimes, for a tantrum, to a high number on the Richter scale).

Emotion has been given a bad rap. Negative emotions can be so damaging and destructive of progress and of relationships that it is no wonder we think we need to eliminate emotions from our serious pursuits.

Positive emotions are equally powerful, if not more so, but deserve a page of honor in our great achievements, instead. Hillary's conquest of Mt. Everest was not without positive emotions to mobilize his determination. Don't go out to succeed without the power of emotion to aid you.

## **Belief paired with desire**

Here is the first of three possible pairings with emotion. Pair a focused, positive belief with a personal desire, and your belief is powered by more than belief and focus. It is powered, also, by a focused desire, doubling the effect: a focused, positive belief, multiplied by a personal desire.

Desire contains emotion. Both areas of our brains are being used. The focus adds to the belief, and the emotion of desire lifts our potential to new heights.

We can understand it this way: Focusing on a positive belief, and also focusing on a personal desire, adds more fuel to the fire. A fire generated in our mind needs fuel as much as a campfire does. Maintain a fierce, emotionally-fueled focus and you create a raging furnace in the mind. If you want to go over the top to achieve your goal, wouldn't this be helpful?

We often suggest that whatever job we accept it should be something we love, since it will then reward us with success. Same principle. We will strain and sacrifice more for something we desire. The willingness to pay the price for a much-wanted goal is a

forgone conclusion. We do what we have to when the desire to reach our goal is strong enough.

**Maximize the emotions that your desire creates. This is how:**

- Replay your desire in your mind many times a day.
- Write it in some conspicuous place for you to see.
- Live its dream.
- Talk to yourself about it. (This is not a sign of madness.)
- Picture the sweet moment of its fulfillment.
- Talk to others about your plans to make it happen.

**Here is Formula #1:                      Belief x Focus x Desire = Peak Power**

- Take your positive belief and strengthen it
- Add an intense focus to make it happen
- Add the emotions of desire

And you have multiplied the power of the mind three times.

Maximizing our strengths should be a no-brainer. Do we consciously do it? Let's try another pairing with emotion.

**Conviction paired with passion**

A belief is taken to a new level when it becomes a conviction. (Convictions are deeply ingrained beliefs that, sometimes, even form themselves into habits and have excommunicated all doubt from the mind.) Pair a deep conviction with passion, and you become an irresistible force. Conviction is a convinced belief. Passion is rocket fuel. Conviction, with intense focus, plus the fuel of passion create a powerful combination.

**The power of passion**

Passion can be a threatening emotion. People move out of the way when an impassioned person pushes their way to the front of a crowd. We recognize the power that passion generates and its threat to anything or anyone that is in the way.

Passion is stronger than desire. The word contains the feeling of irresistible energy. Success against the odds demands this kind of commitment. If our passion is limited call it something else. True passion attacks the impossible with blind fury. Churchill's admonition, "Never, never, never give up," demands we pair our efforts with powerful passions, or we will wilt in the heat of adversity. Passion is fed with Miracle Grow in the fertile minds of all who push the limits.

Goals are achieved quicker and more consistently when the thrust of passion is employed. "Whatever you do, do wholeheartedly," wrote Saint Paul who knew how to

succeed and make the impossible look like 'Easy Street.' "With all your heart" is the work-standard of the great.

### **Passion calls for suffering**

Passion comes from the Greek word *pathos*, which means suffering. There is no passion without suffering. Passion revs up the senses in expectation of a difficult challenge. If passion costs you nothing it was not worth the name, according to the Greeks point of view. Pain, they believed, was inevitably in the path of passion and success, and its cost must be factored in as part of any real adventure.

The word *pathos* (a direct English transliteration of the Greek word) has a sad ring to our modern ears. We hate suffering and classify it as an evil. The ancient Greeks classified it as a necessity and a worthy tool to fashion their lives with Spartan-like defiance. Passion sees trouble as an opportunity and a call to display what we are made of. We will have to reevaluate our feelings about suffering if we are to be consumed by passion.

### **It comes with a high cost.**

- Sleepless nights, when your mind will not shut down as you search for answers and evaluate the success of all you did.
- Long hours of mental toil, seeking those tantalizingly, evasive ways to overcome a serious setback.
- Stress levels, peaking often, that punish your system and sap your resilience if you fail to manage your life well.
- A high residual level of stress, which can drain your reserves as your passion consumes you.

Passion is not an unmixed blessing. It is a price we pay for living at full throttle. We can't maintain such high levels of passion forever, and we don't want to. We want to turn our passion down a few notches, at times, to refresh our systems. This should be part of our management plan. Yet, don't turn your passion completely off until the goal is reached.

### **Maximize the emotional power of intense passion. This is how:**

- Burn your belief on your mind until you are convinced of its truth and necessity.
- Take it to the level of a conviction.
- Rehearse its necessity and benefits until it becomes a passion.
- Live it; breathe it; dream it; eat it with every meal; and sleep with it as your last thought and your waking awareness.
- Post it in conspicuous places where you will see it often: on your computer screen, your refrigerator, your dashboard, your walls. And write it on your mind in living color.
- Talk about it everywhere you go.
- Talk about it to yourself, searching for better ways to express your passionate dream.

What else can you do? Anything that will increase the flames of passion and summon all you have to reach your goal. Creativity begins in the mind. Find creative ways to mentally stoke your fire.

**Formula #2 is: Conviction x Focus x Passion = Peak Power**

- We raise our belief to the level of a conviction.
  - We focus intensely on making it happen.
  - We add, for maximum power, the strength of a costly passion.
- We have multiplied three times. We have reached peak power.

Do we need reminding that conviction, paired with passion, is the only way to break down the word *impossible* and reconstitute it as “It’s possible”?

**Imagination paired with hope**

A belief takes on the powers of a world unlimited by the laws of physics when it pairs with imagination. Pair imagination with hope, and your thoughts may seem to belong to a super world. You may be scorned as unrealistic, but you are in the company of the great.

**Imagination seems to invite the pessimist’s laugh**

Imagination, however, is often doused with cold negativism before hope can give it life. It dies and is not even awarded a grave marker in our minds. We forget the idea or the dream and move on to more realistic, earthly things. We kill it with phrases like “Be more realistic,” “Come down to earth and stop living in the clouds,” “Be practical,” and “Make sense!”

**Imagination is a belief that becomes airborne**

Imagination is a power of the mind that can thrive in both the analytical brain and the emotional brain. (We see this in the temperaments of the NT and the NF who each show emphasis on one area of the brain.) It is birthed by reason, but more often by emotion and passion. The inner virtual world of the mind is its home.

Imagination contains reason, if we include the world of possibilities as facts to be reckoned with. Sometimes it is so reasonable that we have overlooked its simplicities. It often goes beyond reason and probes ‘impossible impossibilities’ in the hope of finding new realities. *“Imagination is more important than reason.”* [Einstein] It often discovers what reason cannot. However, like belief, it is fragile, even more delicate, and can be destroyed by a laugh or a sneer.

A delicate belief often forms out of our virile imaginations. When it does, imagination amplifies the belief and increases its motivational energies: another multiplication of the mind’s powers.

Hope is the next multiplying factor. It gives imagination a chance to be nurtured and a shot at astounding growth. Focus on the emotions that hope produces, and your mind comes alive with more possibilities. Hope creates a feeling that what we desire could actually happen. It turns on the electricity of expectations. It finds reasons to support and defend its tenuous existence. It excites trust, and trust encourages us to rely on what we hope for. Persistent commitment follows. Determination and perseverance can be born of a virile hope, and they bring stability and substance to the search.

Hope can be so persistent that humans, we have noted, often hope against hope — against the evidence itself. So, imagination, paired with hope, can become another exciting pairing for creativity.

**Maximize the emotional drive of hope:**

- First, feed your imagination with the belief that it can become a possibility.
- Fill each possibility with a faith that is not unreasonable but stretches reason and takes you beyond reason.
- Turn possibilities into reasons as you discover them.
- Post your hope everywhere so you can see it always.
- Dream of it; live it in full color; paint it on the creative canvas of your virtual world.
- Talk about it where your attempts will not humiliate you.
- Make it food and drink for your spirit.

What about your impossible dream: Is it alive, wilted and struggling, or dead? Dead and buried dreams can be resurrected with an intense hope. Our minds were made, not to be cemeteries, rather nurseries.

**Formula #3** states the multiplication of powers still another way:

**Imagination x Focus x Hope = Peak Power**

- Let imagination give birth to belief.
- Add a mental focus to your possibilities and their many incarnations.
- Add the drive of hope, and hold on tight.

You will have multiplied your powers at least three times.

**You Could Do This**

Take belief with intense focus; turn it into a conviction; add personal desire; add the rocket fuel of passion; add a virile imagination; and top it all off with a hope that turns on the electricity of expectations. Stay with the combination, and impossible pathways are traversed.

## Leverage Your Powers by a Healthy Mental Landscape

A positive mental landscape is a pleasure to live in. Peace amidst the storms of life's challenges characterizes its atmosphere. Peace can be that unruffled feeling, that calm yet passionate power that controls the mind.

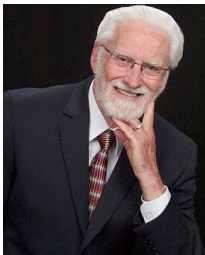
A positive, purposeful, peaceful mind can advance any adventure and keep our sails tight to the wind. When the climate of our mind is conducive to the growth of all that is positive, leveraging our powers can effectively be achieved.

So, intentionally examine your own mental path and, with the use of focus and emotion, strengthen and grow your beliefs and your dreams.

The pairings I have suggested above are only some of our mental power tools. Choose your combination. It can be any mix of positive powers, but make certain it includes belief, focus, and emotion to maximize the use of your mind.

Watch for my upcoming book, ***Would the Real Me Please Stand Up?***

Courtesy of Ray W. Lincoln and RayWLincoln.com, 720-271-1221. Author of ***I May Frustrate You, But I'M A KEEPER!*** ... And more.



Ray W. Lincoln is a professional life coach, international speaker, author, and a philosopher of human nature. His blog at <http://blog.raywlincoln.com> focuses on understanding your own temperament and the temperaments of others in order to increase success in all relationships, whether of a personal or business nature. Ray's unique contribution to the field lies in the role of the strengths of temperaments and how to eliminate weaknesses. His free monthly newsletter, "*Innerkinetics™* Inked", increases understanding of temperament and offers tips for problem solving. Learn more about him at [www.raywlincoln.com](http://www.raywlincoln.com) and [www.imakeeperkid.com](http://www.imakeeperkid.com).