

AS  
A MAN  
THINKETH

James Allen

LIBERTY  
Publishing

Published by Liberty Publishing

Plot C-16, Sector 31-A Mehran Town Extension,  
Korangi Industrial Area, Karachi, Pakistan

[www.libertybooks.com](http://www.libertybooks.com)



**LIBERTY**  
*Publishing*

This edition first being published in Pakistan.

Copyright © Liberty Books 2020

1 2 3 4 5 6 7 8 9 10

This is a work of fiction. Names, characters, places and incidents are either the product of the author's imagination or are used fictitiously and any resemblance to any actual person, living or dead, events or locales is entirely coincidental.

ISBN: 978-969-8729-363

Printed in Pakistan

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition.

# CONTENTS

Introduction 04

Chapter 1  
Thought and Character 05

Chapter 2  
Effect of Thought on Circumstances 08

Chapter 3  
Effects of Thoughts on Health and Body 17

Chapter 4  
Thought and Purpose 20

Chapter 5  
The Thought-Factor in Achievement 23

Chapter 6  
Visions and Ideals 27

Chapter 7  
Serenity 32

## INTRODUCTION

*Mind is the Master-power that molds and makes, And Man is  
Mind, and evermore he takes  
The tool of Thought, and, shaping what he wills Brings forth  
a thousand joys, a thousand ills:-- He thinks in secret, and it  
comes to pass: Environment is but his looking-glass*

This little volume (the result of meditation and experience is not intended as an exhaustive treatise on the much-written-upon subject of the power of thought. It is suggestive rather than explanatory, its object being to stimulate men and women to the discovery and perception of the truth that--

*"They themselves are makers of themselves"*

by virtue of the thoughts which they choose and encourage; that mind is the master-weaver, both of the inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain they may now weave in enlightenment and happiness.

*James Allen*

## Chapter 1

### Thought and Character

The aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally what he thinks, his character being the complete sum of all his thoughts.

As the plant springs from, and could not be without, the seed, so every act of man springs from the hidden seeds of thought, and could not have appeared without them. This applies equally to those acts called "spontaneous" and "unpremeditated" as to those which are deliberately executed.

Act is the blossom of thought, and joy and suffering are its fruit; thus does a man garner in the sweet and bitter fruitage of his own husbandry.

Man is a growth by law, and not a creation by artifice, and cause and effect are as absolute and undeviating in

the hidden realm of thought as in the world of visible and material things. 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. An ignoble and bestial character, by the same process, is the result of the continued harboring of groveling thoughts.

Man is made or unmade by himself. In the armory of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace. By the right choice and true application of thought, man ascends to the divine perfection. By the abuse and wrong application of thought he descends below the level of the beast. Between these two extremes are all the grades of character, and man is their maker and master.

Of all the beautiful truths pertaining to the soul which have been restored and brought to light in this age, none is more gladdening or fruitful of divine promise and confidence than this--that man is the master of thought, the molder of character, and the maker and shaper of condition, environment, and destiny.

As a being of power, intelligence, and love, and the lord of his own thoughts, man holds key to every situation, and contains within himself that transforming and regenerative agency by which he may make himself what he wills.

Man is always the master, even in his weakest and most abandoned state. But in his weakness and degradation he is a foolish master who misgoverns his "house- hold." When he begins to reflect upon his condition and search diligently for the law upon which his being is established, he then becomes

the wise master, directing his energies with intelligence and fashioning his thoughts to fruitful issues. Such is the conscious master, and man can only thus become by discovering within himself the laws of thought. This discovery is totally a matter of application, self-analysis and experience.

Only by much searching and mining are gold and diamonds obtained, and man can find every truth connected with his being, if he will dig deep into the mine of his soul. That he is the maker of his character, the molder of his life, and the builder of his destiny, he may unerringly prove, if he will watch, control, and alter his thoughts, tracing their effects upon himself, upon others and upon his life and circumstances, linking cause and effect by patient practice and investigation. And utilizing his every experience, even the most trivial, everyday occurrence, as a means of obtaining that knowledge of himself which is understanding, wisdom, power. In this direction is the law of absolute that "He that seeketh findeth; and to him that knocketh it shall be opened." For only by patience, practice, and cease- less importunity can a man enter the door of the temple of knowledge.

## Chapter 2

### Effect of Thought on Circumstances

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.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires so may a man tend the garden of his mind, weeding out all the wrong, useless and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals, within himself, the flaws of thought, and understands, with ever-increasing accuracy,