

As a Man Thinketh

James Allen

Thought and Character

- p.1 "A man is literally what he thinks, his character being the complete sum of all his thoughts."
"A noble and Godlike character is not a thing of favour or chance, but is the natural result of continued effort in right thinking, the effect of long-cherished association with Godlike thoughts."
"As a being of Power, Intelligence, and Love, and the lord of his own thoughts, man holds the key to every situation, and contains within himself that transforming and regenerative agency by which he may make himself what he wills."

Effect of Thought on Circumstances

- p.4 "MAN'S mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth."
p.5 "Man is buffeted by circumstances so long as he believes himself to be the creature of outside conditions, but when he realizes that he is a creative power, and that he may command the hidden soil and seeds of his being out of which circumstances grow, he then becomes the rightful master of himself"
p.6 "Circumstance does not make the man; it reveals him to himself"
p.7 "Men do not attract that which they want, but that which they are."
"Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound."
p.10 "Suffering is always the effect of wrong thought in some direction. It is an indication that the individual is out of harmony with himself, with the Law of his being."
p.11 "Blessedness, not material possessions, is the measure of right thought; wretchedness, not lack of material possessions, is the measure of wrong thought."
"A man only begins to be a man when he ceases to whine and revile, and commences to search for the hidden justice which regulates his"
p.13 "A man cannot directly choose his circumstances, but he can choose his thoughts, and so indirectly, yet surely, shape his circumstances."

Effect of Thought on Health and the Body

- p.14 "Disease and health, like circumstances, are rooted in thought."
p.15 "The body is a delicate and plastic instrument, which responds readily to the thoughts by which it is impressed, and habits of thought will produce their own effects, good or bad, upon it."

Thought and Purpose

- p.17 "A man should conceive of a legitimate purpose in his heart, and set out to accomplish it."
p.19 "Thoughts of doubt and fear never accomplished anything, and never can. They always lead to failure. Purpose, energy, power to do, and all strong thoughts cease when doubt and fear creep in."

The Thought-Factor In Achievement

- p.21 "There can be no progress, no achievement without sacrifice, and a man's worldly success will be in the measure that he sacrifices his confused animal thoughts, and fixes his mind on the development of his

plans, and the strengthening of his resolution and self-reliance. And the higher he lifts his thoughts, the more manly, upright, and righteous he becomes, the greater will be his success, the more blessed and enduring will be his achievements"

p.22 "By the aid of self-control, resolution, purity, righteousness, and well-directed thought a man ascends; by the aid of animality, indolence, impurity, corruption, and confusion of thought a man descends."

Visions and Ideals

p.23 "He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly."

p.24 "He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realize it."
"Dreams are the seedlings of realities."

Serenity

p.27 "A man becomes calm in the measure that he understands himself as a thought evolved being, for such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect he ceases to fuss and fume and worry and grieve, and remains poised, steadfast, serene."
NOTE: Reminds me a lot of more experienced people that I see in business, they always appear to be more calm