

Mind & Brain Collection  
E-Book # 1 -

# *SECRETS OF THE MIND*

*Complete Answers to  
Existential Questions*

and

*THE MEANING OF LIFE*

*A new brain-mind power*

*Len Berg - The Pop Philosopher*

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*Imagine this page as the back cover*

## *SECRETS OF THE MIND*

*The daily events of life offer a mix of feelings you can choose from to make you happy or miserable. It is just like the air you breathe which is a mix of hot and cold air that can be separated to heat or cool your home.*

*Smell and taste what you eat and compare with the output. Your physical body is bright enough to retain only the parts that suit it best. Time has come for your conscious intelligence to realize that good and bad dwell at the same address.*

*A large part of your brain remains unexplored and untamed. More complex than a multispin particle, your brain must be turned inside out and upside down thousands of time before revealing its full potential.*

*Happiness and unhappiness are two sides of the same coin, both present in every aspect of life. The question here is: how can you shun away unhappiness and make yours happiness surrounding you each day of your life?*

*SECRETS OF THE MIND invites you to discover one of the countless hidden facets of your personal world. It urges you to walk into the mirror and visit a universe of affluence that is all yours and quite within reach.*

***Mind boggling – Flabbergasting  
Odd, odd, odd***

*And this one as the spine*

The spine:

## **SECRETS OF THE MIND**

Complete answers to existential questions

Len Berg – The Pop Philosopher

## About some words and expressions used in this book

### UNIVERSE

The word Universe with a capital U is intended to represent the whole creation. It comprises all possible physical and non-physical elements and phenomena.

The same word with a lower case u has a more limited meaning. It usually refers to the material universe, including the humanity and excluding the mythical and spiritual aspect of creation.

### NATURE

Nature as in Nature or Mother Nature has a connotation different from the word nature without a capital first letter.

### GOD

God with a capital G usually conveys the idea of a supreme intelligent being governing all existences. Depending on the context, it can have a religious connotation or not.

### MIND and BRAIN

In this context, Mind or mind usually associates with an abstract intelligence including the brain. More often than otherwise the word brain will refer to the organic composition sheltering the human intelligence.

### SUBCONSCIOUS

Subconscious, subconscious mind, inner intelligence, inner buddy, inner associate and like terms are often used as synonyms without any discrimination.

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The context should always guide the reader as the above definition will suffer many exceptions and could lead to confusion when interpreted too strictly.

## SECRETS OF THE MIND

### *Complete answers to existential questions*

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# SECRETS OF THE MIND

## PREFACE

Your life must be dedicated to the task of finding *your* point of harmony with all other elements of the Creation. Happiness lies in no other place.

No creation of the Universe can exist as a fully independent entity. Every form, whatever its composition or substance, exists as part of a larger system that is part of the whole. One cannot always take and never give back. If you wish to make happiness yours, you must first spread its seeds around. These will then grow, ripe, and bounce back to you the boomerang way. If you're too stingy and mean to act generously, happiness will elude you for the duration of your life.

This book will guide you through the labyrinth that will take you to the destination you must reach to dutifully complete your mission on planet Earth and make the whole voyage a happy and fruitful adventure.

***Secrets of the mind*** is also used as a prerequisite to the enhancement of the mind-brain combination. The reshuffling of the mind that is proposed throughout this work will pave the way for a real physical 'rewiring' of the brain with the goal of largely improving and enriching one's life.

Before you get to the 'how-to' part in ***Get a Brain lift***, I urge you to proceed with some reorganization of your mind, reject some prejudicial ideas and make room for many concepts you will have to scrutinize carefully with an open mind. Some views will be new to you, others will seem very odd, perhaps even a bit disturbing. Think about them; mull them over and over as these new notions carry an unlimited capacity to improve your life on this planet and beyond. Because there is no one else like you in this world, these exercise will allow you

to blend your very unique and map the road you will walk on for the rest of your life.

Reshuffling your mind implies that your existing standards will be put to trial. New and different ways of assessing, scrutinizing, and imagining things will be introduced. The language may not be what you're used to; the format will be different; and the subjects arranged in, what may seem an odd manner. Many times, you might disagree with the notions expressed and the conclusions drawn. You will find points so obvious as to make expressing them redundant. The whole content will offer you the occasion to test your own beliefs, ponder mines, and confront both groups in order to retain what looks more promising for you.

The keyword here is 'Challenge'. The idea is for the reader to be disturbed one way or another. You are not expected to agree straightaway. You must mix and remix the arrangement of your mind to suit yourself. The end result will be a very clear, decisive, and personal opinion that will guide you till you reach the next level of existence.

Do accept the challenge this book offers you: it will make you stronger, better and happier, while making clear to you the very reasons for your existence.

Any fool can appreciate success. If you cannot accept negative experiences you have not learned much yet for they account for half of the lessons you have to master to reach your life's destination.

The second sequence of the program is concerned with **Brain Power** it will introduce you to the concept **Psy-Powered Workout** or, more simply **PPW**, a technique that will help you drastically improve your intellectual and physical capabilities. After the reshuffling has prepared the mind for the next stage, this part will create a the link between your physical power and your intellectual potential. It will also teach you how to improve the conscious brain, and how spreading happiness



can bring harmony and complete happiness to one's own life. The association results in a dramatic increase in power and richness of life while fully complying with one's existential mission.

The whole human physical organism is under the direct control of the brain, and the development of intellectual potential will normally lead to the improvement of the physical body. Part III further explains PPW, lays down a few dos and don'ts and the best ways to get the results you long for.

For those who are impaired in some way, everything expressed here is based on a general principle. Don't take it too literally: you are a unique physical, psychological and spiritual entity. Adapt the principle to fit your own situation and work with your personal reality.

These sequences are not a must but are highly recommended

Nature is very demanding but leaves no worker unpaid. You work on the goal, and you enrich your life, one way or another.

# RESHUFFLING THE MIND

## **From Ignorance to Knowledge**

You have turned it inside out many times. You are sure you know absolutely everything about it. You have missed nothing. Think again. Spin around the object, the organization, the creation, again and again. Each time, you will discover a different world. Every part of this Universe has an unlimited number of facets that will manifest themselves only after you have scrutinized them time and again. The process is gradual. Each new discovery, while being observed, colors in some way, the whole creation. The process is infinite and will go on for ever.

Scientists spend their entire lives studying the universe – they have been at it for hundreds of years. Their number increases while their instruments are becoming more and more sophisticated and efficient. They periodically discover important characteristics they had not seen or even imagined before. Yet, there is no end in sight. On the contrary, each discovery brings up more increasingly complex information never thought of before and new answers only open the way to more new unsolved problems.

So it is with all aspects of our lives; so it is with all people in our lives; so it is with our entire environment; and so it is with your brain. Time has come for you to walk through a secret door in your life and discover why you were born on Earth as a human being, in the exact situation you are in now.

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