Let me now report the second instance, during the preparation of this paper, which illustrates how oddly and coincidentally ideas come to one. Just as I was about to write this thought concerning mental exercise and ways of inducing it, a businessman of libertarian persuasions phoned. Said he, "Because of Jim Rogers' prodding, I have now accepted and delivered four speeches. And, am I learning a lot!" Here is the perfect example to illustrate my point. He is discovering talents that neither he nor his friends knew he had. Every speech of his will now become easier and better as will his reception of ideas. And, please reflect on the increased attractiveness and effectiveness of his informal conversations. He is becoming a source or wellspring.

Be patient. You cannot force yourself to have an idea any more than you can force an idea upon another. Feed yourself the problem to which you want answers, and then relax and wait. You must have faith that they will come. I cannot explain why this so frequently proves fruitful, but it does. It is quite obvious that the state of inspiration is not directly under the control of the will. No one can gain anything by saying, "now I will be inspired." In fact, the only effort allowed by "the Rules" is patient, regular work with the view of tuning the mind to a state of receptivity.*

Be alert. Ideas -- call them inspiration, cognition, intuition, answers to questions, creative thoughts or whatever -- have no conventional

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* The last two sentences are paraphrased from An Anatomy of Inspiration by Dr. Rosamond E. M. Harding. Cambridge, England: W. Heffer & Sons, Ltd., p. 104.