

## *Flow & Peak Performance: (Being Your Best Self) New Thought vs. Sonship*

### *The Problem Statement*

([Intro Video](#)) Every high performer — athlete, entrepreneur, executive, entertainer, speaker — is chasing the same thing: a state of effortless excellence where skill, focus, and results align without friction. Sports psychologists call it the zone. Business coaches call it flow. Believers call it anointing. Workers call it being on a roll. Whatever the label, everyone agrees it exists, and everyone wants access to it.

The problem is the method.

Bob Rotella (*How Champions Think*) and Napoleon Hill (*Think and Grow Rich*) represent secular peak performance literature. Their frameworks are sophisticated, their results documented, and their readership enormous.

But beneath the practical techniques — Positive Mental Attitude, visualization, guided imagery, mastermind groups, the Law of Attraction — lies a spiritual substrate that is, at best, soulish and, at worst, openly occultic. Meditation borrowed from Eastern practice, *Universal Intelligence* standing in for God, the subconscious elevated to a divine role.

These are not neutral tools. They are frameworks built on a counterfeit foundation with some dangerous spiritual compromises in the fine print.

The Rotella/Hill motivational genre is a philosophic line of thinking called New Thought with 100's of proponents in psychology, sports, marketing, and business. [Happy Lies](#) by Melissa Dougherty documents the history and evolution of the New Thought movement over the last 300 years. The graphic below summarizes the contrast between New Thought and Sonship.

Q's	New Thought (The All-About-Me Hamster Wheel)	Sonship – Real Story (on the same page with Father)
Who Am I?	I am Like God, created in His Image “can become like god” Gen 3:5	I am chosen as a son/daughter Part of God’s family, Citizen, Ambassador
Why am I here?	To create my future (fulfilled, successful, happy, wealthy)	To do what my Father is doing Share His Heart’s desire Store Treasures in Heaven
Where Am I Going?	Helping others achieve success, receive their Heart’s desires	To bring Heaven to Earth in a Reformation of People & Nations
Source of Inspiration?	My heart’s desires, imagination, myself, my higher-self	Conversations in the Council Collaborating with Father’s Purpose
Source of Power	Positive Thoughts have power, imagination, visualization, affirmations, Law-of-Attraction, manifesting dreams	Every word that proceeds from the mouth of Father, Mt 4:4 (Living Words)
I get results from?	My perseverance, knowledge, persistence, experience, self-effort	Co-laboring with Father, According to His Power at work in us, Eph 3:20 Him adding all these things, Mt 6:33
Definition of Success?	Wealth, influence, Visibility (Fame and Fortune)	I’m on the same page with Father Through Trials, defeat, favor 2Cor 6:8-9
How I discern good and Evil?	It works, makes money, Blesses me	Prophetically correct Living Words Blesses Father’s Heart
When Failure Happens?	Move on to the next success Redouble my efforts	Have a conversation with Father Discipline, Redirection, Warfare?

<https://releasingkings.com/2025-05-09-happy-lies/>

Christian leaders, coaches, and entrepreneurs face a genuine dilemma. The New Thought techniques demonstrably produce results at the natural level. They help athletes perform better under pressure. They help entrepreneurs define next steps and sustain progress. They give people tools for managing fear, identity, and focus. Dismissing them without offering something better leaves sons and daughters with no framework at all — or worse, sends them back to the same secular library with a guilty conscience.

The answer is not to ignore performance or retreat from excellence or abandon tools that work. The answer is to access the actual source that New Thought is imitating.

Sons co-laboring with Father through Council conversations, Courts of Heaven engagement, and Living Words have access to everything Rotella and Hill are reaching for — and then the 100-fold multiplier on top of it. The flow state Rotella describes is a shadow of what happens when a son is doing exactly what Father designed them to do, empowered by *Dunamis* rather than Positive Mental Attitude. The difference is not discipline versus laziness, sincerity versus fraud, or even Christian versus secular. It is self-managed human effort versus co-laboring with Father in divine authority (*Exousia*) and power (*Dunamis*).

The table below maps ten practical performance categories across both frameworks — not to condemn sons who have found value in secular tools, but to show what becomes available when the real source replaces the imitation.

## *What the Table Reveals*

Rotella and Hill are both working on the same problem: how do you get out of your own way and perform at your best? Their answers are genuinely sophisticated and often effective at the natural level. The issue is not that they are entirely wrong. It is that they have identified real phenomena — the interference of self-consciousness, the power of focus, the role of identity in performance — and then built soulish or occultic scaffolding around them because they do not have access to the real source.

### *The Counterfeit and the Real*

Every technique in the New Thought toolkit corresponds to something sons have genuine access to through their Father.

- Visualization is a shadow of prophetic seeing — hearing what Father is saying about the outcome before it happens and decreeing it into being.
- Positive Mental Attitude is a counterfeit of the settled identity sons receive when Courts accusations are cleared, and Father's decree replaces the enemy's.
- Mastermind groups are an imitation of Ecclesia — the corporate sound of sons hearing the same decree and releasing it with authority whenever two or more are gathered.

The difference is not effort but source. New Thought requires the practitioner to manufacture confidence, manufacture focus, manufacture resilience. Sonship receives them from a conversation, an impartation in Heaven. One system is a soulish hamster wheel that produces fleeting results until the practitioner runs out of energy. The other is co-laboring with the One whose power is made perfect in weakness, a well that never runs dry (2 Cor 12:9), and fruit that remains (Jn 15:16).

### *The 100-Fold Multiplier*

Matthew 13:8 describes a 100-fold return — not a modest improvement on baseline human performance, but a category of result that exceeds what self-effort can produce. Paul frames it as *according to His power at work in us (Eph 3:20)*, a level of output calibrated to divine capacity rather than human effort.

This is why Kingdom Business sons are not competing with New Thought practitioners on their own terms. They are operating in a different economy altogether. When sons are aligned with Father's purpose, hear His Living Words in the Council, remove legal accusations in the Courts, and release decrees with the authority of co-heirs, the results reflect a source that no visualization routine or affirmation practice can replicate. The performance metric for sonship isn't *What can I do?* It is *What can Father do through me?*

The map is not the territory. The imitation is not the original. And the son who learns to ascend, hear, and decree will out-produce the most disciplined New Thought practitioner, not because he works harder, but because he works with the One who adds all these things (Mt 6:33).

The deepest and most enduring motivation is never our personal desires or dreams; it's sharing the purpose in Father's heart that is also written in our heart. It's being integral with myself; God's handiwork created in Christ to do His works in His power as sons and daughters of the King of kings. Being our "best self" happens when we're on the same page with Father as a son or daughter, It's fun. It Works. It satisfies our deepest yearnings (Mt 16:24-25)

**Jn 7:38** – *Whoever believes in me, as Scripture has said, rivers of living water will flow from within them. By this he meant the Spirit*

## Comparison: Ten Performance Categories

Category	Rotella / Hill — New Thought Technique	Sonship — Co-Laboring with Father
Source of confidence	Positive Mental Attitude (PMA). Affirmations, self-talk scripting, and visualization of success eliminate doubt and prime the subconscious for peak performance. "Think and grow rich."	Identity rooted in sonship — chosen, called, equipped. Confidence flows from knowing Father's purpose. Courts of Heaven removes spiritual accusation-based doubt at the root, not the surface, Weapons of our Warfare!
Pre-performance preparation	Visualization routines — athletes mentally rehearse every detail of the shot, race, or deal. Rotella's golfers spend hours in guided imagery. Outcome-focused mental scripting.	Ascend to the Council. Hear Father's Living Words for this moment, this opponent, this deal. Return with a decree that settles the outcome before the event. <i>Do only what you see the Father doing</i> (Jn 5:19).
Handling fear & pressure	Reframe fear as excitement. Trust your process, trust your preparation. Rotella: "Play in the present, don't think about the score." Detachment through mental discipline.	Take fear to the Courts of Heaven— it has a legal root (accusation). Agree, bring it to the cross, receive Father's decree. Fear evaporates when its legal ground is removed.
Focus & flow state	Zone-entry techniques: breathing protocols, trigger words, pre-shot routines, music. Hill's "definiteness of purpose" creates single-minded focus. Mindfulness and meditation borrowed from Eastern practice.	Sons live by "every word that proceeds from Father" (Mt 4:4). Flow is a natural byproduct of co-laboring — when you're doing what Father designed, the anointing ( <i>Dunamis</i> ) makes it feel effortless. Father's Purpose is the on ramp to flow.
Dealing with failure	Resilience frameworks — failure is feedback, not identity. Redouble effort, adjust the visualization, move to the next success. Hill: persistence is the key. Self-correction loop.	Ascend and ask. Is this discipline, redirection, or warfare? Father has a specific word for this specific failure — not a generic resilience principle. The Council turns defeat into a decree.
Motivation & drive	Desire and burning obsession. Hill's "desire is the starting point of all achievement." Visualization of the end goal — wealth, fame, victory — fuels sustained effort. Law of Attraction amplifies focus.	Purpose written by Father in the heart (Jer 31:33). When sons hear and align with that purpose, motivation is ignited from the inside without manufacture. The alabaster box breaks — the fragrance fills the room.
Team & relational dynamics	Mastermind groups — Hill's principle that coordinated minds create a "third intelligence." Shared positive energy, accountability structures, and group visualization amplify individual performance.	Ecclesia — sons gathering around what Father is saying and doing (Jn 12:49, 5:19). The "sound" of sons hearing the same decree creates genuine unity and multiplied authority. Not group-think — corporate listening from our seat in Heaven.
Long-term results & sustainability	Peak performance plateau — techniques work until they don't. Rotella acknowledges elite athletes still lose. Results tied to self-management capacity, which fatigues. The hamster wheel never stops.	100-fold return (Mt 13:8). Sons co-laboring with Father's <i>Dunamis</i> — "according to His power at work in us" (Eph 3:20). Results exceed human capacity because the source exceeds human effort. Father adds all these things (Mt 6:33).
Identity under pressure	Protect self-image at all costs. Rotella's central thesis: champions separate self-worth from their score. Maintain the winning identity through internal narrative management, a constructed self.	Identity is fixed in sonship before performance begins. The Courts clear accusation so there is nothing to defend. Sons don't manage their image — they receive Father's verdict and perform from that settled place.
The spiritual dimension	Vague "higher power," universal intelligence, the subconscious as god, or outright occultic practice. Yoga, transcendental meditation, Law of Attraction — borrowed from Hindu and New Age frameworks without disclosure.	Direct access to Father through Jesus — the one Door (Jn 10:9). The seven Spirits of God provide wisdom, counsel, might, knowledge, and fear of the Lord. This is not technique — it is relationship with the source of all performance.

# Take the Next Step:

**Progression to Sonship** – Your Kingdom purpose and redemptive stories form the basis for your personal identity, purpose, value creation, and your business offer. Becoming your authentic self is the Father’s non-religious key to flow and fruit in business and life. We offer practical and prophetic coaching to help you get there, flowing with your Father (co-laboring) instead of fighting circumstances and resistance alone.

Read [the book](#) and chat with John about [Kingdom Business Coaching](#).

## Get the Book, Have the Conversations

*Your Trip Has Already Been Paid For*

**Conversations** with Father, Jesus, and 7 Spirits – *Sonship, Ascension, & Reformation*

**Sons** – Feel Chosen for Purpose (Identity, Story, Purpose)

- Father (Yahweh) unpacks my identity as a **Son**
- Jesus redeems the rocky **Story** of my life into meaning
- Holy Spirit unveils the revelation of my **Purpose**

**Who is Jesus?**

- Emmanuel, God with us
- I am your Redeemer
- I am the bread

**Ascension** – Sons Hear Living Words (Strategy, Tactics, Heritage)

- Wisdom shows me Father’s **Strategy** to implement purpose
- Understanding shows me how, the business **Tactics** on Earth
- Counsel pulls the curtain back on my **Heritage**, where it leads.

I am the Light

I am the Door

The Good Shepherd

**Reformation** – Heaven on Earth (Courage, Clarity, Culture)

- Might shows me resurrection from defeat – **Courage**
- Knowledge shows me the way – **Clarity** on my direction
- Fear of the Lord connects me to the vine – **Culture**, my Tribe

The Res. & the Life

I am the Way

I am the Vine

