

Developing Mental Discipline and Controlling Emotions
Supplemental Material
By Arnold Van Den Berg

The following supplemental material is divided into three main sections.

- Understanding the Subconscious Mind
- Psychology
 - Truth
 - Anger
 - Ego
 - Focus
- Controlling Your Emotions

I. UNDERSTANDING THE SUBCONSCIOUS MIND

In order to learn how to develop mental discipline and control emotions, I started a study of the subconscious mind over 40 years ago. The reason I studied it was in order to get a better understanding of myself.

At the time, what was hard for me to believe, was how the subconscious mind had the ability to draw from within. As I studied and experienced the power of the subconscious, I became more convinced of its powers. Today, the latest research in neuroscience and quantum physics is proving the subconscious mind's abilities. Dr. Jung also wrote extensively on the powers of the mind.

So you can see what potential there is in learning about the subconscious. It can help you learn about what causes your emotions, how to control them, and how these major principles will help you with your goals.

The following articles, quotes, and notes have been gleaned from material about the Subconscious Mind I have collected.

Quotes:

Dr. Carl Gustav Jung claimed that “the subconscious mind contains not only all the knowledge that it has gathered during the life of the individual, but that in addition, it contains all the wisdom of past ages. That by drawing upon its wisdom and power the individual may possess any good thing of life from health and happiness to riches and success.” Dr. Jung was a Swiss psychiatrist and psychoanalyst who founded analytical psychology. Jung's work was influential in the fields of psychiatry, anthropology, archaeology, literature, philosophy, and religious studies. Jung worked as a research scientist at the famous Burghölzli hospital, under Eugen Bleuler.

Dr. Joe Dispenza articulated in his article, Accessing the Infinite Data Base, “When we connect to the quantum field—that place where all new potentials exist as possibilities not yet materialized into our 3D reality—our nervous system becomes like an antenna or a super conductor whose job it is to pull more highly organized, coherent energy, information, and consciousness from the field into our biology. In order to connect to that energy and information, however, we have to change our

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consciousness to match its consciousness. (Remember that consciousness is awareness and awareness is paying attention.)” Dr. Dispenza is an international lecturer, researcher, corporate consultant, author, and educator who has been invited to speak in more than 33 countries on six continents. Dr. Joe is also a faculty member at Quantum University in Honolulu, Hawaii; the Omega Institute for Holistic Studies in Rhinebeck, New York; and Kripalu Center for Yoga and Health in Stockbridge, Massachusetts. He’s also an invited chair of the research committee at Life University in Atlanta, Georgia.

Sir Arthur Eddington is quoted as saying, “I believe that the mind has the power to effect groups of atoms and even tamper with the odds of atomic behavior and that even the course of the world is not determined by physical laws, but may be altered by the volition of human beings.” Sir Arthur Stanley Eddington, OM FRS, was an English astronomer, physicist, and mathematician. He was also a philosopher of science and a popularizer of science.

Prem Watsa from the *First 25 Years of Fairfax - Annual Report*. “Though his business path came later, Prem was profoundly marked by a random encounter that occurred during a train trip from Madras to Hyderabad. Riding third class on a student fare, he began chatting late at night with the man next to him. The man mentioned a book, *Think and Grow Rich* by Napoleon Hill. Written in 1937 and based on interviews with scores of successful people, to whom Hill had been recommended by Andrew Carnegie, about their backgrounds, educations and experiences, it set down a dozen or so principles of personal achievement. Prem was particularly impressed by one thought: ‘If the mind can conceive, the mind can achieve. Like many young people, I was going to the left,’ he reflected, ‘but after I read that book, I realized that free enterprise was the engine of a successful society. I give Hill’s book away to this day as a must-read.” Prem Watsa, CM, is an Indo-Canadian businessman who is the founder, chairman, and chief executive of Fairfax Financial Holdings, based in Toronto. He has been called the “Canadian Warren Buffett.” He was given the Padma Shri Award, the fourth highest civilian award in India, in January 2020.

William James “The greatest discovery of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

Emile Coue “Every idea which enters the conscious mind, if it is accepted by the unconscious, is transformed by it into a reality and forms henceforth a permanent element in life.

James Allen The 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 circumstances of his life. A man is literally what he thinks his character being the complete sum of all his thoughts.

Johann Wolfgang von Goethe “Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decisions, raising in one’s favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin now.

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Bruce H. Lipton, Ph.D. "It is not gene-directed hormones and neurotransmitters that control our body and our minds; our beliefs control our bodies, our minds and thus our lives."

John K. Williams "Within the area of your life, you have creative power. You can make a mental image or blueprint of the progress or expansion you want to achieve. By expressing the concept of your objective upon your subconscious mind, you can cause the condition you visualize in your mind to be created."

Candace Pert "Absolutely. Thought alone can completely change the body. "

Candace Pert "We see what we want to believe. And we turn away from things that are too unfamiliar or unpleasant."

Richard Rohr "Human consciousness does not emerge at any depth except through struggling with your shadow. I wish someone had told me that when I was young. It is in facing your conflicts, criticisms, and contradictions that you grow up. You actually need to have some problems, enemies, and faults! You will remain largely unconscious as a human being until issues come into your life that you cannot fix or control and something challenges you at your present level of development, forcing you to expand and deepen. It is in the struggle with our shadow self, with failure, or with wounding, that we break into higher levels of consciousness. I doubt whether there is any other way. People who refine this consciousness to a high spiritual state, who learn to name and live with paradoxes, are the people I would call prophetic speakers. We must refine and develop this gift."

Dr. Joe Dispenza "We're reality-producing machines. We create the effects of reality all the time. If we take information from a small knowledge base, we have a small reality. If we have a large knowledge base, we have a large reality."

Articles:

John K. Williams, author of the "Wisdom of Your Subconscious Mind," was a veteran in the field of public health. As early as 1915, Mr. Williams became interested in the subconscious mind and its relationship to physical and mental health. This interest led to his fifty years of study on the subject of the subconscious mind that included graduate work at the University of Indiana, University of Pennsylvania, and Columbia University.

"The Subconscious Mind"

"Observation and investigation indicate the human mind or personality functions through a two-fold unitary process. The concept generally accepted among scientific investigators and the conclusions arising from observation is that the structure of personality or mind consists of a conscious or volitional activity designed primarily to assure survival in practical experience and a deep strata of subconscious energy, which is the source of creative insight and the emerging synthesis of mental processes, ordinarily called intuition and inspiration."

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This idea of individual responsibility and self-direction is embodied in every culture and social group...whether advanced or primitive.

Throughout this book I have assumed explicitly the dictum of Cudworth that "Mind is senior to the world and the architect of thereof " The creative insight and wisdom of the subconscious mind when properly understood and correctly applied, sustain the following four statements:

1. First, you are the architect of your destiny. Every experience or condition in your life...poverty or riches, success or failure, health or illness ...is the result of action and purpose set in motion by you.
2. Second, within the area of your life, you have creative power. You can make a mental image or blueprint of the progress and expansion you want to achieve, and by impressing the concept of your objective upon your subconscious mind, you can cause the condition you visualize in your mind to be created. Creative energy is the self-induced action of mind upon itself and within itself. The force behind all progress and achievement is energy created and applied by the mind.
3. Third, you are a radiating power. By expanding your consciousness, you can attract what you want. Like the lowly amoeba, you can have only what you can surround and absorb within yourself. The Universe cannot and does not give you anything. It does give you, however, the power and challenge to achieve, to create for yourself the conditions and resources you want. You can have anything you want, provided you are willing to pay the price.
4. Fourth, you are the building the directing power of your life. Life develops only by mental and emotional power from within. Centuries ago, Hermes, one of the greatest teachers and philosophers of all times, made the statement, "All is Mind." Mental and emotional processes create and control all that comes into your experience. Nothing has ever been, is now, or ever will be, that is not the result of man action. Since this law is universal and inescapable, it follows that man in his nature and aspirations is not obsolete; that man has essential freedom of action in determining the content of his experience, and that mind, or personality, is more and something other than the ephemeral reactions of biochemical processes in the brain."

I AM VERY ACCOMMODATING

By: Margaret E. White

I ask no questions.

I accept whatever you give me.

I do whatever I am told to do.

I do not presume to change anything you think, say or do; I file it away in perfect order, quickly and efficiently, and then I return it to you exactly as you gave it to me.

I am the reservoir into which you toss anything your heart or mind chooses to deposit there.

I work night and day; I never rest, and nothing can impede my activity.

The thoughts you send to me are categorized and filed, and my filing system never fails.

I am truly your servant who does your bidding without hesitation or criticism.

I cooperate when you tell me that you are 'this' or 'that' and I play it back as you give it.

I am most agreeable.

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Since I do not think, argue, judge, analyze, question, or make decisions, I accept impressions easily. I am going to ask you to sort out what you send me, however, my files are getting a little cluttered and confused. I mean, please discard those things that you do not want returned to you.
What is my name? Oh, I thought you knew!
I am your subconscious.

II. PSYCHOLOGY

Another area of interest for me is under the label of Psychology. I am a seeker of the truth and following is some material about Truth, Anger, Ego and Focus.

TRUTH

The most important thing you can do is study yourself. All the ancient philosophers had this advice – “Know Thyself.”

What is the single best way to know yourself and to deal with difficult times?

If you want to follow the Truth, you have to go wherever it leads you, even when there are consequences that are not favorable or not to your advantage. This simple Truth came to me when I had a major conflict while studying various religions.

Socrates on Know Thyself

“Wisdom begins with wonder.” said Socrates

“What I want to discover at present,” said Socrates, “is the art which devotes its attention to precision, exactness, and the fullest truth.” His philosophical inquiry was, therefore, dedicated to truth, foremost the truth about himself. By publicly admitting his self-ignorance, he made his audience aware of their own.

From Shakespeare Hamlet, Act I, Scene 3

Polonius: This above all: to thine own self be true, And it must follow, as the night the day, Thou canst not then be false to any man.

ANGER

I have felt the key to getting rid of anger is to develop an understanding of the opposite position. What made these people do these things? The more you see their side as ridiculous, it may be the less anger you have.

I feel anger and intolerance are the twin enemies of correct understanding.

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Quotes:

Bhagavad Gita – Chapter 2, Verse 62-63 “From anger arises delusion; from delusion loss of memory is caused; from loss of memory, the discrimination facility is ruined; and from the ruin of discrimination he perishes.”

Robert Ingersoll “Anger is the wind which blows out the lamp of the mind.”

Abraham Zaleznik “Deal with how you feel by writing down your feelings. Don't try to bottle up your anger if that's what you feel; let it spill out on paper.”

Bruce Lee “Do not allow negative thoughts to enter your mind, for they are the weeds that strangle confidence.”

EGO

The Greeks spent a great deal of time learning what it takes to prepare its leaders. They had many debates on this. One of the most important things to understand in preparing their leaders is the practice of study they employed. Students were prepared up to the age of 35 (this is where the Ph.D. program was formulated.) In addition to study, at the same time they developed rigorous physical challenges and training, which is where the Olympic Games developed.

The question is, were these men ready to be leaders of state following this education? Below from the book, The Story of Philosophy by Will Durant from the chapter titled, “Plato” concerning the education of youth is their answer. The conclusion? The students still needed a lot of personal experience.

“...After this long preparation from childhood through youth and into the maturity of thirty-five; surely now these perfect products are ready to assume the Royal Purple and the highest functions of public life...

Alas! Not yet. Their education is still unfinished. For after all it has been, in the main, a theoretical education; something else is needed. Let these Ph.D.'s pass down now from the heights of Philosophy into the "cave" of the world men and things; generalizations and abstractions are worthless except they be tested by this concrete world; let our students enter the world with no favor shown them; they shall compete with men of business, with hard-headed grasping individualists, with men of brawn and men of cunning; in this mart of strife they shall learn from the book of life itself; they shall hurt their fingers and scratch their philosophic shins on the crude realities of the world; they shall earn their bread and butter by the sweat of their high brows. And this last and sharpest test shall go on ruthlessly for fifteen long years. Some of our perfect products will break under the pressure, and be submerged by this last great wave of elimination. Those that survive, scarred and fifty, sobered and self-reliant, shorn of scholastic vanity by the merciless friction of life, and armed now with all the Wisdom that tradition and experience, culture and conflict, can cooperate to give –

These men at last shall automatically become the rulers of the State.”

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FOCUS

In addition to a study of the subconscious mind, I have also been a student of hypnosis and the power of intentional focus. Below are some quotes readings about the subject.

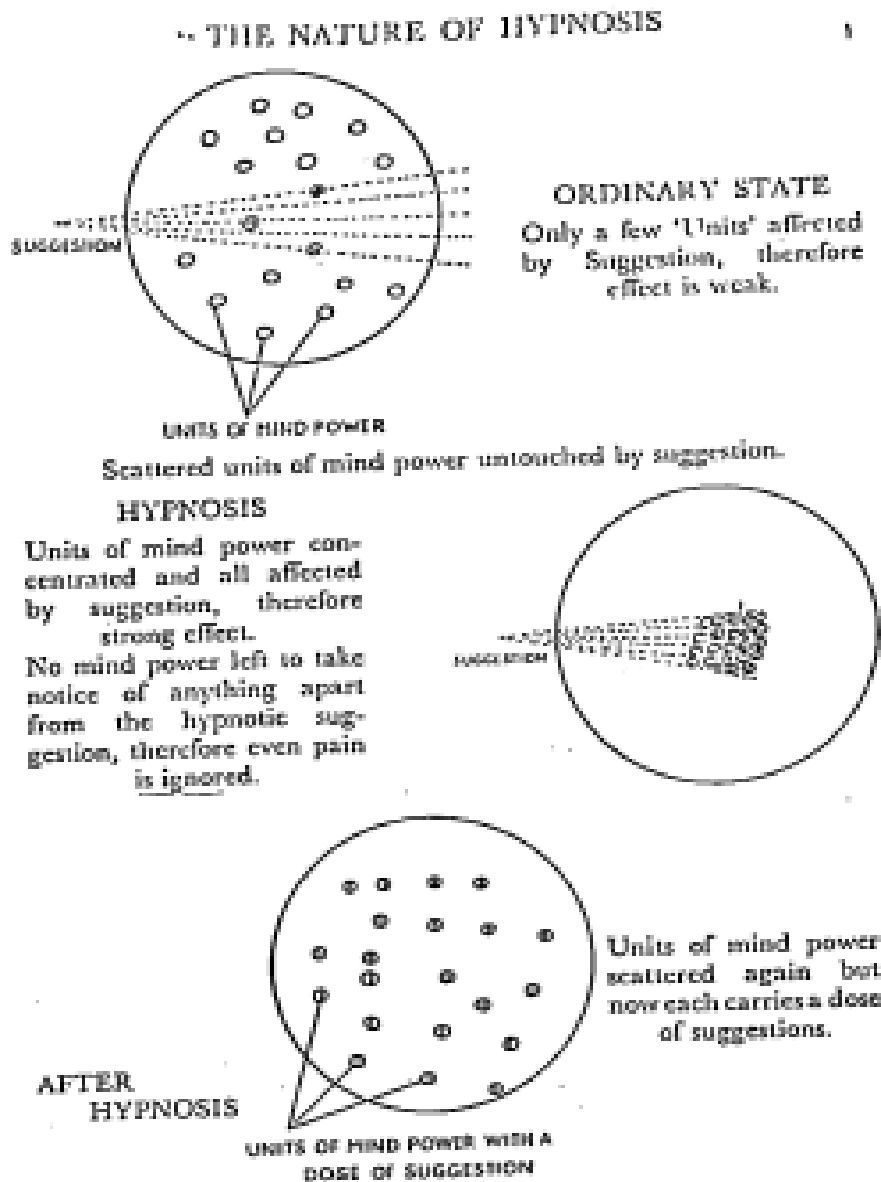


Diagram 1

This diagram shows that hypnosis is not sleep or unconsciousness but a superconcentration of the mind. It explains clearly why suggestion is more powerful in hypnosis than in the ordinary state.
 (By courtesy of the British Journal of Medical Hypnotism)

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Quotes:

William A. Tiller is a professor emeritus of materials science and engineering at Stanford University. He is also the author of *Science and Human Transformation*, a book about concepts such as subtle energies beyond the four fundamental forces, which he believes act in concert with human consciousness.

“Is it possible that we’re so conditioned to our daily lives, so conditioned to the way we create our lives, that we buy the idea that we have no control at all? We’ve been conditioned to believe that the external world is more real than the internal world. This new model of science says just the opposite. It says what’s happening within us will create what’s happening outside of us.”

“We bring to ourselves situations that will fulfil the biochemical cravings of the cells of our body.”

“We have to formulate what we want, be so concentrated on it, so focused on it, and so aware of it that we lose track of ourselves, we lose track of our identity. The moment we become so involved in the experience that we lose track of time, is the only picture that’s real. Everybody’s had their experience of making up their mind that they’ve wanted something. That’s Quantum Physics in action. That’s manifesting reality.”

Articles:

Rev. James R. D. Yeaw, D. Div and his wife, Rev. Sharon Bush, are spiritual leaders of Unity Spiritual Center in Sun City. They have led their dynamic congregation into new ways of looking at ancient scripture. An analogy from his writing about “Karma.”

“Here’s an analogy for you. Place a stone under a water drip. You may not perceive any change in the stone. You conclude that the water drip has no effect on the stone. Years later, upon your return, the stone is disfigured with a hole in its center. Unless you choose to believe that someone replaced the stone, you must conclude that the water drip eroded the stone. Clearly that hole is not the result of a single drip and yet each drip had its effect. That is the nature of life and the nature of Karma.

Each thought, emotion or action, for better or worse, builds or erodes our health, our wealth and our wisdom. Each attack of fear or anxiety builds toward a potential ulcer. Every experience of hatred and resentment disrupts the body’s natural energy flow, leading to potentially dire results. Love, faith, and compassion, on the other hand, have a healing effect. The bottom line is this: every experience in the conscious, subconscious or superconscious, instantly leaves its indelible mark and we as individuals are the accumulative effect of it all.”

Anthony de Mello, also known as Tony de Mello (4 September 1931 – 2 June 1987), was an Indian Jesuit priest and psychotherapist. A spiritual teacher, writer, and public speaker, de Mello wrote several books on spirituality and hosted numerous spiritual retreats and conferences. From “The Way to Love.”

“There’s a lovely saying of Tranxu, a great Chinese sage that I took the trouble to learn by heart. It goes: ‘When the archer shoots for no particular prize, he has all his skills; when he shoots to win a

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brass buckle, he is already nervous; when he shoots for a gold prize, he goes blind, sees two targets, and is out of his mind. His skill has not changed, but the prize divides him. He cares! He thinks more of winning than the shooting, and the need to win drains him of power.' Isn't that an image of what most people are? When you're living for nothing, you've got all your skills, you've got all your energy, you're relaxed, you don't care, it doesn't matter whether you win or lose."

III. CONTROLLING YOUR EMOTIONS

As part of my continuous learning about the subconscious and the truth, the subject of emotions is also a large part of that field of study. Below are a few articles that touch on the subject of habits and "thought control."

Articles:

Lloyd Cassel Douglas was an American minister and author. Douglas was one of the most popular American authors of his time, although he did not write his first novel until he was 50. Below is an excerpt from his book, The Magnificent Obsession.

"A habit is established by repetition • • • repetition • • • repetition • • • repetition. Another mainstay of behaviorists in breaking bad health habits is substitution of behaviors. 'You can't really break bad habit,' Stern explains. 'You can only replace it with more appropriate behavior.'

Stern claims that it is also possible to use your imagination to substitute for a bad habit.

In the end, most experts believe that you can change your behavior as long as you're honest with yourself. Stern says: 'Tell yourself before getting out of bed in the morning that you have no one to blame for your bad habit except yourself, and if you concentrate on your successes rather than your failures, you won't have to break your bad habits - they'll be gone.'"

William James was an American philosopher and psychologist, and the first educator to offer a psychology course in the United States. James is considered to be a leading thinker of the late nineteenth century, one of the most influential philosophers of the United States, and the "Father of American psychology" Below is an excerpt about "Training of the Will."

"The great thing in all education is to make our nervous system our ally instead of our enemy.

For this we must make automatic and habitual, as early as possible, as many useful actions as we can, and as carefully guard against growing into ways that are likely to be disadvantageous.

In the acquisition of a new habit, or the leaving off of an old one, we must take care to launch ourselves with as strong and decided an initiative as possible.

Never suffer an exception to occur till the new habit is securely rooted in your life.

Seize the very first possible opportunity to act on every *resolution* you make, and on every emotional prompting you may experience in the direction of the habits you aspire to gain."

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M. Scott Peck was an American psychiatrist and best-selling author who wrote the book The Road Less Traveled, published in 1978. Following is an excerpt from his book, People of the Lie: The Hope for Healing Human Evil.

“Our capacity to choose changes constantly with our practice of life. The longer we continue to make the wrong decisions, the more our heart hardens; the more often we make the right decisions, the more our heart softens.

... Each step in life which increases my self-confidence, my integrity, my courage, my conviction also increases my capacity to choose the desirable alternative, until eventually it becomes more difficult for me to choose the undesirable rather than the desirable action. On the other hand, each act of surrender and cowardice weakens me, opens the path for more acts of surrender, and eventually freedom is lost. Between the extreme when I can no longer do a wrong act and the extreme when I have lost my freedom to right action, there are innumerable degrees of freedom of choice. In the practice of life the degree of freedom to choose is different at any given moment. If the degree of freedom to choose the good is great; it needs less effort to choose the good. If it is small, it takes a great effort, help from others, and favorable circumstances...

Most people fail in the art of living not because they are inherently bad or so without will that they cannot lead a better life; they fail, because they do not wake up and see when they stand at a fork in the road and have to decide. They are not aware when life asks them a question, and when they still have alternative answers. Then with each step along the wrong road it becomes increasingly difficult for them to admit that they are on the wrong road, often only because they have to admit that they must go back to the first wrong turn, and must accept the fact that they have wasted energy and time.”

Sir John Marks Templeton was an American-born British investor, banker, fund manager, and philanthropist. In 1954, he entered the mutual fund market and created the Templeton Growth Fund. In 1999, Money magazine named him "arguably the greatest global stock picker of the century."

Here are the four lessons for controlling your thoughts for effective action as detailed by John Templeton in The Templeton Plan:

1. Do not think of “thought control” as a repressive tool out of George Orwell’s 1984. Rather, think of it as a positive force that will leave your mind clearer, more directed, and more effective.
2. Remember that you are what you think. If you think well of yourself, others will think well of you. Your mind creates the environment in which you live and function.
3. Practice the “crowding-out” method by filling your mind with good and productive thoughts. Soon there will be no room left for the bad ones.
4. The moment you wake up in the morning set your thought pattern for the day. Think of five things for which you are deeply grateful and keep them in your mind.

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CONCLUSIONS:

This writing is just a small portion of the material available on the subject matters of the subconscious mind, psychology, and controlling your emotions. I am happy to make available a list of books I recommend and am happy to answer any questions you might have on the subject.