



Personal Message By Bob Proctor
America's Greatest Prosperity Teacher and Star of The Hit Movie
'The Secret'



YOUR SUPER POWER MIND

5 DYNAMIC TECHNIQUES

Alpa Pandya

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DEDICATION

This book is dedicated first and foremost to my biggest mentor and guru, Bob Proctor. I have learnt so much from your wisdom and intellect; it continues to be my pleasure and my honour to be a part of your organisation; The Proctor Gallagher Institute.

Thank you to the many mentors and coaches I have had the privilege of learning from and working with over the years. You have been very supportive of me, and your guidance has been transformational. I want to thank you all for being a part of my life, and for truly inspiring me to live my greatest life.

The encouragement I have received to achieve, strive and continue with persistence for bigger, and better things in my life and in my business has grounded me. It has made me the person I am today. It has been a long journey, a lot of tears, lots of laughter, and a lot of finger-pointing within to release the fears that were controlling me from becoming my REAL self.

Finally a big thanks to YOU for picking up this book and reading it. I know you will find it helpful to get you on your way, and find your REAL self so that you too can achieve all that you desire.

The journey always continues...it never stops...
Keep Going!

A handwritten signature in black ink that reads "Alpa Pandya". The signature is written in a cursive, flowing style with a large initial 'A'.

Message From Bob Proctor

A Legendary and Highly Respected Figure of The Personal Development Industry.

“It’s a real pleasure for me to be working with Alpa Pandya.

Alpa is a consultant within our company, she is very well qualified to help people take a look at how they are living, where they’re going and what they’re really doing with their life.

Do you know so often people just wake up in the morning, and they just rush off to work and then rush off home, and then rush off somewhere else.

We want to suggest that you take the time to stop and think. We have a saying in my company and it’s printed on some of our material, that it’s time... and it really is time to transform dreams into reality, goals into achievements and your thinking into results.

Alpa can show you how to do that, she’s certified and she’s very well qualified to sit down and show you exactly how that’s done. The Proctor Gallagher Institute has an excellent reputation all over the world. We are very selective about the people that we work with, Alpa Pandya is the lady that can help you take a real close look at how you can multiply your achievements truly, that’s not an exaggeration.

We’ve got so much going for us and we’re not developing it.

Alpa Pandya can help you work on it, she is one of my top consultants”

A handwritten signature in black ink, appearing to read "Bob Proctor". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

~ Bob Proctor

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Introduction

Have you ever wondered about the untapped potential of your mind? Our mind is very, very powerful if we know how to use it correctly.

This is what I will be talking about in this book. Your Marvellous mind and how you can use it to create the life you so truly deserve. Even if you are already living a good life, trust me it can always get better. After all, we are on this planet for expansion and growth, we always want more of what we love. Moving away from the mind for just a second, it has been said and, you've probably heard this too — that on average we only use ten percent of our brain cells. Now there have been many discussions, debates, and articles written on this topic, but it hasn't actually been proven as yet.

So, let's talk about our mind, which is quite different from your brain. Knowing what I know about the mind, I will say that less than ten per cent of the population are actually using their mind to its fullest potential. Now you might say, "That's a bold statement to make" And I would say you're quite right, it is bold, but it's very true. How do I know this? Well, through studying people every day, through working with my clients, through the wisdom I have gained, and through the classic books written by some great authors from the personal development industry. I have come to the conclusion that ninety per cent of us are not effectively using our minds to live the life we dream to live, to do the work we want to do. We are just 'settling' for and 'accepting' a life we may not particularly enjoy. Some are striving for something better, but they don't know "how". AWARENESS is lacking and that is so poignant here. So, how can you effectively start using your mind and more importantly why should you? Well, by reading this book and understanding the great power of your mind you will, see how and, you will see why. You will also see its innate value and appreciate this greatest gift we have all been blessed with. Our mind has hidden powers which we can all tap into, should we choose to expand our awareness and make good use of it.

Our actual brain power is tucked away in our subconscious mind. You can use this power to enrich your life and livelihood.

At one time people really took their minds for granted. It was what it was, a storage house for our thoughts, ideas, and memories. A problem-solving gadget we were born with. Some people even today believe that others are blessed with more intelligence than they are in the world. Most people even think that it's quite natural to lose a portion of their mind power as the years go on, and as they get older. Often this gradual decline would go even further in the percentage of people leaving with mental deterioration. However, in today's world people have started to live much longer than their ancestors did.

People are searching for methods that will allow them to enjoy their longevity with a sharp mind and a keen sense of adventure. It is very possible for some to enjoy their 'Golden Years' without a worsening memory. All it takes is a little effort to preserve the mind's power you already have, and enhance it as well. Most people who have tried the methods I will share with you, think it is time well spent.

The clients that I have worked with are thrilled to experience the many changes that effortlessly appear when they take the steps to understand and improve their minds for their betterment and their success.

I am not a Dr, a psychologist, or even a mind specialist, but what I do know is this; the information that I have studied, and been taught by my mentors regarding the mind, is information that not even people in the medical field are aware of. I can back this up with proof; I have coached doctors who have never known what I have taught them about the mind. When I asked them if they have seen the mind, they had no clue as to what it looked like. Right now, you may be one of those many people who has never seen the mind, but if you are going to change anything in your life, you need to know what this mighty gem that you are carrying on your shoulders looks like, and even more important how you can make it work to your advantage.

So the image of the mind was actually created in 1934 by a Dr of the healing arts, his name was Dr Thurman Fleet. At this point, I also want to tell you that your mind is not your brain. Yes, that's right, your mind is not your brain. Your mind lives in a section of your brain. We have been led to believe that our mind is our brain. Nobody has ever seen the mind, well actually that's not quite true, my clients and people whom I work with have, but back to my point. So Dr Thurman Fleet created an image of the mind so that he could see what he was dealing with when he was working with his patient's self-image. I must say that this image he created of the mind, is the most insightful and the most powerful image you will ever see.

It's an image that my mentor Bob Proctor has been studying since the sixties, and if you asked him, he would tell you in a heartbeat that he has never seen anything quite like it. It's changed his life and it's transformed mine. The many people whom I work with have, and are seeing the benefits. Once you start to understand how your mind functions and how you can control your thoughts to create the life you truly want, you will have the keys to the kingdom.

I want you to know that you do not have to possess super intelligence because you have already got that. I am here to tell you that a more powerful mind can be yours and the process will enlighten you. You do not need to have your nose stuck in a book all the time to improve your working memory, although some great books have been written which will enable you to improve your memory. What you need to do is start to understand your mind better. Start knowing how it functions, and what makes it tick!

Everything that you are creating in your life is through your mind's subconscious. So isn't it time you stopped and found out how you are doing this? At the same time start to take control and begin to create what you do want, instead of what you don't.

As you read this book, try and keep an open mind. There may be things here that you may have already heard of or you may 'know,' but what I have learnt very quickly is, you don't 'know' anything until you do.

We know a lot of things and that's when we are just a 'Knower' but, until we start putting our knowledge into practice and start to take action we are just gathering information and storing it in our conscious mind. What we need to do is to start implanting it into our subconscious and become a "doer," because that's when the real magic happens!

Finally, this book has been written to introduce you to some of the techniques, which you can start to use today to improve your mind and the results in your life. My intent is to get you started on the right path.

You will not find all the answers, but you will definitely get a clear insight into understanding the power of your mind. This is so important if you want to improve your results in any area of your life!

Technique 1 - The Art of Thinking

Most People Don't Think!

Most people don't think, well, they do, but not correctly. If people stopped and thought about the words that are coming out of their mouths or the actions that they are taking they would astound themselves. Also, very few people would turn down the chance of improving the way they think if they knew how to go about it.

When you have the ability to think correctly and more effectively you can make better business decisions, relationship decisions, and financial decisions. In fact, any decision you make will be spot on. You will become a much more efficient thinker, you will learn more things faster and easier. You will achieve that potential that is hiding inside of you. We all have deep potential locked up inside of us, we need to learn how to bring it to the surface.

What also needs to be understood, and I quote Dr Thurman, said, 'Mind is an activity, it is not a thing' therefore if there is a problem in the body, it originates in the mind because the mind is in every cell of the body! That all sounds very good to everyone that hears about it, but their first question is always "How can I improve my thinking ability so that I can take advantage of all these benefits?" Well, through this book you will find that there are many ways to train your mind to think more effectively. You can maximise your super mind power and keep it agile as well.

Creative Thinking

How often do you think outside of the box? Beyond the normal scope of things, in fact, how often do you think that there is no box? You may bemoan the fact that you just do not seem to be quite as creative-a-thinker as someone else. You know the one who seems to constantly come up with some of the most amazing ideas! Well, we are all creative, creativity comes from the word creator and it comes from within. You have to draw that creativity out from inside of you. You have the ability to create anything you want, and you need to be aware of how you can do that. First of all, in order to be creative, you must stop thinking that you're not! Your thought processes must be allowed to flow freely, without that small inner voice telling you that you do not have a creative imagination.

It has been said by many, creative thinking is rather like a muscle. If it does not get a good workout every so often, it will wither up and be useless, much like a muscle that has atrophied.

How can you spearhead your own creative thinking campaign? Everyone in the world thinks every single day, however, not everyone thinks in a creative way. Your goal is to come up with different ideas and thoughts that most people would not think of. Many of the products we use today came from creative ideas. Ideas are created twice, first in the person's mind, and then in their physical form. The laptop, computer, iPad, kindle or smartphone you are reading this book on. The mug you're sipping your coffee in, the car you are driving. These are all ideas that were first formed in the mind, and then they were given life by creating them.

A creative idea is a concept not everyone will come up with, though when the product hits the mainstream market you will hear people say, "Now Why didn't I think of that?"

Recently my uncle sent me a link where you can listen to any radio station on your smartphone anywhere in the world, in any language. It plays any genre of music by just clicking on the globe icon, and the sound is crystal clear. I think that's pretty creative, but I also know there will be something even more creative, innovative, and ingenious out pretty soon.

Allow yourself to think in a creative way. Take deep cleansing breaths and focus on your breathing in order to clear your mind and prepare it for the reception of creativity. Use your mind power to visualise different objects and scenes down to the very last detail. Ask yourself a lot of "What if ?" questions and visualise the results, complete with dialogue if applicable. Keep a journal and jot down any ideas that you come up with at random and mull them over when you have a chance. Read material that will enhance your knowledge and take action. You never know what might spark a real winner of an idea. One of those ideas may well change your life or the world!

Stop telling Yourself You Have a Memory Problem!

Do not let anyone tell you that it is impossible to improve your memory. Everyone can begin a course of action that will lead to memory improvement. Given sufficient time to practice, you can turn memorisation into an enviable ability. You will be able to with practice memorise large blocks of information with relative ease. Does this seem impossible for you?

Have you always had a memory like a sieve? Or a poor memory, or a bad memory? See there's no such thing as poor memory or bad memory. There's only weak memory, and, a weak memory can be strengthened.

The first step you need to take is the most important one. Stop telling yourself you have a problem remembering things. Instead, say to yourself you have a good memory and it's going to get even better with a little work and then take the steps towards achieving that goal. Your mind is a muscle, and giving your mind regular mental exercise will encourage nerve connections to grow in your brain. Once these connections are established your memory will begin to improve.

Active Body

Do some sort of exercise on a regular basis. If you are not used to daily exercise, walking is an excellent way to get started and then built walking into brisk walking. Make sure that whatever exercise you choose to do that it increases your body's need for oxygen. For example, high-intensity workouts, or spinning, the variations of these exercises create better blood flows throughout the brain and it helps the brain to work more efficiently. Yoga, Tai Chi, and Qigong are all methods that will help in the flow of oxygen and mind strengthening.

Fuzzy Brain

"Make sure that you are eating a nutritious diet and drinking plenty of water to avoid fuzzy brain"

We all know that plenty of fresh fruits and vegetables full of antioxidants and Omega-3 fatty acids can help to improve memory, but, Did you know that lack of water can create a 'Fuzzy Brain'? Let me ask you are you a guzzler or a sipper? A guzzler drinks around 8-16 ounces of water a day, after going four hours without drinking any water. A sipper sips water all day long, which is great! Here's a method for you to try. Divide your body weight in half. For example, if you are 130 pounds in weight divide that in half which equals 65. So, it's 65 ounces of water that you need to be drinking per day. Overdoing your intake of water is also not a good thing. I say listen to your body it will tell you what it needs and when it's thirsty. Remember your brain has no ability to store water - register that in your mind!

So you really need to be taking in 4 ounces of water every half hour. Now if the brain is dehydrated by just 1% you lose 5% cognitive function. If the brain is dehydrated by 2% you suffer from a fuzzy brain and you have difficulty calculating. I learnt about this from one of my mentors, Julie Renee. She is America's leading authority in quantum cellular mechanics and she is also a brain rejuvenation expert. We lose 80% of the water through breathing, sweating, and urinating every day and the average person only drinks about 32 ounces of water a day - this is a huge deficit. You can be 100% healthy and your body is ready for it, but the choice is yours, you need to actively own it.

Be Observant

If you consider yourself a forgetful person, perhaps it is because you need to work on being more observant. Have an inquisitive mind and take notice of your surroundings down to the smallest detail, of course, this is not a trait that you will be able to develop overnight. You will have to be diligent about making the effort to be more observant. Practice being more observant by perhaps looking at a room in your house more carefully, every little detail. Once you think that you have taken it all in, close your eyes and attempt to picture the room in your mind - visualise everything it contains. Keep this up until you can do this exercise without leaving any of the details out. Visualisation is a big help in remembering any sort of information.

Thought Experiments

Anyone who is familiar with the life and work of the great Albert Einstein will tell you that this esteemed physicist had a deep thinking technique. Einstein dubbed this technique 'thought experiments' and although it was not his own method it worked extremely well for him.

Thought experiments are easy to accomplish and understand, and they can work for you as well as they did for Einstein. Basically, you sit comfortably with a relaxed mind, and you start to visualise yourself in a certain scene. Most people choose a subject for their scene that ties in with their goal or whatever task they are wanting to accomplish for that particular day. Once you have reached this point in your thought experiment technique, you will allow the creative power that naturally dwells deep within your subconscious mind to take over. You are creating what some would call a mind movie and you will be watching what your subconscious mind produces on the screen of your mind.

This is a form of deep thinking and deep thinkers are in the habit of asking questions of themselves and of others. These questions carry depth and are esoteric. Unlike shallow questioning, these queries can be a question within a question. You will find that you are asking "Why?" quite a lot. Each time you ask, you will find the question will lead you further into the subject and often branch out into a new one. This is the nucleus of deep thinking. Take the time to think about the words you use both in conversations with others and in the running discourse with yourself that you carry on in your mind. Thoughts become things, so take inventory of what you are thinking on a deep-rooted level. Remember the famous quote by Lord Buddha,

"We become what we think about, all day long"

Distractions Can Affect Your Memory

A typical day is full of distractions for most of us. Distractions can be external like someone speaking in a loud voice, an ever-ringing telephone, or anything that can be detected by our five senses. Distractions can also be internal such as daydreams and persistent thoughts that will just not go away. When your attention gets diverted in any way, shape, or form, you are naturally unable to concentrate on the task at hand.

Research has proven that both mental and physical distractions can affect short-term memory. It goes without saying that if you are forgetting things that have just happened, they are not staying around your brain long enough to be transferred to your long-term memory. Focus is necessary in order to remember, and it is difficult to focus when you are distracted. You may be in a situation where it is impossible for you to banish the source of the distraction, so in order for you to continue doing what you are doing, you must learn to focus your attention on that task in such a way as to not get distracted.

Our concentration improves tremendously when we focus on just one thing at a time. Multi-tasking is commonplace in today's World, but it can also be very distracting when there is a need to concentrate on just one thing. Scientific studies have proven that as the brain begins to fill up with information, our concentration suffers and it may not be possible to summon up enough free memory to have the ability to ignore distractions. This is especially true when it comes to visual memory, and so it is a good idea not to attempt any sort of mental task when there is a chance of visual distraction. For example, driving a car can bombard you with all sorts of visual distractions. Other cars, people, trees, billboards, houses, and other signs on the side of the road, can compete with your thoughts for your full attention. As you know, driving requires your complete attention without roadside distractions or a multi-tasking brain! Be safe and don't venture into deep thought whilst driving.

How Stress Affects Your Mind Power

Whilst we cannot avoid having some form of stress in our life, ideally, we should attempt to avoid chronic stress. A person who suffers from chronic stress will produce more than the normal amount of stress hormones in their body. These excess hormones will affect the brain as well as the memory.

The worst hormone offender is Cortisol, which can actually stop the brain from processing and storing new memory. Cortisol can also keep the brain from retrieving memories that have already been stored.

A few years ago researchers discovered that whenever people are involved in stressful situations and are unable to manipulate the outcome, an enzyme becomes active in the brain. The enzyme goes by the name of PKC, which stands for Protein Kinase C. PKC has the ability to diminish short-term memory. PKC can also affect the prefrontal cortex area of the brain. This area is used for decision making and it is called the executive function of the brain because it controls so many important behaviours. The PKC enzyme also affects those that suffer from bipolar disease and schizophrenia.

Studies have shown that stress can also bring on an episode of either one of these illnesses. Stress can also do long-term damage to a developing brain of a child. A study that I was reading recently targeted children who lived in poverty. These children were given tests, which measured their levels of stress. This test was carried out in two stages of the children's lives. The first stage was at the age of nine and then again at the age of thirteen.

The object of these tests was to determine the amount of stress hormone that was present in each child's system and what their individual blood pressure readings were. All of this information was carefully noted and led away until these children reached the age of seventeen. Then at the age of seventeen, they were all given another test, which was to measure their working memory.

The results were rather shocking. Their degree of working memory depended on how long they had been poor. Long-term poverty was linked to damaged working memory and stress was determined as being the main culprit of this memory loss. Poverty thinking and scarcity living are the way a lot of people think, whether they live in poverty or not. I want to tell you that it doesn't have to be like this for these children or anybody who has lack of money. How many times have we heard of, and read about the unaccountable life stories of celebrities and other successful people who came from poor backgrounds? They had no education, no money or very little, they came from broken families and yet they have still made something of their lives. They have broken the chains of poverty thinking and scarcity living and they are now living the good life. How did they do it? They were not born with silver spoons in their mouths; they didn't 'just get lucky. What they had was belief, and the power of belief is a superpower we must all tap into.

Let's take Sir Richard Branson's story as an example. He is dyslexic, a school dropout, and he had a poor upbringing. As you know he is now a multi-millionaire, an entrepreneur, and a philanthropist. He had a belief, a vision, a dream just like many of the other successful people we have heard about. All you need to do is read their autobiographies and you will learn about the vision and the strong belief they carry and hold within them to achieve the results they want in their lives. It's all about having a burning desire; the will to succeed and never giving up until the goal is achieved.

Others would say that some of the rich and successful were in the right place at the right time; therefore the opportunity was there for them. Well, that's not true, we have all been in the right place at the right time many times in our lives, but the question is are you aware of it?

Awareness is key to your success; awareness comes from having an open mind. A closed mind is what I call a dying mind! Stress can affect those that are yet to be born. This is why they tell pregnant women to try and avoid any level of stress and to only think of good positive thoughts because negative thoughts and stress can be harmful to the unborn baby. Stress truly is the biggest killer in humans and it is stress that causes 'diseases', and that really is a hyphenated word. Dis-ease, which means a mind and body that is not at ease. When your mind is not in sync, it creates havoc in the body, and the body reacts to illnesses. Your life really is a game of minds. When your mind is happy it can create a beautiful, blissful life, but when the mind encounters stress and the thoughts you are entertaining into are negative, the results and the impact it has on every aspect of your life becomes dangerous.

Technique 2 - Mind Games

Exercizing The Mind

According to scientific research keeping your mind active by doing certain mind exercises can cause your brain to create a greater number of neurons, commonly called neuron reserve. These neurons can help you to maintain your mind power as you get older, and in some cases, it can delay the signs of Alzheimer's disease. Many people do not understand the importance of exercising their minds, yet almost everyone realises the importance of bodily exercises, such as high-intensity workouts, weight training, and general fitness. It is just as important to keep your mind flexible and strong as it is to keep your body exercised and well-toned.

We know that if you do not exercise, over time your body will start to hang at the seams and you will become out of shape - the phrase 'muffin top' springs to mind. The same goes for your mind. If you do not exercise your mind, over time it will be difficult to get it back to its prime form again. Nobody wants a scatty mind so it is vital to keep the mind trained and on the form.

So how do you exercise the mind? Crossword puzzles and word searches do an excellent job of training the mind, keeping it alert and active. Anagrams are also useful tools. Certain video games can furthermore be good for exercising the mind. Any task that requires some sort of mental stimulation makes an excellent exercise for your mind. Whatever you do, needs to be practised daily just as you would schedule physical exercise. I would strongly recommend investing in books. Reading can really enhance your mind and increase knowledge. However, reading books of a certain kind will help. Reading books on successful people, learning and implementing their strategies, and empowering yourself through investing in yourself and taking action will keep your mind stay active and on top form.

Solving P's

So, P's are what I refer to as problems. Now a problem is only a problem if you make the choice to see it as a problem. You see there's always a solution and that's how you need to train yourself and your mind to think. I mentioned earlier about exercising the mind by working on crossword puzzles, certain video games, Sudoku, or solving anagrams, which are all types of problem-solving exercises. The difference is that with these problem-solving exercises, the solution is readily available somewhere. With puzzles and anagrams, the solution is typically available at the back of a book or in the next day's newspaper. Video games have tip lines to call and strategy guides available that will guide you through any trouble you are having with the game. There is no tip line or strategy guide for the game and the problems of life.

We must solve these problems ourselves using our mind power. Normally there is no one correct solution to a problem, but some of the solutions we come up with are certainly better suited for the problem than others. This is where the technique of masterminding can be very handy.

A group of people can come up with many solutions that are quite creative. No one is timid about offering up solutions, which may seem to be rather unusual, for one of these solutions may be just what is needed in order to take care of the problem. What is more interesting about masterminding is that someone who is not deeply involved with the problem can often come up with the perfect solution. This is a great example of being on the outside looking in. It really is thinking outside of the box, and when you do this, you will see a clear image of what you are wanting to do and how you will be able to achieve it. If you step outside of the box the instructions are on the outside. Einstein said it perfectly...

"We cannot solve our problems with the same thinking we used that created them"

Mind Games and Memocising

An ageing mind can definitely benefit from the stimulation involved in playing mind games. These should be started no later than the age of forty, preferably much sooner. Even children can benefit from including mind games in their daily activities. It is said that the fitness of the mind can be improved by spending just thirty minutes a day, with these pleasant little games. Word games, logic puzzles, brainteasers and maths puzzles can give your mind a real memory workout. Memocising can improve both the memory and the attention span, and they don't have to cost you a thing, as many of these games are online.

Memocise is a word I have invented, but it basically means memory exercises. With just a little searching you can set up a veritable mind gym for yourself and the members of your family, right on your home computer, smartphone, or iPad.

The game of chess has always had the reputation of being tailor-made for the super intelligent. I have always thought that you had to be a real brain box to play chess, hence I always stayed away from it! I have since found that this is not the case at all. It's a game that can be learnt and learnt very quickly.

My eight-year-old niece has recently learnt how to play chess and just two weeks ago she taught me how to play it. If you've never played chess then let me tell you that it is a game of great strategic thinking. It really stimulates the mind with the thought that is required, and at the same time, you can have a lot of fun playing it. So when you are picking mind games to play, deliberately pick games which you find to be a bit of a challenge for you, because these are the games that will make you think harder than you normally do. You will know that these games are just right for you to exercise your mind and your memory.

Keeping Your Mind Sharp!

Games like the ones which I have just spoken about, have inestimable intellectual value for you, but they are definitely not the be-all and end-all of how you can develop a fit and healthy mind. If you want optimal brain and mind function (and I am sure you do, otherwise you wouldn't be reading this book) then you need to make some serious life changes. Changes in your environment and also changes in whom you associate and spend your time with. The people whom you hang around with also have a serious impact on your mind power. Did you know that the five people with whom you spend most of your time are a combination of the person that you will become?

The environment has a lot to do with your success. Stop and think about whom you spend your time with. Are they people that uplift you, or are they people who bring you down? Do you associate yourself with people who are making it happen or nay-sayers who always have a negative perspective on everything?

A Proper Diet

I touched on diet earlier on in Chapter One of this book, but nutrition is such an integral part of keeping your mind in good shape, that the subject deserves a bit more page space. *You are what you eat* is a saying that you may have heard of and *You are what you think* is also very true when it comes to the mind and the brain. Our brains have high nutrient requirements because they use more energy to function properly than most people care to realise. It takes anywhere from twenty to thirty per cent of your daily energy intake for your brain to function while it is at rest. If your brain is not receiving the right nutrients, then the entire chemistry of the organ can change. The nerve cells can also cease to function correctly without the proper diet.

Remember all of those studies which were done a while back to prove that children who did not eat a nutritious breakfast were at a disadvantage when it came to learning in a classroom? They found that skipping breakfast lowered a child's problem-solving ability. It's no wonder that some children are diagnosed with learning difficulties early on in their lives. Nutrition is important in regulating the neurotransmitters in the brain. Neurotransmitters are chemicals, you may have heard of Dopamine, which is a chemical released in our brains, also known as the '*Happy Hormone*' and its job is to convey nerve impulses from one nerve cell to another. If you think that neurotransmitters are not important and they have no significance, you should know that they are responsible for the kind of mood that you are in, the type of sleep patterns you have, and also the way that you think. It takes a fine balancing act of nutrients for these chemicals to do their job correctly. Too much or too little of certain vitamins and or minerals have been known to cause memory changes. It can interfere with how your brain and mind function and it can damage the nerves in your brain.

Dopamine levels need to be kept balanced, not enough can lead to Parkinson's disease and mental illnesses like schizophrenia and bipolar. You can increase your dopamine levels naturally by eating a healthy diet, including foods rich in L-Tyrosine (the protein needed to make dopamine). These include almonds, avocados, bananas, beef, chicken and eggs. Turmeric, vitamin D, magnesium and omega-3 supplements are also claimed to increase dopamine levels. However the most effective I believe is through meditation and I talk about this shortly.

Socialization and Exercise

The brain and mind crave social interaction with other people. The brain also requires a brisk blood flow as well as the amount of oxygen that accompanies this blood flow. A perfect way to get into both of these requirements is a cardiovascular exercise done in the company of others. It is what most people thoroughly enjoy.

Extensive research has shown that those who get sufficient exercise and have an active social life are quite long-lived as well as mentally healthy. Exercise forces you to use your mind power. Your mind has to send signals to your upper and lower body in order for you to move your limbs and exercise. This is because the mind is in every cell of your body!

Your eyes depend on the signals from your mind and brain in order to see. Anytime you have an exercise partner you tend to enjoy the exercise routine better, it becomes a lot more fun than if you were working out alone. Even if you decide to walk as part of your daily exercise, it is a lot more motivating to have a friend to walk with. Memory and mind power also benefit from inclusion in a social group.

Even children benefit and get a mental boost from exercise and it shows up in their grades too. The extra oxygen that comes from getting enough exercise is thought to be the key ingredient in this change because the brain loves oxygen. Exercise also causes the brain to produce more brain cells, which is also necessary for a powerful mind.

Mindfulness Meditation

There's a word that seems to be a bit of a hot word, *Mindfulness* and it crops up everywhere. Basically, it is awareness or insight meditation. When you meditate on a regular basis the blood vessels in your brain get larger, and the cerebral cortex of the brain gets thicker and larger because of the increase in blood flow to that area.

Mindfulness meditation also increases your attention span and allows you to focus more clearly on your goals. You are more aware and more mindful of what you are meditating on, which is why this meditation has been so aptly named. The mind is at rest as well as alert whilst you are meditating.

In the 'Sanskrit' language the word mindfulness means 'peacefully abiding' and this is the way our mind is supposed to be. Calm, clear and happy is the mind's natural state. It is where we are completely in tune with our mind, yet how often is the average person able to achieve this? Well, the beautiful truth is that you can train your mind to enter this natural state. With the ability to get away from the daily chaos, mindfulness meditation helps us to see just how our mind works. You will want to practice mindfulness meditation on a daily basis if you want to experience the joys and bliss it brings, together with a peaceful mind. It is a good idea to choose a certain time of day to meditate and then stick to it. Some people find mornings a perfect time, others find evenings as a way to throw off the cares of their day. I personally meditate twice a day, once in the morning for twenty minutes and again in the evening, one hour before my evening meal.

In October 2015, I was very fortunate to meet a renowned Sadhu (Yogi), Swami Sundaranand, on my trip to the foothills of the Himalayas. He told me that the best time to meditate is between 2:00 am and 4:00 am in the morning. This is when our mind is at the stillest and calmest. Swami Sundaranand is spiritual, and you could say an 'enlightened' being, (or so those who have been fortunate to have met him would say).

Swami Sundaranand has been interviewed by various television channels including, Discovery Channel and National Geographic Channel for his fight in the preservation of the Himalayas. Swami(ji) has been living in a cave in the Himalayas for over sixty years, and I have to confess he is one of the most perspicacious human beings that I have ever met.

On my very first meeting with him, he was able to tell me so much about myself, I was absolutely amazed and shocked at the same time. I'm not normally someone who falls for these 'Baba's, 'Gurus' or 'Swami's' but now, after having met him, I can honestly say that I have met someone who truly is very different from some of those hoax Swami's that we hear of, who give the real one's a bad name.

I have found that meditation has helped me in many ways. I have become very calm and I am no longer flippant, which was something I always wanted to change about myself. Whilst working in a call centre, before I became a business mindset and wealth creation coach, I was very snappy. I use to get irate quickly, it was something I never liked about myself. I have also found that since meditating and understanding my mind better, I am much more creative, I am grounded and I have a mind that is very much at peace.

I am able to think clearly and make the right choices in my life because I am now in tune with my intuitive factor. Meditation draws this quality from within us and brings it to the surface.

Certain forms of meditation have also been medically proven now to reduce high cholesterol levels, help control blood pressure, cure diabetes and improve grades amongst failing students. The meditation process is so simple, yet the benefits of it are endless and hugely powerful for those who are taking the journey to a more fulfilled and abundant life.

A great book that I would recommend by Swami(Ji) if you would like to learn more about the majestic Himalayas is '**Himalayas through the lens of a Sadhu**'. It will captivate your mind with some truly beautiful pictures of the depths and breadths of the mountain range was taken by Swami(Ji) himself.

It is a must for you to read, and a great addition to your library.

Technique 3-Thought Impressions

Always Think Positive

If you really think about it, you would agree with the theory that positive thinking can make life a whole lot better for you. When you look at the events of your life as positive, you are naturally going to look and feel happier. You will be better equipped to throw off stressful occurrences, and every aspect of your life will go better for you. Things will happen in your life, for which you will have to make a huge effort to accept with assurance and composure. The ability to think positive is actually a science. Researchers have claimed that when people think positively, it actually has a placebo effect on the body.

At one time this placebo effect was thought to occur in test studies because the human brain was intelligent enough to fool test subjects into a sugar pill they took in lieu of the 'real' medication that actually helped them. Studies have shown that when people swallowed the sugar pill thinking that it was actually a medicine that would help them feel better, their body did a wonderful thing. It produced several chemicals, which imitate the type of healing that would have occurred had the person taken the real medicine. This experimental study can tell us a lot about how mind power can work for our greater good.

When someone is sure that they are going to feel better and get well, the mind responds to those feelings and it actually improves our feelings and it heals us. Those who look at life through optimistic eyes live longer than the cynics of this world. Research has shown that the death risk is an astonishing fifty-five percent lower than that of the average person.

Your mind has a positive and a negative pull and as soon as you entertain a negative thought it will pull you in a negative direction, and if you have a positive thought it will pull you in a positive direction.

Keep a check on what thoughts you are entertaining because your world is being created through your own thought process.

Replacing Negativity With Positivity

If you sail through life believing that good things are going to happen to you it can make a big difference in the outcome that you will experience. The same is true for people who are plodding through life with a constant negative attitude. They expect bad things to happen and nine out of ten times they do! The difference between these two ways of thinking is that it makes a powerful statement to our mind. It is a cumulative statement; meaning that it will build up the longer it is experienced. Having a negative attitude can spill over to other aspects of your life, and spawn bad habits, which can be detrimental to your health and to your career. Your personal relationships can also be affected by a negative attitude.

Can you recall the last time you had a conversation with someone who carries a negative attitude? It is probable that you felt a little negative when the conversation was over, no matter how happy you were before you had the conversation. Imagine how wonderful life would be if you could train yourself to never have a negative thought. Positive thinking can affect the people around you almost as much as it can help you.

Remember the little jolt of goodwill you felt when a stranger was kind to you? Wouldn't you rather make people feel good about themselves, and leave them better off than when you first found them? One way to feel more positive is to boost your self-confidence by affirming to yourself the things you want to happen, this can make you see things in a more positive light.

Suppose you have a report due on your manager's desk by the end of the day, (on top of all your other work duties and tasks) and you honestly have no idea of how you are going to be able to finish it. A self-affirmation, which goes something like this, could give you the confidence you need so that you can finish your work on time. *"I am good at writing reports and I finish them on time"* Try this and you might be surprised as to how effective it can be. The fact that you had faith in your abilities would be enough to make your level of stress almost non-existent. Remember that negative thinking always sets you up for failure, whereas positive thinking allows you to get more done and meet the demands that life places in front of you with ease.

Thought Refocus Changes Your Life

When you study your life through this new perspective, seeing the world with rose-tinted glasses seems to be the thing to do. At this point, you may be asking how you can reach this balanced state. Understand that no one can achieve to reach Nirvana and never leave this blissful tranquillity. It takes practice to eliminate negative thoughts from your life, and there will be times when you try and fail to do so. However, as you take on this challenge to always chose to think positive, you will find that it gets easier as time goes by.

Learning how to walk definitely never happened overnight for you. You fell, you bumped, you grazed, but you got back up and you started again. The old saying *practice makes perfect* does fit in well with the art of positive thinking.

So, how do you practice thinking in a more positive manner? Start out by accepting the fact that you are not perfect. The one thing that is perfect about you is your Spiritual DNA, and I won't get into too much detail about spirituality in this book, but what I will say is in almost every good book that you read, all the great speakers, every one of them, without exception clearly indicate that you and I have infinite potential. All science and all theology seem to lead us to the same conclusion; no one knows what we are capable of doing. We all have a deep reservoir of untapped infinite potential to use however we wish. So, when I say we have infinite potential, what does that mean? Well, let's think about this, inscribed over the forecourt of the temple of Apollo at Delphi there are two words, '**Know Thyself**'. In the Hindu scriptures of the Bhagavad Gita, Krishna tells the warrior Arjuna, "*Know the reality of yourself, who you are and what you really are. You are eternal, divine and transcendental*" The Taoist Sage Lao - Tzu said "*Those who know others are wise, those who know themselves are enlightened*" In fact, any religious book, old testament or new, will talk about this very subject, 'Know Thyself, Know Thy Higher Self. Every religion that has maintained its balance has maintained its balance on the emotional appeal of a future promise that one day you and I will be one with our God. Now science seems to indicate the same thing, at one-time science and religion seemed to be quite antagonistic, but now they are very compatible.

Everything that I have been able to learn from my mentors and through the study of various books, has led me to the conclusion that one studies the cause, the other studies the effect. The essence of you is spiritual, you are a spiritual being living in a human body.

Now that may sound a little 'woo-hoo' for some, and that's because they don't understand it, and others, well, they refuse to understand it. I have a whole module based on this, which I coach my clients on. When you do begin to understand it, you'll know there's nothing woo-hoo about it at all, in fact, it makes perfect sense. But for now, all you need to know is that your spiritual DNA is perfect!

Change your mindset, give it a go, and you will find that what you want will happen. It all goes back to believing in YOU, who you are and believing in your goals. We have been taught from a very young age that seeing is believing however I now know that, believing is seeing. If you have faith, you will have the ability to see the invisible and believe in the incredible.

Positivity Is Productivity

Negative thinking also brings on the feeling of not being good enough, not worthy enough, and it can also affect our self-esteem and self-confidence. We start to doubt our capabilities and our effectiveness. This kind of thinking can lead to anxiety, palpitations, and in severe cases panic attacks. It is human nature to think about what we don't want to happen in a situation instead of what we do want. This is the way we are programmed. How about we stop and think about the result and outcome we do want in any given situation and focus all of our attention on that? Start to believe in yourself and what you are capable of creating. If too many negative thoughts continue to force themselves into your mind, sit back, take a deep breath and ask yourself what is happening on this particular day which is causing you to have so many negative thoughts. When you are able to pinpoint the reason, you can start to do what needs to be done, so that you can feel more positive about the situation at hand.

Your Two Images

Another way of boosting your self-confidence is to take a deep look at your self-image. We have two images of ourselves, an inner image and an outer image. What we think about ourselves on a deep-rooted level is what we project through our outer image, and this is what the rest of the world sees.

Your self-image says a lot about you, and if you have a negative image of yourself, or if there is something about your self-image that you are not happy with, it will reflect in your talk, your walk and the way you meet and greet people. This is because deep down in your subconscious, there is a control mechanism controlling all of this. The buzzword for this mechanism is "*paradigms*", you may have come across this word before or maybe it's the first time. Whichever it is, know that paradigms are the root cause of all negative thinking. The way that you behave and your beliefs (the majority of which, by the way, have been inherited from our past generations) are controlled by paradigms. This is the mental programming of your habitual behaviour. I talk a lot about paradigms and how you can shift them in my coaching sessions. They are the cause of all the results that you are getting in any area of your life. Now there are also good paradigms, and it's important to know about these too. If you don't understand paradigms or don't make an effort to, you will never, EVER come out of the situation or pattern that you are, and have been repeating throughout your life. If you want to know what your paradigms are then take a look at the results in your life that you don't like, and you will get an idea as to what they are, and where they lie.

There will be no permanent change in your life until the paradigm has been changed. Think of how the world has changed. Hundreds of thousands of people are walking the streets today they went to school, worked hard, studied long hours, and graduated at the top of their class. Twenty years later these loyal individuals stood proudly at the top of their corporate ladder, shouldering responsibility for big mortgages and small children. However, the corporate paradigm shifted. The ladder was yanked out from underneath them and they found themselves unemployed and in a state of shock!

Ninety-some per cent keep getting the same results - year in, year out. But, you'll be pleased to know by changing a very small part of your paradigm you can make an enormous difference in the results you can enjoy in every area of your life.

Technique 4 - Mind Maps

Mapping Your Mind

Most people are quite familiar with road maps, especially if they do any sort of travelling which entails driving in unfamiliar territory. And within the last twenty years or so we have been spoilt with satellite navigation systems in our cars, GPS and the works.

Our brains have been compared to computers by researchers for many years, and to a certain extent, this is very true. When you purchase a computer, most of the time it comes with an operating system already installed. Included in this system is various types of software. Each software does something different. A word processor is for typing letters, emails, and reports. A web processor is used for going online. Your email program downloads your email from the server. The programs that are on a computer when you purchase it usually are just the basics.

Consider this for instance, when using your computer what would you do if you needed to complete a task, and you find that you did not have the right software? You either download or purchase a program that will help you complete that task...simple...

Well, your mind is like an operating system, the program needs to be changed and upgraded every

now and again. I spoke to you about paradigms in chapter three of this book; this is what needs to be changed. We are all programmed, first genetically and second environmentally, and this program needs to change if you want to achieve big results in your life.

What Are Mind Maps?

As I have already mentioned, your mind is an operating system, even though everyone thinks in a different way, you use the same techniques that the majority of the people in the world also use. You have a program that remembers images, a program that remembers how things link together in order to form a system, and a program that remembers words and what they mean. Does this sound a bit like your home computer? When you use mind mapping, your mind is working like your home computer.

Mind mapping is a concept that was coined by none other than best-selling author Tony Buzan, who popularised the idea of mental literacy and mind mapping. This technique was also used much earlier on by the great painter Leonardo Da Vinci. Mind maps are a very effective way to get the information you want or need to remember in and out of your mind. The mind has certain basic ways of doing this, just like a computer does. The difference is that the mind can take these basic 'programs' that it entered the world with and it can refine them to help make most of your memory and your sense of creativity.

You already have this power concealed in your mind. Mind mapping simply takes the power within you in an innovative way. Mind mapping has its own basic elements; the ones that are absolutely necessary to harness the power of this amazing method are the ones, which I will share with you now.

Using Images and Pictures

When children are learning to read, most systems, which are used to teach them the basics of reading use a lot of pictures. This is because our mind has an awesome capability in that it can recall pictures and images easily. It's as if you have a huge hard drive in your head that has limitless capacity for 'brain shots'. These are photos in your life, that you can bring to the forefront of your mind whenever you want them. This is a big part when using mind mapping since it is easier for us to use an image than it is a group of words, mind mapping takes advantage of this capability. After all we humans think in pictures.

Making a Connection

The mind has a much easier time remembering words that stand alone. Headings are also very easy to remember. Take the front page of a newspaper, for example, the headline would be remembered in a flash. You could also make an attempt to memorise the entire front page, however, it would take some time to do this, and there are various techniques that can be learnt to memorise articles and books. One of the things that your brain does best is analysis. It has an automatic occurrence, which is similar to logic.

It is natural for the brain to analyse how events, situations, actions and more are connected to each other. Once your brain has figured this out it will create a picture and it will bring the picture to your mind to structure.

Much of the work that our mind does has to do with things that are connected to our memory. These associations work together to create a system. Mind mapping is so advantageous because it falls right in line with the way the brain works. The basic way a person remembers things is by using the imagination and associating it with images.

When you think of a horse does your mind see the letters H.O.R.S.E. ? Of course not, it sees the image or the picture of the horse. As I have mentioned earlier, we think in pictures. When we remember things they appear in our mind as pictures first, the images then trigger the words. Mind mapping is a way of taking mental notes that enables you to remember things faster and easier than ever before. When you need to come up with an idea for something quickly, mind mapping is the way to go. You can take a complicated idea and give it structure so that it is much easier to understand.

How Does It Work?

People who are relatively new to mind mapping say that after completing a few of them they feel that they actually think in a different way. When you consider that mind mapping was the way that our brains were originally designed to work, you can better understand why they would say this So basically you have a visual image of the problem, topic or question to which you need a solution.

The image is eye-catching and colourful and it is on just one piece of paper. It is different from the step-by-step linear method that most people use.

When you have a picture there and then of what's going on, it somehow makes you feel energised, more confident and capable of handling the situation with a 'visual map'. Your mind can think in a different way, the way it was meant to think.

Since our thoughts start off in the centre of our mental state, mind mapping starts in the middle of a sheet of paper. Here you will place a word or an image that will represent the idea or the subject that you are thinking about. You will use colours to make this image so that it stands out in your mind.

You want the main themes of your idea or image to branch out from this central image. This is also very similar to a thought wheel only this is with pictures and not words. It is also a great deal like brainstorming, where a group gets together and shares their individual ideas and solutions for a common goal. Mind mapping, if done in a group can also be compared a little to masterminding, where you get together with two or five like-minded individuals, striving for a common goal of helping and contributing to the group. You discuss solutions and help the mastermind through suggestions, ideas and strategies.

I would say mastermind groups are very powerful, in fact any successful person will tell you the same. It is advisable to form your own mastermind group or be a part of one. The power of collective thought is a very powerful force.

Map Two Level and Beyond

Here you will begin to create your second thought level. The words and images on this level will be linked to the central branch, which they are an offshoot of. Your lines will be thinner, but of the same colour as the main branch, they started from.

Use single words if possible and make sure you arrange each image or word on a separate line. Can you see how your thoughts flow? They go from the main idea and branch off into more ideas, they are all related to one another in some way. Keep in mind that if you are going to do a mind map in a group, then no two maps will look the same.

Everyones' mind uses different images and words to associate ideas and plans.

What Mind Mapping Can Do For You?

Mind mapping gives your creativity free rein. You are creating a diagram, which represents the main idea you are thinking about and arrange other ideas and activities relevant to the main idea around it. Mind maps arrange these ideas in such a way that represents the connections they have with each other.

People have found mind mapping very useful in their businesses, careers, personal and family lives, and it has helped them learn large amounts of information, in a relatively short period of time. Anytime you want to think and remember better, you should draw a mind map to help you see a bigger picture of what you want to achieve.

Basic Principles of Mind Mapping

In summary, the basic principles are:

- *Express ideas through the use of single words or by drawing colourful images.
- *Associate these ideas
- *Structure these ideas into a group
- *Group ideas in order of importance
- *Visualise your ideas by creating them in an image form
- *Use colour and images to further stimulate your mind

Major Benefits of Mind Mapping

- *Creative thought is stimulated by the use of colour and images
- *Thoughts are further stimulated by power words and associations
- *Deep thinking about what you want to accomplish
- *More focused on setting and achieving your goals

Technique 5 - Luminous Thinking

What Is Luminous Thinking?

Luminous thinking can complement mind mapping by enhancing the thought processes that result in non-linear thinking. It is a process that can help you maximise the untapped potential of your mind.

Luminous thinking works by acknowledging the fact that no one's mind works without connecting associations together. It is not natural for the mind to work in any other way, yet many people believe that the mind works in a straight line of thinking.

Our mind is made up of a huge network of associated thoughts, and we can take advantage of the hierarchy of those thoughts by using the concept of luminous thinking.

How many neurons do you think we have in our brains? Too many to count really, but I will tell you, we have about one hundred billion neurons in our brain. But the way you take advantage of these neurons can make a vast difference to your life. Luminous thinking shows us how the average life is spent in a way that is counter-productive to the intended purpose of life. We are not here to live in negativity, yet that is exactly what most of the population is doing. Those who aspire to banish the negativity from their lives can count on an existence that is truly abundant and full of positivity. Like W. Clement Stone and Napoleon Hill wrote in their famous book, *Success Through a Positive Mental Attitude*, it's all about the talisman of PMA' (Positive Mental Attitude)

What if our entire world population decided to ban negativity? This is what luminous thinking is about. A world that existed in a state of positivity and was able to ignore the negativity of life. It would be a World of peace and happiness, no matter what the circumstances.

Your Beliefs Have Power

You can have anything you want, but you must **BELIEVE** that you can. In a luminous thinking world, nothing is impossible, and that's where successful people live. In a world where everything is possible. They have a burning desire and it is backed up with faith, belief and persistence, this is what makes it happen for them. The power of belief is well beyond what most people give it credit for. Beliefs have the ability to either hinder a person or engulf them with power.

What you believe has power, more power than you have ever dreamt. Your beliefs zero right in on your nervous system. Earlier I mentioned about the placebo effect and how people who believe that they had been given medication to help them get well, will actually recover from whatever was wrong with them, even if the medication given to them consisted of nothing more than just sugar. This is a belief system at its best. They believed something was so, and things turned out absolutely in line with their belief.

A person's belief system has the ability to define just how much that individual's potential can be harnessed from the mind, and put into use by the body.

The forces within a person can go to work with affirmations, spoken by the person in order for their life to change for the better. I also want to point out here that affirmations are powerful and they need to be said or thought about with feelings, power, conviction and emotion for you to get the desired effect. If they are read with no emotion and no feeling attached, you could be saying them for a lifetime and nothing would change for you. Positive feelings, create emotions, the emotions move your body in a positive direction, and the body moves into the right action to achieve the desired result.

Remember it is through believing that we see because believing is seeing!

You Have Illuminuous Power

Many people ask me how they can use luminous thinking to change the results in their lives and live a much richer, fuller, happier life. The answer to that question is almost too simple to believe; yet if you truly believe it can happen for you, it is not difficult to set your own healing forces into action. A little effort and determination are all that it takes. Get into the habit of using powerful affirmations daily as part of your routine.

The best way to do this is to record your affirmation in your own voice on your smartphone and listen to it repeatedly as often as you can. This will get you excited and it will raise your vibration, which will then help you believe and have faith in your goal. You also need to become very aware of your thoughts, because everything that happens to us in our life is a direct reflection of our thoughts.

We are the creators and destroyers of our world. Observe your thoughts every day as if you were someone other than yourself. Try not to get too caught up in these thoughts as you are just observing them. It does not matter if these thoughts are positive or negative at this stage, but just start jotting them down on a notepad. You are watching these thoughts for a reason. You might want to make two columns one for positive thoughts and one-marked negative thoughts. Note how many negative thoughts you are thinking of.

You will not have to do this for very long before you start seeing a pattern emerge. Write them both down good and bad, and note whether you were able to use a positive affirmation in order to banish the negative thought. Be aware of the events in your life that cause you to have negative thoughts. Analyse these events and if the negativity created by them is severe, you will want to start using the techniques I have shared with you in this book, to start to eradicate them from your life.

Banishing The Negative

Negative thoughts can easily be banished with the right mindset. Your imagination can be a big help to you. Using your powers of creativity together with your imagination, you could for example imagine that you befriended a powerful dolphin who has taken the initiative of being your good friend and protector. Imagine further that this dolphin has the ability to leap out of the ocean of your mind and swallow your negative thoughts whenever they appear. Once the negative thought has been figuratively swallowed by the dolphin, replace it with a positive thought immediately.

Now I know this kind of playful use of the imagination may seem quite childish to most people, but it got us to the moon, it got us flying in the air and it gave us light! It is imagination, which was, and still is used by all the great inventors, and creators of our world.

Imagination is one of the most powerful faculties that you and I have been gifted with. In fact, most people don't know this, but we have been gifted with not just our five senses, but also six intellectual faculties. However, the sad thing is that people are not aware of how to use these tools to the fullest, because they don't even know what they are. We are not taught about this in our schools, colleges or universities. Let me tell you what they are. You have Memory, Perception, The Will, Imagination, Intuition and Reason.

Start developing these gems and you will start to really see and believe in your true power.

Positive Surroundings

Imagery can be powerful. By taking advantage of its power you can successfully limit the number of negative thoughts that enter your mind. Earlier on I mentioned the importance of your environment and surroundings, and to reinforce that message again, it is very important to surround yourself with positive, upbeat people.

Bolster your subconscious mind by surrounding yourself with the right people. If this is difficult to do, then make your home a positive oasis. Refuse to allow any negativity to even cross the threshold of your home. Think positive thoughts; listen to positive music, read positive books. But remember it's not just the reading; it's the study and application of these books that will help you achieve your best results.

Write your favourite affirmations and quotes on post-it notes and stick them around the house, on the fridge door, on your car dashboard, and on your mirrors around your home. Any place, where you will be seeing it every day and reading it. This is an autosuggestion technique for your subconscious mind. Make sure that you are not leaving the same notes in the same place, rotate them on a weekly basis, and you will soon start to remember these quotes by heart. This will be very useful for any negative thought that creeps up into your mind. This may seem like a lot of fuss, but I promise you it works and research has also proven that anytime you keep anything at the back of your mind at all times, it becomes a part of you. By having these quotes scattered about in the areas you spend most of your time in, your absorption of their truths will be complete.

Recreating Yourself

Never forget that you have the power to recreate yourself with the power of thinking positively. Positive thinking adds new meaning to your life, and it helps you recognise the many possibilities that await you. Negative thoughts can erase possibilities, and make you believe that nothing good is ever going to happen in your life. However positive thinking locks the mind into a stagnant state and opens the floodgates of possibility that is all yours. You will feel the change within yourself when negativity releases its grasp on your mind. You will no longer have that hopeless feeling of fear, doubt, and worry for the future, and you will no longer doubt yourself or your capabilities.

Bye Bye Negativity

Without negative thoughts, you will feel more loving towards the world and all its inhabitants. This in turn can help you feel more content and full of joy. You will have a different approach towards your dealings with others and how you feel about them - and in turn, those in your world will approach you in a different manner, for they will see a change in you. They may want such a change in their own life so you must be prepared to share with others the power of luminous and positive thinking. You will look forward to each day and the things that you will accomplish. Luminous thinking can fill you with peaceful energy.

Many times people think that they are energetic, but they crash at the end of the day. A frantic pace of life and caffeine fools them into thinking they have energy. Their mind however can tell the difference and this is why their energy never seems to last long enough for them to accomplish joy and peace. Again, can you see how you and the world can benefit from luminous thinking? While you are beginning your journey into the world of luminous thinking, it is a good idea to try and take each day as a separate entity. Don't think about the bills that you need to pay, the car that needs to be washed, the hole that the dog dug in the garden last weekend.

Forget about all of those worrying thoughts that wash over you without warning and leave you feeling empty and depressed. Worrying about them will just increase the negative energy. Be happy and cheerful no matter what the circumstances.

You can do this by taking the time to enjoy the sunshine, rejoice in the sound of rain, listen to the birds singing, walk barefoot on the grass, enjoy the caress of the wind on your cheek, and watch your favourite movie. Be at one with the world, and do not allow the negativity that is so persuasive in today's environment to touch you in any way. It takes practice to think differently and do things in a certain way, but it is the only way to be successful and achieve what you want.

The Mastery of Affirmations

I have spoken briefly about affirmations and quotes earlier, but I would now like you to understand the value of them and why the practice of using these every day is important. Affirmations are perhaps the most powerful weapon that you have in your quest for improving your mind power if they are used correctly. Never take an affirmation lightly! Affirmations do work, although not as quickly as you may like them to. I give various affirmations to my clients whom I am coaching and there is a technique for using these and mastering them, which I will share with you.

In setting the right affirmation the wording is vital. The first thing to say to yourself before starting any affirmation is *"I accept these messages into my subconscious"*

Never use words like can't, try, wish, hope, will, and if. Affirmations are meant to be written in the present tense. For example, if you want to bring more wealth into your life say *"Money is forever flowing freely into my life, there is always a divine surplus"* Note the key word here: 'IS'. We are saying it in the present tense. 'I Am' is something that also should be used wherever possible *"I Am wealthy"* this embeds into the subconscious, you are affirming with conviction I am.

You may also be interested to know that you do not have to say the affirmation aloud for it to work and to work well. Whenever you simply think of an affirmation and say it with emotion and feeling in your mind, it precipitates a type of vibration deep within your subconscious.

We are what we think! This has been proven time and time again, ever since the world has been inhabited by humans, and thoughts really do become things. If you have a negative self-image that is causing you to have negative thoughts, positive affirmations are one way that can help you to repair your state of mind and take control of your mind, rather than your mind controlling you!

Turn Your Mind Power On

You can definitely turn your mind power on using the suggestions, I have given in this book. You can use the power of your mind to get away from all of those self-defeating thoughts that are keeping you from living your dream. You can rid yourself of the job stress that is slowly eating away at you. You can harness your true potential and make a real difference in your life and others, taking advantage of the power that is lying dormant in your mind.

Meditation can help to relieve any stress you may experience, as well as allow the brain and the mind to function at a much higher frequency. Not only can you improve your memory but you can condition your mind to be able to store a virtually unlimited amount of data. When you start to look after your health by making sure that you are consuming the right foods, you can improve the condition of not only your body but your mind as well. Since your body and your mind work together as a team, it is very important for you to feed your brain the vitamins, minerals and proteins and the good carbohydrates it needs to function properly.

Your mind is more powerful than any computer known to humans. Very few people have taken advantage of this power by taking the steps needed to improve the functioning of their minds. These same people will run, jog, lift weights, play all kinds of sports and do physical activities in order to keep their bodies physically fit and toned.

Don't get me wrong it's very important to exercise your body, but don't forget to train your mind. Some people have six-pack abs but their mind is "obese" What you want is to have a six-pack of the brain and mind. People like Bob Proctor, Warren Buffet, Bill Gates, Richard Branson, and Oprah Winfrey; all have powerful minds and are rich because of it.

I strengthen my mind by learning every day, reading a book, playing chess, meditating and self-education. Let me tell you that it is much easier to train your mind and keep it active and fit, and the best thing is there's no sweating or tennis elbow involved! Take the time needed to exercise your mind, for its fitness is just as important, if not more important than the fitness of your body!

Concentration and memory are important to students as well as those in the business world. Improving your mind power can help you overcome the distractions in life, and it can give you a memory boost. Most of the time the people who have a challenge in remembering and concentrating have berated themselves for the trouble that they are having with these two concepts.

I have personally spent several thousands of pounds over the last eight years and I continue to do so, investing in myself, finding the right mentors and now living a life that I am so grateful for. I have turned my life around in just eighteen months. I am much happier, healthier and wealthier than I ever was, all through the application and study of this material, which I learnt and mastered with my mentor's guidance and directions. They have shown me by results how to live a more fulfilling and abundant life. I now help others do the same so that they can live how they really want to, do what they really love doing and live a rich, happy and good life.

By investing in yourself and understanding yourself and your life better, you too can receive this vital stimulation, which your mind is craving right this minute! Without this stimulation, your brain can only hold so much information. If you overload your brain, its performance will be sorely lacking, much like a computer hard drive that is almost filled to capacity. You must train your brain and your mind in order for it to reach its full potential. Awareness is key to living a fulfilling life, you need to know how your mind works, and understand how you can train it and use it better to your advantage. Your subconscious never stays idle, if you don't feed it with good thoughts, it will feed itself on the negative thoughts it is often consumed by.

This book has been written to help you take advantage of my research and understanding over the last two years so that you can start to apply what I have learnt from some of my best mentors, through the application of effective education combined with professional coaching.

Your Next Positive Move

I want to wrap up by saying, I'm proud of you. It takes a special person, a really transformed person to say, "Okay, I know I'm an expert in a certain area, but when it comes to understanding and re-programming my mind so that it can work better to my advantage, I'm not an expert. I would like the help of a coach/mentor. I know there's something I can learn and there's possibly a new way"

This is a new way, this is that piece that can help you achieve the success that you have been wanting for a long time. This will really open it up for you in such an amazing way, that it will transform your life!

Let me guide you to what it can do:

*Your goal becomes not merely "possible" or "probable" it becomes INEVITABLE.

*If you want more wealth in your life, you need to first tap into what your relationship with money is like. I show you how this is done.

*If you have a business, I can help you simplify it so you have more time for fun, family, and friends.

*Experience the freedom of time, whilst creating a life and lifestyle you love.

Nothing transforms until you say. "Yes," All you need to do to get started is visit infinityofdivinity.com and answer a few quick and easy questions and you will feel full of positivity after you have given yourself that gift!

If you are ready to live your best life, don't overthink it. All that's going to happen when you start to consult the "little you" the part of your mind that tells you "you don't have time, what are you doing?" you enrolled into a similar program". Know that this is your paradigm, the devious insidious demon I spoke about earlier on in this book. That's what paradigms do, they keep us stuck on that hamster wheel, and this is what blocks you from everything great in your life.

Start trusting your inspiration, start doing what you love to and want to do, and start to live how you really want to. Wake up feeling enthused. Any regret you have, if you trace it back you probably overthought something, and you didn't do something you wished you had.

Just trust yourself on this, you're here reading this book because something has drawn you to it. It's not by coincidence, there's a reason you're here, tap into that for a bit. You've already done the heavy lifting by realising there is a proven way to achieve what you really want. A way that I myself have used, and I have seen some pretty amazing results. A way that my clients have used and they too are really accepting that this is the way forward with the big results that they have achieved. It's the way that five hundred of the most successful people that ever lived used it!

I have made it my mission to help as many people as I can, on their way to living a much better, happier, and more fulfilling life. You are ninety per cent of the way to making a difference and going for what you really want, that dream, that vision, that goal and succeed in achieving it. When we change what is on the inside of our thoughts, we automatically change what is on the outside.

Most people know what to do to get better results, however previous thinking has set up roadblocks in your subconscious mind which is preventing you from taking the necessary actions to achieve what you want.

I often say that we are born knowing how to live, and we are taught how to think. It is critical to also understand that your current results in your life are not a reflection of your potential. Your current results are nothing more than your previous thinking. It is your negative thoughts, your limiting beliefs and your paradigm that limits you. The possibilities for you truly are endless.

Thank you for stepping into your greatness, it is time you owned your dream.

It's an honour to share my thoughts with you, and I'm enthused and excited to have my work support you and your dream, so that you can live your life in a big way!

A handwritten signature in black ink, reading "Alpa Dandya". The signature is written in a cursive, flowing style with large, elegant loops and flourishes.



About The Author

Alpa Pandya is a business mindset and wealth creation coach. She is the very first in England, the UK to be certified as a consultant by Bob Proctor, the legendary figure in human potential and the power of the mind. Alpa has quickly risen to be one of Bob Proctor's Top Consultants Worldwide.

She has changed the lives of hundreds around the World and continues to do so. She is an expert in her field, coaching singers, songwriters, and musicians, to new businesses, start up's, small businesses, doctors, lawyers, help desk analysts, and housewives. Helping them achieve stratospheric results in their lives and businesses.

Alpa is also a well-known UK radio presenter with a career spanning over twenty-six years. She has presented shows on BBC local and national radio, and she has hosted a flagship breakfast show on commercial radio.

After implementing some of the techniques that Alpa has shared with you in this book, and by using other strategies, which she also teaches to her clients, Alpa has transformed her life and she is now showing the way to others how to achieve what they want through understanding the power they already have within them and then using it to live their legacies.

Lifestyle & Business Mindset Coach Alpa Pandya brings her signature book to the essential question of how to use the power of your mind to achieve big results in every aspect of your life. Alpa has been studying the mind and the power of it for almost four years. She has been personally mentored by her guru Bob Proctor and she now brings you offerings on strategies and techniques in using your mind to the fullest. This easy to read book will equip you with some of the basics needed to live a fuller, happier and abundant life and lifestyle.

Your Super Power Mind can be used as a step-by-step manual to bring you closer to understanding your mind. It will take you through five techniques that will help boost your mind power, and the best part is you can start using them today!

The secret — you need to have an open, willing and able mind!

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