

CHAPTER 1

THE OLD BLAME GAME

"You must take personal responsibility. You cannot change the circumstances, the season or the wind, but you can change you."

-Jim Rohn

The question has been asked: could it be that we are all just prisoners of our thoughts? Has it ever occurred to you that if you exercised more control over your thoughts, what you focus on, and the words you speak, you would then have more control over your actions and your life? The power of your conscious thinking and more importantly, your sub-conscious thinking has the ability, over time, to change your life. This is the reason for this labor of love. Before we talk about a concept as profound as conscious and sub-conscious thoughts, let's talk about a major stumbling block that holds us back from examining ourselves and our thoughts: *Blame*

Let me say from the start, before we can be empowered to guard our minds, we must refuse to blame anyone or anything for our current life situation. We are where we are because of us, not Mom, Dad, our teachers, the economy, or the enemy, and surely not God. We are where we are because of our thoughts and decisions.

What we think, how we think, and the decisions we make as a result of our thinking are what landed us exactly where we are right now. The Bible speaks of man's thought process from Genesis to Revelation; often the word heart was used when referring to the intellect of man. The heart is indeed the center of man's physical being, but the mind is where our thoughts are generated. The Old Testament was written in Hebrew and in the Hebrew language there is no translation for the word *mind*; the word *heart* is substituted when referring to man's intellectual or mental being.

The conscious and subconscious mind is the center of your intellect and many believe it's the source of your emotions. All thinking and intellectual activity stems from the mind. Your thinking is what produces some of the situations that are being played out in your life. So stop blaming others; often times you are the cause. The reason things are out of order and control in our lives is because of our negative and destructive thought processes. Our need to blame others creates inner chaos and that chaos is pouring over into our reality. This action causes our physical reality to be as negative as our thoughts. These negative thoughts produce negative outcomes and consequences, for example: *Sickness - Depression - Fear - Failure - Paranoia - Poverty*

The first thing needed to attract success (please understand that success must be attracted and not pursued) is to stop the blame game. It's no one else's fault. People may have done horrible things to you, but no one can hold back your blessings or your personal and spiritual success.

You are not only being held back by outside forces, but also by your own thinking. Your negative thought patterns are stunting your growth. The first step in controlling your negative thoughts is to first take full responsibility for your life.

I know you may have endured devastating heartache and pain at the hands of other people, please understand I have been there, but you have to stop blaming them. They cannot stop you from being the outstanding, wonderfully successful, blessed person that you were created to be. Only you can do that. No matter how bad the injustice you have suffered, you have the power to make a change. Personally, I have learned never to blame anyone for where I am in my life. If I blamed someone else, then I would need to wait for them to make the change in order to fix my situation, but if I blame myself, then I can fix it myself. Blame gives others too much control over your life.

Let it go, forgive, and pursue your purpose, not revenge. One of the most powerful tactics the enemy uses is misdirection. This is one of his most successful tools devised against man. The adversary has an insidious plan to destroy mankind. He has waged war against the law of the mind. He uses misdirection to cause us to war against the things we see with our eyes and hear with our ears. He also causes us to war against each other and destroy our fellow man. The fact is, the things you can see and hear are seldom the problem.

We have a tendency to fight and wage war against symptoms. We are getting counseling and taking medication for symptoms, but here is the problem: we are not addressing the cause. The plan of the enemy employs the law of "cause and effect" and we are waging war against the effect. For every action there is a reaction. We are fighting the reaction. Everything you see and hear in the natural world is a reaction to the action of the spiritual world or the metaphysical world of your mind.

Your current situation, your health, wealth, success or failure is a reaction to the actions of these two worlds. Sadly, these two worlds are where our understanding is limited. We have very little power over the cause or the effect in the physical world using physical tools. But man is not only physical.

To get a full understanding of this concept we must comprehend the trinity of man. Man is body, soul and spirit; man is also physical, mental and spiritual. This is simply two different ways of defining the three different realms of man's existence. Let me make this perfectly clear: we are at war every day of our lives and the battlefield has changed to a world we know little about. Our enemy has designed a well-calculated war plan. In this chapter, I will give you an elementary introduction to the enemy's plan, and as we move forward through this text, your knowledge and understanding of the spiritual,

metaphysical, and even the physical realms will increase. Most importantly, you will develop a powerful arsenal of weapons for victory.

“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)” [2 Corinthians 10:4]

One of the goals of this book is to de-mystify, as much as possible, the relationship between the three realms of existence and teach you how to be empowered in all three. This book will present nothing new, but will give you another vantage point to observe your enemy and obtain what is needed to assist you in reaching your destiny, and achieving overwhelming personal success and happiness. You will hear the word “conscious” and “subconscious” much more than you probably are used to in relation to matters of a spiritual nature, but be open... then be empowered.

Now I will give you that elementary introduction on how this simple but insidious plan is working against us.

The evil forces of this world have the ability to place negative seeds of thought into your mind. You have the power to entertain these thoughts or reject them. If you choose to entertain them, they take root, mature and produce negative results in your physical reality. At this point, much of your life will become negative, no matter how much you desire a positive outcome. If you continue in this destructive thinking, it can lead to dangerous dysfunctions like self hate, fear, depression... Often we operate in these thoughts and actions until they become habit and are fortified into mental strongholds that take control of our lives.

My friends, your negative thought process is cutting off your connection to the Creator. While we say with our own mouths, “God I love you. God I trust you. God I will serve you,” our subconscious thinking is referencing something negative or some painful memory of things that happened twenty days or even twenty years ago. This thinking is what I call the “Prince of Persia effect”: the negative thoughts become the very thing that wars against and paralyzes your ability to receive answers to your prayers and threatens to stop you from receiving blessings, instructions and deliverance from God.

People, we are no longer fighting the Philistines, Midianites and the Assyrians, as in biblical times, and the battlefield is no longer the open plains or the desert. The battle has moved from the physical world and as always, is in full effect in the spiritual world. Are you ready for this? There is a world between these two where the battle is raging at a feverish pitch. That is the metaphysical or mental world of your mind. This may sound new to some, but buckle your seatbelts, because this is the world for which you must learn a new warfare.

If you desire to find your purpose and operate in that purpose, you must be prepared. To reach your destiny set forth by the Creator you must be empowered. If you want to achieve overwhelming success, now is the time and

the battle has begun. What's at stake, you might ask. I will tell you: your health, wealth and happiness, your family, your marriage and, ultimately, your soul. Where is this battlefield? The battlefield is your mind.

"For I delight in the law of God after the inward man: but I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members." [Romans 7:22-23]

I will prepare you to win this war against the law of your mind. Those of you who enjoy watching professional boxing may remember an old referee (one of the sport's best) by the name of Mr. Mills Lane. Well I am going to end this chapter with the advice he would give all fighters before a big fight. He would say,

*"Fighters, you know the rules: protect yourself at all times, there is no three-knock-down rule and you cannot be saved by the bell. Touch gloves. **Now, let's get it on!**"*