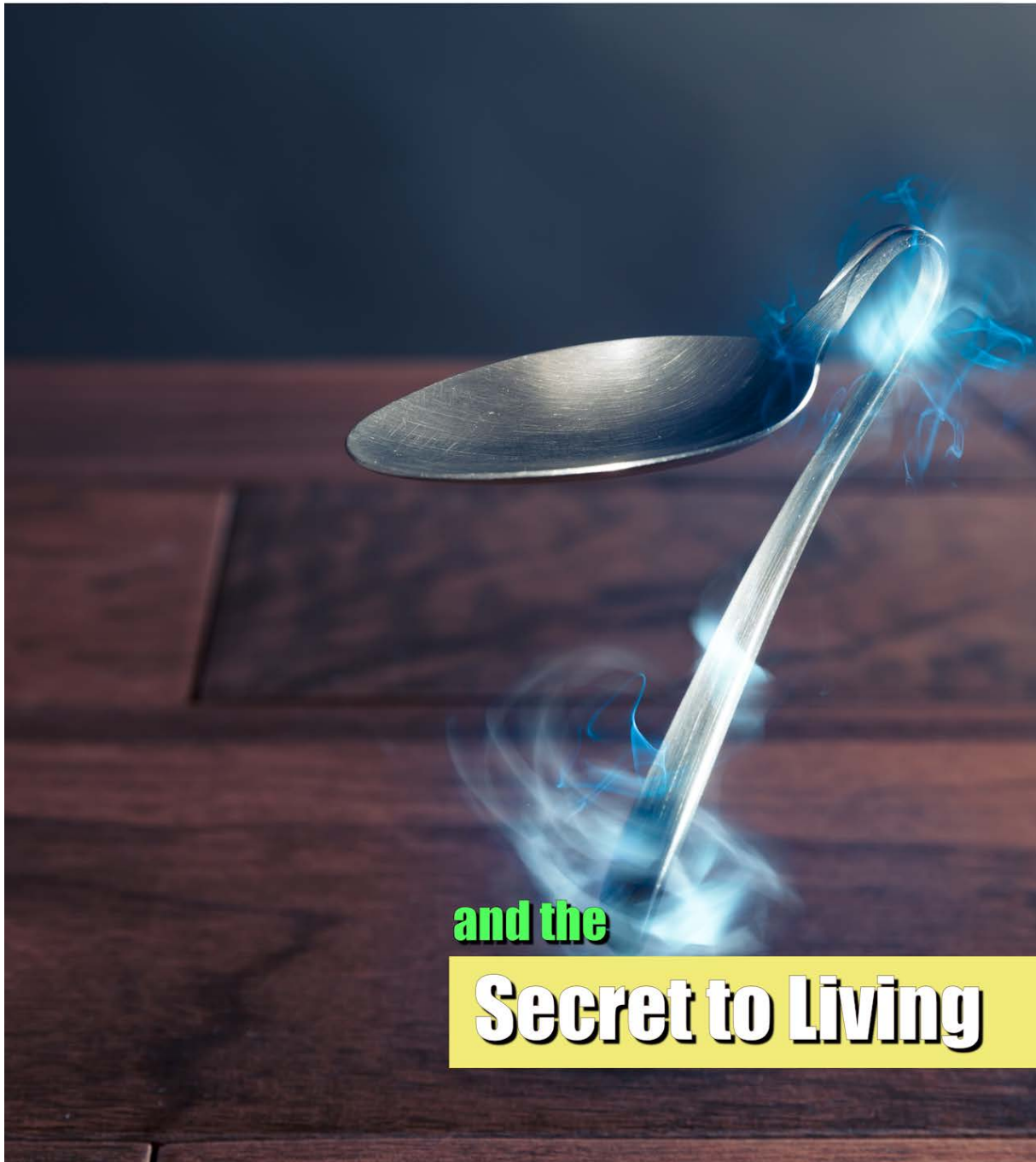


# Power of the Mind



and the

**Secret to Living**

# Introduction

Many people go through life simply learning what others did and reacting to what the world throws their way. They may learn the mistakes and habits of others without realizing that those people likely failed to tap into a massive amount of their own potential.

These peers may lack basic understanding to tap into the amazing features of life or perhaps other things in life simply get in the way. Whatever it may be, they find themselves reaching a certain level of achievement far down the road.

Really, life is amazing and why would you throw away your time because you don't want to take the time to realize where you can take it?

## The Conscious Mind

Everything your mind focuses on will affect you, but the more attention something has the more likely you will pass it on to your 'other thinking processes'. If your subconscious mind for instance notices something in your conscious focus that throws a flag no matter how small, it will begin the subconscious thinking process. Typically, though a 'flag' is not invented without having to do with something you focused on.

Believe it or not, your 'sphere of effect' also responds to your conscious thinking in a similar way that your subconscious does except it has a larger quantity of 'flags' and thought processes. People often call the 'sphere of effect' the 'Universe', the 'Ether', the spirit world when in fact it is simply your network of influence which may not be the entire universe.

Actions governed by conscious thought will also affect your 'sphere of effect', but one should not discount the effects of things such as your *desires*,

**thoughts and reactions.** Many people have realized amazing results simply by focusing their thoughts on things they desire and positive aspects of life.

## The Subconscious

Your subconscious is very powerful and likely more capable than you consciously think. It frequently interacts with you on an ongoing basis. Every time you do something with very little thought or perhaps you were multitasking, and subtle behaviors occur, that is likely your subconscious.

Often it is full of preconceptions, what life has taught you and what you have calculated over time. ***Dwelling on something with your conscious mind will get its wheels spinning*** and everything you think about will affect this, the more you focus on something the more the subconscious will as well. The subconscious can often continue thinking about something long after your conscious mind has moved on to other thoughts.

When you were a baby it learned and now it has many bits of 'code'. The thing is, some thinking in your subconscious can be limiting, and it can often be that nagging thought that you cannot do something or about your limitations. People who have tapped into this have done some amazing things such as lifting cars while under duress in order to rescue others.

The subconscious frequently interacts with you in your dreamscape and this is where we can more easily connect to it. For some people this can be easier than others. A good way to connect with it is to record something (video or audio) and play it while you sleep. ***Often false limitations in the subconscious*** can lead to bad result such as weight gain, bad luck, limited social interaction, poor grades, and your inability to do amazing things.

# The Spirit

All things can be in **three primary states**: solid, liquid, and gas. You are no different. All around you is energy typically cannot easily be seen. Due to the nature of 'gas' you may occasionally see an outline or a color these apparitions are typically discounted by your conscious mind and possibly your subconscious mind, but your spirit knows it is there because your spirit is 'you' in a 'gassy' or 'energy' state. The spirit version of you **has many secrets that you can unlock** by connecting to it.



Ideally you want to **synchronize yourself** with all 'processing' aspects within. The spirit is the most likely part of you to engage with what we call the 'Meta'.

**Neglecting any aspect of your own processing is dangerous** and will likely result in things like depression, unusual feelings of neglect, bad luck, and relationship issues. The

best way to connect to this aspect of yourself is to meditate or during sleep, but again some will find this easier than others. The spirit is likely to have a better idea of what **amazing things you are capable of**, but it also may be more aware of limitations placed on you by circumstances.

# Muscle/Physical Memory

Muscle memory is similar to your subconscious, but it is the body's memory. If your body is accustomed to a certain attribute such as weight or skin similar results will be easier to come by ***because it remembers it***. Reflexes for instance are often a combination of subconscious and physical memory. Muscle memory can be trained with several years of behavioral adjustment, but the subconscious and other aspects that govern it can make learning and relearning much faster.

## The Meta

The Meta is what we say when we refer to symphonic activities. This is where there are many others that play along side with you. Like a symphony, you may pay more attention to your instrument. Make no mistake the other ***artists ARE there***, and they ARE playing part of the whole. Often people think of this loosely like a mega-mech robot ***where all the parts don't always play in perfect harmony***.

Not to be confused with the 'sphere of effect' or the 'Universe' where not everyone plays in the band, the Meta is amazing when you discover it. If you pay close attention, you will see evidence of this 'metaverse' playing out. **Tapping into the Meta can have very unusual effects** especially when it comes to interacting with others and may result in things such as meeting a partner or the natural landscape around you forming to look more like your inner-self.

# Bring It Together...

Tapping into one aspect of your thought systems can solve problems and achieve results but synchronizing them in harmony is priceless. Any one of these aspects can have **limited preconceptions that really prevent you** from achieving your true potential. For instance, the subconscious mind can severely limit you in ways you may not even realize.

## The 5 Whys

One really useful self-realization exercise is call the **5-Whys**. Take any given behavior or desire and ask five why questions. This can easily be done with things like a food, movies or music tracks. For instance, if you like a scene in a movie ask, 'why do I like it?'. Pick one of the answers, "I like it because the stunt was amazing.' Then ask, '**Why do you think it is amazing?**' Why is it amazing in your eyes? The way they guy managed that jump was extraordinary. So, why was that stunt so extra-ordinary? They way he moved around the car. Keep going until you **isolate exactly what was amazing and why thought it was amazing** to you because **YOU can** or at least simply understand what specifically you liked in detail.

## The Mind and Your Desires

It can be **vital for your health to 'reprogram'** your mind to enable you to brake barriers. Barriers that you may have thought as 'your luck' when really it may be something simple in your subconscious. Actually, your built-in processors may not merely solve health issues, sickness, realize amazing improvements to your daily routine, but also **open pathways to everything you've ever wanted**. Now don't get me wrong there are limitations to everything and many people cannot control the weather, but to achieve what you want **you need to break down any false limitations** in your mind.

Achieving what you want can be as simple as reminding your 'processors' you want it frequently until it is encoded in memory. Visually, imagining yourself

and 'what you would be like when you have it' helps, but you should go beyond the simple thought. ***Immerse yourself in it.*** For instance, if you want a car go **sit in the car, smell the car, feel the car**, and even test drive the car you want and imagine yourself having it. Take a picture of it and post it on a vision board that you view frequently which should cause your senses to recall the immersive experience. Another example may be imagining yourself as an immortal residing in your body rather than 'being your body'. ***Imagine yourself in the end goal*** as if you were really there, not as if it is some sort of anticipation.

### **The Participation Effect**

**You are a multidimensional entity.** You have many 'processors' that think on various things. Ideally the less you need to think about something the more you will have processing time available for other things, but even when you do need to think about things there are ways to shift the load. You ever wondered why some people start thinking about something and then 'sleep' on it or take a brake and come back to it later? Often what they are doing is ***shifting the load to a non-conscious 'processer'*** such as the subconscious which is absolutely very healthy.

Utilizing your other 'processors' creates ***the inner participation effect*** and improves inner teamwork so to speak. One of the best things you can do for yourself is frequently review something and then tap into your 'mind' by briefly imagining yourself thinking about it in the back of your mind while you do something else. Tapping into various aspects of yourself creates personal feelings of self-worth and comradery. It may seem odd at first because it is simply you, but you are the beneficiary of the participation.

### **Advanced Learning**

There are many ways to learn and some work better than others. Quite a few people reach for the long route to learning when they want to pick something up. Often the ***best way to learn is to immerse yourself*** into what you are trying to learn. Tapping into your subconscious ***can achieve rapid learning results.*** Full sensory report on the desired topic for a few minutes every day or multiple times

a day followed by sleep assistance can have amazing results and you want to utilize your automatic memory as much as possible.

## The Next Steps

Now you have expanded your understanding, you can use this to your advantage and improve your mental outlook resulting in overall improved wellness.

However, this is only the beginning of your re-imagining of yourself to greater results.

If you'd like to accelerate your progress in wielding the power of the mind and the path that lies ahead, simply click the big button below...

**CLICK HERE NOW TO LEARN MORE**

Life is an amazing dream, start living it!

- Akutra-Ramses A Cea