

**Powerful Positive Affirmation Mind  
Rejuvenator Booster ~ Increase Your Brain's  
Full Potential Vol 3...**



**by Terry D. Clark**

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### **Introduction**

Before we begin, let me first ask you a simple question. Don't worry. This won't bend your mind nor twist your brain. It's a no-brainer, actually. Ok, here goes: What do Superman, Spiderman, Batman, the X-men, and the Incredible Hulk have in common? See, it's easy, right? Yes, they all have supernatural powers – special abilities that make them supreme, invincible and indestructible, and which cause them to be recognized as superheroes. They use these special powers to do good things to people and defeat evil entities. But, unfortunately, they are not real. They are only works of man's creative imagination. They don't exist in the real world. That's why, unlike in comic books and movies, when our city is in trouble, there is no superhero to call to save the day. It really seems to be too good to be true, isn't

it?

Now, let us try to add another one in the list; this time, a real person, say you, me, your teacher, my next-door neighbor, or simply anyone who exists in this world. The list would now be like this: Superman, Spiderman, Batman, the X-men, the Incredible Hulk, and you. Again, same question: What could be the common factor among those in the list? Remember, it includes you now. So before answering, you might ask another question first. Is there really something we all possess? Indeed, there is. Even changing the last entry to me, your teacher, my next-door neighbor, or whoever real person you may think of, still there will always be something common between a superhero and a real person like you and me, and that is power.

Ever envied a superhero for having supernatural powers? I think we all have. Just imagine how cool and fascinating it would be to become invisible even for just a minute or two, to fly across mountains and seas, to climb tall buildings and walls, to create fire or ice depending on what the situation needs, or to simply have that special physical strength to be able to do things that normal people can't do. But are these kinds of power only necessary to make us superior over others? As real people in the real world, we can never possess any of these supernatural physical powers. What we have is the power to mold our personality, to shape our future, to create our destiny, and to determine who and what we are – a power greater than any other supernatural powers, a power that builds reality and not mere imagination, a power which everyone possesses and can make him a hero in his own ways. This is the power of the mind.

Funny how we tend to be so addicted in looking outside ourselves that we have almost totally lost access to our inner being. We are so afraid to look inward because we might not be happy with what we could see. We make our lives so hectic that we eliminate the slightest risk of looking into ourselves. Therefore, we settle on observing things outside of our own. We make comparisons, judgments, and evaluations which only lead us in concluding and, worse, accepting the fact that we are inferior among others.

What we don't know is that we have the power to reverse what the outside world makes us believe in. If it says that we are wrong, we have the power to make us right. If it says we are losers, we have the power to be winners. If it says we are

non-existent, we have the power to make everyone see that we are alive and surviving. And that is how the power of our mind works – making us more supreme, invincible, and indestructible than any other superhero is.

If the world says you can't, say "I can. Therefore, I will."

## **Chapter 1**

### The Nature of the Human Mind

No species possesses a purpose beyond the imperatives created by genetic history...

The human mind is a device for survival and reproduction, and reason is just one of its various techniques.

- Edward O. Wilson (1929- )

On Earth, man occupies a peculiar position that sets him apart from all other entities in our planet. While all the other things – animate or inanimate, living or non-living – behave according to regular patterns to balance nature, man seems to enjoy – within definite limits – a small amount of freedom. Man controls his way of living, speaks his own language, perceives and learns great amount of knowledge, manages his emotions, and deals properly with problems he faces. All of which is unique to man only. There is, in fact, within the infinite expanse of the universe a small field in which man's conscious conduct can change the course of events.

It is this fact that causes man to distinguish between an external world subject to

unstoppable and endless necessity, and his human faculty of thinking, cognizing, and acting. In Philosophy, mind or reason is contrasted with matter, something that is extended in space and persists through time. Fully aware of the fact that his own body is subject to the same forces that determine all other things and beings, man attributes his ability to think, to will and to act to an invisible and intangible, yet powerful, factor he calls his mind.

The mind, including the processes it carries out such as thinking, learning, memorizing, remembering, and the likes, is one characteristic that distinguishes man from any other being in the world. The nature of the human mind is like that of a mirror; having different functions and features: (a) open and vast, (b) reflects in full and precise details, (c) unbiased towards any impression, (d) distinguishes clearly, and (e) potential for having everything already accomplished.

### Open and Vast

Martin H. Fischer (1879-1962), a German-born U.S. physician and author, quoted “All the world is a laboratory to the inquiring mind.” Isn’t it ironic how small the human brain where mind processes undergo is, and yet it encloses matters in as huge as the universe? That’s how open and vast the mind can be. It can consist of things as trivial as the number of moles you have in your body, or as essential as how many dosages of cough syrup you need to take in when you are sick. It can create illusion or reality, bring delight or sadness, trigger conflict or peace, and generate love or hatred. And most importantly, it can make you, by influencing you how to be the best of who you are, or break you, by covering you with all the fears, embarrassment, and shame you least need in going through everyday.

The exposure of the mind to practically ‘anything under the sun’ keeps it from hiding any secrets the world unfolds from us. But again, all information that we can easily gather from outside is not always being marked off by the society –



which is good and which is bad, which is right and which is wrong, or which is divine and which is evil. Therefore, the mind, as an all-encompassing system, accesses everything and yet restricts us from nothing.

Indeed, we have to agree with Fischer that the world is just a laboratory of the inquiring mind. A gigantic world of mind exists to which we are almost totally unexposed. This whole world is made by the mind. Our minds made this up and put these things together. Every bolt and nut was put in by one after the other's mind. This whole world is mind's world – the product of mind.

### Reflects in Full and Precise Details

In her outstanding book, *Choose the Happiness Habit*, Pam Golden writes: "Take the story of two brothers who are twins. One grows up to be an alcoholic bum. The other becomes an extremely successful businessman. When the alcoholic is asked why he became a drunk, he replies, 'My father was a drunk.' When the successful businessman is asked why he became successful, he says, 'My father was a drunk.' Same background.

Same upbringing. Different choices."

The brothers chose different thoughts regarding the identical experience they've been in. One took the fact that their father was a drunk as an example for him to imitate; thus, making him one too. In contrast, the other brother thought the same idea as something not to be mimicked, making him doing the opposite thing until he became successful. Those thoughts over the years shaped the circumstances where they are now. Whatever viewpoint they had about the situation was reflected on how they are doing now.

In other words, whatever there is in our mind can be fully and precisely reflected through our actions. It is due to the process where thinking creates images in our

mind. These images, in turn, will control feelings like joy or sadness. Such feelings will cause us to do actions on how we would deal with each one of them. And lastly, these actions shall create results. Therefore, the mind, particularly thinking, implies reflection and creation of results. This is simplified through the very common cliché “You are what you think of.”

### Unbiased towards any Impression

Whenever we look at the outside world, or just any of the things it consists of, we tend to have a very strong impression of its substantiality. What we probably don't realize is that the strong impression is merely our own mind's interpretation of what it sees. We think that the strong, solid reality really exists outside, and when we look within ourselves, perhaps we feel empty. This is a common misconception among people. The wrong mental attitude that fails to realize that the strong impression that appears to truly exist outside of us is actually projected by our own mind. Everything we experience – feelings, sensations, even shapes and colors – comes from our minds.

To illustrate the point clearly, imagine one morning you woke up with a foggy mind and vague visual of the day ahead. Isn't it that the world around you also appears to be dark and foggy, too? On the other hand, when the world seems beautiful and light one day, you should understand that basically, those impressions are coming from your own mind, rather than from changes in the external environment. Therefore, instead of misinterpreting whatever you experience in life through judgmental wrong conceptions, you should realize that it's not outer reality but only mind.

For example, when everybody in a classroom looks at a single object, say, the teacher, each of the students has a particularly different notion on him, even though, simultaneously, they are all looking at the same thing, or person for that matter. These different experiences don't come from the teacher. They come from the students' minds. Although they all see the same face, the same body, and the

same clothes, their interpretations are still superficial. Analyzing deeply, the way they perceive him and the way they feel about him, is individual and different – all of which came from the mind of the students and not from the physical manifestation of the teacher.

This sort of equalizing wisdom of the mind is not likely to make any unfair preference on any impressions made. It only affirms that every interpretations made on a subject in the outside world is not a fact, but an idea of the mind.

### Distinguishes Clearly

What we see is not always what we get. There are certain things in this world in which their physical appearance is far different from their real attributes. Using only our 5 bodily senses, we may readily accept what we see, hear, smell, taste, and feel even if it refutes reality. But with the mind, it helps us distinguish clearly what the entity really is; thus, helping us too in making wise decisions.

Take for example this situation: you overheard a person say that it will rain this afternoon. Without thinking and analyzing the circumstances, you are going to believe it unhesitatingly. You may even cancel your plans in going out in order to avoid the hassle it will bring. In other words, without any basis other than some opinion of a person you don't even know, you accept the idea as true. And so, you make adjustments.

Using the mind, we can always not believe what we sense. This is if, not only they contradict with the observations, analyses and evaluations we made with them, but also they disprove a general truth. In the situation above, the mind can intervene in several manners – observing if the clouds are darker than usual, checking the weather news in the TV or newspaper for possible pouring of rain, etc – so as not to immediately accept the idea that it is going to rain. For instance, having observed the outside climate, you found out that the sun is high and the clouds are clear. Or, having checked the weather news, you knew that there will be no rain

during the day. Therefore, you may now conclude that it will not going to rain, and that you don't have to cancel any plans you have.

Hence, what our five senses cannot perform well, the mind does.

### Potential for Having Everything Already Accomplished

Funny how we have always been told, at least once in our life, to “put your mind in what you're doing” whether it would be studying, working, cooking, gardening, or simply reading. What could be the reason behind that? Well, these people – our parents, teachers, guardians, bosses, and friends to name some – are obviously concerned in our welfare that they want us to concentrate and work hard in whatever it is that we are performing. In doing so, we can easily accomplish our goals and achieve success.

There is a big difference in doing a job with the body and doing a job with the mind. In the former, one uses his hands and other parts of his body in performing a certain task which eventually will get tired and should be put to rest. Since the human body is subject to weaknesses and is limited in terms of functions, abuse of it may cause fatigue and other physical inabilities. Thus, it may affect the execution and termination of a task. On the other hand, in doing a job mainly with the mind, one does not leave all the work with the body. He thinks of ways on how to minimize the possible physical activities needed, to lessen the amount of time required, and to get the most out of the job being done. In this way, the task is most likely to be accomplished in just a little time, with the least effort but with the best result.

## Chapter 2

### Thoughts Generated by the Mind

All of our behavior results from the thoughts that preceded it. So the thing to work on is not your behavior but the thing that caused your behavior, your thoughts.

- Dr. Wayne Dyer

There are many different ways by which cognitive scientists try to understand and explain mind functioning. Underlying these different approaches is the assumption that any mind activity involves the transformation of information through a series of processes – procedures and operations – that draw upon existing mental patterns or knowledge representations.

The analogy is often made between the human mind and the computer, one of the many possible metaphors and the most commonly used for it. They even say that the mind is a super-computer – greater, better, and more efficient than any computer there is. Just as any computer can run many different programs, the human can perform many different behaviors, as well. Both the computer and the human mind store their files and programs in their memory until they are needed. In computers, these programs are those that let you write documents such as letters, reports, or books like this, surf the internet, play music or videos, and many more. By analogy, programs being stored in the human mind are those that tell us how to cook, play tennis, wash dishes, sing and dance, and a lot more, too.

Computers generate thousands and thousands of information through processing the raw data the user inputs. The human mind is not at all different from this. For a clearer view, let's take for example the process by which a search engine in the internet undergoes. In cyberspace, one can look for a particular subject without even standing up from his seat. All he has to do is open a search engine, type the subject matter he is looking for, and wait for the results to be produced by the engine. Simple and common topics like love, the Earth, McDonald's, etc. that you might key in may produce millions of results. Some are relevant and may conform

to what you are really looking for, while others are insignificant and do not focus mainly on the topic – that they may only mention the word once or twice.

Like computers, particularly search engines in the internet, the mind also generates thoughts and ideas this way – quick and easy, provides plentiful results, yet with complications. We can never ask a search engine to list only the ones we need, the appropriate ones, and to neglect those that hardly match what we are looking for. Likewise, relevant and irrelevant thoughts will also always pop up in our minds. We can never avoid it, but we can always check them one by one and classify as to positive or negative thoughts.

Consider the situation where you want to buy a present for your grandmother's birthday but you have no money to afford one. And so, using your mind, you think of possible ways to acquire money. After some time, this is what you have come up with:

- Run errands for somebody to pay you
- Ask money from Mom and Dad
- Steal money from Mom and Dad
- Sell your things you don't use anymore
- Sell brothers and sisters' things
- Beg money from strangers
- Apply for a part-time job
- Ask money from friends
- Borrow money from friends
- Join contests with cash money as prize
- Gamble

As we have mentioned earlier, the mind will produce all sorts of things – good or

bad, right or wrong – and we can never avoid it. What we can do is to organize and arrange them according to the level of their uprightness, i.e. What is a good and decent way in which I can acquire money? A better way? The best way?, or to classify them according to decency, i.e. What are the good ways? Which are the bad ways? Now, let us try solving and use our mind in dealing with this.

Among the ideas in the list generated by the mind, such as to run errands for somebody, to ask money from parents, to sell things that aren't in use anymore, to apply for a job, to borrow money, and to join contests are those that we can say proper and acceptable ways in acquiring money. These thoughts are what we call positive thoughts. On the other hand, to steal money, to sell things that aren't yours, to beg money from strangers, to ask money from other people, and to gamble are inappropriate and unacceptable solutions to the problem. They are considered negative thoughts.

In the mind, these positive and negative thoughts are always in conflict. What wins among them is shown through our actions and behavior towards things. In the example above, if what you did is anything among the “proper and acceptable” ways, then the positive thoughts won over the negative. Alternatively, if you chose to do any of the “inappropriate and unacceptable” ways, then the negative thoughts had won over the positive ones.

### Positive Thoughts

Encarta Dictionary (2003) defines the term “positive” as “confident, optimistic, and focusing on the good things rather than the bad.” Therefore, positive thoughts are sets of ideas in the mind that brings confidence, optimism, and focus to an individual. Familiar with the song Beautiful by Christina Aguilera? This is a good example of a song with words pertaining to positive outlook on how to see one's self. Below is the complete lyrics of the song:

Every day is so wonderful

And suddenly, it's hard to breathe  
Now and then, I get insecure  
From all the fame, I'm so ashamed

I am beautiful no matter what they say  
Words can't bring me down  
I am beautiful in every single way  
Yes, words can't bring me down  
So don't you bring me down today

To all your friends, you're delirious  
So consumed in all your doom  
Trying hard to fill the emptiness  
The piece is gone and the puzzle undone  
That's the way it is

You are beautiful no matter what they say  
Words won't bring you down  
You are beautiful in every single way  
Yes, words won't bring you down  
Don't you bring me down today

No matter what we do



No matter what they say  
When the sun is shining through  
Then the clouds won't stay

And everywhere we go  
The sun won't always shine  
But tomorrow will find a way  
All the other times

We are beautiful no matter what they say  
Yes, words won't bring us down  
We are beautiful no matter what they say  
Yes, words can't bring us down  
Don't you bring me down today

They say that beauty is relative and that it is in the eye of the beholder. Therefore, like how Ms. Aguilera points it out, we are all beautiful in our own little ways and we shouldn't let anyone or anything bring us down. This is an example of a positive thought that brings positive outlook in life. With much of these, dealing with problems like making friends or finding true love or reaching goals, would not be as hard as it may seem. There will always be this so called "fighting spirit" to take away all fears and get rid of any insecurity that causes such problems.

Simple I can's and I am's shall be a great way to start cultivating our minds with positive thoughts. To add to our example above, optimistic thinking includes "I am smart. I am open to new ideas and knowledge," "I can stand out in a crowd, though not with my looks, but with my smile," and "I can be noticed by anyone if I'll

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