

Chapter One ~ Choices and Illusions

We all believe that the one thing we are in charge of is our own choices. What if you were to find out that this was not the case? That in fact, many of our choices have either been foisted upon us, or are a result of limited thinking. What happens when you start to think 'out of the box?' Is there an entire world out there that you have never even seen?

Chapter Two ~ Creating Self

How do we learn to make choices? Who is really in charge of me? Who am I? The fact is, we all have different aspects to ourselves, most of which we try not to reveal to anybody else. Why do we all feel as though we are capable of so much more, that in some way we have not lived up to our own expectations? How can we safely discover and uncover our true potential? What are the limits to our potential and how high is up?

Chapter Three ~ What We Perceive and Fail to Perceive

If choice is an illusion, what other illusions might we live with? How does our very use of language betray us? Can we even trust our own senses? There are many examples given where what we see is not really there, where there is much more in what we see than we are consciously aware of, how the mind fabricates and makes connections that are not there, and also how it misses that which should be obvious.

Chapter Four ~ Psychological Defense Mechanisms

Why is it so difficult to trust our own senses and our own sense of judgement? How is this very information used to exploit us? What is the mind really capable of when we remove all of our self-defense filters?

Chapter Five ~ Information Processing Without Awareness

Scientific discovery - sorting out fact from fiction in the history of subliminal communication. Practical uses for this technology. Testing at the Utah State Prison. What are the magic bullets?

Chapter Six ~ A Simple Model of Mind and Behavior

What happens when you take full responsibility for your own life? What does 'being self-responsible' even mean? How do our inner beliefs affect our outer behavior? Making different choices. Codependence explained. Learning how to live in the 'now.' Learning the empowerment that comes from giving. Simple steps to give you that 'warm fuzzy' feeling and other remarkable gifts. Forgiving and letting go.

Chapter Seven ~ The Nature of a Controversy

How did subliminal communication ever become so controversial? A simple explanation of the scientific method. Evidence for the efficacy of a correctly created subliminal program.

Chapter Eight ~ Mind is Not a Local Event

What is the connection between mind and consciousness? What is consciousness? Evidence for telepathy, clairvoyance and psychokinesis. Minds do in fact communicate, even at a distance. The interrelated nature of life. The science behind the paranormal. A story of ‘divine intervention.’

Chapter Nine ~ The Subtraction Game

What is quality of life and what do we do to obtain it? Why do the old patterns not work? The power of belief. How much control do incorrect beliefs have over how we live our lives? Awe, empathy and unconditional love are the real ways to build self-esteem.

Chapter Ten ~ You Deserve the Best You Possible: It’s Never Too Late

The purpose of life is service and life is a journey, not a destination. It’s never too late to be all that you are supposed to be. How high is up?

Chapter Eleven ~ The Kingdom Within

What if we were created to be co-creators with all the power to manifest miraculous lives if we but believed so? Forgiveness and releasing guilt and blame are keys to accessing the unlimited power within and this all begins with taking responsibility for everything in one’s life. Struggle is not a bad thing.

Chapter Twelve ~ Change

Everyone is looking to make some changes in their lives, but genuine change often means letting go of those who will hold you back. The basis of winning is character and you really can win at everything. A doctor’s experience with teaching his patients the power of self-responsibility and some of his amazing stories. Stories from people from all walks of life who have used the principles in this book and achieved successes that they once thought not possible.

Chapter Thirteen ~ In Conclusion

The origins of self-doubt are often the result of misinterpretations of self or limited awareness. What is the fountain of truth? The mind is an absolutely awesome power—it can heal and it can be your worst enemy. The model has been convoluted and we have discovered our purpose is about service, not taking. By recognizing good in others, we become like magnets, attracting good into our lives. Wake up and claim your true divine potential. When believing in yourself matters!

Epilogue

Spirituality is not something that you do when you get old. It’s all about the path to a Higher Power. The mind is simply a starting point for the journey of self-discovery and self-actualization.