

**MARCIN MYSLINSKI**



**Explore and Possess Endless Abilities of Your Mind the Fastest Way Ever !**

# LIMITLESS GENIUS

Explore and Possess Endless Abilities of Your Mind the Fastest Way Ever!



By Marcin Myslinski

# **COPYRIGHTS**

**Title: “Limitless Genius - Explore and Possess Endless Abilities of Your Mind the Fastest way Ever!”**

**Author: Marcin Myslinski**

**Pictures and mind maps\* created by Marcin Myslinski**

**Text edition by Weronika Tabarkiewicz**

**Copyright © 2011 Marcin Myslinski**

**minddeveloping@gmail.com**

**www.minddeveloping.co.uk**

**ALL RIGHTS RESERVED.** This book contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without written permission from the author.

- Mind maps created using “My Thoughts for Mac” available at [www.mythoughtsformac.com](http://www.mythoughtsformac.com)
- The Buzan Organization, Ltd, claims term “Mind Map” as a trademark.

## DEDICATION:

„This book is dedicated to the memory of my loved Father  
Zbigniew Myslinski”

# **CONTENTS**

LIMITLESS GENIUS

COPYRIGHTS

DEDICATION

INTRODUCTION

GENERAL INFORMATION

CHAPTER 1

CHAPTER 2

CHAPTER 3

CHAPTER 4

CHAPTER 5

CHAPTER 6

CHAPTER 7

CHAPTER 8

CHAPTER 9

CHAPTER 10

CHAPTER 11

FINAL ASSUMPTIONS

ABOUT AUTHOR

REFERENCES

END NOTES

# INTRODUCTION

Probably most people have already heard that human beings use only a very small part of the capacity of their mind. We have lost a lot of our natural abilities that allow us to be more self-aware and to feel fulfilled. During the growing up process we were strongly influenced by our family members, social environment, outside organizations, education methods and all the events that were significant in shaping our identity, skills and personality. Perhaps most of us have not been taught very much about the mind and its abilities, and have been taught to approach knowledge through the way that we could describe as not “user friendly”. Most of us think that achieving positive results in mind development equals long time studying and costs a lot of mental effort, but this is not the truth!

Firstly we need to understand the structure of our mind and practice techniques that will help us to develop it. An effortless way to accomplish that is following the Mind Developing guides which explain step by step, all the features that will help you easily to understand the mind and absorb the rules of its enhancement, without hours spent on unessential researching of materials and reading tons of it. Creative force which made the entire universe, designed human beings the way that everything is at the distance of mental touch, and the key to it is the knowledge of how to access it. I know that it could take a lot of time and effort to find and absorb all the information that give a chance to achieve wisdom and master skills that help to enhance the mind. To make it easier to others, I have found an idea to create a “shortcut” of all the effort and years that I had to spend for development of my own mind, and because of this I’ve designed a series of Mind Developing books. These publications are an alternative way of expanding knowledge about the human mind, within short period of time, and without the need to attend



expensive personal development courses, hiring private life coaches, or researches that are time and energy consuming. Those publications are designed purposely for people that wish to explore their own mind, its abilities, and get the knowledge on how to improve it. I'm showing all that by using "keywords" and their straight to the point explanation with no unnecessary hassle. Mind Developing shows and helps to understand the techniques that will allow expanding your mind quickly without years of heavy studying. These techniques will increase your mental power, will make your life easier and more fulfilled. These Mind Developing books will teach you how to manage stress, cope with everyday problems and how to use the mind to resolve them optimally balancing your own mental health at the same time. The truth is that most people are very busy these days and everyone has a lot of tasks that need to be accomplished on a daily basis such as work, family life, housekeeping and many others connected with different areas of life. After a long day of hard work and going through tough surprises of reality, we are usually so exhausted that we have no energy for anything else. Additionally stress, which accompanies our life most of the time, "sucks out" the last bits of energy from us, and leaves us in bad mental state. You would probably agree with me that when you are tired and stressed, learning or even reading a book might be quite hard to focus on. That is why Mind Developing was created, as it considers all the aspects that affect primarily average citizen of our planet, showing quick approaches that are significant for the mission of mind enhancement. If you feel that you want to change something in your life, that you want to take control over it, that you want to explore and activate your limitless potential, that

you want to have knowledge and skills of successful people, that you want to cope with everything that life brings, that you want to make your future better and you want to do it all quickly without spending a lot of time and money, then Mind

Developing books are for you! This publication is the first in a series of Mind Developing books and it provides the reader with a large amount of information about different types of intelligence in a very simple way to understand and remember. This book also provides practical exercises that stimulate different areas of the mind which will simultaneously improve its power. All that will help quickly to discover and explore territories of our endless potential, be much more aware of it and know how to use it for our own benefits. You can get this knowledge and master these skills by using techniques that are explained in a further part of this book.



# GENERAL INFORMATION

This book is a combination of psychological knowledge and techniques, which are focused on exploring unlimited intelligence of human mind. Majority of the people that live on the planet earth have the same potential and have the same or at least very similar capability for mental skills improvement. To enhance this, it is very important to slow down in the journey of life and spend a little bit of time on self-development. Once we discover the power of our own mind, everything will start to look brighter and we will be better prepared to cope with all the troubles that we face everyday. I can assure you that nearly everyone possess all the essential abilities to take total control over their own life and handle all the issues positively and optimally for own needs and circumstances. Human beings are naturally wisely gifted in everything that is required for complex personal development. At the beginning I would like to highlight a few factors that have an impact on desirable results, they are as follow (Stynska, 2007; Marszalek, 2006; Chopra 2000):

Positive attitude – be optimistic at all times as it makes you more open for different options and possibilities

Desire – you need to really want the subject as it keeps motivation on the high level Faith - believe in yourself, in your own strength, your mission, action and be convinced that you can do it

Expectation - it is essential that you expect the success and expect that you going to accomplish the mission optimally

Mentioned above rules are the keys to success – accomplishment of desired goals. Let's focus now on the intelligence enhancement, as this would be the first step of mind deve-

lopment that is worth paying attention to. A general explanation of the term intelligence tells us that this is the ability of human minds to solve problems, to understand ideas, to reasoning, to plan, to think abstractly, to learn quickly and to make conclusions from past and present experiences (Coleman, 2006; Necka, 2003). During the course of our lives most of us have probably met with the term of IQ level, which means intelligence quotient and is being used to measure a stage of somebody's logical-visual-spatial capabilities. On occasions some of us have to complete this test for purposes such as clinical assessments, tests to higher education facilities or recruitment process when applying for new job (Coleman, 2006; Necka, 2003).<sup>1</sup> Most of those tests are focused on measuring only certain areas of mind, which is not relevant to the level of intelligence in the meaning where we take under consideration different types of it. Please have a look at the mind map below, which shows different types of intelligence based on experiencing and approaching of reality from many different angles (Goleman, 2006; Gardner 1983; Necka, 2003; Pervin, 2002).<sup>2</sup>



In that case we can truly state that results of those tests which measure IQ are not equivalent to our real, global IQ level and it is certainly something that we cannot fully rely on while assessing somebody's "mental value". They are suitable to classify logical-mathematical and visual-spatial skills, which are parts of global intelligence, but they do not compose its entire sense and they are very far from it. If we would think about it a little bit deeper we would make a conclusion that is not really fair that so many of psychological assessment are based on testing mainly those areas. Intelligence

of human beings is much more complex than that, and those types are not the only ones. There are at least eleven mental fields that human being displays, which together make more complex intelligence in a global matter. Exploration and stimulation of all of them gives us an opportunity to use a much bigger part of our minds and progress into its development technically into infinity. So if we need to measure someone's IQ level we should consider involvement of multi sensory tasks - tests that require participation of many different skills, senses, abilities etc. Likewise if we want to enhance our global IQ level we need to stimulate all of its types (Goleman, 2006; Moran, 2006; Kornhaber, 2004; Gardner, 1993).

To survive in the 21st century environment we need to be prepared for all kinds of circumstances and unexpected episodes that might appear in life while it goes along the time line. Famous American psychologist Howard Gardner proposed concept of multiple intelligence in 1983 in his book "Frames of Mind" (Basic Books), they are listed and briefly described below: (see also: Baum, 2005; Kornhaber, 2004; Stine, 2002; Armstrong, 1999)

**Logical** - is responsible for mathematical and logical operations. It plays a key role in analyzing data and resolving issues using deductive reasoning.

**Linguistic (Verbal)** - when well developed it helps to express ourselves through speaking and writing. It helps us to be good listeners and is very important in the communication process when interacting with other people.

**Visual/Spatial** - allows us to notice more details in the environment and think about things three dimensionally. It helps us to recognize images, patterns and strongly cooperates with our imagination. It is also a key feature in the learning process as it helps in speed-reading and mind mapping.<sup>3</sup>

**Bodily/Kinesthetic** - is responsible for our physicality and helps us to coordinate our body with mind. It is very useful when we practice any sport or other type of activities that involve our body. It helps to expand awareness of our own body and all its physiology.

**Musical** - gives us opportunity to appreciate music and recognize different sounds, beats, rhythms, changes in pitch and tone. This type is also the ability to perform music.

**Naturalistic** - allows us to understand the world of nature, animals, plants and our role within it.

**Interpersonal** – it is responsible for our ability to interact with others. Helps us to recognize their emotions, intentions, motivations and desires.

**Intrapersonal** - gives us opportunity to understand ourselves, own behavior, emotions, feelings etc. Part of this type of intelligence is also our spiritual intelligence, which helps us to be in touch with our inner self and grow into spiritual world.

Naturalistic type was added in 1999 by Gardner and currently all these eight types have been accepted by psychology (Slavin, 2009). Professor Gardner (1999) also has been considering **Existential** intelligence which makes us aware of who we really are and what is our place within the multidimensional reality universe. However, it has not been accepted as an official type yet.

Interpersonal and Intrapersonal types contain elements of **Emotional** intelligence but in my opinion this type is so important in everyday life and the subject of it is so immense that it deserves separate attention. Emotional intelligence is required for building up good relationships with others and

balancing optimally between them. Emotional intelligence is also very important as it helps to maintain well-balanced own mental health, which is essential for other aspects of life (Goleman, 2006; Argyle, 2002; Mayer, 2000).<sup>4</sup>

I would like to also specify separately an **Artistic** (creative) intelligence, which helps us to create new things and think innovatively. Nearly everyone have their own genius/hobby that helps to relax and express the mind through art (Hornowski, 1978; Szuman, 1962). Some of the scientists would probably disagree that artistic talents abilities are classified as a type of intelligence, but I will describe it as one of the types, as I believe that this is one of the human's mind abilities that if is not possessed, can be developed. The main target of this book is to unlock our multiple mind skills and give them natural release in the fastest way possible without excessive effort. Once we get on the path of personal development, it will be progressing in a positive direction and will bring us many benefits making us more fulfilled, self-confident and will make our life easier at the same time. A well developed global IQ level helps to progress further with mind skills and reach the inner depths of our entire potential. It also helps to raise self-confidence and mental strength in day-to-day life. Creativity, coping skills, comprehension of reality and sensitivity to environment perception will increase as well. Individuals who intensively stimulate different types of intelligence will travel deeper into their own insight and have a better connection with their own higher self. That sort of person knows how to live their life to the maximum height of their abilities, knows how to reduce stress to the minimum and how to take control of their life making it more relaxed and enjoyable.

## CHAPTER 3

### VISUAL INTELLIGENCE







Visual skills are strongly connected with spatial skills and they cooperate with each other at all the time, so we can actually call this type of intelligence visually - spatial. People who use this type of intelligence often are usually professionals such as architects, painters, navigators, chess players, physicians, army leaders or people who prepare strategic plans, landscape and space arrangements etc. That sort of person thinks through the pictures and imagines everything that is thinking or talking about on internal screen. This individual creates instant pictures of reality that surrounds him/her and has good comprehension of entire sense of it. Involves sense of view in arts such as painting, drawing, graphic designing and usually does not have difficulties with reading maps, diagrams. The individual also remembers events, all the information through the pictures and has very good sense of color (Stine, 2002; Armstrong, 1999; Gardner, 1993). Once we will develop our visual genius, we will automatically improve our ability to use photographic memory. A good exercise to remember different things is to take “mental snaps” of it, while we are looking at it. Recall this situation or subject in the future and just bring it mentally onto your internal display. By taking snaps I mean remember every thing about the subject and its surrounding, the way it looked like (Colman, 2002, Buzan, 1999).<sup>7</sup> Now I will explain another few different ways of stimulation of this type of intelligence to enhance its abilities. Systematic usage of those exercises will help to increase visual-spatial part of the mind very quickly.

## **Practical hints**

The first thing to keep in mind is to use a lot of pictures in different areas of life. An individual should learn by using mind maps and diagrams, create charts and different pictures for many occasions. Visualize everything that you think about, watch different materials such as movies, pictures or other

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

