The Power of Concentration

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Theron Q. Dumont



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Introduction

We all understand the necessity of concentration to achieve our goals. Learning how to concentrate is invaluable. To succeed in any endeavor, you must be able to focus your entire mind on the task at hand.

Don't be disheartened if you struggle to maintain your focus initially; few can do so effortlessly. Interestingly, it often seems easier to concentrate on things that aren't beneficial for us rather than those that are. However, this tendency can be overcome through conscious effort.

By practicing concentration exercises daily, you'll soon develop this essential skill. Success becomes attainable when you can concentrate, allowing you to harness constructive thoughts while blocking out destructive ones. It's crucial to think only thoughts that will benefit you.

Have you ever considered the significant role your concentrated thoughts play in your life? This book explores their profound and enduring effects.

The lessons presented here are highly practical, and the exercises have been thoroughly tested. They are structured to show improvement from the outset, providing encouragement and demonstrating ways to self-improve.

Human potential is immense, but it must be cultivated and refined to be useful. Every individual can achieve great things when awakened to their full potential. However, even the most talented individual will achieve little without concentration and effort. A focused mind can accomplish more than mere talent; it's

the ability to concentrate on every possibility that elevates both work and life.

True advancement stems from individual effort. These lessons will inspire and motivate you toward success, aligning you with the principles of achievement and giving you a stronger grasp on your duties and responsibilities.

The methods of thought concentration outlined in this work, when put into practice, will unlock inner pathways connecting you with the eternal laws of existence and their infinite wellspring of unchanging truth.

Since people are diverse, it's impossible to provide instructions equally beneficial to all. The author has aimed to awaken and nurture that inner aspect which words alone may not fully express. Therefore, study these lessons as a means of awakening and cultivating what lies within you. Let all your actions and thoughts possess the intensity and power of concentration.

To fully benefit from these lessons, read a page, then close the book and reflect on its ideas. Doing so will cultivate a habit of concentrated thought, enabling you to read quickly and remember all that you read.



Lesson I

Concentration Finds the Way

Everyone possesses two natures. One urges us to progress, while the other seeks to hold us back. The nature we nurture and focus on determines our ultimate character. Both aspects vie for dominance, yet it's the will alone that determines the outcome. With one decisive act of will, a person can alter their entire trajectory and achieve nearly miraculous feats. You could be that person. You have the potential if you truly desire it, for the will can uncover a path or forge one.

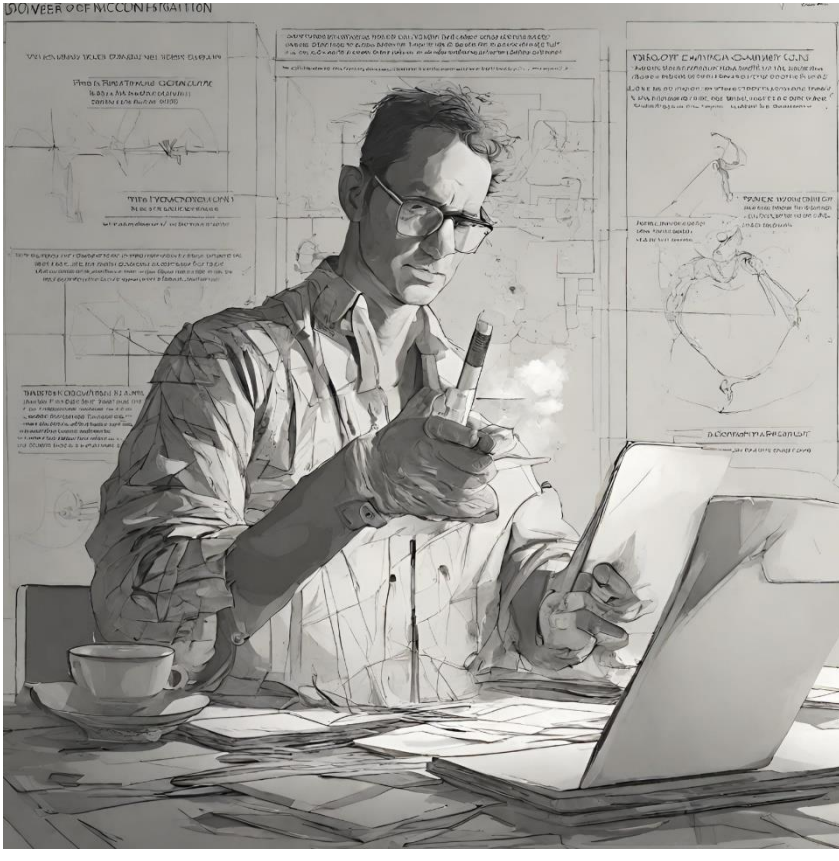
I could recount numerous cases where individuals, seemingly trudging along in a routine manner, suddenly awakened as if from a slumber, realizing the latent potential within them. From that moment forward, they were transformed beings. You alone determine when this pivotal moment occurs. It's a matter of choice whether we allow our higher self to guide us or succumb to the baser instincts within. No one is compelled to do anything against their will. Thus, each person is the architect of their own destiny if they so will it. Our actions are a product of our conditioning. We are malleable, shaped entirely by the power of our will.

Habit is something acquired. You often hear people say, "He takes after his parents; it runs in the family," implying that a person is simply following in their parents' footsteps. While this may frequently be the case, there's no inherent reason for it, as a person can break a habit the moment they master the

determination to do so. A man may have been deemed worthless all his life until this very moment, yet from here on, he can begin to make something of himself. Even in old age, individuals have experienced sudden transformations and achieved remarkable feats. "I missed my chance," one might lament. While that may be true, sheer force of will can create another opportunity for us. There's no truth to the notion that opportunity knocks only once in a lifetime. In reality, opportunity never seeks us out; it's we who must seek it. What may appear as one person's opportunity was another's loss. In today's world, one person's intellect is pitted against another's. Often, it's the swiftness of action that determines the outcome. One person thinks, "I'll do it," but while they procrastinate, another takes action and completes the task. Both had the same opportunity. The one who hesitates may bemoan their missed chance, but it should serve as a lesson, guiding them toward the path of success.

Many individuals read fine literature but claim to derive little benefit from it. They fail to grasp that the purpose of any book or course is merely to awaken them to their potential and spur them to exercise their willpower. You can instruct a person endlessly, yet they will only truly learn what they discover for themselves. "You can lead a horse to water, but you can't make it drink."

One of the most rewarding practices I know of is that of seeking the good in everyone and everything, for goodness exists in all things. By recognizing a person's positive qualities, we uplift and encourage them, and in turn, benefit ourselves. We earn their goodwill, a precious asset at times. We receive what we give. There comes a time when most of us need encouragement, need lifting up. Therefore, cultivate the habit of uplifting others, and you will find it to be a marvelous tonic for both those you encourage and yourself, as you receive encouraging and uplifting thoughts in return.



Life offers us opportunities for improvement, but whether we seize them depends on how closely we adhere to expectations. At the beginning of each month, one should reflect on their progress. If they haven't met expectations, they must identify the reasons and strive to surpass them through additional effort. Every time we fall short of our goals, we lose that time irretrievably. While we may find excuses, most are poor substitutes for action. Most things are within reach. Though our tasks may be arduous, the greater the challenge, the greater the reward. It's the difficult tasks that truly shape us; endeavors requiring minimal effort utilize few of our faculties and yield scant achievements. Therefore, do not shy away from challenges, for accomplishing them often brings greater benefits than numerous smaller triumphs.