

As A Man Thinketh Study Program

(Audio mp3 Files and Printable pdf Files)

By Bob Proctor with Vic Johnson

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Introduction

Welcome to the *As A Man Thinketh Study Program*. There is no doubt that if you will apply yourself to both the audio material and this study guide you will realize an immediate and substantial increase in satisfaction with the direction your life will be heading.

This program is taught by internationally known author and teacher, Bob Proctor, who has studied and applied these concepts for over forty years. The audio portion of this program was recorded by phone so it has a very personal flavor, almost as if Bob is talking directly to you. You will feel the impact of this direct approach throughout the program.

In order to listen to the audio you will need mp3 software which is available free from various sources. The smallest download and some great all purpose mp3 software can be downloaded from www.winamp.com.

Print out this study guide so you can write notes as you listen to Bob. Print a new study guide each time you go through the study program and compare it to previous ones you've saved to see how your thinking has progressed.

Bob teaches the program from a cherished copy of *As A Man Thinketh* that he has marked up over the years with his thoughts and comments. Since this version would not be available to many of our international subscribers, we reproduce in this study guide the passages that he refers to in his teaching. Therefore, it is not necessary that you have either an electronic or paper version of the book. We have numbered the passages he refers to and you will see them marked with a number like this ³⁴ preceding the passage.

Before you begin

Describe in detail what changes in your life you are seeking that has caused you to invest your money and time in studying this program:

Today's Date:_____

Lesson 1

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Thought And Character

¹The aphorism, "As a man thinketh in his heart, so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. ²A man is literally what he thinks, his character being the complete sum of all his thoughts.

³As the plant springs from, and could not be without, the seed, so every act of man springs from the hidden seeds of thought, and could not have appeared without them. ⁴This applies equally to those acts called "spontaneous" and "unpremeditated" as to those which are deliberately executed.

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⁵Act is the blossom of thought, and joy and suffering are its fruits; thus does a man garner in the sweet and bitter fruitage of his own husbandry.

Thought in the mind hath made us.
What we are by thought was wrought and built.
If a man's mind hath evil thought,
pain comes on him as comes the wheel the ox behind.
If one endure in purity of thought,
Joy follows him as his own shadow - sure.

⁶Man is a growth by law, and not a creation by artifice, and cause and effect are as absolute and undeviating in the hidden realm of thought as in the world of visible and material things. ⁷A noble and God-like character is not a thing of favor or chance, but is the natural result of continued effort in right thinking, the effect of long-cherished association with God-like thoughts. ⁸An ignoble and bestial character, by the same process, is the result of the continued harboring of groveling thoughts.

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⁹Man is made or unmade by himself. In the armory of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace. ¹⁰By the right choice and true application of thought, man ascends to the divine perfection. By the abuse and wrong application of thought he descends below the level of the beast. ¹¹Between these two extremes are all the grades of character, and man is their maker and master.

Of all the beautiful truths pertaining to the soul which have been restored and brought to light in this age, none is more gladdening or fruitful of divine promise and confidence than this--that man is the master of thought, the molder of character, and the maker and shaper of condition, environment, and destiny.

Notes:

Lesson 1 Reflection

1. Identify three beliefs you hold that are the result of thoughts you have internalized and hold on to (ie. I'm clumsy, I can't ever seem to get ahead, I wouldn't have the problems I have if I'd finished school, my upbringing prevents me from loving or trusting other people, etc.) :

2. Identify two results (one positive and one negative) in your present life that you can tie directly to thoughts you held before the results appeared:_____

3. What are three habits that you would like to change:

4. Make an irrevocable commitment that today, this week and this month you will spend at least _____ hour(s) per day studying this program.

Lesson 2

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Effect Of Thought On Circumstances

¹²A 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. If no useful seeds are put into it, then an abundance of useless weed-seeds will fall therein, and will continue to produce their kind.

¹³Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires so may a man tend the garden of his mind, weeding out all the wrong, useless and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful and pure thoughts. ¹⁴By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals, within himself, the flaws of thought, and understands, with ever-increasing accuracy, how the thought-forces and mind elements operate in the shaping of character, circumstances, and destiny.

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¹⁵Thought 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. This does not mean that a man's circumstances at any given time are an indication of his entire character, but that those circumstances are so intimately connected with some vital thought-element within himself that, for the time being, they are indispensable to his development.

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¹⁷Every 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 in the arrangement of his life there is no element of chance, but all is the result of a law which cannot err. This is just as true of those who feel "out of harmony" with their surroundings as of those who are contented with them.

As a progressive and evolving being, man is where he is that he may learn that he may grow; and as he learns the spiritual lesson which any circumstance contains for him, it passes away and gives place to other circumstances.

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¹⁶The soul attracts that which it secretly harbors, that which it loves, and also that which it fears. It reaches the height of its cherished aspirations; it falls to the level of its unchastened desires, and circumstances are the means by which the soul receives it own.

Every thought-seed sown or allowed to fall into the mind, and to take root there, produces its own, blossoming sooner or later into act, and bearing its own fruitage of opportunity and circumstance. Good thoughts bear good fruit, bad thoughts bad fruit.

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¹⁸Men do not attract that which they want, but that which they are. Their whims, fancies, and ambitions are thwarted at every step, but their inmost thoughts and desires are fed with their own food, be it foul or clean. ¹⁹Man is manacled only by himself; thought and action are the jailors of Fate--they imprison, being base; they are also the angels of Freedom--they liberate, being noble.

Not what he wished and prays for does a man get, but what he justly earns. His wishes and prayers are only gratified and answered when they harmonize with his thoughts and actions.

In the light of this truth what, then, is the meaning of "fighting against circumstances?" It means that a man is continually revolting against an effect without, while all the time he is nourishing and preserving its cause in his heart.

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That cause may take the form of a conscious vice or an unconscious weakness; but whatever it is, it stubbornly retards the efforts of its possessor, and thus calls aloud for remedy.

²⁰Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound.

²¹The man who does not shrink from self-crucifixion can never fail to accomplish the object upon which his heart is set. This is as true of earthly as of heavenly things. Even the man whose sole object is to acquire wealth must be prepared to make great personal sacrifices before he can accomplish his object; and how much more so he who would realize a strong and well-poised life?

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²²Suffering is always the effect of wrong thought in some direction. It is an indication that the individual is out of harmony with himself, with the law of his being. The sole and supreme use of suffering is to purify, to burn out all that is useless and impure. Suffering ceases for him who is pure. There could be no object in burning gold after the dross had been removed, and a perfectly pure and enlightened being could not suffer.

The circumstances which a man encounters with suffering are the result of his own mental inharmony. The circumstances which a man encounters with blessedness are the result of his own mental harmony. Blessedness, not material possessions, is the measure of right thought; wretchedness, not lack of material possessions, is the measure of wrong thought. A man may be cursed and rich; he may be blessed and poor. Blessedness and riches are only joined together when the riches are rightly and wisely used. And the poor man only descends into wretchedness when he regards his lot as a burden unjustly imposed.

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Notes:

Lesson 2 Reflection

1. How much do I allow negative outside influences to affect my thoughts:

- a. Time spent daily watching television _____.
- b. Time spent daily reading newspapers _____.
- c. Time spent daily in activities with people who have negative attitudes _____.
- d. Time spent daily with this outside influence: _____.

Total hours per day _____.

2. Looking at the answers in question 1, what irrevocable commitment(s) do you make to remove negative influences from your life: _____

3. What new activity(s) will you begin in order to improve yourself?

4. Describe the thoughts you have held up to this point in your life that have resulted in your current financial situation:

5. What is the highest possible income you believe you could earn if you could get your thoughts right? _____.

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6. Identify two specific circumstances in your life that you have decided to take more control over. Think about these areas and then describe in detail how they would be if you had total control over them:

Circumstance 1:

Circumstance 2:

Sign and date these two pages from Lesson 2 Reflections and fax these pages to Bob Proctor at 1-413-556-9727.

Lesson 3

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Thought And Purpose

²³Until thought is linked with purpose there is no intelligent accomplishment. With the majority the bark of thought is allowed to "drift" upon the ocean of life. Aimlessness is a vice, and such drifting must not continue for him who would steer clear of catastrophe and destruction.

²⁴They who have no central purpose in their life fall an easy prey to petty worries, fears, troubles, and self-pityings, all of which are indications of weakness, which lead, just as surely as deliberately planned sins (though by a different route), to failure, unhappyness, and loss, for weakness cannot persist in a power-evolving universe.

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²⁴A man should conceive of a legitimate purpose in his heart, and set out to accomplish it. He should make this purpose the centralizing point of his thoughts. It may take the form of a spiritual ideal, or it may be a worldly object, according to his nature at the time being. Whichever it is, he should steadily focus his thought-forces upon the object he had set before him. He should make this purpose his supreme duty and should devote himself to its attainment, not allowing his thoughts to wander away into ephemeral fancies, longings, and imaginings. ²⁵This is the royal road to self-control and true concentration of thought. ²⁶Even if he fails again and again to accomplish his purpose--as he must until weakness is overcome--the strength of character gained will be the measure of his true success, and this will form a new starting point for future power and triumph.

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²⁷Those who are not prepared for the apprehension of a great purpose, should fix the thoughts upon the faultless performance of

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their duty, no matter how insignificant their task may appear. Only in this way can the thoughts be gathered and focused, and resolution and energy be developed. Once this is done, there is nothing which may not be accomplished.

The weakest soul knowing its own weakness, and believing this truth--that strength can only be developed by effort and practice--will, thus believing, at once begin to exert itself. And, adding effort to effort, patience to patience, and strength to strength, will never cease to develop and will at last grow divinely strong.

²⁸As the physically weak man can make himself strong by careful and patient training, so the man of weak thoughts can make them strong by exercising himself in right thinking.

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²⁹To put away aimlessness and weakness and to begin to think with purpose is to enter the ranks of those strong ones who only recognize failure as one of the pathways to attainment. Who make all conditions serve them, and who think strongly, attempt fearlessly, and accomplish masterfully.

Having conceived of his purpose, a man should mentally mark out a straight pathway to its achievement, looking neither to the right nor left. Doubts and fears should be rigorously excluded. They are disintegrating elements which break up the straight line of effort, rendering it crooked, ineffectual, useless. ³⁰Thoughts of doubt and fear can never accomplish anything. They always lead to failure. Purpose, energy, power to do, and all strong thoughts cease when doubt and fear creep in.

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³¹The will to do springs from the knowledge that we can do. Doubt and fear are the great enemies of knowledge, and he who encourages them, who does not slay them, thwarts himself at every step.

³²He who has conquered doubt and fear has conquered failure. His every thought is allied with power, and all difficulties are bravely met and overcome. His purposes are seasonably planted,

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and they bloom and bring forth fruit that does not fall prematurely to the ground.

³³Thought allied fearlessly to purpose becomes creative force. He who knows this is ready to become something higher and stronger than a bundle of wavering thoughts and fluctuating sensations. He who does this has become the conscious and intelligent wielder of his mental powers.

Notes:

Lesson 3 Reflection

Remember Bob's tip: When doubt about anything enters your mind, say “**next**”, until the next thought comes along. When fear enters say “**switch.**”

1. Have you identified a purpose in your life? _____.

If you answered NO, please skip to 4.

2. What is your purpose? _____

3. List at least three activities, no matter how small, that you will do on a daily basis that will cause you to move in the direction of your purpose:

Upon completion, go to Lesson 4.

4. List the date(s) that you make an irrevocable commitment to set aside the time to spend in thought to choose a purpose that “resonates with every cell of your being”: _____

After you have determined your purpose, come back to this page and start again at question 1. Do not go to Lesson 4 until you have completed this page.

Lesson 4

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Visions And Ideals

³⁴The dreamers are the saviors of the world. As the visible world is sustained by the invisible, so men, through all their trials and sins and sordid vocations, are nourished by the beautiful visions of their solitary dreamers. Humanity cannot forget its dreamers; it cannot let their ideals fade and die; it lives in them; it knows them as the realities which it shall one day see and know.

³⁵Composer, sculptor, painter, poet, prophet, sage--these are the makers of the after-world, the architects of heaven. The world is beautiful because they have lived. Without them, laboring humanity would perish.

³⁶He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realize it. Columbus cherished a vision of another world and he discovered it. Copernicus fostered the vision of a multiplicity of worlds and a wider universe, and he revealed it. Buddha beheld the vision of a spiritual world of stainless beauty and perfect peace, and he entered into it.

Cherish your visions; cherish your ideals. Cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts. For out of them will grow all delightful conditions, all heavenly environment; of these, if you but remain true to them, your world will at last be built.

To desire is to obtain; to aspire is to achieve. Shall man's basest desires receive the fullest measure of gratification, and his purest aspirations starve for lack of sustenance? Such is not the Law. Such a condition can never obtain, "Ask and receive."

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³⁷Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.

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The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn; the bird waits in the egg. And in the highest vision of a soul a waking angel stirs. Dreams are the seedlings of realities.

³⁸Your circumstances may be uncongenial, but they shall not remain so if you only perceive an ideal and strive to reach it. You cannot travel within and stand still without. Here is a youth hard pressed by poverty and labor. Confined long hours in an unhealthy workshop; unschooled and lacking all the arts of refinement. But he dreams of better things. He thinks of intelligence, or refinement, of grace and beauty. He conceives of, mentally builds up, an ideal condition of life. The wider liberty and a larger scope takes possession of him; unrest urges him to action, and he uses all his spare times and means to the development of his latent powers and resources. Very soon so altered has his mind become that the workshop can no longer hold him. It has become so out of harmony with his mind-set that it falls out of his life as a garment is cast aside. And with the growth of opportunities that fit the scope of his

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expanding powers, he passes out of it altogether. Years later we see this youth as a grown man. We find him a master of certain forces of the mind that he wields with worldwide influence and almost unequaled power. In his hands he holds the cords of gigantic responsibilities; he speaks and lives are changed; men and women hang upon his words and remold their characters. Sun-like, he becomes the fixed and luminous center around which innumerable destinies revolve.

³⁹He has realized the vision of his youth. He has become one with his ideal.

And you, too, will realize the vision (not just the idle wish) of your heart, be it base or beautiful, or a mixture of both; for you will always gravitate toward that which you secretly love most. ⁴⁰Into your hands will be placed the exact results of your own thoughts. You will receive that which you earn; no more, no less. Whatever your present environment may be, you will fall, remain, or rise with your thoughts--your vision, your ideal. You will become as small as your controlling desire, as great as your dominant aspiration.

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⁴¹The thoughtless, the ignorant, and the indolent, seeing only the apparent effects of things and not the things themselves, talk of luck, of fortune, and chance. Seeing a man grow rich, they say, "How lucky he is!" Observing another become skilled intellectually, they exclaim, "How highly favored he is!" ⁴²And noting the saintly character and wide influence of another, they remark, "How chance helps him at every turn!" They do not see the trials and failures and struggles which these men have encountered in order to gain their experience. They have no knowledge of the sacrifices they have made, of the undaunted efforts they have put forth, of the faith they have exercised so that they might overcome the apparently insurmountable and realize the vision of their heart. They do not know the darkness and the heartaches; they only see the light and joy, and call it "luck." Do not see the long, arduous journey, but only behold the pleasant goal and call it "good fortune." Do not understand the process, but only perceive the result, and call it "chance."

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Serenity

⁴³Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

⁴⁴A man becomes calm in the measure that he understands himself as a thought-evolved being. For such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees ever more clearly the internal relations of things by the action of cause and effect, he ceases to fuss, fume, worry, and grieve. He remains poised, steadfast, serene.

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⁴⁵The calm man, having learned how to govern himself, knows how to adapt himself to others. And they, in turn reverence his spiritual strength. They feel that they can learn from him and rely upon him. The more tranquil a man becomes, the greater is his success, his influence, his power for good. Even the ordinary trader will find his business prosperity increase as he develops a greater self-control and equanimity, for people will always prefer to deal with a man whose demeanor is equitable.

⁴⁶The strong, calm man is always loved and revered. He is like a shade-giving tree in a thirsty land, or a sheltering rock in a storm. Who does not love a tranquil heart, a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what changes come to those who possess these blessings, for they are always serene and calm. That exquisite poise of character that we call serenity is the last lesson of culture. It is the flowering of life, the fruitage of the soul. It is precious as wisdom--more desirable than fine gold. How insignificant mere money-seeking looks in comparison with a serene life. A life that dwells in the ocean of truth, beneath the waves, beyond the reach of the tempests, in the Eternal Calm!

⁴⁷How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character and make bad blood! It is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people we meet in life who are well balanced, who have that exquisite poise which is characteristic of the finished character!

Yes, humanity surges with uncontrolled passion, is tumultuous with ungoverned grief, is blown about by anxiety and doubt. Only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

⁴⁸Tempest-tossed souls, wherever you may be, under whatever conditions you may live, know this: In the ocean of life the isles of blessedness are smiling and the sunny shore of your ideal awaits your coming. Keep your hands firmly upon the helm of thought. In the core of your soul reclines the commanding Master; He does but

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sleep; wake Him. Self-control is strength. Right thought is mastery. Calmness is power. Say unto your heart, "Peace. Be still!"

Notes:

[illegible]

Lesson 4 Reflection

1. Describe in detail your vision/ideal of your future:_____

2. What changes in your thinking have you made about the power of cause and effect in your life:_____

3. Go back to the beginning of this study guide and review your answer about the changes in your life you are seeking. Now list what changes in thought you have had that will bring these changes into your life: _____

4. The date that you will review this study program again: _____

More Bob Proctor

If the teaching in this program “connected” with you and you’d like to benefit from more of the wisdom of Bob Proctor, see information about the seminars below, complete with study guides, at <http://www.mp3motivators.com>.

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- **Recognizing Yourself, Your Higher Self Seminar**
 - **Life’s Great Laws Seminar**
- **Desire...A Prerequisite to Any Goal Seminar**
 - **The Faculties of the Mind Seminar**
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