

Chapter 1 : The Nature and Power of Mind

The Nature and Power of Mind. The nature of the mind is both extremely simple, and extremely complex. It has an infinite amount of ways you could program it, and in today's world, the mainstream of programs shaped keep you in captivity.

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 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 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.

Chapter 2 : The powers of the mind

The book offers us deep insight into our mind, and shows how an understanding of its nature and functions can be used practically in everyday experience to improve our lives.

Instead, most people use their free time to play video games, watch TV, or scroll through their social media accounts. Many of us have gotten used to the instant gratification that entertainment provides, but have forgotten the sheer pleasure that comes from just sitting with Mother Nature for a while. Nature can do wonders for your mental health, so if you have neglected your time with Earth lately, these incredible examples of nature healing the mind might encourage you to hit the trails again. Nature boosts energy and happiness levels. After spending time outside, have you ever noticed that you feel more lively, cheerful, and refreshed? Several studies have confirmed that spending time in nature increases vitality, and the research finds that just 20 minutes a day out in nature can significantly boost energy levels. Nature is something within which we flourish, so having it be more a part of our lives is critical, especially when we live and work in built environments. Participants in the study had to spend four to six days in nature, completely disconnected from all technology. If you have been struggling to bring out your creative energy, try spending more time in nature! Nature takes away stress. Numerous studies have found that time spent outside can greatly reduce stress. For example, a study published in the journal *Landscape and Urban Planning* revealed that out of 25 healthy adults living in Scotland, those who lived in areas with the most greenery had lower levels of cortisol. Stress can increase your risk of mental and physical illnesses, but among all remedies, nature is one of the easiest ways to heal the mind and recharge the soul. Nature can actually improve dementia symptoms. Along with all the other benefits of nature, a bit of greenery can go a long way in helping those who suffer from dementia. Researchers at the University of Exeter Medical School discovered that when gardens were placed in nursing homes, the patients showed less agitation, more relaxation, and appeared to be more stimulated mentally. The researchers believe that the gardens triggered past memories that brought the patients pleasure and relaxation. They may have tended to a garden in the past, so putting one in their nursing home unearthed happy memories for them. Also, the stimulation from natural elements helped to lessen dementia symptoms. Nature can enhance short-term memory. In a study performed by researchers from the University of Michigan, they placed participants in two groups: Before going for the walk, each group had to repeat random numbers to the researchers in reverse order. Nature will give you a better connection to the world around you. The researchers of the study also interviewed the parents of the children, and discovered that the children who spent a lot of time in nature had parents who also loved the outdoors. This study proves that nature can help both adults AND children feel more connected to the Earth. Nature dramatically improves the mental health of people living in cities. The fact that the people in the study showed a consistent positive mental state throughout a three year period lends even more credibility to the immense power of Mother Nature on the human spirit. Exercising in nature can increase your self-esteem. Did you know that just five minutes of exercising outdoors can improve your self-confidence? Out of 1, participants who took part in 10 separate studies, researchers found that those who exercised near water showed the most improvement. Nature can ease ADHD symptoms. A study published in *Applied Psychology: Health and Well-Being* found that out of children who suffered from ADHD, those who spent more time outdoors had better concentration and appeared more relaxed and content. Interestingly, the study also revealed that the children who sat indoors looking out at greenery showed less severe symptoms than those who played outside in a man-made structure with no nature around. Nature can greatly improve mental clarity and performance. Have you ever heard that placing a plant in your room can help you concentrate better? Science reveals that the presence of nature induces a feeling of tranquility, which allows the brain to function properly. Nature allows you to reflect and restore your cells, while man-made environments disrupt the natural rhythm of your mind and body.

Chapter 3 : The Nature and Power of Mind. | Spirit secret

It is the nature of the mind to create its own conditions, and to choose the states in which it shall dwell. It also has the power to alter any condition, to abandon any state. This it is continually doing as it gathers knowledge of state after state by repeated choice and exhaustive experience.

The mind is the arbitrator of life. It is the maker and shaper of circumstances and the receiver of its own outcomes. It contains inside itself both the authority to create illusion plus to observe reality. A mind is the dependable weaver of fate. Mind attires itself in garments of its specific making. Man, as a spiritual being owns all the power of the mind, and is equipped with an infinite choice. He learns through experience, plus he can hasten or delay his experience. He is not randomly bound at any point, however, he has found himself at several points, and having certain himself he can, while he selects, frees himself. He can convert bestial or clean, unaware or noble, silly or wise, just as he selects. He can, through reoccurring practice, form conducts, and he can, through renewed effort, break them off. He can mount himself with impressions until Truth is totally lost, and he can abolish each of those illusions till Truth is completely recovered. His options are endless; his liberty is complete. The Internal Molds in the Outside It is the nature of the mind toward creating its own situations, and to select the states in which it shall dwell. It furthermore has the power to alter any state, to abandon any state. This it is constantly doing as it collects knowledge of state afterward state by recurrent choice and comprehensive experience. Inward procedures of thought make up the totality of character plus life. Man can adapt and alter these procedures by bringing would and effort to stand upon them. The outside is molded plus animated by the internal, and never the internal by the outer. Enticement does not arise in the outer thing, however in the lust of the mind for that thing. Nor do sorrow plus suffering belong through nature toward the external things plus events of life, but in an undisciplined approach of mind to those things plus happenings. The mind that is controlled by Purity and encouraged by Wisdom evades all those lusts plus desires which are inseparably destined up with a disease, and so reaches explanation and peace. The outside is but the shadow plus effect of the inner, and while the heart is clean all outward stuff is pure. All development and life are from inside outward; all deterioration and death are from without inner. This is the worldwide law. All development proceeds from inside. All modification must take place inside. He who stops to struggle against others, and employs his controls in the alteration, regeneration, plus growth of his own mind, preserve his energies and conserves himself. And as he thrives in harmonious his own mind, he leads others through thought and charity into a like sacred state. He has compounded that mind by his own opinions and activities. It is inside his power to modify that mind through his choice of thought. In this way, he can convert his life. Let us see how this is toward be done. The Nature and Power of Mind.

Chapter 4 : Understanding the Mind: The Nature and Power of the Mind by Geshe Kelsang Gyatso

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In general terms, after the Dark Ages, Western civilisation took up again the "Outer World Philosophy" of their ancients, and commenced down the long road of mapping out the "Outer World". Of course, there are notable exceptions to this simplistic representation, but in general principal the following result was obtained: In progression from concept to concept, Western Science hosted the industrial revolution which is now becoming the technological revolution, where it responsible for all the "modern conveniences" that technology can bring. On the other hand, the teachings of the sages of the East have remained unchallenged through the millenia and remain basically the same as they were in ancient days. In relation to "Traditional Western Sciences" there are no "official theories" for the nature of mind, as it has never been "officially" observed in any given "Frame of Reference" in the "Outer World". The traditional physical approaches to the problems of defining the nature of consciousness have in the past fallen far short of presenting any form of satisfactory explanations. However there have recently been a gradual emergence of interdisciplinary scientific conferences, such as those hosted at Tucson. Further information in this area may be obtained in a separate review of the proceedings which have arisen out of these - Towards a Science of Consciousness. Students of Modern Global Science who are interested in seeking further information concerning the nature of mind are recommended not to disregard the resources which are available from the East, or alternatively from "Non-Scientific Information Resources" ie: Religious in the West. The article below is actually sourced from the first four chapters of the Surangama Sutra and consists of a dialogue between Buddha and a number people who had gathered to hear his speak From the Surangama Sutra Buddha at this time was residing at a large meeting hall set in the ancient forests of India at a place called Sravasti where, with a great congregation of people in attendance, he was addressed by Ananda his main disciple with the words - beholds the Buddha. In the ensuing discourse, sessioned some two and a half thousand years ago, the nature and the location of the mind are discussed: But what is the precise location of this mind and this sight? So that all men should be first sensible of But how is it then, that we never meet a man who is able to see his own internal organs? That the mind is located within the body cannot be maintained. It seems that the intelligent mind or perceptive faculty must be like a lamp placed OUTSIDE a house, not illuminating that which is within. Take your assertion that the mind is dwelling outside the body. Therefore there must be an external connection between your body and this mind, and when this personal connection is not in action, then what the external mind perceives you yourself cannot know. And since as far as you are concerned the knowledge of a thing is the personal knowledge you posses of it, the intelligent mind apart from this knows nothing. For instance, I show you my hand: At the moment your eyes perceive it, does not the mind also perceive it? This assertion also cannot be. Take care that this phrase does not deceive you, so that it means nowhere. Where is the place of this middle point? Does it reside in the sense or in the thing perceived? But if there be no such union, then this intelligent mind must partake of the character of the sense which you say has the power of knowing, and partly of the object of the sense which you say has no such power. The mind therefore has no distinct character; and if so, by what mark may you recognise it, as it exists in the middle of these two opposing powers? You may conclude that this hypothesis is not capable of proof. I would be glad to know whether I may define the mind as that which is "indefinite" and "without partiality". Buddha stretched out his hand and drew his fingers into a fist and asked Ananda "What do you see? If all the varieties of being in the collection of worlds, down to the single shrub, and the leaf, or the fiber of the plant, tracing all these to their ultimate elements-if all these have a distinct and substantial nature of their own-how much more or the pure, excellent, and human mind, which is the basis of all knowledge, to have attributed to it its own essential and substantial existence? If, you examine this question and still prefer to call the discriminating and enquiring faculty by the name of mind, you must at any rate distinguish it from the power that apprehends the various phenomenon connected with the mere senses and allow the latter a distinct nature. Thus, while you now hear me declaring the law, it is because of the sounds

you hear that there is a discriminating process within you. I do not forbid you to hold your own opinion on the question of the mind, but I only ask you to search out the If, after you have removed the immediate cause of sensation, there is still a discriminative power in the faculty of which we speak, then that is the true mind which you justly designate as yours; but if the discriminative power ceases to exist after the immediate cause which called it in to exercise is removed, then this power is only a shadowy idea, dependent entirely on the external phenomenon. What is wanting why this observation should not be called "seeing? They are the same". And again, since the lamp would then have the power of observation, what value would your eye have in the matter? You know that the lamp is only able to make things visible so that, as far as seeing is concerned, the eyes have distinct function, opposed to the function of the lamp. At this time, Buddha in the midst of the great assembly, opened and closed his hand and then addressed Ananda saying "What is it that you have seen me do? Again, Buddha let fly another ray, which fixed itself to the left of Ananda, who turned his head and looked over his left shoulder. Buddha said to Ananda: What then can it move? How then do you know anything about it? I may certainly know that this body of mine will finally perish Let me ask when this time for your body to perish arrives, are you aware of anything connected to yourself that will not perish? When you were a little child, how old were you when you first saw the river Ganges? You say that three years of age that you saw this river. Tell me then when you were thirteen years old what sort of appearance had this river then? But that which becomes old and decrepit is in its nature changeable, and that which does not become so, is unchangeable. That which changes is capable of destruction, but that which changes not, must be from its origin incapable of birth or death" Ananda: Is it due to the bright light of the sun? Is it attributable to the presence of darkness? Is it the existence of space which constitutes the ground work of its SELF? Or is it the presence of obstacles that constitutes this self? If space is the basis of this self caused power, then, how can there be such a thing as an interpretation of sight by any obstacle? Or if any of the various accidents of darkness be considered as the substantial basis of the SELF, then, in the daylight the power of seeing light ought to disappear You should be satisfied therefore, that this subtle power of sight, essentially glorious, depends not for its existence, either on cause or connection. It is not what is termed self caused, nor yet is it the opposite of this. It is independent of all conditions and also of all phenomenon Therefore Ananda, you ought to know that when you see the light, the seeing does not depend on the light; when you see the darkness, the seeing does not depend on the darkness; when you see space, the seeing is not concerned with the idea of space; and so also with the limitations of space. These four deductions being settled, then I proceed to say that when we exercise the power of sight through the medium of this very sight-power seeing does not depend on this sight-power. Ananda, consider a man whose afflicted with a cataract. At night, when the light of the lamp shines before him, he thinks he sees a round shadow encircling the flame, composed of the five colours interlacing one another. What think you with regard to the perception of this round effulgence encircling the flame of the night lamp. Is the beautiful colour in the lamp, or is it in the eye? If it is in the lamp, then why does not a man whose sight is healthy see it? If it is in the sight of the person then, as it is the result of an act of vision, what name shall we give to the power that produces these colours? We conclude therefore that the object looked at that, ie: Now all such vision is connected with disease. However to see the cause of the disease the cataract is curative of the disease So, just what you and other creatures see now, the mountains, rivers, countries and lands, all this, I say, is the result of an original fault of sight At this time, attentive to the words of the Buddha Tathagata, Ananda and all the congregation obtained illumination. And still reflecting, they beheld their generated bodies, as so many grains of dust in the wide expanse of the universal void, now safe, now lost; or as a bubble of the sea, sprung from nothing and born to be destroyed. But their perfect and independent soul they beheld as not to be destroyed, but remaining ever the same; It is identical with the substance of Buddha. Though in small things, yet it is in great. Though in great things, yet it is in small. Pervading all things, present in every minutest hair, and yet including the infinite worlds in its embrace; enthroned in the minutest particle of dust, and yet turning the Great Wheel of the Law; opposed to all sensible phenomena; it is one with Divine Knowledge. End of Rough Transcript

Chapter 5 : 10 Remarkable Ways Nature Can Heal Your Mind

As we have come to expect, this wonderfully written Buddhist masterpiece provides practitioners with an insightful, concise and clear understanding of the mind, while providing a handbook and roadmap to nurture positive states of mind, such as love, compassion, effort and patience for the benefit of all sentient beings.

All of us have heard of extraordinary happenings, and many of us have had some personal experience of them. I would rather introduce the subject by telling you certain facts which have come within my own experience. I once heard of a man who, if any one went to him with questions in his mind, would answer them immediately; and I was also informed that he foretold events. I was curious and went to see him with a few friends. We each had something in our minds to ask, and, to avoid mistakes, we wrote down our questions and put them in our pockets. As soon as the man saw one of us, he repeated our questions and gave the answers to them. He next told us about some events that would happen to us in the future. Then he said, "Now, think of a word or a sentence, from any language you like. The Sanskrit sentence was written there! He had written it an hour before with the remark, "In confirmation of what I have written, this man will think of this sentence. Another of us who had been given a similar paper which he had signed and placed in his pocket, was also asked to think of a sentence. He thought of a sentence in Arabic, which it was still less possible for the man to know; it was some passage from the Koran. And my friend found this written down on the paper. Another of us was a physician. He thought of a sentence from a German medical book. It was written on his paper. Several days later I went to this man again, thinking possibly I had been deluded somehow before. I took other friends, and on this occasion also he came out wonderfully triumphant. This man was in business there; he was a respectable gentleman. And I asked him to show me his tricks. It so happened that this man had a fever, and in India there is a general belief that if a holy man puts his hand on a sick man he would be well. This Brahmin came to me and said, "Sir, put your hand on my head, so that my fever may be cured. I put my hand on his head as desired, and later he came to fulfil his promise. He had only a strip of cloth about his loins, we took off everything else from him. I had a blanket which I gave him to wrap round himself, because it was cold, and made him sit in a corner. Twenty-five pairs of eyes were looking at him. And he said, "Now, look, write down anything you want. And we gave him those bits of paper. And there came from under his blanket, bushels of grapes, oranges, and so forth, so much that if all that fruit was weighed, it would have been twice as heavy as the man. He asked us to eat the fruit. Some of us objected, thinking it was hypnotism; but the man began eating himself" so we all ate. It was all right. He ended by producing a mass of roses. Each flower was perfect, with dew-drops on the petals, not one crushed, not one injured. And masses of them! When I asked the man for an explanation, he said, "It is all sleight of hand. From whence could he have got such large quantities of things? Well, I saw many things like that. Going about India you find hundreds of similar things in different places. These are in every country. Even in this country you will find some such wonderful things. Of course there is a great deal of fraud, no doubt; but then, whenever you see fraud, you have also to say that fraud is an imitation. There must be some truth somewhere, that is being imitated; you cannot imitate nothing. Imitation must be of something substantially true. In very remote times in India, thousands of years ago, these facts used to happen even more than they do today. It seems to me that when a country becomes very thickly populated, psychical power deteriorates. Given a vast country thinly inhabited, there will, perhaps, be more of psychical power there. These facts, the Hindus, being analytically minded. And they came to certain remarkable conclusions; that is, they made a science of it. They found out that all these, though extraordinary, are also natural; there is nothing supernatural. They are under laws just the same as any other physical phenomenon. It is not a freak of nature that a man is born with such powers. They can be systematically studied, practiced, and acquired. There are thousands of people who cultivate the study of this science, and for the whole nation it has become a part of daily worship. The conclusion they have reached is that all these extraordinary powers are in the mind of man. This mind is a part of the universal mind. Each mind is connected with every other mind. And each mind, wherever it is located, is in actual communication with the whole world. Have you ever noticed the phenomenon that is called thought-transference? A man here is

thinking something, and that thought is manifested in somebody else, in some other place. With preparations "not by chance" a man wants to send a thought to another mind at a distance, and this other mind knows that a thought is coming, and he receives it exactly as it is sent out. Distance makes no difference. The thought goes and reaches the other man, and he understands it. If your mind were an isolated something here, and my mind were an isolated something there, and there were no connection between the two, how would it be possible for my thought to reach you? In the ordinary cases, it is not my thought that is reaching you direct; but my thought has got to be dissolved into ethereal vibrations and those ethereal vibrations go into your brain, and they have to be resolved again into your own thoughts. Here is a dissolution of thought, and there is a resolution of thought. It is a roundabout process. But in telepathy, there is no such thing; it is direct. This shows that there is a continuity of mind, as the Yogis call it. The mind is universal. Your mind, my mind, all these little minds, are fragments of that universal mind, little waves in the ocean; and on account of this continuity, we can convey our thoughts directly to one another. You see what is happening all around us. The world is one of influence. Part of our energy is used up in the preservation of our own bodies. Beyond that, every particle of our energy is day and night being used in influencing others. Our bodies, our virtues, our intellect, and our spirituality, all these are continuously influencing others; and so, conversely, we are being influenced by them. This is going on all around us. Now, to take a concrete example. A man comes; you know he is very learned, his language is beautiful, and he speaks to you by the hour; but he does not make any impression. Another man comes, and he speaks a few words, not well arranged, ungrammatical perhaps; all the same, he makes an immense impression. Many of you have seen that. So it is evident that words alone cannot always produce an impression. Words, even thoughts contribute only one-third of the influence in making an impression, the man, two-thirds. What you call the personal magnetism of the man "that is what goes out and impresses you. In our families there are the heads; some of them are successful, others are not. We complain of others in our failures. The moment I am unsuccessful, I say, so-and-so is the cause of the failure. Each person tries to hold himself faultless and lay the blame upon somebody or something else, or even on bad luck. When heads of families fail, they should ask themselves, why it is that some persons manage a family so well and others do not. Then you will find that the difference is owing to the man "his presence, his personality. Coming to great leaders of mankind, we always find that it was the personality of the man that counted. Now, take all the great authors of the past, the great thinkers. Really speaking, how many thoughts have they thought? Take all the writings that have been left to us by the past leaders of mankind; take each one of their books and appraise them. The real thoughts, new and genuine, that have been thought in this world up to this time, amount to only a handful. Read in their books the thoughts they have left to us. The authors do not appear to be giants to us, and yet we know that they were great giants in their days. What made them so? Not simply the thoughts they thought, neither the books they wrote, nor the speeches they made, it was something else that is now gone, that is their personality.

Chapter 6 : Mind Power : Discovering The Power Of The Human Mind

The item How to understand the mind: the nature and power of the mind, Geshe Kelsang Gyatso represents a specific, individual, material embodiment of a distinct intellectual or artistic creation found in Bemis Public Library.

Check new design of our homepage! The Power of Colors: Meanings, Symbolism, and Effects on the Mind Colors can define the mood of a person, they can also create a specific aura or energy in the atmosphere. Colors form an integral part of our lives. The spectacular hues have varying effects on human nature and mind. PsycholoGenie Staff Last Updated: May 31, The power of colors cannot be denied, more so, as it is the sole instance of life on earth. Red in a Nut Shell Stimulating, bravery, attention, excitement, speed, fast action, fire, dynamic, heat, eroticism, war, blood, lust, dream careers, vibrant, provoking, exciting, strength, attention. More than half the globe loves this color. Red is the second-most favorite color on earth. Be it the Ferrari red or a svelte red dress, red is an intense color, and defines many emotions and moods. The most important being, the color of love, passion, seduction, and desire. It also defines enthusiasm, power, and heat. This color also represents anger, violence, and aggression. Red portrays danger and bloodshed. Lighter shades define sexuality, passion, and joy, while darker shades mean anger, willpower, aggression, leadership, rage, and courage. The Power of Red This is a color representing masculine energy. It stimulates appetite, and also other physical senses like sexual passion. It increases the metabolism rate and blood pressure. It magnifies and intensifies the object, and is attention-grabbing. It provokes the senses and makes a person react faster. Avoid reds for any sort of negotiations and tensed situations. Red best serves for creativity and product selling that needs consumers to take action. The high visibility of red results in it being used in danger signs, fire brigades, and stop signs and signals. In India, China and Nepal, brides wear red traditionally, as it brings good luck. It stands for sacrifice, love, and passion in Christianity. Easter eggs were painted in red color in Greece. South Africans use red as the color for mourning. In Celtic culture, red stands for afterlife and death. Blue in a Nut Shell Peace, tranquility, calm, stability, harmony, unity, trust, truth, faith, empathy, ideas, inspiration, friendship, infinity, confidence, conservatism, security, cleanliness, order, loyalty, sky, water, cold, technology, depression. Blue is the most calming color around. The sky, water, blue denims, and even the trail of a soft blue scarf, soothe the mind. Blue stands for tranquility and stimulates calming chemicals in the body. It is also known as the color of intuition and sixth sense. It is believed blue is the color of heaven. Blue is the least-hated color across cultures. It is the favorite color of more than 50 percent of the total world population,. A shade of royal blue defines royalty, superiority, and richness. Dark blue portrays knowledge, intelligence, expertise, logic, and dependability. Aquamarine blue defines great ideas. The Power of Blue Blue creates a feeling of trust and loyalty, and hence, is used in most corporate logos across the world. It is also an appetite suppressant. Some people, however, believe blue can be depressive. It is the best color to wear for job interviews. Lighter shades of blue have more calming effects and feeling of freedom. Darker shades talk more about authority, professionalism, integrity, and sincerity. Blue color represents truth, and is the color of communication. Psychologically, this color portrays qualities of being neat, less fussy, and disliking confrontation and change. Cultural Symbolism of Blue In ancient Egypt, blue color was known to ward off evil spirits, and was often worn by the Pharaohs. In Greece too, blue is considered to ward off evil. In Hindu mythology, blue is the skin color of Lord Krishna. It denotes immortality in China. Blue stands for mourning in Iraq. In Belgium, blue is for a baby girl. Green in a Nut Shell Healing, abundance, safety, fertility, food, hope, resurrection, youth, hope, immortality, health, generosity, envy, quietude, compassion, renewal, moderation, nurturing, diplomacy, calm, misfortune, self-control. The color green defines nature. Be it lush green fields or traffic lights, green is an important color, and has many associations with mankind. To begin with, it is the color of freshness, fertility, and growth. Green makes a healing color, and creates compassion, sympathy, and nurturing. Hence, it is often used to represent first-aid, and in hospitals. It also creates harmony of the body and soul. It is the color of healthy relationships. Studies have shown that this color could decrease fatigue, depression, and anxiety. It is also believed that dark green improves concentration and vision. The Power of Green It is a color that does not stress the eyes. Darker shades define prestige, wealth, and money.

Lighter greens will make you feel fresh, whereas too much green may define jealousy, envy, greed and revenge. Pale lemon green and fluorescent green defines sickness more often, for e. Productivity is known to increase with a green surrounding. In Japan, it defines life and birth. If a man wears a green hat in China, it defines that his wife is cheating on him. Green also relates to exorcism. In Iran, green is a sacred color. Green was sacred to the Egyptians, temple floors were often painted in green. It is the national color of Ireland. Since green defined fertility, it was often the preferred color for wedding gowns in the s. In England, when the Blackfriars Bridge was painted in green, the suicide rates on the bridge decreased by 34 percent. More than half the pencils sold in America are colored yellow! Yellow in a Nut Shell Joy, happiness, logical, optimism, idealism, imagination, hope, sunshine, summer, gold, philosophy, creativity, practical, judge-mental, dishonesty, cowardice, betrayal, jealousy, covetousness, deceit, illness, hazard. Yellow is the brightest color on the palette! And what does it say? Well, yellow is a warm color of sunshine and sun-kissed beaches. It is the color of happiness, mental clarity, optimism, cheerfulness, and energy. It is also a color that stimulates appetite, the brain, and memory, leading to confidence. It is proved that studying in yellow rooms enhances focus. Yellow is a practical color, it makes one more analytical, as it is mainly perceived by the brain, and a lot lesser by the heart. Golden and warm shades in this color represent the assurance for a bright and positive future. Psychologically, this color helps one connect to mental thoughts. It represents caution, and is often used in signs. Yellow was also the favorite color of Vincent van Gogh. The Power of Yellow If yellow rules your favorites chart, it means you are a happy-go-lucky person, and enjoy the fine gifts of life. However, excess yellow may cause anxiety and irritation. On the contrary, yellow also defines cowardly attitude. Lighter and creamy shades of yellow will make you feel fresh, elegant, and joyful, whereas duller shades yellowish green will show jealousy and sickness. Yellow can be used best in food and restaurants, as it increases hunger. It is also a fast traveling color, its energy vibrates at a fast pace. It is believed that yellow is a favorite among people with high intellect. Yellow is sacred, and the color of celebration of spring in India. It is also related to farmers and merchants.

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Everything you perceive in the physical world has its origin in the invisible, inner world of your thoughts and beliefs. To become the master of your destiny, you must learn to control the nature of your dominant, habitual thoughts. By doing so, you will be able to attract into your life that which you intend to have and experience as you come to know the Truth that your thoughts create your reality. Every effect you see in your outside or physical world has a specific cause which has its origin in your inner or mental world. This is the essence of thought power. Put another way, the conditions and circumstances of your life are as a result of your collective thoughts and beliefs. James Allen said it best when he said "circumstances do not make a man, they reveal him". Every aspect of your life, from the state of your finances to the state of your health and your relationships, is accurately revealing your thoughts and your beliefs. Most people have it back to front, believing that they feel or think a certain way because of their circumstances, not knowing the truth that it is their thought power that is creating those very circumstances, whether wanted or unwanted. By internalizing and applying this Truth, that your thoughts create your reality, you will grant yourself the power to create the changes you want to see manifest in your life. Reality creation is an inside job. Your Thought Power is Limitless: There is a single, intelligent Consciousness that pervades the entire Universe, which is all powerful, all knowing, all creative and present everywhere at the same time - the Universal Mind. Your mind is part of this One Universal Mind and since your thoughts are a product of your mind, it follows that your thought power too is limitless. Once you truly understand that your mind is one with the Single Source of All Power and that this power is within you, you will have found the only true source of infinite power for which nothing is impossible and impossible is nothing. Know that thought power comes from within. Accessing the source of All Power starts by looking inwards. Your Thoughts are Alive: The greatest mystics and teachers that have walked the Earth have told us that everything is energy. This has now been undeniably confirmed by modern science. Your thoughts too are energy. William Walker Atkinson told us that "where mind is static energy, thought is dynamic energy - two phases of the same thing" and Charles Haanel went on to say that "thought power is the vibratory force formed by converting static mind into dynamic mind". Your thoughts are alive. Each time you entertain a specific thought, you emit a very specific, corresponding frequency or energy vibration. What Frequency Are You On: The basic premise of the Law of Attraction is that like energy attracts like energy. You attract to yourself those things and circumstances that are in vibrational harmony with your dominant frequency, which is itself determined by your dominant mental attitude, habitual thoughts and beliefs. Mike Dooley, one of the presenters of the movie *The Secret*, fittingly suggests that if you want to know what a thought looks like, just look around you. Keep in mind these three words "thoughts are things". The attractive power of any particular thought is determined by how often you have that thought and by the strength of the feelings or emotions associated with it. The more energy you give to a particular thought, the greater its power to attract its corresponding circumstance into your physical world through the Law of Attraction. Your one-off, passing thoughts do not have the same creative power as your habitual thoughts and beliefs. Remember, that it is of little use to entertain positive thoughts for just a short burst of time each day if you then proceed to think negative or unwanted thoughts for the rest of the day. A negative thought cancels the benefit of a positive thought and vice versa. Since your reality is the sum total of all your thoughts there are many factors influencing your life. This makes it difficult to directly join the dots between the cause thought and the effect circumstance but the causation is always there. It is your subconscious mind that is the storehouse of your deep-seated beliefs and programmes. To change your circumstances and attract to yourself that which you choose, you must learn to programme and re-programme your subconscious mind. The most effective and practical way to do so, is to learn the simple process of creative visualization. It is the technique underlying reality creation, making use of thought power to consciously imagine, create and attract that which

you choose. Your imagination is the engine of your thoughts. It converts your thought power into mental images, which are in turn manifested in the physical realm. It is important that you learn to be aware of your habitual thoughts and to appropriately adjust them so as to maintain an overall positive mental attitude. However, be careful not to become obsessed with every thought that enters your mind as this would be equally counter-productive, if not more so, than not being aware of them at all. Remember that to obsess over your negative, unwanted thoughts, is to give them power and as the saying goes, what you resist persists. So instead of resisting any of your negative thoughts, simply learn to effortlessly cancel them by replacing them as they arise. Instantly Replace Unwanted Thoughts: To instantly neutralize the power of a negative thought, calmly and deliberately replace it with its opposite, positive equivalent. You can also use the "cancel, cancel" technique made famous by the Silva Method. Each time you catch yourself thinking an unwanted thought, mentally tell yourself and the Universe "cancel, cancel" and immediately follow it up with a positive statement. It is estimated that the average person has between 12, and 70, thoughts a day. This is evidence enough to suggest that your goal should not be to control every thought. It is your dominant thoughts and beliefs that you must learn to bring under your conscious control as they are what largely determine your mental attitude. As you do, you will find your random thoughts themselves becoming more positive and more deliberate. The following words of Siddhartha Gautama Buddha perfectly capture the essence of thought power: The mind is everything. What we think we become. Whether you realise it or not you are already creating your reality through your thought power. Every effect you see in your outside world has its original cause within you - no exceptions. To gain access to the greatest creative power at your disposal, you must learn to control the nature of your habitual thoughts and to align yourself with the One Source of All Power of which you are a part. Your thoughts create your reality - know, internalize and apply this Truth and you will see your life transform in miraculous ways. Important Note about Using Articles: All articles remain copyright of Tania Kotsos.

Chapter 8 : Thought Power - Your Thoughts Create Your Reality

The Power of Nature: Ecotherapy and Awakening But the main reason why nature can heal and transform us, I believe, is because of its calming and mind-quietening effect. In nature, our minds.

As we have now made the reflective transition from the outer world to the inner. Generally speaking, we have seen that the world is made known to consciousness. This does not mean that the world is unreal, or that it is like our thoughts. For we have found it as necessary as before to distinguish between the permanent and the transient, the world of desire and the world of law and order. It does mean that the universe is of the nature of mind or spirit, in some ultimate sense of the word, but the ultimate reality is obviously far more substantial than our ordinary thinking and far more real than our will. We are all members of a world-system and consciousness is the means whereby the presence of that system is made known. Through our ideas we endeavour to understand experience. But there is a vast difference between the reality that is ultimately the same for all, and the theories which differ so widely among individuals. Furthermore, there is within the general world of consciousness—“which may be said to be more or less alike for all”—an inner world of great variability, the world of whims, moods, and opinions, some aspects of which we considered in Chapter V. Having reflectively made the transition to the centre of mental life, we have found that all conscious experience is co-operative. We are not isolated individuals. We do not know of the experience of the simplest perception apart from that which is in a sense the not-self. Perception relates the mind to the world of nature. Through the exercise of will we also learn that life is a co-operative experience. It is only our wildest fancies that are to any degree removed from the world of reality. To attempt to carry out a plan of action is to discover that at best the realisation of will must be matter of adjustment. The mental act known as volition involves a sense of effort, and through this effort we learn that we are immediately environed by powers that exist quite independently of our wills. It is through activity rather than through thought that we come into rough and convincing contact with the world. Hence, in the preceding chapter we have found it necessary sharply to distinguish between the qualities which our activity-experiences reveal and the realm of mere thought, caprice, mood. What a man thinks that he is; this is the old secret. But it is no less clear that it is not what we have thought that has made us what we are; it is what we have done. In the first place, if we had really taken thought our conduct would have been profoundly different; for most of our regrettable actions were impulsive. And in the second place, there is a vast difference between thinking and doing. No law is more dreadful for some people to contemplate than the law of action and reaction. From our thoughts there is indeed escape, but when we have once acted the die of fate is cast. The only remedy for a bad action is a good one. The real test of a theory of human experience, therefore, is its relation to the world of action. It makes all the difference in the world what we agree to call the power, life, or force which experience makes known to us. If we cower helplessly before it we become fatalists. If we vainly think we can do with it what we will—we learn the lessons of bitter experience. To beat against it, instead of wisely seeking to learn its laws, is to become a pessimist. To meet pain with resistance is to increase it. Hence we see of what vast import it is to arrive at sound conclusions in regard to the powers that play upon us. In the first place, it is a question of sound psychology. Each man may perform the experiment for himself and learn to distinguish thought from action. That is a hard-and-fast fact of the greatest significance. The fundamental character of activity clearly recognised, the practical problem is this, Granted all these activities, how may I most wisely adjust myself to them? What kind of thoughts are superficial, and what thoughts are followed by action? Obviously, it is the thoughts that we enter into dynamically that affect our conduct; all others are as fruitless as the theory of a speculative metaphysician who invents his own world-scheme. The important point to consider, therefore, is not the thought as such, but what we do with it and how we react upon it. Having sufficiently emphasised the fundamental importance of activity, in so far as we are now concerned with it, we may well give attention to the law that is exemplified in the preceding inquiries into our mental life. If we observe a little child at play, we notice that it turns from this sport to that, from one plaything to another, as rapidly as its attention is attracted. The observant mother early learns to govern the child largely through its interested and skilfully

directed attention. The student absorbed in his book so that he is oblivious of the conversation going on about him illustrates the same power of a fixed direction of mind. The performance of skilled labour consists largely in the cultivation and concentration of the attention, together with the necessary manual accompaniments. The art of remembering well depends largely on the attention one gives to a speaker or book. That speaker or book is interesting which wins and holds our attention. That thought or event influences us which makes an impression, and becomes part of our mental life through the attention. We learn a language, grasp a profound philosophy, or experience the beneficial effect of elevating thought, rid ourselves of morbid, unhealthy, or dispiriting states of mind with their bodily accompaniments, in proportion as we dwell on some ideal or keep before us a fixed purpose, until by persistent effort the goal is won. What is hypnotism if not an induced direction of mind suggested by the hypnotist? When the subject is under control, and hypnotised, for example, to see a picture on the wall where there is none, the whole mind of the subject is absorbed in seeing the supposed picture, and there is no time or power to detect the deception. Many self-hypnotised people are equally at the mercy of some idea which is the pure invention of their fears. Insanity best of all illustrates the nature of a direction of mind pure and simple, with the wonderful physical strength which sometimes accompanies the domination of a single idea. The point for emphasis, then, is this, namely, that in every experience possible to a human being the direction of mind is the important factor. In health, in disease, in business, in play, in religion, education, art, science, in all that has been suggested in the foregoing, the principle is the same. The directing of the mind, the fixing of the attention or will, lies at the basis of all conduct. The motive, the intent, the impulse or emotion, gives shape to the entire life; for conscious man is always devoted to something. Let the reader analyse any act whatever, and he will prove this beyond all question. The whole process, the law that, as our direction of mind so is our conduct, seems wonderfully simple when we stop to consider it. Yet we are basely conscious of the great power we exercise every moment of life. We are not aware that, in the fact that the mind can fully attend to but one object at a time, lies the explanation of a vast amount of trouble, and that by the same process in which we make our trouble we may overcome it. Yet we know from experience that painful sensations increase when we dwell on them, and that we recover most rapidly when we are ill if we live above and out of our trouble. On the other hand, we know that a wise direction of mind persisted in, or the pursuit of an ideal without becoming insanely attached to it and impatient to realise it, marks a successful career. Without the generally hopeful attitudes of mind embodied by our best churches, and expressed in our beliefs about the world, we should hardly know how to live in a universe where there is so much that is beyond our ken. We are ever choosing and rejecting certain ideas and lines of conduct to the exclusion of certain others, and into our choice is thrown all that constitutes us men and women. The present attitude of the reader is such a direction of mind; and this book, like the world at large, means as much or as little as the reader is large and wise in experience. In the same way this book, or any other, reveals the life and limitations of its author. It cannot transcend them, it cannot conceal them; for in some way, through the written or spoken word or through mental atmosphere, personality ever makes itself known. In whatever direction we turn our mental searchlight, those objects on which it falls are thrown into sudden prominence for the time. The world is dark and full of gloom only so long as we dwell upon its darkest aspects, and do not look beyond them. There are endless sources of trouble about us. On the other hand, there are innumerable reasons to be glad if we will look at them. We may enter into trouble, complaint, worryment; we may make ourselves and our friends miserable, so that we never enjoy the weather or anything else. Or we may be kind, charitable, forgiving, contented, ever on the alert to turn from unpleasant thoughts, and thereby live in a larger and happier world. The choice is ours. If we fear, we open ourselves to all sorts of fancies, which correspond to our thought, and cause them to take shape. If we communicate our fears to friends, their thought helps ours. If we become angry, jealous, or act impetuously, we suffer in proportion to our action. If we pause to reflect, to wait a moment in silence, until we are sure of our duty, we experience the benefit of quiet meditation. It is the explanation of our actual situation in this well-ordered world, dwelling near the heart of the divine Father, that sets us free, and makes us masters of our conduct. It should not therefore be a new source of terror to learn that we are beset by all sorts of subtle influences, or to be told that thought-directions are instrumental in causing misery and trouble. These wrong influences cannot touch us if we understand

them. Our whole being is a protection against them, if we have reached a higher plane. There must be a point of contact in order for one mind to affect another, some channel left open, just as there must be an affinity in order for two persons to form a friendship. Our safety, our strength, lies in knowing our weakness, in discovering that the law of direction of mind is fundamental in every moment of human life. If we continue in the same old way, complaining, fearing, thinking along narrow lines, and submissively accepting the teaching of others, it will not be because we do not see the law. Out of the mass of impressions and opinions which for the majority of people constitute mental life, we may eliminate those that bring harm, and develop those that are helpful. The economy of cultivating right thoughts is thus at once apparent. Matter is obviously as much of a weight and a prison as we make it by our habitual thought. Looking one way, we enter into matter, or density. Looking in the other, we invite that which is spiritual, quickening. Ideas have power over us in proportion as we dwell on them. It is matter of real economy, then, to view ourselves and our habitual ideas from as many directions as possible, precisely as one goes away from home in order to break out of the ruts into which one inevitably falls by living constantly in one atmosphere. Man leads a life of mind, then, because he is a conscious being, because the stream of consciousness is turned now into this channel, now into that, and can only take cognisance of a relatively large aspect of the world by the broadest, least prejudiced, and most open-minded turning from one phase of it to another. He has a distinct individuality, for which he is personally responsible, which it is his duty to preserve and to develop. It is through this, if he thinks for himself, that the keenest light is cast upon things; for it is the fundamental direction of consciousness, and is ultimately related with the Self who knows all directions. Next in order comes daily experience, shaped by education, inherited beliefs and tendencies, and whatever leads the mind into a given channel. After these fixed directions of mind come the mere fleeting influences, mental pictures, fears, atmospheres, perplexities, and troubles, which affect the mind superficially, yet possess a tendency to strike deeper into the being, become fixed habits through subconscious mental activity. The law is everywhere the same, namely, that the conscious direction of mind, supported by the whole personality, is controlling for the time, since the mind can fully attend to but one object at once.

Chapter 9 : The Power of Colors: Meanings, Symbolism, and Effects on the Mind

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?" Well in a phrase, it's due to the infusion, integration and intricately interconnected nature of the conscious mind, the subconscious mind and the Super Conscious Mind also referred to as.

It is the creator and shaper of conditions, and the recipient of its own results. It contains within itself both the power to create illusion and to perceive reality. Mind is the infallible weaver of destiny. Thought is the thread, good and evil deeds are the "warp and woof" or foundation, and the web, woven upon the loom of life, is character. Mind clothes itself in garments of its own making. Man, as a mental being, possesses all the powers of mind, and is furnished with unlimited choice. He learns by experience, and he can accelerate or retard his experience. He is not arbitrarily bound at any point, but he has bound himself at many points, and having bound himself he can, when he chooses, liberate himself. He can become bestial or pure, ignorant or noble, foolish or wise, just as he chooses. He can, by reoccurring practice, form habits, and he can, by renewed effort, break them off. He can surround himself with illusions until Truth is completely lost, and he can destroy each of those illusions until Truth is entirely recovered. His possibilities are endless; his freedom is complete. The Inner Molds the Outer It is the nature of the mind to create its own conditions, and to choose the states in which it shall dwell. It also has the power to alter any condition, to abandon any state. This it is continually doing as it gathers knowledge of state after state by repeated choice and exhaustive experience. Inward processes of thought make up the sum of character and life. Man can modify and alter these processes by bringing will and effort to bear upon them. The outer is molded and animated by the inner, and never the inner by the outer. Temptation does not arise in the outer object, but in the lust of the mind for that object. Nor do sorrow and suffering belong by nature to the external things and happenings of life, but in an undisciplined attitude of mind toward those things and happenings. The mind that is disciplined by Purity and fortified by Wisdom avoids all those lusts and desires which are inseparably bound up with affliction, and so arrives at enlightenment and peace. The outer is but the shadow and effect of the inner, and when the heart is pure all outward things are pure. All growth and life is from within outward; all decay and death is from without inward. This is the universal law. All evolution proceeds from within. All adjustment must take place within. He who ceases to strive against others, and employs his powers in the transformation, regeneration, and development of his own mind, conserves his energies and preserves himself. And as he succeeds in harmonizing his own mind, he leads others by consideration and charity into a like blessed state. He has compounded that mind by his own thoughts and deeds. It is within his power to refashion that mind by his choice of thought. In this manner he can transform his life. Let us see how this is to be done. More in this category: