




Concentration

The Road to Success

Henry Harrison Brown's seminal work "Concentration: The Road to Success" presents a comprehensive philosophy centered on the power of mental focus as the key to achieving success in all areas of life. Brown argues that through disciplined concentration, individuals can harness their innate potential, overcome limitations, and manifest their desires. This document explores Brown's core teachings on concentration, self-reliance, and the power of directed thought, providing practical guidance for developing these skills in everyday life.



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The Foundation

Understanding Concentration

The Essence of Concentration

Brown defines concentration as "thinking 'I will'" - the ability to focus one's mental energy on a specific thought or goal while excluding all distractions. He emphasizes that concentration is not merely a passive state but an active assertion of willpower. According to Brown, this skill forms the foundation for all achievement and personal development.

Universal Potential

A central tenet of Brown's philosophy is that everyone possesses equal capacity for concentration. He firmly rejects the notion that some individuals are naturally better at focusing than others, stating: "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 Power Within

Brown emphasizes that true success comes from harnessing the power within rather than seeking external solutions. He encourages readers to adopt the affirmation: "I AM POWER TO BE AND TO DO THAT WHICH I WILL TO BE AND TO DO," reinforcing the idea that each person contains all the resources needed for achievement.

Brown's approach to concentration challenges conventional thinking by positioning it not as a mysterious talent but as a learnable skill accessible to all. By developing this fundamental ability, individuals can unlock their potential across all domains of life - from health and relationships to career and spiritual growth.

The Mental Foundation

Attitude and Self-Reliance

The Right Mental Attitude

Brown emphasizes that success begins with adopting the proper mental stance. He writes, "In this mental attitude we shall win. In any other we shall fail." This attitude is characterized by self-confidence, positivity, and a firm belief in one's inherent power. Brown argues that approaching self-improvement with an attitude of self-reliance is crucial, rejecting external systems or methods in favor of personal responsibility.

The Illusion of External Power

A cornerstone of Brown's philosophy is that circumstances have no inherent power over us. He asserts that external conditions gain influence only through the meaning we assign to them. By choosing to focus on positive interpretations and maintaining control of our thoughts, we can neutralize the negative impact of challenging situations and transform our experience of reality.

Taking Responsibility

Brown strongly advocates against blaming external circumstances for one's failures. He argues that true power lies in consciously shaping one's own reality through directed thought and intention. "You have as much life, as much power, and as good conditions as any other person," he reminds readers, emphasizing the equal distribution of potential among all individuals.

This foundation of mental attitude and self-reliance creates the necessary conditions for effective concentration. By recognizing our inherent power and taking full responsibility for our thoughts and circumstances, we establish the mental environment in which concentration can flourish. Brown's approach empowers individuals to stop seeing themselves as victims of circumstance and instead recognize themselves as creators of their own experience.

Practical Methods of Concentration

Creating Dedicated Space and Time

Brown advises establishing a specific environment conducive to concentration practice. This should be a quiet, comfortable space free from distractions where one can focus without interruption. He recommends setting aside regular periods for practice, emphasizing consistency over duration.

Focused Breathing Exercises

Controlled breathing serves as an anchor for concentration. Brown suggests beginning practice sessions by taking deep, rhythmic breaths while mentally affirming "I am Power." This technique calms the mind and establishes a foundation for deeper concentration work.

Object Concentration

Brown recommends focusing on a single object, such as a flower or geometric shape, and maintaining attention on it without allowing the mind to wander. When distractions arise, gently return focus to the object. This practice strengthens the "mental muscles" required for sustained concentration.

Visualization Techniques

Creating vivid mental images of desired outcomes is a powerful concentration method. Brown encourages readers to imagine their goals as already achieved, engaging all senses to make these visualizations as real as possible. "Pictures created by Affirmations become, according to the fidelity with which they are held imaged forth in the body," he writes.

Brown emphasizes that these methods should be approached with patience and persistence. He acknowledges that developing concentration is a gradual process that requires consistent practice. "Think, Concentrate, and Trust," he advises, suggesting that results will come naturally through dedicated effort. The key is to experiment with different techniques and discover which approaches work best for individual temperaments and circumstances.

The Power of Silence and The Subconscious Mind

Entering the Silence

Brown introduces the concept of "Silence" as a mental state where external distractions are shut out, allowing for deep introspection and connection with the subconscious mind. This is not merely physical quietude but an inner stillness achieved through concentrated effort. He describes it as a transformative state comparable to prayer and meditation, where one can access deeper wisdom and power.

"Going into the Silence" involves withdrawing attention from sensory stimuli and directing it inward. Brown explains: "You need not see or hear, need not feel or recognize, anything you do not desire to sense." This practice creates space for insights and inspirations to emerge from the subconscious.

The Subconscious as Source

Brown positions the subconscious mind as a vast reservoir of wisdom and creative power. He suggests that this deeper aspect of mind contains all knowledge and potential, which can be accessed through concentrated effort. The subconscious operates according to the impressions we give it through our conscious thoughts and affirmations.

By deliberately programming the subconscious with positive thoughts and clear intentions, we can harness its power to manifest our desires. Brown emphasizes that the subconscious accepts whatever we present to it without judgment, making it essential to monitor and direct our thoughts carefully.

The relationship between concentration, silence, and the subconscious forms a crucial aspect of Brown's methodology. Through concentrated effort, we can quiet the conscious mind, access the subconscious, and impress upon it the thoughts and images we wish to manifest. This process creates a powerful alignment between our conscious intentions and the vast creative resources of the subconscious mind.

Desire, Will, and Manifestation

1

The Nature of Desire

Brown defines desire as "soul-hunger" - a powerful force driving manifestation. Unlike fleeting wishes, true desires emerge from the soul's urge for expansion and expression. "Desire is the prophecy of attainment," he writes, suggesting that the very presence of a desire indicates the potential for its fulfillment. Brown encourages readers to honor their desires as divine impulses rather than dismissing them as selfish or unattainable.

2

The Function of Will

Will represents the ability to choose and maintain focus on a desired thought. Brown debunks the notion of "weak will," arguing that everyone possesses equal willpower; the difference lies in training and directing it effectively. "I CAN!" he affirms, "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." Will serves as the steering mechanism for desire, allowing us to maintain focus despite distractions.

3

The Process of Manifestation

When desire and will work in harmony, manifestation naturally follows. Brown explains that by consistently holding mental pictures of our desires as already fulfilled, we impress them upon the subconscious mind, which then works to bring them into physical reality. "Think, speak and act just as you wish to be, and you will be that which you wish to be," he advises, emphasizing the creative power of thought aligned with action.

Brown's approach to manifestation differs from passive wishing or hoping. It requires active engagement of both desire and will in a disciplined process of concentration. By clearly defining what we want, focusing our will upon it with unwavering attention, and trusting in the process of manifestation, we align ourselves with universal creative forces. This alignment creates what Brown calls "Compensation" - the natural rewards that flow from concentrated effort and clear intention.

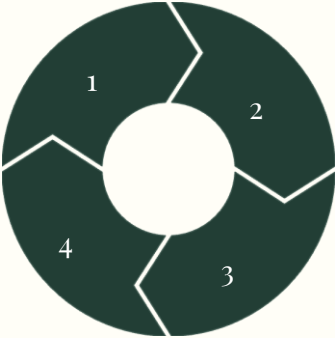
Non-Resistance and Agreement

The Principle of Non-Resistance

Brown's philosophy emphasizes avoiding struggle against unwanted conditions. "The one only rule I give my pupils is this - NEVER ARGUE. NEVER DEFEND YOURSELF," he states emphatically. This approach stems from his belief that resistance reinforces the very thing we oppose, while non-resistance allows us to transcend it.

The Power of Love

Brown defines love as the unifying force of the universe and encourages cultivating love for all beings. He argues that love dissolves resistance and opens the path to greater connection and understanding.



This approach represents a radical departure from conventional strategies that often involve fighting against problems or obstacles. Brown illustrates this principle with a powerful comparison: "Peter resisted and lost his ear. Jesus did not resist and was crucified! Who is victor? - Pilate or Christ?" The question challenges readers to reconsider their definition of victory and success. True power, according to Brown, comes not from overcoming opposition through force but from transcending it through alignment with higher principles.

By practicing non-resistance and agreement, we conserve the mental energy that would otherwise be wasted in conflict and redirect it toward our positive goals. This creates a more harmonious relationship with life and allows for more effective manifestation of our desires.

The Law of Agreement

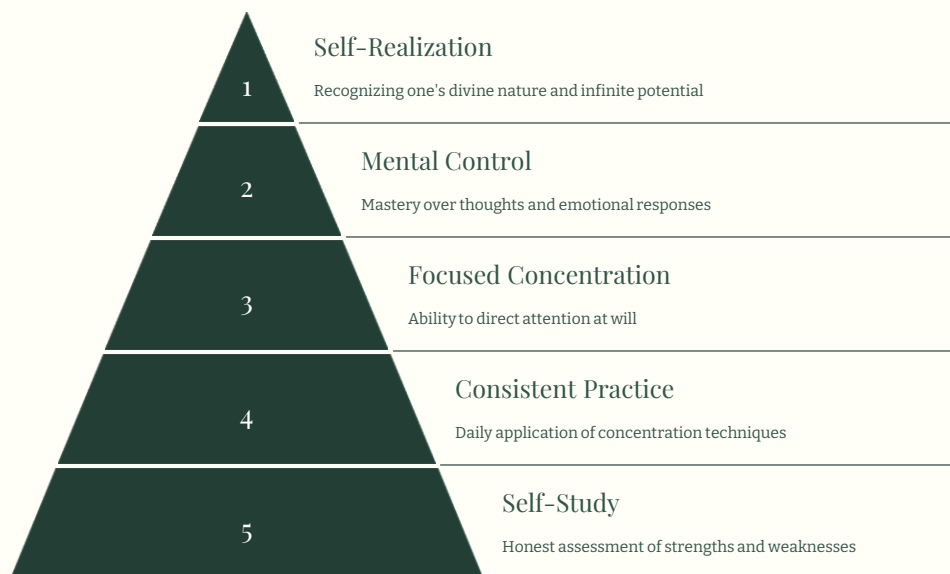
Brown's central rule is Agreement - aligning thoughts, words, and actions with desired outcomes rather than fighting against what is unwanted. "Never resist, never contend, never fight," he advises, suggesting that acceptance and alignment are more effective than opposition.

Practical Application

In practice, this means focusing exclusively on what is wanted rather than battling against what is not wanted. When faced with negativity, Brown suggests redirecting attention to positive ideals rather than engaging in argument or defense.

The Ultimate Goal

Self-Mastery and Success



Brown's ultimate vision of success transcends mere material achievement. While he acknowledges that concentration can lead to external rewards such as wealth, health, and harmonious relationships, he emphasizes that the greatest reward is the development of inner strength and self-mastery. "Success goes thus invariably with a certain plus or positive power," he writes, suggesting that true achievement comes from developing this inner power rather than accumulating external possessions.

Through the consistent practice of concentration, individuals develop not only the ability to achieve specific goals but also a transformed consciousness characterized by peace, confidence, and alignment with universal principles. Brown encourages readers to "Seek first the consciousness of Power within your soul where All-power centers; live in accordance with soul laws, then things become subject to you." This perspective positions material success as a natural byproduct of spiritual development rather than an end in itself.

The journey of concentration leads ultimately to a profound realization: "The Law of Life is: I am that which I think." By taking responsibility for our thoughts and directing them with conscious intention, we become active creators of our experience rather than passive recipients of circumstance. This represents the true road to success - not merely achieving external goals but becoming masters of our own consciousness and, by extension, our destiny.