

Blog Entry #11: Autosuggestion.

Most of the books I read are motivation-based, self-help books. I'm a big believer in "will-power", "self-confidence", "positive thinking" and of course Strategic thinking. I've attempted to train myself to think as a chess player; not only in the game of chess but in the game of life.

For years I've heard a lot about a book called "Think And Grow Rich" by Napoleon Hill. I finally have it and I can see why it's such a classic and favorite of so many successful people.

In it there is a chapter on Autosuggestion that gave me the topic for this entry. Autosuggestion is described as "a term that applies to all suggestions and all self-administered stimuli that reaches ones mind through the five senses... It is the agency of communication between that part of the mind where conscious thought takes place and that which serves as the seat of action for the subconscious mind."

I guess you can call it a form of self-brainwashing. "I think, therefore I am" might be one of the most recognized quotes of all time; undoubtedly a reference to autosuggestion. I see this to be a legit psychological manipulation. It can be enforced both negatively and positively. How many times have we had negative thoughts that come to pass? Or positive outcomes where terminally ill people "miraculously" are cured. The chronically pessimistic use this autosuggestion everyday. Same as the chronically optimistic. More than likely if you expect "Doom & Gloom" then Doom & Gloom you get. I know that in here where I am there are ALOT of inmates who have given

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up. A lot of people feel like "well I've fucked my whole life up" or "I'm a criminal / drug addict, this is all I know, what can I do?" People feel as if there is nothing to salvage. Sure, there are things that a criminal record may affect; but not all is lost. We never felt as if my life were over - so to speak. To this day I KNOW what I can accomplish; I KNOW what I'm capable of doing (both good & bad). I don't believe that my station in life is already determined. I can still determine it myself.

A real good point was made about Autosuggestion being the basis of Faith. To the religious this may be blasphemy; but it makes sense that faith and autosuggestion are one and the same. What is faith? It's a belief. A belief in what? In whatever it is you want to have faith in. Be it that God reigns supreme and decides what will happen, or a more worldly faith like having faith that you'll get the job you want. It's almost like an infusion of confidence.

The religious person will tell you "just believe in God and all is possible." Is it possible that this is a medium, another form of autosuggestion? "Miracles" are usually attributed to a Higher Power. The power of prayer is a realistic force that has been scientifically studied and proven to be a legit phenomenon. What is prayer? Repetitious prayer repeats a desired outcome over and over again. Could this be the self-brainwashing that I'm talking about? There's little doubt that there IS something to this mass prayer. The question is if it's some type of supernatural phenomenon, or is it something simpler and more mundane?

3) I think that the mind is powerful enough in itself to make these things a reality. This seems to open the door to questions about psychic abilities that I'm unable to answer.

I want to comment on something I touched on here, and that's extremes in pessimism and optimism. A friend of mine told me that people who are always optimistic "make her sick." I don't disagree. ☺ But the same can be said for the people who are always pessimistic. If you are a realist, then you would be on neither extreme. How realistic is it that **EVERYTHING** always be negative or positive? A realist will be optimistic or pessimistic based on each individual scenario. Example. I apply for a job in computer programming, but have no experience, nor knowledge of it whatsoever. A realist will understand that the chances of me getting this job are very low. So in this case a pessimistic outlook may be justified. On the other hand had I knowledge and experience there's no reason to be pessimistic. I'd come to realize that some people fake chronic pessimism. You know, the people who are so sensitive to rejection that they try to limit the pain by taking that they don't want something to happen that they really DO want to happen?

You hear them tell everyone "I know I'm not going to get this job. I don't even WANT it." But inside they're thinking "please, please, please let me get this job!!" The belief is that if I feel myself to be so "unlucky" or a jinx, that maybe if I outwardly project the **OPPOSITE** of what I want then "maybe" I'll "trick" whoever makes these decisions into giving me what I want! ☺ It's so ridiculous if you think about it. The person believes themselves to be so unlucky that if they hope for it (at least outwardly)

4.) what somehow it'll only guarantee a negative outcome. These are the chronically pessimistic. It's not so much that they really BELIEVE the pessimism, it's that they are so sensitive to rejection that they feel that this will soften the blow. I think to some extent we've ALL had this thought. For sure as a kid I thought like that a few times, but now I realize that thinking negatively does nothing to better the results. Let more than likely only makes it more likely to happen. You instill that negativity in your mind that it becomes habit forming. I don't know of any billionaires or successful people who are constantly pessimistic. They wouldn't be in business if they were.

Richard Nixon