

Your Thoughts Will Determine Your Destiny

By Steve Clark

“Men are anxious to change their circumstances, but are unwilling to improve themselves; they therefore remain bound,” wrote James Allen in *As A Man Thinketh*.

Allen was 15 when his father, a businessman, was robbed and murdered. He left school to work full-time in several British manufacturing firms to help support the family. He later married and became an executive secretary for a large company. At age 38, inspired by the writings of Leo Tolstoy, he retired from employment. Allen — along with his wife and their daughter, Nohra — moved to a small cottage in Ilfracombe, Devon, England to pursue a simple life of contemplation. There he wrote for nine years, producing 19 works. He also edited and published a magazine, "The Light of Reason".

Allen's books illustrate the use of the power of thought to increase personal capabilities. Although he never achieved great fame or wealth, his works continue to influence people around the world.

James Allen (28 November 1864 – 24 January 1912) was a British philosophical writer known for his inspirational books and poetry and as a pioneer of the self-help movement. His best known work, *As a Man Thinketh*, has been mass-produced since its publication in 1902. It has been a source of inspiration, motivational and self-help.

His most famous book, *As a Man Thinketh*, was published in 1902 and is considered a classic self-help book. Its underlying premise is that noble thoughts make a noble person, while lowly thoughts make a miserable person.

Wrote Allen, “A man’s mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth.

Thought and character are one, and as character can only manifest and discover itself through environment and circumstance; the outer conditions of a person’s life will always be found to be harmoniously related to his inner state.

Every man is where he is by the law of his being, the thoughts which he has built into his character have brought him there, and on the arrangement of his life there is no element of chance.

The soul attracts that which it secretly harbors; that which it loves, and also that which it fears.”

Every thought, good or bad, that we allow to enter our mind will at once begin to take root and will eventually blossom and produce behaviors and actions that bring forth the fruit or results consistent with those behaviors. It is a universal law that works every time. It can be no other way.

You pick what you allow to enter your mind. Good thoughts produce good behaviors which produce positive results.

Bad or negative thoughts produce negative or counterproductive and self defeating habits which produce results detrimental to our success and well being.

Ultimately, you will not attract what you want in life, but instead you will attract that which you are.

If you want more become more.

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