

DOWNLOAD PDF DO YOU HAVE THE MIND POWER TO LIVE EFFICIENTLY?

Chapter 1 : Personal visual database organized by tags - Mind Collected for Windows

Do You Have the Mind Power to Live Efficiently? (paperback). For those seeking a solid, informative, and well rounded self-improvement book, "Do You Have the Mind Power to Live Efficiently?".

Willpower and Self Discipline Guidance and Exercises By Remez Sasson Learn How to Increase Willpower and Develop Self-Discipline Willpower and self-discipline play a major role life, leading to success if you possess them, or to failure or mediocrity if you lack them. These two skills are vital ingredients for handling efficiently any task and for achieving any goal. The ability to control or reject unnecessary or harmful impulses. The ability to arrive at a decision and follow it with perseverance, until its successful accomplishment. It is the inner strength that enables you to refuse to indulge in unnecessary and useless habits. It is inner power that enables you to overcome inner and external resistance and obstacles. It is the antidote to laziness and procrastination. It is the companion of willpower. It gives you with the stamina to persevere with whatever you do. It is the strength to withstand physical, emotional and mental hardships and difficulties. It stands for perseverance and tenacity. It is the ability to reject immediate satisfaction, pleasure or comfort, in order to gain something better, even if it requires effort and time to gain. When you have strong willpower and develop self discipline, you can choose your reactions and can overcome negative habits. These two skills make you feel more powerful, confident, and in charge of yourself and of your life. Do you sometimes, feel that you lack the inner strength to take action, act assertively or persevere? Are there any habits you want to change, but you lack the necessary inner strength to do so? How many times you have you decided to go for a walk, knowing how wonderful you feel afterwards, but due to laziness or lack of inner strength, you stayed at home and watched TV instead? Do you start doing things, but quit after a short while? You can change this behavior when you strengthen your self discipline and willpower. Build Up a Strong Willpower Easy to follow program for increasing your willpower, self discipline and inner strength, with all the instructions, guidance and exercises you need. Overcome procrastination, get rid of laziness, and develop decisiveness. Gain perseverance and finish whatever you start. Start Building Your Willpower and Discipline There is a misconception in the public mind regarding the two skills we are talking about here. It is erroneously believed that their development requires a lot of mental and physical strain and effort. This is not true. You can build up these skills through simple exercises, and even enjoy the process. How to Strengthen Your Willpower and Self Discipline A simple and effective technique to strengthen these two skills, is to do things, which you would rather avoid doing, due to laziness, procrastination, lack of assertiveness, shyness, or other reasons. By carrying out such actions, despite your inner resistance and reluctance, you become stronger. As muscles get stronger by resisting the weight of barbells, so these skills are strengthened by overcoming the inner resistance. Simple and Powerful Exercises Exercise no. Stand up and give up your seat, even if you prefer to stay seated. Act so, not just because it is polite, but because you are doing something that you are reluctant to do. This is an exercise in overcoming the resistance of your body, mind and feelings. Get up and wash them now. Do not let laziness control you. When you know that in this way, you are actually strengthening yourself, it becomes easier to take immediate action, despite laziness and the desire to procrastinate. Do not succumb to the desire to sit in front of the T. V, and go take a shower immediately. If you do, then for one whole week drink it without sugar. Do you drink three cups of coffee each day? If you do, then drink only two cups a day for one whole week. Then, for one whole week, abstain from doing so. I am not telling you to do so indefinitely, but for only one week. These are very simple exercises, which everyone can practice. Remember, the purpose of the exercises is to develop inner strength, not to make life difficult for you. Do you want more exercises, more guidance and more advice, so you increase your self-discipline and increase willpower much more? If you do, I highly recommend that the read my book about this topic. When you practice weight lifting, aerobics, or any other kind of sport, you strengthen your muscles, and can therefore, use your physical strength whenever you need it. It is the same with willpower and self discipline.

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When you strengthen them, you make them available for your use anytime you need them. They give you more control over your life, help you change habits, and give you the necessary inner strength required for personal and spiritual growth, and for achieving success. [Learn How to Focus Your Attention](#) Learn how to focus your mind, control your attention, and strengthen your concentration skills with simple mental exercises. With a focused mind your attention and mental powers will improve, and you would do everything better, more efficiently, and in less time. He writes books and articles to help people improve their life, achieve success, gain inner strength and inner peace, and become more positive and happy. [Sign Up to Our Newsletter](#) If you enjoyed reading this article, sign up to receive our free newsletter with articles and updates. [Sign Up for Our Newsletter](#) Articles, tips and updates. [Search Website](#) Learn how to calm down the chatter of your mind, stop overthinking, and enjoy inner peace and poise in your everyday life.

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Chapter 2 : Your New Power Source – God™s Spirit | calendrierdelascience.com

"Do you Have the Mind Power to Live Efficiently," was based on the assumption that you want to improve your current situation and become the person you really want to be. Achievement and Growth is Within your Reach is a chapter within, "Do you Have the Power to Live Efficiently," which demonstrates how achievement and growth is within.

Human Mind Power is evidenced in the fact that we always get to be right" -Chuck Danes "Men and women are not prisoners of fate, but only prisoners of their own minds. Roosevelt Without question nearly everyone has at least heard something with regard to our Human Mind Power, but let me ask you Do you really grasp and understand the infinite potential that exists and is readily available to you to create a kind and quality of life limited only by your willingness or unwillingness to "conceive" something as possible for you? Oh but you do. We all do without exception. The science of Quantum Physics as well as many other areas of science have made great strides in showing those who choose to venture out and explore just a bit what 21st century scientists have discovered and back it up with plenty of tangible evidence regarding just how "real and true" that is. Physically, financially, relationally, emotionally and spiritually. Choosing to develop the understanding Those who choose to remain unaware and follow the limited thinking processes of the vast majority also get to be right. We always do regardless of which choices we make individually. And once that choice is made you can begin reclaiming your "True Power" by learning and understanding how to use your mind power consciously and intentionally. So the next question might be, how far does this "True Power" go? There are no limits with the exception of the limits you place on yourself. What makes this mind power real and how is it that you "truly can" utilize your individual mind power to make whatever desires you hold "real and tangible? Really think about this. Look around at your results By coming to a basic understanding of this power, coupled with establishing a conscious awareness of the immutable and unwavering Universal Laws and Spiritual Principles that oversee and govern the entire process of creation and support your ability to do so, you can begin to develop the awareness of and benefit from an infinite supply of wisdom, knowledge and power which is equally available to all Real Power of infinite proportion. And the real beauty of it is, reclaiming your "Real Power" requires nothing more or less than a choice. A conscious and intentional choice on your part. A choice to do so can, will and does enable and empower you to begin effortlessly creating a life of "limitless" Abundance and Happiness that has ALWAYS been available to you yet due to a lack of awareness and understanding has eluded so many to this point. So what "facts" exist that substantiate your ability to utilize this mind power in a way that produces these "desired" results? Human mind power is made possible and fueled by consciousness much like the brain is utilized and fueled by the mind. As both science and the masters have clearly shown, Consciousness is all pervasive. ALL things past, present and future exist, have existed and will exist due to an initial conceptualization And you do this every second of every minute of every day without fail. But you can with some work and discipline master the ability to think in a certain way. Contrary to what the majority have developed perceptions and beliefs concerning relating to an individuals ability to exercise their inalienable right of free will to consciously and purposefully bring about "desired" results in their lives, it is possible to create and experience a life of joy, passion, purpose, harmony and fulfillment without all the struggle and sacrifice that the vast majority "perceive" as being necessary. These perceptions are only determined by what you have been programmed to believe, thereby, in the vast majority of cases limiting your full potential to exercise the limitless power freely provided to you to consciously create desired results in each and every area of your life. It is through a willingness to look beyond or deeper than these traditionally established beliefs and what "appears" as real in the physical world to discover just how "real and true" it is. Making that choice is the first step in the awakening and conscious creation process. This "Awakening" as I like to refer to it requires an individual choice to develop a deeper understanding of where all things physical are derived from, understanding your place in the bigger scheme of things, thereby enabling and empowering you to begin consciously utilizing the mind power you possess to begin consistently molding

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and shaping your life with consciously focused intent and awaken to this "True Power" that is and always has been available to you. The recognition of this ability of your mind as well as the simplicity of the "process" to begin consciously attracting and creating each event, condition and circumstance in every area of life becomes blatantly obvious once you develop an awareness and basic understanding of the Universal Laws and principles, which I personally refer to as the "Perfect Plan", that support and make possible your ability to do so. This ability begins with establishing an awareness of the various aspects of mind and learning to consciously harmonize that awareness which will enable and empower you to clearly recognize, understand and begin to "consciously" utilize your individual ability to attract, create and experience harmonious and fulfilling results in EVERY aspect of your life. Through the years, there have been countless scientific studies done, and experiments performed, on the subject of human mind power. In the spiritual community it is witnessed regularly, the ability of an individual's mind power to reverse and heal illness and disease that the conventional medical community had previously considered and labeled as irreversible. Many attribute such occurrences, often referred to as "Miracles" to something outside of themselves, happening only as a result of fate or chance, and have come to believe that these things can happen only to an isolated and "Lucky" few. So how can you become more aware of and begin to consciously utilize the mind power that you possess? By becoming aware of and developing a basic understanding of both Cosmology which attempts to explain and better understand the existence and nature of reality and Quantum Physics, which is the scientific study of the basic building blocks of ALL things in the cosmos at the subatomic level, energy the mind power that you already possess becomes apparent in shaping the events, conditions and circumstances which make up each area of your life whether physically, financially, relationally, emotionally or spiritually. Through establishing an awareness and deeper understanding concerning the limitless mind power freely provided to each and every individual, it will soon become evident that your individual ability to utilize your mind power, once discovered and "consciously" utilized, can and will enable you to begin attracting and experiencing desired "miracles" in every area of your life. Once a deeper understanding of both Quantum Physics as well as Cosmology are acquired, combined with any spiritual understanding you might have with regard to your life and how it unfolds, the puzzle pieces begin to come together in a profoundly empowering way enabling you to see and fully understand how and why you An Extremely Important Distinction Between Mind Power and Brain Power First of all it is important to understand that the human brain and the mind are not the same things. Both the mind and mind power are purely a non physical aspect of you capable only of processing pure consciousness unseen or spiritual, while the brain is the physical tool that the mind utilizes to process the thoughts derived from consciousness, enabling the manifestation or the physical appearance of the thing thought of the ideal in the physical world. As the spiritual masters, texts and sages have claimed and taught for thousands of years as well as the recent discoveries made through advanced science the answer to that question is Again, as the spiritual masters, texts and sages have claimed and taught for thousands of years as well as the most recent cutting edge discoveries made through advanced science the answer to that question is So, how do you begin utilizing this mind power in a way that produces desired results and establish the necessary belief of your ability to do so? Those are valid and important questions and ones that we will cover here. A willingness to discover the answers to those questions will assist you in developing a heightened awareness concerning how the brain operates as well as explain how you can consciously harmonize and utilize your mind power to dramatically increase the brain's limitless capabilities, as well as specific steps that you can follow to effectively utilize this increased capability to bring into your life, unrealized dreams, desires and circumstances, that up until this point, you may have considered to be out of your reach. By developing an awareness of the functions of the human mind, and establishing a solid belief of your ability to do so, it is possible to consciously and purposefully utilize human mind power to dramatically enhance any area of your life, whether financially, in your relationships, physical healing, as well as the capability to develop and dramatically enhance intuitive ability, sixth sense psychic awareness, and a host of other outcomes which fall outside the scope of what is perceived as logical or "possible" based on a strictly and very limited physical

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perspective. While many are to some extent, vaguely aware of these capabilities, it seems that few take the initiative to develop the depth of awareness necessary to fully utilize and put their individual mind power to work in their everyday lives, which would enable them to attract and experience what it is that they claim that they have a desire to experience in every aspect of their lives. Regardless of what you may currently "perceive" and "believe" to be true with respect to yourself and your ability to utilize your individual mind power, each of us as humans have no more or less capability than another in discovering and learning to begin "consciously" utilizing this incredible force mind power in creating whatever it is we choose to create in every area of our lives regardless of formal educational background, age, race, country of origin, gender etc. The only difference in someone who has psychic ability and one who does not is a lack of awareness of the principles that allow it to develop, as well as a single, or multiple self limiting beliefs that they can attain such a feat, or the lack of focused and intentional action necessary to make it possible. From a more physical perspective, the only thing that separates a muscled up body builder from a 90 lb. The only thing that limits anyone from accomplishing anything that they can conceive in mind is a missing ingredient from the following equation. The bottom line is, regardless of what actions you take individually, the process ALWAYS without fail begins at the level of consciousness which is why it is so important for those desiring a greater quality of life to develop and begin consciously utilizing the mind power provided to all. Although man has successfully made this extremely simple concept appear to be extremely complex, and out of reach of the average person, there are proven and simple means of developing the human mind to consciously and consistently achieve and experience what most would refer to as miracles. There are very basic Universal principles Spiritual Laws, Natural Laws, Laws of Nature as well as scientific studies that support and have proven that the average human does have the ability to consciously create through mind power. In fact unbeknownst to many, they already ARE creating each and every event, condition and circumstance that they are currently experiencing in their lives, but due to a lack of deeper understanding or "Awareness" most are doing so "unconsciously. This deeper understanding and awareness will allow you to create for yourself, the circumstances that allow you to prosper and experience indescribable fulfillment, in both the mental and physical realms and begin to experience and enjoy the kind of life that you were created to live. One of joy, fulfillment, inner peace, abundance, and happiness. Where you begin your individual journey is up to you. You get to choose that. If reading is your preferred method abundance-and-happiness. The 7 Hidden Keys To Conscious Creation provides the understanding in a very clear, concise and logical fashion that will put you on the fast track to making whatever hopes, dreams and desires you hold as dear a very real part of your life. To begin to understand how to consciously put this mind power to work for you, we need a basic understanding of how the mind operates and the various aspects of mind and their functions. Click on the link at the bottom of the page and we will develop a basic understanding of this incredible tool called the human mind, beginning with The Power Of The Subconscious Mind. True and Lasting Abundance and Happiness are only a choice away. As with anything in life, you have been provided with the free will to choose your path. It is our sincere hope that each choice you make will lead you one step closer to living a life of Joy, Fulfillment, Profound Inner Peace, and Unlimited Prosperity. What we choose to refer to as Abundance and Happiness. Only Experienced The Human Mind holds far more power than most are aware of.

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Chapter 3 : Jamarcus Morgan Williams (Author of Do You Have the Mind Power to Live Efficiently?)

Jamarcus Morgan Williams is the author of Do You Have the Mind Power to Live Efficiently? (avg rating, 0 ratings, 0 reviews, published).

Click on the article title to read the full article. **The Misguided Virtues of Humility and Pride:** Contrary to mainstream advice, humility and pride are two of the most misguided virtues that human beings can aspire to possess. They are not virtues at all but rather are two extreme states of being that, like all extremes, are best to be avoided. To consciously create your reality in the face of a negative belief, mentally focus on something that is a by-product of what you want but not specifically what you want. Essentially, this by-passes your related subconscious negative beliefs. Your conscious mind is your the seat of reason. This ability sets human beings apart from plants and minerals and places us highest in the animal kingdom. The conscious mind is supposed to be guardian of your subconscious. The potential of your subconscious mind may be limitless but potential alone can be more detrimental than useful when the programmes being carried out are negative. Its incredible power is also its greatest weakness. Everything you perceive in the outside world has its origin in the inner world of your thoughts. To consciously create your reality, you must learn to control the nature of your dominant, habitual thoughts. This is mind power. **You are One With the Universal Mind:** There is a single, intelligent Consciousness that pervades the entire Universe - all knowing, all powerful, all creative and always present. As it is present everywhere at the same time, it follows that it must also be present in you. **Brain Waves and the Deeper States of Consciousness:** Every part of your body vibrates to its own rhythm. Your brain has a unique set of brain waves. Learning to access deeper states of consciousness enables you to consciously programme and re-wire your mind for success. **The Essence of Mind Power** "We do not have to wait for future discoveries in connection with the powers of the human mind for evidence that the mind is the greatest force known to mankind. We know, now, that any idea, aim or purpose that is fixed in the mind and held there with a will to achieve or attain its physical or material equivalent, puts into motion powers that cannot be conquered.

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Chapter 4 : Why Your Brain Needs More Downtime - Scientific American

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Inventories of your possessions, including detailed information e. You can also assign URL or file shortcuts to objects so they can open a file, folder or a website when double-clicked. Even with thousands of entries, you can still quickly navigate and find items using a quick filtering or tag navigation. Mind Collected is wonderful new software. It offers an innovative and fun way of collecting new information. Jiri Novotny is very passionate about his software and provides exceptional support. Brenton R, Australia Each item in your database has rich notes that support hyperlinks including to other items! Are you a visual person with under-utilized visual cortex? You have a visual cortex in your brain. It is a super-powerful part of your brain, capable of processing vast amount of information very quickly and efficiently. Unfortunately, when we work with computers, our visual cortex is usually severely underutilized. We work with endless "walls of texts", which are difficult to quickly and efficiently navigate, understand, remember and organize. Working with "walls of text" is no fun! By allowing you to visualize any piece of information, Mind Collected gives you the power to unlock the full potential of your visual cortex. You can finally put the million neurons that form your visual cortex to work! Magic starts happening when you start connecting the items in your database to other items, even across categories. Thanks to the neuroplasticity of your brain, you will literally grow new synapses and neurons in your brain. You will remember, learn and understand all the related information better, and start getting new creative ideas. Mind Collected is simply great software! After only a few minutes, I was collecting, indexing, and tagging thoughts, files, notes, and websites. Mind Collected gives me the ability to organize anything and everything! Personal visual knowledge base to collect and organize everything important to you Learning and research tool to master any new subject quickly Brain-enhancement tool. Greatly enhance your memory and learning abilities by creating new associations and growing new neurons and synapses. This all happens automatically when you use Mind Collected, since it is a visual tool. You can even gradually change your thinking and behavior by visually exposing yourself to desired ideas, actions and habits, when you collect them in your database. This is called "priming" in psychology. You can easily sync it across all your Windows computers using Dropbox, SkyDrive or other cloud service. Try it yourself - download the free, fully functional day trial of Mind Collected and start entering things that are important or interesting to you. Unlock your inner genius.

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Chapter 5 : Empowering beliefs to live by

Do our minds control the Universe? Is our reality created with our thoughts? What did ancient civilizations know about the mind? SUBSCRIBE Like and Share.

Here is a list of exactly what you will find in each chapter. Get your free copy of *The Power of Your Subconscious Mind* by entering your name and email address in the form on the right. *The Treasure House Within You. The master secret of the ages*—The marvellous Power of your subconscious mind *Necessity of a working mind The duality of mind*—The conscious and subconscious minds *Understanding the key differences between the conscious and subconscious mind* 2. *How Your Own Mind Works. Conscious and subconscious terms differentiated The terms objective and subjective mind clarified*—The subconscious cannot reason like your conscious mind *The tremendous Power of suggestion-Different reactions to the same suggestion How autosuggestion banishes fear The constructive and destructive Power of suggestion* 3. *The Miracle-Working Power of Your Subconscious* —Your subconscious is your *Book of Life*—What is impressed in the subconscious is expressed *How the sub-conscious controls all functions of the body*—How to get the subconscious to work for you to heal your body *How to convey the idea of perfect health to your subconscious mind. Mental Healings in Ancient Times. Miraculous accounts on the use of the subconscious powers Miracles throughout the world One universal healing principle that will change your life Producing a blister by suggestion The real cause of bloody stigmata. Mental Healings in Modern Times. The law of belief Faith healing, what it means, and how blind faith works Subjective faith and what it means The meaning of absent treatment Releasing the kinetic action of the subconscious mind. Practical Techniques in Mental Healings. How will your subconscious accept your blueprint of life? Serve yourself with scientific truth. The Tendency of the Subconscious Is Lifeward. How to Get the Results You Want. Easy does it; use imagination and not will Power How disciplined imagination works wonders The law of re-versed effort and why you get the opposite of what you want How to ease the conflict between desire and imagination* 9. *Wealth is of the mind The ideal method for building a wealth consciousness Why your affirmations for wealth fail Your subconscious gives you compound interest The true source of wealth The most common stumbling block to wealth Sleep and grow rich Your Right to Be Rich. Money is a symbol How to walk the royal road to riches The reason why you do not have more money Money and a balanced life How the scientific thinker looks at money Why some men do not get a raise in pay Your Subconscious Mind as a Partner in Success. The three steps to success and the measure of true success Using the subconscious mind in business How to become successful in buying and selling A success technique employed by many outstanding executives and businessmen. Scientists Use the Subconscious Mind. How a distinguished scientist brought forth his inventions How an out-standing physiciansolved the problem of diabetes How a famous scientist and physicistescaped from a Russian concentration camp How archaeologists andpaleontologists reconstruct ancient scenes How to receive guidancefrom your subconscious and the secret of guidance. Your Subconscious and the Wonders of Sleep. Your Subconscious Mind and Marital Problems. Your Subconscious Mind and Your Happiness. You must choose happiness*—How to choose happiness *He made it a habit to be happy Why we choose unhappiness If I had a million dollars, would I really be happy? Who are the happiest people? The master key to happy relationships with others His inner speech held back his promotion Becoming emotionally mature The meaning of love in harmonious human relations He hated audiences Life always forgives you*—How to banish that feeling of guilt *Criticism cannot hurt you without your consent How to be com-passionate Forgiveness is necessary for healing Techniques for forgiveness The acid test of forgiveness. How to Stay Young in Spirit Forever. Mind and spirit do not grow old You are as young as you think you are Be your age.*

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Chapter 6 : Willpower and Self Discipline Exercises and Guidance

Both the mind and mind power are purely a non physical aspect of you capable only of processing pure consciousness (unseen or spiritual), while the brain is the.

Shopping Online Product Name: Are You in Control of Your Thoughts. Are you truly fulfilled by the circumstances in your life right now? You might be looking around at your own life right now and comparing it to the kind of life I just described. And it might shock you to see how far apart the two really are. Tell me if any of these sound familiar to you: You see, the vast majority of us are taught that life just happens to us. When it comes right down to it. And so did millions of other talented, intelligent people just like you! After a while, most of us truly start to believe it! The real reason is much less difficult to remedy. You do not have control over your own mind. Now, hear me out. Your mind is an incredibly complex, intricate, and powerful machine. So powerful, in fact, that it can allow you to find solutions to seemingly insurmountable problems in an instant. It can generate the energy to attract certain circumstances to you positive or negative, depending on how your mind has been trained until now. And, left unchecked, it can wreak havoc in every area of your life and leave you wondering why nothing good ever seems to come your way. And to tell you the truth. Their minds are like wild animals, untrained and unfocused. So what does that mean? And so it looks like the world around us “our reality” is creating chaos and misery for us! Remember when I said that the mind is a power machine? Well, what is a machine? And it can be used to build as well as to destroy. And when you know how to use it. What if you could harness the power of your thoughts to create opportunities for fulfillment in your life every single day. What if you could use simple techniques to reprogram your subconscious mind to attract what you want. How would that make you feel? But before I do. My name is Dr. I also spend much of my time traveling to teach others powerful hypnosis techniques in Spain, Japan, France, Canada, Mexico, and of course, throughout the United States. And Hollywood actors, directors, writers, and producers even come to me for my expert hypnotherapy services. And my research and practice has led me to some powerful revelations. I began to understand how my clients could use simple techniques to harness the power of their own minds to create dynamic change in their circumstances. As my clients began to use these techniques, I was blown away by the rapid improvement they saw. The more I studied and shared, the more I understood the awesome power of the human mind. Eventually, I knew I could only share these strategies with so many people one-on-one. I wanted to make this training easy to use. And I wanted to make sure that even the busiest people could tap into these techniques “even if they had only a few minutes a day to devote to the practice of controlling the power of their minds! It was a lot of hard work. The eight audio training modules are expertly designed to help you learn mind-enhancing techniques in a step-by-step, easy to follow manner. Each of the modules is about minutes long and is presented in downloadable MP3 format. And, of course, you can go back and listen to any of the modules again as many times as you want. But I wanted to give you just a taste of the transformative power of this training: The Subconscious Mind Your journey to incredible mind power starts with an in-depth understanding of the subconscious mind “how it works, how it affects your day to day experiences, how it interacts with the conscious mind. Now more than ever, humans have lost the ability to concentrate. Today, our attention is being pulled in dozens of different directions “owing in no small part to the small handheld computers called smartphones that we take with us everywhere. Absolutely anywhere you go “even if you are sitting in your own home “there are so many distractions that it can seem nearly impossible to focus on anything at all. Goal setting is a critical skill for achieving abundance. Unfortunately, most people intend to set goals, thinking that this will somehow bring them closer to what they want. Enhanced Creativity Ever watched a toddler at play? As we become adults, though, we lose the ability to generate and sustain that creative flow.. And as a result, we become stuck. The Power of Your Thoughts Few of us would deny that the thoughts that we hold in our minds directly affect the experiences and circumstances we deal with externally. Yet, for many of us, negative thinking has become such an addictive

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force that we feel it has taken us over. The Universal Mind When the conscious and subconscious mind are acting in synergy. This mind gives you the power to create anything you want in your life. You can download these audios to any device to improve your mind power any time you want! But there are going to be those times when you wish you could remember a certain tip or technique from one of the audios. Print them off and keep them at your desk. Right now, you have two choices. You can continue living a life that is unfulfilling. There are no time limits, either. Everything in this course is based on decades of research and testing. Jones has [clients] imagine what success might feel like and connects them to those emotions to boost their confidence. The value in his products is far greater than any cost and will last me a lifetime. He is really truly interested and invested in people living better lives and it shows. Most of us have no idea that unconscious conversation is happening. You have taught me meditation techniques. You have taught me reprogramming techniques and the sky is the limit when you drop off that bad programming. It is just a privilege to know you. The success at Business Growth Group has a lot to do with you. I wish him success in helping more people to achieve their goals. After all, my goal is to help you experience positive transformation. Why wait another day to start experiencing the abundance and happiness you deserve?

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Chapter 7 : The Most Effective Subconscious Mind Power Technique in the World

Are you efficient, effective, or efficiently effective? As you are focused on getting things done efficiently you may be making very quick decisions. You rapidly move through tasks and check things off your To-Do list one, two, three.

Concentration Exercises for Training the Mind By Remez Sasson Concentration exercises sharpen the mind and improve the ability to concentrate. Read the article first, or go right to the concentration exercises below. These are mental exercises that will strengthen the power of your mind. The Power of Concentration - Practicing Concentration Exercises Sharpening the needle of concentration requires practice, like everything else in life. Do you go to the gym? If you do, how many times a week, and for how long? Have you studied a foreign language? If you did, for how long did you practice, until you had a basic knowledge of the language? It is the same with developing your concentration. You need training and practice. Even only ten minutes a day of concentration exercises will do you good. Your mind does not like discipline, and will resist your efforts to discipline it. It will make you forget to do the exercises, tempt you to postpone performing them, or make you feel too lazy. It will find many tricks to occupy your attention with something else. The choice is yours, to be mastered by the mind and its whims, or to be its master. Below, you will find a few simple concentration exercises. By practicing mental exercises, you train the mind and master it, and put it in its proper place, as your servant, and not as your boss and master. You are not the mind, nor the thoughts that pass through it. Though it might be hard to accept this idea, the mind is not you, the real you, but only a tool that you use. It is an instrument, which has great value, but it has to be taught to obey you. Most people believe that they are the mind, and erroneously believe that controlling the mind means holding themselves back and denying their freedom. They feel that controlling their mind is not natural, and that it is some sort of repression. These beliefs are not correct. Learn How to Focus Your Attention Learn how to focus your mind, control your attention, and strengthen your concentration skills with simple mental exercises. With a focused mind your attention and mental powers will improve, and you would do everything better, more efficiently, and in less time. Accept the idea in theory, and in time, as your control over your thoughts grows, you will know it as a fact. In reality, you, the real you, is the one mastering the mind. It is not the mind mastering itself. Advice for Practicing the Concentration Exercises Find a place where you can be alone and undisturbed. If you wish, you may sit crossed legged on the floor, but most people would find it more comfortable to sit on a chair. Sit with your spine erect. Take a few calm deep breaths and then relax your body, by directing your attention to it, and relaxing each muscle, from head to toe. Practice each of the exercises below for about 10 minutes, and after a few weeks of training, you may lengthen the time to 15 minutes. It is important that you start with the first exercise, and practice only one at a time, until you are able to do it without getting distracted or forgetting it, and without thinking about anything else. This might take days, weeks and even more. There is no timetable, since this could be frustrating. If, for example, I tell you to practice a certain exercise for a specific number of days, two things might happen. You might get disappointed, if you cannot get the desired concentration within the allotted time period. You might also proceed to the next exercise, without practicing correctly the previous one. Mastering the exercises successfully can take days, weeks, months and sometimes even more. Put your whole attention into the exercises, and do not think about anything else. Be careful not to fall asleep, daydream or think about other matters. The moment you find yourself thinking about something else, stop the exercise and start again. After you become proficient, lengthen the time, and if possible, include another session in the afternoon. Go slowly, without overdoing them or tensing your brain. Everyone encounters difficulties along the way. If you persevere and never give up, in spite of difficulties and disturbances, success will crown your efforts. Remember, even those with powerful concentration had to exercise their minds. It does not matter if your concentration is weak now. It can be developed and strengthened like any other ability, through training. In time, you will find out that you can concentrate anywhere, anytime, no matter where you are. You will be able to focus your mind, think and

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function under the most trying circumstances, while remaining calm, relaxed and collected. The reward is worth the effort a thousand fold. For the full benefit, it is advisable that you practice each exercise for one additional week, after you are convinced that you are practicing it correctly and with full attention.

Concentration Exercises

Exercise 1 Take a book, any book, and count the words in any one paragraph. Then, count them again, to be sure that you have counted them correctly. After a few times, do so with two paragraphs. When this becomes easy, count the words of a whole page. Do the counting mentally and only with your eyes, without pointing your finger at each word.

Exercise 2 Count backwards in your mind, from one hundred to one.

Exercise 3 Count in your mind from one hundred to one, skipping each three numbers, that is , 97, 94, etc.

Exercise 4 Choose an inspiring word or phrase, or just a simple sound, and repeat it silently in your mind for five minutes. When your mind can concentrate more easily, try to reach ten minutes of uninterrupted concentration.

Exercise 5 Take a fruit, an apple, orange, banana or any other fruit, and hold it in your hands. Examine the fruit from all its sides, while keeping your whole attention focused on it. Do not let yourself be carried away by irrelevant thoughts that might arise, or thoughts about the grocery where you bought the fruit, how and where it was grown, its nutritive value, etc. Stay calm, ignoring, and showing no interest in these thoughts. Just look at the fruit, focus your attention on it without thinking about anything else, and examine its shape, smell, taste and the sensation it gives you when you touch it.

Exercise 6 This is the same as exercise number 5, only that this time you visualize the fruit, instead of looking at it. Start, by looking at the fruit and examining it for about 2 minutes, just as you did in exercise number 5. Then close your eyes, and try to see, smell, taste and touch the fruit in your imagination. Try to see a clear and well defined image. If the image becomes blurred, open your eyes, look at the fruit for a short while, and then close your eyes and continue the exercise. You may imagine holding the fruit in your hands, as in the previous exercise, or imagine it standing on a table.

Exercise 7 Take a small simple object such as a spoon, a fork, or a glass. Concentrate on one of these objects. Watch the object from all sides without any verbalization, that is, with no words in your mind. Just watch the object without thinking with words about it.

Exercise 8 After becoming proficient with the above exercises, you may try this exercise. Draw on a piece of paper a small triangle, square or a circle, about three inches in size, and paint it with any color you wish. Put the paper with the drawing in front of you, and concentrate your whole attention on the shape you have drawn. For now, only the drawing exists for you, with no unrelated thoughts or distractions. Keep your attention on the drawing, and avoid thinking about anything else. Be careful not to strain your eyes.

Exercise 9 Start the same as number 8, but after looking at the figure for a moment, close your eyes and visualize the figure with the eyes closed. If you forget how the figure looks like, open your eyes for a few seconds, look at the figure, and then close your eyes and continue with the exercise.

Exercise 10 The same as number 9, but now visualize with your eyes open.

Exercise 11 Try for at least five minutes, to stay without thoughts. Do this exercise, only after you have practiced all the previous ones successfully. If you practiced the preceding exercises correctly, you will be able to impose silence on your thoughts, even if this is at first, just for a short while. Constant practice is the secret of success. The more time you devote to the exercises the faster you progress, but you should do it gradually. Start with ten minutes, and as it becomes easier, and your ability to concentrate improves, increase the time. When you start to see results, you will begin to love the exercises. You will be able to concentrate your attention easily and effortlessly, upon anything you want to concentrate on. Do you jog, exercise at the gym, or study a foreign language? How difficult it was when you first started? How many times you wanted to quit? Despite the difficulties, after a while, you started to like what you were doing.

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The most effective subconscious mind power technique that I have experienced is Heart Rate Variability Biofeedback training. Of the many techniques that I have tried, HRV Biofeedback is my favorite. It is easy to do, effective, inexpensive, and can be done at home in a few minutes each day.

Empowering beliefs to live by Posted by: Team Tony Nothing in this world is so elusive yet so powerful as our beliefs. They have the power to dictate the direction of our lives, for good or bad , and they seemingly come out of nowhere. But the thing is, they actually do come from somewhere. So where do your beliefs really come from? Simply put, they are developed as a child and stick with you like glue! Most people are completely oblivious to the power that their own thoughts have. Beliefs carry emotion, and emotion turns to action. Those beliefs then influence the way we live. Whether you hold negative or positive beliefs about relationships, finances or your own abilities, they all carve out the path that is your life. Negative beliefs can be changed; all it takes is digging a little deeper. And in doing so, you can change the course of your life for the better. Here are the steps to change negative thoughts into empowering beliefs: Evaluate the tone of your belief system Is it good or bad? In other words, do your beliefs hold a positive or negative connotation? A positive belief system gets someone like Oprah Winfrey, a black woman who grew up with very limited resources, to excel in an industry traditionally dominated by white male broadcasters. A destructive belief system keeps a person in a job they hate from ever trying to leave. When you take a step back and really think about it, how are your beliefs affecting your life? Do you have any negative beliefs lingering in any of these areas? Take a moment to evaluate your outlook on the following: Turn your negatives into positives We have no limitations in life. The only limitations we have are the ones we place on ourselves. Think about your negative outlooks from these areas in the first step. Now, ask yourself, is that true? But is that really true? Maybe you need to change your approach. If you think about your negative beliefs deep enough, you will find that they likely hold no merit. Apollos Hester had just helped his team eke out a one-point victory over their opponents. The video reveals a footballer-on-fire about how he and his teammates came back in the second half of the game. Win or lose, we realized we were going to be alright. Always finish fast and hard. You can do anything you put your mind to. Which beliefs are you ready to drop? Which will you adopt? All personal breakthroughs begin with a change in beliefs. If you want to start the journey toward building the creative belief system that spurs you to positive actions, positive relationships and positive decisions, consider treating yourself to a total immersion in the principles that empower you to change. Your beliefs become your thoughts, which eventually become your actions. Do you want to live in a way that showcases your negative thoughts, or your empowering ones?

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Chapter 9 : Concentration Exercises for Training and Focusing the Mind

10 Signs You Know What Matters. Values are what bring distinction to your life. You don't find them, you choose them. And when you do, you're on the path to fulfillment.

The glare of my computer screen appears to suddenly intensify. My eyes trace the contour of the same sentence two or three times, yet I fail to extract its meaning. Even if I began the day undaunted, getting through my ever growing list of stories to write and edit, e-mails to send and respond to, and documents to read now seems as futile as scaling a mountain that continuously thrusts new stone skyward. There is so much more to do—so much work I genuinely enjoy—but my brain is telling me to stop. It needs some downtime. Freelance writer and meditation teacher Michael Taft has experienced his own version of cerebral congestion. In , while finalizing plans to move from Los Angeles to San Francisco, he decided to take an especially long recess from work and the usual frenzy of life. After selling his home and packing all his belongings in storage, he traveled to the small rural community of Barre, Mass. He spent most of his time meditating, practicing yoga and walking through fields and along trails in surrounding farmland and woods, where he encountered rafters of turkeys leaping from branches, and once spotted an otter gambling in a swamp. Gradually, his mind seemed to sort through a backlog of unprocessed data and to empty itself of accumulated concerns. A LexisNexis survey of 1, white collar workers in the U. In contrast to the European Union, which mandates 20 days of paid vacation, the U. In the Netherlands 26 days of vacation in a given year is typical. Yet a survey by Harris Interactive found that, at the end of , Americans had an average of nine unused vacation days. To summarize, Americans and their brains are preoccupied with work much of the time. Throughout history people have intuited that such puritanical devotion to perpetual busyness does not in fact translate to greater productivity and is not particularly healthy. What if the brain requires substantial downtime to remain industrious and generate its most innovative ideas? Why giving our brains a break now and then is so important has become increasingly clear in a diverse collection of new studies investigating: What research to date also clarifies, however, is that even when we are relaxing or daydreaming, the brain does not really slow down or stop working. Rather—just as a dazzling array of molecular, genetic and physiological processes occur primarily or even exclusively when we sleep at night—many important mental processes seem to require what we call downtime and other forms of rest during the day. A wandering mind unsticks us in time so that we can learn from the past and plan for the future. The rest is history For much of the 20th century many scientists regarded the idea that the brain might be productive during downtime as ludicrous. German neurologist Hans Berger disagreed. Although his peers acknowledged that some parts of the the brain and spinal cord must work nonstop to regulate the lungs and heart, they assumed that when someone was not focusing on a specific mental task, the brain was largely offline; any activity picked up by an electroencephalogram or other device during rest was mostly random noise. At first, the advent of functional magnetic resonance imaging fMRI in the early s only strengthened this view of the brain as an exquisitely frugal organ switching on and off its many parts as needed. By tracing blood flow through the brain, fMRI clearly showed that different neural circuits became especially active during different mental tasks, summoning extra blood full of oxygen and glucose to use as energy. By the mid s, however, Marcus Raichle of Washington University in Saint Louis and his colleagues had demonstrated that the human brain is in fact a glutton , constantly demanding 20 percent of all the energy the body produces and requiring only 5 to 10 percent more energy than usual when someone solves calculus problems or reads a book. Raichle also noticed that a particular set of scattered brain regions consistently became less active when someone concentrated on a mental challenge, but began to fire in synchrony when someone was simply lying supine in an fMRI scanner, letting their thoughts wander. Likewise, Bharat Biswal , now at the New Jersey Institute of Technology, documented the same kind of coordinated communication between disparate brain regions in people who were resting. Many researchers were dubious, but further studies by other scientists confirmed that the findings

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were not a fluke. Eventually this mysterious and complex circuit that stirred to life when people were daydreaming became known as the default mode network DMN. In the last five years researchers discovered that the DMN is but one of at least five different resting-state networks – circuits for vision, hearing, movement, attention and memory. But the DMN remains the best studied and perhaps the most important among them. In a recent thought-provoking review of research on the default mode network, Mary Helen Immordino-Yang of the University of Southern California and her co-authors argue that when we are resting the brain is anything but idle and that, far from being purposeless or unproductive, downtime is in fact essential to mental processes that affirm our identities, develop our understanding of human behavior and instill an internal code of ethics – processes that depend on the DMN. Downtime is an opportunity for the brain to make sense of what it has recently learned, to surface fundamental unresolved tensions in our lives and to swivel its powers of reflection away from the external world toward itself. While mind-wandering we replay conversations we had earlier that day, rewriting our verbal blunders as a way of learning to avoid them in the future. We craft fictional dialogue to practice standing up to someone who intimidates us or to reap the satisfaction of an imaginary harangue against someone who wronged us. We shuffle through all those neglected mental post-it notes listing half-finished projects and we mull over the aspects of our lives with which we are most dissatisfied, searching for solutions. We sink into scenes from childhood and catapult ourselves into different hypothetical futures. And we subject ourselves to a kind of moral performance review, questioning how we have treated others lately. These moments of introspection are also one way we form a sense of self, which is essentially a story we continually tell ourselves. When it has a moment to itself, the mind dips its quill into our memories, sensory experiences, disappointments and desires so that it may continue writing this ongoing first-person narrative of life. Related research suggests that the default mode network is more active than is typical in especially creative people, and some studies have demonstrated that the mind obliquely solves tough problems while daydreaming – an experience many people have had while taking a shower. Epiphanies may seem to come out of nowhere, but they are often the product of unconscious mental activity during downtime. In a study, Ap Dijksterhuis and his colleagues asked 80 University of Amsterdam students to pick the best car from a set of four that – unbeknownst to the students – the researchers had previously ranked based on size, mileage, maneuverability and other features. Half the participants got four minutes to deliberate after reviewing the specs; the researchers prevented the other 40 from pondering their choices by distracting them with anagrams. Yet the latter group made far better decisions. With the right kind of distraction the default mode network may be able to integrate more information from a wide range of brain regions in more complex ways than when the brain is consciously working through a problem. During downtime, the brain also concerns itself with more mundane but equally important duties. For decades scientists have suspected that when an animal or person is not actively learning something new, the brain consolidates recently accumulated data, memorizing the most salient information, and essentially rehearses recently learned skills, etching them into its tissue. Dozens of studies have confirmed that memory depends on sleep. More recently, scientists have documented what may well be physical evidence of such memory consolidation in animals that are awake but resting. A little while later, when that rat is sitting around, its brain sometimes re-creates a nearly identical pattern of electrical impulses zipping between the same set of neurons. The more those neurons communicate with one another, the stronger their connections become; meanwhile neglected and irrelevant neural pathways wither. Many studies indicate that in such moments – known as sharp-wave ripples – the rat is forming a memory. In a study Gabrielle Girardeau, now at New York University, and her colleagues trained rats to find Cocoa Krispies consistently placed in the same branches of an eight-armed octo-maze. Following training sessions, while the rats were either sleeping or awake and resting, the researchers mildly zapped the brains of one group of rodents in a way that disrupted any sharp-wave ripples. Another group of rats received small electric shocks that did not interfere with ripples. The former group had a much harder time remembering where to find the food. Several studies suggest that something similar happens in the human brain. In order to control their seizures, people

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with epilepsy sometimes undergo surgery that involves drilling through the skull and implanting electrodes in the brain. In such cases, some patients agree to let scientists record electrical activity picked up by those electrodes—a unique situation that avoids endangering people solely for the sake of neuroscience. In a study Nikolai Axmacher of the University of Bonn and his colleagues showed epilepsy patients a series of photos of houses and landscapes and tested their memories of those pictures following one-hour naps. During the naps, the researchers recorded electrical activity in a region of the brain known as the rhinal cortex, which is crucial for certain kinds of memory. As expected, the more sharp-wave ripples pulsed through the rhinal cortex, the better patients remembered the pictures. And such ripples occurred most frequently not when the patients were napping, but rather when they were lying awake in bed in the dark shortly before or after falling asleep. A study by Chris Miall of the University of Birmingham and his colleagues complements this research. Twenty-four volunteers scooted inside an fMRI scanner and attempted to move a cursor in the center of a computer screen toward various pixelated targets by twiddling a joystick. Half the volunteers worked with a straightforward setup: The other half was stuck with a frustratingly fickle contraption: All the participants rested inside the scanner before and after focusing on their assigned task. Activity in resting state networks of the former group did not change much from one break to the next. But in the brains of volunteers who had previously struggled with the trick joystick, activity in two resting state networks was much more in sync than usual. This coordination likely reflects strengthened connections between those two circuits, Miall suspects, which in turn indicates that during rest the brain was likely ingraining what it had learned about working a strange and confusing tool. In contrast, the brains of volunteers that operated the conventional joystick had not learned anything new. In a yet-to-be-published follow-up experiment in which volunteers learned to press buttons in a particular sequence—and another study in which people studied a new language—Miall and his teammates reached similar conclusions about the importance of brain activity during rest for learning. A tantalizing piece of evidence suggests that the brain may take advantage of every momentary lapse in attention to let resting state networks take over. The results revealed that the brain can fire up the DMN in the blink of an eye—literally. Every time we blink, circuits we use to consciously direct attention go quiet and the DMN briefly wakes up. Exactly what the DMN accomplishes in these interludes remains unclear, but it could very well be a form of memory consolidation or a moment for attention-directing neurons to catch their breath. Anders Ericsson of The Florida State University has spent more than 30 years studying how people achieve the highest levels of expertise. Based on his own work and a thorough review of the relevant research, Ericsson has concluded that most people can engage in deliberate practice—which means pushing oneself beyond current limits—for only an hour without rest; that extremely talented people in many different disciplines—music, sports, writing—rarely practice more than four hours each day on average; and that many experts prefer to begin training early in the morning when mental and physical energy is readily available. Corporate America may never sanction working only four hours a day, but research suggests that to maximize productivity we should reform the current model of consecutive hour workweeks separated only by two-day weekends and sometimes interrupted by short vacations. Psychologists have established that vacations have real benefits. But a recent comprehensive meta-analysis by Jessica de Bloom, now at the University of Tampere in Finland, demonstrates that these benefits generally fade within two to four weeks. Within one week of returning to work, however, all the feelings of renewal dissipated. A second experiment on four and five days of respite came to essentially the same conclusion. A short vacation is like a cool shower on an oppressively muggy summer day—a refreshing yet fleeting escape. Instead of limiting people to a single weeklong vacation each year or a few three-day vacations here and there, companies should also allow their employees to take a day or two off during the workweek and encourage workers to banish all work-related tasks from their evenings. In a four-year study, Leslie Perlow of the Harvard Business School and her colleagues tracked the work habits of employees at the Boston Consulting Group. Each year they insisted that employees take regular time off, even when they did not think they should be away from the office. In one experiment each of five consultants on a team took a break from work one day a week. In a

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second experiment every member of a team scheduled one weekly night of uninterrupted personal time, even though they were accustomed to working from home in the evenings. Everyone resisted at first, fearing they would only be postponing work. But over time the consultants learned to love their scheduled time off because it consistently replenished their willingness and ability to work, which made them more productive overall. After five months employees experimenting with deliberate periodic rest were more satisfied with their jobs, more likely to envision a long-term future at the company, more content with their work-life balance and prouder of their accomplishments. Tony Schwartz, a journalist and CEO of The Energy Project , has made a career out of teaching people to be more productive by changing the way they think about downtime. His strategy relies in part on the idea that anyone can learn to regularly renew their reservoirs of physical and mental energy. The answer is energy.