Info Sheet – You are What You Feed Your Mind

Dr. Frederick Eikerenkoetter

It is written, man shall not live by bread alone, but by every word that proceeds out of the mouth of God. St. Matthew 4:4

A SCIENCE OF LIVING PRINCIPLE

You will never get any further in life than the ideas in your mind. It is important to feed your mind only right ideas.

There's a story I like to tell of a hot dog vendor who sold very fine hot dogs by the side of the road. His business was booming, people loved his hot dogs, and they bought more and more. The man believed in his business and the need for someone to do what he was doing. This man was so busy advertising and selling his hot dogs and making lots of money, that he didn't even have time to read the newspaper or listen to the radio. Consequently, he never heard a word about a predicted recession or the need to cut back to save the economy. As long as he continued to offer his delicious hot dogs, his customers bought them. He kept selling, and they kept buying.

Then one day his well-educated son TOLD him that an economic recession was coming. His son TOLD him that people wouldn't have enough money to buy his hot dogs. And the hot dog vendor BELIEVED this, so he quit advertising. He quit trying to sell his tasty hot dogs. He started ordering less. He even went so far as to take down the sign at his roadside stand. And sure enough, people stopped coming to him. People stopped buying his hot dogs, and he went broke. Then he thought to himself. "How smart my son is, predicting this."

Everything in life comes from the ideas in your mind.

This story gives us an idea of how powerful your mind is. If you start believing something, it will happen. It doesn't make any difference whether your thought is good or bad, it will come about if you think it will come about. Those of you who follow my teachings have heard me say this many times. But it is such an important principle that it bears repeating. Everything in life comes from the ideas in your mind. Everything.

In other words, the experiences in your outer world come from the inner world of your thought. So be careful what you think, and be careful what you say. Feed yourself, feed your mind, right ideas. Never feed anything to your mind that you don't want in your experience.