

The Fast Start Program

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Ripeness is the only issue. Are you now ripe?

- Are you ready to assume full responsibility for your life and your happiness?
- Are you ready to do whatever it takes to live a rich, full, happy life?
- Have you had enough of living on the fringes of life?
- Are you ready and willing to go the distance, to pay the cost in learning, effort, and practice?

If—and only if—you are now ready to do whatever it takes for you to enter the Fullness of Life, to own and actualize your inner powers, to know what joy is, to live the life of abundant good, the optimal life—then this material is for you. And we invite you to join our ever-expanding circle.

Introduction

We have a single aim. It is our purpose, our mission, to provide you with a complete course of materials so that you can study, understand, and apply the principles of enduring happiness, prosperity, achievement, success, and fulfillment. We provide you with the material. It is for you to master the principles involved and thereby enter—for yourself—into the Fullness of Life.

All of the materials we use are selected, formatted, and presented so as to provide a systematic and thorough study of the principles that—enable, empower, and ennoble the human being.

Our formatting enables a conscientious reader to more readily appropriate and put into practice the key principles. And this is indeed our entire purpose. All our materials are structured in a manner so as to bring the embedded key points, ideas, and principles into a stronger and more memorable focus.

In order to make the key ideas more accessible we indented major points; we added bullets points to give emphasis to certain lists. We also added footnotes where we thought it appropriate and helpful to the reader. And we leave the right margin ragged because the fact of the matter is that the eye can more readily keep its place in the text with ragged right margins.

Yet it is always true that no one and nothing can put an idea *into* anyone's mind. We can only put the material before you. Appropriation of the principles and application of the principles in your own life is a decision no one can make for you. What you will do with these principles depends entirely upon you. No one paddles your canoe but you.

An Opening Insight into the Optimal Life

"Your life is determined by your thought." Marcus Aurelius

"Supervise especially your thoughts, because it is they that determine your life." Old Testament

"Give me but one firm spot on which to stand, and I will move the earth."
Archimedes, (287-212 B.C.E.) (And that spot is your own thought. R. Reese.)

The only obstacles to your achievement, to your ability to accomplish your heart's desire, and to your happiness in life—are your own negative thoughts, beliefs, and attitudes. Life itself, your life, is intrinsically good, creative, and ever-expanding. I doubt that the point can be any better made than it was so many years ago in the following Native American story:

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two 'wolves' inside us all. One is evil. It is anger, fear, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, goodness, benevolence, empathy, generosity, truth, compassion and faith." The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?" The old Cherokee simply replied, "The one you feed."

Therefore, let us here and now, at this very moment, commit to feeding, nourishing, exercising, growing, developing, and sharing all the good that is within us. Insight shows us that the price of liberty is indeed—eternal vigilance. We must be ever watchful of the influences we admit into our minds, our hearts, our lives. We must be careful regarding where we place our attention. Hence, the Pauline admonition: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise—think on these things." And this takes us to our next point:

Habitual thought-patterns

Whether one seeks to re-constitute a people, a nation, a community, or one's own life—the method is the same. Gordon S. Wood, a contemporary scholar, rediscovered for

himself the revolutionary insight that is the basis of any and all real change (as opposed to mere cosmetic change). In his thorough historical study of the American revolutionary period entitled *The Creation of the American Republic*, Wood acknowledges that his understanding of the American victory is directly attributable to a single insight he gained from Joel Barlow, (1754-1812) an American poet, writer, lawyer, and politician. In Barlow's 1792 essay, *Advice to the Privileged Orders in the Several States of Europe*, Wood found the profound truth that the only difference between the free and the oppressed anywhere in the world is nothing other than a people's "habit of thinking." What we believe is what counts. As a people or as individuals, what we habitually think shapes our character and thereby shapes our lives—and our destinies.

Thanks to Barlow's writing, Wood came to the realization that every successful revolution is first, foremost, and always a revolution in a people's habitual thought-patterns. Indeed, the only real revolution is an inner revolution, a revolution in one's habitual thought-patterns. As one of the key authors selected for our course of study, Wallace D. Wattles, puts the same point:

The world is ruled by habit. Kings, tyrants, masters, and plutocrats hold their positions solely because the people have come to habitually accept them. Things are as they are only because people have formed the habit of accepting them as they are. When the people change their habitual thought about governmental, social, and industrial institutions, they will change the institutions. Habit rules us all.

And Wallace D. Wattles also affirms:

Habitual thought—and not environment or circumstance—has made you what you are.

And this is the single key to a new life, a better life...a better way. If you would change your life for the better, change your thoughts for the better. As you think; so you are. And so will be your life.

As another of our selected writers, Charles Haanel, put the point:

What then is the great business of life? Thinking. Why is this so? Because thought is spiritual; and therefore, creative. To consciously control thought is therefore to control circumstances, conditions, environment and destiny.

And from Charles Fillmore's *Prosperity*:

You can do anything with the thoughts of your mind. They are yours and under your control. You can direct them, coerce them, hush them, or crush them. You can dissolve one thought and put another in its stead. There is

no other place in the universe where you are the absolute master. The dominion given you as your divine right is over your own thoughts only.

All of our materials are geared toward assisting you in changing your habitual thought-patterns so that you may come upon the abundance, joy, and love that are your birthright, that are the birthright of every human being.

Conscious Intentional Thoughts

In order to displace our old habitual thought-patterns, we can begin in a very simple way. Emile Coue, a French chemist and founder of a school of psychotherapy, taught all of his patients this key technique—the use of conscious, intentional, creative thought. Coue is also known as “the Father of Applied Conditioning.”

Emile Coue, born in 1857, was a brilliant student in pharmacy school. Afterward, when he gave medicine to people, he would praise the medicine to some and say nothing about its effectiveness to others. He found that those people who bought the medicine with the added praises of the medicine’s effectiveness did much better than the others using the same medications.

Coue taught that affirmative self-suggestion is a power that we have and can use to realize, actualize, or manifest the good in our lives. Affirmations make it possible to replace the old mental diagrams of fears, obstacles, and such with new mental diagrams that are intentional. Coue taught that the expression: “I can” (and also the expression: “I am”) acts on our inner consciousness in the same way that a light comes on when we throw the switch.

Coue found that by use of one’s inner resources and imagination one could improve one’s life physically, mentally, and spiritually. He taught people self-suggestion. His methods were based on two principles:

When willpower and imagination come into conflict, the power of imagination wins out.

Imagination can be trained more rapidly than willpower.

You can make selected intentional thoughts your new habit by repeating a key affirmative sentence first thing in the morning (repeat the sentence 20 times) and as you relax in bed at night (again, repeat the sentence 20 times). Until you understand the material well enough to generate your own affirmations, you may consider using Coue’s generic recommended phrase: “Every day, in every way, I am getting better and better.”

And, for the next key idea...Kaizen.

Kaizen, the Pursuit of Excellence

- 1) Commit to excellence; and,
- 2) Implement your commitment each and every day.

In connection with Coue's affirmation, "Everyday, in every way, I am getting better and better," we recommend that you also commit yourself to the intention to constantly seek to do some small thing better today than you did it yesterday. This practice, called Kaizen in Japan, was a primary key to the amazing recovery of the Japanese economy after World War II. Kaizen is the commitment to excellence in the form of the constant daily attempt to do any little thing at least a bit better. This principle is remarkably simple. It is pure common sense. But the important thing is to put it into practice and continue the practice each and every day. Think this through. If you do one small thing better each day (just a little bit better) then sooner or later you will cross a threshold and find yourself at a new and higher performance level. This is a key to initiating the process of exponential growth and development. Put this into practice now. And stay the course! Commit to excellence. And persevere!

Let us here add an additional dimension to our insight from the work of Napoleon Hill:

"Remember, therefore, when reading aloud the statement of your *desire* (through which you are endeavoring to develop a "money consciousness"), that the mere reading of the words is of *no consequence*—*unless* you mix emotion, or feeling with your words. If you repeat a million times the famous Emil Coué formula, "Day by day, in every way, I am getting better and better," without mixing emotion and *Faith* with your words you will experience no desirable results. Your subconscious mind recognizes and acts *only* upon thoughts well-mixed with emotion or feeling."

And Hill continues:

"Plain, unemotional words do not influence the subconscious mind. You will get no appreciable results until you learn to reach your subconscious mind with thoughts, or spoken words that are well emotionalized with *Belief*. Do not become discouraged, if you cannot control and direct your emotions the first time you try to do so. Remember, there is no such possibility as 'something for nothing.' The ability to reach and influence your subconscious mind has its price. And you *must pay that price!* You cannot cheat, even if you desire to do so. The price for the ability to influence your subconscious mind is everlasting *Persistence* in applying the principles described here. You cannot develop the desired ability for a lower price. You *and you alone* must decide whether or not the reward you are striving for—the *money consciousness*—is worth the price you must pay for it in effort."

So, start today! Do it right now! And continue this practice. Just do it!

Visualizations

One of the greatest American athletes of the 20th century was Jim Thorpe (his Native name was Wa-Tho-Huk). Thorpe, on the boat trip over to Europe for the Olympic competitions, was simply sitting on the deck while others were vigorously exercising. Asked what he was doing, Thorpe replied, "I am seeing myself cross the finish line." And so he did! Visualization is one of the techniques used by successful people in all walks of life.

Thorpe won Olympic gold medals in both the pentathlon and decathlon. He played collegiate and professional football, professional baseball and professional basketball. In 1950, the Associated Press named Thorpe the greatest athlete of the first half of the twentieth century. In 1999, they ranked Thorpe the third greatest athlete of the century.

From another of our course materials, Genevieve Behrend's *Your Invisible Power*, the section entitled *Order of Visualization* wonderfully describes this process.

"The exercise of the visualizing faculty keeps your mind in order, and attracts to you the things you need to make life more enjoyable in an orderly way. If you train yourself in the practice of deliberately picturing your desire—and carefully examining it—you will soon find your thought and desires come and proceed in more orderly procession than ever before. Having reached a state of ordered mentality you are no longer in a constant state of mental hurry. *Hurry is Fear; and consequently, destructive.*

In other words, when your understanding grasps the power to visualize your heart's desire and hold it with your will, it attracts to you all things requisite to the fulfillment of that picture by the harmonious vibrations of the Law of Attraction.

You realize that since Order is Heaven's first law, and visualization places things in their natural element, then it must be a heavenly thing to visualize.

"Everyone visualizes, whether they know it or not. Visualizing is the great secret of Success. The conscious use of this great power attracts to you greatly multiplied resources, intensifies your wisdom, and enables you to make use of advantages that you formerly failed to recognize.

"In visualizing, or making a mental picture, you are not endeavoring to change the laws of Nature. You are fulfilling them. Your object in visualizing is to bring things into regular order both mentally and physically. When you realize that this method of employing the creative power brings your desires, one after another, into practical material accomplishment, then your confidence in the mysterious but unfailing Law of Attraction, which has its central power station in the very heart of your word-pictures, becomes supreme. Nothing can shake it. You never feel that it is necessary to take anything from anybody else.

You now know that the correlatives of asking and seeking are receiving and finding. You know that all you have to do is to start the plastic substance of the Universe flowing into the thought-molds that your picture-desires provide.”

We suggest that you begin your visualization practice today.

Nominalism—The Stumbling Block

Our number one obstacle is called nominalism. This philosophical term denotes our all too common habit of thinking that we know something when we only know the form. We must learn to distinguish between our merely conditioned mental processes (associative thinking and memory) and an actual insight into the essence of the matter.

The question is: How do we move from the map to the territory, from the description to the described, from the letter to the spirit?

Let us now open this portion of our investigation with a poem regarding our common enemy. The all-too-common affliction is the theme of the following mesostic. This is a Japanese poetic style where the poem is composed around the theme word that runs down the center. Here is our question:

What is it—
That acknowledged, begins to die?
Denied, lives...
Forever?
What is worthless, but
Will cost you a fortune? What—
Is all but invincible, blinds
the conscience, constricts the mind,
And deadens the heart?

Let us then vanquish ignorance. The number one problem suffered by so many is that we can read and read and talk and talk yet not ever really “get it.” So the real question is: How do we come upon actual insight, living insight? How do we come upon the “Aha!” experience that really makes the difference, that actually enables, empowers, and ennobles us?

From R. W. Trine, *The Greatest Thing Ever Known*:

Here Trine discusses the difference between knowledge and realization in his own way. He answers the question: What does it mean to have an actual insight; what does it mean to see a truth for yourself?

A principle—as a mere intellectual perception, however, as a mere dead theory, amounts to but little, if indeed to anything at all, so far as bearing fruit in everyday life is concerned. It is the vital, living realization of this great transcendent truth in the life of each one that makes it a mighty moving and molding force in their life.

How then do we—Cross the Threshold—into Actual Empowerment?

Now a symbol is not the thing symbolized. The purpose of a symbol is twofold, to put us upon enquiry as to the reality that it indicates, and to bring that reality to our minds by suggestion when we look at the symbol. But if it does not do this, and we rest only in the symbol, nothing will come of it, and we are left just where we were. T. Troward

Words, meanings, and contexts are nuanced by each person in a unique manner. As the ancient Greek pre-socratic philosopher, Heraclitus put the point: “You cannot twice put your foot in the same river.” Change is ever ongoing. No single word ever has an absolutely identical meaning even if used twice in one speech by the same speaker. From moment to moment, we are not the same person. Speech Communication scholars are fond of saying that over 90 percent of communication is nonverbal. Hence, meanings are found in the spirit not the letter, (not the words, not the concepts, symbols, forms, rituals, institutions, dogmas, doctrines, theories, maps, models, paradigms, and such)—but in the spirit and only in the spirit. The spirit is truth. And so, as has been said:

“The map is not the territory.” A. Korzybski

“The description is not the described.” J. Krishnamurti

“The name is not the named.” R. Reese

“It is the spirit not the letter.” J. Christ

All that we call ‘knowledge’ is merely a map, a model, a paradigm...it is a sign pointing beyond itself to something else. Hence, knowledge qua knowledge is always and can only be...second-hand. Understanding, actual understanding, is the bridge—the intermediative principle—the movement toward first-hand knowing, i.e. direct experience of the real. And it is this direct, first-hand experience that makes all the difference in the world. As Thomas Troward observed:

But the thing itself is Life; and therefore, can only be suggested—but not described—by any words or symbols. It is a matter of personal experience that no one can convey to another.

All we can do is point out the direction in which this experience is to be sought, and to tell others the intellectual arguments that have helped us to find it. But the experience itself is the operation of definite vital functions of the inner being, and no one but ourselves can do our living for us.

The oh-so-common error—how many take mere verbal knowledge (head-knowledge), for actual knowing? Let us remember that the map is not the journey and the journey is not the destination. As the saying goes, “The proof is in the pudding.”

How then do we get beyond the text to the ‘meat of the matter?’ The selections that follow represent differing takes on this issue.

From T. Troward’s *The Dore Lectures, Entering into the Spirit of it:*

“We all know the meaning of this phrase in our everyday life. The Spirit is that which gives life and movement to anything, in fact it is that which causes it to exist at all. The thought of the author, the impression of the painter, the feeling of the musician, is that without which their works could never have come into being. And so it is only as we enter into the IDEA that gives rise to the work, that we can derive all the enjoyment and benefit from it that it is able to bestow. If we cannot enter into the Spirit of it, the book, the picture, the music, are meaningless to us:

To appreciate them we must share the mental attitude of their creator. This is a universal principle. If we do not enter into the Spirit of a thing, it is dead so far as we are concerned. But if we do enter into it we reproduce in ourselves the same quality of life that called the thing into existence.”

Genevieve Behrend, Thomas Troward’s protégé, recounts her own struggle to overcome nominalism in the following sections taken from her book, *Your Invisible Power*.

“It took me weeks and months to get even a vague conception of the meaning of the first chapter of *Dore*, which is entitled “Entering Into the Spirit of It.” I mean by this that it took me months to enter into the spirit of what I was reading.

“But in the meantime a paragraph from page 26 arrested my attention, as seeming the greatest thing I had ever read. I memorized it and endeavored with all my soul to enter into the spirit of Troward’s words. The paragraph reads:

“My mind is a center of Divine operation. The Divine operation is always for expansion and fuller expression, and this means the production of something beyond what has gone before, something entirely new, not included in the past experience, though proceeding out of it by an orderly sequence of growth. Therefore, since the Divine cannot change its inherent nature, it must operate in the same manner with me. Consequently, in my own special world—of which I am the center—it will move forward to produce new conditions, always in advance of any that have gone before.”

“It took an effort on my part to memorize this paragraph, but in the endeavor toward this end the words seemed to carry with them a certain stimulus. Each repetition of the

paragraph made it easier for me to enter into the spirit of it. The words expressed exactly what I had been seeking. My one desire was for peace of mind. I found it comforting to believe that the Divine operation in me could expand to fuller expression and produce more and more contentment—in fact, a peace of mind and a degree of contentment greater than I had ever known. The paragraph further inspired me with deep interest to feel that the life-spark in me could bring into my life something entirely new. I did not wish to obliterate my past experience, but that was exactly what Troward said it would not do. The Divine operation would not exclude my past experience, but proceeding out of them would bring some new thing that would transcend anything that I had ever experienced before.

“Meditation on these statements brought with it a certain joyous feeling. What a wonderful thing it would be if I could accept and sincerely believe, beyond all doubt, that this one statement of Troward's was true. Surely the Divine could not change its inherent nature, and since Divine life is operating in me, I must be Divinely inhabited, and the Divine in me must operate just as it operates upon the Universal plane.

“This meant that my whole world of circumstances, friends and conditions would ultimately become a world of contentment and enjoyment of which ‘I am the center.’ This would all happen just as soon as I was able to control my mind and thereby provide a concrete center around which the Divine energies could play. Surely it was worth trying for. If Troward found this truth, why not I? The idea held me to my task.”

From Troward's *The Creative Process in the Individual*:

“No writer or lecturer can convey an idea *into* the minds of his audience. He can only put it before them, and what they will make of it depends entirely upon themselves—assimilation is a process no one can carry out for us.”

From Trine:

“The majority of people are not awake. It is only here and there that we find one even partially awake. Practically all of us, as a result, are living lives that are unworthy almost to even be called ‘lives,’ compared to those we might be living, and that lie within our easy grasp.

“While it is true that each life is in and of Divine Being, hence always one with it, in order that this great fact bears fruit in individual lives, each one must, as we have already said—be conscious of this unity. We must know it in thought, and then live continually in this consciousness.

“Consider an eagle that has been chained for many months to the perch just outside of his cage. So long has he been conscious of the fact that he is bound by the little silver chain that holds him that he has given up all efforts to escape, almost forgetting, perhaps, that the power of flight is still his. One day a link of the little chain opens, but, living so long in the consciousness that he is held in captivity, he makes no effort to

escape. The freedom of the heavens is now his, were he only conscious of his power. But day after day he sits sullenly longing for freedom but remaining a captive still. One morning, however, he ventures a little farther out on his perch than usual, when suddenly a strange consciousness is his—he sets his wings, and the captivity that held him for months will perchance know him no more forever. And so it is with us. On account of the false gods that tradition and prevailing theology have brought us—we know not ourselves. And, not knowing ourselves—we know neither our powers nor our possibilities.

“The human soul is held captive. An opaque physical structure is about all that we can be said truly to evidence. The day comes, however, when in our thought we move out a little farther than is usual, then a little farther and a little farther.”

And...

“To set one's face in the right direction, and then simply to travel on, will in time bring one into the realization of the highest life that can be even conceived of—it is the secret of all attainment.”

And now, regarding nominalism, we may conclude that:

- Knowledge is having a map.
- Understanding is the willingness to use the map, to go the distance; and
- Realization, actualization, or manifestation, is the outcome, i.e. productivity, fruitfulness, arriving at one's destination—entering the fullness of life.

What counts then is to—stay the course—until you can see the principles through your own eyes and put them into use in your own life.

A Key to Increasing our Intrinsic Freedom

How then might we increase our own inner freedom?

From Christian Larson's *The Ideal Made Real*:

“Try this method for a year—or until you have done it really, truly, fully, and completely.

Forgive everybody for everything, no matter what happens. And do not forget to forgive yourself.

“You will then conclude that forgiveness—absolute forgiveness—is not only the path to complete emancipation, it is also the "gates ajar" to a better life, a larger life, a richer life, a more beautiful life than you ever knew before. You will find that you can instantaneously remove disease from the body, perversion and wrong from the mind, by complete and unrestricted forgiveness.

“You can, in the same, way *steadily recreate yourself* into a new and better being. Forgive the imperfect, and with heart and soul desire constantly the realization of the perfect. The imperfect will thus pass away and the more perfect will be realized in a greater and greater abundance.

“Whatever our place in life may be, we must eliminate every burden of mind or body if we wish to rise in the scale. The first step in this direction is to forgive everybody for everything. When you begin to practice forgiveness on this extensive scale you will find obstacles disappearing one after the other. Those things that held you down will vanish and that which was constantly in your way will trouble you no more.

- Your pathway will be cleared.
- You will have nothing more to contend with.
- Everything in your life will move smoothly and harmoniously towards greater and greater things.

“This is perfectly natural. By forgiving everybody and everything you have let every form of evil go. You have invited all the good, and have therefore populated your own world with persons and things after your own heart. Through perpetual and complete forgiveness your mind will be kept perfectly clean. Not a single weed will ever appear in the beautiful garden of your mind. And so long as the mind is clean neither sickness nor adversity can exist in human life. This may be a strong statement, but those who—will try the principle and continue to live it—will find it to be the truth.

“Forgiveness is a necessity to the true life, the emancipated life, the superior life, the ideal life. For that reason every person who desires to make real the ideal in his world must begin to practice absolute forgiveness at once. If we can forgive everybody for everything now, we should do so, whether the world in general can do so or not. Those who wish to move forward must not wait for everyone. It is your privilege to go in advance of the species and prepare the way for millions.”

The Findings of Norman Cousins

Cousins’ book is not officially a part of our curriculum; we do, however, here provide a summary of his findings. Norman Cousins attained international fame for laughing an incurable disease out of his body. He put himself on doses of vitamin C and he read books full of good humor and watched movies to make himself laugh. The incredible story of Norman Cousins’ recovery from a progressive, incurable disease is recorded in the national best selling classic: *The Anatomy of an Illness as Perceived by the Patient*, subtitled: *Reflections on Healing and Regeneration*. Cousins reaches his findings from a combination of personal experience, his meetings with noteworthy people (he personally knew Albert Schweitzer and Pablo Casals and some of the top medical people of his time), medical researches and experiments, and a wide variety of other sources. The book also provides, in passing, a review of the history of medicine. He was the editor of the Saturday Review for decades and the advisory editor of a medical

journal. Cousins received many awards for his work: The UN Peace Medal, the John Hopkins Medical School Albert Schweitzer Award for Humanitarianism, and the American Peace Prize. What follows is a summary of his main points.

Point 1: Laugh often! Laugh loud! Laugh until it hurts! Cousins demonstrated the fact that regular, good-hearted belly laughter is healing. Such good-humored laughter is restorative to your whole body and your life. Hence, the proverbial wisdom is in fact true: “Laughter is the best medicine.”

Point 2: Develop a robust will to live! Protecting, nourishing, and developing our natural drive may be, as Cousins puts the point, “the finest exercise of human freedom.” Cousins points out (by using his personal knowledge of the lives of Albert Schweitzer and Pablo Casals) that we can develop our will to live through our overarching life-aim, our true work—the job that we have to do.

Point 3: *Vis medicatrix naturae* (the healing power of nature), your body is inherently self-healing. Cousins demonstrated this point by a review of the writings of great doctors and the history of medicine.

Point 4: Fully exercise the affirmative emotions by listening to great, classical music. Cousins personally and repeatedly witnessed the robust effect of great, classical music on his friends Schweitzer and Casals. He observed that both of these men played Bach and Brahms every single day. And that the effect of the music on them bordered on the miraculous.

For anyone with a health problem and for anyone in, or about to enter, medical school, we suggest that Cousins’ book is mandatory reading.

As a capstone to this section of our booklet, we would like to share with you:

A Lesson from Lincoln

“Nor should I ever forget to mention here that—the last act of Congress ever signed by him—was one requiring that the motto, in which he sincerely believed, 'In God we trust,' should hereafter be inscribed upon all our national coin.” April 30, 1865 Schuyler Colfax

And so it is. From a penny to our largest paper currency, without exception, every coin and bill proclaims our national motto: “In God we trust.” And so Lincoln lived, and by his example taught—Above all else, trust in God—the Good.

Overview of Our Course Materials

The Fullness of Life series consists of seven volumes presented in a triple phased course of study. All of our materials were selected, reworked, edited, and formatted so as to make the material more readily accessible by our founder, Roland Reese. Roland

took his Bachelor's degree in Philosophy, his Master's Degree is in Human Communication (intrapersonal, interpersonal, small group, and public communication), and his third degree is in Law, the J.D. degree. He has taught in three institutions of higher learning (New Mexico State University, Texas A & M University, and Austin Community College). And he practiced trial law for over a decade in Houston, Texas. Roland became curious about the difference between his most successful clients and colleagues, those who lived lives of enduring happiness and the many who simply "hobble through life." He took up an intensive investigation of this issue. Our offerings are the fruit of that investigation. Roland discovered a pool of writers whose works articulate the principles and practices for real, lasting, success and happiness in life. This is the very pool of writers whose works are regarded by many of the most successful people as the foundations of their own success. These are the key works, the foundational materials, and the very central understandings that generate high level success. Roland brought these various works up to date by giving each work a thorough reformatting in order to render each one far more accessible. Thanks to the reformatting, the principles embedded in each work are now more easily identified and more readily mastered.

Here is a Comparison between an unedited piece and Roland's editing and reformatting.

The example of Roland's work follows this piece from Wattles' *The Science of Getting Rich*. As you will see for yourself, he makes the material far more accessible for study and application (mastery) so that you can put the principles into play and build for yourself—the optimal life.

Here is the unedited version...

The Right To Be Rich

A man develops in mind, soul, and body by making use of things, and society is so organized that man must have money in order to become the possessor of things; therefore, the basis of all advancement for man must be the science of getting rich.

The object of all life is development; and everything that lives has an inalienable right to all the development it is capable of attaining.

Man's right to life means his right to have the free and unrestricted use of all the things which may be necessary to his fullest mental, spiritual, and physical unfoldment; or, in other words, his right to be rich.

In this book, I shall not speak of riches in a figurative way; to be really rich does not mean to be satisfied or contented with a little. No man ought to be satisfied with a little if he is capable of using and enjoying more. The purpose of Nature is the advancement and unfoldment of life; and every man should have all that can contribute to the power; elegance, beauty, and richness of life; to be content with less is sinful.

The man who owns all he wants for the living of all the life he is capable of living is rich; and no man who has not plenty of money can have all he wants. Life has advanced so far, and become so complex, that even the most ordinary man or woman requires a great amount of wealth in order to live in a manner that even approaches completeness. Every person naturally wants to become all that they are capable of becoming; this desire to realize innate possibilities is inherent in human nature; we cannot help wanting to be all that we can be. Success in life is becoming what you want to be; you can become what you want to be only by making use of things, and you can have the free use of things only as you become rich enough to buy them. To understand the science of getting rich is therefore the most essential of all knowledge.

Now, here is our professionally edited and formatted version of Wallace D. Wattles' first point from his text, *The Science of Getting Rich*:

The Right to Be Rich

Each one of us develops in mind, soul, and body by making use of things. Society is so organized that every one must have money in order to become the possessor of things; therefore, the basis of all individual advancement must be—the science of getting rich.

The object of all life is development. Every life, all life, has an inalienable right to all the development it is capable of attaining. Your right to life means your right to have the free and unrestricted use of all the things necessary to your fullest mental, spiritual, and physical unfoldment; or, in other words—your right to be rich.

In this book, we do not speak of riches in a figurative way. To be really rich does not mean to be satisfied or contented with a little. No one ought to be satisfied with a little if she or he is capable of using and enjoying more.

- The purpose of Nature is the advancement and unfoldment of life.
- Every person should have all that can contribute to the power, elegance, beauty, and richness of life.
- To be content with less is sinful.

The one who owns all one wants for the living of all the life one is capable of living is rich. Until you have plenty of money, you cannot have all you want. Life has advanced so far, and become so complex, that even the most ordinary man or woman requires a great amount of wealth in order to live in a manner that even approaches completeness.

Every person naturally wants to become all that they are capable of becoming. This desire to realize innate possibilities is inherent in human nature. We cannot help wanting to be all that we can be.

Success in life is becoming what you want to be. You can become what you want to be only by making use of things, and you can have the free use of things only as you

become rich enough to buy them. To understand the science of getting rich is therefore the most essential of all knowledge.

As you can see...the professionally edited and formatted piece is a far better read and a more accessible study. Our entire course of study is designed to bring the ripe, ready, and willing person into a mastery of the life-principles. Our mission is to enable, empower, and ennoble humanity...one by one.

Our course materials bring together a complete inner discipline. Success is its own discipline. Success and enduring happiness is a matter of knowing the principles and the consistent application of such principles in one's everyday life.

Phase I The Prosperity Principles

Here you have a comprehensive Method you can use to build the fullest, most abundant and prosperous life for those you love, for yourself, and for the good of all concerned. We have put together a comprehensive program to facilitate the acquisition and mastery of the principles of success. Obviously, every method is nothing other than—a discipline. If you use all the resources we make available to you, and apply them to yourself and to your life, then you cannot but acquire the discipline of success—the inner discipline!

Phase I is a systematic intensive study on the five key foundational works that most directly address the subject of how to accumulate wealth! Our course is put together according to the maxim that if you want to understand something—study those who are the experts in your area of enquiry. The five figures that most keenly focused upon and described in writing the elements of attainment, wealth, prosperity, abundance, success, accomplishment, and achievement are James Allen, Wallace Wattles, Napoleon Hill, Charles Haanel, and Charles Fillmore. Volume I of our educational materials is titled: *The Prosperity Trilogy*. Its motto is: “Prosperity for all—is—Justice for all.” The book is a reformatting and editing of **Napoleon Hill's** *Think and Grow Rich*; **James Allen's** *The Pathway to Prosperity*; and **Wallace D. Wattles' The Science of Getting Rich**.

Napoleon Hill's *Think and Grow Rich* is a concise single volume restatement of Hill's life-work—a 16 volume treatise entitled *The Law of Success*. Hill stated his purpose in publishing *Think and Grow Rich*:

This book describes, step by step, the thirteen elements of this great law, and suggests how you may put this great law to use in your own life.

The purpose of this book—a purpose to which I faithfully devoted over a quarter of a century—is to present to all who want the knowledge, the most dependable philosophy that individuals may employ to accumulate riches in whatever amounts they desire.

In this book may be found all the stimuli necessary to “attune” any normal mind to the vibrations that attract the object of one’s desires.

Going the distance...

Taking your mastery of the material to the next level in Volume II, we include **Charles Haanel’s** *The Master Key System*, a series of 24 lessons. Here we also added a series of focus questions before each lesson to get your mind moving in the right direction and to prepare you to receive the insights that each lesson was originally written to transmit to you. Also, the many errors prevalent in the generally available texts are corrected. And, the material is formatted for more effective study. Interestingly, in large measure, Napoleon Hill credited his success to Haanel’s book. Napoleon Hill wrote in a letter to Haanel in 1919 that “My present success and the success which has followed my work as President of the Napoleon Hill Institute is due largely to the principles laid down in *The Master-Key System*.”

Finally, we include **Charles Fillmore’s** *Prosperity*. Fillmore’s work is entirely Biblically based. It is interesting to see how each of our writers’ points of view overlap. And, though they use different words and concepts, one notes how much each of the points of view have in common with each other. And, we can note what each adds to the whole.

Phase II Personal Empowerment

Eight Movements toward the Center

In accordance with our aim to present the complete Art, Science, and Philosophy of Achievement, we include also the following materials to more fully develop your understanding of the key principles. Likewise, all of these materials are reformatted and edited so that you may more readily access and master the ideas they contain. Volume III is a Collection of Eight Essays. Each of these essays represents another facet of a single idea:

- Mildred Mann’s *Finding Your True Self*
- Genevieve Behrend’s *Your Invisible Power*
- James Allen’s *As You Think* (originally titled “*As a Man Thinketh*”)
- Thomas Troward’s *The Creative Process in the Individual*
- Ernest S. Holmes’ *Creative Mind*
- Henry Drummond’s *The Greatest Thing in the World*
- Ralph Waldo Trine’s *The Greatest Thing Ever Known*
- Wallace D. Wattles’ *The Science of Being Great*

Phase III The Capstone

Volume IV is a panoramic view of the subject matter. Our fourth volume is a selection of 53 short pieces. This volume is designed so that we can examine the subject matter from many different perspectives. It contains additional methods to help us move ourselves into new and creative thought modes.

Volume V is **Ralph Waldo Trine's** *In Tune with the Infinite*. Here we mention that Henry Ford attributed all of his success to this book. In fact, Ford kept many copies of the book in stock and freely gave copies of the book to many people. Ralph Waldo Trine's *In Tune with the Infinite* is recommended by no less a figure than the billionaire philanthropist Sir John Marks Templeton. Trine's basic message is that if we will recognize the power of our thoughts and harmonize our will with the Divine Will, we will attract to ourselves the fullness of life, joy, love, abundance, health, wisdom, and peace.

Volume VI is **Christian Larson's** *The Ideal Made Real*. Christian D. Larson was a prolific writer. He recognized the fact that we all have substantial intrinsic powers that we can learn how to use to bring all good into our lives. Along with Ralph Waldo Trine's *In Tune with the Infinite*, Larson's *The Ideal Made Real* was a key influence on Ernest Holmes. Larson wrote the Optimists Creed in 1912. Optimist International adopted Larson's creed. Larson was also an associate editor and a writer for Ernest Holmes' magazine *Science of Mind*. *The Ideal Made Real* is our sixth presentation of the inner discipline that sets one free and opens the gates into the fullness of life.

Brief Biographies of our key Authors

James Allen was forced by financial pressures to leave school at the age of fifteen. He spent the bulk of his life as an administrative assistant in several British manufacturing companies. In 1902, nine years before his death, he retired to a life of meditation and writing. Allen's *As a Man Thinketh* (which I renamed: *As You Think*) was Allen's second and most popular book. Allen continuously affirms that we have the power to form our own character; and thereby, to create the quality of our own lives. Thought and character are one. Allen's writings show us both sides of a single coin: We are where we are today because of what we thought in our yesterdays. Likewise, our thoughts today shape our tomorrows. The point of Allen's work is to show us how to manifest our dreams.

Genevieve Behrend was Thomas Troward's only personal student. For two years Genevieve Behrend dedicated her life exclusively to the study of Troward's teaching. Thereafter she started and ran The School of the Builders in New York City. She then spent 35 years teaching and practicing Troward's "Mental Science." *Your Invisible Power* was her first and most popular book. What is more, ever since the first edition, this key book has gone through many editions as one of the world's best sellers on Mental Science. Behrend is widely acknowledged for presenting Troward's science in

the clearest most practical and practicable manner. Her book teaches the life transforming power of visualization and other processes taught by Troward.

Henry Drummond was a professor, a scientist, and a theologian. He was most influenced by Ruskin and by Ralph Waldo Emerson. Emerson's work was the primary enduring influence. Drummond traveled the world and he was highly regarded for his work during his lifetime and to the present day. He was a key influence on Ralph Waldo Trine.

Charles Fillmore, and his wife, Myrtle, founded the Unity Church of Christianity and a publishing company. Unity Village, a 1300 acre community at Lee's Summit, Missouri is now the world headquarters of the international Unity communion of churches. Fillmore wrote many books and pamphlets and initiated a radio program as well.

Charles F. Haanel, a self-made success, owned several major companies. He was president of the Continental Commercial Company, the Sacramento Valley Improvement Company, and the Mexico Gold & Silver Mining Company. Haanel was also a member of the American Scientific League, the Author's League of America, the American Society of Psychical Research, the St. Louis Humane Society, and the St. Louis Chamber of Commerce. Haanel put into the Master Key System the ideas and methods he used to achieve success. It is claimed that the study of Haanel's book is what enabled virtually everyone in Silicon Valley to make their fortunes. Napoleon Hill wrote in a letter to Haanel in 1919 that "My present success and the success which has followed my work as President of the Napoleon Hill Institute is due largely to the principles laid down in *The Master-Key System*."

Napoleon Hill was born in poverty in a two-room cabin. When he was 10 years old his mother died. As a young man, Hill became a journalist. During an interview with Andrew Carnegie, Carnegie invited Hill to meet and interview over 500 millionaires to find, and articulate, a success formula that anyone could use. Hill accepted. Among those Hill meet and interviewed were Alexander Graham Bell, William Jennings Bryan, Thomas Edison, Henry Ford, Elmer Gates, John D. Rockefeller, Theodore Roosevelt, Charles M. Schwab, William H. Taft, Woodrow Wilson, F. W. Woolworth, and William Wrigley Jr. Hill committed over 20 years of his life to this project. His book, *Think and Grow Rich*, is a condensation of his 16 volume treatise, *The Law of Success*. His book is the all-time best seller and cornerstone of the philosophy of success. Hill was awarded an honorary doctor of literature degree (Litt. D.) by Pacific International University. The Litt.D. is awarded for original work of special excellence in linguistics, literature, philosophy, and a few other areas.

Ernest Holmes is well known as the founder of the International Religious Science movement, as the author of the book, *The Science of Mind*, and for launching the international *Science of Mind* magazine. His magazine has been in nonstop publication since 1927. Holmes left school at the age of 18. Shortly after leaving school, Holmes discovered the writings of Ralph Waldo Emerson. He once said: "Reading Emerson is like drinking water to me." Not long afterward, he discovered the work of both Christian

D. Larson and Ralph Waldo Trine. Then, at the age of 25, he discovered the writings of Thomas Troward. The rest, as is often said, is history!

Christian D. Larson was a prolific writer. He believed that we all have substantial intrinsic powers that we can recognize and learn how to use to bring all good into our lives. Along with Ralph Waldo Trine's *In Tune with the Infinite*, Larson's *The Ideal Made Real* was a key influence on Ernest Holmes. Larson wrote the Optimists Creed in 1912 and included it in his book *Your Forces and How to Use Them*. Optimist International adopted Larson's creed. Larson was also an associate editor and a writer for Ernest Holmes' magazine *Science of Mind*.

Mildred Mann (1904-1971) founded The Society of Pragmatic Mysticism. The Society is dedicated to the "Practice of the Presence of God in the Every Day World." Her work is very well respected for its clarity and practicality. She committed her life to teaching and was widely celebrated for the quality of her work.

Ralph Waldo Trine's *In Tune with the Infinite* is recommended by no less a figure than the billionaire philanthropist Sir John Marks Templeton. Many believe that Trine's book is one of the direct inspirations for both Napoleon Hill's *Think and Grow Rich* and Norman Vincent Peal's *The Power of Positive Thinking*. Trine was educated at Carthage College Academy, Knox College. He also studied history and political science at the University of Wisconsin, and later at John Hopkins University. After his formal studies he became a special correspondent for *The Boston Daily Evening Transcript*. He was influenced by the writings of the German philosopher Fichte (also spelled "Fichte"), by Ralph Waldo Emerson, and by Henry Drummond. Trine's basic message is that if we will recognize the power of our thoughts and harmonize our will with the Divine Will, we will attract to ourselves the fullness of life, joy, love, abundance, health, wisdom, and peace.

Thomas Troward, a Divisional Judge at Punjab, received many honors in his lifetime. Among other honors, Troward was an honorary member of the Medico-Legal Society of New York, and first Vice-President of the International New Thought Alliance. He lived in India for many decades and became very well known as an expert in religions. Judge Troward was also renowned for his acute legal mind. We would bring to the reader's attention that no less a figure than the great American philosopher William James wrote that he personally found Troward's writings to be "far and away the ablest statement of philosophy I have met, beautiful in its sustained clearness of thought and style, a really classic statement."

Wallace D. Wattles is best known for his prosperity classic, *The Science of Getting Rich*. Wattles studied the world religions and philosophies. Among others, he studied the writings of Leibnitz, Hegel, Descartes, Spinoza, Schopenhauer, Swedenborg, and Ralph Waldo Emerson. He wrote to articulate the principles he gleaned from his studies and that he had put into practice in his own life. His daughter Florence wrote, "He wrote almost constantly. It was then that he formed his mental picture. He saw himself as a successful writer, a personality of power, an advancing man, and he began to work

toward the realization of this vision. He lived every page ... His life was truly the powerful life."

If you wish to continue your march toward the mastery of the discipline that is the good life—then come on board. Life is its own discipline. Learn it, love it, and share it. Our central principle is simplicity itself—we are only interested in what works to promote the best life for all concerned. We will be adding more materials; links to other websites that meet our criteria; and whatever else we come upon that moves us in the direction of an ever fuller, more meaningful, and more joyous life.

You were born to be happy, prosperous, and fulfilled. That is your birthright as a human being.

Next, we recommend that you immediately put into play one of the most consistently recommended practice by, not only our writers, but by the vast majority of self-development writers. And it is this—gratitude! Everyday, often, and as the last thing you do before falling asleep each night, give thanks for every good you experienced. This is a truly remarkable practice and will initiate significant improvements in your experience of life rather quickly. No good is too small. Be grateful for all good. Take nothing for granted. Just try it for a month and see for yourself!

Lastly, here is a very critical key. As the saying goes: "No one is an island." We are simultaneously individual and communal beings. No one builds a full and complete life alone.

It is necessary that we take Napoleon Hill's advice and bring together what Hill calls "Master-mind" groups. These groups may be only as few as three to five people. Following the Hill principles for master-minding together, we hold each other accountable to keep to our goals.

One of the best examples that we all know is Alcoholics Anonymous. This is a master-mind group. The people are accountable to each other. They are dedicated to achieving a specific goal. And it works!!! Therefore, you cannot be too strongly advised to bring together a small group of people what are committed to success, to living full and complete lives, and working with each other—checking in to be accountable; and brainstorming together.

Accountability groups are radically important to our success in life. This point cannot be overstated. If there is a single common denominator for the successful and fulfilling life it is this.

TowardtheCenter.com

P.S. You will notice that on all our materials the right margin is left "ragged." This is because it is easier for the eye to find its place on the page. We are happy to trade higher functionality for mere "looks." Thank you.