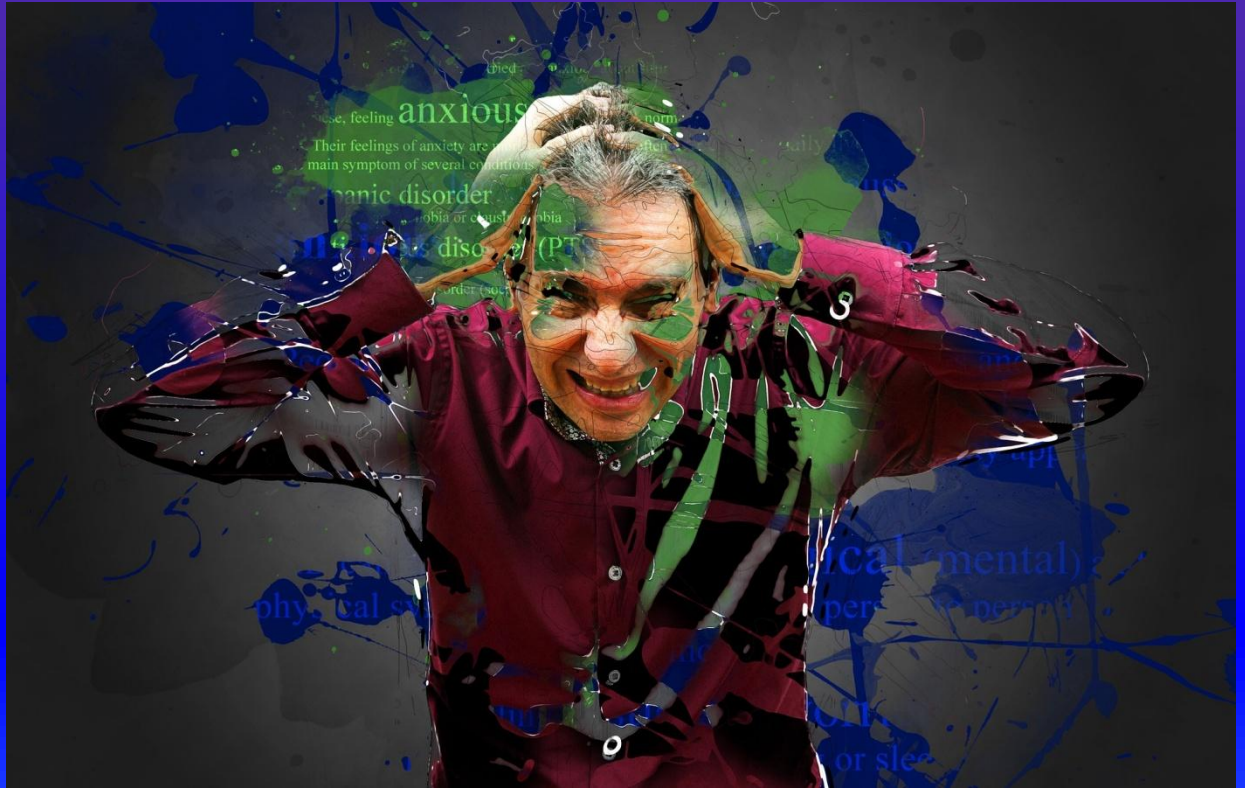


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**ARE YOU BURDENED WITH ANXIETY,  
PRESSURES, NEGATIVITY, ETC.?**



**A VERY SIMPLE TECHNIQUE**

The Psyche pages 120-124

# **MIGHT - ORIENTED THINKING**

# Hindrances and Difficulties

**Think of them as:**

# Hindrances and Difficulties

**Think of them as:**

- small
- unreal
- unimportant
- easily surmountable

# Hindrances and Difficulties

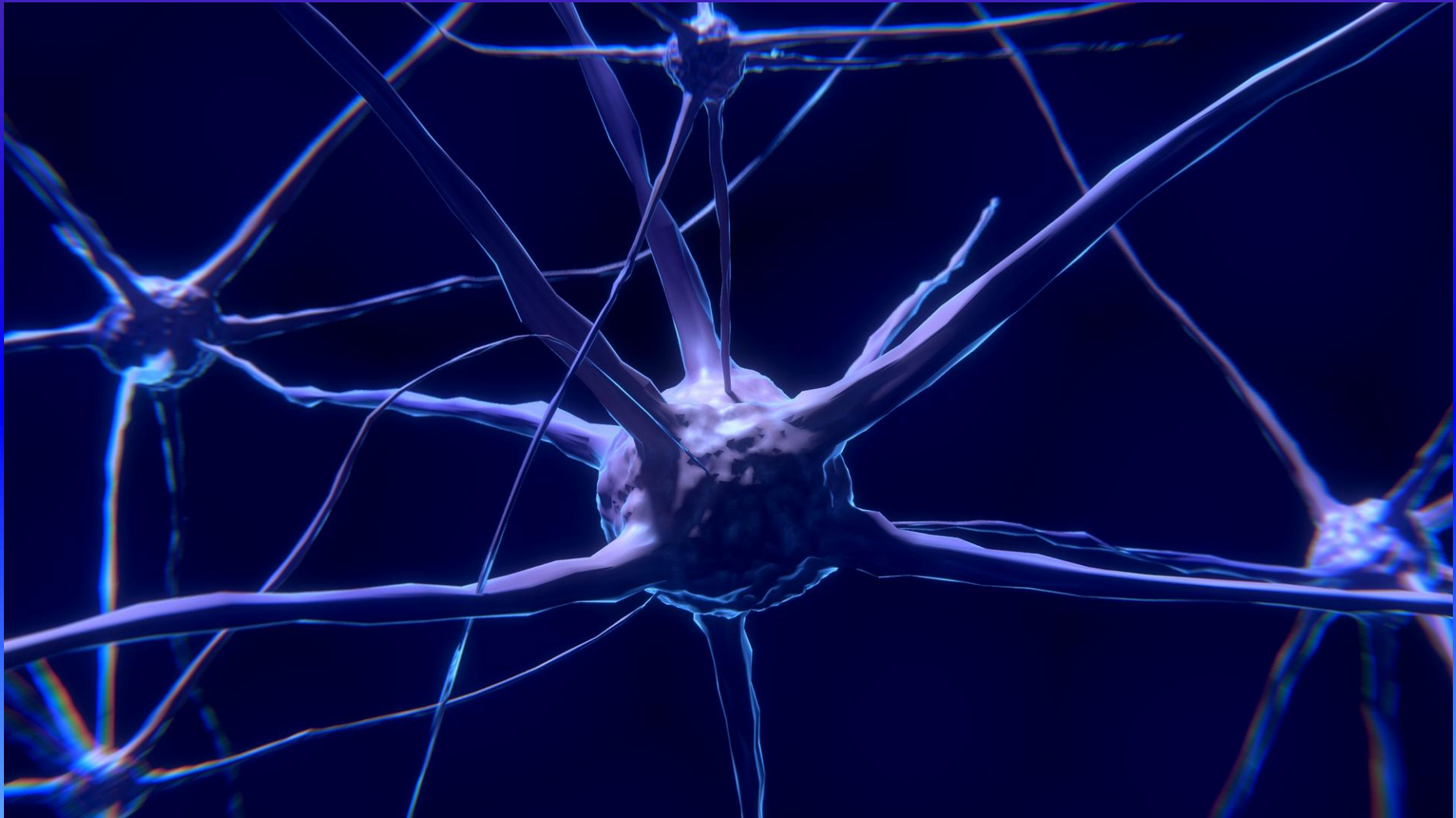
**And they become:**

- small
- unreal
- unimportant
- easily surmountable



# In the beginning:

- appears very difficult because it is unfamiliar
- actually it is very easy
- just get the ball rolling
- very quickly the thinking arranges itself into the new mode of thinking
- becomes a habit
- no reward without effort



# Might-oriented Thinking

Hindrances and difficulties are tagged as

- small
- unreal
- unimportant
- easily surmountable

And they become

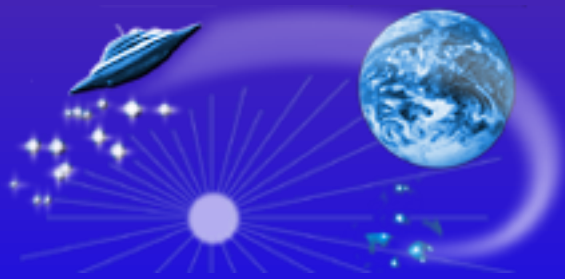
- small
- unimportant
- easily surmountable

Cause



Effect





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