

**MIND
POWER
SECRETS**

PAUL BROOK



FORWARD THINKING

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*For Jennifer. My companion. My friend. My wife.
The world is brighter for having you in it.*

MIND POWER SECRETS

Proven methods for unleashing the true potential of your mind.

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BEFORE WE BEGIN

INTRODUCTION
& GUIDE

INTRODUCTION

Paul Brook is a world leader in the field of Psychological Mind Reading. Before moving into this entertainment side of psychology he was a psychotherapist and hypnotherapist.

Over the years Paul has come into contact with some of the most successful people in the world. He has been able to analyse why some people seem to get more out of their lives than others do. For the majority of successful people life isn't just about financial gain, but also emotional reward. The problem here is that feeling happy in your own skin is often harder to achieve than it appears to be.

This book is a culmination of Paul's research into unleashing the untapped powers of the human mind. Within the pages Paul shares many simple and effective techniques to help you release your true inner potential.

One thing that made Paul a successful therapist was his ability to realise that the mind will happily do that which is simple. Just as flowing water takes the easiest route, the teachings in this book are straight forward and to the point.

The simple nature of this book enables your mind to focus on what it needs to do, instead of being lost in non-essential information.

If you apply the techniques within this book you will become more in control of the world around you.

Your mind will be more clear.

You will be more focused.

Your goals will be easier to achieve.

Your interactions with people will be better and stronger.

YOU will be stronger.

These statements may seem like dreams that are far off in the future. But you can make all of these dreams, and many more, a reality.

Only one person can stand in the way of you unlocking the true potential of your mind....and that person is **YOU!**

In buying this book you made a commitment to change. By reading it, you have taken a step beyond what most would do. Sadly, around 90% of books that are purchased are never read. People buy the book and feel good about buying it, yet never get around the reading it.

If you can see these words, then you have done more than most people would do. This should tell you a lot about the kind of person you are and this is why you will get so much benefit from reading this book and applying the contents to your life.

It's now time to allow Paul to help you unleash those ***Mind Power Secrets!***

A GUIDE TO MASTER YOUR MIND

Please read the entire program before doing the suggested Meditations. This will enable you to have a complete understanding of the information before you proceed.

The information you are about to read is of little value to you unless you apply it.

YOU must do your share of the work, as simple as it may be. Anything that is worth having, is worth working for.

After over ten years of research and application plus hundreds of pounds invested in this field, Paul knows that these lessons will definitely change your life for the better, if the information is applied as directed.

If we let it, the mind can allow us to achieve anything that we desire. Everyone has tremendous latent powers within their subconscious mind. It is truly unfortunate that most people are not taught how to connect with and utilise its powers.

Are you serious about contacting your sub-conscious and thereby acquiring apparently miraculous results in your life?

I think you are, and from this day on you are the master of your mind. You are in the driver's seat.

If you only read the words without applying the activities, you will have knowledge; if you apply these activities to your life, you will create change.

SUPERIOR LEARNING MADE EASY

The techniques discussed in this book are more readily absorbed into the subconscious mind if you are receptive to these ideas:

- You must be "**willing**" to absorb new knowledge.
- You must "**open your mind**" to new ideas.
- You must "**imagine**".
- You must understand that the knowledge is "**working for you**" on a subconscious level.

LESSON ONE

BECOMING
FOCUSED

MEDITATION

Let's now discuss meditation. You may be surprised at what mediation involves compared to the social preconceptions about it. Meditation has many different uses and it can be applied into practically every aspect of your life.

Most people think of meditation as being some form of Eastern spiritual practice. While it may be used in world religions, it certainly does not have to be religious or spiritual.

Children naturally meditate. Have you ever watched a child so absorbed in play that he/she isn't aware of anything beyond his/her fascination? If someone was to walk up behind the child, he/she would be startled.

Meditation requires that you acquire this level of absorption. This absorption is what refreshes and heals. It allows the subconscious mind to engage and focus.

Through our daily lives we enter into undirected meditative states. Think about the last time you were driving a car where all that you remember

was leaving one location and arriving at another. The journey was a blur, your conscious mind had been elsewhere. These natural occurrences of meditation allow the mind to revitalise itself.

But I want to share with you are the techniques that will enable you to enter this beneficial state at your command.

Meditation is a very powerful tool. As our muscles relax, our mind will quieten down and our sagging spirits will revive. We are once again in control of our lives.

Scientific research has repeatedly proven that meditation has many great benefits such as:

- Alleviating pain
- Letting us get by on less sleep
- Lowering our serum cholesterol level
- Reducing bacteria levels in our saliva therefore fewer cavities

- Increasing blood flow to the brain making us smarter
- Improve memory

Plus many, many more benefits too numerous to mention.

People who meditate on a daily basis claim different benefits in the following areas:

- Emotional
- Mental
- Physical
- Spiritual

LEARNING TO MEDITATE

Learning to meditate can be fun and exciting, but you must keep these three important factors in mind at all times:

1. POSTURE - the important thing is to keep your spine as naturally straight as possible, no slumping. This positions your nerves correctly and helps you stay alert.

2. BREATH - after you have relaxed your body, you then want your breathing to be slow, even and diaphragmatic.

In controlling the breath, you directly influence the autonomic processes in your body, such as immunity, circulation and digestion. Breathing is the one body function that is both voluntary and automatic.

3. ATTITUDE - Try to have a relaxed, confident attitude before you start to meditate.

Don't worry about doing it exactly as outlined. Just do your best and with time you will discover the method that is ***perfect for you***.

As a beginner, you will notice that your thoughts keep wandering from one direction to another. When you notice this, attempt to return your attention as best as you can, to the objective of your meditation. Whether it is your mantra or a visualisation, which we will discuss later.

Daydreaming while meditating will not produce such beneficial results. It may enable you to have a mental '*time-out*' but if your meditation is not focused, then there is no goal, other than relaxation.

Remember that we cannot hit a target without first focusing upon it!

MANTRA MEDITATION

This type of meditation is very powerful. It is designed especially to help you overcome your inability to quieten your mind.

Quietening the mind is one of the greatest stumbling blocks for those new to meditation. However, it must be overcome in order to enable you to get the most out of the process.

Essentially, a mantra can be any word that you can repeat over and over again in order to keep your focus on the task of meditating. This word is only spoken mentally and not out loud.

There are traditional mantras, but any single word will do. A single word that is based on your reason for meditation will help your subconscious stay focused on that outcome.

If you are meditating to reduce stress perhaps your mantra could be "**relax**". If you are focusing on confidence your word might be "**strong**".

When your thoughts wander, return your attention to the mantra and begin once again. Do not get upset or angry with yourself, simply start again.

Remember not to get too hung up about thinking, especially when you begin to meditate. This is a new skill that you are learning to control and make use of.

Just remember, your goal with meditation is not what most people assume; that of '*no thoughts*'. But in fact your goal is to have ***focused thoughts*** which enable you to direct your subconscious mind to your desired outcome.

ARE YOU READY TO MEDITATE?

This meditation should be done every morning, before eating, for ten minutes, gradually increasing the time up to twenty minutes.

Depending on your goal, meditation may stimulate you and prevent you from sleeping. Therefore, if you wish to meditate on the evening, do so earlier so that it doesn't affect your sleep patterns.

Now that you have decided to meditate, choose a comfortable chair which allows you to sit upright. Loosen or remove any tight clothing. If you are extra tense, you can shrug your shoulders, roll your neck and use your favourite body stretches.

1. Inhale a deep breath to the count of four and slowly exhale to the count of six. Repeat five times.

2. Assume normal breathing.

3. Close your eyelids and focus your eyes upwards to the middle of your forehead, between the eyebrows and directly above the bridge of the nose.

4. Let your head balance naturally on your spine, relaxed yet supported by the muscles in the neck.

5. Let your hands rest comfortably on your lap, without tension and not crossing each other.

6. Make sure your spine is upright and also have the bottom of your feet resting on the floor for stability and balance.

7. Your mantra will be the word "**focus**". Mentally continue to repeat this word without moving your lips or tongue.

As you are mentally repeating your mantra "**focus - focus - focus...**", if other thoughts disturb this process just gently push them aside.

By doing this **Mantra Meditation** on a daily basis, you will feel inner peace and inner

serenity. This may manifest outwardly to such an extent that your friends may even comment on it.

I cannot stress enough how powerful this type of meditation *actually* is.

Within thirty days, you yourself will surely notice a lot of little changes, all positive changes and just by doing this simple **Mantra Meditation**.

Very few people take time for themselves in these days of advanced technological communication. It is easy to forget just how beneficial some alone time with yourself can be.

Of course, the mantra can be changed to suit your goals. The word can be anything that you wish your conscious and subconscious minds to be focused on in unison.

THE INNER SANCTUARY

The serious meditator has a meditation room, one corner of a room, or special chair as his/her own "*inner sanctuary*".

The more that you meditate in this spot the more your mind will link this location to the process of meditation.

After some time using this space you will find that you can enter the state of meditation more easily.

Just in the same way that your mind links your bed to the action of sleeping. Your **Sanctuary Space** will be linked to meditation.

It is for this reason that you should avoid regular activities within this area. Keep it for meditation purposes only.

In the same way that brushing your teeth begins to get your body and mind ready for bed; some people find that lighting a tea light candle just

before starting the meditation, can help prepare their body and mind for the process.

Of course, care must be taken that you place the tea light candle in a sensible holder where it will be safe and secure while you have your eyes closed.

If the thought of having a candle burning while you have your eyes closed worries you, then you can use an alternative object.

Some people prefer to use a special crystal that they can pick up and hold just prior to the meditation. But the object can be anything that you wish to use and that you already have in your home.

Once you have decided upon an object, simply pick it up and hold it for a few moments before you begin your meditation.

You may also want to look at it and notice all of the different aspect of the object. The texture of it, the way that the light hits the surface of it, the weight of it and other characteristics.

Take a few moments to focus your attention on the object, then place it aside. You are now ready to begin your meditation.

Your mind should be calmer and receptive after focusing your attention on the object. Your brain will begin to move into a more relaxed alpha state.

The more frequently that this special area and object are linked with mediation, the stronger the connection will become.

Eventually, your mind will become conditioned to respond to the location and object by entering a relaxed alpha state more quickly. This is a mental shortcut to relaxation and the meditative process.

After a while you will know every facet of your special object and the mere thought of it will allow you to enter into a meditative state, should you wish to. Therefore, offering you the benefits of mediation wherever you are, and when you are away from your '**Sanctuary Space**'.

Your '**Sanctuary Space**' will still be the place where your meditation will be deeper. But it is

nice to be able to meditate in different locations,
as and when you want to.

THE POWER OF YOUR MIND

The mind can give you all that you ask, providing you follow certain conditions. There is nothing mystical about this; ordinary people from all walks of life have applied these principals and achieved their desired goals plus so much more.

Your mind can achieve anything that it can conceive, within reason. Stating that you wish to fly unaided might not be a great way to engage your mind. However, you are able to fly, for example, in an aeroplane or a hot air balloon. So if you focus on flying, your mind may interpret that in the only way it possibly can. Don't be surprised if you end up taking a journey in an aeroplane.

Your subconscious mind, while powerful, has the rough intellectual capacity of a six year old child. If you are not clear with it, it will interpret your instructions in the only way it knows how.

The more ways that you communicate what you want your subconscious mind to focus on, and actualise, the better. As with all people some

people connect more with words and others with images. Let's not take a chance by communicating in just one of these media. In your mind you will need to not only 'say' the words, but also 'see' the image of what you wish to communicate.

Some people worry about their visualisation skills and that they will not be very good at it. Trust me, you are as good as everyone else in this respect. Fleeting vague images are normal. Do not expect to see television style graphics in your mind.

Have a look at '**The Master Plan**' on the next page. This outlines a basic guideline to help you achieve stronger communication with your powerful subconscious mind.

THE MASTER PLAN

1. You must *know* what you want, you must *say* what you want, you must *write* what you want and you must *visualise* what you want.

Decide precisely what it is that you desire; be absolutely definite. What exactly is your goal?

You must state verbally **exactly** what you want.

You must visualise it (*picture it in your mind*) and hold that picture firmly before you.

2. Decide what help you may need to achieve your goal, and who can help you to do so. If you do not have anyone who can help, can you create a new connection?

3. Your time limit must be feasible. You cannot expect to achieve your goal in five minutes. However, in giving the realistic timeframe of

months or weeks, practically anything is possible.

4. What are you going to do to realise your ambition? What actions must you take?

5. The written word is stronger than the spoken word **BUT** the two together are an unbeatable combination.

Write down what you want your goal to be. Remember to follow the previous steps and be specific and precise.

Place these pieces of paper around your house and place of work so that you are always aware of your goal.

Every time you see your notes, take a moment to mentally or verbally say what is written. Also allow it to be the focus of your meditations.

LET'S REVIEW THE MASTER PLAN

If you want more money you must state exactly how much you want. Do not say "***I want more money***". This is not definite or precise. If you want more money, receiving a penny would end your goal.

You need to be precise about it and you must remember to be realistic in timeframe and amount.

Supposing you want to lose weight. Are you willing to exercise and control your diet? How much weight do you want to lose and by when?

Are you looking for a husband or wife? If so, are you prepared to do your share to make a success of marriage?

Do you have any bad habits? Are you willing to try to eliminate them? What are the steps you will take in order to begin the process?

Now that you have decided exactly what you want - write it down as clearly and simply as possible.

At the end, write:

"This is how I WILL achieve this."

Read your **Master Plan** daily; feel it and be positive about it. Visualise that your plan is within your grasp. **Believe** in your plan.

Do not let doubts enter.

By adopting this **Master Plan**, you will drive your constructive thoughts into your subconscious and your subconscious will help you more than you can possibly imagine.

MASTER PLAN MEDITATION

This meditation should be done every day for up to thirty minutes. Re-read your written **Master Plan**.

This meditation is the same as your **Mantra Meditation** except, instead of repeating a word, you will now use your powers of visualisation.

1. Inhale a deep breath to the count of four and slowly exhale to the count of six.

Repeat five times.

2. Assume normal breathing.

3. Close your eyelids and focus your eyes upwards to the middle of your forehead,

between the eyebrows and directly above the bridge of the nose.

4. Let your head balance naturally on your spine, relaxed yet supported by the muscles in the neck.

5. Let your hands rest comfortably on your lap, without tension and not crossing each other.

6. Make sure your spine is upright and also have the bottom of your feet resting on the floor for stability and balance.

7. Now, visualise your **Master Plan**. Visualise yourself on a large screen. See the screen surrounded in white. See all your dreams, all your goals on this screen. See yourself wealthy, slim or with a partner.

Whatever your plans, whatever your desires see them on the screen, then enter this scene:

- What can you see?
- What can you smell?
- What can you hear?
- What colours do you see?

The more you practice this visualisation, the sooner the goal will become reality.

The power of visualisation is very real - **THOUGHTS** are stronger than words. If, at first you are having difficulty visualising remember that the images will not be like those that we see on television.

Visualisation must be practiced every day. People are unaware of its true power. If you are having difficulty, practice the following:

Close your eyes:

- Visualise an apple and as you do, see the colour red on the apple.

- Visualise an orange and as you do, see the colour orange.
- Visualise a banana and as you do, see the colour yellow.
- Visualise a tree and as you do, see the colour green.
- Visualise the sky and as you do, see the colour blue.
- Visualise a plum and as you do, see the colour purple.
- Visualise a violet and as you do, see the colour violet.
- Visualise a wedding gown and as you do, see the colour white.

If you can visualise any of the above, you can visualise **anything**.

Believe you can and you will.

We have discussed two very powerful types of meditations.

By doing the **Mantra** and **Visualisation** every day, you are programming your subconscious to work indefatigably towards your goal.

Now that you know how to utilise the **Master Plan**, I suggested that you choose your desires with care and consideration for yourself and others.

DREAMS, WHAT DO THEY MEAN?

Do you remember your dreams when you awake? The true meaning of your dreams will not be found in a book written by someone else.

Within a few weeks of applying the techniques on the following pages, you'll be able to understand yourself at a deeper level by being aware of the true meaning of your dreams.

Your dreams are a way for your subconscious mind to sort through the past and present events in your life and make sense of them.

If you have difficulty recalling dreams, mentally say to yourself before you sleep: "***I will recall all my dreams upon awakening and I will also know their meaning***". Repeat this seven times.

This informs your subconscious mind that what happens in your dreams is be important and should be communicated with your conscious mind upon waking.

Keep a pen and pad of paper beside the bed. Upon awakening, remain in bed, keep your eyes closed as much as you can and jot down all the major events in your dreams.

Many dreams will be easy for you to define because they will deal with your goals, desires and fears. By examining yourself you will recognise these dreams immediately.

Every night in your dream journal record your day's activities, the same as you would if it were a diary. By doing this you will better understand the true meaning of your dreams. Certain symbols in your dreams will often correspond to the same meaning in reality.

For example, someone you know may consistently be represented by an animal or monster in your dreams. Emotions may create a recurring setting for the dream, and so forth.

This daily analysis will greatly enhance your ability to understand yourself on a deeper level and your subconscious mind will begin to make more sense to you.

QUESTION & ANSWER

Just prior to going to sleep and waking up we enter a state of mind known as the hypnagogic state. In this state we can ask a question to our subconscious mind and allow it to search for an answer while we sleep.

Do you have a major problem in your life?

A minor problem?

If it really bothers you and you really want an answer, before you go to sleep mentally repeat to yourself:

"Tonight in my dreams I will be shown the answer or solution. I shall wake up in the morning with full recall. Thank you."

Repeat seven times.

When stating your question just prior to sleep you are allowing your subconscious mind to search for an answer while you are sleeping.

As you begin to wake up, your mind passes through the hypnagogic state once more, where your conscious mind is reminded of the question. This should trigger your subconscious mind to produce the answer to the question that it has been searching for while you slept.

If an answer is not apparent, your mind might need more time to reflect upon the issue. Simply repeat this process every night until you get a clear answer.

You may also find that your answer is revealed during the day while you are daydreaming or performing a repetitive task. Both are states that increase communication between the conscious and subconscious areas of your mind. Therefore, allowing the answer to become apparent.

LESSON TWO

TAKING CONTROL