

# **PIECE OF MIND**

**Science today has shown us how we can access all our  
mind in seconds \_ it's like turning on a switch  
inside your mind.**

**With the information in this book you can not only  
Switch On to all of your mind in seconds, you can increase  
the use of your mind to achieve faster and more easily.**

**Switch On to your personal power.**



# **PIECE OF MIND**

**Sandy MacGregor**

Mind Charts

by

Monika Kobus

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## DEDICATION

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*I dedicate this book to my three children who can no longer be here with me in body, but always will be in spirit: Jenny, Kirsty and Lexie. It has been what I have learned from their untimely death and the direction I have moved in since their death that has driven me and been my inspiration.*

*I also dedicate my book to my three children who live on with me in both body and spirit: Andrew, Lara and Ian. They have also been my inspiration and it is through them that I continue to learn and know that whatever happens life moves on and on ....*

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To Ken Davis a big thank you for his assistance and encouragement and for the marvellous piece of music he has composed for me: *Infinite Joy*.

I highly recommend Insight Seminars as a wonderful personal awareness organisation which had a great influence on me.

Many others, too numerous to list, have helped me along the way and I thank you all: you know who you are.

Finally, I would like to acknowledge myself and say; “Well done Sandy!” I hope this book may also inspire you and contribute to your life's purpose.

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## FOREWORD

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Is there any new information under the sun? The human race places its own limitations on belief – we want everything to be proven to us scientifically. Recently (in the last 30 years) an enormous amount of research has been accomplished in the field of learning and particularly the brain, which researchers, scientists and psychologists have been able to label with new words – the “new” discoveries. This makes it more acceptable to us. Has accelerated learning, (ie. the ability to achieve faster, both academically and gain life skills) using relaxation and the power of the subconscious mind, always been with man? The answer is YES. Many great artists, scientists and inventors have used it, but it was not labelled “accelerated learning”. All of us have used it – especially between the ages of 0 to 5. (Scientists now tell us this, so we have come to accept it).

This book is about **how to use the subconscious** mind to our own advantage. The subconscious mind is 88% power of our mind. It is a storehouse for memory – all memory – including habits. You use this mind effectively only in the relaxed state; the language of the subconscious mind is emotion. So what does this book do differently? It teaches **how to relax in 30 seconds and how to use emotion**; the two most important tools towards achieving accelerated learning – not only academic learning, but life skills learning (increasing confidence, releasing weight, enhancing artistic abilities, releasing stress, increasing sales, sleeping easily, etc, etc). We

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have all heard of mind power courses – this book uses plain language to “take the mystery out of mind power”, making it available to all those who seek it. We all use mind power – but we can use it more and it's our *right* to know about it!

In presenting the information, I have used three major resources: the first – myself and my experiences. References for scientific research can be found in Colin Rose's book *Accelerated Learning* – basically it summarises the research available in this field. My third major resource is my association with Steven Snyder – his clear, explicit language and lucid explanations are really worth emulating.

I am motivated by my belief in these methods, this “mind power”, which has been of such tremendous benefit to me. I would like to share this with as many people as possible. I conduct my seminars, and I love doing that, however I know that with this book I will reach an even wider audience, and that would please me greatly. So who is this book for? We are all at different phases or stages in our lives. This book can be for taking control of our individual power, it can be the start of charting a new direction, it can be for parents wishing to impart skills to their children, it can be for those who wish to relax and release stress, it can be for those who wish to change or reinforce a habit or to increase self confidence and self esteem, it can be for those who wish to learn faster with no stress involved, it can be for those who wish to know about the skills of academic learning, it can be for those taking the first step to meditation, it can be for busy professional people to make more time in their lives, it can be for corporations applying the skills to increase sales, for motivation, etc. Have I missed anyone? I hope not.

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## HOW TO USE THIS BOOK

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To gain an overview, look at the Mind Charts at the beginning of each chapter and then at the end of each chapter. Your next step is to read each chapter and complete the exercises.

Questions raised in telephone conversations and in discussion sessions are included. If you have more please write to me. Read the personal stories, they show many examples of how these techniques have worked for various achievements.

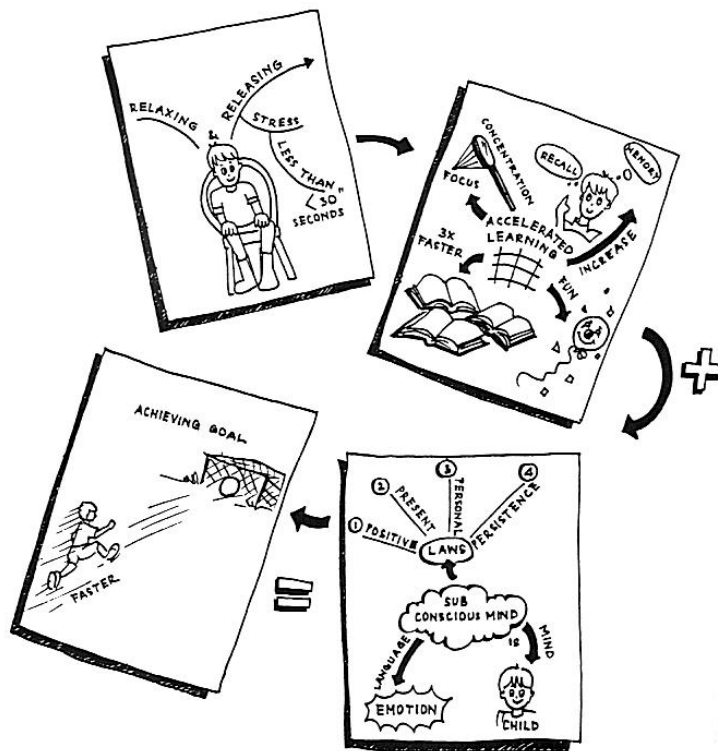
On completion, review this book by looking at the Mind Charts at the end of each Chapter.

The audio tapes *A Peaceful Place (PP) No.1 (Instrumental)* and *A PP No.2 (Guided Imagery)* are available (see page 230) or you could make your own guided imagery tapes using the written words (where indicated in italics) in this book.

With the tapes and this book you can achieve relaxation in thirty seconds; you can apply this to academic learning, by experiencing new techniques. By creating and using your Emotional Anchor, you will be able to use these techniques to program goals and achieve them faster.

Practise the Alpha technique 20 times a day for a month – each practice is 30 seconds so that's 10 minutes a day to help you create the best possible habit you can have. A habit that saves you time, focuses your energy and helps you achieve anything you want – faster. **Remember, doing it does it.**

# PIECE OF MIND



PREVIEW OF CHAPTER 1

# 1

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## INTRODUCTION

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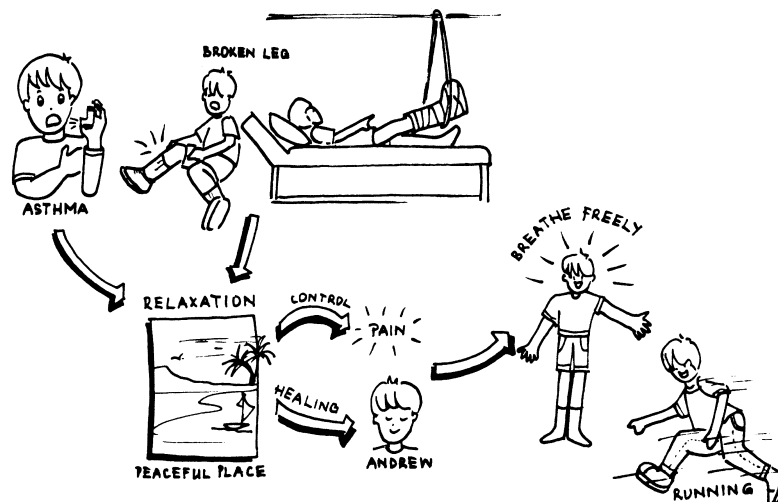
I was introduced to the subject of the powers we have within us by my son Andrew, when he was 17 years old, in 1982. It happened like this. Andrew at that stage had been suffering from asthma for about 15 years, and he actually collapsed at a railway station, was taken to a hospital, and given a cortisone drip. He woke up attached to a drip, which he pulled out of his arm, walked out of the hospital, collapsed again, and ended up in another hospital on another cortisone drip. In fact he rang me from the second hospital – I didn't know anything about what had happened until his call. Up until that stage of course he had received so much conventional treatment for asthma and was not achieving any relief or recovery, so I decided to seek some alternative treatment.

I introduced him to a doctor who actually taught Andrew how to relax between bouts of asthma – this was quite fantastic. The treatment started to work – Andrew was taking control. A few months later, Andrew had an argument with a bus; he was on a motor bike, and he lost. The result was that his leg was broken in two places. He did a really good job on himself, with bones sticking out – crushed and shattered – but he never lost consciousness. Andrew actually had the control and the

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ability, some power within him, that enabled him to go to that “place of relaxation” that the doctor had taught him about.

In fact Andrew's leg was so bad that he was about to lose it. Luckily he came under the treatment of a professor who said that he could do some new work with him. I also called back in the original doctor who had taught Andrew and asked if there was anything else we could do, particularly with a view to controlling his pain.



In addition, Andrew was back on cortisone to control infection, and cortisone and re-growth of bone are incompatible – so this was a real concern. The doctor who had helped Andrew with his asthma now taught Andrew to handle infection, enhance healing, control pain thus using his own mind to re-grow his bone so that Andrew no longer required cortisone.



## INTRODUCTION

So this was my introduction. All of this was quite remarkable to me and I was very, very impressed; so much so that I then got Andrew to teach me what it was all about.

Now for a little bit about my own personal background. I am what you call a left-brained person. I am an engineer and an army officer – it's hard to find someone who is a more “prove-it-to-me” type than that! I am the analytical type – I need everything to be seen in black and white, write it down, work it out, that sort of thing. I'm a left-brain dominant, analytical person. All of this “mind work” was not being proven to me personally. I could see what it was doing with my son Andrew, but I thought “It wouldn't work with me, not that sort of stuff”.

In any case, I did what Andrew taught me, three times a day, 20 minutes a day – I'm a very persistent type of person. To get professional assistance I went to a consultant and he said to me “Sure you're doing it right – what you're doing is perfect”. I said “Well I don't know for sure that I'm doing anything, so how can I prove it to myself?” He told me that two of the most difficult things to do are to lose weight and to give up smoking.

Well I didn't smoke but boy did I need to lose some weight! So he gave me a weight loss program and for six weeks I followed it three times a day, playing myself a tape – but nothing happened – absolutely nothing! (... or so I thought!). However, in the seventh week I lost 2 pounds; and then I lost 2 pounds in the eighth week, and then 2 pounds in the ninth week. Do you know, over the next six months I lost 49

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