POWER YOUR MIND

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DIVINE POWER

ULTIMATE SOURCE OF
INFINITE POWER

INDO-VIETNAM MEDICAL BOARD

HEALTHCARE WITHOUT MEDICINE

COUNSELING | CHILDREN ACTIVITY | HEALTHCARE

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POWER YOUR MIND

"Things first Happen in the mind of human, before they happen in the external world."

WORK

Why do we work?

✓ To get Success   ✓ To be Happy   ✓ To get peace of mind

To achieve all these, we must work smart and sharp, not hard.

Working with right method

We have two types of powers to achieve our goal.

Muscle Power   Mind Power

SMART WORK

➢ Working For Goal   ➢ Working In Right Direction   ➢ Working With Right Method

The most important factor to be successful is having definite goal.

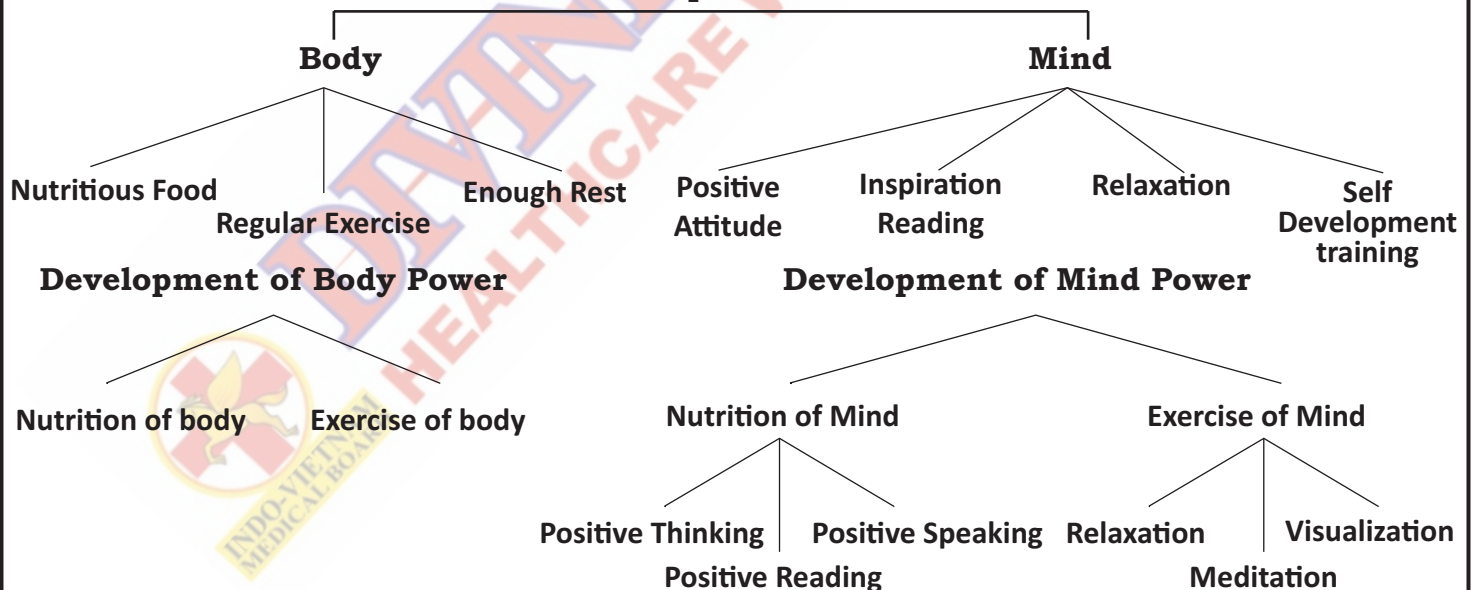A person without a goal is doomed to work for the person having a goal.

SHARP WORK

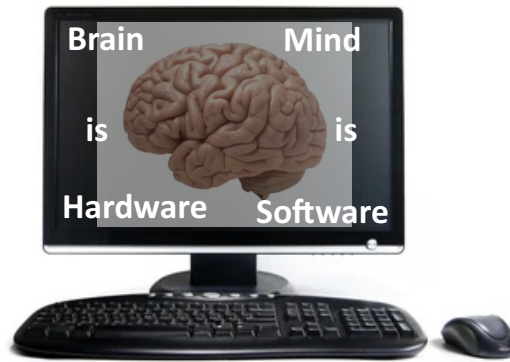For sharp work we must sharpen our axes regularly.

We use two types of axes

Body   **Mind**

Body Power   Muscle   Stamina   Reflexes   Mind Power   Knowledge   Skill   Attitude   Confidence

To sharpen this axes

Body   **Mind**

Nutritious Food   Regular Exercise   Enough Rest   Positive Attitude   Inspiration Reading   Relaxation   Self Development training

Development of Body Power   **Development of Mind Power**

Nutrition of body   Exercise of body   Nutrition of Mind   Exercise of Mind

Positive Thinking   Positive Speaking   Relaxation   Visualization

Positive Reading   Meditation

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THOUGHTS

Our Mind & Brain Creates Thoughts

In Computer Language

Brain	Mind
is	is
Hardware	Software

Brain
is
Hardware

Mind
is
Software

There are two types of Thoughts

POSITIVE THOUGHTS

- ✓ I have a bright future.
- ✓ All people are trustworthy.
- ✓ I have no problem.
- ✓ People appreciate me.
- ✓ I am very capable.
- ✓ Good times are ahead.

NEGATIVE THOUGHTS

- ✓ I have a bleak future.
- ✓ Nobody is trustworthy.
- ✓ I have lots of problem.
- ✓ People never appreciate me.
- ✓ I am incapable.
- ✓ Time is very tough.

NEGATIVE VIBES

- ✓ You are stupid.
- ✓ You are incapable of doing anything right.
- ✓ You will never be able to do anything in life.
- ✓ You will never improve.

IF SOMEBODY SENDS NEGATIVE VIBES, THAN WHAT WILL YOU DO.

Recite this sentence whenever you face negative vibes

- ✓ Day by Day, in every way, I am getting better and better.
- ✓ If you want to serve society, than don't talk of negative things.

MIND

Most of the people on this planet use only 1% to 10% to their mind power.

Types of Mind

CONSCIOUS MIND　　　　　　　　SUBCONSCIOUS MIND

Different Names of Mind

Conscious Mind	Subconscious Mind
✓ Conscious Mind	✓ Subconscious Mind
✓ Logical Mind	✓ Illogical Mind
✓ Analytical Mind	✓ Creative Mind
✓ Left Brain	✓ Right Brain
✓ Outer Mind	✓ Inner Mind
✓ Known Mind	✓ Unknown Mind

Working of Conscious Mind　　　Working of Subconscious Mind

✓ Human powers	✓ Divine powers
✓ 10% powers	✓ 90% powers
✓ Works when we are awake	✓ Works 24 hours
✓ Boss	✓ Subordinate
✓ Execute	✓ Planning
✓ Analytical	✓ Creative
✓ Has limit of place & time	✓ No limit of place & time
✓ Can be trained	✓ Can not be trained
✓ Thinks before action	✓ Cannot think
✓ Uses logics	✓ Has no logics
✓ Has filters	✓ No filters
✓ Limited powers	✓ Unlimited powers
✓ Alladin	✓ Genie

Power of Conscious Mind

- ✓ Sensations
- ✓ Movements
- ✓ Thoughts
- ✓ Logic
- ✓ Analysis
- ✓ Interpretation
- ✓ Intelligence Quotient
- ✓ Identifying and seizing opportunities
- ✓ Judging
- ✓ Decision
- ✓ Action
- ✓ Selection
- ✓ Production of desires
- ✓ Watchman at the gate of subconscious mind

Power of Subconscious Mind

✓ Immunity	✓ Sensations
✓ Control over death	✓ Movements
✓ Control over pain	✓ Reflexes
✓ Creative thoughts	✓ Telepathy
✓ Magnetic power	✓ Radar (Conscience)
✓ Creative power	✓ Memory
✓ Control of over growth	✓ Emotional Quotient
✓ Control over healing	✓ Treasure of knowledge
✓ Control over health	✓ Wisdom
✓ Power generators	✓ Planning
✓ Spiritual Quotient	✓ Create opportunities
✓ Can produce diseases	✓ Mental Clock
✓ Solution for all problems	✓ Mental Calendar
✓ Influence over the universe	✓ Inspiration
✓ Control over every parts of body	
✓ Control over autonomous nervous system	

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Shortcomings of Subconscious Mind

- ✓ Acts faster on negative commands.
- ✓ Does not understand joke.
- ✓ Also acts on the commands give by others.
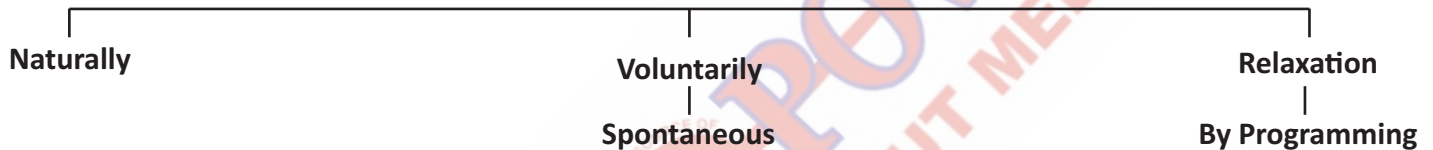- ✓ Commands once given cannot be withdrawn.

Different States of Mind

State of Mind	Waves / Second	Stages of Mind	EEG Waves of Mind
Beta	14 35	Conscious	
Alpha	7 14	Subconscious	
Theta	4 7	Sleep	
Delta	1 4	Deep Sleep	

"Alpha is the most important of all"

Preconditions to achieve Alpha State

Thoughts	Spirituality Quotient	Emotional Quotient
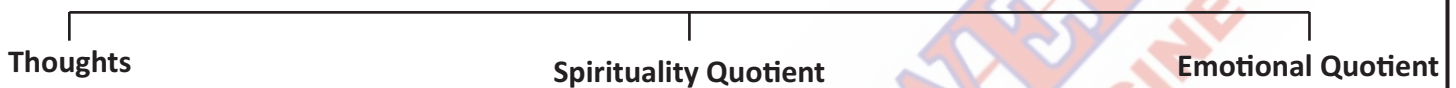
HOW TO REACH ALPHA STATE OF MIND

Naturally	Voluntarily	Relaxation
	Spontaneous	By Programming

RELAXATION

How to achieve Relaxation (Alpha) State of Mind.

To achieve alpha state of mind it is necessary to relax the body and the mind . Do deep breathing relaxation exercises. Relax the whole body by focusing on each part of the body one by one and giving auto suggestions to relax. In alpha state subconscious mind will work at optimum level.

PRECONDITIONS FOR PROGRAMMING

- ✓ Give unconditional forgiveness to everyone
- ✓ Give unconditional love to everyone

CATALYSTS FOR PROGRAMMING

- ✓ Fasting
- ✓ Silence
- ✓ Meditation
- ✓ Positive Thinking
- ✓ Prayer
- ✓ Alpha Music

IMPORTANT REQUIRMENT FOR PROGRAMMING

- ✓ Goal
- ✓ Burning Desire
- ✓ Faith

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SPIRITUALITY

What is Spirituality

Influencing others by your thinking, speaking and behaviour that makes other person happy.

High Spirituality Quotient

- ✓ To be honest.
- ✓ To committed.
- ✓ To be reliable.
- ✓ To maintain values.

Low Spirituality Quotient

- ✓ To be dishonest.
- ✓ To default in commitment.
- ✓ To be unreliable .
- ✓ To Practice immorality.

EMOTIONAL QUOTIENT

What is Emotion Quotient

$$\text{Emotion Quotient} = \frac{\text{Positive Emotion}}{\text{Negative Emotion}}$$

There are two types of Emotions

Positive Emotions

- ✓ Love
- ✓ Mercy
- ✓ Forgiveness
- ✓ Gratitude
- ✓ Bliss
- ✓ Faith
- ✓ Tolerance
- ✓ Compassion

Positive Emotions

- ✓ Fear
- ✓ Anger
- ✓ Hatred
- ✓ Jealous
- ✓ Sadism
- ✓ Worry
- ✓ Doubt
- ✓ Intolerance

HOW SUBCONSCIOUS MIND COMMUNICATES

SUBCONCIOUS MIND COMMUNICATES YOU THROUGH :-

- ✓ INTUITION
- ✓ DREAM
- ✓ HUNCHES
- ✓ FLASHES

Conscious Mind

Achieve Goal

Set Goal

- Get Success
- Take Actions
- Identify the opportunity

- Thinking
- Logic
- Analysis
- Interpretation
- Judgement
- IQ
- Decision

ALPHA

| Dream Hunches | Flashes Intuition | Relaxation | Visualization |

ALPHA

Creates Opportunities

Solves Problem

Produces Energy

Good Health

Control the Environment

Planning

Memory

Subconscious Mind

"What a human mind will conceive and believe, it will achieve"