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us today.

Douglas was speaking about the state of one's mind. "The mind is the positive ~~faculty~~ intelligence that permeates all creation in the universe and seeks to reveal to us the eternal truths and ultimate realities.

Man's destiny is controlled mostly by the mind. All that a person achieves is the result of one's own thought. Your sufferings and your happiness are evolved from within. As you think so are you, as you continue to think, so shall you remain. No one but you can alter your condition. Marcus Aurelius, one of the wisest men who ever lived, very aptly said, a man's life is what his thought makes.

19 of it." Ralph Waldo Emerson expressed the same thought when he said, "A man's life is what he thinks about all day."

These great thinkers are ~~is~~ expressing the fact that the world in which we live is not determined so much by outward circumstances, but by that which habitually occupy our minds. If a person has ~~positive~~ positive, beautiful and happy thoughts, then his or her life will reflect beauty, joy, peace and prosperity. But if a person has negative, evil and malicious thoughts, then his or her life will be cursed with misery, misfortune, pain, turmoil and defeat.

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"You've nobody or circumstance turn me round."

To display that ^{kind of an} attitude there are certain things you must do -

1. Prepare yourself - No substitute for preparation. Despite of all the doom ~~the~~ talk about money but backs etc. if you desire to further your education, which you must - there is a way. Prepare yourself. In this age of knowledge explosion in all fields, and if your self of opportunity to learn everything you can -
2. You must have courage - When friends and family try to create doubt in you as to whether you can or cannot - stick into

14 it and prove them wrong / it took courage ~~to~~
~~to~~ to cause a Jackie N., an Arthur Ashe or a Tiger
Woods to believe what they did. Anyone whom
we can call an Achiever, in the latter field had to
have courage to achieve what they did.

3. You must have determination - "Come hell or
high water, I must get the job done!" Footrace
story -

4. Dedication - identify your task - No matter what the
cost, see it through to completion

5. Have a grateful heart - Nothing will get
you as far in life than being a grateful; being
able to say say, "Thank You!" My H.C. Story