

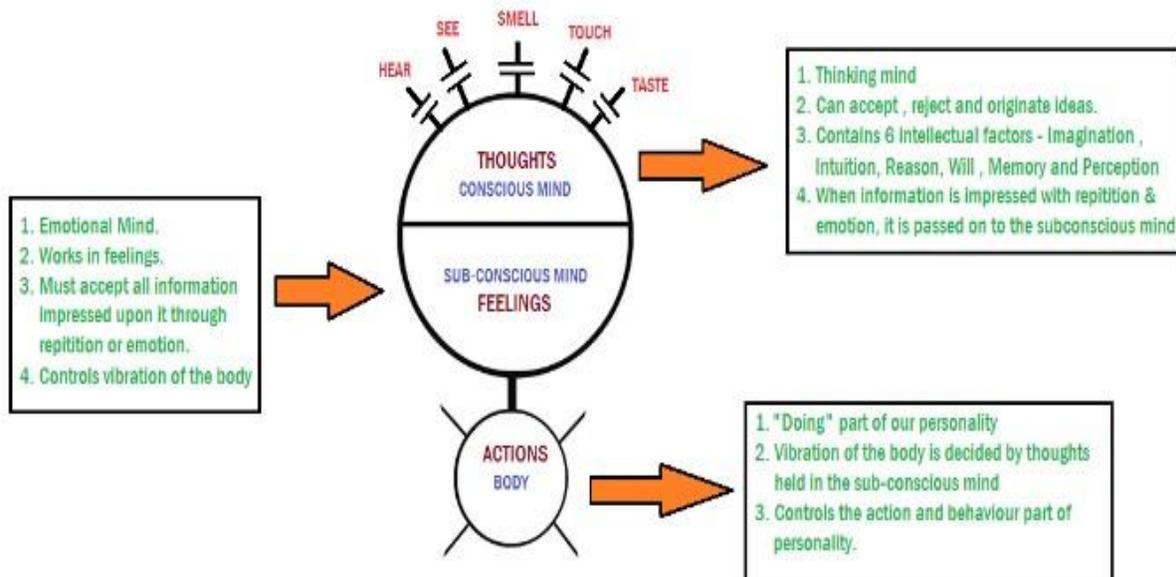
How the Mind works.

How does your mind look?

Not your brain. Your mind. Tough? You are not alone, Ask a thousand people and observe a blank stare every single time.

Want to be the one who knows the answer?

Let's take a closer look.



The above picture depicts a priceless mind model that, when fully understood and adopted, delivers results in anyone's life regardless of the background or natural abilities.

I first saw this at a Bob Proctor Presentation.

I have a book by Christian D Larson, from the university of California. It is quite a complex and yet easy to understand book. If you want the book, just email me.

This is a brief understanding of the Mind and the Laws on which it operates.

The first concept to grasp that the mind is not a thing.

It's an activity. It is constantly in action.

Everything that is in action must necessarily work through definite laws.

And as the mind is in constant action, alternating its actions at almost every turn of thought or feeling, it is evident that a vast number of laws are employed by the mental process.

To know how the mind works, therefore, we must know something about these laws.

No effort, however, has been made to delve into the mysteries of the mind.

The object here being to present the practical side of mental action and present it in such a way that anyone may learn to use the powers of the mind properly.

And at the present stage of psychological study, this is the most important.

We want to know how the mind does work so that we may, in all mental work, use the mind in the best, the fullest and the most effective manner.

It is now a demonstrated fact that the powers and the possibilities that are inherent in the mind of man are practically unbounded.

And this conclusion is based upon the discovery that no limit can be found to anything in human nature, and that everything in human nature contains a latent capacity for perpetual development.

It is the power that unlocks the door to everything that is great and wonderful in man and must therefore be understood and applied

before anything of real value can be accomplished through human thought or action.

The principal reason why the average person remains weak, and incompetent is found in the fact that he makes no effort to fathom and understand the depths of his real being. (quote from the book).

How does your mind work? Once you know this, **you will be the one!**

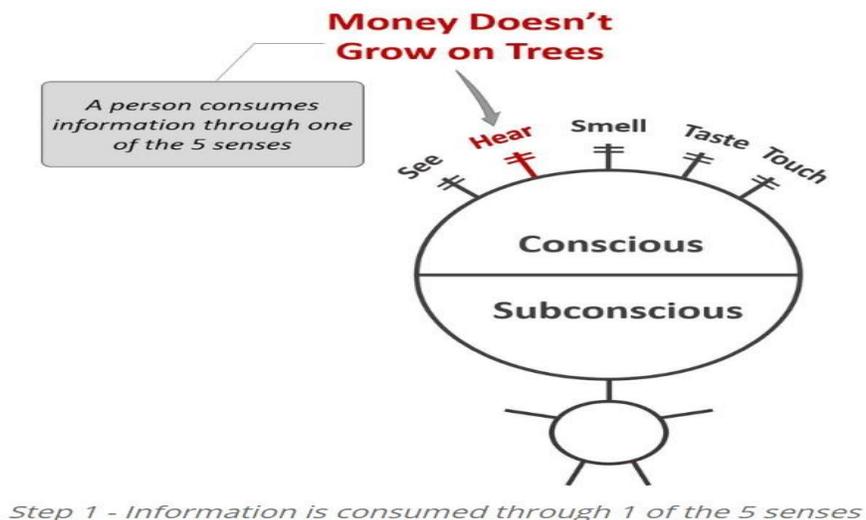
The ONE who is always ahead. The ONE with a healthy and wealthy lifestyle.

There is hard work to do but understanding how the mind works will be the force to take you there.

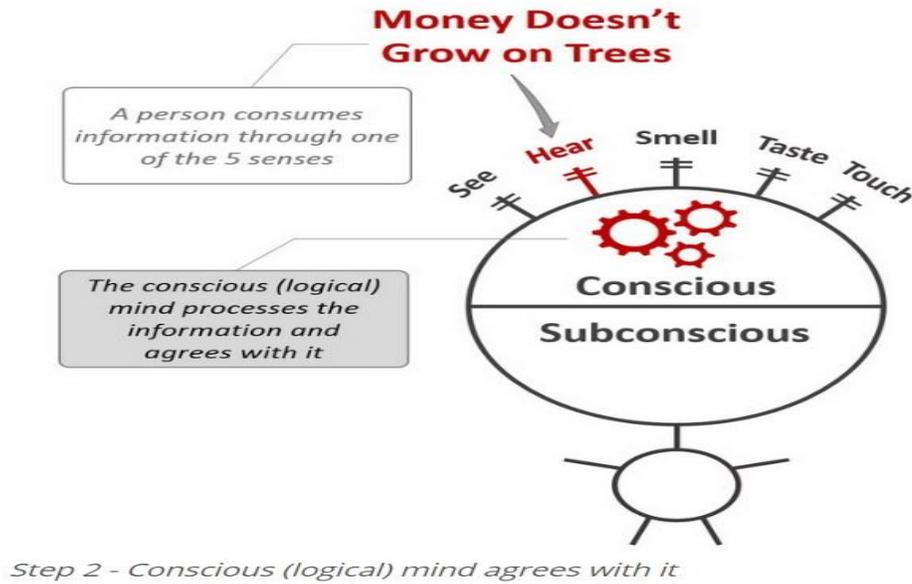
It's the application of this knowledge that gives you your personal Power.

Here is this powerful 6 step process outlining how the mind delivers results (positive or negative).

This statement was always in language when I was growing up. I don't think I am alone.

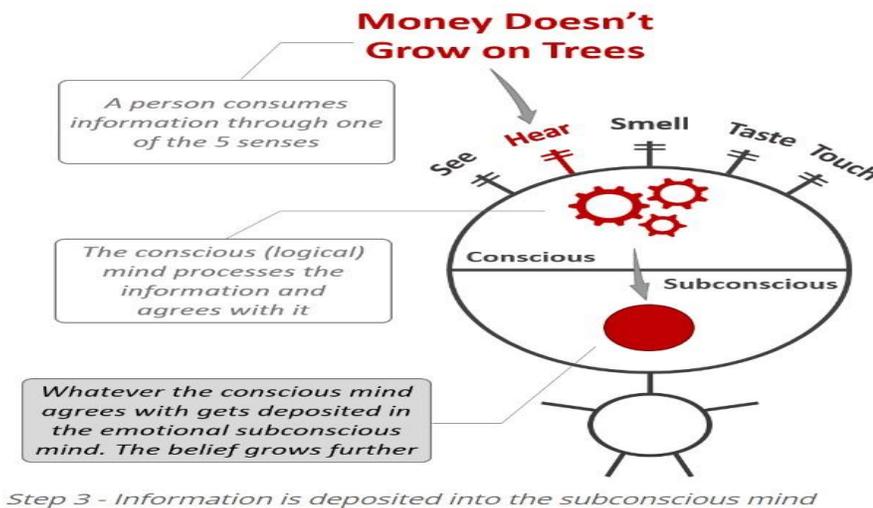


Now, that the information is registered by one of the senses, the conscious mind kicks in and starts analyzing it...the logical part says duh... of course it doesn't.



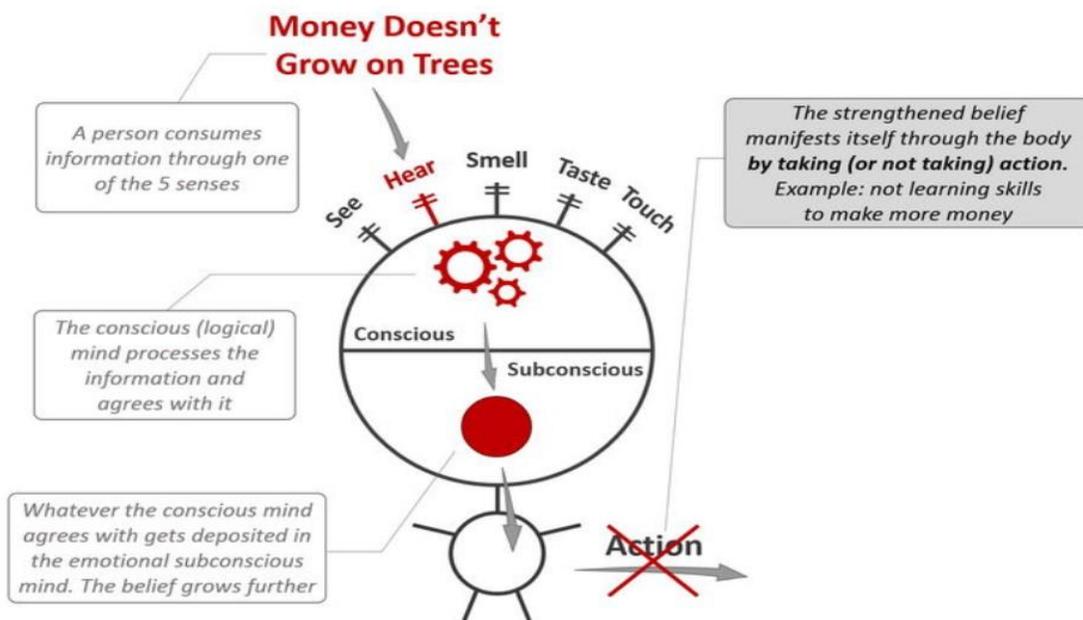
Every single time the conscious mind agrees with something regardless of how positive or negative the information is, it gets deposited into the emotional subconscious mind.

The subconscious mind also has the unconscious mind.



Once the belief is reinforced it always manifests itself through the body. Repetition is the base of storing knowledge. People misunderstand the concepts of mantra or affirmations. If the mind cannot create a vision from random information, form will not happen.

The person either acts or takes no action depending on the belief. Your preexisting learnings, which you acquire generally before the age of 5, and they are instilled firstly from family, friends of family, then community, culture, and country.



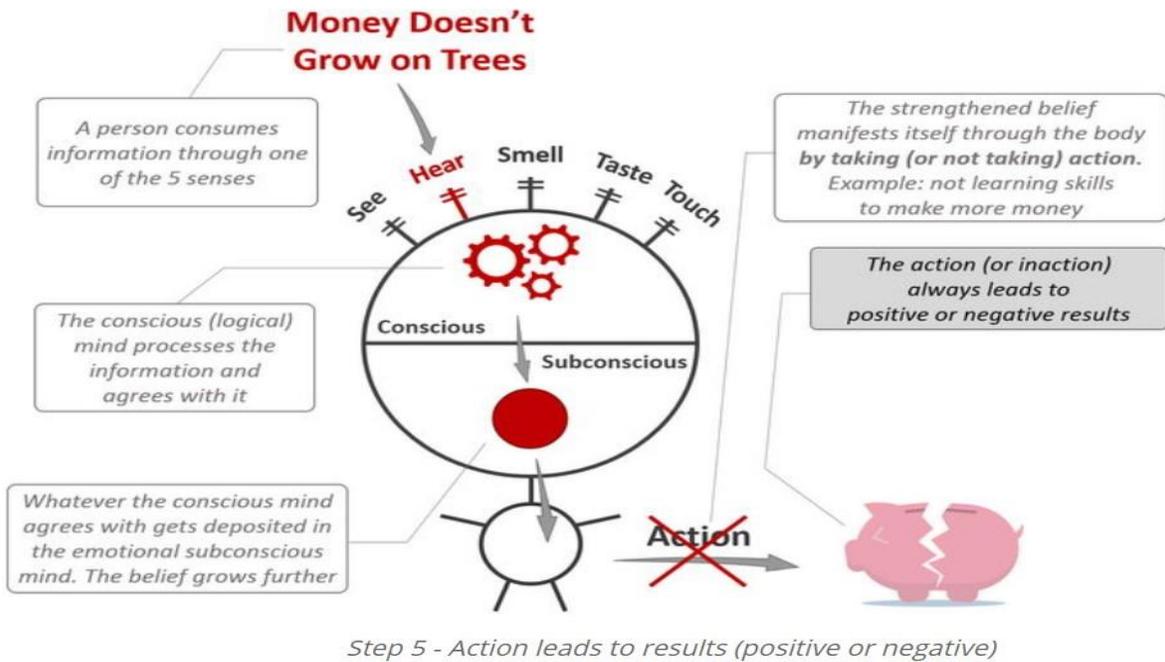
Step 4 - The body manifests the belief through action (or lack of it)

The body acts (or takes no action) using the directives from the subconscious (emotional) mind without the person even realizing it.

Think about that cookie or a pack of chips, or any other unhealthy choice that you or someone else you know recently made.

The action always leads to results. Positive or negative. That simple.

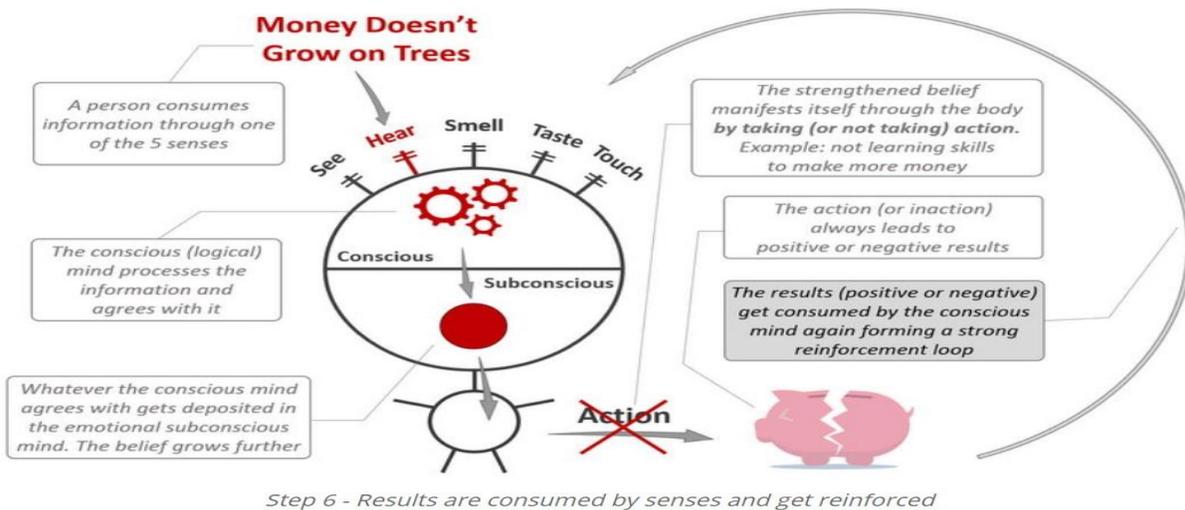
Thoughts > held in the mind > form.



The results (or lack of them) are consumed by the senses and get analyzed by the logical mind.

The person agrees with the results, and this further solidifies the belief (liberating or limiting) in the subconscious mind.

The cycle continues over and over again and forms a very strong reinforcement loop. Repetition is the foundation of all learning.



OK, now it's time to go over this cycle again.

This time use yourself or someone else you know as a guinea pig.

Make it real.

Take the most limiting belief you (or someone else you know) have and take it through the above loop step-by-step.

Go as far into the past as you can. Your childhood holds a lot of unexamined beliefs.

How does it feel?

Summary:

Mind is an activity. Not a thing.

Mind creates images.

Mind operates under these laws.

Accepts any thought and acts as if its real.

Mind is always transmitting and gathering like-minded thoughts.

As people we have been gifted an intellect. The higher faculties of the mind.

We can if we choose or aware that we can

Control of thoughts.

Insert any thought.

What's held in the mind will eventually become form.

