

MAGNET MIND
DEVELOPMENT

*You Were
Born Rich*

BY BOB PROCTOR
CHAPTER 9
SUMMARY

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COPY OF *YOU WERE
BORN RICH!*

DON'T THINK IN REVERSE

Forgive

“That slight misdeed of yesterday,

Why should it mar today?

The thing he said, the thing you did,

Have long since passed away;

For yesterday was but a trial;

Today you will succeed,

And mistakes of yesterday

Will come some noble deed.

Forgive yourself for thoughtlessness;

Do not condemn the past;

For it is gone with its mistakes;

Their mem'ry cannot last;

Forget the failures and misdeed,

From such experience rise,

Why should you let your head be bowed?

Lift up your heart and eyes!”

-Selected

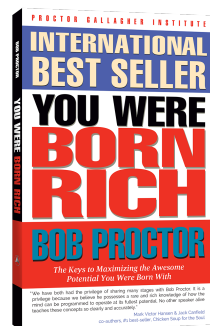
What do you think about this poem? What did you take away from it? If you think about it, it really does sum up this chapter.

“Let us not look back in anger nor forward in fear but around us in awareness.”

-Leland Val Van De Wall

Let the Dead Bury the Dead

Far too many people spend too much time looking at life through the rear view mirror. They are thinking of the past and forever bringing the past into the future. We all know someone who, every time you talk to them, has to tell that “same old story.”



If you let the past control the present, you are guaranteeing you are going to duplicate it in the future. “Let the dead bury the dead” is the point that Bob is making. Let go of the past and don’t spend five minutes thinking of what happened in the past; that’s the past.

We need to form the attitude of living in the now, living in the present moment and really letting the past go. Dwell on the now, just focus on the now. In fact, why not ask yourself, “What can I do now that is going to make my day terrific?”

Attitude

Attitude is the combination of our thoughts, our feelings, and our actions. How do you think your attitude can stop you from “thinking in reverse”?

Human Potential

To reinforce the point that we have unlimited potential, Bob refers to Dr. Alexander Rich, Professor of Biophysical at MIT, who estimates that our central nervous system contains between 10-100 million cells. Each of those cells has the storage capacity of a powerful computer. If his estimates are true, that implies that the human mind has the capacity to store all of the known information in the world with room to spare.

Does that give you HOPE when it comes to your unlocked potential?

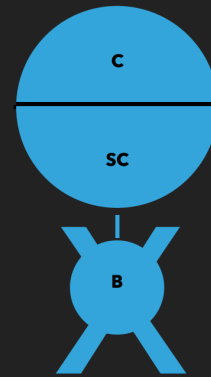
If you have not been tapping into your potential, you may have actually set up a mental block in your conscious mind. To remove these blocks, put yourself in a very relaxed state and once you are totally relaxed, realize you CAN do the things you dream about.

Learn more:

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*You are a
Mind First.*



Mind First

Bob Proctor uses a Stick Figure Person to help people understand how the pieces of the mind work together.

C = Conscious Mind
 This is the part of the mind that has control over what thoughts you think.

S = Subconscious Mind
 This part of the mind has to accept every thought that the conscious mind chooses to accept. This is where the programs and paradigms live.

B = Body
 The body is an instrument of the mind. The body's habits and behavior are controlled by the programs stored in the subconscious mind.

