

Day 14: The Law Of Self-Knowledge

Quote today "If you do not conquer self, you will be conquered by self."

Napoleon Hill

Recap of the Law You must know yourself. See the value in yourself and this will lead to a greater sense of the flow in all of life.

Today I am grateful for.... Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.) Feel free to meditate on this law or choose a meditation of your choice.

Exercise As you exercise today, notice the vibration you are in. Does it reflect who you are?

Hydrate Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight Get to know yourself. Make a list of your personal strengths and unique talents. What do you love to do with your talents? What is blissful to you? Discover more about who you are via the *Enneagram Institute* Personality Tests or *The Kolbe A™ Index/Instinct* Test. Explore your potential as a human being. Begin to connect with your life's purpose..

Your Mindful Practice Take a moment, breathe and just be in the present. Watch your vibrations today; notice what you are feeling about what you do and who you are. When you meditate today, pay attention to the "Observer" side of yourself.

Day 14: The Law Of Self-Knowledge, Continued

Your Success Strategy Write out the Self Confidence Formula found in Chapter Three on Faith - Visualization of, and Belief in Attainment of Desire - The Second Step Toward Riches from Think and Grow Rich by Napoleon Hill. (To truly integrate this formula into your life, find an accountability partner and write it out for 30 days. If you miss a day, then start all over again until you do 30 days in a row.) Check out an Entrepreneurial Personality Profile or a Leadership Skills Profile. Explore your capabilities in these areas.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

This could be called the Law of Self Awareness or Self Consciousness. It could also be called accessing inner truth. You must know yourself and see the value in yourself to grow yourself and this will lead to greater flow in life.

Self-awareness can encourage you to ask questions, to reflect on your behavior, look at the larger picture and invite the answers to come to you. When you are self aware, reality shifts and you can start to take control with the help of your spirit. Becoming self-aware empowers you to make the most wholesome choices in every moment.

What is self? One definition of the self is an individual person as the object of his or her own reflective consciousness. But there are different levels as "self" since we live on three different planes simultaneously. When we think of self, we usually refer to our physical existence because this is what we are most familiar with. But in reality the body is an effect of our thinking patterns, so that is not the best place to explore who we are. Exploring our thoughts and how they affect our body/mind will lead us to much more awareness and knowledge.

Other ways of increasing self-knowledge include looking at ourselves through the eyes of others and observing our own overt behavior and the circumstances in which this behavior occurs. Examining one's own attitudes, beliefs, emotions, desires and other internal mental states can lead to an understanding of one's own nature, abilities, and limitations—all necessary elements to gain insight into oneself.

Ultimately self-knowledge takes us from ordinary and reveals our connection with Source—that eternal well-spring of bliss, that universal impulse which is the very essence of human existence.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
