

Concentration: Road to Success

Henry Harrison Brown | Summary | The power of Directed Thought

"Concentration: The Road to Success" written by Henry Harrison Brown advocates for mental concentration as the key to achieving success, happiness, and health. Brown explores various techniques and practices for achieving mental focus, including self-study, prayer, and meditation, and also provides practical tips for applying these principles to everyday life. The text highlights the importance of cultivating positive thoughts, overcoming negative habits, and aligning oneself with a higher power. Ultimately, Brown argues that true success stems from inner strength and control, manifested through a consistent practice of concentration and self-mastery.

Main Themes

The Power of Concentration: Brown emphasizes that concentration is the key to success in all aspects of life – health, happiness, and material wealth. He argues that everyone possesses the ability to concentrate, but most people dissipate their mental energy on fleeting desires and negative thoughts.

Faith in Self: Brown stresses the importance of believing in oneself as a divine being with infinite potential. He encourages readers to cultivate faith in their abilities and to affirm their power to achieve their desires.

The Law of Attraction: The book highlights the idea that "like attracts like" in the mental realm. Concentrating on positive thoughts and ideals attracts positive circumstances and outcomes into one's life. Conversely, dwelling on negativity attracts more of the same.

The Importance of the Subconscious Mind: Brown posits that the subconscious mind is a powerful force that can be harnessed through concentration and suggestion. By consciously directing thoughts and desires to the subconscious, one can influence external reality.

Non-Resistance: Brown advocates for a philosophy of non-resistance to external negativity. He argues that focusing on one's own positive goals and ignoring antagonism is the most effective way to achieve success and happiness.

Most Important Ideas/Facts

1. **Concentration is a Skill to be Developed:** Brown refutes the idea that some people lack the ability to concentrate. He asserts that it is a skill that can be cultivated through practice and willpower.
2. **Circumstances Have No Inherent Power:** Brown argues that circumstances gain power only through the meaning we assign to them. By choosing to focus on positive interpretations, we can neutralize the negative impact of external events.
3. **Desire is a Powerful Force:** Brown defines desire as "soul-hunger" and emphasizes its importance as a driving force for manifestation. He advises readers to transform weak wishes into strong desires and to trust the subconscious to guide them to their fulfilment.
4. **The Importance of Mental Pictures:** Brown encourages readers to create vivid mental images of their desired outcomes and to hold them in their minds with unwavering focus. He believes that consistent visualization can manifest desires into reality.
5. **Agreement with the Divine Will:** Brown stresses the importance of aligning personal desires with the divine will. He suggests surrendering to a higher power and trusting that what is truly best for us will manifest.

Key Quotes

- "The key to success in the line of all mental and spiritual achievement, is CONTROL OF THE ATTENTION."
- "In this mental attitude we shall win. In any other we shall fail."
- "I AM POWER TO BE AND TO DO THAT WHICH I WILL TO BE AND TO DO."
- "You have as much life, as much power, and as good conditions as any other person."
- "Pictures created by Affirmations become, according to the fidelity with which they are held imaged forth in the body."
- "I CAN!" is born of the consciousness of ability to do because you possess All-Life and All-Will, and may use as much as you desire."
- "Think, Concentrate, and Trust."

- "Success goes thus invariably with a certain plus or positive power; an ounce of power must balance an ounce of weight."
- "Whoever says to me, 'I can't concentrate' is simply repeating the cry of an old habit. I reply, 'You can, but you don't! When you will to, you will concentrate.'"
- "The chances are that you have held in connection with your desire, some thought of the mysterious, or the supernatural. If Concentration is 'the secret of power,' then wherever you find power it must be the result of concentration."
- "You need not see or hear, need not feel or recognize, anything you do not desire to sense."
- "Seek first the consciousness of Power within your soul where All-power centres; live in accordance with soul laws, then things become subject to you."
- "All have like effect upon the body and environment."
- "To think is to be! Destroy my thinking power and I am destroyed."
- "Think, speak and act just as you wish to be, and you will be that which you wish to be."
- "The Law of Life is: I am that which I think."
- "The one only rule I give my pupils is this – NEVER ARGUE. NEVER DEFEND YOURSELF."
- "You have separated yourself from Principle which is power. Peter resisted and lost his ear. Jesus did not resist and was crucified! 'Who is victor? – Pilate or Christ?'"

Overall Impression

"Concentration: The Road to Success" is a passionate and insightful treatise on the power of the mind to shape reality. Brown's writing is engaging and accessible, filled with anecdotes and practical advice. He presents a clear and compelling argument for the transformative potential of focused thought and unwavering faith. While some of the language and concepts may seem dated to a modern reader, the core message of the book remains relevant and inspiring. Brown argues that the key to success in all areas of life lies in the ability to concentrate one's mental energy on a specific goal or desire. He emphasizes the importance of faith in oneself, the power of positive thinking, and the need to eliminate distractions and negative influences.

Glossary of Key Terms

Concentration: The act of focusing mental energy on a specific thought, goal, or desire, leading to heightened awareness and increased power of manifestation.

Silence: A state of mental quietude and stillness achieved through concentrated effort, allowing access to the wisdom and power of the subconscious mind.

Affirmation: A positive statement or declaration repeated with conviction to impress a desired belief or outcome upon the subconscious mind, influencing thoughts, feelings, and actions.

Desire: A powerful and focused longing emanating from the soul, representing its inherent drive for expansion and expression; a force capable of attracting desired outcomes.

Wish: A fleeting and weak expression of want, lacking the focused energy of true Desire and often leading to scattered efforts and unfulfilled expectations.

Mental Poise: A state of inner peace, stability, and emotional equilibrium, characterized by freedom from anxiety, fear, and doubt, essential for clear and focused thought.

Heredity: Inherited traits and predispositions passed down from previous generations, influencing but not determining an individual's potential and choices.

Non-Resistance: The practice of avoiding argumentation and antagonism, choosing instead to focus on positive desires and allowing others the freedom to make their own choices.

Agreement: Aligning thoughts, words, and actions with desired outcomes, creating a harmonious mental and physical state that facilitates manifestation; respecting others' choices and avoiding resistance to their expressions.

Subconscious Mind: The deeper level of the mind operating beneath conscious awareness, holding vast reserves of wisdom, creativity, and power accessible through concentrated effort.