

## PROVERBS chapter 23, verse 7

As a man thinketh in his heart, so is he.

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### JAMES ALLEN *AS A MAN THINKETH*

“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. 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.”

“Self-control is strength. Right thought is mastery. Calmness is power.”

“A strong man cannot help a weaker unless the weaker is willing to be helped, and even then the weak man must become strong of himself; he must, by his own efforts, develop the strength which he admires in another. None but himself can alter his condition.”

“The outer conditions of a person's life will always be found to be harmoniously related to his inner state...Men do not attract that which they want, but that which they are.”

“Circumstance does not make the man; it reveals him to himself.”

“Men are anxious to improve their circumstances, but are unwilling to improve themselves.”

“You are today where your thoughts have brought you;  
you will be tomorrow where your thoughts take you.”

“As a man thinketh in his heart, so shall he be”

“As he thinks, so he is; as he continues to think, so he remains.”

“A man is literally what he thinks, his character being the complete sum of all his thoughts.”

“A person is limited only by the thoughts that he chooses.”

“A man only begins to be a man when he ceases to whine and revile, and commences to search for the hidden justice which regulates his life. And he adapts his mind to that regulating factor, he ceases to accuse others as the cause of his condition, and builds himself up in strong and noble thoughts; ceases to kick against circumstances, but begins to use them as aids to his more rapid progress, and as a means of the hidden powers and possibilities within himself.”

“A particular train of thought persisted in, be it good or bad, cannot fail to produce its results on the character and circumstances. A man cannot directly choose his circumstances, but he can choose his thoughts, and so indirectly, yet surely, shape his circumstances.”

“He who would accomplish little need sacrifice little; he who would achieve much must sacrifice much. He who would attain highly must sacrifice greatly.”

“There can be no progress nor achievement without sacrifice, and a man's worldly success will be by the measure that he sacrifices his confused animal thoughts, and fixes his mind on the development of his plans, and the strengthening of his resolution and self-reliance.”

“The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom.”

“A 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.”

“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.”

“The 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.”