

# *How to control fate through suggestion*

## Henry Harrison BROWN | Summary | Inner Power

Henry Harrison Brown's "How to Control Fate Through Suggestion" is a self-help book that promotes the philosophy of Soul Culture. Brown argues that all of reality is one unified energy, and that by understanding this and recognizing oneself as a part of this universal energy, one can gain mastery over their destiny. The book is divided into two parts: the first explores the scientific and philosophical underpinnings of Soul Culture, while the second focuses on the practical application of Suggestion and Affirmation in daily life. Brown emphasizes that by consciously directing one's thoughts through affirmations, individuals can shape their lives to achieve health, happiness, and prosperity. He suggests that mastering the power of suggestion and embracing the principle of "All is Good" are key to controlling fate and unlocking one's full potential.

### Core Themes

1. **The Primacy of Spirit:** Brown posits a monistic worldview where Spirit, or Force, constitutes the fundamental reality. He rejects dualistic conceptions, arguing that seemingly opposing forces like good and evil, health and disease, are merely differing manifestations of the One.
2. *"There are not two forces, two antagonistic somethings, warring in nature for mastery...These are two only to the child-man, who reasons from appearances, but to him who looks at cause they will ever be manifestations of the One."*
3. **Man as the Creator:** Brown emphasizes that man, as a manifestation of Spirit, is inherently powerful and possesses the capacity to shape his own destiny. This power stems from the ability to choose and control one's thoughts and emotions.
4. *"Man is thus his own Fate, inasmuch as he has power to choose, to use and to name, and as fast as he learns his power to control the manifestations of the One, he shall decide how and when this power shall in manifestation serve him."*
5. **The Power of Suggestion:** Brown identifies suggestion as the key to unlocking the potential of the Subconscious mind. By consciously choosing and affirming desired realities, individuals can influence their physical, mental, and material circumstances.
6. *"Suggest to yourself that that is true which you desire to be true. 'Believe and be saved,' was the command of Jesus; believe that to be true which you wish to be true, and it will manifest in your life as truth."*

## Key Ideas and Facts

- **Affirmation as the Tool:** Brown advocates the use of affirmations, positive statements declared with conviction, as a means of directing the Subconscious mind and manifesting desired outcomes.
- *"Affirm that which you wish and it will manifest in your life. Learn a lesson from the hypnotist... So do we say to ourselves: 'I am sick, poor, old, unhappy, weak, penniless,' until we make ourselves so. Now turn about; 'repent' and affirm the opposite."*
- **Overcoming Fear:** Fear is identified as a detrimental force that impedes spiritual growth and creates negative manifestations. Brown encourages readers to cultivate fearlessness through affirmations and confronting their fears.
- *"Fear being the cause of all ills, failures and unhappiness, it is the first condition to be outgrown. To outgrow fear, learn how to Affirm Fearlessness."*
- **Embracing Unity:** By recognizing the underlying oneness of all things, individuals can transcend limitations and tap into the infinite potential of Spirit.
- *"The Coming Man will have no senses, but he will be sensation... It is only a question of unfolded sensitiveness to the unseen, but ever-present vibration and the recognition of the response born within the Soul."*

## Relevance and Applications

Brown's work, though written over a century ago, remains relevant in its exploration of the mind-body connection and the potential of conscious thought in shaping reality. The principles of suggestion and affirmation have found application in various fields, including:

**Personal Development:** Affirmations are widely used in self-help and personal growth practices to cultivate positive beliefs and habits.

**Health and Wellness:** Mind-body therapies like hypnotherapy and visualization techniques draw upon the power of suggestion to promote healing and well-being.

**Business and Success:** The principles of visualization and positive thinking are applied in areas like goal setting and achievement motivation.

## Conclusion

"How to Control Fate Through Suggestion" offers a compelling vision of human potential and provides practical tools for harnessing the power of the mind. While some of Brown's language reflects the philosophical and scientific understanding of his time, the core message of self-mastery through conscious thought continues to resonate with contemporary readers seeking empowerment and fulfilment.

## Glossary of Key Terms

**Affirmation:** A positive statement declared with conviction, intended to create a desired reality.

**Auto-Suggestion:** A suggestion given by an individual to themselves, arising from a personal belief in its truth.

**Concentration:** The act of focusing the mind intently on a single point, thought, or purpose.

**Desire:** The driving force behind spiritual growth and manifestation, directing the flow of energy towards desired outcomes.

**Duality:** A false perception of separation and opposition, obscuring the underlying unity of all things.

**Ego:** The individual consciousness, a manifestation of the universal Spirit.

**Fate:** The course of events in one's life, which Brown argues is determined by the individual's thoughts and choices.

**Fear:** A negative emotion that creates limiting beliefs and blocks the realization of one's potential.

**Intending the Mind:** Directing one's mental energy and attention towards a specific area of interest or desire.

**Non-Resistance:** A mental attitude of acceptance and non-judgment, allowing all experiences to serve the individual's growth.

**Psychic Faculties:** Inherent abilities that connect the individual to a realm beyond the five senses, including intuition, clairvoyance, and telepathy.

**Sensation:** The subjective experience of vibrations, both physical and spiritual, through which the individual interacts with the world.

**Soul Culture:** The practice of consciously cultivating one's spiritual potential through thought, affirmation, and self-awareness.

**Spirit:** The universal, indivisible force that animates all things, equivalent to Brown's use of the term "Force."

**Suggestion:** Any external stimulus that creates an idea in the mind.

**Unity:** The fundamental interconnectedness of all things, the foundation of Brown's philosophy.

**Will:** The power of conscious choice and determination, essential for directing the power of Suggestion.