THE OMEGA PRINCIPLES

Toward Good Success



OMAR KENYATTA CLARK

Disclaimer: If you know or suspect you have a health problem, it is recommended you seek your medical or mental health professional's advice.

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Part I:

Faith & Belief



Faith as the Opening Move

In the Introduction, we clarified what success is—and just as importantly, what it is not. We saw that movement alone is insufficient, that progress without meaning carries a hidden cost, and that Good Success requires more than achievement. It requires an inner confirmation that the life you are building is sustainable and worth living.

But recognizing this truth raises a deeper question.

If Good Success depends on pursuing a worthy ideal and sustaining effort over time, what makes that pursuit possible in the first place? What allows a person to move forward before results are visible, to persist when clarity is incomplete, and to invest energy in a future that has not yet arrived?

The answer is not strategy.

It is not discipline.

And it is not certainty.

It is faith.

The first Omega Principle we explore is faith. We begin here not because it is inspirational, but because it is unavoidable. Nothing meaningful is ever built without it.

Before faith is a spiritual concept, it is a human one. Every decision you make about your future is guided by what you believe is possible. You do not act based on certainty. You act based on belief. In that sense, faith is

already operating in your life, shaping what you attempt, how much effort you give, and how long you persist when things become difficult. This is true whether or not you consider yourself a person of faith.

From a psychological perspective, belief often sets the initial direction for behavior. We tend to invest energy where we expect a return and move toward outcomes we believe can exist. When belief weakens, effort often follows—not because of laziness or lack of discipline, but because the mind struggles to justify sustained movement without a sense of possibility.

This is why faith matters so deeply to success. Without belief in something beyond your current circumstances, growth stalls. You cannot meaningfully pursue a future you cannot imagine.

Spiritually, faith reaches even deeper. Scripture describes faith not as blind optimism but as trust oriented beyond what can be immediately seen or proven. Faith is not denial of reality. It is confidence that reality is not limited to what is currently visible.

At its core, faith is the conviction that what does not yet exist can still become real. It is the ability to hold a vision of possibility steady enough that it begins to shape how you live now. Faith operates in the space between where you are and where you are being drawn.

This is why faith must come first.

Without it, effort has no direction. Goals feel arbitrary. Sacrifice feels pointless. Progress becomes exhausting because it is not anchored to anything larger than the moment.

With faith, however, something changes. Even uncertainty becomes tolerable. Even difficulty becomes intelligible. You may not know how the path will unfold, but you know why you are walking it.

Faith does not guarantee outcomes. It does not remove struggle or risk. What it does is make growth possible. It allows you to act before proof arrives. It allows effort to precede certainty. And without that sequence, no transformation ever begins.

Faith is not confidence in outcomes; it is confidence in direction.

It allows you to move before certainty arrives.
It allows effort to precede evidence.
It allows growth to begin while questions still remain.

Without faith, effort collapses under doubt.
Without faith, sacrifice feels arbitrary.
Without faith, progress becomes exhausting because it is unanchored.

Faith does not eliminate uncertainty, but it makes uncertainty survivable. It gives meaning to effort before results can justify it. It keeps you oriented when clarity is incomplete. For this reason, faith should take precedence. Yet, faith on its own cannot function without support or context.

Faith expresses itself through what you believe—about yourself, about possibility, about what is worth pursuing and what is not. These beliefs quietly shape your decisions, your persistence, and the limits you accept long before you are aware of them.

To understand how faith actually functions in daily life, we must look beneath intention and effort—into the belief systems that guide them.



The Architecture of Belief

Faith may be the foundation, but belief is the structure built upon it.

Every action you take is guided—often invisibly—by what you accept as true. You move toward what you believe is possible. You hesitate where you expect failure. You invest effort where you anticipate meaning, return, or growth.

In this way, belief functions as an internal operating system. It does not merely influence what you attempt; it shapes how you interpret the world as you move through it. What feels risky or safe. What feels achievable or unrealistic. What feels worth enduring and what feels pointless to pursue.

Most people assume they make decisions consciously. In reality, many of the most consequential decisions are shaped long before conscious thought enters the picture.

Beliefs form quietly. They accumulate through experience, reinforcement, and repetition. And once established, they begin to feel less like interpretations and more like facts.

This is why two people can face the same circumstances and experience entirely different realities. One leans forward. The other withdraws. Not because one is stronger or smarter, but because they believe different things about what is possible, permissible, or worth the risk.

As Confucius observed, “The person who says they can and the person who says they can’t are both right.”

This insight captures the essence of belief: What you accept as true shapes the reality you live inside. Belief determines what you notice, what you attempt, how you interpret setbacks, and whether obstacles feel like temporary resistance or final verdicts. Belief does not remove difficulty, but it often determines how you meet it, and over time, those responses accumulate into the life you experience.

Consider a simple example.

A person with no belief in their ability to hit a baseball won't step up to the plate. No swing. No contact. No possibility. That decision alone shapes the outcome. If success is the ball, faith is what gets you to take the swing.

Of course, swinging does not guarantee a hit. But without belief, the swing never happens. And without the swing, learning, growth, and progress are impossible. Faith does not promise immediate results; it places you inside the game long enough for skill, resilience, and competence to develop.

Even a small amount of faith can be transformative. It does not require certainty, only enough belief to act. Many of history's breakthroughs began not with confidence, but with a fragile conviction that something more might be possible.

Roger Bannister's four-minute mile is a classic example. For years, experts insisted it could not be done. But once Bannister broke the barrier, others followed quickly. He didn't change human physiology overnight; he changed belief. And once belief shifted, performance followed.

This is the power of belief: It quietly shapes the limits we accept, the risks we take, and the realities we are willing to inhabit.

This leads us to an important question, not just how belief moves us forward, but how belief itself is formed, protected, and sometimes undermined over time.

Guarding the Inner World

As children, we begin life with a remarkable kind of faith. A baby believes they can walk long before they are capable. They fall, they get up, and they

try again without questioning their worth or potential. That kind of faith is raw, unfiltered, and persistent.

Over time, however, that faith begins to take shape under the influence of others. Parents, teachers, peers, and culture all leave impressions—sometimes intentionally, often casually. And those impressions matter more than we realize.

Consider a moment many people recognize. A teacher notices something in a child and says, almost offhandedly, "You're actually pretty smart." The comment is brief. It isn't dramatic. But the child believes it. And that belief subtly changes how they approach challenges, how long they stay with difficulty, and what they imagine might be possible for them. The opposite happens just as easily.

A dismissive remark. A careless label. A moment of ridicule. When a child absorbs the message "You're not capable," it rarely stays external. It becomes internal. And once internalized, it begins to shape behavior quietly and consistently—often long after the original moment has passed.

This is how belief systems form.

Not all at once.
Not always consciously.
Often beneath the surface of awareness.

This is why guarding belief is not about withdrawing from the world but about becoming discerning within it. The voices closest to us tend to carry the greatest influence. Encouraging voices can strengthen faith. Repeated doubt can slowly erode it.

Still, some influences cannot be avoided: family dynamics, work environments, social expectations. In those moments, the work shifts inward.

A limiting belief usually enters as a thought—not a fact. And a thought does not become powerful until it is accepted. You can pause. You can examine

it. You can ask: *Is this true? Is this helpful? Is this aligned with who I am becoming?* When the answer is no, refusal is not denial; it is discernment.

Psychologically, this discipline matters. Thoughts that go unchallenged tend to settle into belief. And beliefs, once settled, quietly guide behavior, direction, and identity.

Scripture echoes this same truth when it urges us to *take every thought captive* (2 Corinthians 10:5) and bring it into alignment with Christ. The spiritual discipline mirrors the psychological one: Not every thought deserves authority.

Think of your mind like a garden. Weeds grow naturally and without effort. Healthy growth, however, requires attention and care. A wise gardener does not panic at weeds; he removes them and protects what he is cultivating. The same is true of your inner life.

There is always tension between faith and fear, truth and distortion. As an African proverb wisely reminds us, “If you conquer the enemy within, the enemy outside can do no harm.”

Guard your belief system. Protect your faith. When faith becomes your foundation, growth is no longer limited by circumstance.

And yet, even when we are intentional, many of the beliefs that shape us operate quietly, beneath conscious awareness.

To understand how belief truly shapes a life, we must now turn our attention to the subconscious mind.



Beneath the Surface

Some of the most influential beliefs in your life were never consciously chosen. They were formed quietly, beneath awareness, shaped by repetition, experience, and interpretation long before you ever examined them. And yet, they exert enormous influence over how you think, feel, decide, and act.

In the previous chapter, we focused on protecting belief—on learning to discern which thoughts deserve authority and which do not. That work matters. But there is a deeper layer still, one that operates even before conscious discernment begins.

To understand why guarding belief is so important, we must now look beneath the surface—into the realm of subconscious belief.

The word *subconscious* literally means "below consciousness." These are beliefs that operate outside of deliberate awareness, and yet they profoundly shape behavior. They guide reactions, influence emotions, and steer decisions long before logic has time to intervene.

In fact, many of the beliefs that most strongly shape our lives live at this level. And that is where both the power and the danger lie. If beliefs govern behavior, and those beliefs remain unseen, then much of life is lived on autopilot—driven by assumptions rather than intention.

This is why two people can face the same challenge and respond in entirely different ways. One leans forward; the other withdraws. Not because one is

more capable or disciplined, but because something beneath the surface is shaping what feels possible, permissible, or worth the risk.

Consider a student who has studied thoroughly for an exam, understands the material, and genuinely wants to succeed—yet freezes under pressure and performs poorly. On the surface, it looks like anxiety. Beneath that surface may be a quieter belief: *I'm not smart enough.* That belief may never be spoken aloud. It may never be consciously acknowledged. But it still shapes outcome.

Or imagine someone preparing to speak publicly. Their thoughts spiral: *I'll embarrass myself. I won't make sense.* Those thoughts often trace back to a deeper assumption—*I am inadequate.* Again, the belief operates beneath awareness, but it governs emotion, posture, and behavior all the same.

This is the invisible terrain of the subconscious mind.

Belief at this level does not debate; it directs. And because it feels familiar, it often feels true.

The subconscious mind, however, is not an enemy. It is a powerful instrument, one that works faithfully with whatever it is given.

Have you ever gone to sleep wrestling with a problem and woken up with clarity? That is the subconscious at work. It continues processing beneath awareness, organizing ideas, integrating meaning, and drawing connections long after conscious effort has paused.

It operates much like a factory. Whatever raw material you supply—stories, images, assumptions, interpretations—it will work with diligently.

This brings us back to a metaphor we've already used, intentionally so.

Think of the mind as a garden.

A garden does not choose what grows; it responds to what is planted and what is watered. As Earl Nightingale famously observed, the mind returns what you plant, but it does not judge the seed. You can plant corn, and it

will grow corn. You can plant nightshade—a deadly poison—and it will grow that just as faithfully, provided it is watered.

The soil does not discriminate. It multiplies.

The repetition of this metaphor matters because the principle itself is repeated in life. The thoughts you return to, the stories you rehearse, and the assumptions you water with attention become the landscape of your inner world.

This is not about self-blame. Many of the seeds in your mental garden were planted long before you had the power to choose them. But stewardship begins the moment awareness arrives. Once you see what is growing, you gain the ability to tend.

This is where conscious faith and subconscious belief begin to meet. Faith sets direction. Belief supplies momentum. And what you consistently feed beneath awareness determines what grows strong enough to shape your reality.

Some beliefs do not announce themselves as fear or doubt.

They show up as hesitation.
As self-sabotage.
As the quiet sense that success belongs to others, but not to you.

Before we can talk about effort, discipline, or achievement, we must face this question honestly: *Do you believe—at the deepest level—that you are allowed to succeed?*



Worthy to Begin

For many people, the obstacle to success is not a lack of effort, intelligence, or opportunity. It is a quieter belief, one that often goes unnamed.

Somewhere along the way, they began to believe that success was meant for other people. Not because they were told so outright, but because experience slowly taught them to expect disappointment. Attempts that didn't work. Effort that wasn't rewarded. Moments where reaching forward seemed to confirm a painful conclusion: *Maybe this isn't for me.*

When that belief takes hold, it rarely announces itself dramatically. It shows up in quieter thoughts: *I'm just not cut out for this,* or *People like me don't succeed like that.* And once those thoughts feel true, behavior begins to reorganize around them. Opportunities are approached cautiously. Risks feel unjustified, and effort becomes restrained—not from laziness, but because hope starts to feel expensive.

This belief is devastating not because it wounds all at once, but because it prevents movement before movement ever begins. Dreams fade, not from failure, but from non-attempt.

Psychology offers a name for this pattern: **learned helplessness**. It describes what happens when repeated experience teaches a person that effort does not meaningfully change outcomes. Over time, the mind stops reaching—not as a conscious decision, but as a protective adaptation.

In a well-known study, psychologist Martin Seligman observed this effect in animals that had learned they could not escape discomfort. Even when escape later became possible, they did not attempt it. The conclusion had already been drawn.

Human beings are shaped in similar ways. Families, schools, communities, and early experiences all communicate messages—sometimes subtle, sometimes direct—about what is possible and who is capable. When those messages accumulate over time, they can settle into identity. And when identity is shaped by limitation, effort begins to feel futile. But this is not a verdict. It is a condition, and conditions can change.

Learned helplessness can be unlearned. The belief *I am not worthy* is not a truth discovered; it is a conclusion adopted. And what has been learned through experience can be reshaped through new experience, guided understanding, and restored belief.

This chapter is not about slogans or forced optimism. It is about reclaiming something that may have been buried beneath disappointment.

You are not disqualified from success. You were never excluded. The work ahead is not to become worthy but to remember that you already are.

Remembering worthiness is not the same as knowing how to move forward.

Even when the belief *I am allowed to try* returns, another question often remains: *How do I rebuild faith after it has been worn down?*

Faith does not reappear all at once. It grows—quietly, gradually, and often differently than we expect.



Faith, Rebuilt

By this point, you may be wondering how to build the kind of faith we've been talking about. The truth is, we are all born with it. But over time, life experiences, disappointments, and repeated setbacks can cause that faith to weaken—not because we failed, but because we learned caution.

The good news is this: Faith can be rebuilt.

Earlier, we explored how belief often shapes behavior. But there is another truth just as important, one we will continue to return to throughout this book: **Behavior can also shape belief**. Faith does not grow only through insight; it grows through engagement.

Consider a simple example. You might believe you are bad at basketball. That belief feels true, so you avoid playing. But if you begin playing casually—without pressure—and notice yourself making a few shots, something subtle happens. Your belief begins to shift. "Maybe I'm not terrible." Keep playing, keep practicing, and eventually that belief evolves. The behavior opens the door for belief to change.

This is the deeper meaning behind the phrase "fake it until you make it." It is not about self-deception. It is about acting in alignment with possibility before certainty arrives. You move first, and belief follows.

Faith works the same way.

It grows through obedience before clarity.
Through movement before proof.
Through trust before full understanding.

This is why starting small matters. When goals are attainable, faith has room to strengthen. Each step reinforces the truth that growth is possible. Over time, belief compounds—not suddenly, but steadily. Momentum builds upon momentum.

What we consistently return to shapes us.

Faith is strengthened by attention. Not by exposure alone, but by engagement. Truth begins to take root when it is revisited, reflected upon, and allowed to speak into us over time. When something meaningful is encountered repeatedly—not rushed or skimmed—it stops functioning as information and begins to function as orientation.

This is why wisdom traditions, including Scripture, place such emphasis on hearing, reflection, and repetition. Not because repetition is magical, but because attention is formative. What we listen to regularly begins to live in us. Identity slowly recalibrates. Perspective widens. What once felt fragile gains weight.

Truth works best when it is encountered in context and over time. Depth matters. Understanding deepens when ideas are not isolated, but connected to a larger story—one that gives coherence to struggle and meaning to effort.

Faith grows this way.

Like a tree planted by water, it strengthens as its roots deepen. Action anchors it. Repetition reinforces it. And truth, when consistently returned to, sustains it. This is how faith becomes more than belief. It becomes a way of life.

And when faith is lived—not merely held—it becomes strong enough to support growth, resilience, and responsibility. This is how faith becomes the foundation of Good Success.

But there is an important nuance we have not yet addressed. Faith does not always originate in the same place. Sometimes belief rises from within—

quiet, personal, self-directed. Other times, it is carried for us—spoken into us, modeled for us, or held on our behalf when our own strength falters.

Most people assume faith is something you either have or you don't. In reality, faith often moves between sources.

Understanding where your belief is coming from—and what happens when that source shifts—changes how you grow, how you endure, and how you recover when confidence wavers.

To understand how faith matures, we must first understand **how it is supported**.

That distinction brings us to the next layer of this principle.

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