

Barry Sinclair

Reveals



Your Hidden  
Power

## Introduction

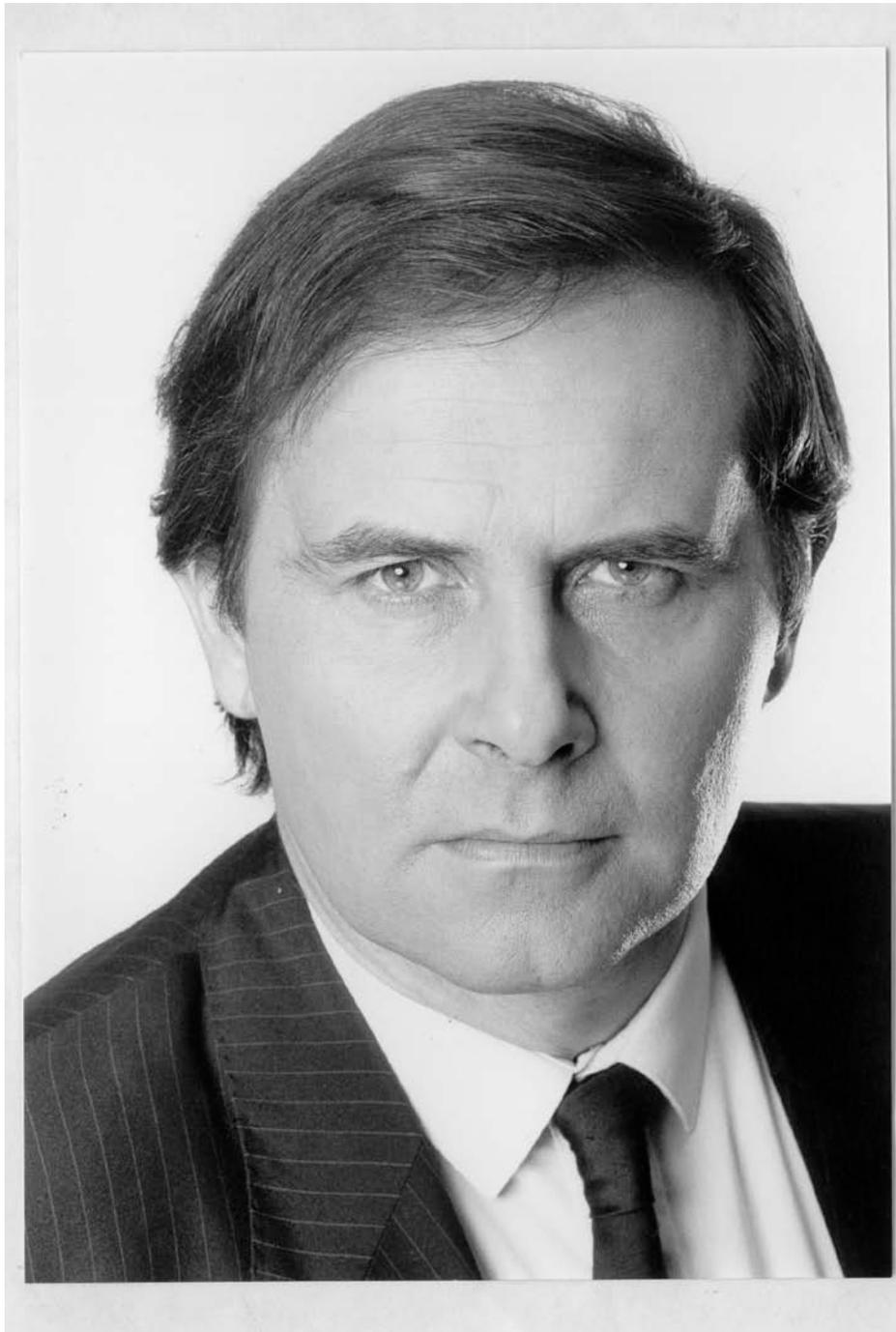
Many people in the world today are unhappy and need help. I feel I should write this small e-book in an attempt to bring happiness to people who are unhappy or frustrated because they have not reached their full potential. I believe I can unlock the qualities in people which they did not even know that had and at the same time help them to overcome their inhibitions and to increase their concentration.

In my private practice I have helped people to overcome alcoholism, smoking, feelings of inferiority, inability to cope with the stresses and strains of life to name but a few, but in my opinion the cure in each case always had a common factor – HOPE and SELF CONFIDENCE. When people lose hope in a particular area progress is impossible. For example, people on skid row have lost hope and confidence completely and the only comeback for them is to rekindle the flames of hope by presenting them somehow with a desire to reach a goal and a belief in their ability to achieve it. But that that is skid row and these people are unlikely to recover because nobody cares enough about them or loves them enough to cause them to desire sufficiently any change. Normally people do not lose hope completely and therefore retain some degree of desire and motivation. But they do resign themselves to staying in a rut in which they are not really happy. They feel they are not really succeeding to the degree they should, they want to do things and they can't even make a start – this is skid row only at a higher level – they are not really sure what is holding them back. Is it the government? Lack of a good start in life? No it's none of these things but – you've guessed it already – IT'S THEMSELVES, and their own lack of confidence. What I am going to try to do in this book is to give YOU – HOPE – DESIRE – CONFIDENCE in yourself. And once you get going on this path you will find within yourself talents and powers that you perhaps have never used.

Come with me through the pages of this book, and at the end I hope to have beside me someone I have helped.

*Barry Sinclair.*

**HIDDEN POWER**

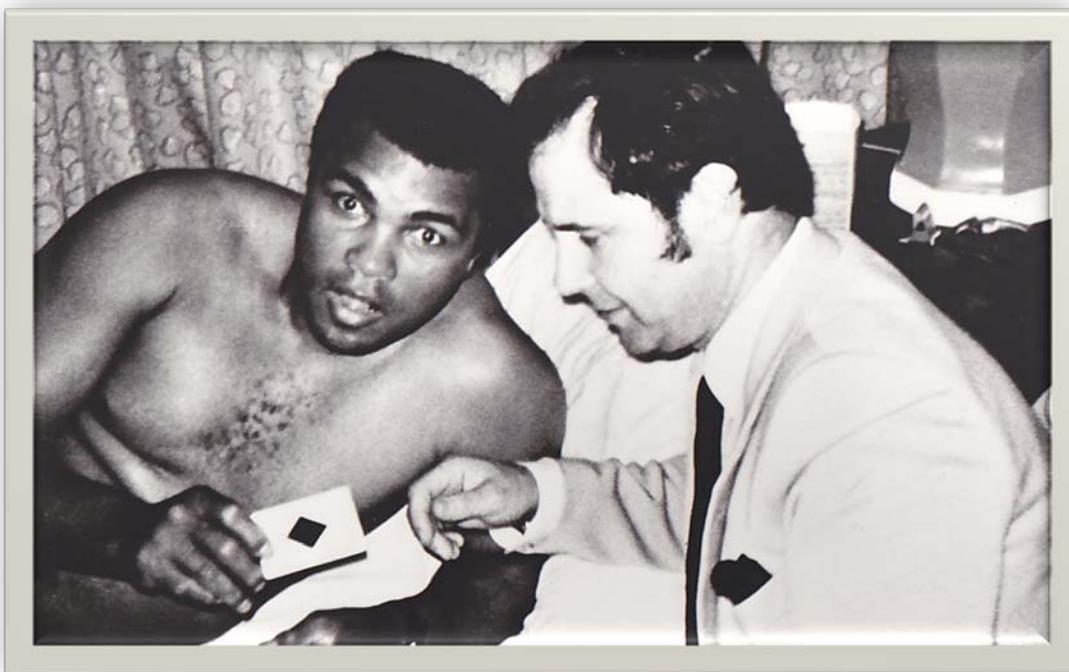


**BARRY SINCLAIR**

## Chapter one

The mind and the body are inseparable and each affects the other. It is important to keep your body as healthy and fit as possible. A fit body helps one to feel confident and helps nurture positive thoughts. One of our first tasks therefore is to work towards a healthy body if we desire it to house a healthy mind.

Now, there are fitness fanatics and people who never seem to stop dieting and are constantly worrying about their weight. This is not what I suggest for you. You will not find it a chore to have your weight correct and a nuisance to keep our body reasonably fit. Instead, you will enjoy having your figure just the way you want it; it will be a source of pride and satisfaction to you. You will also enjoy the feeling that being reasonably fit brings. Instead of feeling lazy and perhaps tired before you've done anything, you will feel energetic and fresh. This will start a whole new cycle for you and you will sleep soundly at night and awaken rested and refreshed happy to be alive and anxious to participate to the full in a new day.



Muhammad Ali with Barry Sinclair

But to have this wonderful feeling you must get your body right – how? Crash diets? Constant exercise? No, anything drastic rarely has a lasting effect, we bore if it; we do not enjoy it. We say to ourselves “this is terrible I can’t go on all my life like this” hope is gone and we give up. Every so often we try again because the desire is there but little hope and no confidence.

Many people try to lose weight but instead they lose heart. Many people attempt to get fit but few succeed. Here is something that many people desire to do – they know in their

hearts that it is good for them but they just can't do it – why? Some people succeed; what is so different about them? Are they just lucky? Don't they have appetites? Have they been gifted with wills of Iron?

Well, I am going to give you the secret of gaining and maintaining a slim and fit body. It's simple, but you must pay attention to what I am about to say and try it sincerely. Because it is so simple you will be able to do it and stick to it.

We will begin with your weight. You must start in a small way and improve little by little. For example, begin by cutting down on the amount of sugar you take in your tea or coffee, and when your body gets used to this and you don't miss what you have cut out then a little more and so on, until you cut out sugar in your tea completely. Maybe you don't take sugar anyway but that does not matter because I am only describing the principle.

It applies to everything – sweets – stodgy foods, anywhere you know you are eating the wrong food or eating too much of it. We are what we eat, both body and mind. This is common sense, so we must eat food that is good for us and maintain a balanced diet. People know instinctively what is good merely by following their natural feelings. Everyone knows when they've had enough. You can begin to cut down on more than one thing at a time, just don't overdo it – slow but sure is the certain way. There is no overnight success, no magic formula that will transform you instantly.

You what I say is true. You have the desire to be the correct weight. Confidence will grow in you as the weeks pass and little by little, you painlessly lose excess weight. As your confidence increases you will push yourself that little bit harder towards your goal, which in this case is to correct your weight. As you see yourself reaching your goal, your confidence will increase still further and it goes on that way with every day building your confidence in yourself. Your body, you see, will slowly become used to and adapt itself to this new balance in your programme, and effortlessly and painlessly you will reduce weight while your confidence is growing.

You will not feel you are denying yourself. It will not be like torture. It will be wonderful.

It is important also that you take exercise to be really healthy and fit. Now maybe you have a preference for a particular sport – swimming, tennis or whatever. Perhaps you would rather you go or to do PT exercises. Well, whatever you choose, the principle that applies to eating also applies to exercise.

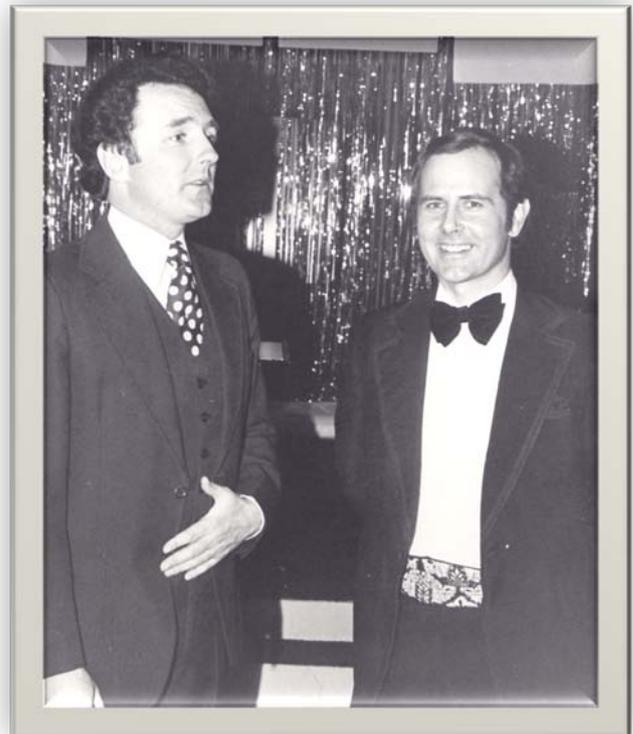
Start off slowly but surely. If you select PT then do a push-up or two every day; try to touch your toes a couple of times every day until your body comes used to it. Don't force yourself and try to do it all at once – rather than doing yourself good you may do yourself harm. As your body becomes used to your new exercise increase the tempo slowly and you will little by little become fit.

The fitter you become the more exercise you will be able to do. You don't have to make it your life's work either; there is a lot more to life than doing exercises. You must, of course be sensible. Don't look on your keep fit programme as tedious, as people often do. Instead, enjoy it because you know it is doing you good.

This way you will look forward to your exercises and because your confidence in yourself will be growing you will not overdo it. You will listen to that voice inside, you know as common-sense, and it will let you know when you have done enough.

As your weight adjusts to its correct level and as your figure becomes just the way you want it, and as you begin to feel fit and strong, then your confidence , your hopes and your energy must be growing.

This is not a new concept. The ancient Greeks did this. It worked for them. Look at their heroes who have inspired mankind through generations. To this day their memories are kept alive through the Olympic Games. Look at the fine minds they had, their world was the cradle of civilisation. Their writings, such as the Iliad and the Odyssey have survived to this day, as have the thoughts on philosophy of Socrates, Plato, Aristotle and so many others.



Mike Murphy with Barry Sinclair

The Greeks believed in a healthy mind in a healthy body. The Greeks reached their potential and so will you the very same way, by building confidence in yourself, your body, and your mind.

This method of improving little by little is natural to us. Consider a baby learning to walk; it does not rush things. The baby will take a step and then forget all about it. It may be days before it tries again and as soon as it tired or bored it stops. Each faltering step leads to strong limbs and an ability to walk and run effortlessly.

A baby learns to talk the same way. If it knew how much it had to learn it might be so put off by this seemingly enormous task that it would not even start, or it would try to do it all at once to get it over and done. Nature is controlling a baby, so it learns and grows agile and enjoys doing it.

Adults very often allow the fear of failure to stop them from even starting because they know of, in advance, most of the obstacles they will have to overcome. They don't have the confidence in themselves to believe that they have what it takes to get what they want. They have perhaps failed in the past and instead of using these failures to strengthen their determination, they allow themselves to believe they will fail again. They are beaten before they start because they have conditioned themselves to expect failure and will unconsciously deliberately do things in such a manner to ensure failure just to prove to themselves, that they were right all the time, when they felt they shouldn't even start.

So, the next time such people wish to attempt something they will be unable to even begin – Why? – Because they will not have that absolute essential ingredient – BELIEF IN THEMSELVES! They will not believe that they are capable of accomplishing anything. They will believe that it would be foolish to waste time trying. Since they will have become conditioned to see themselves as failures, they will be failures!

The more people view themselves as failures, the deeper within their subconscious they ACCEPT that they are failures. The danger in this is that once an idea has taken deep root in the subconscious mind it is an enormous task to eradicate it. Self-confidence wanes and it inevitably means that expert counsel and help will be needed to stop the rot. If steps are not taken, the downward progression will continue until failure is no longer resented but accepted as one's lot. In other words they have no spur left to get up and go!

Obviously since you have read this far you must understand what's being discussed. This indicates that you are a reasonably intelligent person and that you care about your personal position in life. Good! Recognising that you may need to change is the first step in safeguarding against future decline. I cannot stress enough that absolute importance of not seeing yourself as a failure. You must not even think of yourself as a failure – to do so is fatal. If, up to now you have tended to regard yourself as a failure, can you stop merely because I advised you to? If you have failed repeatedly in the past, can I say with justification that you are not a failure? YES! I can and I repeat it here – YOU ARE NOT A FAILURE!

To fail means you tried and even that is success. It's better to try and fail than never to try at all. When we fail it could be that we went about the task the wrong way and had we used some other method we would have succeeded.

So you can see that the cause of failure is often the means we employ. But it does not follow that the person is in any way weak or a born failure. Quite the opposite in fact, because it is easy to stay with things when they are going well, but to persevere when things are bad and to admit failure if the plan (repeat the plan not the person) goes wrong takes a stronger person. Such an experience can be used in your next venture because you have gained knowledge, more maturity and strengthened your character. It is naturally better to succeed.

That is why I am giving you methods that are natural to humans. They are more likely to meet with success. But success or failure is not important really – just you as a person keeping your confidence and building it.



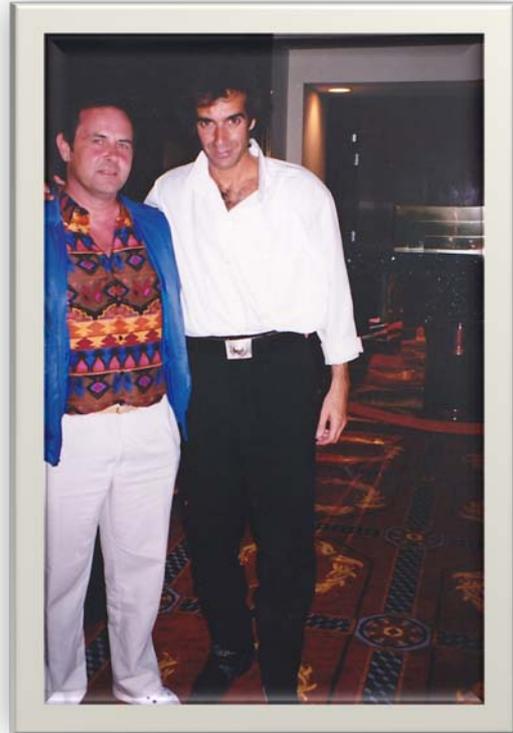
Barry Sinclair with Keith Harris

## CHAPTER TWO

Let us assume that we are making headway with our weight and fitness programme. As we have seen, our confidence in ourselves will already be improving. Are we at the end of the road? What's next? No, we are not at the end of the road. We are only now beginning a journey that will be pleasant and will lead to fuller and happier life.

Many people are unhappy with their jobs and do not enjoy them. Well, since we spend about a third of our time at our job during our working lives, it is foolish to be frustrated, disgruntled and unhappy. Also, if we are unhappy at our work it will affect our general disposition and we will find ourselves unhappy at home, or certainly not as happy as we could be. This situation could lead to so many things: premature ageing, ill health, nervous disorder etc., it just has to be corrected. But how? We have to continue working. We have to support ourselves and perhaps others.

First, we must see what's wrong before we can correct anything. Many people think that work by its very nature is unpleasant and people who seem to try to avoid work are just lazy. These two notions are quite wrong.



Barry Sinclair with David Copperfield

Consider people with money – millionaires. They don't have to work, but they invariably do and they love it. They stay at it longer and generally do more than everyone else. The reasons are that they are doing something they like and are enjoying themselves, so it does not seem tedious and boring. They generally have more control over the content of what they do than most other people, they also approach their work with greater confidence because they know that they are not working merely for money but towards a goal.

If people do not like their work and are bored by it they will certainly push things aside and endeavour to slip out of as much of it as they possibly can. This is definitely not because they are lazy but merely because they are not relating to a goal so do not like what they are doing. The same people with a job they like could shine and really be far happier and also be more useful to their employers.

When people do not like what they are doing and dodge their duties, they feel guilty. This causes tension and makes them dislike their jobs even more, so they dodge more and it

goes round and round that way and gets worse and worse. So to accuse such a person of being lazy only makes the condition worse; it increases tension in the person, and intensifies their dislike for their job and drags down their confidence.

But what can we do, we are not all millionaires. We can't all pick and choose. We can't banish tedium entirely from our lives. Again, the answer is simple. We have to learn to like what we are doing, or if this is impossible we must turn to something else. Again we use the little by little campaign.

The first step is to set ourselves a goal. It could be to eventually become the best in the world at our chosen or enforced career. Or perhaps we wish to reach the top of our profession or occupation in terms of income and power. This does not imply at all that we would be the best at what we are doing. People at the top are rarely the best at what they do. It's more likely that they are just the best at getting to the top. These are two possible paths; there are others.

You might say to me "Could we not just be happy where we are and content in our jobs with no desire for excellence at what we do nor any desire for power?" in fact no goal. Certainly, there is no need to make progression of any description in your work but you must have a goal. You see, your working life and your social life are all part of a total life; they are not separate and they both effect each other. Your goal can be anything i.e. developing your garden or even collecting seashells. Whatever you desire to do or whatever you desire to be - is your goal. This is not a new concept. It may lend weight if I quote from the philosophy of Marcus Aurelius Antonius in the second century A.D.

***" a man should have an object or purpose in life, that he may direct all his energies to it; of course a good object. He who has not one object or purpose of life cannot be one and the same all through his life".***

(Bacon also propounds the same view)

But why is it essential to have a goal? Well, if we have no goal it means one of two things. That we have reached our goal so that, the only way for us is down. This will cause worry, tension, and insecurity and would make us unhappy. So even when we get to the top we must keep striving to reach further goals, the other reason is that we had no goal to begin with or had one and gave it up. If we gave it up it is probably because we seemed to be failing to reach it and we have already covered how to deal with failure in chapter one. Often giving up a goal brings with it a sense of loss and guilt feelings for giving it up, and subconsciously makes us unhappy.

If we never had a goal then we would not have done anything but watch the world go by, which would make most people unhappy because they would feel excluded or left out. If, for instance, something we want is in a room and all we have to do is open the door and go in and get whatever it is we want, most people will open the door and go into the room and

fulfil their desire. Their goal was to fulfil their desire, but to reach it they had to get into the room, and to get into the room they had to go through the door. Because they could link the task of opening the door with the almost immediate fulfilment of their wishes it did not seem a chore to open the door – on the contrary it was probably a pleasure.

Life is full of small goals – if we were hungry for example it would be our goal to satisfy our hunger. If we did not have this goal whatsoever – such a person would starve. These little goals can be realised quickly, so the effort employed in reaching them makes sense.

We have to reach our out hand to pick up an apple to eat it. We also have to reach out to run on a radio. The point is to achieve even the smallest goal a certain amount of effort is necessary. People will generally make that effort if the result is immediate.

Failure can also be encountered with these small goals. Take the man whose goal is to turn on the television. He makes the necessary effort by standing up, walking over reaching out and switching on – but nothing happens. The television is broken! He has failed in that particular goal, but should he give up completely and never try to switch on the television again? The answer can be seen easily – he should get it fixed or get a new one and continue switching on televisions any time he feels like watching a programme. The fact that a goal in a specific circumstance is not reached should not be a factor to prevent the embarking on the same goal at some other time.

When a goal is encompassing our whole lives it might be years before we get results either good or bad. Nobody knows the end of the story that is their live or even what's going to happen seconds from now – yes, from now! So whether we succeed or fail in the final analysis is not important because success today could be total ruin tomorrow. But his does not mean we should not have a long term goal which is HOPE in our future, HOPE in our desires being fulfilled, and doing what we believe to make our hopes come true, as well as having the confidence that we can do it.

If we are engaged in a boring task we must see that task as a stepping stone to our goal. That will make the task take on a new light and it will be pleasurable because we know it is leading us forward. And when the task is completed, we will have the satisfaction of knowing that we are so much nearer our goal and our confidence in ourselves will grow, because what we might once have pushed aside we have instead completed, and so as more tasks which we consider tedious are presented to us, we will have feelings of pride and satisfaction when we have finished them as we will know that we completed such tasks because we RELATED THEM TO OUR GOAL. So what was once considered a piece of drudgery can be the very opposite. It can be a pleasure because it is a milestone to your goal, something you know you can do and finish and a valuable opportunity to build your confidence. The secret is to tie in whatever you are doing to your goal.

You can then look at others, and it's a sorry sight to see people whose lives have no particular meaning to themselves. People who are working in an absent-minded way, what they are doing has for them, no purpose whatsoever.

As your own confidence grows you will see more and more others who lack confidence; and their lack of confidence will inspire you to have even more because you don't want to be like them. But you should always try to help people to be confident; it is good for you and them. Some people don't ever want help, but if someone should look to you for help or guidance never refuse but give freely, because one of the greatest satisfactions in life is giving inspiration to others and it does wonders for your own confidence.

## CHAPTER THREE

You should now be fitter perhaps slimmer, more involved in your work, be making more effective decisions every day. You should have greater HOPE and much more self-confidence. You are now ready, if you desire, to let others know that you are a force with which to be reckoned. You must learn to see yourself as others see you (and hear yourself as others hear you). People are different, some are more respected than others, some are more effective – in short, there are the winners and the losers. Do you want to be a loser? NO! then, read on...

What is it that separates the men from the boys or the women from the girls?. It is not just age in the case of either men or women. The first thing is to be master of yourself. You must learn to control yourself before you can hope to control others. When I say control others, I don't mean having Svengali-like power. I mean to control their opinion of you – people should not think anything of you other than what you want them to think. Of course everyone won't react to you in the same way but in general the majority of people do have a common view of individuals in their midst.



You must have people's respect or they won't value your opinion, or take you seriously.

You must be decisive! This inspires confidence, and if other people have confidence in you, your own confidence in yourself will increase. But there is no point being decisive if your decisions are always wrong or foolish. So the solution if you are not sure is not to make a decision until you acquaint yourself with the facts available and hold off your decision until you are reasonably sure that you are right. Snap decisions – unless you are an expert on the subject – do not indicate decisiveness.

On the other hand, some people never make up their minds. They spend longer than is necessary collecting the information needed to make the decision, until someone else makes the decision for them. Or they leave it so late that the situation changes and a decision becomes redundant. People who cannot make decisions are not really in control of their lives. They are being carried along on the waves made by other people.

When you decide on your goal, it will be your desire to reach that goal. So, consequently, the road to that goal will give you pleasure. You must find out all about your goal and contact other people who have already achieved that goal.

Successful people are usually big enough to help others with advice and information. Also, association with other successful people will bolster your confidence and provide encouragement, whilst people who are going nowhere can only, as a rule, drag you down.

It is the same as the old story about the optimist and the pessimist. The optimist says his glass is half full and the pessimist says his glass is half empty. Well, you must associate with the optimist. Naturally, some people are over-optimistic, but this is where you must use your common sense and powers of discernment. Because, if people are foolishly optimistic they can fire you on to impossible targets and you might wind up thinking yourself better off in the company of pessimists.

You need optimists who have judgement and discernment, optimists who have common sense.

I can only give you guidelines. You must pick your own associates. But I suggest bright, dynamic, and intelligent people, and if they have a sense of humour you can't go wrong. But to be with such people, or have them pay any attention to you, you must be worthy. They don't want to be dragged down by dull or boring people. But you will be bright, enthusiastic and confident because you are following the steps shown earlier in this book.

When you meet new people you will strike them as confident, decisive and probably as successful, or at least as having that capability. They will treat you as such which will cause you to try and live up to what they seem to expect of you. This is another method of keeping you on your toes and keeping you aware of your growing confidence.

You will also have to deal with people who know the old you. These people are divided into two classes - the winners and the losers.

There are usually more losers – they will resent your success and be envious. When you learn to recognise this, it is a sign of your success and because of your increased confidence you will be able to handle any efforts to unseat you from your new plateau. These people will try to undermine you because they will see you growing away from them and this will emphasise to them their own inadequacies. This is themselves they resent, not you, although you take the brunt.

This is where the greatest danger to your happiness comes from, but you must be prepared to leave those people, who would hold you back. In fact, you are not leaving them – they have decided to stay behind – you can't stay with them. The winners know this and you will meet more and more of them. After all, water will find its own level!

## CONCLUSION

To sum up what we have already said;

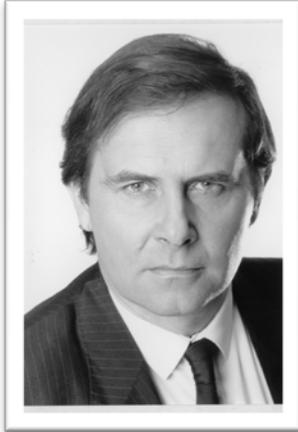
1. We must keep our bodies right so that they may house a good mind
2. We can use the little-by-little campaign to achieve step 1
3. We must set ourselves a goal – it might be a very ambitious goal or far reaching – that is up to the individual
4. We must relate everything to that goal
5. We must be decisive
6. We must not let anyone hold us back; especially beware of those stuck in a rut
7. We must associate with others who are striving towards their own goal

We don't want to be swept along in life out of control; we want everything that happens to us to be result of decisions we have taken as far as possible – that way we are in control.

This is a small book but it covers a big subject – Your life – and how to get the most out of it. I have said enough to make it meaningful to those who are sincere; there is a lot of meaning in every work. If I were to have made it a ten volume work many people would never have reached the end. So read this book again and again and if you make the effort it will allow me to know that I have helped you to have confidence in yourself, be the success you deserve and find your Hidden Power.



## ABOUT THE AUTHOR



As a boy Barry Sinclair's twin passions were magic and aeronautics. His first experience in the field of aeronautics was in the Army Air Corp where he acquired a reputation as a thorough going individual whose dedication won for him a distinguished place in the history of the Corps.

Civil Aviation's need for an individual with his background soon provided scope for Barry's talents. It did not take long for his skills on the administrative side to become apparent. It was in this area he was to make his main contribution.

Throughout his aviation career magic continued as his other great passion. It is not surprising then that he acquired pre-eminence in the art. As spokesman for the Magic Circle on radio and numerous T.V appearances he has become very well known to the public.

However his real forte was in the field of mentalism and hypnotism which led to the setting up of a clinic to bring these talents to the benefit of the numerous people who required them.

His many other activities extend from the lecture podium to the theatrical stage as well as motivational books and records.

Throughout all these endeavours the lodestone of this career is as it always has been, to help others achieve the inner power which he has found and developed in himself.

He sees himself as planting the seed and teaching others to nurture and sustain its growth in themselves.