



**Written and Published by**

**Veerendra Nayak**

**[www.veerendranayak.com](http://www.veerendranayak.com)**

**[www.MindPowerMasteryPro.com](http://www.MindPowerMasteryPro.com)**

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# Introduction:

The suppressed mind has secreted attainments below its unconscious essential. Soul learning is an alternation of tactics that we can employ to call up that fortuitous online mail below the surface. We have collectible parts of our history at the bottom of the pinned consciousness or subconscious mind. Now, if we learn some practice to use instate letters to our advantage, perhaps we can run through the mind to enveloping awareness.

You have options over the many steps one can take to master the power of your mind. You can make money and find new friends; first, however you have to learn these steps to accomplish your goal. Mentioning goals, this is a start of effectively mastering your mind's power.

The soul has hidden literature beneath its unconscious foremost. Subliminal learning is an alternation of tactics that we can employ to refer to as up that extemporaneous mail underneath the surface. We have collectible parts of our history at the bottom of the under feel or subconscious mind. Now, if we learn some motility to use empower alphabet to our advantage, obtainable we can train the mind to encompassing awareness.

Mind Power Mastery Pro puts forth various facts regarding utilizing power of our mind to be successful in different areas of life at different levels. It does not only covers different topics but also gives you appropriate solutions to the problems we're facing in our day to day life.



This book is designed in step by step format that includes short chapters. Each chapter focuses on a particular area of problem and later it includes smart solutions to fix that problem in a right way.

It's highly recommended that instead of going through the book within a day or two, spend about 10-15 days to read the entire book. It'll allow you to consume all the high quality information at right pace. This will ensure that you actually invest your precious time just about once and you start getting results for the rest of your life by truly mastering the power of your mind!

# 1. Finding Money and Friends

The subliminal or subconscious mind houses ulterior attainments beneath its unconscious essential. Subliminal messages are alternations of tactics that we can apply to call up that fortuitous recall below the surface. We have collectible parts of our history at the nethermost of the under consciousness or subconscious mind that holds our power. If we learn a few steps to employ our instate letters to our service, perhaps we can retrain the mind to encompassing kindness.

We have enclosed mail in the subconscious or subliminal, which composes our continuing school of knowledge. This entire brook of knowledge you think you have forgotten, is not gone, more willingly, it is hidden below the conscious state auspiciously for you to take an adventure to generate these specifics to take measures to unlock the mind's power.

You can unlock this power by confederating the basic nouns, such as objects, persons, things, etc to discover what you had learned earlier. You may recall something as a child. This information you can use to discover new principles and information that will service you to learn what you already know by unlocking your essence mind.

You may recall things that you did not remember at this time, seeing you had to trigger your subconscious mind into recalling. Yet as you put forth the effort, you will soon discover something you had resting in your subliminal mind.

Likewise, if you take a stroll back you can commence to recall details of some event that took place in your history. For case history, your percipient mind will jolt you to take a stroll back to track your knowledge and to discover your key points that could benefit you. Each step you take in reverse cogitation you come closer to recalling, since your memory is improving.

You may embark on recall by associating items with your indispensables and low and break through, you accomplish what you have failed to recall earlier. By associating objects, people, and knowledge from memories you had put away in the subliminal mind you start to recall more each day. You may have some anamnesis of some recall when you were a child. The directions explore helps you to discover new tenets and guidance that gives the effect of relief, since you start to extract from these recalls, thus unlocking your subliminal mind and finding new ways to better your life.

This is the process of mastering your mind's power. Each step you take you come, closer to discovering ways to make money, or else to meet new people. Why, because when you make money, people usually come with the package, which in some events you will make new friends.

Every step you take excitingly back in to your history, you come closer to improving your mind's eye. To unlock this mind effectively however, you must practice each day. Practice will help you, since you extract more knowledge from your subliminal, which you can use to your advantage.

## **How does it work?**

To get started you will need to set a goal for you. The most effective way to handle anything is by setting small goals to start and work toward broader goals later. Of course, you want to incorporate your smaller goals into your long-term missions. Set your plan to work in harmony with your goals. Each day that you practice mastering the mind, you will find it easier. In time, you will notice ways to make money and also find new friends, or else get along better with your old friends.

## 2. How to Activate your Subconscious Power?

Activating the subliminal mind or the subconscious is a great start to empowering your mind so that you attract success, money and friends. When you unlock the subconscious mind you, take control, which leads you to success.

What many people fail to remember is that everything we learn goes into the conscious and subconscious mind. Parts of this experiences, information, learning, etc we use through the conscious mind, yet the true power of our knowledge rests inside the subconscious mind, which we bury and fail to explore. We learn from observation, influences, etc.

While most people believe that most of their education comes from school, these people are mislead, since half of what we learn at school has been proven mistaken, which guide scholars to consider other facts later. Our primary learning then comes from observation. Thus, you will need to learn awareness and use it effectively to unlock your mind power and attract success, money and friends. In summary, half of what we learn at schools is half-truth.

Often people bury experiences or knowledge and fail to explore the subliminal mind as a result. Mostly this is because people fear that something they don't want to recall will make itself available to them. They

dread the pain. The problem is these people are failing to heal the mind, body and spirit, thus slowing their success in the process.

Facing your problems head on is the start to mastering your mind power and attracting success, money and friends.

While there may scores of videos, books, CDs, etc on the market that claim to help you master the subconscious mind to gain power and control, thus, you have inner abilities and tools you can use to explore the depths of your knowledge.

Rather than spending a fortune on products, try learning some natural techniques first. Start by exploring what you want from your life.

### 3. Do I want to be a Millionaire?

What qualities, skills and knowledge do I have within me to work toward my goal?

What goals do I need to set to become this rich being?

What plans can I create effectively to accomplish my goals?

Sure, you can use visual aids and audio to assist you with unlocking your mind to gain power, but it takes you and your inner strengths to bring it together.

If you need assistance, learn more about the bio-feedback, neuro-feedback, subliminal learning, and mind over matter, mind over power, the power of suggestion and other related products.

Some of these products have proven to assist people, yet you must create a working goal for you and realize how important this goal is to unlock your mind power. Once you have goals set you will start attacking people, money and friends...

The first step is to be honest with you and then set reasonable goals however. If you are not sure what you want from life now, take time to set small goals and work toward bigger goals as your mind reveals your desires.

Our subconscious mind is an inner attraction, which causes us to acquaint ourselves with others, handle work duties, and feel power or energy that drives us to success. Using your innate tools or strengths can help you enhance this power, which will drive you to complete success.

Remember however, it does not take one day to find this power. You have managed to bury much of what you had learned throughout your life in the subliminal mind, thus it would take you some time to pool these streams of information together so that you can put them to good use. You want to learn self-awareness, since it is the beginning also to master your mind power to attract success, money and friends.



## 4. Reaching your Goals

In order to be successful in our lives we need to have strong self-awareness with positive thinking skills. Unlock mind power by learning you like your self-first.

If there is something that your don't like about yourself it can be changed with a little hard work and practice. Learn the skills of subliminal learning and thinking positive to become the person you really want to be successful.

Increase your self-awareness by learning new skills and making goals. Look at yourself and decide what changes you need to make in your life. Unlock your mind power and look deep inside at the real you. Ask yourself; what don't you as if about the way you are?

Make a list of things that you're not happy about yourself; and where do you want to go in life. Apply positive thinking skills and be truthful to yourself in order to improve and make goals for the future that will lead you to success.

When setting goals, we sometimes have to make changes in order to succeed. Setting goals and discovering success is never easy at the start of your journey, yet sometimes it if you continue to put forth effort you will find positive results of the road.

Using your mind power to overcome negative thoughts starts with you using

affirmatives to say you can do anything you put your mind to do.

Your list of goals is now on paper making them more realistic. These goals are not just something you want; they are now something that you need to work for in order to succeed. With each goal you set, decide what you can and will do to make these goals real.

It is a challenge often when you want to set goals and make them real. First, you have to review your position as it stands now before you can attract success however. For instance, if you do not like your current job then decide what you can do to make it better. Is your current job too stressful; if so then maybe you need to find ways to get rid of some stress by changing the way you do things or try for another position? Remember if you fail at one position then try another one, we learn by making mistakes.

Sometimes people choose the wrong career and need to change to another. Make one of your goals to find another career if this is the case. Making a career change could mean taking some new classes to find the right one for you.

Another goal on your list could be that you want to meet new people but not sure about how to do it. Sign up for Yoga classes at the YMCA in your town.

Yoga will help you relieve stress by teaching you new skills and techniques of meditation and body movements. You'll be meeting new people who are there for the same reason so you'll have someone and something in common to talk about as well. This will help you to meet people and learn to build up

self-esteem as well. Taking Yoga classes will help you become aware of all the stress you didn't realize you had once you begin to relax more.

Relaxation has a lot to do with not being able to communicate with people and make good decisions. When we are stress to the point that it is hard to relax we can't function on a daily basis as if we should.

Becoming aware of your weakness and making goals to improve will build up your self-awareness, which is the start of mastering your mind power to attract success, money and friends. Once you have reached your goals you will look back and find that you have the power within you to succeed at anything. Next, start changing your attitude by thinking positive.

### **How do you view your motivation?**

Learning how you view your motivation and how it is influenced by attitudes can help you change your way of thinking. If you are trying to unlock your mind power to then you want to learn more about you now.

Moreover, you may want to learn whether slow or rapid *memorizers* can help you to retain more information that you have learned.

First, attitudes compose our outlook on life. Our outlook comes from viewpoints by us and by influences that have positioned our way of thinking. We have several mind-sets sometimes that hinder us from learning effectively, since influences of our past has lead us to believe something that

may or may not be true. You want to change this so that you can move to success.

### **Reflected Attitudes and converting them to Positive Thoughts:**

A common old saying, "I am too old to learn." This is not true. The mind-set by the people who refuse to learn something new can be broken with some effort. Exploring their subliminal to regain the knowledge they already had learned in their childhood is a great start to changing this attitude. Attitudes compose our scope of how we see things so we want to evaluate these scopes carefully to unlock the mind power to attract success, money and friends.

If these people want to master their mind power to attract success, money and friends, thus they must turn this mind-set around so that it works in their favor. Drop the negative attitude and say, "It is never too late to learn something new. Today, I am going to make sure that I learn something from my subliminal mind or from others that I hadn't known before."

### **How to use your subliminal mind effectively to unlock your mind power?**

Review the sentence again. Do you see how a negative was turned into a positive thought? This is a great start to unlock your mind power. When you develop your mind power, you will attract success, money and friends.

Now, think about how slow and rapid memorizers can benefit you. Do you learn easier when you use rapid memorizers? Do you learn easier at what time you apply slower memorizers?

First, think about memorizers. What do memorizers mean to you?

**Definition:** Memorizers are something you learn and recall. You use memorizers to commit to something in order to remember it.

Now think about the questions again. Think about how behindhand and swift memorizers can benefit you. Do you learn easier when you use hurried memorizers? Do you learn heave a sigh of relief at what time you apply slower memorizers?

Set out to answer these questions and figure out the best way for you to learn effectively.

Learning how you view your desire and how it is influenced by attitudes can help you switch your way of thinking. So get started now and unlock your mind power to attract success, money and friends. Manipulate your mind to success!

# 5. Manipulation to Master your Mind Power to Attract Success

Understanding the mind is to manipulate in knowing how to unite with your intuitive mind. You want the mind, body and spirituality to work in harmony. When you learn how to manipulate your mind into releasing knowledge from the subconscious mind you will find it easier to attract success, money and friends. This is because you use old information you had learned, apply it to now and use it in your best interest. You want to be punctilious however when exploring your subliminal mind.

The best way to get started is to remember that you are never too old to learn something new, yet to learn celestially how to connect with your subliminal mind is to come back to your nonage and become in touch with you.

Not one of us overtly fluffs anything, since the subconscious mind will store what the cognizant cannot finger. This gives us like-mindedness and a control board to move toward manipulating our mind to unlock power within us.

The more we update our intuitive mind, the more chances we have at recalling each itemize of our lives, which we can use as nourishment to speed our career erroneously. Just say you have the power to do it. All it takes is some developing tuition and before you fraternize, you will become a walking dictionary.

The soul mind has infinitesimal scholarship underneath its unconscious essentials. Subliminal learning is one of the tools we can use to retrain our minds, since it is a substitute of manipulating that we can use the services of to call up that extemporaneous E-message beneath the tip of the brain's hidden chambers. We have collectible parts of our history at the lowest of the held down excitement within the subconscious mind. Now, if we learn some feat to use empowered letters to our lead, perchance we can retrain the mind to envelope self-control and manipulate to success.

### **The mind:**

We have close online mail in the cryptic, which includes our vitality school. This plenary commutative you think you forever have forgotten is still buried in this mind. Rather the knowledge engineering is beneath your apprised state anticipating for you to navigate or generate the specifics to manipulate into learning.

To extract knowledge in which you had learned from observation, influence, education, etc from your history you could use manipulating tools, such as association.

Sometimes associating items can be a trick of the mind. With this in mind, you want to set yourself up. For instance, if you cannot remember something, challenge your mind to find something that associates with what you forgot.

Look around the house. Alternatively, wherever you are to see if any object in your view could give you some trigger you can use to recall back the details.

This is the process of manipulating the mind to self-awareness by associating objects with your mind's recall.

Keep doing this each day and your memory will improve dramatically. Equally, when you take a ramble back in time you commence the mind, hitting a trigger to activate those remedies you can now recall.

This is the process of mastering the mind's power. When you unlock this power, you will find it easier to attract success, money and friends. Once you commence associating the items with your chiefs your mind starts to ripe what you have unredeemed.

**Tips:**

Use affirmatives to encourage positive thinking and memory enhancement:

Using affirmatives to encourage positive thinking will enhance your memory dramatically. When you can recall things easier, it makes it possible to become successful relaxingly too. Explore so that you can master your mind power.



# 6. Exploring to Master your Mind Power

Under sense science is the development of uncovering happiest and lasting stillness inside the boundaries of you by inspiring your mind to work hard in appointment with your body and spiritual mind. Subliminal research suggests that you can mature the person you want to become by exploring the powers within you.

At what time a person's moods tire out, they regularly commence to reflect disallowing thoughts that double take to negative emotions. The doubt creates confusion. To reverse this thinking you need to unlock your mind power. Psyche wisdom teaches you to revolutionize those shady thoughts by shifting them to positive thoughts. You can do this by engaging in meditation, and learning to breathe naturally.

Meditation will make it possible for you to soar, your true self and assist you with sustaining strain. In addition, subliminal science countenances the usage of tools that guide your mind to relaxation. This is a step to mastering your mind power to attract success, which money and friends will follow.

Intuitive learning sometimes qualifies computerized programs that can give you feedback and can provide you with tools to expand your experience of preventive medicine and to renew your sense of evenness.

Mental learning implements you to reflect on positive thinking by practicing to improve your memory and to nurture your innate feelings. You will need to learn this process, especially if you are trying to master your mind power. To succeed you want to improve self-awareness or memory.

Your childhood is a good starting point. You have valuable information buried in your subliminal mind, which you can find by exploring your childhood. Subliminal science is the process of surveying happiest and lasting peace, yet you have to pull up the resources from your inner childhood.

### **How does it work?**

Think about something you did when you were a child...take learning how to knit for example. Perhaps you haven't knitted since the time you learned how to create crafts. Think long and hard and try to recall the steps you took to create your first craft. Now, get out your knitting needle, some yarn and start to create something new using what you've learned from your childhood.

Once you finish sit down and think about how you can use that knowledge now to make money. You can knit pillows, blankets, throw rugs, towels, etc. Is it possible you can start a knitting business making items people need? Can you start a small business working from your home to make some income?

After you start making income, can you save some of the revenue and apply it to new materials so that you can continue making crafts to sell. Now talk to your friends. Let them know that you have started a home business selling items, such as blankets, pillows, etc. In a short while, your friends will tell other people and before you know it, new people will come into your life and in time, you will make new friends. This is only one-way to attract success, yet as you can see what you learn as a child could prove useful as a valuable tool now to empower your mind.

Ok, so perchance you did not learn crafts when you were a child. What did you learn to do that could turn into a small business? Did you learn how to work on cars? Auto mechanics make good money and meet new people every day. Writing can help you face your problems effectively and unlock new ideas that could take you to success.

# 7. Writing to Master your Mind Power

We all need to relieve stress one time or another. One of the most effective ways to master mind powering to is to write. Writing your feelings down on paper will help you develop new ideas.

Open your mind power by digging deep and thinking positive on how you can become more successful, make more money and meet new friends. Making decisions on ways to change in order to meet your goals is to write them down.

When we write goals down we can see them and reread as often as we need to in order to make them come true. Writing relieves stress and helps us relax which we are all in need of at times. As you progress, you can go back and look how far you went since you made out the list.

Start out by thinking positive and know yourself the way you are right now. What don't you like about how you feel, your job, who you live, or life in general.

Write your thoughts down on paper and then make a list of goals. How you can change by unleashing your mind power in success, money, and friends. Start out by writing the most important thing at the beginning and ending with the least important goal. Think positive while you make your list of

goals.

Once your list is finished thinking positive, again decide what you can change to reach each one in order to be successful. Don't let your inner feelings talk you into being negative and say you can't do this. Be positive and tell yourself that you can and will accomplish these goals.

Master your mind power to be successful. It takes time; hard work, changes, and patience to reach these goals so don't be in a hurry to accomplish them. Repeat to yourself and read your list that you can do these things.

As you reach each goal, you'll begin to notice changes will be easier to make because your self-confidence will be stronger. You will begin to have more friends as each goal you reach comes to life.

Success will help you bring more money and friends because you'll be happier and healthier by unleashing your mind power to positive thinking. People like being around others that are happy and positive about themselves and those around them.

Thinking negative will get you nowhere in life. You lose self-confidence, stressed, depression can set in, and you can lose control if you think negative all the time.

Unlock your mind power for staying healthier and happier will help to prevent diseases, and keep you smiling.

While you are working on reach the goals, you have set write yourself a journal. Writing will help to relax you because you can blow off steam to the pen and paper in front of you as you are writing. Writing down things as they happen whether they are negative or positive thoughts bring them to reality.

Go back once in awhile and re-read your journal and list of goals. Read about how you felt when you were writing and how you feel now. Read how you handled the changes you have made and the mistakes as well. He changes you have made and the mistakes as well.

We learn by making mistakes so don't worry about them just does it differently next time. Everyone makes mistakes but next time it is easier to make a better decision by doing them some other way.

You've come along way and worked hard to reach your goals so now give yourself a big reward by taking a nice quiet vacation and meet new people.

## 8. Master your Mind Power

Use unleashed mind to become healthier and happier. Learn to connect the mind, body and brain to connect and relate to one another by unleashing your mind power. Learn new skills to improve by meditating, music, self-impression, writing and imagination to relieve stress and self-care management.

Learn how to grow stronger and healthier to prevent poor health that causes many diseases. Relieving stress and chronic pain will reduce trips to the emergency room by learning self-help skills and techniques. Our mind and bodies work against each other and learning new skill with help, them to connect giving us better mind power in success, money, and friends.

Subconsciously our mind notices negative things. Staying positive will teach our brain and minds to work together to increase our vocabulary, relieve stress and prevent pain. When our mind hears some sounds or colors it will store these for later use to help us overcome and unlock our mind power to succeed.

If we lose control our mind and body will begin to work against each other causing them to go their separate ways. When this happens it will eventually lead to poor health, we'll have less energy; because it will drain our bodies of all the vitamins, we have stored to keep us health and wise. We need to keep your mind and brain healthy by unleashing mind power for success, money, and friends.

Learn today how to meditate for relaxation to master mind power within us. After a long hard day of stress that has been put upon us, we can learn the skills of relieving stress through mediation.

Take some time out for yourself. Visit the library. Take out some books that will help you learn to mediate and to breathe naturally so that you can cultivate relaxation skills.

Stress will make our bodies all tense and sore that will cause relaxation almost impossible to do. We need to relax in order to make good decision for success, money and friends. You can also search on the Internet to get all the information you need on meditating and the skills of relaxation. You'll find CD's, books and downloads to give you immediate learning skill right away. The sooner you get started the sooner you'll feel like a new person.

Get a better night of restful sleep and wake up feeling like a new person starting a new day? Don't expect to see many changes at first because it takes a lot of patience and practice to learn to relax in order to unlock mind power in success, money, and friends.

Unlock mind power in success, money, friends with learning to relax and relieve stress to become a healthier and happier person. We need to have relaxation to get a good night of restful sleep in order to function on a daily basis. We need relaxation to be successful and to communicate with friends. Without relaxation, we can't make good decisions, we lose our appetite, no energy, communicating with friends is difficult if you're tired and can make



sense when talking.

Putting in a subliminal learning tape before we go to bed at night will help us rest better. It sends messages to our brain to help us relax and wake up glad to see the new day ahead of us.

Finding the right CD to fit your needs sometimes will mean that you have to try different one until you find the right one. There are a lot of them to choose from containing music, a soft voice telling you a story, or even rock music. Our brains are all different where one CD might help for this but another is needed for something else. Learn to relax and master mind power in success, money, friends with new skills to make you healthier and happier. Learn to relax.

# 9. Learning to Relax

We are all burdened each day with daily stress at work, home, and outside activities. Then there are problems that jump out at us unwanted causing us to feel like we can't take anymore of the garbage.

Open up and bring out the hidden messages inside to make changes for success, money and friends in learning to relax. Relaxation can help us to be successful, make money, and new friends but it takes practice and skill along with patience.

If we open our mind power, we can do anything by thinking positive. Think positive by getting rid of the stress that is making our bodies tense and sore. By not being able to relax, we can't sleep and without sleep we make bad decisions. We lose the ability to communicate with friends when we are stressed and tired.

This and many other things can be eliminated when we unlock our mind power and learn new techniques to learn how to relieve stress in order to relax. Learning to relieve stress to relaxation is a skill and needs a lot of practice.

## **How to effectively take control of yourself?**

Make a list of the unwanted things that cause us so much stress. Remember there are the daily stress items that we have no control over but you can get

rid of some stressful things in life.

You might be stress out because your loved ones are making to many demands on you. When you do not have time for you, or the things you want to do it causes stress and decreases the mind's ability to think clearly.

In order to relieve this kind of stress you have to be open-minded and use positive thinking skills to make changes. Try telling your family that you need some time to be you and everyday at this time you are taking time out to do what you want. Mark your time that you've set on the calendar in red so everyone can see it. Don't give in and say well I will skip today's time out for me and do you them.

During your time out put on a set of headphones and take the portable CD player somewhere that is quiet and you can be alone. Listen to whatever music you can relate to, lie in the grass, and imagine that you're off on a cloud or dessert island somewhere. Listen the music or imagine that you can hear birds far off. Learn to forget what you were doing earlier or need to do later and think about you only.

You can purchase CD's that will help you learn to relax at department stores or bookstores. These CD's can be bought most anywhere now even on the Internet by search for Yoga or meditation CD's. You'll be amazed at how well these CD's can help you to relax and relieve stress.

Once you've gotten rid of some stress and learn to relax you'll feel better, success will come easier and making new friends will be a breeze. You'll be

more enjoyable and have more self-confidence to do and learn more things.

Success will come once you relieve stress and start reach some of your new goals in life. Money will come from success at your work area making your job easier and more enjoyable. New friends will just appear from nowhere because they want to be around that happy person you'll be once you start relaxing and enjoy life. Take control of your mind.

# 10. Master your Mind Power by Taking Control

When we lose control, we lose self-confidence, gain weight and our self-awareness decreases. Use your mind power to build yourself up and become more aware of yourself and others. Using your PC, you can do this and more right in the connivance of your home.

Take control right from your PC with the software that will help you to become a new person overnight. You'll learn to listen and watch without having to see psychotherapy or learning the skills of meditation.

Reprogram your brain to bring out the power that is hidden within you to become successful, make more money and friends. Becoming the person, you have always wanted to be by watching the screen on your PC.

Use your PC to Unlock mind power in success, money, and friends to improve yourself in whatever way you want. Learn skills and techniques you didn't realize you had.

As we age each day, our brain becomes programmed by what we hear and learn from others. We need to learn to think positive thoughts and bring out the good in ourselves in order to have success.

Just by watching flashing objects going across you PC screen, you can

program your mind and body to thinking positive thoughts. The positive thoughts will settle in your subconscious mind that will soon have you subconsciously reacting to your self-talk to a fast makeover. You'll become the person you want to be in success, money, and friends by unleashing mind power with control.

Control your mind power in success, money, and friends by learning new skills to reprogram the brain to success. You'll begin to regain self-confidence, speak in public with ease and your work performance will increase. Using subliminal learning skill will help you to take control to be the successful person you want to me.

Purchasing this program is easy by searching the Internet for subliminal learning software. Don't wait for it to come in the mail just download it when you make the purchase. The sooner you take this step the sooner you'll unlock your mind power in success, money, and friends.

You'll enjoy and be able to perform your job with much more confidence than ever before. Taking control is the key to success.

Once the download is finished, decide what program you want to start out with and select it. Now sit back and play a game to relaxation. Soon you'll be noticing things you've never done before are easy and fun when you have control.

Set some goals that you want to work on with positive thinking. Using the subliminal learning skills make notes on how you can make them happen by

taking control. With positive thinking and goals, it will help to reprogram your brain as well as reaching success faster.

Once your goals are set, use your new software to decide what programs you want to start with in controlling your success, money and friends. Take notes on how you felt before and after using the software so, you can look back and see the progress you made.

You'll be amazed at how much better you'll feel when you purchase this software for your PC. You'll have more confidence and less fear of failing when making decisions at work or talking to friends.

Save time by not having to take off to go to therapy, or shopping. Just work or shop online and let your new software do its thing to help you master your mind power in success, money, and friends. Start talking to unlock your mind power.

# 11. Challenging Fear to Master Mind Power

## How to become your own master?

Many folks fall back from success typically because of fear of hitting rock bottom. When a person feels doubt, it brings them down. The person's confidence and self-esteem often drops to the floor.

Once the person acknowledges what is causes their fear, this person can usher to techniques to change their mental condition. Fear is trepidation that causes us concern, which we begin to worry about our ability to succeed.

Avoid allowing these constraints control your expectancy to attract success. You have the ability to use inner strength-talk to ordain help for you to remove vacillating feelings so that you can use positive thinking to reform your mind.

Some folks are indisposed to escalate excessively over those mountains. To master this fear of success, tell you that "aren't no mountain high enough" that you cannot climb to success. Face your fear and force you to take down the mountain that hinders you from reaching the other side. Master your fear systematically by self-talking your way to attract success. Take it one-step at a time. Stride in union with your inner strengths so that you can demand help with accomplishing your fear.



Command you to realize that you are in control of your life and that fear is not about to hinder you from attracting success.

Once you start to climb, you will secure self-confidence and your inner strength-esteem because you told you, you could do this and you successfully completed your goal.

Your inner strength-confidence and esteem will nourish as you start to overcome other fears as it grows. After you begin to manage and overcome one fear, the next fear you resolve will become easier to master. Take control, secure self-confidence and develop sound thinking to master your mind power.

Positive thinking comes from inner-talk. This helps you to learn techniques to reprogram your conscious mind to muse positive. Avoid allowing the conscious and subliminal work against you. If you are willing to think positive and let go of the negative thoughts, soon you will learn you can unlock your mind power to attract success, money and friends.

Challenge your allied mind and labor your way through each area toward process having the ability constructively to reform your thinking. Stop hitting the pavement to avoid success. Make sound decisions that allow you to master and overcome your fears of success.

In an effort to metamorphose the sound person you want to become in the prospective future, you must ask you to become a sound master by disembodiment those negative thoughts.

The fact that you endured many failures does not mean that you cannot succeed. Gaining self-control and using the thinking positive process to insist reprogramming you mind and soon you will be forward-looking thinking.

Hand over to yourself that you can ordain to take control to unburden your mind and soul. As you, take each good and bad in your life view it in positive light. Use positive thinking and self-talk to stay in control of you. When something bad comes along, find some reason to laugh.

Direct yourself to take control to dispose of the creature that hinders you from unlocking your mind power. Take the stupendous with the bad and learn how to make it positive. Blurting out to yourself with positive thoughts and inner more ability to take control you can become the master of your mind. Stop battling with the monsters in your mind.

# 12. Battling the Inner Monsters to Master your Mind Power

The brackets in the mind fashions in on a bull session of contrive inside the boundaries your subliminal and conscious sides. The yielding counterparts, at larger tussles stem tend to cause contest of strength-of-war within the mind that may dispute with your diurnal meandering.

These masquerades regenerate a succession of changes that may comprehend filing your disillusion. Your mind may instigate against you. Your mind ceases to make allowance margins for you to go devoid of some battle that calls down guesses about who you are.

At irregular intervals, you start remodeling mindful of these processes in your subconscious and conscious mind. The monster sets out to repel console, and in harmony, you find it difficult to relax. You start to regulate this control board to put out unjust shock.

The unthinking feedback may father you to setup broadsides, which too often vanguard to weak thinking. You commence battling mentally between the judges in your mind. Your mind persistently evaluates your air, which causes you to feel in one's bones incapable of becoming successful. A person suspicion, powerless, often has absence of self-reliance, positive self-image-esteem and too often is dreadfully anxious finds aftereffect.

Negative thoughts will wear you down. Transmit this way of thinking. Some of battling monsters when push comes to shove emerges from your ancient times. You acquired some of this thinking from influences of the past.

These influences of ambience play an integral taking action in our pilgrimage. You can reform your mind by taking back your control. Rather than letting those monstrous voices from the past rob you of your success, start practicing positive thinking and take back your control.

Keep truism this anniversary nautical day whereas these negative influences tore you down and change this to positive. You will be astounded at the power you expect. Overall your days, you conceivably produced many antithetical manifestos of acclaim in apropos to your presence together with the goods to stay active and come alive.

Factually, we have proof that our cabinet frequently battles and will cause us dissenting systems that engineer seemingly to stick around greater than the pessimistic feedback we appropriate from wayward children. Even supposing, any impugning systems analysis factors into the calling of the shots you make on a common ladder.

Infrequently you set about to trust compelling rethinking surfacing, sit down furthermore and have a talk with you. Don't stand straightaway better thoughts to empire you, rather take charge by stimulant them moreover to rise out where directly thoughts sign in from. You have the ability to master your mind power to attract success. Take that control now and you will soon see ways to make money and new friends.

Sit down also explore your hidden inner strength. Take time to retrospect what is causing you to perceive gloomy. Ask you, why you just know antagonistic. Is it for addition made you expect this way? Now rethink your accomplishments. What have you dexterous? How does right now accomplishments equate with deficit? Know what to do after a while.

Fluctuating, you can turn into mindful, person; it is the undertaking of falling back to your childhood to extract helpful knowledge that will help you succeed. You can expend this panel to cancel uncalled-for stress.

**NOTE:**

**Did you know that educational programs teach you to skip over words in articles or books when reading and rely on the surrounding sentences to make sense of the word? Did you know this hinders you from learning effectively? Thus, when you come upon a word you do not know, rather than dismiss it and never learn what it means to you. Take time to learn something new by exploring it at all angles.**

# 13. Profile Learning to Succeed and Master your Mind Power

How do you learn? Did you know that you could acquire new skills by exploring how you learn? When you know the best ways to learn, you can use them to your advantage also.

To figure out the way you learn, you can start by exploring. When you sit down to study for school or to do a task for your workplace what methods do you use? Do you feel uncomfortable at some times?

## **How to win your discomfort?**

If you feel uncomfortable, rather than putting aside the task until later, do it now. Let your natural discomforts guide you to successfully completing your tasks on time. Discomfort is a natural process. We all face challenges that we sometimes feel inadequate, fearing that we cannot accomplish the tasks due to incompetence. Don't allow this way of thinking stop you from unlocking your mind power to attract success.

Rather, take time to delegate. Deputize yourself and put on your suit of armor to challenge the negative elements that tell you, you are incompetence to handling a given task. Devise a plan. Create new ideas by brainstorming and then move to find meaning.

Finding meaning will help you to succeed, since you have a purpose in sight. This is what makes a person successful. When you have a purpose, you know your stand in life and can freely handle your duties to achieve your goals.

With this suit of armor in hand, move to take charge of your life and stay in control; when life gets you down, take the bull by the horns and fight it tooth and nail.

### **Making new friends:**

To make new friends start associating with positive people. Find someone that you share common interest with and start a conversation. Each step you take, you will find it easier and new friends will come your way.

### **Attract success:**

You attract success by unlocking the enemy and battling him head on and then moving to welcome the new friend, you have made. That new friend is you. When you make friends with you, other people will see this and start to like you also. This is a start to success. The more acquaintances you develop from your new findings will put you in the hands of the ringmaster prepared to inform you of new ways to make money.

You also want to let your inquisitive ride. Use your curiosity to explore the channels in life that can help you unlock your mind power and attract

success. Focus your attention on your new findings and let it guide you to the middle ring where that bull awaits you. Challenge him head on and continue to battle him until you become the mastermind you desire to become. This bull is your influences of the past (Negative thoughts) which you acquired from people that you had associated with in the past.

Let go of these negative thoughts and start developing positive thoughts so that you can master your mind power. (Mind power is mind over matter)

When you see that you have flaws in your personality, take time to develop a willingness to make changes. Rather than fearing change, welcome changes, since it is the road to success.

Once you develop willingness to change you will see your next step clearly, which is to acquire good skills, such as organizing and sorting. Sorting will help you weed through the negative and arrive at the positive. Take the road less traveled to master your mind power.



# 14. The Road to Master your Mind Power

Taking the road to unlock your mind power is easy when you have a willingness to change.

If you are set in your ways, you are wasting time reading this article. You have to have a willingness to change to take action in unlocking your mind power.

## **The steps involved are as follows:**

1. Face your discomfort
2. Become inquisitive
3. Be willing to learn something new
4. Have a willingness to change
5. Organize and sort
6. Suspend judgment
7. Self-awareness
8. Responsibility
9. Willingness to take risks
10. Train your conscious mind

This is only a few steps you will need to get started with unlocking your mind power to attract success, money and friends. However, it is a good

start. You will need to develop this attitude to get started on each step.

Start with the first step. Face your discomforts. When you feel threatened of success, face it head on. Use your curiosity to explore your discomfort at all angles. Use this same quality to explore your goals.

Be willing to learn something new. Put aside that nonsense “what I don’t know won’t hurt me.” This is an ole’ folklore that has mislead many people for years, since what you don’t know is something you will not have access to, to face your challenges head on.

Have a willingness to change. Change is good. Change takes place in our lives each day, whether it is in our best interest or not. Despite this, you want to take the good with the bad and learn to accept them as they are, yet do something about it.

For instance, does your attitude hinder you from mastering your mind power to attract success, money and friends? Then reform your attitude, develop a new you and start your journey to success. You do this by exploring you at all angles.

Acquire the skills to organize and sort. Organize your thoughts, home, office, etc. This will help you manage your life successfully. Learn to sort. Sort out your thoughts daily and challenge any negative thoughts that hinder you from learning something new.

Suspend your judgment. Rather than beating you up, take time to see all

your good points and start laughing about the bad points.

Soon you will develop a new attitude that will bring you rewards. Stop casting judgment on others also. You or anyone else has this right. Free your mind from doing wrong and good will come to you.

Self-awareness comes once you put the steps above into action. Self-awareness will help you take responsibility and face consequences successfully, which is a great get-ahead to unlocking that power of your mind. Each day sit down and report your good deeds to you so that it helps you build self-esteem and self-awareness simultaneously. Give you rewards.

Having a willingness to take risks is something you want to develop. When you walk out the door each day, you are taking a risk. Don't think of risks as danger. Rather, think of risks as something that could lead you to success. Sure, you do not want to dive off a bridge believing you will find success, but you do want to take healthy risks to find ways to unlock your mind power to attract success, money and friends.

Next, train your conscious mind. A well-behaved conscious allows you to embark on what you have learned. Training your conscious will help you master those relentless negative common bounds. At what time you feel deeply overwhelmed. Master them through aplomb-talk, rather than allow these negative thoughts master you and turn your thoughts in to sound ones. This is a part of conscious training. Remove your negative thoughts to master the power of mind.

# 15. Removing Negative Thoughts to Master your Mind Power

We all have heard negative words as we grew up. When the mind hears these negative thoughts that have been directed towards us it picks them up and stores them to use later.

In order to remove negative thoughts from our mind and brains we need to reprogram them to positive thinking thoughts. When say “I can’t do this” or “If I could do this” these phrases from the subconscious self talk telling us negative things.

To succeed and be successful we have to learn positive thinking with self-talk to unlock the mind power. What other way is there to success without thinking positive for money and friends?

Learn to reprogram our mind and self-talk by start out with a goal. We all need goals to keep our brains active with positive thoughts. It is a long hard ride to reach goals but be positive and unlock your mind power; you can do it.

Making your goals with positive thinking is hard for some people. Go deep inside and pull out some of the things you want out of life and haven’t been able to succeed at doing. Like a new career, or losing weight, getting into an exercise program or making new friends. Digging deep and being honest

with you by positive thinking is the first step to removing the negative thoughts.

Write the goals and adventures you want out of life on paper to bring them alive. Carry this list everywhere you go so when you are thinking negative you can look at your list.

Once you've decided what goals and adventures in life you want then decide who you are going to get there. Maybe it is changing your career, or changing your eating habits, joining an exercise group, or meeting one new person a week. Remember positive thinking and self-talk will help you make good decision on how to remove the negative thoughts.

Look at your list of goals when you start to feel negative. Read how you succeeded in reaching them or what you're doing to get to success. Don't forget these goals are positive and real; they can come true if you put forth some positive thoughts and work hard making the necessary changes to reach each and every one of them.

When removing negative you make a lot of changes in the way you think and do things. Changes can be difficult. However, if you continue to think positive you can reach your goals.

Repeat over and over again that you can and will make the necessary changes to be successful in money and making new friends. You've have made the decision to master your mind power and let go of thinking negative thoughts, you've set some goals, and how you're going to get there.

By repeating the same things over and over again, your brain and mind will soon forget about the negative thoughts letting the positive thinking take over. Just keep repeating “I can”, “I can” and “I can” each day as often as you can.

Soon by removing the negative thoughts that were running your life you see and feel like someone. You’ll begin to see a difference about your career, money will be easier, and making friends will be a breeze. You’ll notice people coming up to you and just start talking away want to be your friend.

Have fun by getting rid of the negative thoughts and become the person you’ve always wanted to be. Children can unlock their mind’s power too.

# 16. Personal Health in Mastering your Mind Power

We all need to keep up with our personal health care for a longer and happier life. Unlock your mind power to success, money and friends by taking care of yourself.

There are many things we can do to build and stay healthy in today's world. We most likely all have to make the time to care for our health because of the busy schedules we have but in the long run we'll be happier and healthier by taking time for ourselves.

One of the most important things we all need to do to stay healthy is exercise. Exercising will help to prevent disease like heart problems and depression. By exercising, we can learn to relieve stress for relaxation. We can benefit from exercising by losing weight, raise the heart rate, helps control high cholesterol and blood pressure. You will also relieve stress and sleep better as well.

We have to learn and train our minds and brain to think positive by reprogram them look forward to exercising. When we first start an exercise, we have to make a lot of changes to work in into our busy schedules. This will take a lot of mastering the mind power in order to succeed to meet our goals.

Use your mind power to jump and find your inner feelings. Thinking positive and write down why do you want to begin and exercise program. We'll use walking for our exercise program to get you started as an example.

Set a goal for the length of time you want to spend walking for instance ½ hour 3 times a week. Now set the distance you want to walk in the ½ hour. Using positive thinking write down why are you walking to lose weight, to strengthen your limbs, relieve stress or just for relaxation. It doesn't matter why your wanting to walk write them down. When you write your program and goals on paper you can go back later and see how much you will benefit from walking ½ 3 times a week.

Mark the days of the week, you want to set aside for your exercise program to reach the goals you've made. Make a sign to put on the refrigerator that says, "EXERCISE", and put one anywhere else, you want even on the bathroom mirror.

Repeating things over and over again will help you to program, you mind to think positive about reaching your goals by exercising. Tell yourself that you will continue to exercise to become healthier and happier.

By exercising, your self-esteem will get boosted and you'll have more energy. You'll feel better because you'll be able to relax and sleep better at night. When we feel rested and relax. We are happier and other people will begin to notice.

As you reach each goal, do something special that you really want to make



yourself happy that you've completed the goal for success.

You'll be able to perform on the job better by being able to think positive thoughts about yourself to make better decisions. You won't be tired because you'll be sleeping better at night so no more sluggish moments when all you want to do is go home and hit the bed.

You'll be able to make friends at work because you're happier, you'll meet friends at the gym or just in passing them while walking down the sidewalk. As your neighbor to walk with you, the one you want to introduce yourself to but never found the time.

Exercise if important no matter what the reason. Start today and master your mind power to find the time to exercise for success, money, and meeting new friends.

# 17. Tools to Master your Mind Power

Stress causes depression we need to learn to open and unlock our mind power to succeed. Learn to control stress from taking over our lives on a daily basis to block depression from settling in.

Some people get angry, worried, and anxious over nothing because of stress and depression. Their behavior moods will change by over eating, getting high and lying. Our stomach becomes upset, our bodies become tense and painful causing us to lose sleep and get headaches.

In today's world there are things we can learn by unleashing our mind power to relieve us of pain and behavior moods swings. Use positive thinking, self-talk to resolving, and relieve stress and depression before it takes control.

## **Ask Yourself:**

Using self-talk ask you “how did I get in this position”? “Why did I make such a bad decision causing me to get angry or lie” unlock your mind power and be positive when asking you these things.

Are you hurting because you lied to cover up something you did? Why did you become angry because someone said something the wrong way? People do and say things that they don't mean to hurt you; maybe your self-talk is

saying things to make you think negative thoughts.

Listen to yourself and think about what you are hearing. Are your thoughts negative or positive? Unlock your mind again and make some good decisions about how you can change the negative thoughts to positive ones.

Using positive thoughts ask yourself if you're making good decisions. Is your decisions sound, or do they need improvement?

Why are you making things seem bigger and worse than they really are. Tell yourself that now you have a headache because you're worried or angry about something that you have no control of. Don't put yourself through pain and anxiety if it can be eliminated by not worrying or lying. Unlock your mind power and take control by not lying to yourself or other to make things look worse or better when they aren't.

To succeed we need to be positive and decide why we are worried about something that hasn't happened yet. Tell yourself that you'll feel happier and better about life if you stop worry about things that you can't control. It doesn't help when thinking negative thoughts of what is going to happen tomorrow or later. We become more stressed making it harder to communicate at work or with friends.

Did it do you any good?

After asking, you these things look at them in another way. By asking yourself, did it do you any good?

Where did it get you by making things bigger than they were? You only got a stomachache from the lies and stories you told.

The problems that you were worried about were solved a few minutes later. Worrying got you nowhere except for a bigger headache.

Was it worth being angry and mad at your friend once you lost their friendship? Unlock your mind power, see where you went wrong, and apologize to them for being angry.

Remember that when we lie or worry it only makes things worse. Thinking positive and mastering our mind power using self talk will make us realize that lies and worrying will only get worse as time goes on. We lose friends and money by being angry and upset.

Ask yourself why and where it got me except I lost my job or a friend. I became sick because I worried or lied to cover up something that wasn't even important.

Positive self-talk and unlocking our mind power will get us along ways to success, money, and friends.

# 18. Power to Master your Mind

## Power

Finding the power within to unlock your mind power to attract success, money, and friends

Sometimes we all need to look within ourselves to finding our inner power. In order to unlock our mind power to attract success, money, and friends we need to find ourselves first.

We need to hunt for our inner power by thinking positive and we can do this by exploring self-talk. Our minds learn negative things from other people. For instance as a child someone might have told you that you couldn't walk a mile to the store so you didn't even try. Maybe someone told you that the job you applied for, as a child wasn't the one for you. The more you heard this, the more your subliminal mind took in the negative notes and somewhere it is buried waiting for you to pull it up and let it go.

Our mind will pick up on negative and positive notes and store these negative thoughts releasing them later when we least expect them to. Later on in age, we might apply for a new job or want to start a new career. You self talk can and will sometimes tell us to forget that job because it isn't for us. If we think positive that this is the job or career we want than we are build up our self-confidence to succeed. We can do anything we want if you have a positive attitude that it can be done and with success.

Finding our inner power sometimes may mean we need to make changes about how we live, think, our career or health. Making changes means we need to pull up all of our negative thoughts and trash them. Change the negative thoughts to being positive and we can grow in success, money, and friends.

Reprogram your mind and brain by repeating things out loud in a soft voice, telling yourself that you will make changes in your life. You are going to make goals and stick to them in order to relieve stress; you will change your attitude about things that have happened in the past. If you continue repeating your changes you will reprogram your mind and brain to overpower the negative thoughts to become a positive thinker.

Reprogramming your mind and brain to find your inner power takes time, skill, and patience. We don't do this over night; it took awhile to decide that changes needed to be made now it will take time to make them positive changes.

Finding your inner power to unlock to attract success, money, and friends by thinking positive and using self-talk. Set your goals and write them down on paper. When something is in writing it will make them more positive and bring them to life quicker.

Now with positive thoughts decide how and when you are going to meet these goals. This is going to mean changes in different way that your not used to so you have a lot of hard work ahead of you.

Each day reread your goals for a new beginning in life. Keep them near so you can use these to help reprogram your mind and brain to overcome the negative thoughts. If you should begin to think negative, read your goals for success.

Finding success, money and friends means you need to find yourself first. Continue to think positive each day so that you can unlock your mind power to attract success, money and friends.

Usually you find success, money and then friends will follow. Improve your life.

# 19. Master your Mind Power to Attract Success by Improving Yourself

There is always room to improve our lives with unleashing our mind power for success, money, and meeting new friends. Making improvements when thinking positive can give us benefits in our health and self-confidence.

There are many ways a person can improve their health by learning new skills that will also increase our self-confidence. We can learn new skills on how to meditate for relaxation, our diets, making goals and relieve stress. Thinking positive and never saying you are too young or old to learn new things.

Challenge is a good way to improve our memory. We need to keep our brain active by giving it exercise so it doesn't forget things that you learn in the past. Giving our brains new challenge and knowledge will make the brain and mind by giving it something new all the time.

Every day you should try to learn something new. Usually we learn and don't even think about it by reading something in the paper or solving a problem even give us new knowledge on how to handle things in different ways to keep it from stressing us.



Stress is the main cause for many diseases like depression, heart problems, high cholesterol, keeping our blood pressure under control and weight. We need to learn how to relieve stress to stay healthy and happy.

Unleashing our mind power will help us relieve stress, help us to handle everyday challenges and even help to keep our diets under control for better health, success, money and friends. To unlock our mind power is bring out the real you by thinking positive and learn how to use your power in making good decisions with challenges and stress.

Open us and using your positive thinking make some goals on how you want to improve yourself. Write them down so you can keep reading them to keep them fresh in your mind. By writing, those down you make them more positive as you reach each one.

Then make a list on how you can change or what you need to do to be successful. Making changes will be hard as you begin the journey to success but be positive and forget all the negative things from the past. Forget about how many times you've tried and failed with a new diet or that exercise program you started but couldn't find time to do every day. We learn by making mistakes so we find a new approach to success by doing it differently.

On your list, make a reward as you reach each goal for yourself. If it is the diet that you're working on reward yourself with a time out shopping spree and buy a new outfit. Or if it is the exercise program set a length of time like 2 months to start with and when the 2 month are over reward yourself

with a new exercise outfit.

After you reach, the 2 month extends it to 6 months with another reward. Don't stop here keep going to better health.

Better health will help you to success with money because you're saving by not having to do to the doctor all the time. You be happier as you reach goal so maybe that will mean you can give up taking nerve medication. With better health you'll feel better and you self-confidence will increase so making friends will be easier.

Don't stop making goals for improving yourself continue to the process of unlocking your mind power for success, money and friends to stay healthier and happier? Start a healthy relationship with you.

## 20. Healthy Relationships in Mastering your Mind Power

Have a healthy relationship by unlocking mind power in success, money, and friends.

Having and finding a healthy relationship with someone for the rest of our lives sometimes means that we need to unlock our mind power. We may have to find our inner self before we can succeed in success, money, friends, and most of all a healthy relationship.

Sometimes it takes a long time to find the perfect mate to last a lifetime. Maybe you need to make changes to succeed in finding money, friends, and that perfect mate. When we succeed, money will come to us by making our career more joyful, friends will want to be around more often, and finding that perfect mate comes from making new friends.

If you think negative thoughts, we will have a very hard time in finding success. Without success there will be no money or friends so how can there be a perfect mate. Master your mind power and make some changes to find the success you're looking for.

Once you overcome the negative things in life and bring out the positive side, you're bound to succeed. You can succeed in anything you want if you use positive thinking and self-talk skills.

It takes a lot of practice, time and hard work to change but you can do it by thinking positive and using self-talk. When using positive thinking to unlock mind power for success, money, friends and meet that special person you need to learn how to reprogram your mind and dipping into your inner self.

Know who you are and how you can make changes to unlock your mind powers by self-talk and positive thinking skills. If you don't know who you are, then how do you expect other to know and react when you're around them?

Making goals for success to finding the perfect mate and all the other things you want for a better, healthier, and happier future. Goals give you a reason for changing your thoughts and writing them out make the goals come to life. Goals are just words until you think positive and write them down so you can see the future as you succeed. The next move is to make these goals come alive by creating plans that assist you in meeting these goals.

After your goals are set then, make a list of changes that you will need to succeed in reaching them these goals. Make good decisions when you start your changes. You need positive friends also to help you continue your progress.

Don't worry or fret about making mistakes because you will learn from them. Making one mistake is no problem, just try to reach out further with another decision. We all make mistakes so don't give up.

Reward yourself after you reach each goal. If the goal is to change your attitude at the workplace, make your reward to buy a new outfit to wear to work and walk in with a smile. Everyone will turn their heads when they see that big smile and new person going into your area.

Now you can work on becoming friends with some of your co-workers since you have a whole new attitude about working with them. On the other hand, attitude has a lot to do with how we feel about being with others and how we handle making our decisions.

With a positive attitude, we can go along ways with making money, meeting friends and especially finding that perfect relationship, you want so badly. Explore your subliminal mind to unlock your mind power.

# 21. Exploring the Subliminal in Mastering your Mind Power

Our perception learns and stores information in the subconscious mind where most times we are not aware of this learning process. The intellect is a literature library that stores information each day. The information we obtain helps us to learn something new. Our reason is constantly generating new information, yet some of the data we take in is buried in the subliminal mind. We have a mind that allows us to learn, yet much of what we learn comes from the subliminal storage medium. In digest, triggers hit the mental mind, which causes us to reminiscence specifics that we ask for to put essential details in insert.

Our intellectual mind can learn even while we sleep. In fact, studies show that listening to the sounds of music whilst sleeping will assist the cerebrum with learning new rhythms unconsciously. This means you can use CD's or musicals of any breed when you rest and it will guide you to construct your vocabulary.

The brain takes in information all the time, even when we are subconsciously failing to acknowledge all the time. Our keenness picks up new smells, simulacrums, or even sounds and stores these senses for us to use at some time in our life. The brain promotes us to detect for instance an accident at irregular intervals driving down the road with just an image. The

brain works in a way that it tell you to halt or decline your speed in an estrangement second. This is your natural instincts protecting you.

Becoming acquainted with the subliminal mind can help you unlock your mind power to attract success, money and friends.

You have the ability to learn from the subliminal mind. This is your scholarship that houses your experiences, learning, etc. Using various techniques to learn can support you with making sound decisions. This is what you need to accomplish to unlock your mind power and to attract success, money and friends.

Exploring your subliminal mind will increase mental intellect. You will become more build on your vocabulary readiness as you bring your subliminal mind out of hibernation.

To become friend with your subliminal mind, sometimes you need help. You can find this help with the subliminal learning tools, such as bio-feedback, neuro-feedback, brain enhancement and other products available to you.

Start literature using new techniques to master your mind power and start managing your life. You can directly learn new methods to comfort your mind to relieve stress. Learn how to meditate, relieve stress and even how to become more motivated. Be that person you forevermore wanted to become by exploring your subliminal mind.

One of the best tools is the Neuro-Program, which will guide you to relaxation, help you quit smoking, control alcohol, and learn to unlock your mind power.

Learn the calibers and techniques of subliminal exploration, since it is where your knowledge rests. That is at the surface of your conscious mind.

You can learn from many channels, including bio-feedback, neuro-feedback, mind puzzles, mediation, accelerated learning, and other options available to you. Relax your inner aplomb to find your power. Move to unlock your power.



## 22. Exploring the Left and Right Brain to Master your Mind Power

The brain's separate hemispheres give us the option of drawing information on both sides of the brain simultaneously. By doing this we can develop, a mastermind or rather unlocks our mind's power. Of course, when you unlock this power you attract success, money and friends.

The brain's function of the two-sides, scientifically speaking is in review. The purpose of the left-mentality is assumingly to dissect and rationalize. The socialist-mentality exclusively is dependable with its neutral subdivision of Thoughtful and schooling program of study aids of the left-mentality actions.

The right mentality alleges to contribute to us emotional stimulus. The right mentality reviews all that we learn unconsciously. The senses of aesthetics and ingenuity functions on the go bisection of the cerebrum hypothetically. The artists aim to employ the right hemisphere of the cerebrum, which these people find it difficult to create lists, rather than rely on maps, graphics, etc.

When a person is capable of using both sides of the brain (I.e. the right and left side), they have the ability to become successful.

The great humors of humankind overtly exhibit and encourage us to spend each side of the mentality. We relate to the subliminal practices, since it is believed that we can unlock our mind's power to attract success.

Discreetly using the subliminal practices, we learn to organize the primitive color that the right-left regions of the brain tend to see. This prompts awareness.

One of the top methods to unlock mind power is known as subliminal learning. This process alone will guide one to success. The centralization of developing after you are at a mind game is beyond a strike. The overactive youngsters can be in high spirits by allocating the minds to participate in subliminal culture.

The equitable growth of a young one could be done with by linking the opinions to other mental elects that spark the subliminal mind, which moves them to unlock the power within the brain.

Still, to unlock the mind's power, you must develop alertness. Awareness is reserved in the mind and is alerted by triggers. Becoming alert causes the mind to feel energetically and on purpose that involves them self in subliminal learning in the countryside of one's social environment.

In order to reach all-general awareness, it stresses that we use our observational skills. To observe one's next overall environment you must observe things, dispatch, people, colors, sounds, taste, smell, and everything around you.

Per se, you are intermittently interconnecting with someone else. While you may be looking in the person's eye, your subliminal mind inadvertently is scoping other things around the person, as well as watching the person's body language. Your awareness becomes intense as you continue to associate. This is because subconsciously and consciously your mind is taking in all things taking place at the time of your meeting.

Not one time has a single school promoted students to use both sides of the brain. This attribute to research integrity as a fulfilled is the key to indefatigability active and forcing the proper encephalon to awaken both consciously and subconsciously respectfully. If this occurs, the wits do not forget as often. The activation of the right encephalon can be easily targeted by mind drill, which aids in unlocking your mind power to attract success, money and friends.

## 23. Emotional Battles in Mastering your Mind Power

Emotional battles often hinder us from succeeding. This is because the emotional responses we experience come from doubt. The doubt emerges from past influences. To battle these emotions we sometimes just have to say no.

When you start to feel doubt, sit down and think about what is causing that doubt, or fear. You want to find the cause by challenging these negative emotions. If you do this each day in time, you will unlock your mind power, since you will remove all fears and doubts from your subliminal and conscious mind. We suggest you learn more about subliminal learning, since much of our emotional responses we experience come from the past, which is often hidden in the subconscious mind.

Stress is a huge problem in the population, since crushing stress causes the mind's eye to see visions or goals. Our willingness to manage stress factors into our success. Thus to master your mind power, you must remove these concealments in your subliminal mind to realize your goals.

Many common folks feel that stress is a negative hardihood that obliterates the human psyche. Contrary to this belief, stress sometimes returns positive results. Stress often comes from negative stressors, e.g. illness, debt, death, injuries, etc.

Rather than allow these common stressors wear you down however, you should take the stressor and find something positive. Sure, you may miss a loved one that passes on, yet you must realize that life goes on.

Financial obstructions should prompt you to take action, rather than drag you down. You have free options to relieve debt without filing bankruptcy, etc.

Finding what causes your doubt and fears will help you find new ideas to relieve stress. When you start to relieve stress, it will help you to relax. When you are relaxed the blood flows smoothly to the brain, which new cells develop easier, replacing dying cells.

Your mind becomes fresh. When you have a fresh mind, you can move to unlock your mind power to attract success, money and friends.

Stress is concealment that hinders us from seeing our goal realizations in full light. Wherefore, you have to labor however to manage stress. This is the process of taking control of your mind, which is another great start to unlocking your mind power.

When you analyze your mind, start to consider your perceptions. You want to formulate these thoughts so that you can suspend judgment and remove any doubt from your mind.

You often find relief from emotional responses that dispatch negative feelings when you challenge these emotions, rather than allowing them to wear you down.

Take time each day so that you can unlock your mind power to attract success, money and friends. Usually, when you find success, money follows and friends come behind money.

You want to choose good friends when your success comes your way. Rather than accepting any person that says they're your friend, find friends that give you something, rather than take from you.

Emotional battles will hinder you from succeeding, especially if you allow them. Instead of letting the negative feelings tear your success away, fight back. Emotional responses are not always bad, so recognize the good emotions when they come along.

Again, when you commence to express doubt, sit down and ponder about what is causing your doubt, or fear to emerge.

You want to discover the cause by exploring your subliminal mind. Your subliminal mind has much information hidden. You have much you have learned in the past stored in this area. Explore it to unlock your mind power to attract success, money and friends.

# 24. Developing Self Esteem to Master your Mind Power

Unlock your mind power in success, money and friends by building up your self-esteem. Learn who you are and like yourself to be successful. When you do not like you, it is difficult to attract success, money and friends.

In today's world, there will always be new challenges each day that will bring on stress. In order to jump in and face the stressful challenges we have to have self-esteem. Build up your self-esteem by thinking positive and face the world head on.

Learn to like yourself sometimes mean making changes to succeed. By building up your self-esteem, you'll become more confident which will take you a long way to the future. You'll be happier and healthier with your new self and success.

Pull out of your mind the things you don't like and want to change in order to work on liking yourself. Ask yourself what you can change to make you like what you're doing and how you perform when around others.

You will need to get under control. You can do this by relieve stress and exercise along with changing your eating habits.

We all have everyday stress but there is always stress in our lives that we can

control. Write the stressful things down by unleashing you mind power and think positive. Ask yourself what I can do to get rid of the stress that I can and will be free from. Jot down a list of things that cause you stress. Ask how you are going to change them to relieve stress from your mind.

Once you have jotted down the stressors. Ask how you can turn them around you can start working on your diet to build up self-esteem. Stress causes many people to lose control of how they eat. Relieving some stress will put you in more control to lose weight.

Self talk yourself when overeating that you don't need that ice cream you want so badly. Tell yourself "today I am going to eat more vegetables and bypass the fast food places." "I'll have a salad for lunch instead of a candy bar" is a positive way to eat and be in control. Listen to your self-talk and think positive when your mind says, "to save time stop in and pick up some fast because you don't feel like cooking supper;" don't it this is a negative thought. Say aloud that you'll bypass the fast food and fix something healthy when you get home.

When you mind is thinking negative thoughts and you listen your letting them be in control. Work and practice on how to think positive instead of negative.

Be in control to build up your self-esteem by unleashing you mind power to succeed. Reprogram your mind to think positive and overlooking the negative things.



Thinking negative will get you nowhere in the future. Reach your goals to success, money, and friends by unlocking your mind power and thinking positive.

Let your loved ones know how you feel about changing and taking control of your life. Tell them that you want and will become a better and healthier person by making these things. Your friends and loved one will be much happier to be around you as you begin to have more self-esteem and confidence in yourself.

By thinking positive and taking control of your mind, you can become the person you want to be by unlocking the person hidden in the back of your mind. Take time now to explore your subliminal to relieve stress and unlock your mind power. Readjusting is the start to master your mind power.

# 25. Readjusting in Mastering your Mind Power to Attract Success

Some of the things we do each day can hinder us from unlocking our mind power to attract success, money and friends. These tools are embedded inside us. We can use these tools to cultivate and develop new habits that allow the mind freedom to explore. When we fail to give our mind breathing room, it often causes serious setbacks. It usually takes longer to unlock your mind power, especially when your mind does not have the room to explore freely.

We have barriers we put up from experiences and learning. These barriers often comprise judgment, negative energy, animosity, anger, unwillingness, etc. We have to turn these around into positive changes. You may recognize your innate tools, but may fail to use them to your advantage.

Sometimes we have to sit down and discuss our inner feelings with self. The process helps us to focus on emotions that could hinder us from unlocking our mind power.

## **Self-Talk Communication Practice:**

Do you judge others or yourself often?

Do you feel your energy is drained?

Do you see any health problems?

Is your awareness up to par, or do you need improvement?

Do you have a willingness to change?

Do you fear risks?

Do you fear changes?

Are you willing to participate in actions that can help you unlock your mind power to attract success, money and friends?

**Now look at your purpose:**

Judgment either works for us or against us. For instance, if you have a speeding car coming at you, you may use your judgment to turn your vehicle away from the oncoming car. This is good judgment. On the other hand, you may judge whether you need another alcohol beverage, despite that you have already drank five glasses. You drank another glass. This is bad judgment and the consequences could turn to trouble, or worse, death, especially if you fail to use good judgment and start to drive.

We can use our judgment to assess, reason etc to discover facts, new ideas, etc. We may use judgment when offering opinions, which sometimes is ok. Other times we could be wrong.

Suspending judgment however will open your mind to commonsense, wisdom, and further your intelligence, especially when you suspend negative judgment.

Our energy is our staying power. When we lack energy, it hinders us from success to a large degree. While you may notice your energy drained, which

is a good thing, yet you also want to discover why your energy is weak. Find ways to boost your energy so that you can improve your metabolism, which makes it easier to master your mind power.

If you have health issues, you want to find ways to eliminate poor health and turn it to good health. When you feel bad, your mind does not have the freedom it needs to support your goal to unlock your mind power.

Self-alertness is essential. You can develop this by noting everything around you at all times. Learn to listen, hear and pay attention to details. Self-alertness is our balance in how we view our self also. We want honesty, since it too will help develop awareness.

Readiness is the capacity to accept the world, challenge risks, and rival in course. Willingness is a ready person enthused about what he/she may learn. Motivation helps the mind stay astute and ready to take life at full force. Keeness helps us to move ahead to unlock our mind power to attract success, money and friends.

Tackles could mean that you are gratified to take a change on something of interest with odds for you or against you. Master your mind power!

# 26. Realizing Goals to Master Mind Power

Digging deep inside to realize who, where and what we want from life to succeed. Find yourself to realizing are your goals where were you want them.

Unlock your mind power to find success, money and friends by becoming positive and knowing yourself. Realizing what goals and if you have reach them or not is the first step to success.

Goals are what it is all about in today's day and age. With the busy schedules and the fast past of technology it seems there is always something to think about. When we get busy and stress we start thinking about negative things in life. With set goals in mind, we can reprogram our minds to think positive when we unlock our mind power.

Open up to yourself and look at what you want in life. If you're there, then set some goals to strength yourself more. Without goals we have nothing to work than we end up with what and where we are at with no place to go ahead in the future.

Unlock you mind power and think positive; what goals you want for the future? Do you want to relieve some stress, lose some weight, and make better decision maybe make new friends? You can and will do all these and

more by thinking positive. Don't tell yourself you have nothing to look forward to or there isn't anything more that you want from life. These are negative thoughts; be positive and think about getting healthier, make a new friend on a week or volunteer at the nearest hospital.

Everyone needs goals to stay active to keep our brain working and learning. Our brain needs to be active or it will forget what it has already learning than our memory will slowly go to sleep. Staying active with goals will exercise the brain to make it keep learn new skills and to function on a daily basis.

Make a list of goals to bring them alive and real to you. Hang the list anywhere that you can so when you walk past you'll remember to think positive so you can add to the list and keep going.

Reward yourself and your brain when you reach each goal. Try to come up with something for the reward that will relate back to the goal itself. Every time you see or think about the reward, it will make you want to stay positive to get the reward. Have something to look forward to when you check the goal off the list as finished. When you get your reward, you'll know that goals do come true when you work hard to succeed with positive thinking.

Unlock your, mind power will help you find yourself and how you feel. If you don't feel good about how you look or feel that make it a goal to look better. Become healthier by starting an exercise program and taking time out just to be yours.

Once you relieve some stress, reach a couple of goals, get rewards you'll become more aware of how you look or talk.

You've succeeded to reach a couple of goals, your job is looking better because you have a better outlook on life by thinking positive and your beginning to realize that you have more friends than you even thought.

**Finishing Tip:**

When you develop, willingness is the knack to accept the changes, take each risk that could lead to success, and participate in life. Acquire this willingness to feel your motivation. Motivation will take you far!

# 27. Relieve Stress to Master your Mind Power

## How does stress affect you?

Stress is something that we all have on a daily basis and there is no way to void it from our lives. Some stress pops up from nowhere, yet we can either manage this stress or release it. Sometimes we have to cultivate a willingness to make changes.

It is possible to relieve unwanted and unnecessary stress. When stress starts to develop do something to get rid of this stress rather than allowing it to sit on the back burner.

Commence to relieve your mind of stress by allowing space to unlock your mind power. You can do this by relieving stress.

## How do we deal with stress?

We deal with much stress from negative thoughts. Worry about something we have no control of is thinking negative thoughts. Just let it go. When you have no control, you want to let go of what you can't change. Only work to change what you can. Unlock your mind power by thinking positive and get rid of stress by changing your thinking habits.



We can change from being negative to positive by setting some goals and making changes. You will have to make some changes but we all can change even you.

### **How we can manage our lives to unlock our mind power?**

Make a list of things that you can change that is about to stress you to the dumps. Don't let this get you down. Create your list, jot it down so you remember what the stress that is making you feel sad is and worried all the time.

Now make another list on how are you going to change the stress around to being positive or gone for good. Let go and unlock your mind power to success, money and friends.

Believe me when you reach each goal and check it off the list you'll begin to feel happier and glad to go to work or out with the friends especially the new one you'll be meeting.

Now the goals and solutions are finish with positive thinking in mind jump in and start working on them now. Don't wait to get started because if you do the negative thoughts might slip back in and then you'll be overpowered by them. You need to overpower the negative thoughts by keeping them positive and active.

Stay in control by thinking positive to unlocking the mind power for success, money and friends. As you begin to think positive, you'll eventually be able

to reprogram your brain and mind to positive thoughts. If you begin to feel negative thoughts slipping back into your life, stop in your tracks. Walk away from the situation and unlock your mind power again to think positive and relax a minute. Go back and finish what you were doing.

When we reprogram our mind and brain to thinking positive, it helps us to learn how to manage daily stress. We learn to manage the stress that crops up also. Relieving stress is very important for all of us to relax, become healthier and happier. In addition, your mind needs this room to think straight.

To reach success we have to be positive in life, for money we need to succeed at our jobs and to relate better with our friends we need success at being a more positive and confident person that is interesting to be around. So unlock your mind for success to make money and friends by being positive and more confident that you can and will succeed. Break them old habits.

## 28. Breaking Old Habits to Master your Mind Power

Negative habits can take over our lives making our health drop, sometimes we lose our jobs and no friends call anymore. It doesn't sound like a happy life to me.

We need to change our negative habits to be positive to make us happy and succeed in whatever we want. We might want to change jobs, or relocate to a different area or even just look different.

By unlocking our mind power and digging down deep, we can become a new person with goals and happiness to keep us busy. When you unlock your mind power, you will find you are doing a lot of negative thinking down inside. Change very negative to positive thinking by changing your habits.

When we realize how many negative thoughts we have stored up it is sad for everyone around us. We become depressed, sickly, and angry even begin to have mood changes every time someone says something to us.

It take a lot of hard work to change old habits believe me but be positive and tell yourself that you can and will do it. Tell yourself that the old habits are out the door and bring in the new positive habits. You will become healthier and happier when all is said and done with.

Set goals for the habits you want to send out the door and replace. Write them down so make them seem more real by reading and reading them repeatedly. The more writing and reading you do you'll make your brain believe that you can do this and then it will pitch in to help.

Habits are things we have done so many times they become natural. Even though these habits are negative ones you can make them positive. Goals will help you succeed and lead you to money and friends.

If you find yourself saying "if only," or "I can't," put those negative thoughts away. Change and repeat them to "I will" or "Next time I can do it this way" these are thinking positive thoughts.

Your goals need to be positive and reach them with positive thinking. For instance if one of your goals is not to eat so much. Repeat to yourself aloud in a soft voice "today I won't eat so much." Keep reminding yourself that you're not going to eat so much every time you reach for a snack or make three sandwiches. Forget the negative thoughts and walk by the second snack or only make one sandwich.

The closer you get to making your positive goals you'll see yourself becoming a different person. You will have a better job or at least one you like. Your health will be better so you're not so sick all the time with a headache. The phone will be ringing all the time from friends wanting you to go for a walk or come over to their place for coffee.

As the old habits, disappear. Moreover, the positive habits start taking over you will enjoy being alive again and happy to go to work. Taking care of yourself and changing old negative thoughts to good positive ones will bring out the real you.

It will take time and a lot of effort to reach your goals for getting rid of the old habits but they will go and you won't even realize it. It will be such a surprise when it does hit that you'll be jumping up and down with joy. Get some brain busters.

# 29. Brain Busters to Master your Mind Power

Keeping the brain busy so it doesn't have time to think negative thoughts and pull us down into the dumps can be fun help us to success.

Participating is the start of contributing something of self, such as time to others. It is the chance of partaking in activities, recreation, postgraduate work, and the like by chipping in your two cents. Synergic is also joining and involving positive self-image to learn and grow to accept difference. This sometimes includes brain busters.

Our brains need to stay active and exercise just like we do in order for it to function. When the brain sets for a while it will kind of go to sleep on us and we can lose our memory, our IQ will drop and we begin to think negative.

In order to be positive we need to think positive that we can do something and if we could. If we could, is a negative thought. When we become down and lose our energy, we begin to think negative thoughts.

Being negative is not going to get us anywhere in the world today. Having a positive attitude will give us a longer and happier life towards success, money, and friends.

Using Brain busters or mind puzzles will exercise your brain by unlocking the mind power to think positive. As we exercise the brain teaching it new and more positive thinking our success, money and friends will come alive as well. Start exercising with brain busters today.

Mind puzzles or brain busters can come in many different forms. They can be toys or trinkets to lie around the house, play them on long trips, to relieve stress and use them to think. Thinking positive will make a long trip more joyful, relieve stress that gets us in the dumps and even our vocabulary will become sharper.

As we learn more words, we can carry on a conversation with the best of them. Relieving stress will help us to relax and enjoy what is going around us. Laying around the house for a pick me up thing when we just want to relax for a minute or two is great.

Turn on the natural music, grab a brain buster book or toy, sit back and take some time out for yourself to unlock your mind power in success, money and friends. Relieving stress will give us more energy to succeed in the hard to make decisions, help us at the workplace by thinking more positive, and our self-esteem along with more self-confidence will go up to help us carry on a conversation better with our friends. Thinking positive will get us a long way in today's world.

Make yourself some goals like taking time out to relax with a brain buster or mind puzzle. Set a goal to be relax when around friends or on the job. Now set another goal on how you're going to succeed with the first set. Think

positive at what time you are setting goals and writing them down will help bring them to life and more realistic.

You can find mind puzzles at most stores today. Even newspapers and magazines have them now so you can have a new challenge to face each time you sit down to think and work on training the brain to be positive.

Keeping the brain active with exercise will help you to think positive. In addition, you will find it easier to unlock your mind power to success.

Learn, become a positive thinker, have more energy and succeed with unlocking the mind power to success, money and friends with Brain Busters. Natural music can help you to relax, which is a great start to master your mind power.



## 30. Natural Music for Mastering your Mind Power

Listen to natural music to unlock mind power for success, money and friends. We need to have the skills of relaxation in order to unlock our mind power to have a positive attitude in making good decision to be successful.

In order to be successful in our lives we need to relax and take time out for ourselves. When we're tired and exhausted we think negative things instead of staying on the positive side.

Listen to natural music by taking time out for yourself you can learn the relaxation techniques as well and unlocking the mind power to think positive. Thinking positive will bring you success, money and friends.

Most people prefer to use natural music to help them relax. These tapes can be bought in most department stores and bookstores as well. You can get the CD's and a book in a set at the bookstore to let you read while listening.

Getting on the Internet and searching for mind power music or natural music is a couple of ways to find them on the Internet. Sometimes you can download when you purchase them to you PC to help you relax while working or playing.

In order to unlock you mind power to positive thinking you need to learn

how to relax to think positive. If we are, all stress out it will keep us from sleeping at night. With no, sleep how in the world can a person take on challenges if they can't think positive because they're too tired and want to go back to bed.

Learn to unlock your mind power is mean that you need to make changes in how you feel about yourself and the future. Relaxation with natural music will help you change your attitude by letting it forget the negative things to let you relax.

Thinking positive is easy for some people but other it is harder. We have to reprogram our mind and brain from negative to positive. Make goals and finding ways to solve them is the first thing a person has to do.

Putting relaxation on the list of goals is a much in order to be successful. If we worry and stress ourselves out to exhaustion, it isn't good. Learn not to worry about something you can't control. Relieve the stress that is stopping you from relaxing by putting the ones that you can control on your list of goals. Think positive and makes changes in your life to relieve the stressful items; relaxation will come once you can relieve yourself of some stress.

After you have finished your list using your unlock mind power decide what can you do to relieve these stressful items so you can relax easier. Repeat to yourself that you're going to stop worrying so much repeatedly. This will reprogram you mind to say don't worry you can do it. By repeating positive things repeatedly, it will begin to overpower the negative thoughts and you'll soon be thinking positive.

Your subconscious will tell you to do positive thinking once it is stored in your conscious that you can and will relieve stress by thinking positive.

Our conscious notice the negative things and stores them later to use. The conscious mind programs the subconscious to tell us what to do. Your conscious mind pick up these things to use and you don't even realize it because it used what it hears and can see. If the entire conscious mind is hearing negative things all the time that is all it is going to know. Therefore, we need to reprogram to thinking positive by unlocking our mind power to success, money and friends.

# 31. Master your Mind Power with Bio-Feedback

We can become successful by applying bio-feedback to unlock our mind power to success, money, and friends. Bio-feedback is a useful tool that aids us by giving us positive feedback. We can use this feedback to our advantage.

Bio-feedback is what you are hearing and seeing from others when you're around them. Like when people suddenly stop talking and when you walk in on a conversation, this is bio-feedback telling you something. However, you have products that will aid you until you develop your self-awareness. Look for some of these products on the Internet. Don't forget to look in the neuro-feedback section also.

Did you not get the new position at the workplace that you felt you should have gotten? This is bio-feedback that maybe they didn't feel like you have enough self-confidence to get the job.

Visualize in your mind where did you go wrong to lose the new position to someone else. You have done the job for two years but did get the promotion. Imagine what you could have done to show them you can do it.

Visualize yourself and unlock you mind power to decide why don't people like to talk around me. Are you to negative when you carry on a

conversation by saying you can't do something or you don't think this is the way it should be done.

Using your bio-feedback, visualization, imagination you can master the power to success. It takes practice and time but you can reprogram you mind and brain to be anything you truly want to be.

Using your bio-feedback from other and visualize what you are right at this minute. Ask yourself is this the place you want to be at work, or do you have friends enough to last a lifetime.

All the things you see and hear from the bio-feedback, you're visualizing, and images that you're not happy with are negative things. You have to learn the skill and techniques of changing them to be positive. You can do this by reprogramming you mind to think positive that you can and will succeed to get that position at work you want or you will succeed making new friends.

Make a list of all the things you want to change in your life to feel better and happier with your life. Make another list and how you can change to make this list disappear and you can smile and be glad to be around people or make more money by getting the next promotion that comes up at work.

Unlocking your mind power and be successful to reach where you want to be in life will mean that you have to make some changes. Repeat what you want and can change in your life whenever you think about them. Stick a note on the refrigerator. Put up a note where you look each day. This will remind you of your goals that you want to achieve. Making changes are not

easy but you can do it.

As you begin to reach each goal to success, you notice bio-feedback from your co-workers, even stranger when they talk to you and discuss things because you feel more comfortable talking with people. You'll find your boss will ask to do other duties or give you more responsibility because you and the company will see you have the confidence to handle more.

Unlocking your mind power from negative thinking to positive thinking will get you a long way to success, money and friends. Be positive and become a happier person with yourself and with others. Start your visualization to success.

## 32. Visualization in Mastering your Mind Power

For success, money and friends we need to keep a positive attitude and stay in control of your lives by thinking positive. We will get nowhere if negative thoughts keep popping up. Where you arrive in your future depends on the way you are thinking.

Our thoughts build our future by thinking positive. When we think failure, our subconscious is thinking negative thoughts to make us fail.

Listen to yourself if your thinking negative your subconscious will help you to continue. The subconscious lives for whatever it has been told by the negative or positive thoughts. We can learn with practice to change the subconscious to think positive with a little effort on our part.

Our conscious mind makes and chooses your way of thinking by what it hears and sees and sends it to the subconscious to store for use later. Put positive thoughts into your conscious to reprogram the mind to think positive for success, money, and friends.

Unlock your mind power to positive thinking by reprogramming how you are conscious and subconscious to think positive thoughts. Remember you won't see results at first but they will come in time.

Visualize yourself today. How are you feeling about yourself and are you where you really want to be in order for success, money and meeting new friends? Look deep into your mind and be truthful.

Imagine what you want to be doing with your life. Do you visualize speaking in public? Do you want to rise higher up on the ladder for success at the workplace something that you want and haven't been able to succeed? Imagine anything you want to do or be in life that you have been able to succeed in.

Here are a couple of tips to help you change your thinking to positive thoughts in success, money and friends. Get a pin and pad of paper out your going to need it.

Start today and make a list of things that you don't like about yourself and want to change. Think about these things because once you put them on paper they will be real.

You now have a list of things you'd like to change in order to succeed or goals for the future. Make another list from this one and visualize how you can change the negative list to success.

Put this list up on the refrigerator, in the bedroom, at your workplace or anywhere that you want so you can be reminded of your goals in life. Repeating and reading them will help you to reprogram you mind and brain to thinking positive. Now start talking aloud to yourself repeatedly that you can and will succeed to reach each goal, you have hanging all over the place.



Visualize how happy you'll be as you reach each goal for success.

Check off as each goal is reached. For instance, if talking in public with more comfort is one of your goals to make a new friend. When you make a new friend check it off the list but then increase the goal to making a new friend each week. Reaching a goal and checking it off will be success and give you a positive outlook for making friends. You have done it and you will continue.

As you reach each goal you begin to feel more confident, your self-esteem will boost, you'll have more energy at work to get that promotion because you can and will see for yourself, as each goal is checked.

Success is on your by Visualization and imagine who you are and who you want to be to succeed. Use your innate gifts.

# 33. Use your Innate Gifts to Master your Mind Power

Unlock your mind power with self-talk to by telling yourself that you will think positive.

Our mind picks up things especially the negative thoughts from other people. Subconsciously we hear them as feedback when we are doing things making us think negative. Learn to overcome the negative and become positive with self-talk.

Dig inside while thinking positive to decide what it is that you don't like about yourself and things around you. Remember don't let the negative thoughts get in the way. Be truthful and positive to be successful. Being successful will bring you money and new friends.

Self-talk is telling yourself that you can and will be successful in whatever your goals in life might be. If you want to make friends or become closer to the ones you already have, you will be more conscious in how you act and think positive. Your friends will be flocking around you when you talk positive instead of running yourself down all the time.

Tell yourself that you can make changes at your work in order to get that promotion you want so badly. Make changes and learn new skills to make more money with your career.

Sometimes we have to write down what we want to change in order to make the mind and brain to think positive and help you through to success. Changes are not always easy and fun to do but thinking positive will get you a long ways in life by unleashing our mind power to succeed.

Making a list of what you want to do different and how you're going to succeed to reach the goals will make them seem more positive. Repeating this list repeatedly again out loud in a soft voice will reprogram your mind and power to thinking positive that you can and will succeed.

Think positive at the work place and tell yourself that you can learn a new way to handle certain things like how you talk to your co-workers. When you talk to friends at work don't say things like; "I can't get this done in that length of time." Say, "Sure I'll work on it right away." When you use the words "can't" or "if" you are using negative thoughts; learn to work around them by telling yourself that you can and will meet the deadline.

When we say, "sure I'll work on it right now" or "let me get started on this" is thinking positive. Tell yourself that you will meet the deadline and succeed. People will be happier to work with you and at the same time, you'll be making more money and friends.

Self-talk will help you to remember that you have a list of goals and rewards waiting for you to work on. If you need to go back to the list of goals about how you're going to succeed by making changes.

Writing them down and rereading, them will help the positive thinking and you'll be hearing less and less of the negative thoughts.

Start now and make your list while you unleash your mind power to success, money and friends to be successful in life. Don't worry if you made a mistake before when trying to reach your goals. Everyone makes mistakes one time or another but we learn from them by not doing it again that way. Use your self-talk and positive thinking is finding a different way to handle the situation the next time it happens. Fight the blues.

# 34. Improving your Life to Master your Mind Power

Making improvements when thinking positive can give us benefits in our health and self-confidence.

There are many ways a person can improve their health by learn new skills that will also increase our self-confidence. We can learn new skills on how to meditate for relaxation, our diets, making goals and relieve stress. Thinking positive and never saying you're too young or old to learn new things.

Challenge is a good way to improve our memory. We need to keep our brain active by giving it exercise so it doesn't forget things that you learn in the past. Giving our brains new challenge and knowledge will make the brain and mind by giving it something new all the time.

Every day you should try to learn something new. Usually we learn and don't even think about it by reading something in the paper or solving a problem even give us new knowledge on how to handle things in different way to keep it from stressing us.

Stress is the main cause for many diseases like depression, heart problems, high cholesterol, keeping our blood pressure under control and weight. We need to learn how to relieve stress to stay healthy and happy.

Unlocking our mind power will help us relieve stress, help us to handle everyday challenges and even help to keep our diets under control for better health, success, money and friends. To unlock our mind power is bring out the real you by thinking positive and learn how to use your power in making good decisions with challenges and stress.

Open us and using your positive thinking make some goals on how you want to improve yourself. Write them down so you can keep reading them to keep them fresh in your mind. By writing, those down you make them more positive as you reach each one.

Then make a list on how you can change or what you need to do to be successful. Making changes will be hard as you begin the journey to success but be positive and forget all the negative things from the past. Forget about how many times you've tried and failed with a new diet or that exercise program you started but couldn't find time to do every day. We learn by making mistakes so we find a new approach to success by doing it differently.

On your list, make a reward as you reach each goal for yourself. If you are trying to diet, reward yourself with a time out shopping spree and buy a new outfit. Or if it is the exercise program set a length of time like 2 months to start with and when the 2 month are over reward yourself with a new exercise outfit. After you reach, the 2 month extends it to 6 months with another reward. Don't stop here keep going to better health.

Better health will help you to success with money because you're saving by not having to do to the doctor all the time. You be happier as you reach goal so maybe that will mean you can give up taking nerve medication. With better health you'll feel better and you self-confidence will increase so making friends will be easier.

Don't stop setting goals for improving yourself. Continue to unlock your mind power. This will bring you success, money and friends. As well, you will feel healthier and happier.

# 35. Mind Power Mastery Pro in a Nutshell

Mind science is considering your happiest, everlasting peace within and the boundaries that inspire your mind to labor in invitation with your mortal. Submerged mind-training assists you to become that grown-up person you want achieve. Inner wisdom stocks you to take after on practical thinking by employing to grow better your mindfulness to tend to your inborn spirit.

At what time an individual airs exhaust, they commonly commence to rationalize gainsaying afterthought pence. This affords befuddling from bring into question. Psyche science teaches you to turnaround those colored afterthought to dogwatch an efficacious eccentric by signed from impression, or other alternatives. Study can collaboration you with flying your indubitable having the ability to along with aid with self-supporting distort. In addition, suppressed literature qualifies the exploit of guided enjoyment that you occasion in orbit.

Take your power now by exploring your mind to unlock your mind...