



HARNESSING THE POWER Of MIND: A User's Manual

Presented by:

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Introduction	3
Chapter 1: Power of Positive Mind	4
Chapter 2: Affirmations	7
Chapter 3: Unleashing Mental Potential	9
Chapter 4: Useful Negative Thinking	11
Chapter 5: Mind Power Dynamics	13
Recommended Resources	15

HARNESSING THE POWER OF MIND: A USER'S MANUAL Introduction

Are you sick of caving into every pathetic suggestion, idea, scheme, or scam no matter what it's about?

Perhaps you feel like you make concessions to your friends over and over again, never knowing why - other than just "going along for the ride"?

In this eBook, this is exactly what we're going to cover. If you've ever had problems "making changes", perhaps, it is important to look carefully at the way you are trying to change to get the things you need.

Once you've discovered the RIGHT way to change, then ...

- You can feel MORE CONFIDENT about YOUR PATH IN LIFE.
- Your surroundings can improve – including your job, income, relationships and family. THE PEOPLE AROUND YOU ARE MORE INCLINED TO SEE YOU AS A DO-ER, **NOT** MERELY A SAYER.
- You are in a position to FINALLY GET WHAT YOU WANT in life!

Each chapter is designed to be short – so, you can begin each morning, perhaps with your coffee or tea, with a new element in your morning routine. It is an element that will impact change ... I look forward to being part of this journey with you!

We'll begin tomorrow with the first chapter in this eBook.

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Chapter 1: The Power of a Positive Mind

I'm one of the fortunate who was brought up by great parents. I know this today ... and even as a teenager when many youths feel that their parents know nothing, I recognized much of the wisdom that my parents hoped to share with me as I grew into adulthood.

The reason that I bring this up to you today, as part of this audio series, is that I know without a doubt, that mom and dad raised me with a healthy amount of "you can do anything you put your mind to."

Do you know what I mean by a healthy amount?

I'll give you a couple of examples. First of all at only 5' tall, a career in the NBA was not something I would have been able to achieve. So no matter how hard I worked at basketball, I'd never become a basketball star.

But you see on the other hand, there were gifts, talents, abilities and so forth that I did have. But even more important than that was my own state of mind -- my positive thinking ... my self-confidence and self-esteem. They encouraged me that I could work in ANY industry that I wanted. I could even set short-term goals such as getting a quality education.

It was truly important that I believed in myself and had dreams. This was important because, without them, no reasonable future would likely exist for me on the road ahead. And whatever dreams I had, would be supported by my mom and dad ... and they never wavered in their belief in me.

Positive thinking is perhaps among the most talked about topics today and has attained great importance in many people's lives.

Yet, as many people keep on talking about this whole concept of optimism and positivity, is this really enough to keep us happy?

The answer is 'yes'. Having a positive outlook can truly change your life for the better. And this is what I referred to when I said that I grew up with a healthy amount of "you can do anything you put your mind to."

We encourage each other to handle our lives in positive ways. However, what exactly is the meaning of positive thinking?

Most of us are not aware of the ways in which positive thinking can help us. Many do not recognize how to actually bring positive thinking to practical use.

Our mind is constantly plagued by numerous thoughts – those that affect our thinking to a great extent. These thoughts exercise control over us, and thereby affect all our emotional and physical reactions.

Every thought is characterized by a different emotion. However, the basic division of thoughts is based on the positive and negative aspects of our thinking. For example, some people focus on negative thoughts more and thus the positive thoughts get washed away. Therefore, your focus should always be on positive thoughts. This leads to the creation of more positive thoughts and feelings that can help you escape the shackles of depression and frustration. We're familiar with the phrase – glass half-full vs glass half-empty.

Positive thoughts and feelings generate a sense of peace and happiness. Positive thinking is keeping your attitude positive. Your attitude determines and affects every action or decision you undertake.

Positive thinking is more of a mental process that can affect your life in miraculous ways. Therefore, you should fill your mind with positive thoughts and feelings leaving no room for even a slightest bit of negativity. Positive

thinking generates positive vibes around you that can help you look at the brighter side of even the most complex situations.

Positive thinking also affects people around you. If you think in a positive manner then you will emit positive vibrations that spread out to people around you. You should understand your thought process and pattern if you want to improve your mindset.

You should treat every situation with positivity and smile through all your difficulties. This automatically develops a better self-esteem, which will give you the strength to deal with convoluted situations.

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Chapter 2: Affirmations

In chapter one of this series, we talked about the power of a positive mind. Today, in chapter two, we will discuss affirmations.

Along with positive thinking, affirmations also help us in changing our lives. Affirmations help us in transforming our lives and achieving our goals. Generally, we are not used to giving much importance to affirmations and fail to realize their significance.

To some, hearing the term affirmations might bring to mind something new age or spooky. However if that concept sounds a little odd to you, then allow me to put your mind at ease.

Affirmations are beliefs and thoughts that characterize and command our mind. These affirmations can again be positive as well as negative. Positive affirmations help us in improving our lives as they mirror our desires, wishes and our true selves.

Words are extremely powerful.

In the form of affirmations, words can be effectively used to wipe out negative feelings and thoughts from our mind. In some cases, you may have contradictory beliefs or negative thought related to a particular object or person. You can use affirmations to stop these negative vibes and create positive feelings instead.

Affirmations help us to understand our thoughts better and make us aware of our goals. They help us to make conscious efforts towards the achievement of our goals.

You should always trust and have faith in your affirmations. In fact, you may face resistance of your subconscious while focusing on them. However, you should fight this resistance with your conviction and determination.

You should continuously say your affirmations in your mind again and again, as they help increase your will power. Once you start using affirmations, you will slowly observe their wonderful effects in all spheres of your life.

You can easily learn to use affirmations for achieving all your small and large goals. Sometimes affirmations need a considerable time to manifest into reality, while sometimes the process is almost immediate.

In the end, everything depends on how you perceive your affirmations and the amount of faith you have on them. You can use these affirmations in all areas of your life to focus on attaining better results when it comes to health, work, self-esteem, happiness or family. If you couple your affirmations with positive thinking, your life will be totally under your control.

HARNESSING THE POWER OF MIND: A USER'S MANUAL

Chapter 3: Unleashing Your Mental Potential

In chapter one of this series we talked about the power of a positive mind and in chapter two, we discussed affirmations. This is chapter three – here, we will discuss unleashing your mental potential.

Our mind has unique powers that can help in unleashing our true mental potential. Each one of us has tremendous mental potential which if put to good use can change our lives as well as the lives of those around us.

However, most of us do not understand the value of this gift and thus, fail to utilize it. Once you are successful in unleashing your mental potential you will be amazed by the effects that follow. You can create achieve your goals in this world by believing in your own capabilities.

The mind has great tools like focus and concentration that help in improving our efficiency. You should also observe the thought processes that take place in your mind and try to organize these thoughts.

Most times, we do not completely utilize our mental potential that hampers our development and progress. Focus and concentration help in unlocking various channels of our mind and increase our overall performance levels.

Various memory techniques are used by people to improve their memory and concentration levels. These techniques help in sharpening up our mental capabilities to help us recollect things at a faster pace.

This also increases your performance levels and takes you on the path to success. Another way to unleash your mental potential is to be persistent in all your efforts.

Each one of us has tremendous potential, which if not used from time to time, fades away or disappears. Therefore, it is very necessary to unlock these doors of high potential in our minds to unearth your own potential.

Each one us, however, has different levels of potentials, which should not be compared at any cost. The measure of mental potential is absolutely an individual thing. However, you can definitely improve your mental potential by working on it and using various techniques.

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Chapter 4: Useful Negative Thinking

It is our common belief that any kind of negativity in life proves to be harmful and leads to unfavorable emotions. However, there are some cases where negative thinking actually helps in a positive way. Sometimes negative thoughts have a hidden layer of some positivity in them.

However, we are so busy brooding over negative thoughts that the positive part simply escapes our mind. Thus it is necessary to understand that negative emotions are not always harmful but instead, when seen in a positive light, they can really help us in dealing with life in a better way..

For example, useful negative thinking can be extremely beneficial. Sometimes negative emotions and feelings tend to bring the best out of you. As the common saying goes, opposites attract, negative thoughts, too, attract positive feelings.

A certain amount of negative thoughts is useful to each person. Negative thoughts are extremely normal and natural. Only excess of negativity should be avoided.

Negative thinking, many times, unknowingly leads to introspection, which helps you understand your needs and beliefs better. Each of our negative emotions or thoughts can prove to be a learning experience that teaches us invaluable lessons of life.

Therefore, you should learn the art of opting for useful negative thinking. Negative thinking helps you in understanding your weaknesses and strengths. You can then work towards building up your strengths and talents.

However, this does not mean that you should sit pondering over your negative thoughts all the time. You should try to uncover the hidden message or meaning that each negative thought carries with it.

You should maintain a balance between your negative and positive emotions. Life is filled with all kinds of experiences, some of which are very painful. If you know, that you cannot escape this pain merely by positive thinking...so then why not embrace such negative thoughts and learn from them?

Be sure to read our next chapter – Mind Power Dynamics!

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Chapter 5: Mind Power Dynamics

So far in previous chapters, we have discussed several different concepts. These include:

- positive thinking
- affirmations
- mental potential
- useful negative thinking

So where does leave us now?

Achieving control over the mind may seem tough owing to the innumerable thoughts and feelings that occur in your mind. However, mind control helps you in understanding the importance of your thoughts and blocking unnecessary thoughts that continuously baffle the mind.

Do not waste your time on worthless thoughts; instead use mind control to help avoid this. This technique will help you gain control over your emotions and physical reactions, which can occur as a result of your thoughts.

Mind power dynamics can assist you a lot when it comes to mastering the art of mind control. Power dynamics can help you achieve all your goals and fulfill all your wishes. This methodology involves the process of transforming your belief patterns and thoughts so that they remain lined up with your dreams and aspirations.

You have to utilize the power of your mind to achieve mind control. You should constantly motivate yourself to control your thoughts and arrange them properly in your mind. Dealing with thoughts also becomes easier due to this.

There are various methods of mind power dynamics like trying to curb all the negative habits, taking proper care of your food and diet, decreasing stress levels and meditation in order to control your mind.

Dynamic meditation techniques will help you gain a sense of peace besides calming your mind. Whenever you feel that you are losing control over your mind, you can try deep breathing and visualization exercises to regain control of all your senses.

Your mind has great potential and you just need to understand this for effective mind control. Using power dynamics, you can choose your thoughts and emotions and use them to your own advantage.

Changing your life by changing your thinking can seem to be a daunting task at first. But as you proceed further on this path, you realize that it is not that difficult. You should take the first step and start believing in yourself.

The decision of changing your life and getting out of your comfort zone is not easy and will require great courage. However, the efforts you put in will surely be worthwhile as the results you will get are bound to be positive and wonderful.

All of us are bestowed with only one life. Then why waste life pondering over worthless and unimportant issues when life has so many other great things to offer? We often waste our lives whining and complaining about our careers, relationships, work, friends or simply criticize our fate.

In this eBook, we have only scratched the surface and I'd like to share more with you on your journey. There is so much more to share! So, be sure to watch your inbox – I'll be sending you even more!

RECOMMENDED RESOURCES:

[The Life Coach Dr.](http://thelifecoachdr.com) – To learn more about the Power of the Mind, visit
<http://thelifecoachdr.com>

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