



TESLA CODE SECRETS

ALEX WEST

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Introduction

Welcome to Tesla Code Secrets!

Would you like your life to be meaningful, happy, healthy, and successful?

Would you like to succeed in your career, business, and personal life?

Would you like to have fulfilling experiences ... great relationships, great sex, great friendships, great happiness?

Well you CAN have all this and MUCH MORE by applying the timeless and incredible wisdom to be found in Tesla Code Secrets.

The methods in this enlightening and comprehensive course, practiced by highly successful people, were a closely guarded secret for many years. But now, you can tap into this valuable knowledge so that you too can improve your cerebral powers!

I make it my life work to discover the amazing powers of the human mind. After extensive research, I have unraveled the mystery behind the mind's potential.

My discovery: Highly successful people have been tapping into secret cerebral powers for years and using the methods to bring about ultimate success!

However, it wasn't just the methods they used but how they "triggered" them.

It is this trigger that is at the core of my teaching.

Once you have this trigger and know how to use it, you can apply it to all aspects of your life!

The power of the mind often remains dormant in most people, really waiting to be activated so that they can reach their full promise. But, once you know the methods

and how to trigger these to gain the desired results, life really does become exciting and bubbling over with possibilities for achievement!

Through this amazing course, you can learn how to trigger your secret cerebral powers so that you can enjoy phenomenal success in your life!

Through Tesla Code Secrets, you can change your life for the better... virtually overnight!

By applying the methods in the course, you can:

- Trigger the miracle mind magic that has helped “average” people to achieve wealth in their careers, relationships, and personal life
- Overcome all the problems that have been holding you back
- Increase your confidence, enhance your health, enjoy sexual vitality, enhance your memory, stimulate your genius potential, and rejuvenate your life
- You can even develop psychic powers and intuition!
- And so much more!!

Tesla Code Secrets is, without doubt, the most complete and revealing self-development course there is.

With thorough and scientifically proven exercises, compelling true case studies and summaries throughout to help you apply the methods, you can change your life on many amazing levels!

So, read Tesla Code Secrets and tap into its secrets. In no time at all, you, too, can have the successful life that you have always wanted!

What This Course Can Do For You

The Impossible is now possible! You can succeed in...

- Business
- Marriage
- Sex

... by trying the simple method that has been a closely guarded secret for centuries.

This exciting course teaches you how!

At last you can stop wondering how...

- Some people seem to cure themselves of “incurable” ailments
- Others become multimillionaires in a few short years
- Below-average students win big scholarships to prestigious schools
- Outsiders pick stocks that start to skyrocket almost overnight

... to mention just a few. I studied this phenomenon and discovered that these people had used secret cerebral powers that practically guaranteed success, which in fact lie within the grasp of every one of us.

This fantastic course reveals that secret and shows you how you can change your life overnight and make the impossible come true in your career, marriage, and health and sex life!

In addition, the length of this guide is initially off-putting for some. Again, please remember that this course was initially delivered in 18 separate parts, over a period of months. Please take time out to digest each part slowly, perhaps over the course of a month.

Finally, please consider that the language employed within this guide may at times seem a little antiquated. Again, considering the date the course was originally written, this is to be expected and handled as appropriate.

The adherence to these important notes will help ensure your success with this material!

The Secret of the Miracle Mind Magic Stimulator

In order to manifest these miracles, the right trigger is required!

I created the secret Miracle Mind Magic Stimulator and confided it to hundreds of people, who were amazed at the successful results they managed to secure for themselves.

With the Miracle Mind Magic Stimulator, otherwise average people achieved “miracles” and attained wealth in their:

- Career
- Social life
- Marriage
- Control of their nervous tensions and worries
- Profitable concentration of mind
- Self-protection
- Popularity
- Sensible judgment
- Perfect timing in life
- Routing of nagging pains and minor illnesses
- Regaining of sexual vitality



- Mastering of new skills
- Self-rejuvenation

With it, these people achieved incredible “miracles” which others rivaled only with brain-splitting effort, incredible luck, or fantastic psychic power.

In order for them to use the Miracle Mind Magic Stimulator in a natural manner, I taught them how to flood themselves with their wildest dreams in an instant, so that their bodies would respond to them in physiological language. These people then simply drew this language into their conscious minds, and multiplied their powers for immediate success.

With secret cerebral powers you don't have to tap your subconscious mind, resort to hypnosis, or strain to develop will power. Once you trigger your conscious mind with the Miracle Mind Magic Stimulator as set out in this course, your whole body and mind will be given the big, invisible push to hurl you into successful action.

What People Like You Have Achieved with the Miracle Mind Magic Stimulator

With my Miracle Mind Magic Stimulator, people like you have started accomplishing all that seemed impossible for them before. Here are some examples which will be further elaborated in this book:

- How businessman Donald Z. came back from disaster to make far more money — and easier than ever
- How Esther F. ended the suicidal tendency of her academically-weak son and raised him to the Dean's List
- How hesitant Jack M. turned into a rousing speaker in an instant
- How Elmer T., on the verge of legal catastrophe, recalled neglected vital evidence suddenly and saved himself

- How Thelma R. turned looming disaster into a booming success
- How Edward A. relieved his bothersome headache with a simple thought

You yourself can achieve what these people did — and even more. Let me teach you the different methods which these people used to attain their amazing successes.

Trigger the secret cerebral power for each with the *Miracle Mind Magic Stimulator* and make the seemingly impossible in your life come true.

You require no expensive equipment with possible side effects — no gadgets and no pills. You need just yourself — and the easy secret trigger to detonate your dynamic physiological language swiftly.

Lesson 1: How Your Secret Cerebral Powers Can Work Miracles for You

How Tim and Esther Were Able to Retire at Sixty with an Estimated \$1,000,000

When he was a young man, Tim decided he wanted to retire early. He was industrious and willing to do his share of work, but he felt that at forty-five a man had done his full share and should be able to retire and enjoy himself while he was still young enough to do so. He prayed for the day when he and his wife Esther could just lay around the beach or drift through the countryside with nothing on their minds.

There were also things they always yearned to do, but couldn't, due to pressure of time, family commitments, and day-to-day living. So far they managed to save up \$350,000.

They expected to retire at sixty-five and look and feel old, and probably die a few years later. Or they would be so accustomed to punching the time-card at work that they would go crazy and scramble back to any kind of work, just to keep busy and remain sane.

I met Tim at this time when he was forty and he told me his problem. I taught him the secret cerebral power for “wisest future action”, and he mastered it promptly. In very short order he evolved a plan. It was a simple one. It consisted of buying stocks with most of the family savings when the stock-value goes low enough, and waiting patiently for it to rise to a satisfactory level before selling them.

The whole cycle took place once or twice a year, on the average. Once he bought them, he forgot about them for months and enjoyed his regular life the best he could. By the time he was forty-five, he had saved \$500,000 and his children had finished college. Tim was well on his way to becoming a millionaire.

Every year henceforth, Tim invested more and more in such stocks, since he had more and more profit left. By the time he was sixty his holdings were worth a little more than \$1,000,000.

He and Esther have stopped working and are in fine health. They look much younger than their years, and are at peace, bursting with humor and good nature. They expect to live a great many more years and have seen the whole world over and over. His monthly social security check is but a drop in the financial bucket to him.

What Tim and Esther did, you can do too. You don't have to retire if you don't want to lose your pension, but you can still start enjoying yourself much earlier than otherwise and grow rich while doing it. You don't have to follow Tim's system if you don't want to. Many people can't invest confidently in the stock market.

Another couple applied that same secret cerebral power and bought, instead, an apartment building, and paid off the mortgage from the rent. They too retired from their jobs at forty-five and lived off the rent. With simple lifestyles, they had all the free time they needed to do what they want to.

Being mechanically inclined, the husband didn't mind doing some of the upkeep around the place several hours a day. The rest of the time he was living a carefree lifestyle. Once a year he arranged with a neighboring landlord to keep tabs on the building on his behalf, while he and his wife traveled around in exciting locales.

Year after year goes by, and they look remarkably young. Their value of their land meanwhile has risen so steadily that they sold it at a tremendous profit before long.

With the secret cerebral power for wisest future action, you too can select a practical road to early retirement which suits you most, and grow rich painlessly afterwards — and stay astonishingly young, calm, and contented for the rest of your life, never worrying about being a work-horse indefinitely.

How Fred Knew When to Step Out of a “Big Business Thing” Before It Failed and Enter into a New Thing in Time to Cash In on It

Fred had looked for a long time for a “big thing” in which to invest his savings and time. He was sick and tired of just working for others and wanted to become independent, so he could live the luxurious life. Just to work for security for his wife and kids alone, he felt, was not enough. “You live just once,” he told Joan, his wife. “If you don’t enjoy it while you can, you never will.”

“But how can you enjoy it in these days of inflation?” she asked him in despair. “The cost of living and taxes never stop rising! Even what you put in the bank loses buying power every day! And things can’t get better, the way they’re going. We enjoy more luxuries only because we buy them on credit! We couldn’t afford to buy them at all, otherwise! But then, we’ve to pay for them — with interest! That, too, raises the cost of living! After you retire, your pension, social security, and dividends will shrink in buying power, too, no matter what’s done to try to make them bigger!”

“That’s exactly what I mean!” Fred replied. “Either I find a way to make enough money while I’m still middle-aged, or I’ll be working and paying through the nose all my life, and praying to end up well-off sometime before I die. I’ve to find a way to make big money now from a ‘big thing,’ or I’ll just waste my life away!”

With the secret cerebral power to time a deal perfectly I taught Fred, he found the “big thing” in which to invest his time and effort, and struck it rich! He confessed to me that he couldn’t believe there was so much money to be made, although he and his family had to pitch into it for long hours every day. But he figured that after seven or eight years, he would be a millionaire! And he’d be only fifty! What a life he and the family could lead afterward!

Three years later I surprised Fred by urging him to apply next the secret cerebral power of “wisest future action”. Nothing in life, I insisted, turned out exactly as one planned.

With this next secret cerebral power he reluctantly listed the worst that could befall him in his prosperous enterprise, and prepared a list so he would not be caught by surprise. A few months later, the financial bottom fell out of his venture. But Fred had already invested in safe securities.

You too can do what Fred did and start enjoying the luxurious life while you still have some time to do it. Such opportunities exist all around you all the time. You may even recognize some of them, but a lot of other people also recognize them before long and start investing into them. The price of the “big thing” rises as a result, and you grow reckless and greedy to get rich with it.

You then need the secret cerebral power of wisest future action (Lesson 13) to help you determine when is the best time to get out from under, before its financial structure starts falling and crushes you under the weight of bankruptcy!

With your gains drawing dividends in safe securities, you can look around for another potential “big thing” and buy into it while it is ridiculously low-priced, and sell out again while the price is rising feverishly to phenomenal heights — or before the oncoming big crash! Do so a few times, and you can retire altogether and live the luxurious life surprisingly early!

How Ed Saved Himself from Legal Catastrophe by Uncovering the Important Minor Evidence from His Mind to Crush His Enemies

Ed was in court, being unfairly prosecuted, he told me. The allegations against him were twisted around to mislead the court and brand him with a stigma that could ruin his future prospects. Yet, the misleading evidence being introduced supported the allegations. His lawyer objected to the ambiguous evidence repeatedly, but had nothing forceful enough to hit back with. Exasperated, he put Ed on the stand and brought out some salient points in his favor, but the mountain of misleading evidence against him was overwhelming. Ed knew he was innocent, but could not prove it.

He came to me that night in frenzy. I taught him the secret cerebral power of intellectual leverage. He hurried home and practiced it, and applied it as he lay in bed. An hour later he uncovered an important piece of evidence that he had forgotten. Next morning he confided it to his lawyer. His lawyer grilled him intensely about it.

Shortly after that morning, Ed's lawyer confidently allowed the opposition their time in court. Then suddenly, he brought in the evidence Ed was able to recall. The evidence was clear and irrefutable; there was no case against Ed. The opposition gave up. Ed had saved himself from a legal catastrophe.

In a lawsuit or in any other challenge in life, you frequently face disaster just because you can't recall the little forgotten thing. It is not something you have memorized and forgotten, as you did in school, but something to which you paid little attention when it occurred, or which you considered too unimportant at the time. Even if it is lodged in your subconscious mind, you cannot uncover it easily because you don't know what you want. You have to think it out! Your subconscious is not a god to serve you.

With the secret cerebral power of intellectual leverage, you can provide your conscious mind with the mental-triggering device it needs to think out the forgotten thing with cold logic, and enable you to catch your rivals by surprise and defeat them.

How Larry C Made Those Who Lorded It over Him Look Up to Him in Admiration

There was nothing exceptional about Larry C., and hardly anybody gave him a second look. This feeling of universal unimportance crushed his spirits and made him even lesser of a man in the eyes of others.

When he tried to call attention to himself by speaking loud or moving about importantly, he stirred amusement or drew mockery from others. He was praised only for being hardworking and conscientious, and was tolerated like a mongrel acting like a pedigreed watchdog.

Larry C. was so infuriated by it all that he grew deeply resentful of everybody and attracted the wrong kind of attention to him.

He confessed his problem to me, and I taught him the secret cerebral power to bring him swift control over others. First, he learned how others would resist his efforts to control them. Second, he found out what obstacles he would face when trying to control them, and how their resistance to him would increase. He practiced and mastered that secret cerebral power on how to influence others using his physiological language to his benefit.

Next day, he tackled the same people he had failed to impress and, to his amazement, controlled them swiftly! His social success took a big leap forward, and he was soon in line for a big raise and an unbelievable promotion at a time when others were being retrenched!



You too can stop taking a back seat in life and letting others climb over your head. You can stop being squashed under their social haughtiness just because you aren't imposing-looking or hold no important position. Such people make you feel like a nobody and keep you secretly angry, resentful, dissatisfied, and despising yourself. You become humorless, anti-social, and sarcastic, and end up a laughingstock. "That hopeless person!" they smirk about you among themselves. You feel as if life is not worth living, and hate the day you were born.

You waste a lot of precious time comparing yourself to others, and putting yourself down. Everybody has more of everything than you do. You envy their financial status, social positions, appearances, family, friends, everything that they have. You envy them until your face burns with fury. You are dying to make others admire you as you admire them.

That's what Larry did with the secret cerebral power of intellectual leverage. He made others stop putting him down and admire him instead.

These are only samples of the numerous case histories you will find in this course, of people who have used one secret cerebral power after another to achieve seemingly impossible goals. Apply the programs in this course to trigger these powers with the Miracle Mind Magic Stimulator, and you will swiftly acquire the stunning power of the miracle of mind magic.

Lesson 2: The Basis of Your Secret Cerebral Powers

Why the Power of Your Conscious Mind Is Tremendously Under-rated

So much emphasis has been placed on the power of the subconscious mind and on psychic power that the power of the conscious mind has become tremendously under-rated.

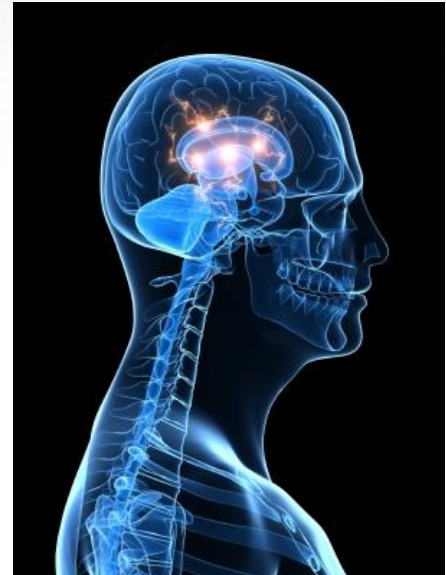
In fact, many of the most astounding performances of the subconscious mind or of psychic powers are actually conscious-mind powers! But they are so incredible that they have not been considered as stemming from the conscious mind. However, the

division between the conscious mind, subconscious mind, and the psychic power mind is hard to draw.

What you need to know is that incredible mental achievements are accomplished as easily through the conscious mind as through any other mind.

You are not lying helpless in a trance or in some other vague state, but are fully alive and thoroughly aware of every move you make! You are in a state in which you can make up your mind, or change it, the very instant you experience anything. You don't have to wait until you wake up or regain your conscious self to analyze what took place.

In that way you can develop increasing conscious-mind power, like the athlete who gets stronger the more he exercises. You become a different and more effective person all the time, and remain one!



Harvard psychologist, Dr. Robert Rosenthal, showed that when teachers were misled into thinking they were teaching a class of geniuses (by presenting them with false I.Q. scores), the teacher responded by teaching the children as if the kids were indeed a class full of geniuses. Subsequently, the same children registered an average of twenty-five points higher in their I.Q.'s!

In other words, through their conscious-mind efforts, the students increased their intelligences by one-quarter. Their intelligence shifted from the average-minded into the genius-level! Similarly, their achievements in life were significantly raised by leaps and bounds.

They had become “geniuses” with their conscious minds — and could remain “geniuses” if they wished! They didn’t have to fall into trances first! Your own conscious mind can do that for you with any cerebral power you wish!

Scientific Proof That Conscious-Mind Power Is More Effective Than Hypnosis

Psychologists have found that the following amazing feats performed under hypnosis:

- Turning into a “human plank”
- Withstanding seemingly excruciating pain
- Lifting staggering weights
- Displaying fantastic endurance

And so on can be done with the conscious mind without falling into the hypnotic trance. Therefore, they conclude that behavior under the hypnotic trance is more easily explained as caused by a change in the subject’s attitudes, expectations, and willingness to cooperate with the directions given him!

Several hundred investigators have made such findings during recent years. Dr. Martin T. Orne (Harvard) showed that non-hypnotized men showed much greater strength and endurance than normal when wide awake but properly motivated.

The late Dr. Theodore Barber showed that four out of every five individuals can normally suspend themselves between two chairs when simply asked to make their bodies rigid.

At the Medfield Foundation where the late Dr. Barber did his research, it was proven that pain could be reduced by suggestions, regardless of whether or not the subject was hypnotized. Thus he concluded that distraction was more effective than hypnosis in reducing pain.

Other experiments conducted at the Foundation demonstrated that many people were more highly responsive to suggestions when not hypnotized.

In one test, people could not draw their hands apart when they were merely told to imagine their hands firmly locked together. The same result applied to other experiments where they could not rise from their chairs, or speak their own names, or forget certain “things” they had heard or seen, all just by mere suggestion.

At least twenty percent of them who went through all such tests confessed that they actually felt the things suggested.

The Motivation Key



Some scientists have noted that the subjects do show a small increase in suggestibility following hypnosis, but that it is missed because it is so small.

Their explanation is that the hypnotists make certain that their subjects are motivated to do their best. They fill the subjects with the confidence necessary to perform the feat, assuring that that it will be safe and that they can perform it if only they try.

Such instructions alone raise a subject's suggestibility above his normal level.

The scientists therefore conclude that the confidence which the hypnotist pumps into the subject is the key to the hypnotic performance.

Other scientists have even failed to detect any difference between the hypnotic trance and the wide-awake state. In other words, the subject may think he is in a trance because he has been told so by the hypnotist. No physiological changes however have been demonstrable between the normal state and trance state.

Their conclusion is that hypnotism is neither special nor mysterious, and that your own potential is simply much greater than you have been led to believe. To state it simply, your conscious mind can do anything your subconscious mind can do under hypnosis.

Illusion



Illusions fall under the same principle. Psychologists now consider illusion merely one aspect of perception. If you present to your mind an adequate picture or some other kind of data, your brain will perceive the picture or data correctly. But if you present it with a confusing picture or data, your brain won't be able to come to a conclusion about it. The result is an illusion, for people trust what they see more than what they feel. There is evidence too that you tend to see some illusions according to how you think of yourself. (That's why you can't afford to let others climb over your head).

In each and every case, it is your conscious mind which is working, and it can do for you anything which you can do with hypnosis. Even more so because, when you depend upon hypnosis primarily, your conscious mind (your power of self-command) becomes weaker and weaker the more you depend upon the hypnotic state. When you however depend upon your conscious mind alone, your conscious mind grows stronger and stronger the more you use it, just as a muscle does the more you exercise it.

The Physiological Language of Your Mental Powers

How, you ask yourself now, can your conscious mind convert you from an average person into a genius in anything so easily? (Genius in anything means that you can be a genius or a superman not only academically, but also socially, in business, in your career — in short, in anything and everything you do).

Your conscious mind converts you into a genius simply with its own power. The students in the Rosenthal experiments did not purposely use the power of their conscious minds to convert themselves from average students into geniuses.

They merely listened to the teacher — something they had regularly done before — but this time their motivation and their enthusiasm *changed*.

The quickened thinking which seized them from the teacher's new approach flooded their bodies with brain messages. This completely stimulated their minds and nervous systems. Their whole body, including every cell and organ, fell into step with the “new individuals” they had become.

Every student had become as different from what he had been before. His whole body now spoke a physiological language in tune with his cerebral powers. And he could halt that physiological language and resume it at will whenever he wished to. All these were accomplished without the aid of hypnosis, drugs, brain-wave devices (equipment which measures the brain waves), or any other artificial means. No possible side effects too.

How the Conscious Mind Even Controls the Influence of Drugs on the Body

Even when one takes drugs, they can influence him only according to his conscious mind's acceptance of them. That's why medical scientists have concluded that, no matter how specific the nervous and physiological effects of a drug may be, its psychological effects are exceedingly variable.

Scientists are adamant that though drugs do introduce specific changes in the body's physiology, the *effect* of drugs hardly ever comes from the drug itself. Any subsequent state of anger and depression and the like in the behavior would come rather from the background or environment of the person taking it.



Researchers insist that the popularity of so many over-the-counter sedatives and painkillers could be mainly due to the ease with which drowsiness, lassitude, and general slowing of the body machinery could be interpreted as constituting the peace-of-mind state.

These authorities added that even the sexual arousal quality of the “Spanish fly” (an aphrodisiac drug) may be confused with the fact that the drug irritates the urinary tract and thereby fools one into believing that his sexual apparatus is excited directly by it, instead of reflexively from the irritation.

As seen with the students from the Rosenthal experiment, a new physiological language emerges when your body changes in a certain way. This language is very important because it communicates between the ‘new brain’ and the ‘new body’, otherwise which it would be impossible to draw on the new cerebral powers.

Experiments have shown that using your brain is more exhausting than using your muscles. That's why the thinker needs more sleep than the non-thinker.

Essentially, the physiological language of your body has to change when the full power of your conscious mind is used. This is because your 'new brain' needs a different milieu — meaning a different state of environment — to operate in.

This new milieu would be able to emphasize the secret cerebral powers which you now possess, thus bringing you the power of a genius in any field of endeavor.

Gaining Complete Control Over Your Nervous System

By applying the different cerebral powers of your conscious mind, you can consciously achieve one great wish after another with ease. You don't have to wait for a genie or some other miracle, like your subconscious mind, psychic power, hypnosis, or some artificial mechanical device to shock you into it.

You can do it yourself any time at will!

One of the most important secret cerebral powers you will acquire is the control over your nervous system.

In an instant, you can:

- Eliminate bad habits
- Banish nervous tension
- Master your temper
- Master your lack of confidence
- Master your tendency to cave in under stress
- Alter your personality from the one you deplore into the one you wish you had
- End your tendency to exaggerate, in your imagination, the possible catastrophes that could befall you in anything you attempt

You have two important, but opposite-acting, involuntary nervous systems in your body.

One is your parasympathetic². It keeps your natural functions normal: those of your appetite, digestion, and metabolism, and those of your heart, liver, kidneys, and other organs.

The other involuntary nervous system is your sympathetic (your nerves for dealing with emergency situations).

It controls:

- The power of your muscles
- The stimulation of your heart, liver, and other organs to accelerate their functions
- The supply of more blood and more blood sugar to your muscles to enable them to fight against, or flee from, any danger

If the danger is mental, like the danger you encounter in any kind of competition (even in business or socially), your sympathetic nervous system provides you with the biological secretions necessary to sharpen up your wits to meet it.

With a secret cerebral power, you can control these two nervous systems at will and improve your overall health or stimulate your brain like that of a genius and achieve whatever goals you wish.

Transforming and Controlling Your Personality



Behavior therapy was at first called “surface stuff” by psychiatrists, and was looked upon with amusement. But it is now agreed that if the personality is a person’s “totality of habits and behavior”, the elimination of his neurotic habits constitute a kind of personality change.

Even phobias are now being treated with techniques involving deep muscle relaxation. Since anxiety causes the muscles to tense and contract, you have to relax the muscles to ease the anxiety caused.

With a secret cerebral power, you can alter your whole personality by changing your whole behavior. Alter your personality first, by thinking of yourself as possessing a different personality than you have. That directly affects your thinking, for you will then think as if you did possess that different personality.

That carries over into your mental and physical behavior, and alters your physiological language to conform to your new personality. Your heart will beat like that of your new personality; your digestion will attune to it, as will your blood circulation and your metabolism. You become that new personality all the way through you!

Achieving Feats Of Physical Strength

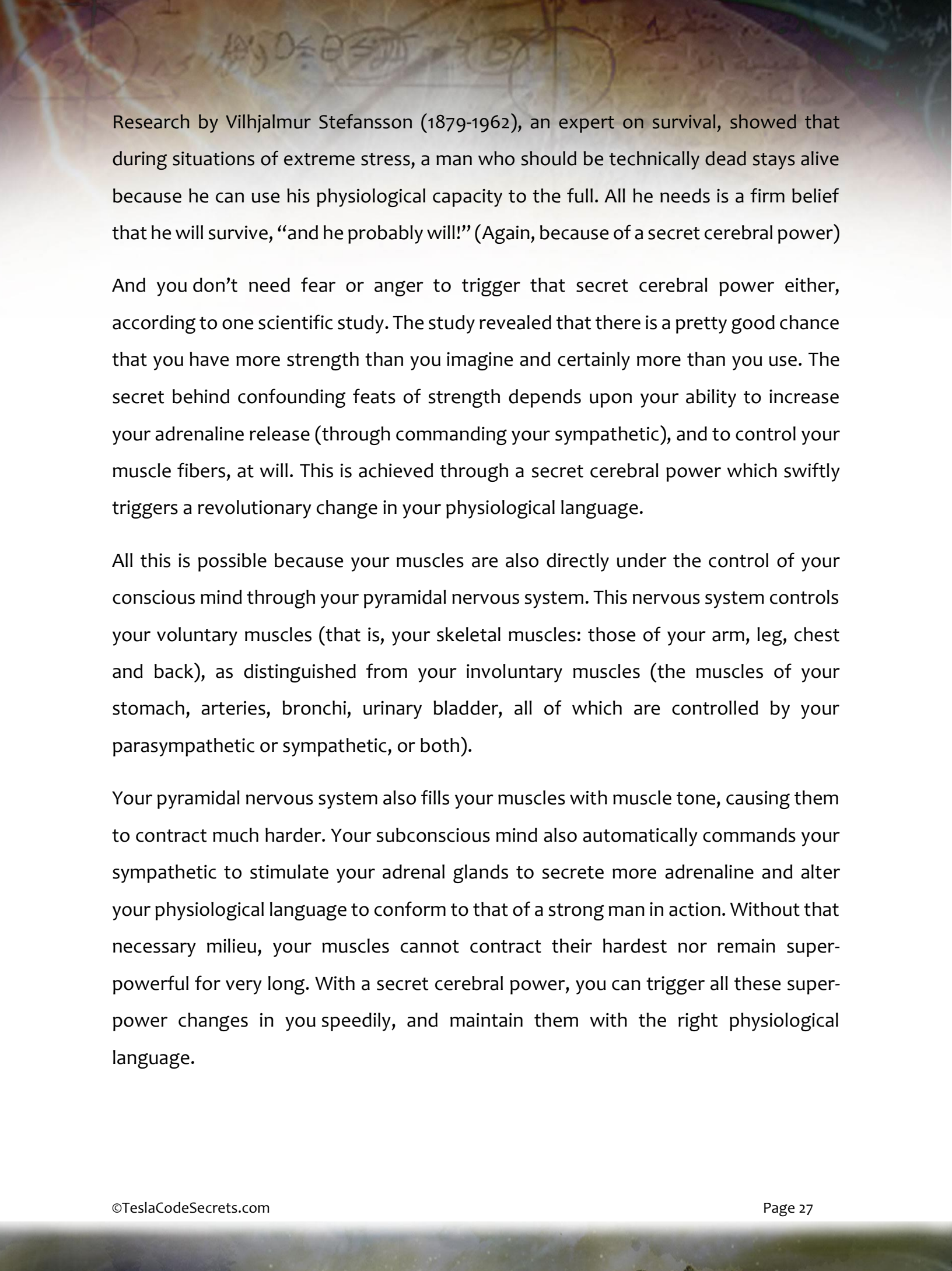
Just the same as you can alter your cerebral power from that of an ordinary person into that of a genius consciously and quickly, you can alter it from that of an ordinary person into that of a Hercules.



A man in a raging temper can hit three times as hard with his fist, or can lift something twice as heavy as or more than he can when he is in a normal frame of mind. At such times you are suddenly converted into super-prime physical shape; your adrenal glands flood your bloodstream with adrenaline and multiply your muscle tension to peak levels.

Normally, you respond to a situation in a fraction of a second. But when swift reactions are needed, your brain reduces your reaction time to a millisecond. When faced with an ordeal, your body can consciously summon spectacular powers to its aid instantly.

Authorities agree, though, that more important than your physical powers for survival is the mental outlook which you acquire in times of trouble (in other words, the secret cerebral power which you acquire then).



Research by Vilhjalmur Stefansson (1879-1962), an expert on survival, showed that during situations of extreme stress, a man who should be technically dead stays alive because he can use his physiological capacity to the full. All he needs is a firm belief that he will survive, “and he probably will!” (Again, because of a secret cerebral power)

And you don't need fear or anger to trigger that secret cerebral power either, according to one scientific study. The study revealed that there is a pretty good chance that you have more strength than you imagine and certainly more than you use. The secret behind confounding feats of strength depends upon your ability to increase your adrenaline release (through commanding your sympathetic), and to control your muscle fibers, at will. This is achieved through a secret cerebral power which swiftly triggers a revolutionary change in your physiological language.

All this is possible because your muscles are also directly under the control of your conscious mind through your pyramidal nervous system. This nervous system controls your voluntary muscles (that is, your skeletal muscles: those of your arm, leg, chest and back), as distinguished from your involuntary muscles (the muscles of your stomach, arteries, bronchi, urinary bladder, all of which are controlled by your parasympathetic or sympathetic, or both).

Your pyramidal nervous system also fills your muscles with muscle tone, causing them to contract much harder. Your subconscious mind also automatically commands your sympathetic to stimulate your adrenal glands to secrete more adrenaline and alter your physiological language to conform to that of a strong man in action. Without that necessary milieu, your muscles cannot contract their hardest nor remain super-powerful for very long. With a secret cerebral power, you can trigger all these super-power changes in you speedily, and maintain them with the right physiological language.

Unleashing The Full Potential Of Your Brain

The number of known chemical secretions in your brain continues to grow rapidly. All of them have specific effects on you. They are discharged automatically in your brain all day and night, according to how you think, act, and live.

Science might never discover them all, for so many of them are secreted in different proportions (or perhaps even in different combinations) by different individuals. Some secretions alert you to your surroundings. Others make you think faster or slower, tone up your nervous systems, or relax them. The list of all they can do will never be complete.

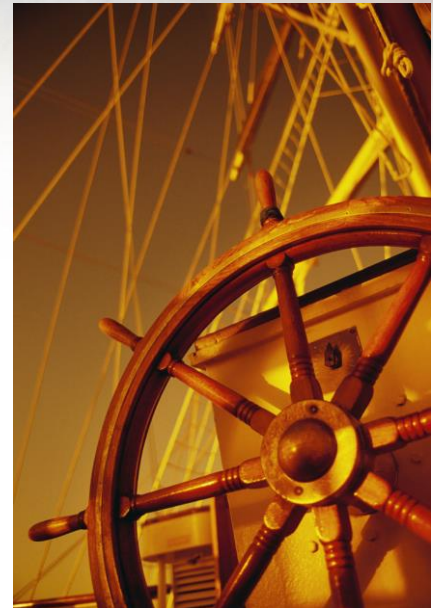
The important thing is that your brain is not just a thinking tissue, but a biological organ secreting various chemical substances to help your body keep up with varying stresses. The chemicals do so by regularly adjusting its physiological language to the stresses, or by altering it to overcome them.

Your subconscious mind will encourage your brain to secrete different chemical substances too. But, frequently, these will be the wrong kind of secretions. For instance, a dread of something suppressed in your subconscious mind will automatically caused the secretion of the chemical related to that dread. This modifies your physiological language to flee from that situation whenever you face it again.

However, with your conscious mind, you can nullify this unwanted secretion of your subconscious mind. And with a secret cerebral power you can secrete the right chemical in your brain to bring back the right physiological language to your body, so that you can resolve and overcome the dreadful situation. Essentially, your conscious mind is an absolutely necessary overseer for all your other minds, for it can keep your physiological language regularly at the tissue level of that of the “genius.”

Taking Control Of Your Health At The Cellular Level

The power of the conscious mind — even that of ordinary thinking — over the tissues is so extraordinary that even the most primitive creatures adapt their outer features accordingly to specific stimuli. One such phenomenon involves the “beautification” of individuals to attract the opposite sex during the mating season — acquiring dazzling plumes, or different colors to their hair or fur, or by growing adornments, like the cock’s comb, the lion’s mane, and so on.



In a negative connotation, the power of the conscious mind can also destroy healthy tissues. Among the long-time scientifically accepted medical causes of ulcers are psychic causes, like worry, nervous tension, anxiety, and chronic fear.

It is believed that the mind, in some way, causes the ulcer to form, by the physiological effects upon it of the psychic cause. The reason for that is unknown. The explanation is probably the fact that when the mind is in the grip of any fear, the sympathetic nervous system is constantly being stimulated by it to prepare for a fight-or-flight scenario.

As a result, the sympathetic constrict the capillaries in the stomach to allow more blood flow into the skeletal muscles and supply them with the necessary extra nutrition (sugar) they will need to meet the emergency situation.

Due to prolonged worry, the stomach is deprived for long periods of its normal supply of blood. Its mucous membrane suffers from lack of nutrition and waste product removal, and ulcerates as a result.

Herpes simplex and other conditions attributed to psychic causes are apparently formed in a similar manner. Dr. Jonas Salk, developer of the polio vaccine, believes that emotional factors play a part in the development and spread of cancer, indirectly bringing it about through influencing its hormone system.

Take another example. You can improve your sight by simply wanting to! Show a woman a picture of a baby and the pupils of her eyes will widen by twenty percent. Show a man the same picture and his eyes will not react, unless it happens to be his own child. But show him the picture of a good-looking girl and his eyes will open twenty-percent wider than usual.

Take yet another example. Up to seventy-five percent of the pain in a tense person disappears when he relaxes. Tension speeds up the blood circulation, and that increases the pressure on the nerves of pain. For that reason, the less highly strung you are, the less pain you will feel.

That is why your conscious mind controls the state of your tissues. It does so primarily through managing the circulation of your blood going through them.

People have turned gray overnight from excessive worry or great fright. Barney Ross, the famous boxer, turned gray in twenty-four hours during World War II while cornered in a trench, from which he shot and killed twenty-three Germans before morning.

There are cases in which an individual's leg shrank one whole inch in length overnight, from ghastly mental terror. Other people have even died from a great fright. In each case, the conscious mind made the body spoke a negative physiological language.

In the same way, your conscious mind can control your tissues for their improvement. Just as psychic reasons can cause ulcers, psychotherapy may heal such ulcers by making the mind command the body to speak the right physiological language. It is commonly known among doctors that a secret cerebral power may heal warts.

Secret cerebral powers have even overcome severe strokes that left the victim paralyzed from the neck down. This was the well-known case of Sir Winston Churchill, at age ninety-one.

It is equally well known that a doctor may fail to heal a particular patient with all the skill he possesses, and then suddenly heal him by prescribing placebos (sugar-coated, medically inactive substances which pass for pills). The incredible thing is that the patient is made to *believe* that they are curative pills.

Indeed, latest medical statistics reveal that for every ten patients who benefit from the most modern drugs and antibiotics, one of them enjoys an effective and sometimes permanent cure by taking the placebo (made entirely of sugar and water). In many instances, even an injection of water may produce the same effect as an ampoule of morphine.

In all these cases the healing agent was the conscious mind, for no attempt was made to hypnotize the patient.

Neither did the patient resort to his psychic powers, or subconscious mind, or a brain-wave device. He was told that the pill given him would cure him, and it did. A leading neurologist insists that by just assuring the patient that his recurring headaches were not produced by a brain tumor was enough to clear them up. He is of the opinion that the cause of many headaches is due to the patients' fears that they have some underlying brain disease. You can use that same secret cerebral power positively and fill yourself with superb health.

Restoring Your Youth And Vitality

By habitually reminding yourself that you are getting older and older, as most people do, particularly when an upcoming birthday reminds you of your age, you form a reminder of approaching old age in the brain cells of your subconscious mind. This in effect keeps your tissues oriented along that line of thought.



You become a person who refused to believe that he was cured of a certain disease, and therefore continued to go downhill and suffer from that disease, as if he still had it, despite the fact that thorough diagnosis revealed no remaining symptoms of it in him.

With this reminder of “being old” in your subconscious mind, you oust all thoughts of youth from your brain and resign yourself to your fate. That accelerates the aging process.

With a secret cerebral power you will block this feeling of inevitable-old-age from your mind, even if you have to delude yourself and others that you are far from being that old. That, in turn, fills your subconscious mind with that “younger” frame of mind and your tissues react accordingly physiologically and start speaking the physiological language of continuing youth.

Many people unsuspectingly prolong their own lives with cerebral power, for there is a significant dip in death rates just before patients' birthdays, or even just before major events such as Presidential elections. John Adams and Thomas Jefferson both lived until the fiftieth anniversary of the signing of the Declaration of Independence, and died that very afternoon.

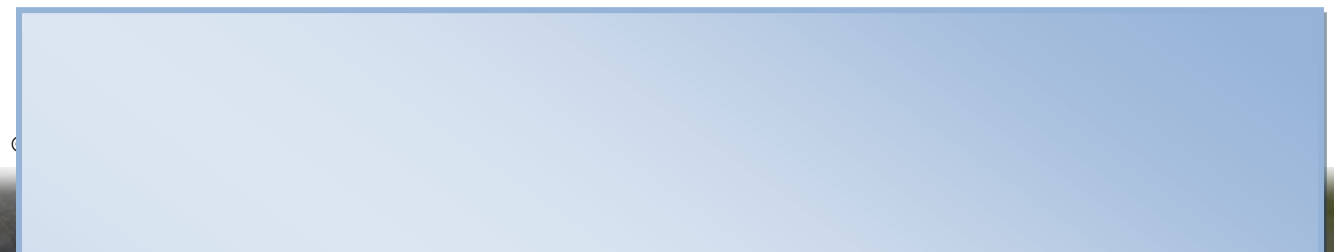
Trigger this right physiological language into your tissues regularly with the Miracle Mind Magic Stimulator, and you will become young again and stay seemingly so.

Awakening Your Innate Talents

As stated before, when you lift yourself from the ordinary person into the genius class (either academically or anything else you do), your physiological language alters into that of the superior person you have suddenly become.



But already, as an average person:



- You can run your hand across a smooth surface and detect projections only 1/25,000 of an inch high
- You can taste one part of quinine (a bitter compound used to treat malaria) in two million parts of water
- You can detect between 2,000 and 10,000 different smells
- You can store and a half times more information than the world's most advanced computer
- You have enough knowledge of one sort or another in your head to fill five million books
- You have powers of calculation five times greater than the most advanced computer
- Your brain contains between ten and fifteen billion separate nerve cells or neurons, or roughly twice the present population of the world. The brain of a bee has only 900 cells, and that of an ant, 250 cells

Medical science already admits that there is hardly any technical difference between your brain and, let's say, that of the late Albert Einstein. The only difference (unless you are not a natural genius) lies in the as yet unrecorded codes through which the messages to your brain are passed up the vital cable of nerves within your spinal cord.

Scientists are of the view that this code directs blood to your brain's membrane coverings, and strengthens and invigorates the central supervisory organ of your nervous system. This supervisory organ determines how hard your brain will work.

A secret cerebral power can direct this supervisory organ to work for you consciously at full blast. In men of genius, the brain membranes are richer in blood vessels. As a result, their brains are richly supplied with blood and oxygen.

Your brain needs oxygen very badly because your spinal cord buzzes constantly with electrical nerve impulses; the oxygen carries a two-way flow of information between your body and your brain.

So, proceed now and develop your secret cerebral powers. Control your natural talents all the time, and achieve the incredible any time you wish, simply by triggering your Miracle Mind Magic Stimulator. Master this great skill in the next lesson and use it with every secret cerebral power.

Controlling Nervous Tension

Nervous tension, which emanates from the frontal lobes of your brain, can distort or block the messages between your brain and your body.

Fresh air and good posture are of paramount importance for the proper functioning of your brain because they bring more oxygen into your nervous system and keep your spinal cord properly aligned. These allow the two-way flow of electrical nerve impulses through it to proceed without interruption. This vital supply of oxygen to your brain can be advantageously increased with a secret cerebral power which stimulates your sympathetic, thus dilating the blood vessels of your brain.

Researchers found that oxygen intake is so urgently necessary to switch the brain into that of a genius by a simple experiment. They restricted the oxygen intake of a group of volunteers in I.Q. tests, and their performances plunged sharply downward. The moment the oxygen intake was restored to normal, their performances improved decidedly. (That's why people with above average lung capacity have a correspondingly greater chance of being mentally above average.)

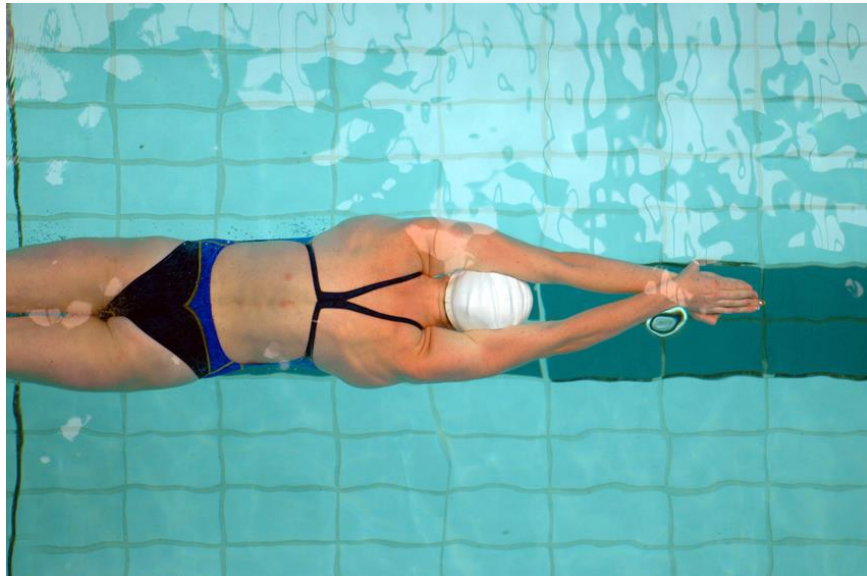
Scientists discovered that “using” your brain at a certain time every day and at a particular place conditioned it to work harder and better with the least driving effort.

With a secret cerebral power, you can trigger your brain to its full working capacity with the Miracle Mind Magic Stimulator any time of day, anywhere.



Lesson 3: How to Unleash Your Secret Cerebral Powers

You Don't Think With Your Brain Alone



When you think, your brain alone does not do the thinking. Your body thinks along with it, by instantly responding to it. Your nerve centers think at the same time. They include:

- Your nerve ganglia (the aggregation of nerve cells along your sensory nerves — or of the nerves which carry the messages from your body to your brain)
- Your nerve plexuses (the networks of your nerves)
- Your nerve reflexes (the reactions of your nerves to stimulation)

All this is part of the new physiological language which your body speaks when you think, most of which is invisible to yourself and others, except when you turn pale, blush or tremble. Other symptoms include the shine in your eyes, the restlessness in you, or your outburst of flight.

Scientists have proven that, like fifteen percent of people, you might even have a fantasy-making mechanism built into your mind, and “hear” colors as well as sounds and words when you think. That would re-model your physiological language even more.

Tension on your spinal cord through wrong posture would also affect the two-way flow of nerve-electricity passing up and down between your body and your brain.

In addition, the state of tension or relaxation of your skeletal muscles during “thinking” affects your thoughts. It does so either through your muscles “thinking *with*” them by your natural postures or movements suggestive of their success, or by their “thinking *against*” them by natural postures or movements suggestive of their *failure*.

Even the presence or absence of pain (like a headache or stomach ache) will encourage or discourage your body organs from thinking along with you, and thereby affecting the subsequent physiological language triggered in you.

Therefore, if you want to think seriously, it is best to do so under favorable circumstances, for it takes very little to disrupt the smooth stream of the two-way flow of the information passing up and down your spinal cord.

It is also essential to realize that brain-work is nearly twice as tiring as manual labor. Scientists have proven that it takes only about four hours sleep to restore your physical energy, but nearly twice as long to recover from brain fatigue.

When you work with your brain, you eventually think with a weary and fatigued organ, starved of oxygen. You require more sleep and rest than when you work with muscle alone. Unless you are in an emergency it is wise to be rested before you trigger and use a secret cerebral power, if you expect the best results for your effort.

Overcoming The Mental Distortions That Limit Your Cerebral Powers

Any mental distortion which makes you feel inferior to others, or to any situation, will limit your cerebral powers. If you worry about the shape of your nose, the width of your shoulders (if you are a man), the height of your breasts (if you are a woman), or whatever else that frustrates you, two things will happen.

Firstly, you will deplete the natural nerve-electricity potential in your brain and nervous systems. Secondly, this will lessen the dynamite behind your secret cerebral powers by negatively altering your physiological language.

It is not the momentary worrying which causes the above, but the habit of constant fretting over one thing after another which it launches.

The quick way to end worry and stop depleting your natural nerve-electricity potential is to think of something else at once — something you enjoy and which took place already.

Think:

- Of some sport event in which the team or athlete you favored won spectacularly, and relive the contest in your conscious mind
- Of a vacation in which you had a whale of a time
- Of someone you met whose company you enjoyed tremendously

Even play solitaire, if you delight in that.



In other words, “flee” from the intolerable situation of the present by daydreaming productively about the past. When your mind is rested and you have regained your normal nerve-electricity potential, tackle again the problem that bothers you. Trigger the secret cerebral power necessary to solve it with the Miracle Mind Magic Stimulator, and eliminate the problem.

Overcoming The Physical Distortions That Limit Your Cerebral Powers

The most important physical distortion which limits your secret cerebral powers is an abnormal spinal curvature. Your spine extends from the base of your skull all the way down to your hip bones, and it encloses most of your spinal cord.

Your spinal cord consists of all the nerves that pass down from your brain to your body, and vice versa, except those which pass from your brain to your face. It extends from the base of your skull to the tip of your sacrum.

A physical distortion of your spinal cord may commence from as far up as inside your skull, and continue beyond where the nerves passing through it exit from your spine and sacrum into your body. Through nerve radiation, its effects may be felt all the way from some nerve center in your brain to the ending of that nerve somewhere in your body.

There are other physical distortions which also limit your secret cerebral powers, particularly because they either cause or add to your abnormal spinal curvature.

These are:

- Round or uneven shoulders
- Carrying the head too far forward or backward
- A sagging abdomen which drags your rib cage downward
- Walking with one or both feet thrown outward instead of pointing directly ahead
- Engaging in sports or occupations which regularly compel you to assume bad posture for long periods of time

Pain from any ailment will also limit your secret cerebral powers. Pain distracts you from full mental concentration, and it also usually forces you to alter your normal posture and movements to ease it. Your spine has to accommodate for that resulting imbalance in your body mechanics by assuming one or more abnormal curves, thereby throwing tension on your spinal cord.

How The Curvature Of Your Spine Affects The Effectiveness Of Your Secret Cerebral Powers

The curvature of your spine can increase or decrease the dynamite of your secret cerebral powers due to the two-way flow of nerve-electricity between the brain and the nervous systems through the spinal cord.

When any part of your spinal cord is twisted or compressed, or impinged by the walls of your spine, the nerves on that side of your spinal cord are



numbered to a variable degree. This restricts the easy flow of nerve-electricity through them.

Similarly, the nerves on the other side of that same part of your spinal cord may be abnormally stretched or twisted by your abnormal spinal curvature because your spinal cord is then twisted also, since it is enclosed by your spine.

Such an abnormal tension on that whole part of your spinal cord exhausts the nerves passing through it and reduces their efficiency to transmit the full voltage of the nerve-electricity flowing the two ways through them.

When your spinal distortion spans a longer duration, permanent changes may have taken place in the discs between the vertebrae. It affects the nerves of your spinal cord by reducing the voltage of the nerve-electricity flowing up and down the spinal cord.

When the spinal distortion is lessened, your spinal cord will regain some of its lost voltage of nerve-electricity, and you possess greater cerebral power potential once again.

When you subsequently trigger a secret cerebral power in you with the Miracle Mind Magic Stimulator, that secret cerebral power produces nerve-electricity dynamite in you and alters your physiological language into the right one to produce the right milieu in your brain for explosive mind magic.

Using Your Secret Cerebral Power To Heal All Manner Of Ailments

When you are sick in any way, either your sympathetic or your parasympathetic nervous system prevails in that particular ailment. That particular nervous system further weakens when you get worse. During convalescence, the opposite system prevails and brings you back to health.

When the disease is chronic, both of these nervous systems are stable, but the one associated with the symptoms of that disease is the more active of the two. Most symptoms are departures from normal function.

The family doctor usually prescribes drugs not to cure a disease directly, but to normalize its symptoms. The body itself is then left unhindered to regain its normal functions to overcome the ailment.

The chiropractor aims to do likewise through spinal adjustment. The psychiatrist may use hypnotism, suggestion, or other psychotherapy, to help the mind reduce the symptoms of the disease and let the tissues normalize themselves.

In each instance, the main goal is to normalize the symptoms — or to alter the negative physiological language of the malady into a positive one, so that it may speak the language of health. Once this goal is achieved, the “stressed” tissues flash this healthy alteration through your nerves to your conscious mind. As a result, you feel different when your raging fever diminishes, or when your convulsing stomach relaxes, and so on.

Your conscious mind then automatically acquires the necessary secret cerebral power, or the confidence in your body, to overcome that disease. It flashes this conviction to your subconscious mind. Your subconscious mind then relays it to whichever nervous system in you prevails in that particular disease, and normalizes it. That converts your negative physiological language into a positive (or healthy) one. Your body then proceeds to heal itself.

How to Induce the Nerve Fibers of any Secret Cerebral Power to Align Perfectly in Your Brain and Bring About the Miracle of Mind Magic

Whenever you think, a certain number of the thirteen billion nerve fibers in your brain line up in one particular pattern out of a possible million others to code your thoughts.

Your brain, for one thing, contains more than 10,000,000 nerve cells. A computer contains a few hundred thousand parts (which are equivalent to nerve cells). For some time, then, your brain will remain at least 10,000 times more complex than a computer.

However, they may fail to do so for numerous reasons, the most important of which is competing ideas, thoughts or notions which are competing with each other for your attention.

That is why you cannot always solve your problems readily, and why you frequently resort to the “incubation effect” — meaning that you leave the unsolved problem aside and let the answer pop into your mind several hours, days, or weeks later.

During that period of time, something which inhibits the solution of your problem loses its strength and enables the solution to take place automatically in you. Therefore, the solution to the problem was in your mind all the time, but for some reason, it was inhibited by competing ideas.

It stands to reason then that a secret cerebral power strong enough to remove that inhibition would let your conscious mind solve your problem right then and there, without your having to wait that long!

That speedy solution can be brought about by the Miracle Mind Magic Stimulator. With that “magic instrument” you can induce the nerve fibers of any secret cerebral power to align correctly inside your brain and trigger the mind magic of your conscious mind into action instantly.

The Three Steps of the Miracle Mind Magic Stimulator to Trigger Your Secret Cerebral Powers

You will create the Miracle Mind Magic Stimulator with three important steps.

The three steps are very simple and very much alike; but you will be taught how to intensify them. With a little practice, they can alter your body functions rapidly into the right physiological language necessary for whatever secret cerebral power you wish to trigger into action. Practice them alone in your room, so that you can soon apply them readily in public. In addition, apply them in a regular, conscientious manner.

Here are the three easy steps:

Step 1:

- a) Think of whatever wish (or goal or dream) you want to come true, for about five seconds.
- b) Immediately visualize it as coming true, and maintain that vision for about four seconds.

Step 2:

- a) Think of that wish again for about five seconds. But this time dig deep into your conscious mind for it and imagine its details.
- b) Immediately visualize it again as coming true, and maintain that vision for about four seconds. But, visualize it far more clearly and completely than before. Let the details fit into it, as if it were actually occurring.

Step 3:

- a) Once more think of that wish, for about five seconds. But this time dig so deeply into your mind for it that you extract every possible detail about it.
- b) Immediately visualize it once more as coming true, and maintain that vision for about four seconds. But, visualize it so thoroughly in every detail that it seems to “come true” right before your eyes.

Those, simply explained, are the three steps of the Miracle Mind Magic Stimulator to trigger your secret cerebral powers.

Intensifying The Miracle Mind Magic Stimulator

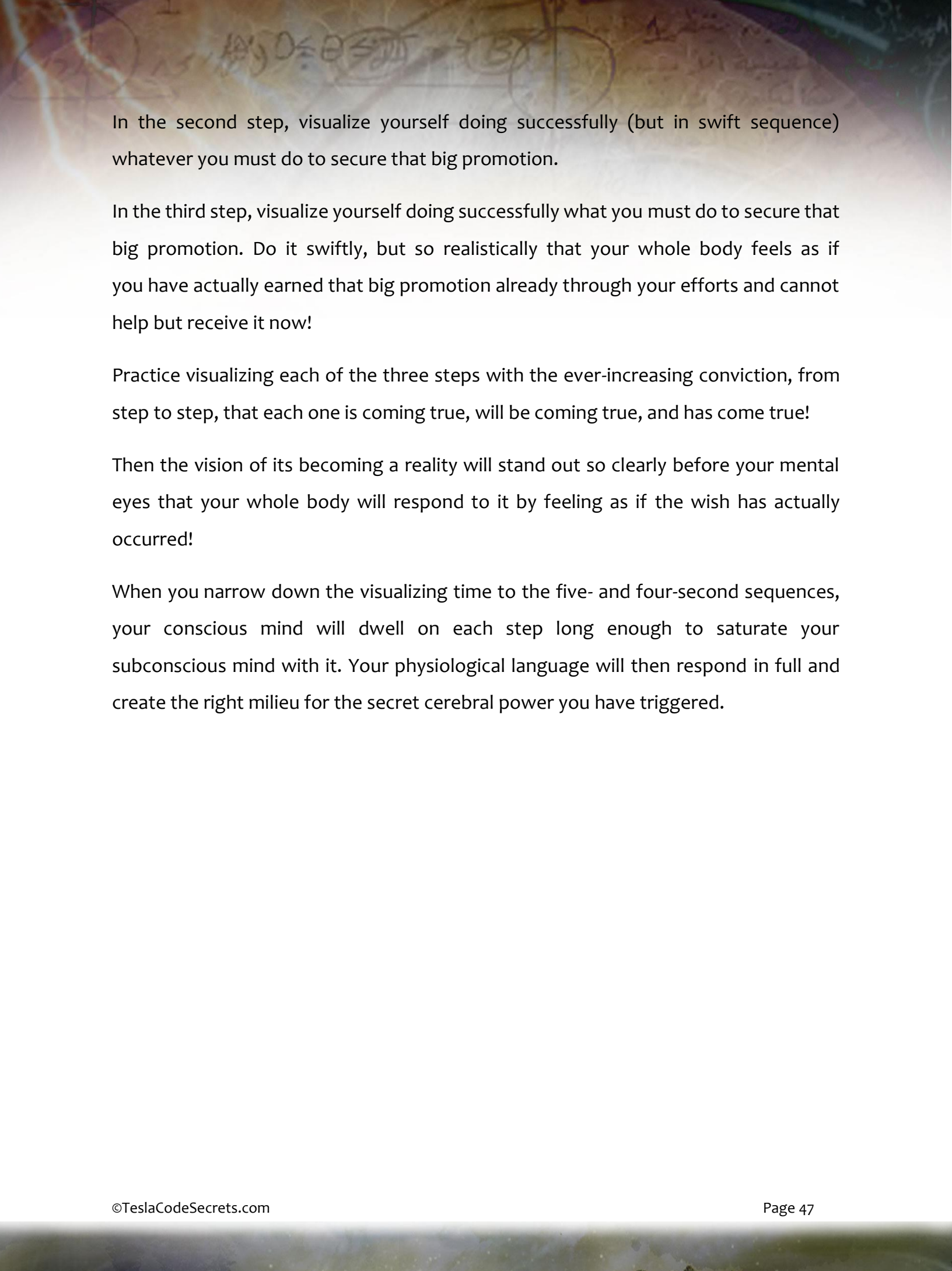
Practice the Miracle Mind Magic Stimulator with several wishes of yours, each one closely following the three steps. Practice each step until you perform it easily, quickly, and with a visual intensity that practically lifts your head off your body.

If at first you can't execute each step in the number of seconds stated and do it thoroughly, take more time.

Spend up to a half minute with each whole step at first, if need be. But reduce that time soon because your mind will experience fatigue and be bored from dwelling so long on something so abstract as a mere vision.

Your wish will flow lazily through your mind when you commence the practice, but probe into it and see every side of it. Only then will your vision of it bring out every facet of the secret cerebral power which your Miracle Mind Magic Stimulator will trigger into action, to make it come true.

For instance, if your wish is a big promotion in your job, visualize it in the first step, as coming true, with you receiving the big promotion.



In the second step, visualize yourself doing successfully (but in swift sequence) whatever you must do to secure that big promotion.

In the third step, visualize yourself doing successfully what you must do to secure that big promotion. Do it swiftly, but so realistically that your whole body feels as if you have actually earned that big promotion already through your efforts and cannot help but receive it now!

Practice visualizing each of the three steps with the ever-increasing conviction, from step to step, that each one is coming true, will be coming true, and has come true!

Then the vision of its becoming a reality will stand out so clearly before your mental eyes that your whole body will respond to it by feeling as if the wish has actually occurred!

When you narrow down the visualizing time to the five- and four-second sequences, your conscious mind will dwell on each step long enough to saturate your subconscious mind with it. Your physiological language will then respond in full and create the right milieu for the secret cerebral power you have triggered.

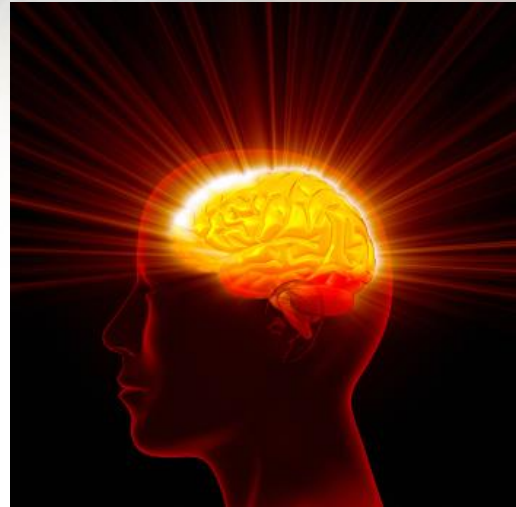
The Secret of the Power of the Miracle Mind Magic Stimulator

The secret of the power of the Miracle Mind Magic Stimulator lies in the principle of physiological power magnification. This magnification has already been scientifically established as an actual “event” occurring in several body organs.

For example, if two sensory nerves connect with one motor nerve (which supplies a muscle), the muscle will not contract when either one of the sensory nerves is stimulated alone. But it contracts when both of them are stimulated simultaneously. This phenomenon is called “summation”. It amounts to a physiological power magnification.

Likewise, all nerves require a certain amount of stimulation before they will transmit a command to an organ or a muscle. This is known as “the threshold stimulus”.

Weaker stimulations will be ignored by the nerves. Your sympathetic nervous system will not activate your body to fight or flee if the alarm it receives from your body or your mind is too weak for it to respond to it. The alarm which it receives has to be strong enough to magnify its physiological power before it:



- accelerates your heartbeat
- pumps more blood into your muscles to tackle the emergency
- constricts the capillaries in your skin and viscera to make more blood available to your muscles
- speeds up your liver’s metabolism of blood sugar to supply your muscles with more energy to fight with

How the Miracle Mind Magic Stimulator Works

With the Miracle Mind Magic Stimulator, you bring about the necessary physiological power magnification which your body needs to alter its physiological language. This creates the appropriate milieu in which to trigger the right secret cerebral power you need for your wish.

Your normal self alone will not flash into your body stimulation sufficiently strong to cause it to transform its physiological language.

Your acquired lack of confidence in your innate ability to achieve your aims restrains your mind from flashing such a powerful stimulation into you.

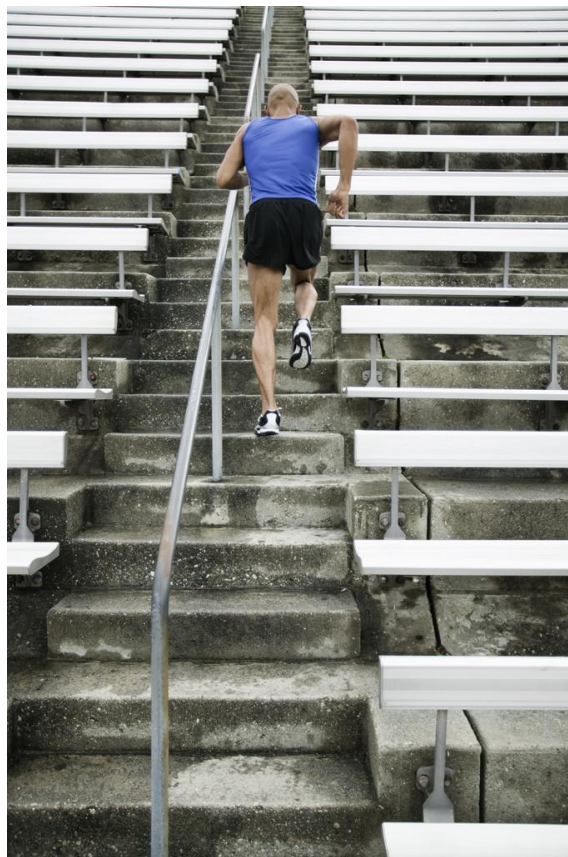
With the Miracle Mind Magic Stimulator, the vision of success which you create for your wish is so vividly real that your whole body responds to it as if that vision has already come true. This actually changes you into the person you would then become, complete with the new physiological language.

That's why you must create the Miracle Mind Magic Stimulator in three steps. Each step multiplies the apparent reality of the previous one, until your final vision in Step 3 seems so real to you that it *compels* the change, despite itself.



Importance of Your Mastering the Three Steps Now

Master the three steps of the Miracle Mind Magic Stimulator now. You will use them repeatedly to trigger your different secret cerebral powers. In each consequent lesson you will be taught, you will first learn the various methods which other people have used to attain amazing successes in their wishes. Then you will be shown how to trigger the right secret cerebral power for each with the Miracle Mind Magic Stimulator. You will soon be the very person you have always hoped to be!



Lesson 4: How to Use Your Mental Power of Intellectual Leverage

Now what is this “intellect leverage” that you are reading in the heading?

It simply means the ability to use your intellect to do much more with *less*.

Without intellectual leverage you are like a person controlled by instinct, without a reasoning mind. You move, act, eat, live, and love like a lower form of life; you learn comparatively little from life and remain on the same level intellectually all through it.



You are no better than the average students when the teacher instructed them as average students instead of as geniuses. However, when the teacher instructed them as geniuses, their stimulated minds transformed them into geniuses. Their hidden powers were awakened, and they hungered for more knowledge.

They now possessed intellectual leverage.

Intellectual laziness is boring and wearisome. When you stop thinking, you either yawn or feel like going out and raising trouble. Others resort to drugs, perversions, kleptomania (stealing), and sadistic crimes just for the heck of it.

You can't suppress and forget your hidden powers. They will explode out of you in some way, and possibly wreck you. But when you release them with intellectual leverage, they change your whole life into a delightful adventure of discovery and understanding of yourself, and the people and the world around you. Your wish is also achieved!

Without even making any effort, you will find yourself outsmarting people in every kind of competition, seeing through the deception in different matters. You also protect yourself against different influences, and everybody will admire and listen to you. In other words, you acquire the confidence of being able to take care of yourself and hold your own in any situation.

Nothing is impossible!

The secret cerebral power of intellectual leverage is truly the greatest miracle-mind creating power ever bestowed upon the human mind!

Profiting From Intellectual Leverage

The benefits of every kind which certain people have gained from intellectual leverage are truly fantastic.

With it, they:

- Restored strained relationships with others and acquired their admiration and respect
- Took the right directions to big success, got rich fast, and retired early
- Defended themselves against physical attack and swiftly disarmed their foes
- Controlled their unhappy moods and became calm and contented
- Recovered from disasters and climbed to greater heights than ever before
- Studied their perplexing problems and resolved them easily

With intellectual leverage, you can stop being upset or misled by anything, for you will uncover the truth in it and turn it to your advantage. Intellectual leverage is truly a miracle of mind magic and this course shows you how to make use of it in your daily life.

The Great Opportunities Missed from Lack of Intellectual Leverage

From the dawn of time, intellectual leverage has been the decisive tool in the lives and fortunes of men and women.



Had Othello applied it, he would not have fallen victim to the wiles of his best friend, Iago. Caesar and Brutus, Macbeth and Lady Macbeth, and many others would have escaped their tragic fates had they applied it to their close friends and associates.

Millions of broken homes could have been saved by the parties using intellectual leverage. Swindlers and embezzlers make illegal fortunes by hoodwinking victims who fail to examine them with intellectual leverage. Other people let their opportunities of making fortunes slip by because they don't apply intellectual leverage.

At some time in your lives, you and everybody else have the chance to get rich or to establish a connection that could change your whole future for the better. You miss it because you lack the intellectual leverage to analyze the opportunity with the eyes of an oracle.

Similar opportunities are continuously around you, but without intellectual leverage to take advantage of them or even to recognize them before they pass by, you remain comparatively poor, mediocre, and discontented.

What Intellectual Leverage Is

Intellectual leverage is the secret cerebral power to weigh every problem in your life with such objectivity that you overlook no side of it.



It forces you to shed all sensitivity to the cold, hard truth about anything. It prevents you from favoring the side of an issue which primarily flatters your ego, and from scorning the side that does not. It is of inestimable value to you because, by facing the naked truth about anything, you can more accurately predict its possible future and act on it to your utmost advantage.

Other people react to that person or event emotionally with little or no objective reasoning. However, with intellectual leverage, you rid yourself of all emotion in regard to him (or it) and accept the disheartening truth in regards to him (or it), and turn impending disaster into timely profit.

Why You Lack Intellectual Leverage

However, it is a grueling experience to develop the secret cerebral power of intellectual leverage with psychology, philosophy, or sheer logic.

Like everybody else, you are plagued with your own passionate likes and dislikes. In politics, you favor a certain party and certain principles. You do likewise with everything that touches your everyday life.

Some of these emotional reactions may be natural to you. You might be a brunette, for instance, and be naturally attracted to blondes. You might own real estate and vote for the party that promises to lower the property tax.

Similar unfortunate experiences stunt your natural secret cerebral power of intellectual leverage, and leave you with crippled thinking.

In contrast, with intellectual leverage, you would examine closely everything that affects you — even that which you think you already understand. Only then can you analyze effectively the important movements of your day and profit from them without limit.

This lifts you above the state of a collective-mind. You would be able to anticipate changes taking place anywhere, and reap the harvest of your insight.

Even if you know little about the question at hand, you will detect the inconsistencies of the so-called experts.

Acquiring Intellectual Leverage

Here is the easy way to develop the secret cerebral power of intellectual leverage:

- Stop forming spontaneous conclusions about anything
- Investigate unemotionally the other side of it first
- If it concerns someone else, put yourself in his (or her) place
- Pretend to be him. View yourself as living as he does, holding his job, married to his partner, and so on. Forget that you are you
- Then saturate yourself with the problem and see it through his eyes
- Record what he thinks about it, or about you. You are then prepared to match him in any advantage in every move he makes

Don't rashly discredit every opinion you may already hold about the question or problem, but subject it to close scrutiny. Like almost everybody else, your opinions are based considerably upon your own unique experiences. That's why they may be somewhat unscientific and unintentionally prejudicial. To base your future actions on them is to basically invite failure.

Most scientific conclusions are seldom continued to be accepted with the passing years.

Every five years, most new books become outdated. They disprove a good part of the old findings and reveal new conclusions. When studying the sciences in particular, remember that a good part of the material may not be true.

But since you can't wait five years to find out which part of it is not, let intellectual leverage guide you in what part of it to accept. You can then anticipate many changes which may occur in that knowledge, and therefore act profitably.

Applying Intellectual Leverage On Others

Practice accepting even the opinions of qualified experts as inconclusive. Much of their advice is based on the texts they studied in school and is colored with a certain amount of outdated knowledge. If you have time, read up a little on your problem before calling on a professional man for his services. That way, you will then better weigh the help he gives you.

But don't turn into a doubter or a cynic and pick senseless arguments with others. Close your mind to nothing until you weigh both sides of it. If people prove stubborn, confine your investigation to books and other authentic sources like the library.

It is impossible of course, always to select the best authorities, for the ones who are revered today may be condemned five years from now; but you will still see several sides of the question.

Everybody makes mistakes, but he who makes the less serious ones wins.

Fundamental Rule

The rule to follow is: make an independent investigation of everything if possible, before seeking advice on it. Don't dodge the naked facts, no matter how they hurt your feelings or run counter to general opinion. Accept the brutal facts as you find them. Only then can you act with your own eyes wide open, and to your best advantage.

You will still make mistakes naturally, for your intellectual leverage won't be 100 percent logical.

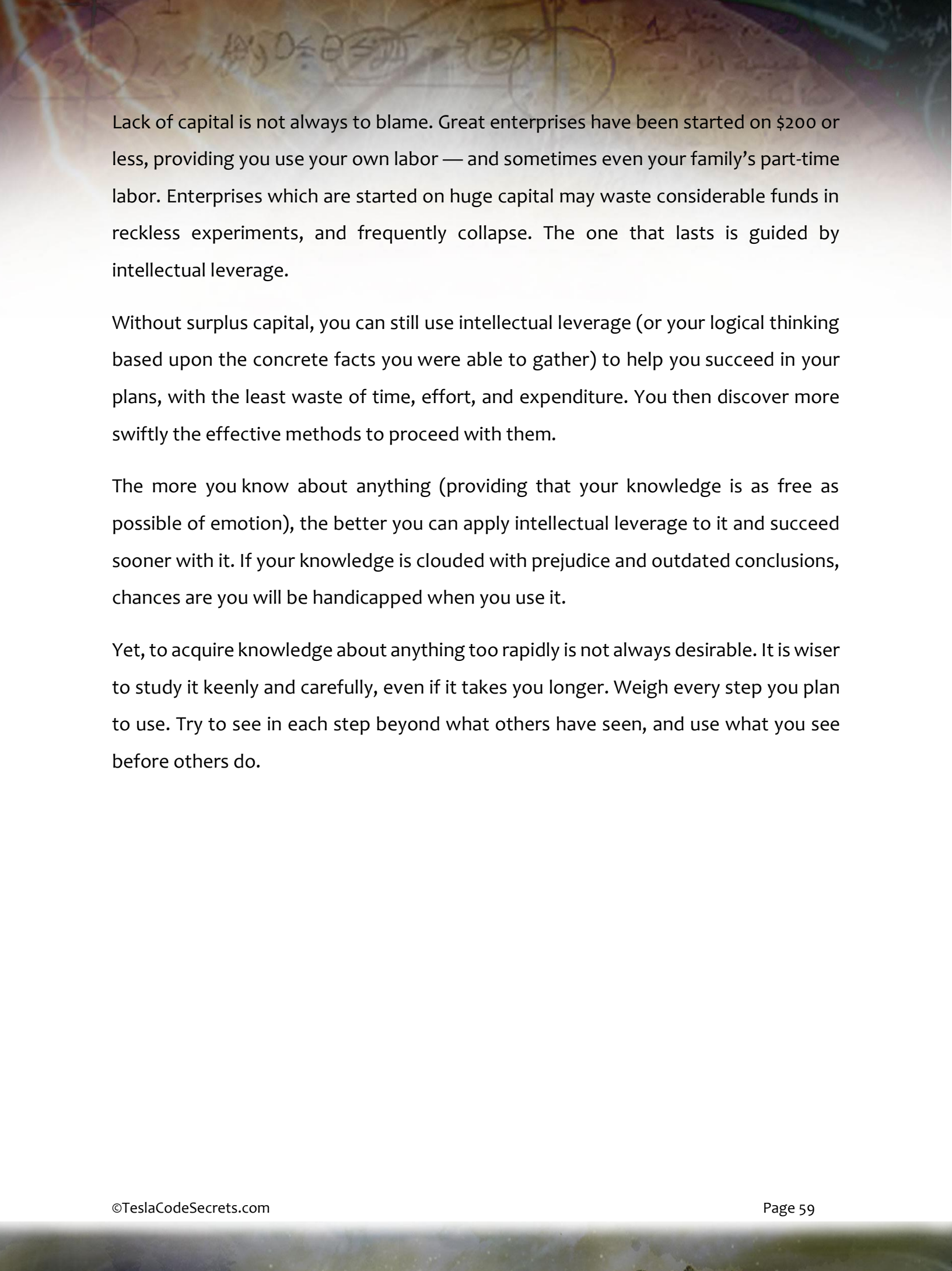
But your conclusions will increase in accuracy, while those of the people who are prejudiced and opinionated will not. You will make level-headed decisions and less serious mistakes, achieving your wishes faster and easier than them. These people will be misguided and learn nothing from their failures.

Amassing Wealth Using Intellectual Leverage

Intellectual leverage keeps you walking the line of intellectual sanity. Don't sink below it in helpless rage and despair, and don't leap above it with impossible dreams.

Nevertheless, don't stifle your goals and accept a dull, average life. As stated before, everyone has a chance to make a handsome fortune.

One misses the opportunity because he is too cautious to act, or lacks enough confidence in himself. He may also ignore the opportunity for another one which he erroneously believes is better, or lacks the initiative to strike out on something new.



Lack of capital is not always to blame. Great enterprises have been started on \$200 or less, providing you use your own labor — and sometimes even your family's part-time labor. Enterprises which are started on huge capital may waste considerable funds in reckless experiments, and frequently collapse. The one that lasts is guided by intellectual leverage.

Without surplus capital, you can still use intellectual leverage (or your logical thinking based upon the concrete facts you were able to gather) to help you succeed in your plans, with the least waste of time, effort, and expenditure. You then discover more swiftly the effective methods to proceed with them.

The more you know about anything (providing that your knowledge is as free as possible of emotion), the better you can apply intellectual leverage to it and succeed sooner with it. If your knowledge is clouded with prejudice and outdated conclusions, chances are you will be handicapped when you use it.

Yet, to acquire knowledge about anything too rapidly is not always desirable. It is wiser to study it keenly and carefully, even if it takes you longer. Weigh every step you plan to use. Try to see in each step beyond what others have seen, and use what you see before others do.

Applying Intellectual Leverage for Self Defense



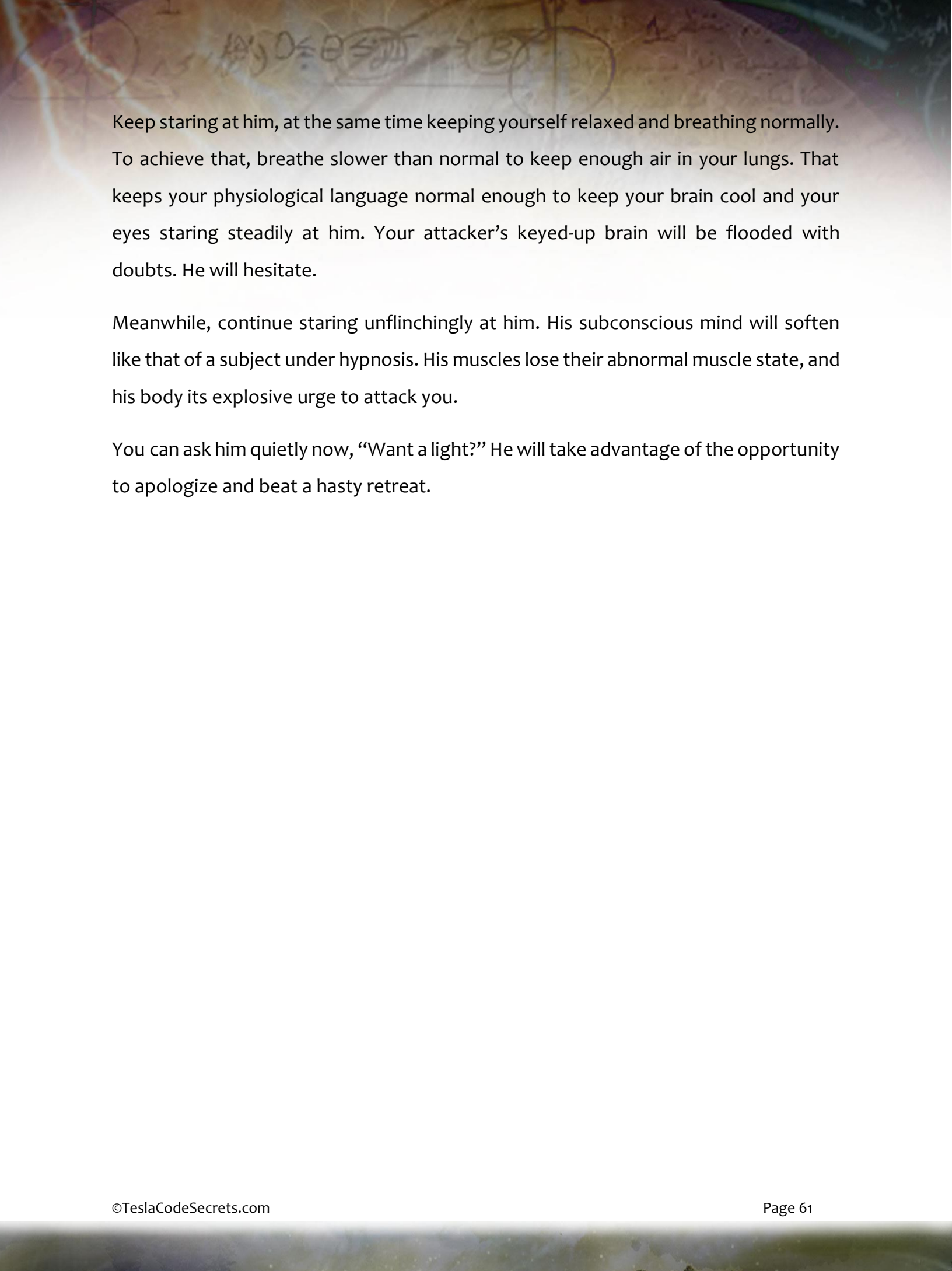
As startling as it might seem, intellectual leverage is as effective for self-defense as physical resistance. In fact, physical resistance is of little value without intellectual leverage. When surprised by a bully, you tend to become emotional and lose self-control. If you try to protect yourself physically with that frame of mind, you will forget everything you learned about self-defense.

However, your aggressor can be whittled down with intellectual leverage, even without striking a blow.

When he approaches you, don't be terrified, even if he is twice your size. Just stand still and take a subtle, deep breath to calm yourself. Stare at the thug as if at a lamp post, and see him as just another living body with a brain and a nervous system.

Right now his brain is tightly keyed-up and easy to influence. If you offer him physical resistance, his brain will respond instinctively with violence. On the other hand, if you cower, it might command his muscles to beat you up. If it finds you cool as a cucumber, however, it will stop prepping his muscles with the confidence to act.

That momentary hesitation on his part is all you need to gain control over his highly keyed-up brain.

The background of the page features a chalkboard with various hand-drawn diagrams and mathematical formulas. At the top, there are several circles and lines, some of which are labeled with letters like 'A', 'B', and 'C'. A prominent formula is $0 \leq \theta \leq \pi$. There are also some numbers and other symbols scattered across the board, including a '1' and some faint, illegible text. The overall appearance is that of a technical or scientific workspace.

Keep staring at him, at the same time keeping yourself relaxed and breathing normally. To achieve that, breathe slower than normal to keep enough air in your lungs. That keeps your physiological language normal enough to keep your brain cool and your eyes staring steadily at him. Your attacker's keyed-up brain will be flooded with doubts. He will hesitate.

Meanwhile, continue staring unflinchingly at him. His subconscious mind will soften like that of a subject under hypnosis. His muscles lose their abnormal muscle state, and his body its explosive urge to attack you.

You can ask him quietly now, "Want a light?" He will take advantage of the opportunity to apologize and beat a hasty retreat.

Controlling Your Moods with Intellectual Leverage

When you are unhappy your brain secretes many different chemical substances, or a different variety of them. These fill it with waste products and cause tension in it. If continued for hours, your head (particularly your forehead area) will ache, because it is deprived of its normal oxygen supply. That adds pain and discomfort, and worsens your unhappy mood.



Intellectual leverage is the perfect weapon against that discomfort, because it fills your mind with the opposite inclination of that bad mood.

For instance, if you were thinking about some depressing stuff, apply intellectual leverage to reflect about something that brought you overwhelming joy and hold on to the thought. Consequently, your depressing thought will lose its grip on you, and the blood supply to your brain will resume. Your unhappy mood will vanish with them.

How to Trigger the Secret Cerebral Power of Intellectual Leverage with the Miracle Mind Magic Stimulator

When you need intellectual leverage most, you will find it hardest to trigger.

Say you are blind with rage over something. How do you overcome that?

What you can do is to tell yourself you are wrong.

To overcome such a negative physiological language at once, imagine the wish you desire.

Hold it for five seconds.

Then visualize yourself changing into the person who can achieve that goal, and maintain that vision for four seconds.

Repeat that procedure three times, as you did when you practiced the Miracle Mind Magic Stimulator.

Intensify it each time, so that you actually see your goal coming true right before your eyes!

If you are confronting the person, as in self-defense, visualize that change so clearly the first time you envision it that you actually perceive the bully relax and his threats dissipate. That would be long enough for him to hesitate in his aggression and for you to control him.

Below are case histories of people who used the secret cerebral power of intellectual leverage profitably for typical situations. Their names have been changed for obvious reasons.

How Businessman Donald Z. Came Back from Disaster to Make Far More Money, Easier Than Ever

Donald Z. had a business of his own, but made wrong decisions at critical times, allowing himself to be guided more by wishful thinking than by cold logic. He faced ruin and was already in his fifties.

I taught Donald the secret cerebral power of intellectual leverage and told him to review his plight with it. With intellectual leverage, he discovered that his knowledge of his business was colored by prejudice and outdated conclusions. Led chiefly by greed, he had not carefully weighed his plans for it. With intellectual leverage, he reconsidered them and tried to see in them beyond what others had seen. To apply it in an easier way he triggered it with the Miracle Mind Magic Stimulator and altered his negative physiological language into a new, positive one.

Before long, one striking idea after another seized him. Within a few months Donald was making far more money — and much easier — than he ever had. “And I’ve hardly put half my new plans into action yet!” he said excitedly.

How Peter N. Balanced His Emotional Thinking and Pleased His Customers

Peter N. was in a service industry. He had quit his job and invested all his savings in this new venture, for he was determined to be his own boss. “How else can one get rich?” he exclaimed.

But his rivals were taking the business away from him. He couldn't lower his prices anymore and still rack in a profit. In addition, his customers were penny pinchers. He was in despair.

His unhappy mood, I told him bluntly, chased his customers away. “But how can I seem happy?” he cried. “I'm going bankrupt fast!”

I taught him the secret cerebral power of intellectual leverage. With it he put himself in his customers' places and promptly understood what they expected of him. Reluctantly, he changed himself to present that picture of himself to them. I told him to forget his competitors, because worrying about them only ruined his positive physiological language. He triggered this change within instantly when customers came in. It not only saved his business, but soon brought him more business than any of his rivals.

Summary of this Secret Cerebral Power

Intellectual leverage is a supreme secret cerebral power for you to amass wealth, for your self-defense, and to control your unhappy moods. To quickly and easily acquire it, follow these simple routines:

1. Confront the frightening problem that stands in your way, fearlessly and unemotionally
2. Cast off all prejudice against it, no matter how uncomfortable it is
3. Cast out the fight-or-flight reaction in you using the Miracle Mind Magic Stimulator and replace it with the right, positive, healthy physiological language

You will see the problem in an entirely different light. Resolve it in that new light. That problem will be turned to your utmost advantage and you will make great gains from it.

Lesson 5: The Secret Cerebral Power to Overcome Your Confused Thinking

To put it simple, confused thinking prevents your hidden cerebral powers from achieving their potential.

You may still move, talk, act, eat, live, and love, but you become so out-of-step with yourself, with others, and practically everything else. You make impulsive decisions and many mistakes. You don't know whether you are coming or going.

However, with the secret cerebral power to overcome and prevent confused thinking, you take firm hold of yourself and turn into a genius at anything you wish to. That is why this is a remarkable secret cerebral power to master.



How Confused Thinking Usually Starts

Confused thinking starts very easily.

For instance, the vast majority of people accept the declarations of one admired authority. Suddenly they turn around and accept the conflicting ones of another.

These people hardly reason it themselves, and they form emotional conclusions about practically everything. So they fail to rise as high as they could.

Their originality is stifled, and their goals in life unreachable. In short, they are utterly confused.

Why You May Be Confused

You are also somewhat guilty of confused thinking because you too have acquired much of your knowledge about life and people under emotional circumstances.

It might have started from your misguided understanding of certain facts in your life, or from improper upbringing.

Flawed advice from pessimists may too convert you into a defeatist. Inappropriate counseling from heavily opinionated people is equally to blame.

Corrupt associates may initiate you into an entirely different person and alter your whole physiological language, especially whenever you take any important action.

And thus your mind is clouded.

Overcoming Confused Thinking

To rid yourself of confused thinking, follow the simple program below:

Step 1: How to fill yourself with interest in a “distasteful” subject —

List down on paper the things that angers or frightens you.

To start off, scan through the daily newspaper. Pause at any article that does not interest you and compel yourself to read it.

If you are a man, you will probably want to skip past an article about women’s styles because you are put off by the mention of fabrics and threads and so on. If you are a woman, you might read an article about football or boxing.

Despite your usual reading habits, go through the article and try to basically understand it.

You will find that regardless of either sex, articles also touch on various other generic topics like psychology, world affairs, philosophy and many many more.

Follow this procedure with everything you dislike. No matter how repugnant any material might appear to you, remember that everything is concerned with economics, creative design, and art and so on.

You will then see it as the other person sees it, end your confused thinking about it, and break down the barrier it has erected between you.

Step 2: How to fill yourself with interest in a “dry” subject —

Turn to another uninteresting article in the newspaper and compel yourself to read it and absorb it. You will also discover in it a wealth of information relating to world events, philosophy, geography, economics, and other subjects which do interest you.

All dry subjects are vital to human life. They are uninteresting to the one who is unfamiliar with them, because they are un-dramatized.

However, when you approach them with a personal problem, you will find them gripping.

Law throbs with human conflict, psychological and otherwise. Mystery stories are based upon their law-breaking characters. Pharmacy is not a lifeless compilation of formulas for cures, but intimately bound up with economics, psychology, and countless other subjects.

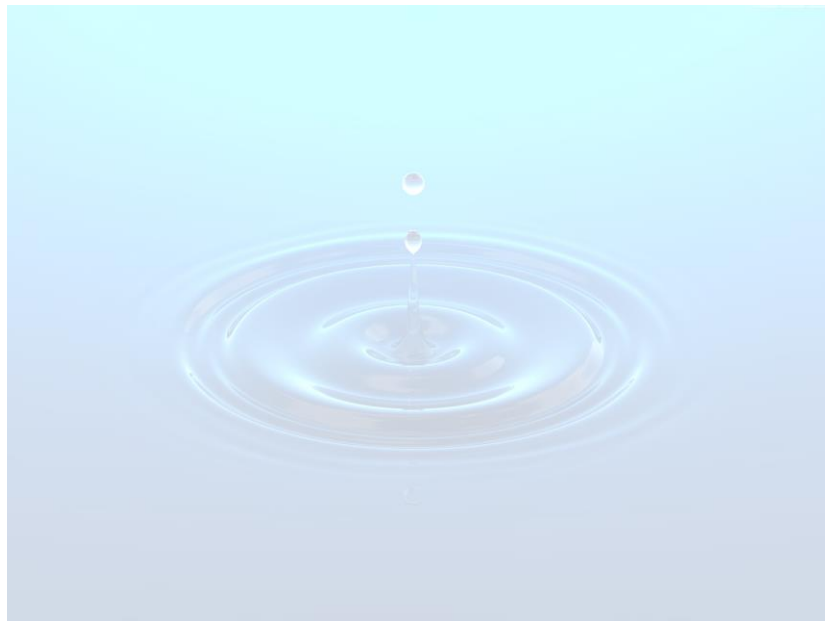
In fact, no subject is separate from all other subjects. All are interwoven with each other. Only in textbooks are they separated and divided up.

Life itself is a complex network of everything in the present happening at once.

By viewing it as absolutely separate and unrelated parts you become a victim of confused thinking. You incorrectly classify certain subjects as being manly or effeminate, interesting or dry, easy or difficult, when, in actuality, they all overlap one another. If some seem dry, blame their form of presentation and your own approach to them.

When you approach baseball for instance, you don't approach it through its history or through its physics. You approach it either through playing it yourself, through worshipping a current hero, favorite team. Before long, you are updated on the baseball scene.

But you understand little or nothing about the complex physics behind effective pitching or batting. You know little about the intricate economics of running the team. As a baseball fan though, you would study these subjects with feverish interest if your main purpose was to find out how they affected the sport. Those subjects would no longer be dry to you. But if you studied them only for their own sake, you might be very turned off.



The Secret of Interesting Yourself in any Subject — Your Hidden Talent Opener



If you approached the whole law school curriculum just as you would to learn the law about some baseball rule, law would no longer be dry to you. You would be pursuing it from a personal point of view, not from that of dead abstractions, conflicting statutes and differing judicial decisions.

Therefore, approach anything you tackle or study from the personal angle, and you will find it very interesting. It will open fields of endeavor which have been closed to you, which would otherwise prevent you from developing your talents and secret cerebral powers to the fullest.

In the process of ridding yourself of confused thinking, don't insult other people though.

Don't try to straighten out your prejudices about different subjects by questioning people who may be as blind or as prejudiced against them as you. Go instead to the sources that favor that particular subject and read them.

Don't ask other men about women's fashions, for example. Read about women's fashions yourself! Be your own judge of the new knowledge you acquire. Become an independent thinker!

That is the first requisite for acquiring secret cerebral powers and the mind of a genius!

Resisting Confused Thinking For Any New Knowledge

Constantly resist the tendency to form confused thinking about new knowledge and accept baseless opinions as infallible facts.

Be always ready to distinguish between opinion and established fact. If concrete proof is missing, suspend your final judgment on the assertion, no matter how eager you may want to believe it.

Keep your eyes wide open and take advantage of the unseen opportunities which lie beneath the known facts.

If your own friends insist on believing what they wish to believe, don't argue with them, but keep your suspended judgment to yourself.

Don't let your secret cerebral powers be chained down by confused thinking, and let your opportunities slip by one after another. There is much for you to accomplish.

Overcoming And Preventing Confused Thinking With The Miracle Mind Magic Stimulator

Whenever you are blinded by confused thinking, you become ineffective and tempted to do something rash and catastrophic. To avoid this peril, visualize the obstacle you face (like the dry subject) as if it is something personal — something that interests you intimately — and which you expect to solve easily. That is the wish you seek. Hold this picture in your mind for five seconds.

Then visualize your mind becoming very cool and your body losing its sense of confused thinking, so that you become the kind of person who can understand the dry subject. Maintain that vision for four seconds.

Repeat that procedure three times, as you did when you practiced the Miracle Mind Magic Stimulator, so that you actually see yourself standing right before your eyes, changed completely into the kind of person who is not gripped by confused thinking. This results in the right physiological language in you.

Shorten the time period of the practice until you can convert yourself into that kind of person in a few brief seconds.

Benefits of Overcoming Confused Thinking

Below are case histories of people who used the secret cerebral power to overcome and prevent confused thinking profitably for typical situations. The names have been changed for obvious reasons.

How Steve K. Made Seemingly Miraculous Repairs and Grew Rich

Steve K. was an ordinary repairman in machine-servicing. He was conscientious and tried his best. He also knew his work. No single repair he saw though fitted the ideal classroom example. Each differed from the other due to how the machine was used, by whom, and by the habits, personality, and emotional makeup of the machine's operator.

“Emotional operators” subjected the mechanical product to sudden, impulsive jerks, which wore it down in one way. Placid operators wore it down in another way.

To add to the complexity, some of the machines were used by more than one person, each of whom possessed his own individual habits and characteristics. Some people used them in cooler or dustier places than others. Others used them too long before having them re-adjusted and overhauled.

And that was just tapping the endless differences that confronted the repairman with each repair job. No textbook could list them all, for there seemed to be as many differences between them as there were operators. The kinds of repairs needed were also constantly changing; new ones came up, while the old ones lessened because of better-trained operators and new improvements in the models. Steve was nearly in frenzy every time he faced a new repair job.

I taught him the secret cerebral power to overcome and prevent confused thinking. When he triggered it with the Miracle Mind Magic Stimulator, his mind and body spoke a new physiological language. No longer did he become terrified when he faced a new job, but studied it as if the machine belonged to him and he was bursting with eagerness to fix it right. He made seemingly miraculous repairs as a result. He was soon hounded by satisfied customers and had to raise his charges in hopes of enjoying some peace. In a few years he was rich.

How Gertrude Y. Found the Easy Way to Keep Cool During any Crisis

Gertrude Y. had been married to Alex for thirty years. Then, a much younger woman pursued him and threatened her marriage.

Gertrude realized that she had lost much of her youthful appeal over the years, and that an attractive young woman nearly half her age was now enticing Alex away from her. She was seized by one impulsive drive after another. She would kill that other woman. She would kill her Alex. She would kill herself. She would throw acid in that woman's face. She would take poison herself. She would leap out a high window.

She burst into hysteria alone on her bed and battered the pillow. Why was this happening to her — she was still attractive enough! She considered one wild solution

after another, but none of them showed her how to hang on to her husband and her marriage.

When she called on me she refused to see a psychiatrist, because she was not crazy! She had always been remarkably level-headed. But her present problem threatened everything she had lived for.

She had dreamed of retiring with Alex within a few years and moving to a retirement paradise, doing a little travelling from there and coming back home now and then to see their children. But now she faced the prospect of being an abandoned old woman, her life plans disrupted!

What she needed most of all, I replied to her, was a cool attitude to face her problem in the most logical and advantageous manner, and to overcome her confused thinking. Otherwise, she would drive Alex away.

Gertrude agreed to practice the secret cerebral power and to see the problem from her husband's point of view. And from there, she implanted that vision into her mind using the Miracle Mind Magic Stimulator.

She did so, and her maniacal physiological language altered into that of a cool person. Subsequently, she glamorized herself tastefully to "confront" the competition and maintained a winning calm. Before long, Alex tired of the nagging demands of the other woman to leave Gertrude and marry her, and decided that he had married the right woman for him. He fell in love with Gertrude again.

She phoned me excitedly to tell me that they were leaving on a second honeymoon to decide on their retirement paradise.

Summary of This Secret Cerebral Power

To overcome and prevent confused thinking is the best way to tear you free from self-enslavement. This unleashes your hidden powers to the full. To acquire this secret cerebral power easily, follow these simple routines:

1. Look squarely at whatever is holding you back in anything causing inadequacy in you
2. Decide whether your confused thinking is due to terror of a dry subject, or a self-tendency to form confused thinking about any new knowledge
3. Normalize the negative physiological language with the Miracle Mind Magic Stimulator

With a clear mind, release your buried talents and be the person you can really be.

Go ahead and master this secret cerebral power.

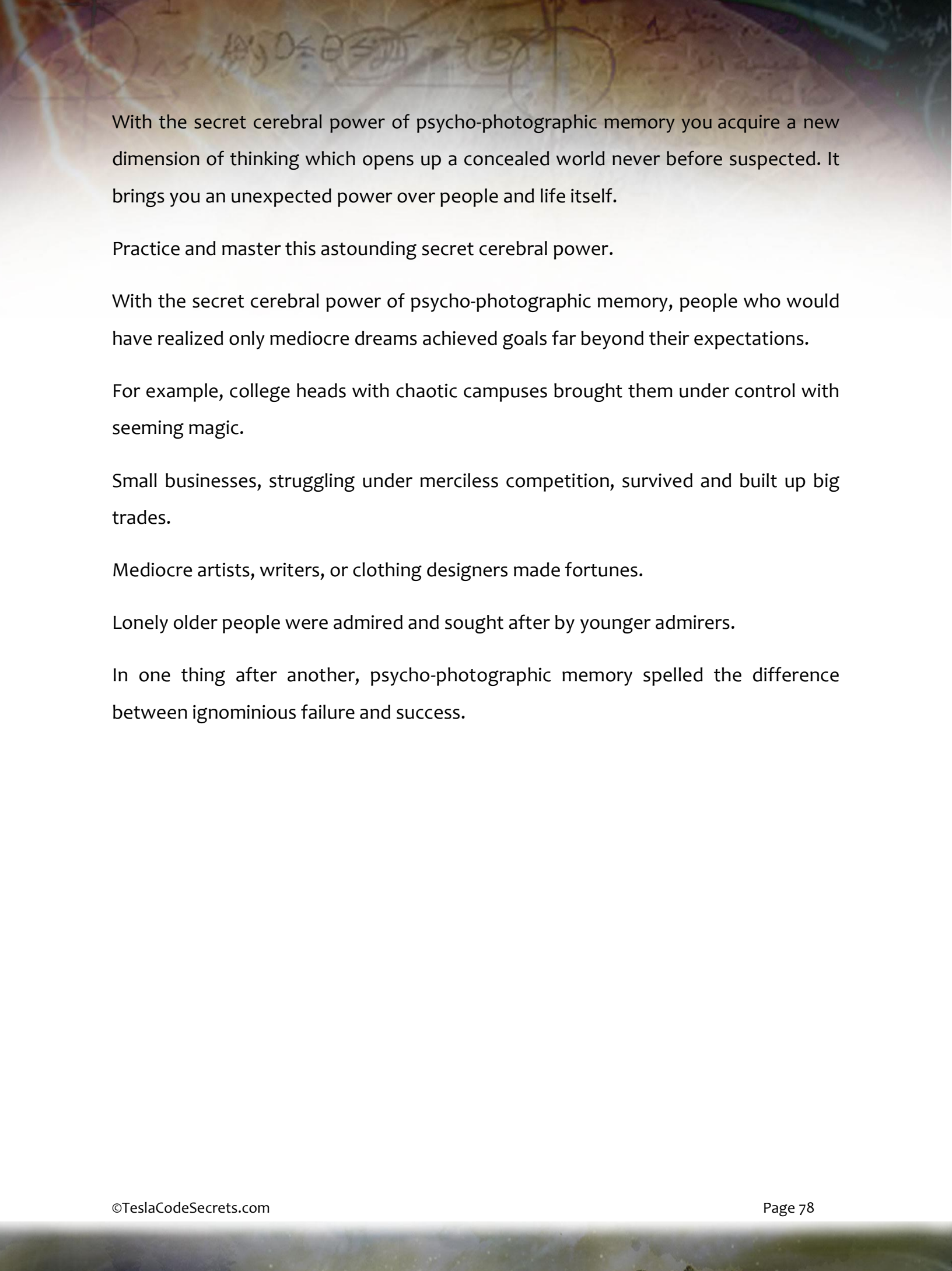
Lesson 6: The Secret Cerebral Power of Psycho-Photographic Memory



Psycho-photographic memory removes the vague fog from your mind whenever you perceive anything, and registers a specific picture of it which carves itself permanently in your conscious mind. Otherwise you would go through life, seeing mechanically, and not really seeing.

During your whole life, your conscious and subconscious minds gain a wealth of impressions. However a big percentage will turn out to be just misimpressions without psycho-photographic memory. As a result, your lifetime experiences are worth much less because what you conclude from them is not wholly accurate.

That's why some people profit remarkably from certain experiences, while others don't. In short, they misinterpret and misconstrue what they see.



With the secret cerebral power of psycho-photographic memory you acquire a new dimension of thinking which opens up a concealed world never before suspected. It brings you an unexpected power over people and life itself.

Practice and master this astounding secret cerebral power.

With the secret cerebral power of psycho-photographic memory, people who would have realized only mediocre dreams achieved goals far beyond their expectations.

For example, college heads with chaotic campuses brought them under control with seeming magic.

Small businesses, struggling under merciless competition, survived and built up big trades.

Mediocre artists, writers, or clothing designers made fortunes.

Lonely older people were admired and sought after by younger admirers.

In one thing after another, psycho-photographic memory spelled the difference between ignominious failure and success.

The Basis of Psycho-Photographic Memory

Every human being consists of legs, head, arms, torso, features, and pigmentation; yet no two individuals look exactly alike.

Many of them look alike to the untrained observer, especially those who have not studied art or anatomy. There is even a perceptible difference in the appearances between a pair of identical twins.

Experts have trained their sights to detect minute differences in line movement and angle, and acquire indelible psychic memories for particular aspects of the different people they see or encounter. Even when they have not laid eyes upon a particular individual for quite some time, they recollect his outer aspect more accurately than the untrained person who saw him only yesterday.



The Failures of an Untrained Photographic Memory

The untrained person's conception of someone he has seen alters markedly in the course of a few days. He even ascribes close similarities to individuals who look distinctly different from each other, except for possessing the same general complexion, height, or physical makeup. That renders very difficult the task of law enforcers to capture criminals.



When a female victim is asked to describe the criminal who assaulted and robbed her, she replies, for instance, that he was a “thin, red-haired man.” When prodded for a more exact description, she grows desperate and demands that the police find him. She usually remembers his clothes well, but provides very little helpful detail about his skin, features (except the color of his eyes), voice, posture, or gait, which could single him out in a group of thin redheads.

Her estimate of his height or weight is seldom trustworthy; she may call him “little” when he measures five foot eight or nine, or “stocky” when, his face and neck alone are full. She may insist he weighs 200 pounds when he scales 165, or vice versa. Shocked by his action, she can hardly think straight anyway. Even at the lineup she is not too helpful. However, with the secret cerebral power of psycho-photographic memory, she would recall unusual features about him which could lead to his swift arrest.

Even when women confront suspects at the lineup, they are not always sure of them and neither are men. Their recollections of them are too general to pinpoint the culprit. They end up accusing several different suspects and are frustrated trying to pick out the guilty one. If the accused can trump up plausible alibis, they have to be freed.

Such a typical response will handicap you (whether you are a man or a woman) in numerous life situations and deprive you of many significant social or financial opportunities. So practice and master this secret cerebral power, set out for you as follows.

Developing Your Psycho-Photographic Memory

Exercise 1:

Sit down and relax, and stare at a picture on the wall. Now turn away and describe the picture to yourself. To gather an accurate record of your observation, jot it down on paper. Regularly force your mind to form your thoughts into words. Use the dictionary or thesaurus to help you. Nothing can develop your ability to think accurately better than to force yourself to express yourself on paper.

If the picture is the portrait of a person, mark down the color of his eyes, the shape of his nose, his hairline, the curve of his lips, the size, position, and prominence of his ears, the texture of his skin, his clothes, his expression, and the type of thoughts he was probably absorbed in at the time.

Pretend that this man has struck you down, robbed you, and fled. Identify him in detail now, so the police can positively identify him, even months later. Try to recall and jot down specific marks about him, such as a mole on his face, the shape of his nostrils, the slant of his eyes. Don't give up easily, but ransack your brain thoroughly about him. Then turn back to the picture and check your description of him against it.

Exercise 2:

Repeat Exercise 1, but use pictures of several different people. Perfect your ability, until you can absorb, at a glance, an astonishing amount of exact description of any person or object.

Exercise 3:

Repeat Exercise 1, but do not write down what you saw, until the next day. Then see how exactly your mind remembers what you saw. Do this several times.

Now do it again and wait a week. Use a different picture every time. This exercise will compel your conscious mind to penetrate into your subconscious mind to unearth what you observed in that brief flash.

Exercise 4:

If you went somewhere today for the first time — even if just to a store or to some building — describe it as thoroughly as you can on paper. Writers, painters, and commercial artists do that regularly with places they have not seen for years. Describe, similarly, places you visit regularly, such as where you work.

Check on these descriptions as soon as it is convenient to do so, to test your psychographic memory. Detectives verify the stories of homicide suspects in that manner. They check the exact position of the furniture of the murder room and the suspect's estimate of the distances between the different pieces. The very fate of your life or of a dear one could rest upon similar evidence.

Exercise 5:

Stare at a picture in a newspaper or magazine. Describe, preferably on paper, everything you observed in it. Compare your description with the picture. Find what you left out, or what you perceived incorrectly. (This will also train you against allowing illusion or suggestion to distort the keenness of your visual perception).

Exercise 6:

Repeat the previous exercise with other pictures, but allow yourself less and less time to stare at each.

Exercise 7:

Try to estimate at a glance, from the picture of a crowd, the number of people in it. Then count them. Repeat this exercise with other pictures of crowds until you acquire astounding mass accuracy. You can have fun with your friends, too, by trying it with them and amazing them with your own innate accuracy.

Acquiring Psycho-Photographic Memory With Magic Aids

Here are some sensory-perception aids to boost further understanding of what constitutes psycho-photographic skills.

1. Increasing the width of a rectangle makes it appear lower than it is:

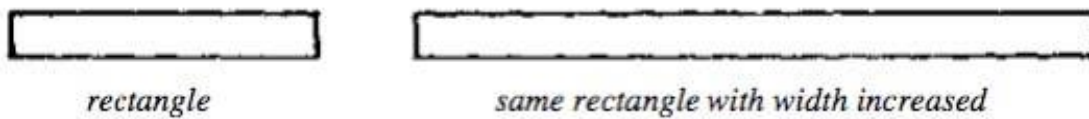


FIG 1. Horizontal dimension

Increasing its height, on the other hand, makes it appear narrower than it is:



FIG 2. Vertical dimension

The above visual effects explain why broad-shouldered persons look shorter than they are, while narrow-shouldered persons look taller than they are.

This suggestive power creates bias in individuals such that they are less resistant against the 'vertical dimension' (See FIG 2.). To them, the narrow-shouldered man will easily look taller than he is.

2. A short man standing between two tall men looks shorter than he is. This is contrast illusion.



FIG 3. Contrast illusion.

And, a tall man standing between two short men looks taller than he is. This is known as confluxion or assimilation.



FIG 4. Confluxion.

3. When a particular characteristic about a figure seizes your attention, your tendency is to single out this characteristic and overlook everything else about the figure. An example is that of the victimized woman calling her assailant a thin, redheaded man, totally overlooking almost everything else about him.

The power of suggestion even increases this effect upon your sense perception. If you see a figure which is nearly round, you will probably perceive it as a perfect circle, or as a better circle than it actually is. If the figure is partly divided, you may perceive it as being completely divided. You tend to perceive the imperfect form as being more perfect than it is, and the non-typical form as being more typical than it is.

4. A more extreme obstacle to your psycho-photographic memory occurs when the figure you see suggests a different but more familiar object so clearly to you that you could swear you saw the second one instead. This occurred in the witch-hunts of past centuries, when people were accused of doing what their eavesdropping accusers assumed they did.

You cannot reason logically when you cannot perceive accurately. You will only cultivate ignorance then and be misguided in your efforts to accomplish what you would like to. So train yourself to perceive everything you see with a keener eye and to detect the true structure behind every camouflage. Do so by mastering these magic aids.

The Serious Obstacle to Your Acquiring Psycho-Photographic Memory

There are serious obstacles to your acquiring this secret cerebral power though. Some will be due to your miscalculation of the true size or mass of a person you see, and others to your personal refusal to accept what you see as fact.

If you are a man and you see another man who is taller, broader-shouldered, younger, and with more hair on his head than you but who struts like a peacock, your possible jealousy of him, together with your inner resentment of his attitude, may blind you to his admirable physical attributes and you are not likely to perceive him as being as tall as he actually is, nor as broad-shouldered, and so on. If asked to identify him afterward, you are most likely to describe him to look the way you downgraded him in your mind.

Such a picture of him becomes your permanent picture of him, even if you see him repeatedly afterward, because that's how you wish he looked.

On the other hand, your picture of the other person is distorted in his favor when you worship that person (such as someone you love or admire). You need psychographic memory to “see” what you actually see and to prevent your emotional response from altering it.

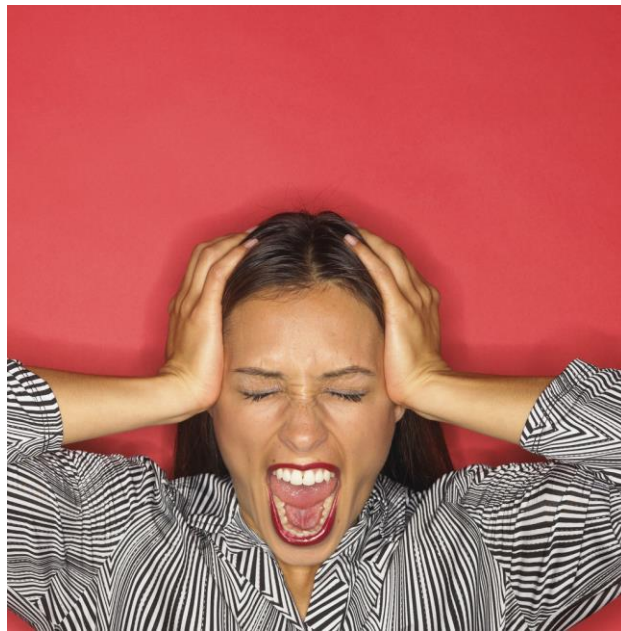
Trigger it with the Miracle Mind Magic Stimulator and stop holding yourself back socially, in business, in peace of mind, and in every other way possible.



Triggering Psycho-Photographic Memory With The Miracle Mind Magic Stimulator

Besides the factors hindering psycho-photographic memory as explained earlier, there are others.

These are basically emotions like anger, resentment or envy, and so on, towards your unclear wish which causes the wrong psychological language to form in your body.



The Miracle Mind Magic Stimulator counteracts these harmful emotions by filling you in turn with the kindness and sympathy of your easygoing parasympathetic. You become calm, your heartbeat and breathing normalize and your tense muscles relax. Your body speaks the right physiological language for this secret cerebral power and puts your conscious in the right mood for using it.

You have to see clearly to be able to appraise your wish with fairness.

This is how you trigger psycho-photographic memory with the Miracle Mind Magic Stimulator:

First, behold your wish to in your mind. Invalidate the anger and resentment of it by pressing two fingers of each hand hard against the corresponding thumb for three seconds. Then behold that thing with the magic aids for psycho-photographic memory and you will perceive it objectively. Maintain that vision for five seconds.

Repeat that procedure three times, so that you perceive the wish with greater and greater objectivity. Your serious obstacles to acquiring psycho-photographic memory will vanish and you will instantly possess a secret cerebral power that can bring you gains far beyond your greatest expectations.

How Alice B. Spotted the Hoodlum Who Had Attacked Her

Alice B. had gone Christmas shopping, and was weary from battling the crowds all day and hauling around the parcels she was bringing home. As she plodded with them from the bus, a man suddenly seized her purse. Alice screamed, and the thief struck her down. Next thing Alice knew, she was struggling on the icy sidewalk.

Later, two policemen helped her to her feet. She sobbed her story, and the policemen asked her to describe her assailant. But Alice could recall only that he was “a vicious thug who should be locked up!” Under further prodding she cried that he was “blond and awfully strong!” She turned vindictive when questioned more specifically and demanded that the “brute” be caught. All told, he had stripped her of about \$200, including the presents she had bought, and she was a plain, working woman!

After her bruises were treated, she came to me and wept out her story. I taught her the secret cerebral power of psycho-photographic memory. She mastered it quickly, returned to her quarters, sat down quietly, and relived her tragic experience.

With the *Miracle Mind Magic Stimulator* she promptly normalized her negative physiological language and visualized her assailant no longer as a wild beast, but as a man who went out stealing and who also resorted to force. Her vengeful sympathetic lose their dominance over her and she calmly saw through the bitterness that clouded her conscious mind. She was now able to perceive that his face had looked angelic and that his body had been slender and delicate-looking. But his motions had been swift and catlike. She provided his new description to the authorities. A week later he was apprehended on a sidewalk several blocks away.

How Downtrodden Jim L. Was Pushed Up the Corporate Ladder Fast by a Harsh Superior

Jim's plight grew worse by the day. His superior was driving him crazy with harsh criticism, with outrageous work demands and unnecessary inspections of his work. He even resented Jim's coffee-breaks or his frequent trips to the water-dispenser.

Jim prayed that the old fogey would retire, but he realized that that day was still many years away. Time and again Jim nearly told his superior off, but how would he face his wife at home if he did? Any chance of further advancement for him in the firm for which he had worked so long for was definitely hopeless. He did not particularly relish the disheartening long search for another job, as many of his retrenched middle-aged contemporaries were doing.

How could he endure his unreasonable boss much longer?

Jim explained his frustrating problem to me, and I taught him the secret cerebral power of psycho-photographic memory. He practiced and mastered it quickly. He then sat in his room and visualized his harsh superior as he perceived him every day — as the lean, wiry, sardonic dictator with curling, devilish lips and cruel, glinting eyes. Jim's hatred of him stimulated his fight-sympathetic; his heart and breathing speeded up, and his muscles tensed tightly.

But Jim normalized this abnormal physiological language with the Miracle Mind Magic Stimulator by envisioning his superior treating him gently and considerately. That was his wish.

The bitter picture of his boss vanished and he perceived him now as a harassed superior deeply concerned about the future of the company. Instantly, no longer did the man appear lean and wiry, but as a rather well-proportioned man, with determined lips and the furrowed brows of a deep thinker. In fact, he was quite presentable.

At work the next day Jim ignored his superior's overbearing attitude and, at the right opportunity, subtly praised him for his appearance, accuracy, and mental keenness. The man's jaw dropped. His unprovoked pressure on Jim ceased soon after, and he started helping Jim instead of berating him. At the end of the month he recommended Jim for a raise at a time when others were suffering cuts in pay, and two months later pushed him into a much better position.

How Thelma R. Turned Looming Disaster into a Booming Success

Thelma R. owned a small women's boutique on a minor business street in a big city. Year after year she barely survived the competition of the giant downtown stores. This year, though, she faced a monumental decision which could either bring her a big harvest or put her out of business.

A tremendous change in women's styles was planned for the clothing industry. The fashion designers were changing them from the recent extremely revealing cuts back to the conservative lines of before, as they had done repeatedly over the years. Thelma, like other retailers, had massively stocked up for the changeover, but her customers rebelled against it, calling the dresses sleazy, dowdy, and depressing.

The designers assured the frightened retailers that the old-fashioned style would catch on again, that women had traditionally resisted style changes. When the present extreme style had been first introduced, they reminded the nervous retailers that it had met a ninety percent resistance! The conservative style was meeting the same amount of resistance now.

But when women found no other style available, they had no choice but to turn to the new dowdy designs. "It's always this way at the beginning!" the confident designers and manufacturers chanted. "Change is difficult to accept".

Thelma asked me what I thought. I urged her to learn and use the secret cerebral power of psycho-photographic memory to help her.

Thelma learned it fast, for she had to act in a hurry. With the Miracle Mind Magic Stimulator she normalized her frantic physiological language and perceived women's styles with the eyes of a modern consumer.

She promptly perceived that the designs of the extreme modern style endowed the figure of the more boldly attention-seeking modern woman. Such a woman would rather die outright than be buried alive again in the comparatively modest styles of yesteryear.

So Thelma ignored the designers and gambled everything on the modern clothes. The modern clothes won out. Thelma reaped such a big harvest that she was able to put a down payment to buy over the fully-rented commercial building where her store had previously occupied little more than a cubbyhole.

Summary of This Secret Cerebral Power

With psycho-photographic memory you swiftly raise yourself out of the masses of people who are pinned down to mediocrity by their self-centeredness. To acquire this secret cerebral power easily, follow these simple routines:

1. Stare calmly at the thing that throws you into the negative emotions
2. With the Miracle Mind Magic Stimulator trigger the right physiological language within you for perceiving it objectively
3. Use the magic aids for acquiring psycho-photographic memory fast, and your conscious mind will perceive what you see in a well-balanced manner

Lesson 7: Secret Cerebral Powers for Profitable Concentration



Without profitable concentration you turn into a restless, flighty thinker who jumps from one thing to another, never focusing your thoughts long enough on anything to benefit from the full potential.

Everything soon bores you and you learn nothing you can rely on. You forget so much of what you study, observe, or experience, that you waste your time on this earth. You engage in pointless daydreaming instead of applying what you learn to advance rapidly in your career.

Without the secret cerebral power of profitable concentration, you gain no more than a lazy thinker who dodges vital issues and remains superficial and mixed up, and turns sour because everybody takes advantage of him.

With it, you lift yourself out of the mediocre majority, take the helm of leadership, and make a stunning profit in everything you undertake.

Benefiting From Profitable Concentration

The profits which different people made from the secret cerebral power of profitable concentration surpass belief.

With it, people who could hardly understand the words in a book, much less define their meaning, glued their eyes to its pages, scanned through them, and passed the most detailed examinations on it. Others studied dry, academic matter and discerned in it important fields for research as yet hardly tapped, and used them as springboards for remarkable new inventions and avenues to stupendous profits.

Others transformed otherwise boring material into lively themes and went on to become highly-paid science-fiction writers. Or they extracted basic conclusions from them and became well-paid professionals in their respective field of work.

It is a secret cerebral power with which you can really perform “miracles.” Let nothing stop you from mastering it fast.

How Unprofitably Your “Usual Self” Concentrates

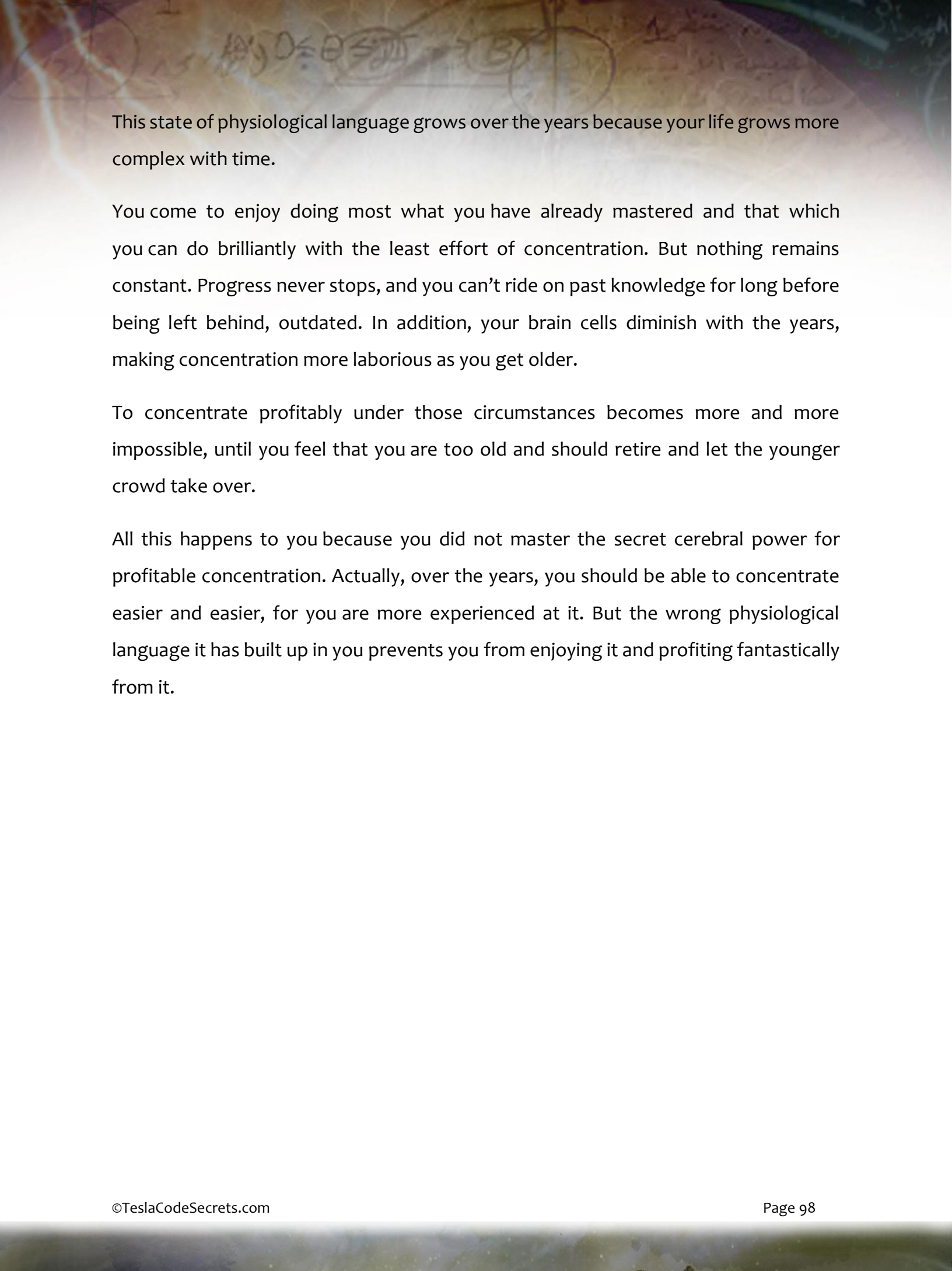
You hardly suspect how unprofitably your average self concentrates most of the time.

You do suspect that it does not concentrate as profitably as you would like it to, and you abhor anything that requires too much concentration from you. Textbooks, financial problems, investment decisions, practical plans for the future — these are but samples of the endless demands upon you for profitable concentration. They take the kick out of your life because they drag you away from a relaxed, pleasant mood and affix you into a taut, tense frame of mind.



The very verb “to retire” implies “to get away from it all” — to get away from where you have to think strenuously to make good and stay in the rat race.

Consequently, your mind builds up a revulsion against the very act of concentration, and your brain centers respond by commanding your body to revolt against it with a negative physiological language. Every time you are directed to learn something, or ordered to do this and not that, you are compelled to stop being playful and to discipline yourself in a mental strait jacket. And so you acquire a horror of concentration and don’t concentrate profitably.



This state of physiological language grows over the years because your life grows more complex with time.

You come to enjoy doing most what you have already mastered and that which you can do brilliantly with the least effort of concentration. But nothing remains constant. Progress never stops, and you can't ride on past knowledge for long before being left behind, outdated. In addition, your brain cells diminish with the years, making concentration more laborious as you get older.

To concentrate profitably under those circumstances becomes more and more impossible, until you feel that you are too old and should retire and let the younger crowd take over.

All this happens to you because you did not master the secret cerebral power for profitable concentration. Actually, over the years, you should be able to concentrate easier and easier, for you are more experienced at it. But the wrong physiological language it has built up in you prevents you from enjoying it and profiting fantastically from it.

How to Use Your Secret Power to Concentrate Profitably

Within you is a secret power to concentrate profitably. With the right physiological language to stimulate it, you can be as different as when you are asleep from when you are awake.

When relaxed you are dominated by your parasympathetic nervous system:

- The pupils of your eyes are smaller (for you are less alert)
- Your adrenal gland secretes less adrenaline (for you are in no fighting mood)
- Your heart beats slower and less forcibly (and your coronary arteries are therefore narrowed)
- Your lungs are less open (for you breathe less rapidly)
- Your stomach pours out more digestive acid (for you have a bigger appetite)
- Your whole digestive system is eager to digest and absorb your food

Your keenest power of concentration is simultaneously reduced, and your muscles lose muscle tone because you are not in a combative mood. Your brain centers “fall asleep”. Your body is speaking a lethargic physiological language.

But when you concentrate you are dominated by your sympathetic nervous system:

- Your pupils are larger (for you are keenly alert)
- Your adrenal gland secretes more adrenaline (for you are in a fighting mood)
- Your heart beats faster and more forcibly (and your coronary arteries are therefore dilated)
- Your lungs are wide open (for you breathe more rapidly)
- Your stomach pours out less acid (for you have little or no appetite)
- The blood vessels of your whole digestive apparatus narrow, as the blood is drained from them to your brain and muscles to nourish them during the expected efforts

Your body is speaking an excited physiological language.

You are automatically thrown into such a state when confronted with an emergency situation which you have to fight against or flee from.

The power to concentrate like a genius is always present within you. You dislike arousing it because it routs your feeling of relaxed laziness. But this feeling can spoil your chances of success when you are pursuing an important wish by letting your best opportunities for achieving it slip past you.

Unusual opportunities of any kind don't come every day. They have to be "taken at the flood," as Shakespeare wrote. But, to do so, you have to know the secret rules for profitable concentration.

The Sixteen Secret Rules for Profitable Concentration

There are sixteen secret rules for profitable concentration which those who made fantastic profits from this secret cerebral power invariably applied.

These rules will focus your concentration scientific and allow you to swiftly realize your wish. When you trigger the right physiological language in you for profitable concentration with the Miracle Mind Magic Stimulator, apply the following rules so that you can gain fantastic profits.

Rule 1: It is difficult to concentrate efficiently immediately after a hearty meal containing potatoes, onions, gravies thick with oil, or foods packed with fat. These foods digest slowly on the whole, thereby depriving your brain of normal blood circulation for at least two hours.

Rule 2: Apples and other sleep-producing foods also dull the mind and make concentration more difficult until digested.

Rule 3: You concentrate best when you are thoroughly rested, such as after a good night's sleep, or after a short but pleasant nap.

Rule 4: You concentrate poorly when stunned by deep emotion or when worried about anything at all.

Rule 5: You concentrate poorly when plagued with chronic pain, such as from toothache, backache, or even from a mild insect bite.

Rule 6: You concentrate best when strolling outdoors in a park or in the country, provided that you are reasonably safe.

Rule 7: You concentrate remarkably on dark days, particularly when you are outdoors.

Rule 8: Quietude is an absolute must for best concentration.

Rule 9: Consume no spirited liquor or stimulants (including coffee, tea, or cocoa) before you concentrate. Keep your mind as clear, sensitive, and alert as possible.

Rule 10: Although smoking is detrimental to health, if you are a habitual smoker you might have (sad to say) to indulge in it when you concentrate, to “get your mind going.”

Rule 11: Soft, classical music is conducive to concentration, while repetitious or noisy music distracts the mind and rout concentration.

Rule 12: Certain colors help you concentrate better — at first. Once you are concentrating however, your mind forgets its surroundings if these don't change.

Rule 13: Lying on your back with your eyes covered from light is conducive to concentration. If you are the type who falls asleep easily, you better take a walk or sit at your desk when you concentrate.

Rule 14: When concentrating, don't let your mind wander away and dwell on the past or any unrelated matters that takes your mind away from the subject of your concentration.

Rule 15: Narrow down your thinking to the very subject, or to the exact phase of the subject, on which you are concentrating.

Rule 16: In brief, to concentrate deeply, you have to resist fleeting attention-span and dulling interest. You have to bring your mind back again and again to the exact subject you are concentrating on, no matter how it bores you. When you grow bored with the subject, your mind will then suddenly come up with a new idea about it, because then your super-sensitized brain coding connects in the unique ways necessary to allow the new idea to flash across your conscious mind.

The Seven Secret Rules for Profitable Concentration for Research Which Brought Great Riches to Different People

In order to extract the profitable originality from any research, follow these secret rules, which have brought great riches to different people:

Rule 1: Don't read the research material from beginning to end. Just scan through it instead, and pick out only the facts or principles that interest you, and concentrate on those alone.

Rule 2: Don't be satisfied with just one source of information, even if it agrees with yours. Examine all the sources you can find, and contrast them with each other.

Rule 3: Don't limit your investigation to modern authors or philosophers either. Inspect the findings of authors on that subject for decades or centuries back. You will find that most conclusions in anything have been held and discarded repeatedly over the ages, so that the one held at present might have been condemned five years ago, or may be condemned five years from now. That's why most textbooks are rewritten significantly every few years.

Rule 4: Don't be afraid to think independently and hold your own opinions or conclusions about any subject, even if it blatantly disagrees with those of the "experts".

Rule 5: When you unearth the facts and material you seek, read them first to understand them. Then reread them with a critical eye. Reread them several times, if necessary, and re-examine them thoroughly. Strive to detect what the author left out, either through oversight or design, in order to prove his point. Unless you do that, you won't be able to evaluate his conclusions objectively.

Rule 6: Always jot down something about your findings, because the same thoughts never, or seldom, return to you later in exactly the same words. And the words in

which they first come to you are usually by far the most explicit. Also, record the title of the source, its author, and page, so you can easily recheck the material later if you have to.

Rule 7: Whenever you take a brief respite from your labors of research, your mind will sizzle with creative ideas from it. Jot these down at once before your mental perceptions lose their keenness.

Follow these well-guarded rules and you will be brought riches in overflowing measure.

Using The Miracle Mind Magic Stimulator To Trigger Profitable Concentration

You need the power of concentration most when you are faced with a seemingly insurmountable obstacle, or when threatened with disaster if you don't achieve your wish.

Fear, like concentration, stimulates your sympathetic nervous system. But it is a flight, rather than a fight, reaction. Both reactions use your brains and muscles to their peak, for you use the flight element to run from the danger, and the fight one to combat it.

Fear is a panicky stimulation, while concentration is a cool one. Both speak a similar physiological language in you. But once you go into action, you dissipate your energy in one big hysterical effort in the confrontation with fear. In comparison to concentration, you harness it and distribute it in productive action.

This is how you trigger the secret cerebral power of profitable concentration with the Miracle Mind Magic Stimulator:

Picture the wish you want to achieve through concentrating. Hold that vision for five seconds.

Now, visualize yourself achieving that goal with ease, and maintain the vision for four seconds.

Repeat the procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator. Intensify it each time, so that you actually see yourself concentrating — and solving — the problem before you.

Then apply the seven secret rules for profitable concentration for research and overcome the seemingly insurmountable obstacles of the threatened disaster.

Your physiological language will alter quickly into the right one.

How to Apply the Rules with Physiological Language

Below are case histories of some of those who used the secret cerebral power for profitable concentration for typical everyday profit. Their names have been changed. Study them and do even better for yourself.

How Laid-Off Leo D. Was Led to Create a Big-Selling Product

Fifty-two-year-old Leo D. had been working for thirty years and was still paying off the mortgage on his suburban home and sending his last two youngsters to college. He put in overtime now and then, and that helped. He looked forward to retiring in his **sixties** with his mortgage paid off, his children established, and his grandchildren climbing all over his lap. His youngest son was a problem — a hippie — as they called them. But every family had problems, and Leo didn't expect to get rich or famous. He had done his part and provided his family with a comfortable home and good clothes and food, and had educated them all.

But hard times struck, and Leo was retrenched. He was shocked, but he would receive unemployment compensation for the next six months. Meanwhile, he searched for work desperately but landed nothing. Panic gripped him. How would he hang on to his home and send his children through college? He and his wife Lois trimmed their expenditures and even passed up their summer camping vacation.

But the comparatively small compensation would cease coming in before long, and he would have to exist on his savings!

I taught Leo the secret cerebral power of profitable concentration. After learning it he triggered it with the Miracle Mind Magic Stimulator, and it flashed into his conscious mind a simple invention for a product for teenagers. In a burst of inspired activity, fired with concentration, Leo manufactured the “gadget” himself from inexpensive materials and advertised it in the sale catalogs. It was an instant hit.

In no time Leo was making a profit of about \$7000 a month, and the business was growing fast. Suddenly, he was called back to work and he returned to it, under the persuasion of his wife. But he continued selling the product by mail, limiting the advertising to bring him only the business he could handle.

Even then the demand for his product spread so widely and internationally that he fell weeks behind in filling his orders. Leo could have retired right then from his job.

How Ashley C. Saved the Company He Worked for and Was Rewarded with a Big Promotion

The company which Ashley C. worked for as an engineer was contracted by a giant corporation to develop an engineering device. Of the three firms which bid for the contract, a rival company won the contract to manufacture it for the multi-national corporation.

The loss dealt Ashley's company a staggering blow, and its employees were worried sick about losing their jobs. Ashley explained his alarming prospects to me, for he had a family and children to support, and a home to pay for. He insisted that he still had faith in his company's version of the device, but that the device still had some difficult problems to solve — problems which literally cost them to lose the contract.

I persuaded Ashley to try to solve them with the secret cerebral power to concentrate profitably. He doubted if that could help. Despite blood, sweat and tears put in, he and the capable engineers of his company had failed to optimize the specifications of the product. But his plight was so desperate that he agreed to make the effort.

Ashley mastered the secret cerebral power fast and tried it. To his amazement, he thought he suddenly found the much-wanted solution for the device. He persuaded his struggling company to test it on a big scale, even without the backing of the giant corporation. To his relief, his company was soon so satisfied with the test that it geared up for production of a commercial version of the device, although no commercial market for it existed yet.

Months later the giant corporation reopened the bidding, with an increased production quota for the device. This time, thanks to Ashley's solution, his company won the contract. Ashley was handed a nice promotion and a impressive increase in pay.

How a Harassed Manpower Manager Retained Valuable Employees and Got Himself a Big Raise

Lester W. was a manpower manager and his company had a difficult time retaining valuable employees. Its president regularly criticized Lester for not solving the problem, but Lester found it most complex to nail it down on a simple solution. There were so many reasons why employees resigned from the company. When he tried to pin them down, the issues grew even more complex.

Work fell back badly when such workers left, for they left during the busiest period of the year (because demands for their skills were greatest then). Lester dreaded even going to his office, terrified that more and more employees were leaving and bringing down on him the growing wrath of his boss.

I advised Lester to learn the secret cerebral power of profitable concentration and apply it to his escalating problem. He studied it and mastered it swiftly.

He soon discovered, after applying the secret rules, that “the little things”, not the big things, were often the reasons for the mass resignations. Furthermore, he found that these irritations ranged all the way from the location of the parking lot to the use of a time-card system. The latter infuriated professional employees like engineers and accountants who felt degraded by it. They also resented being addressed by their Christian names when they had university degrees.

There were also personality conflicts with supervisors. Lester brought out these problems boldly to the unhappy men who were on the verge of leaving. To his surprise he hit the nail on the head. He quickly implemented changes to resolve the situation. The employee turnover rate decreased remarkably. The president was so pleased with Lester that he rewarded him with a big raise in salary.

Summary of this Secret Cerebral Power

To concentrate profitably is to see something in meaningless matters which others do not easily see, and to derive tremendous satisfaction (or even riches) from it. Acquire this secret cerebral power easily by following these simple routines:

1. Face the problem or situation which confounds you
2. With the Miracle Mind Magic Stimulator trigger the right physiological language in you which puts you in the perfect mood for the keen, penetrating patience of profitable concentration
3. Apply the sixteen simple secret rules for profitable concentration, and the seven rules for profitable research concentration (if you need to research for it)

You will be stunned by the miracle of mind magic that will result — and the profits that will tumble into your lap.

Lesson 8: The Secret Cerebral Power to Control Your Nervous Tension and Worry

Nervous tension and worry divides you into a number of conflicting personalities, very much like a multiple personality, with each one pulling you in a different direction. It is worse than confused thinking because it leaves you unable to accept logic and common sense, even when these stare you in the face.



Unlike confused thinking, you can reason sensibly when afflicted with nervous tension and worry. However you are so unstable that you cannot stick to your conviction and your confidence in your ability to carry them through is so fleeting that you are soon no better off than you were in the first place.

Even after you are closing in to your wish, the smallest obstacle throws you off the track. You also tend to recollect failures more easily than successes, and grow pessimistic. Nervous tension and worry stimulate your fear-sympathetic and send your heart and breathing racing — so fast at times that you feel faint and short of breath. You give way to tears and might be contemplating the worst.

Such a wretched physiological language drives your hidden powers into hiding. With the secret cerebral power to control nervous tension and worry you normalize this acquired physiological language and put your nervous tension and worry to flight. So master well this secret cerebral power.

Why You Should Control Nervous Tension And Worry

Some of the most incredible changes in people took place after they controlled their nervous tension and worry.

People who seemed hopelessly afflicted with diseases like stomach ulcers were cured when they controlled their nervous tensions.

Others, like severe stutterers and stammers who could hardly utter a few fluent words changed into remarkable speakers and became worldwide leaders on their power of oratory (Sir Winston Churchill is but one example).

A fifty-six-year-old man, after suffering a nervous breakdown following his financial ruin in a national depression, controlled it and came back to create a business encompassing 900 stores across the country.

There is practically nothing that someone cannot achieve when he controls his nervous tension and worry!

What Happens in Your Body Due to Nervous Tension and Worry

When you are seized with nervous tension and worry, you fall prey to something resembling an attack of anxiety neurosis. Your fear-sympathetic dominate you and you endure acute episodes of extreme fearfulness.

These may consist:

- A feeling of impending doom, insanity, or heart attack
- Struggling to breathe, or choking, a discomfort in the chest and a lump in the throat
- Dizziness, weakness, fatigue
- Insomnia
- Depression and anger
- Tense muscles

The condition is initiated and prolonged by worry — endless worry about things you can do little about. This leads to intense frustration and aggravation of the unhealthy physiological language in you.

Why Your Physiological Language of Fear Soon Develops into an Uncontrollable Habit

Your physiological language of fear develops into an uncontrollable habit when prolonged. Even if its causes disappear or are gotten rid of, your fear-sympathetic will have conditioned your various body organs into a state of stress, like the heart pumping faster or the lungs breathing more rapidly. Your muscles are also extremely tense.

This changes you from one type of person into another — or into one who is ruled by such an unhealthy physiological language. Your fear-sympathetic dominates you completely now and keeps you on the edge. The harder you try to oust it, the stronger it holds you in its grasp. You have degenerated into a chronic wreck.

How Your Acquired Physiological Language of Fear Alters Your Body Responses and Makes Those Changes Permanent

Your physiological language of fear makes its uncontrollable responses in you permanent by super-sensitizing the brain centers of your heart, lungs, blood vessels, and all your skeletal muscles, to the least stimulus from your brain. A French physician believes that terrifying emotional experiences can trigger diabetes.

Consequently, your physiological reactions to the least stimulation are so violent that you break out easily into tremors.

The amount of pain which one can endure varies from person to person, depending on various factors like your temperament and cultural influences etc. Due to differences in the presence and activity of their pain receptors, some people feel the same pain more than other people. On the average though, most men and women possess the same neurological sensitivity to pain. However, psychological reaction to it varies greatly.

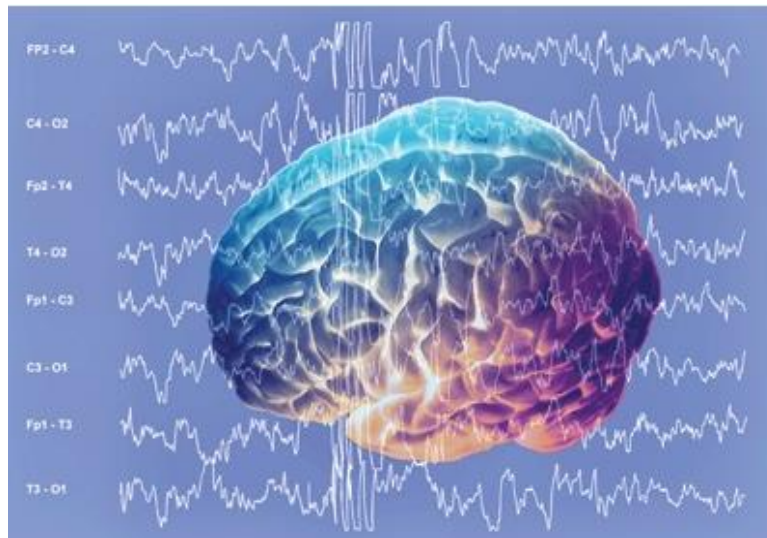
In other words, your conscious mind controls the amount of pain you feel. That's why your pain tends to grow worse at night, when you have more time to think about it. That's why you feel it less when you suffer from another discomfort at the same time.

It stands to reason then a suitable distraction can reverse or ease the sensation of pain. Methods can range from clenching the fist, wringing the hands, to shouting, cursing, or hopping around. However this is only temporary. The next day an individual might feel a bit sore if someone touches him lightly on that bruise he took from a bicycle fall.

In all such instances of experiencing painlessness, the physiological language of the individual is reversed from the normal one which does register the pain he feels, to one which does not. It is reversed each time either by his conscious mind NOT thinking about the pain (like the bruise), or by his body doing something which distracts his conscious mind away from the pain (like clenching his fists).

The Magic of the Psycho-Feedback: The Strictly Mental Alpha High to Relax and Unwind You Anywhere Anytime

Certain brain-waves occur during their corresponding states of consciousness and activity — beta, alpha, theta and delta (most activity to least activity).

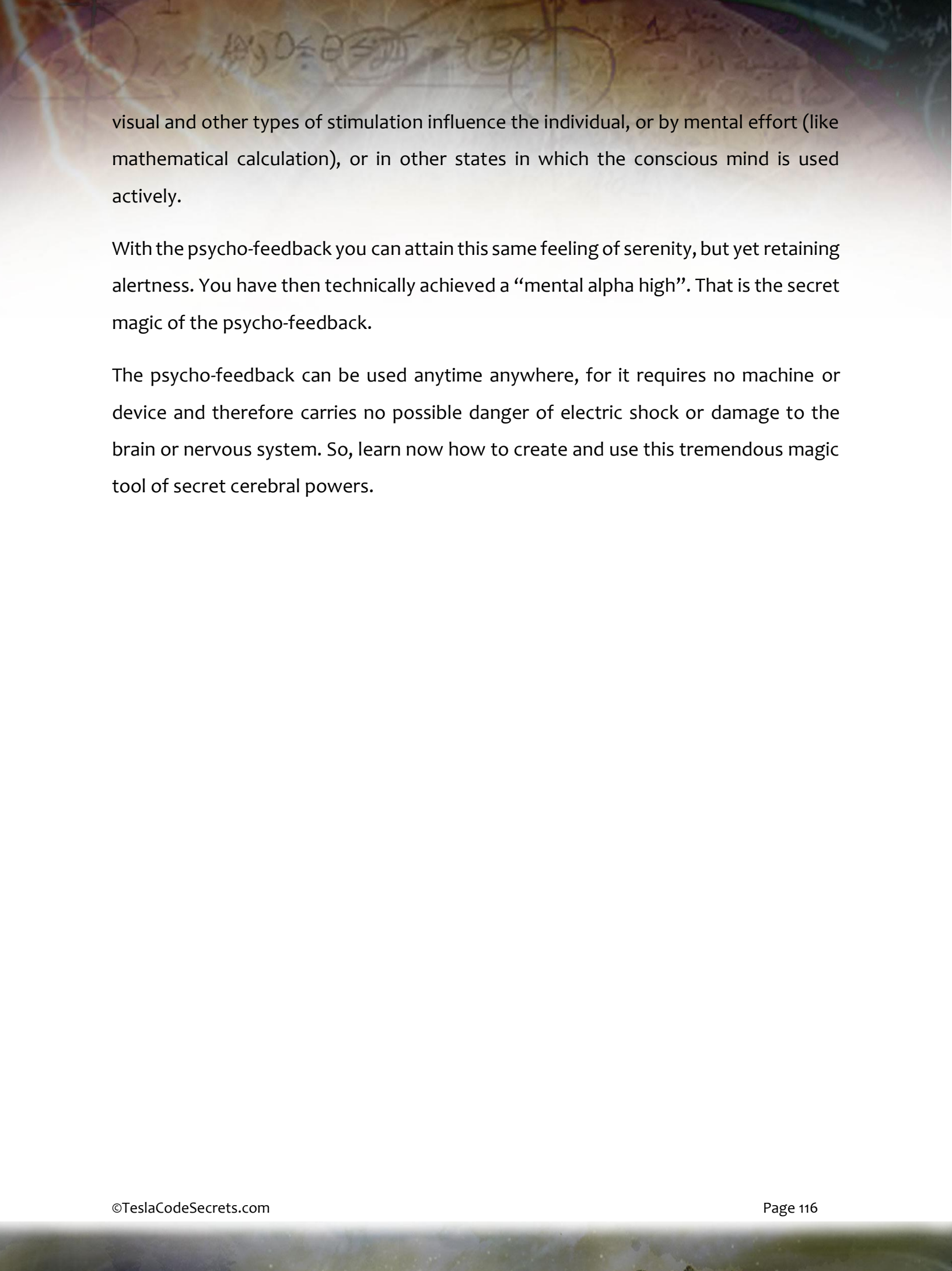


The alpha state is generally defined as a state of wakeful relaxation. The wakeful relaxation state refers to periods of drowsiness or light sleep, or narcosis (that is, in the drugged or anesthetized state) – basically, states when the eyes are shut in rest.

Thus, this is equivalent to a useful painkiller which may liberate thousands from chemical sedatives or hypnotic drugs and their damaging and sometimes addictive side effects.

However, the use of such drugs can be eliminated with Psycho-Feedback. You don't even have to risk suffering from the possible side effects of expensive electronic devices attached to your head just to attain the alpha state.

Alpha waves occur in mental states and emanate from your subconscious mind when it more or less takes over control of the brain. The alpha waves are abolished when

The background of the page features faint, hand-drawn mathematical diagrams and formulas on a textured, parchment-like surface. At the top center, there is a diagram with a circle containing the Greek letter θ , and the text $0 \leq \theta \leq \pi$ written next to it. To the right of this, there is a circled letter 'B'. Further right, there is a circled number '1'. The background also shows some other faint lines and markings, possibly related to geometry or trigonometry.

visual and other types of stimulation influence the individual, or by mental effort (like mathematical calculation), or in other states in which the conscious mind is used actively.

With the psycho-feedback you can attain this same feeling of serenity, but yet retaining alertness. You have then technically achieved a “mental alpha high”. That is the secret magic of the psycho-feedback.

The psycho-feedback can be used anytime anywhere, for it requires no machine or device and therefore carries no possible danger of electric shock or damage to the brain or nervous system. So, learn now how to create and use this tremendous magic tool of secret cerebral powers.

How to Immediately Control Your Nervous Tension and Worry with the Psycho-Feedback

Step 1:

Practice the magical psycho-feedback alone in your room. You will soon be able to use it anytime anywhere to unwind your nerves in a flash. You can say goodbye to drugs, painkillers, brainwave machines and the like!

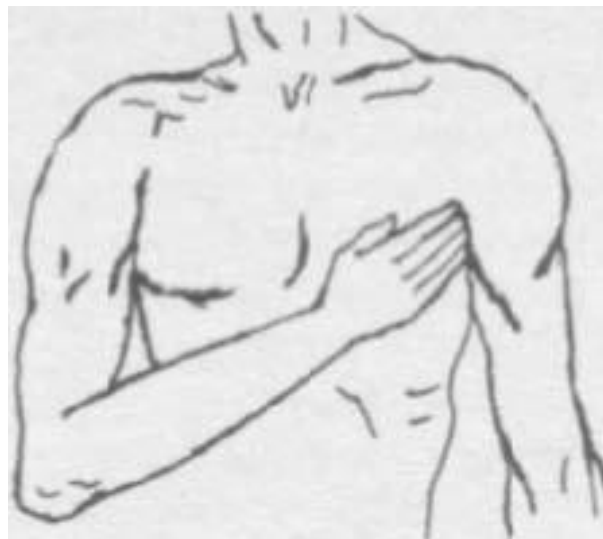
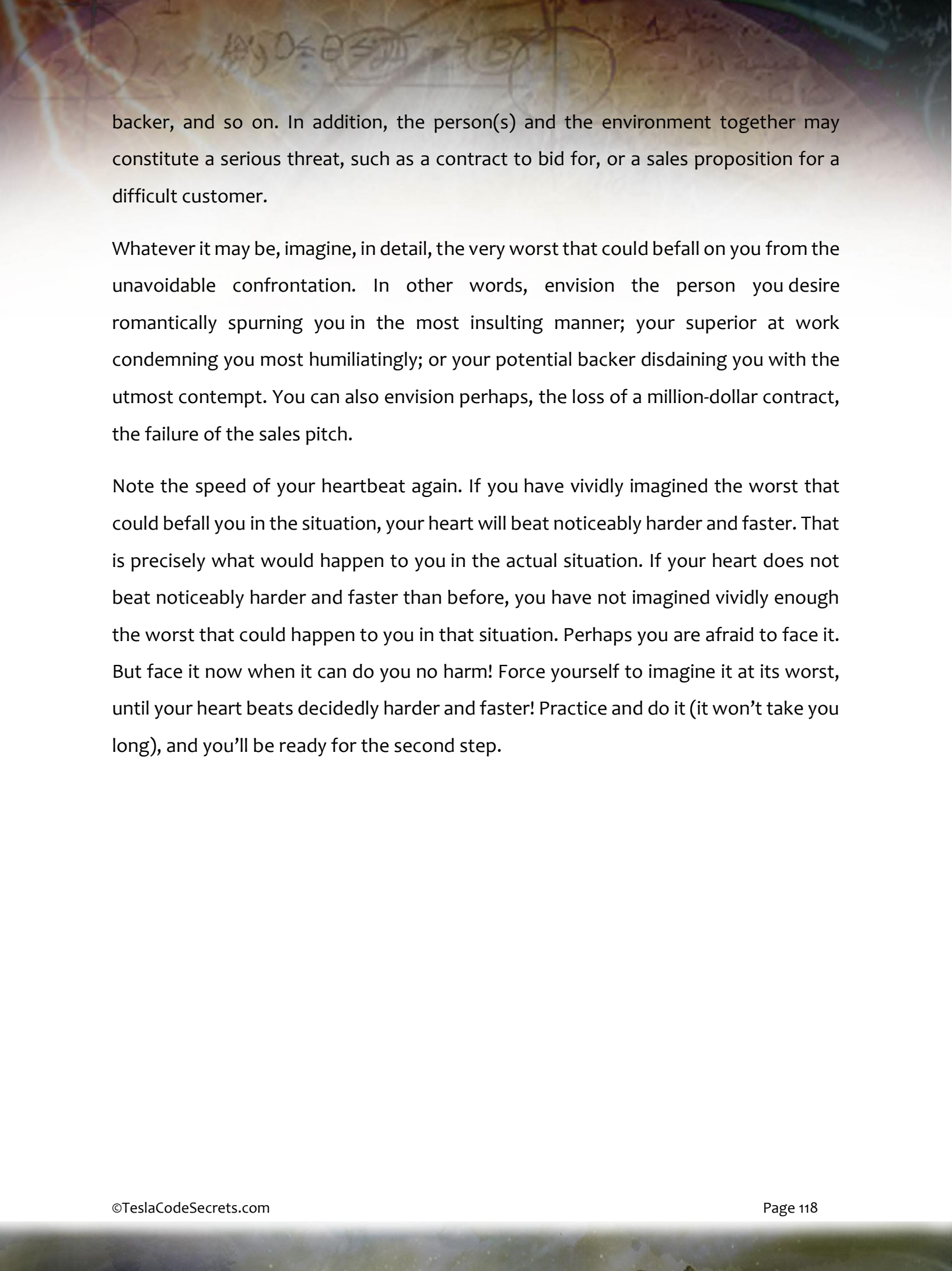


FIG 5. Step 1 to Psycho-Feedback

To practice the psycho-feedback, sit down or rest comfortably. Lay your right palm flat against the left side of your chest, just below and against the bottom border of your left breast. (See FIG 5.). Feel and listen to the speed and force of your heartbeat for about two or three minutes. Familiarize yourself with it, so you can detect instantly any changes in its speed and force.

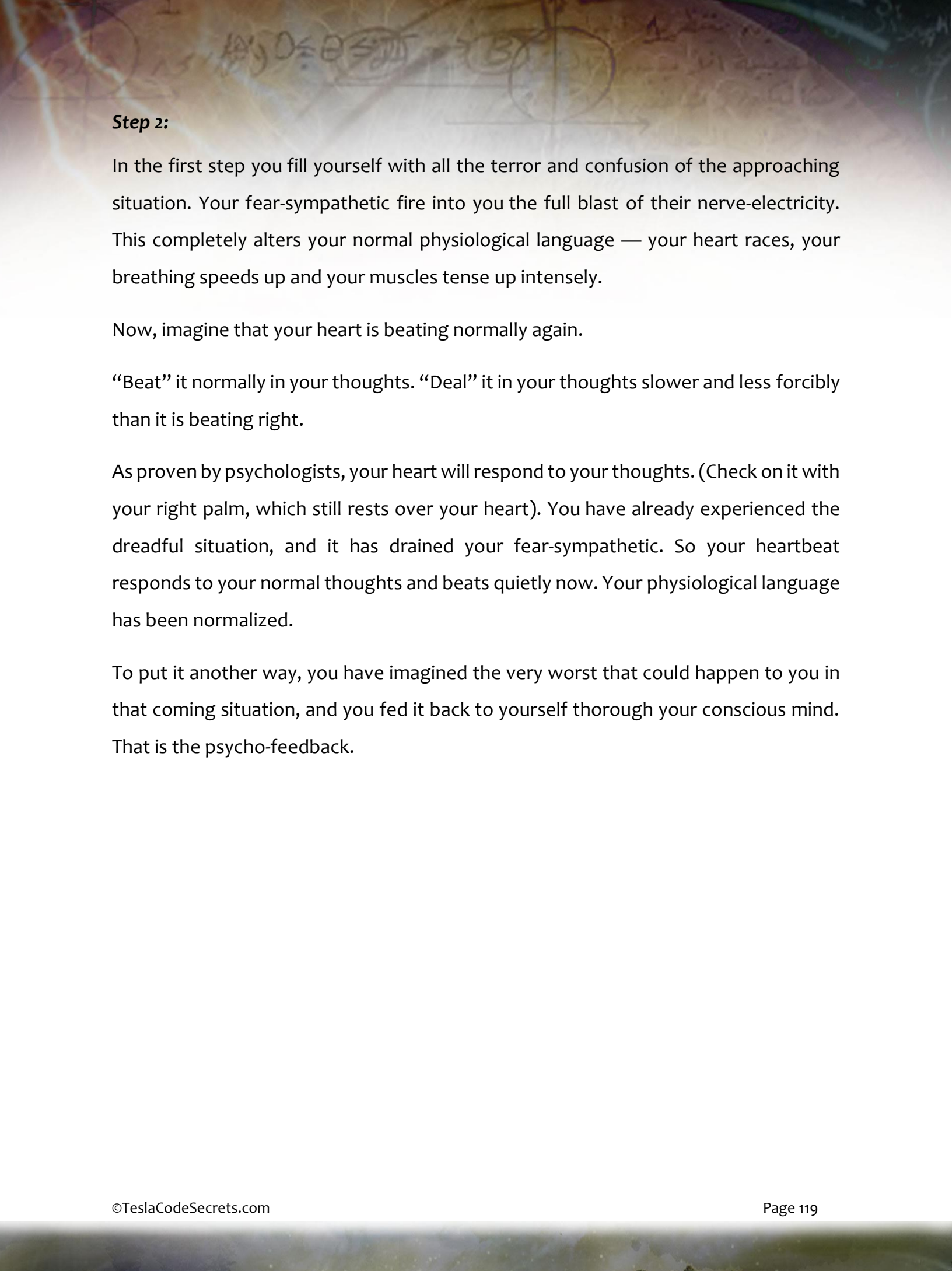
Keep your palm there and visualize an approaching situation in your life which is turning you into a nervous wreck. Vividly picture the situation and the person(s) involved in it. The person may be someone you are involved romantically with (including your partner). Or it may be your superior at work, or a potential influential

The background of the page features a chalkboard with several hand-drawn mathematical diagrams. At the top, there is a diagram showing a circle with a point labeled 'A' on its circumference and a point labeled 'B' inside it. A line segment connects 'A' and 'B', and another line segment extends from 'A' to the center of the circle. Below this, there is a diagram showing a circle with a point labeled 'C' on its circumference and a point labeled 'D' inside it. A line segment connects 'C' and 'D', and another line segment extends from 'C' to the center of the circle. To the right of these diagrams, there is a small diagram showing a circle with a point labeled 'E' on its circumference and a point labeled 'F' inside it. A line segment connects 'E' and 'F', and another line segment extends from 'E' to the center of the circle. The diagrams are drawn in a light, sketchy style, typical of a chalkboard.

backer, and so on. In addition, the person(s) and the environment together may constitute a serious threat, such as a contract to bid for, or a sales proposition for a difficult customer.

Whatever it may be, imagine, in detail, the very worst that could befall on you from the unavoidable confrontation. In other words, envision the person you desire romantically spurning you in the most insulting manner; your superior at work condemning you most humiliatingly; or your potential backer disdainingly you with the utmost contempt. You can also envision perhaps, the loss of a million-dollar contract, the failure of the sales pitch.

Note the speed of your heartbeat again. If you have vividly imagined the worst that could befall you in the situation, your heart will beat noticeably harder and faster. That is precisely what would happen to you in the actual situation. If your heart does not beat noticeably harder and faster than before, you have not imagined vividly enough the worst that could happen to you in that situation. Perhaps you are afraid to face it. But face it now when it can do you no harm! Force yourself to imagine it at its worst, until your heart beats decidedly harder and faster! Practice and do it (it won't take you long), and you'll be ready for the second step.



Step 2:

In the first step you fill yourself with all the terror and confusion of the approaching situation. Your fear-sympathetic fire into you the full blast of their nerve-electricity. This completely alters your normal physiological language — your heart races, your breathing speeds up and your muscles tense up intensely.

Now, imagine that your heart is beating normally again.

“Beat” it normally in your thoughts. “Deal” it in your thoughts slower and less forcibly than it is beating right.

As proven by psychologists, your heart will respond to your thoughts. (Check on it with your right palm, which still rests over your heart). You have already experienced the dreadful situation, and it has drained your fear-sympathetic. So your heartbeat responds to your normal thoughts and beats quietly now. Your physiological language has been normalized.

To put it another way, you have imagined the very worst that could happen to you in that coming situation, and you fed it back to yourself thorough your conscious mind. That is the psycho-feedback.

Why the Psycho-Feedback Gets Rid of Your Nervous Tension and Worry Quickly and Effectively

The attack of the psycho-feedback on your nervous tension and worry bottles up fear and anger within you to the degree where they are amplified to the extremes. These emotions throw your physiological language into chaos. That chaos feeds itself back to your brain through your sensory nerves, and you suppress it with your conscious mind due to your fear. From your conscious mind the chaos burrows itself into your subconscious mind and converts you into a chronic victim of its fear-sympathetic.

With the psycho-feedback however, your conscious mind dismisses this suppressed chaos from both of your minds. That promptly normalizes your physiological language. Your nervous tension and worry over the coming situation vanishes. And you can repeat the psycho-feedback anytime anywhere, as many times as you wish — it won't cost you a penny, much less endanger you with possible side effects.

The Miracle of the “Thought Beat”

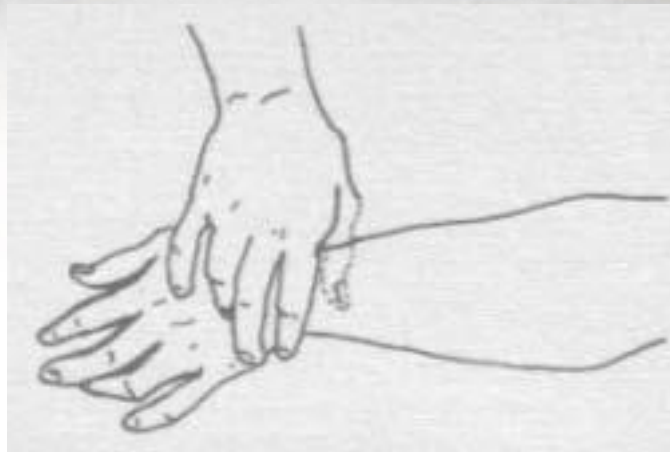


FIG 6. The “Thought Beat” technique

Here is another Psycho-Feedback technique you can use.

With the inner part of the second knuckle of your right thumb, feel your pulse beat on the inner third of the bottom of your left wrist (or of your right wrist if you prefer). This can be done while you are standing or sitting. (See FIG 6.)

Any time thereafter you face any situation that makes you nervous and worries you unduly, either lay your palm flat, below your left breast (or gently clasp your left wrist with your right hand and listen to your heart beat). The thought-beat brings your heart back to its normal pace.

Physiologists have had subjects slow their hearts down markedly in the laboratory simply by having them watch their heartbeats being recorded and thinking them into slowing down. The same principle operates with the miracle of the thought-beat, except that you can apply it anytime anywhere.

(Note: With further practice you won't even have to lay your right palm across your left chest. Just train yourself to duplicate your normal heartbeat in your thoughts at any time, by practicing that alone. Then, anytime you feel nervous or start worrying, you automatically know that your heart is beating much faster and harder than normal.)

To slow it back down to normal and restore your normal physiological language, just duplicate your normal heartbeat in your thoughts and vividly envision your heart slowing down swiftly to that pace. Your heart will do so, just as it does in the laboratory.

Below are case histories of some of those who used the secret cerebral power to control their nervous tensions and worries swiftly for everyday profit. Their names have been obviously changed. Study them well and strive to do even better in similar situations.

How Hesitant Jack M. Turned into a Rousing Speaker in an Instant

Jack M. was intelligent and full of ideas, but he could hold no one's interest for long, socially or in business, because of his nervous tension. It would seize him when he least expected and deny him his confidence. It filled him with anxiety and confused his thinking. Whatever he said after that was hardly worth listening to, for he became uncertain of himself and fearful of taking a bold stand in anything. Others either ignored him then or simply left. Jack grew super-sensitive to such treatment, and his condition became worse.

I explained to him that his nervous tension forced his body to speak a handicapping physiological language, and I taught him the secret of the psycho-feedback. With it he lived through the most humiliating experience he could suffer from any social or business experience in which he failed. That quickly normalized his physiological language and banished his nervous tension whenever he spoke. He regained his lost confidence and turned instantly into a convincing speaker.

How Stanley V. Managed His Ulcers

Stanley V. had suffered for years from stomach ulcers. Doctor after doctor treated him with little success. It was finally blamed on psychic causes. A psychiatrist helped him then, but told him outright that he had a tendency to worry too much, and that he had to conquer that tendency.

I described to Stanley how that tendency had altered his normal physiological language into an abnormal one by putting it under the dominance of his fear-sympathetic. His fear-sympathetic drew the blood out of his digestive system and transferred it into his muscles, therefore leaving the lining of his stomach with insufficient blood to function healthily. Ulcers broke out as a result.

I taught him how to meet every situation that made him worry with the psycho-feedback. Stanley mastered the psycho-feedback in no time. With it he re-established his badly disturbed physiological language back to normal, and his digestion improved remarkably very soon.

How Marcia L. Controlled Her Nerves by Lowering Her Heart Rate with a Compelling Picture-Thought

Marcia L. was not a beauty, and she worried unnecessarily about it. The office where she worked was crowded with “young chicks”, as she put it, and she felt that she no longer rated highly with her impressionable boss. The young chicks, Marcia complained bitterly to me, got raises faster than her, although her work outranked theirs. They were also assigned simpler tasks than her, which increased her responsibilities without the corresponding rewards. As a result, she detested her boss and the young chicks. She confessed that turned her into a bundle of nerves. She had tried self-hypnosis, and now suffered from side-effects of painkillers.

I explained to Marcia how the unfair situation had aroused her fear-anger-sympathetic and had altered her normal physiological language into an explosive one. I taught her the psycho-feedback and had her imagine the very worst thing that could happen to her at the office, and to “live through” it so vividly that she exhausted herself.

Marcia did so, and promptly controlled her nervous tension and worry every day by thought-beating her racing heart back down to normal speed whenever she felt her nervous tension returning. After that, the situation no longer affected her seriously because she had already lived through it. So she accepted the fact that there was no such thing as absolute justice in anything.

She realized too that those young chicks would not remain young forever. Younger ones would be employed there before long and be favored over them. Life was life, and no one could change every aspect of it. Marcia’s heart beat slower again regularly. Her boss started showing her far more consideration due to her new attitude and personality — she got an excellent, unexpected raise in salary!

Summary of This Secret Cerebral Power

Controlling your nervous tension and worry transforms you from being an ineffectual, indecisive person into a bold-acting, commanding person who achieves their wishes with surprising ease. To acquire this secret cerebral power, follow these simple routines:

1. Face the fear, dread, or threatening calamity which fills you with nervous tension and worry
2. Understand how it changes your physiological language by arousing the symptoms of your fear-sympathetic
3. Oust this physiological language from you with the magic of the psycho-feedback and keep it under control by maintaining your heart rate normal with the miraculous “thought beat”

You will be speedily freed of nervous tension and worry because these states cannot enslave you unless they can change your physiological language.

Lesson 9: The Secret Cerebral Power to Protect Yourself from Domination by Others

When you are under the domination of others you are reduced into something less than a complete person. The most submissive side of you goes free, while the most aggressive side of you is now shackled.

More importantly, your best thinking and behavior are submerged. Your wishes give way to your tyrant's wishes. You become subservient to his moods, like a good-natured robot. Your physiological language accepts such a change as your permanent one.



Protecting Yourself From Domination By Others

The profits which certain people gained by protecting themselves from tyranny by others are beyond description.

Many such people tore themselves free from overbearing persons who squeezed every drop of personality out of them.

Others freed themselves from their oppressive bosses.

Others threw over careers they disliked, despite the derision of their family, friends, or associates, and ventured into the ones they preferred — and succeeded in ways unimaginable.

Each of them had his own wish, but could not achieve it because someone dominated him and held him back from it. Once he broke the enslaving chain, he either skyrocketed upward in his career, or attained a joy in living which he did not believe possible. Do likewise for yourself with this secret cerebral power.

What Happens in Your Mind When You Are Dominated by Someone

When you are dominated by another person you change into an entirely different person. You are filled with uncertainties, fears, and repressions, because you no longer act freely. You can't make a move or a decision without the approval of your tyrant. His thinking becomes your thinking.

As a result, the neurons in your brain form fixed codes of doubt, uncertainty and terror. Try as you might, you can't shake this conditioning loose. In time, you stay awake at nights dreading the horror of more humiliating tyranny.

Abnormal quantities of waste products accumulate in your brain tissues and deprive them of needed oxygen and nourishment. That aggravates your already morbid state of mind and plagues you incessantly. You reach the point where you feel like attacking this hateful person and running away. But you don't dare. And yet, you don't know how you can continue enduring him.

What Happens to Your Actions and Behavior When You Are Dominated by Someone



With your mind dominated so crushingly by another person, your actions go haywire. You no longer do things calmly and enjoyably, but laboriously and spasmodically. You hate to get up in the morning, much less go to work. Your natural personality has been squashed out of you so thoroughly that you feel like the most inferior and degraded creature on earth.

If the dominating occurs at home, you will be a wreck before you even step out of the house.

At work you make more mistakes than before and get along less well with others. Your temper flares quickly, or you have to struggle to keep it under control. Your speech becomes hasty and impatient with your equals, and defiant or submissive with your superiors. As a result, you become a borderline hysteric.

What Happens to Your Physiological Language When You Are Dominated by Someone

Your mind, actions and behavior are so drastically changed when you are dominated by another person that your physiological language undergoes a traumatic transformation. Your sympathetic then repeatedly flashes into you both the fight and flight commands in all kinds of combination. The very thought of your tormentor fills you with terror and fury of him. Later it impels you to both flee from him and to confront him at the same time, leaving you in a tug-of-war paralysis.

Your body also reflects the changes: pupils dilate; breathing becomes swift and shallow, and so on. You can neither fight nor flee from the oppressive situation, but have to face it like a helpless prisoner strapped for capital punishment. Your body is speaking a physiological language that extinguishes you as a person!

The Secret Clench-and-Relax to Protect You Being Dominated by Others

The best way to protect you against being dominated by others is by stopping the resulting physiological language transformation at once!

Depending upon how crushing the insult is to you, you will experience the following:

- frown (dilation of pupils)
- tense muscles (with fighting muscle tone)
- formation of a lump in your throat (over-contract of throat-muscles)
- accelerated heartbeat, and “congested” chest from shallow, faster breathing
- flutter in the stomach
- shudder in leg muscles
- dry mouth (reduced secretion by salivary glands)
- clenched fists (wholly or partially)

The Clench-and-Relax Program

To halt this new, unhealthy physiological language from altering your natural personality, you have to call off the resulting changes (as listed above).

You then regain your normal physiological language with the secret Clench-and-Relax technique.

Practice and master its three easy steps, described below. Do them while in a standing position.

1. Clench your arms, legs and fists as hard as you can, for exactly two seconds. (This psyches them up in an “attack” mode against your oppressor)
2. Then relax them completely for four seconds
3. If you still feel upset by the oppressor, repeat steps 1 and 2

Your tense muscles will lose their fighting muscle tone, and your sympathetic will be fooled into thinking that you have fought off that person. Your body will respond to the change in commands and dispatch messages of normalcy to your conscious mind, thus normalizing your physiological language.

Simple as it seems, that is the fantastically effective Clench-and-Relax.

Below are case histories for you to study and do even better for yourself in similar situations or circumstances.

How Trampled-Down Harry S. Gained the Keen Respect of His Overbearing Superiors

By nature Harry S. was a gentle, kind-hearted soul who went out of his way to please others. He was even more so where he worked.

But his efforts brought out the worst from some of his managers and bosses. They decided that Harry was inferior to them, or he wouldn't be trying so hard to please. So they treated him like a nobody and hardly listened to what he said. They promoted mediocre others over the more talented Harry.

Harry brooded over that and it altered his normal physiological language. His heartbeat, breathing and muscles were all affected.

I taught him the secret cerebral power to protect himself from domination by others. Being desperate, he learned it swiftly. Whenever he confronted a superior thereafter, he normalized his physiological language with the Clench-and-Relax, slowed down his heartbeat and breathing, and relaxed his tensed muscles. He conducted himself with calmness and dignity. One overbearing superior after another gained respect for him and treated him like an important employee. Harry started advancing surprisingly fast in the company.

How Donna M. Freed Herself from a Devilish Love Enslavement, and Married a Man Who Adored Her

Donna M. was widowed young, and worked hard and lived alone ever since. At fifty-two she met Lance A., a lady's man many years her junior. She was subjugated by Lance for six long years, taken in by his charms. The man promised her marriage, but only bled her for sizable loans which he never repaid. He even enticed her into buying him a posh sports car with her hard-earned savings. Donna realized that he was making a fool of her and would probably never marry her. But she could not free herself of him.

Weeping frantically, she confessed her problem to me. In order to control her, Lance had altered her into a different person than she was naturally. She was filled now with dread and uncertainty because she could make no independent move unless it pleased Lance. That changed her physiological language into a self-defeating one.

So I taught her the secret cerebral power to protect her from domination by others, and she mastered it swiftly. Hence, every time she thought of or dealt with Lance, she protected herself against his influence with the Clench-and-Relax. When Lance perceived that he was losing his hold over her, he showed his true colors and became insulting. That cut Donna to the quick, and she broke free at last and severed relations with him. Lance tried repeatedly later to make amends, but Donna again protected herself against him with the Clench-and-Relax.

Six months later she met a charming man of her own age. They were married in six months, adopted a ten-year-old girl, and are living a life of bliss.

How Elmer T., on the Verge of Legal Catastrophe, Recalled Neglected but Vital Evidence Suddenly and Won His Freedom

Elmer was worried sick about the case against him. He was not guilty as charged, but the evidence against him was so misleading that he was made to appear guilty. The prosecutor bore down on him so domineeringly that Elmer could hardly think straight. Terror-stricken, he recalled the secret cerebral power to protect him from domination, which I had taught him to use at work.

With **that**, he normalized his physiological language. Since he was seated in the witness chair he had to turn his toes upward hard to contract his calf muscles, and to press his knees together hard to contract his thighs sufficiently.

The throbbing left his chest and head, and he became calm enough to think clearly again. When the prosecutor pounced upon him once more, Elmer listened to him carefully and thought deeply before answering him. To his amazement, the neglected but vital evidence he needed flashed into his mind and he blurted it out. The prosecutor blinked. Elmer had turned the tide of defeat into victory.

Summary of This Secret

To protect yourself from being taken advantage of by others, use this unbeatable secret cerebral power to free yourself from them! To acquire it most easily, follow these simple routines:

1. Clench your arms, legs and fists as hard as you can, for exactly two seconds.
(This psyches them up in an “attack” mode against your oppressor)
2. Then relax them completely for four seconds
3. If you still feel upset by the oppressor, repeat steps 1 and 2

It will normalize your physiological language again. You can then swiftly oust your oppressor’s influence over you from your mind and command his respect.

Lesson 10: Your Secret Cerebral Power to Gain Swift Control Over Others

When you gain swift control over others you attain your wishes with magical speed and effectiveness. You are spared the long period of winning their confidence through various tedious ways. (You are expected of course to use this secret cerebral power for worthy purposes only).

You then make them see what you see, not only mentally, but even physically, to a marked degree. A plain Jane, for example, can force an attractive man to physically see her as a hot babe. A salesman can also make a prospective client see previously unobserved value in his product.

In other words, when you control others swiftly, you acquire something for nothing; you acquire from them something you have not earned and probably don't deserve. Without their even suspecting it, you enslave them to you and they do your bidding without realizing why. And you don't even have to command them to do so; they just do so unwittingly.

When you use this secret cerebral power for a worthy purpose, you really bend people around your fingers. That's why you are expected to use it honorably.



Benefits Of Having Swift Control Over Others

The profits which certain people reaped from swift control over others are truly fantastic.

With it such people freed others from bad habits, set indecisive people on beneficial goals, and convinced others to pursue rewarding careers instead of superficially boring ones.

They gained the support of those who obstructed their advancements, induced the hesitant to trade or negotiate with them, and so on.

Do likewise and bring out the best of and abilities yourself and others. That's why it is shortsighted to use this secret cerebral power in an inappropriate manner, for you can profit far more by using it worthily.

How Others Resist Your Efforts to Control Them

It is obvious that other people won't automatically let you control them as you wish.

Everybody dislikes being changed into a creature foreign to his nature. Everybody differs widely in brain structure from others, and possesses a pattern of mental attitudes which is uniquely distinctive.

Consequently, whenever you try to control anyone, his different mental built-in codes and his physiological language will resist you because they differ from yours, and will not conform readily to what you impose upon them.

The Obstacles You Face in Trying to Control Others

The important obstacles which you face in trying to control someone consist of his lifetime habits of thinking, living, behavior, and body functioning. The very first look or word you two exchange already emphasizes that difference to him, for he puts his own personal interpretation on it. Half the chance, he might very well misinterpret it — because this is how he imagines he understands it.

So, at the very first look or word you two exchange, Joe might either elevate you or degrade you. Either way, you already have a hurdle to overcome in your path to control him. Even if you feel that he elevates you above himself, how do you know in what way?

Eventually, some of his conclusions about you sink more deeply into him than, no matter if they are untrue or based upon hearsay, acquired prejudice or superstition. As a result, his physiological language toward you alters to conform to these impressions.

In other words, he has “stereotyped” you.

All of which adds more obstacles to your prospects of controlling him swiftly.

How to Soften Someone’s Resistance to Your Swift Control of Him

The more you try to control a person, the more stubbornly the impressions of you, and his acquired physiological language toward you, resist you. So, you have to soften him up first to your attempts.

To do so, give him no further reason for resisting you. Achieve that by making him feel super-comfortable with you. Let him feel that he has no reason to feel negatively about you in any ways.

Let him feel that you bring him a breath of fresh air, something positive and feel-good.
Let him feel that he can confide in you!

To achieve that miracle swiftly, the moment you lay eyes on him:

1. Forget yourself entirely. You will become self-conscious otherwise, and that erects a psychological wall between you two
2. Then think of him alone! Think of him as being the greatest person an earth — the very person you are most anxious to see and know

Your parasympathetic nervous system will gain the upper hand and alter your physiological language into that of a person who genuinely feels that way about him. That person swiftly accepts you as being that person, and softens toward you.

How to Convert a Person into Your Physiologically-Synchronizing Twin

This person now loses his built-in mental codes which resist your swift control. But his subconscious mind still retains the tendency to trigger his resisting physiological language toward you.



In order to achieve total control, make him feel as eager to meet and talk to you as you have made yourself feel toward him. Simply put, you want his parasympathetic to dominate him to the degree where he harmonizes with you in totality, be it the heartbeat, body movement, or thinking. It is as if both of you have been converted into “physiologically-synchronizing twins”. Your twin will be speaking your physiological language!

How to Condition Your Parasympathetic Nervous System

To match your system to his, you have to LITERALLY think like him otherwise your acquired physiological language will resume to its original state. That person will promptly detect something peculiar about you, and his anger and mistrust of you will revert.

First step in conditioning your nervous system is to stop reminding yourself that you are NOT him.

Second, breathe more slowly and deeply now for at least five seconds. This will over-oxygenate your blood and discourage any tendency of your heartbeat and breathing to speed up.

At the same time, halt all introspection that flashes through your brain and forcibly reflect only over the imagined delights of meeting that person again.

Practice this in your room alone by visualizing a delicious dish and transposing the resulting ecstasy to your subject, and “feel” the joy of meeting him spread through your cheeks. Compel yourself to experience this feeling so sharply that it pulls your cheeks apart into an infectious smile!

This “cheek-stimulus” (buccal stimulus) is an emotional aspect of the parasympathetic nervous system because your parasympathetic fills your cheeks with blood when you blush. Consequently your parasympathetic will remain dominating you and not betray your intentions. In spite of himself, the other person will be converted into your twin.

How to Trigger Your Control Over Others with the Miracle Mind Magic Stimulator

Your great difficulty in using the secret cerebral power to control others is your constant awareness that you have to change yourself first into a different kind of person than you are naturally. The Miracle Mind Magic Stimulator will end that difficulty.

Here are the steps:

Sit alone in your room and visualize the person as you know him. Envision yourself meeting him, with you being the most enchanting person he has ever met. Hold that vision in your mind for five seconds.

Now visualize yourself changing completely into that most enchanting person. Visualize yourself thinking from his viewpoint, gazing like him, and smiling, speaking, moving and walking, gesturing, breathing confidently, and reacting like him — in other words becoming him. Maintain this vision for four seconds.

Repeat that procedure three times. Intensify it each time, so you actually feel yourself change into that most compelling person of all time. Feel the energy radiating from your body and being.

Practice immersing yourself in this sensation until you requires only one attempt to alter your whole physiological language into that of such a person.

You will be ready to use the secret cerebral power to control others swiftly.

Below are case histories of some of those who used this secret cerebral power to control others swiftly for everyday profit.

How Frumpy, Middle-Aged, Ignored Sarah P. Made An Attractive Man With An Annual Income of \$500,000 See Her as a Ravishing Young Beauty

At fifty-four, Sarah P. had been widowed three years. Her children had grown up and married and had their own families. Sarah refused to be relegated, as she put it, into the role of the “old, baby-sitting grandma” and nothing more. She felt that she still had a more exciting life of her own to live.

The president of her company was a widower. He was tall, handsome, attractive with graying hair, and an annual income of \$500,000. Sarah secretly wished to marry him. What a wonderful life she would live were that to happen.

At the same time, she scoffed at the prospect. At her prettiest, she had captured only a typical working man as a spouse. Now, thirty-six years later, she also had bulky hips, heavy ankles, and the obvious look of aging. Yet she was secretly hoping for better.

She was deep in misery when she saw me. She hated her monotonous job and her dull life ahead. “What was I born for?” she cried. “Might as well kill myself! I’ve only lived like a beast of burden!”

Since she was obviously enamored with her company president, I taught her the secret cerebral power to gain swift control over others. With the Miracle Mind Magic Stimulator she promptly changed her frustrated physiological language into that of a striking young beauty. She thought like such a woman, moved, smiled, spoke, gestured, and breathed confidently like her.

Then she started transforming the president’s impressions about her and gradually converted him into her “twin”.

It was now the president’s turn to be enamored of her. He eagerly asked her for a date and, in the midst of it, praised her as if she were a striking young beauty who resembled the one she had changed herself into! By the third date he fitted an engagement ring

around her finger and whispered about the great honeymoon he had planned for them.

How Robert P., Socially a Nobody, Became the Social “Fad” in an Instant

Robert P. was tired of being virtually a social outcast. At first he consoled himself by being glad to be left alone. “There is nothing like privacy!” he bragged, and found refuge in reading paperbacks and watching TV. He concluded that other people were so difficult to please and that they were not worth the effort to impress them. It was simpler to be alone with his interests, pets, or hobbies.

Now and then he had a buddy or two, but in time they married, moved away, or found different interests, and Robert wound up alone again. But he could no longer fight off his loneliness. Whenever he tried to join a social bunch however, he experienced no success. He just couldn’t hold people to him, he sighed in disgust. I taught him the secret cerebral power to gain swift control over others. He yearned to join a particular social group, he confessed, but it didn’t appear to want him.

With the Miracle Mind Magic Stimulator Robert changed his physiological language into that of an extraordinarily popular person.

This time he promptly changed the built-in codes of the different members of the bunch and converted them all into his twins. He was soon welcomed into their midst and was **idolized** both by the men and the women.

How Jack R. Made All the Associates Who Disagreed with His Idea Support It to the Hilt and Select Him as Their Leader

Jack R. was full of ideas, but the senior management personnel in the firm failed to discern their possibilities. Jack became frustrated and resentful. Others with ideas inferior to his were favored and rewarded with big raises and promotions, while he was in danger of being retrenched because he contributed so little to the company.

Jack told me that he could not convince his associates to put his ideas to the test. His ideas were new and unusual, and beyond the scope of their imagination.

I taught him the secret cerebral power to gain swift control over others. With the Miracle Mind Magic Stimulator Jack changed his physiological language into that of a man who entranced others with his ideas, no matter how unbelievable they sounded.

To soften his associates' resistance to his idea, Jack forgot himself completely and thought of them as being the greatest persons on earth — the very persons he was most anxious to please.

That changed their built-in codes and converted them into his physiologically-synchronizing twins. They fell into the mood of Jack's thinking and tried out his idea — it achieved huge results! They subsequently selected Jack as their idea leader and he was soon in line for a big promotion in the company.

Summary of This Secret Cerebral Power

When you acquire swift control over others, you enslave them to you because they obey you implicitly and strain themselves to satisfy you, whether they like it or not. That is why this secret cerebral power has to be used for worthy purposes only. To acquire it swiftly, follow these simple routines:

1. Be aware of the fact that others will resist your efforts to control them, and have an idea what these obstacles are. Realize too that people's resistance to your controlling them will grow with your efforts to do so
2. First soften people's resistance to your swift control
3. Then convert them into your physiologically-behaving twins
4. To overcome your great difficulty in using this secret cerebral power, perform the Miracle Mind Magic Stimulator the moment you see the person you want to control swiftly

Lesson 11: Your Secret Cerebral Power to Enthrall Friends or Enemies

When you can captivate your friends and enemies, you will automatically rise over most of the barriers to your life.

Without this secret cerebral power your life deteriorates into a difficult and unsatisfactory one. When your friends help you without any constraints, they provide you with a springboard to leap to the realization of your wishes, with much less effort. When your enemies help you, it is even sweeter.



The aid of your friends and enemies doesn't merely better your chances of realizing your wishes, but multiplies it like a domino effect. In many cases it even guarantees it! Some of your friends might know more about the specific details of the hurdles in your way, while others might even have connections with people who can help you clear away the stumbling blocks.

On the other hand, if your enemies are preventing you from climbing over the barriers, to enthrall them is to instantly clear it.

Doing it alone, you might otherwise waste your whole lifetime, bitterly envious of others with half your abilities, who achieve those very goals of yours with the utmost ease. It is not enough just to have friends. You have to enthrall people to receive their utmost help. Your enemies, of course, have to be truly enthralled before they'll do anything for you.

How Entrhralling Friends or Enemies Enrich Your Life

The profits from enthralling friends or enemies are almost beyond adequate description.

With this secret cerebral power, people in trouble were saved by those who could help them.

Unqualified applicants were elevated into key positions.

Inadequate employees were kept on payrolls.

There is no end to the examples. Master the secret cerebral power to enthrall friend or enemy and turn the seemingly unavoidable failures in your life into roaring successes.

A philosopher once said that you could count your friends on the fingers of one hand, but your enemies on all the fingers of your hands, plus the toes of your feet.

Recently, a delirious man stood on the window ledge of a high story of a skyscraper and prepared to plunge to his death. A crowd quickly gathered below. When the man hesitated, the mob yelled, “Stop being chicken! Jump off!”

If anyone down there begged him not to, his plea was completely drowned out. That was an example of how enemies outnumbered friends. Day after day you pass thousands of people on the streets that would egg you on similarly if you tried to commit suicide that way. Even some individuals whom you know for years might join them.

But don't let that turn you into a person who mistrusts or hates everybody. Just realize that if you can enthrall your enemies as well as your friends, you will multiply the number of people who's on your side.

How to Prevent Anybody, Anywhere, from Disliking You at Sight

The reasons why many people may dislike you at sight would fill thick volumes.

Some of the factors probably arise from:

- Behavior (expressions of speech, body posture etc)
- Physical outlook (hair color, race, age)
- Nationality
- Religion
- Occupation
- Education

Since it is impossible to discover all the reasons why many people may dislike you at sight, you can't expect to prove to them that they may be wrong about you. But the dislike towards you and your reaction to that causes both of you to be dominated by your fight-sympathetic.

That, though, reveals how you can prevent people from disliking you at sight. Their dislike for you must be nurtured by a fight-sympathetic dominance. So you just normalize their physiological languages, and their dislike for you will vanish.

The Physiological Normalizing of Other People for Your Benefit

To normalize other people's physiological languages and thereby prevent them from disliking you at sight, normalize your own physiological language first. As a result, your personality changes without your realization. This obviously manifests in your behavior and the people you meet observe the change, thus modifying their impression of you. This is the "Physiological Normal" technique.

To do that, reflect to yourself that you like this individual tremendously (even if you actually dislike him).

Imagine him to be the ideal companion for you, and behave toward him accordingly. When you gaze at him, see him as that ideal companion instead!

This alters your personality and it will change without your even being aware of it. Everyone will notice it and be instantly affected by it. He will either like you at once, or be soon doing so.

After you prevent him from disliking you, your next obstacle to controlling him swiftly is his inclination to see you as being ordinary. Learn how to clear this big hurdle with the “Physiological Reversal”.

The Physiological Reversal to Stop People from Considering You as Being Ordinary

Unless you possess an impressive appearance, hold a degree from an Ivy League college, or a position of prominence in a highly-respected field, and what not, most people will be inclined to consider you as being ordinary, with no special appeal.

Most people are largely impressed by individuals they hear about but seldom (if ever) see. Once they observe them in the flesh and perceive that they are all too human, the mystery about them disappears and they are regarded as people like you and me. It takes more than a special touch for the previously worshipped to regain their lost influence over that crowd. Hence you cannot expect to meet and associate with people for long without their losing their awe of you and considering you as being ordinary.

How to Be Above Mere Ordinary



This is the Physiological Reversal method and it will prevent people from considering you as being ordinary, no matter how long you associate with them.

When people consider you as being ordinary, their physiological languages speak disinterestedly in regard to you. Their heartbeats and breathing slow down and take on a lethargic pace, and muscles relax to a dull state. To prevent yourself from being considered ordinary, their physiological languages have to be stimulated into an excited condition! In short, you have to quicken their heartbeats and breathing, and fire up their muscles.

To do so, forget yourself completely and think only of the other person. See him as being something extraordinary, even if he is not. Forcibly adopt a passion to help him in every possible way.

This person, in turn, feels important because you treat him so flatteringly, and his body will speak the physiological language of satisfaction. In other words, his sympathetic and parasympathetic will also balance each other. Your physiological languages now speak the same tongue. That's the secret of the Physiological Reversal.

Why It Is Difficult to Understand Other People Quickly

To really understand other people quickly is far from easy. You might associate with them for years and think you know them through and through, only to be shocked by their unexpected future behavior. The situation is far worse when you are but superficially acquainted with the individual.

Yet you can't spend your life trying to understand others, for you meet too many individuals in life. The less time you associate with them though, the faster you have to understand them. Otherwise you will gain little from the contact with them.

This difficulty vanishes when you use the secret cerebral power to enthrall friend or enemy.

With it you can alter anybody's physiological language into speaking the right one for you to enthrall. You will learn how to master that secret power, as follows below.

How to Make Everybody Like You and Want to Know You by Using the Right Physiological Language

When you meet a friend or an enemy, banish completely from your mind any thought that he is either one or the other.

To a shrewd politician everybody is a potential voter! If the person votes for him, it is a friendly vote. If the person does not, it is a vote lost. To win the election the politician has to induce many unfriendly voters to vote for him, because he seldom can pull

enough of his own followers' votes alone to put him in office. So he views everybody as a potential "friend" and shuts his mind to the fact that he also has "enemies" or enemy votes. In his own mind, everyone is separated into two categories — votes gained for him, and votes not gained for him. Consequently, he campaigns to capture the votes he has not gained! With such an attitude he never looks upon the voters as consisting of friends and enemies of his, but as consisting of friends he has won, and of potential friends he is out to win!

That's precisely the attitude which you yourself have to adopt to enthrall your friends or enemies. Your mind then stops differentiating people between those who like you and those who dislike you, or between your friends and your enemies. Rather, you accept them all as friends you have won, and friends you have not yet won!

How to Avoid Unnecessary Losses

Many bitter enmities are based on ridiculous misunderstandings. A friend or acquaintance of yours might happen to stare directly at you from across the street and fail to acknowledge your greeting merely because he didn't recognize you at the time, for some reason or another. You consider him rude and arrogant, and despise him consequently.

To avoid losing a potential associate through such a microscopic error, you should view everybody as a potential friend, like that shrewd politician. But of course, you don't have to let yourself be victimized by others, nor should you keep company with individuals who lack character and are out to take advantage of you. Fortunately, these are in the minority. It is the majority which you should relate to.

A Simple Program for Mastery of Your Enemies

Sit alone in your room and think of your enemies.

When your anger arises, train that resulting physiological language to calm down and transform into one of pleasurable appetite for something you madly crave to eat. Accomplish that by visualizing a most delicious dish at the same time you think of your enemies.

Practice and master this until your body speaks the right physiological language to make you feel toward your enemies as you feel toward your friends. When you can bring this change in you swiftly, do it whenever you meet every enemy. His attitude towards you will change instantly and he will find himself liking you, despite himself!

How to Trigger the Secret Cerebral Power to Enthrall Friend or Enemy with the Miracle Mind Magic Stimulator

Use the Miracle Mind Magic Stimulator to trigger the secret cerebral power to enthrall friend or enemy, and even to win back those whom you have alienated. The technique is as follows:

Sit alone in your room and visualize people being captivated by you. Even “see” your worst enemy gazing back at you, ready to do anything for you. That is your wish. Hold that vision in your mind for five seconds.

Then envision that goal as coming true; visualize yourself facing everybody you meet, with the right expression on your face. You will say the right things, treat them with flattering respect without demeaning yourself, advise and praise them constructively. Visualize yourself doing all these. Maintain that vision for four seconds.

Repeat that procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator in Lesson 3. Intensify it each time and actually feel yourself change into the very person who can achieve that wish to the utmost perfection.

Practice it until you need to visualize this change just once, and to maintain it only two seconds, for your physiological language to speak like that of such a person. You will then be ready to trigger the secret cerebral power to enthrall friend or enemy. They will no longer dislike you at sight and will want to know you more.

Below are case histories of people who used the secret mental power to enthrall friends or enemies for profit every day of their lives. Their names have been changed. Study them well and do still better yourself.

How Esther F. Ended the Suicidal Tendency of Her Stressed College Child

Esther F. worried desperately over her youngest son, Art. Her husband demanded that he score all A's in college. Art was a conscientious student, but he protested that he was no genius. No matter how he tried, he couldn't excel in many of the subjects which required a great deal of memorizing. His father warned him the school will deny him a degree unless he maintained a B average.

Art replied in frustration that it wasn't his fault if the colleges didn't teach their subjects more creatively. "You can't change everything you disagree with in life!" his father snapped back. "You have to face many problems as they are and do better with them than the other fellow! You'll waste your whole life just struggling and getting nowhere otherwise!"

Esther watched her frantic son, her heart beating wildly. She had read that parental pressure to make good grades was helping drive the suicide rate among college students to an all-time high. Esther dreaded that Art might do something drastic to

himself once he returned to class after the holidays, especially since his school was hundreds of miles away, and they could not be continuously around to watch over him.

She noted that Art had already acquired a disheveled appearance and a worried look since he started attending college. He confessed to Esther in private that he now had difficulty concentrating due to the stress and pressure; instead he brooded and daydreamed all day, plugged in to his music player.

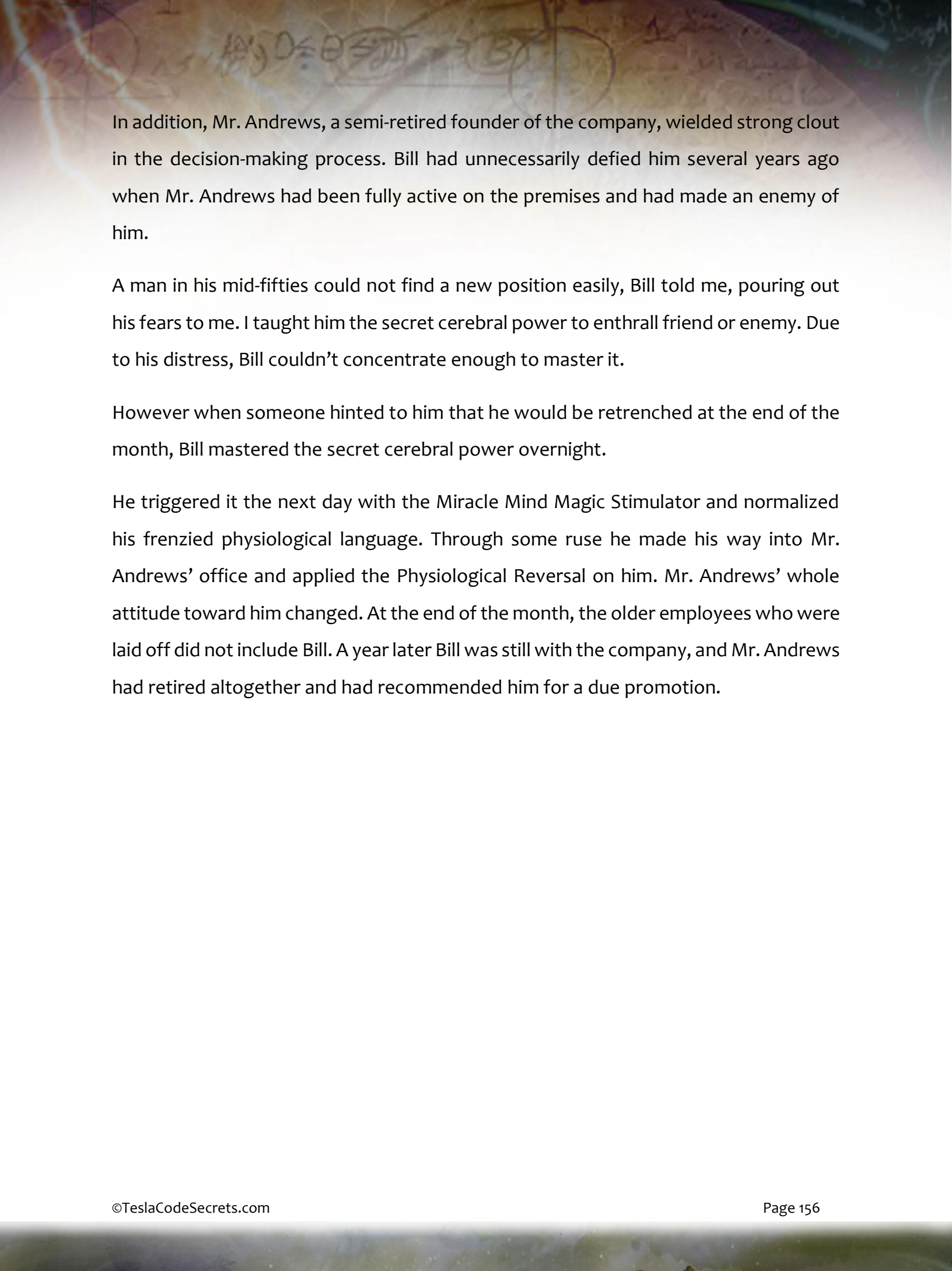
Esther was afraid to take him to a psychiatrist, so I taught her the secret cerebral power to enthrall friend or enemy. Art, after all, viewed her now as a foe because she was also pressing him to improve his grades. She therefore realized that he had come to dislike her at sight.

With the Miracle Mind Magic Stimulator Esther triggered this secret cerebral power and normalized her overwrought physiological language. Then she normalized Art's, and persuaded him to do his best, assuring him that the future would take care of itself after that.

With his physiological language normalized, Art wept on her shoulder, tremendously relieved. He was able to study once again with a relaxed frame of mind. His grades vastly improved and he eventually graduated with a degree.

How Bill K. Saved Himself From Retrenchment

Keen competition was crushing the company which Bill K. had worked for ever since he started his work life. It was rumored that big cost-cutting plans were in the making to prevent the company from folding. Naturally, one approach is retrenchment. This would likely affect older employees due to their higher salaries and substantial pensions. Bill was terrified as he was one of them!



In addition, Mr. Andrews, a semi-retired founder of the company, wielded strong clout in the decision-making process. Bill had unnecessarily defied him several years ago when Mr. Andrews had been fully active on the premises and had made an enemy of him.

A man in his mid-fifties could not find a new position easily, Bill told me, pouring out his fears to me. I taught him the secret cerebral power to enthrall friend or enemy. Due to his distress, Bill couldn't concentrate enough to master it.

However when someone hinted to him that he would be retrenched at the end of the month, Bill mastered the secret cerebral power overnight.

He triggered it the next day with the Miracle Mind Magic Stimulator and normalized his frenzied physiological language. Through some ruse he made his way into Mr. Andrews' office and applied the Physiological Reversal on him. Mr. Andrews' whole attitude toward him changed. At the end of the month, the older employees who were laid off did not include Bill. A year later Bill was still with the company, and Mr. Andrews had retired altogether and had recommended him for a due promotion.

Summary of This Secret Cerebral Power

To enthrall friend or enemy is to multiply the number of people you influence in life because, like everybody else, you usually have far more enemies than friends.

There is an old saying — “A friend in need is a friend indeed”. Yet, this is often not the case because a friend might prove not to be so friendly when you need him.

To acquire this ability to convert potential and active enemies, follow these simple routines:

1. Whenever you encounter a friend or an enemy, reassure yourself that everybody is a potential friend
2. Prevent others from disliking you at sight with the Physiological Normal technique
3. Prevent them from seeing you as being ordinary, with the Physiological Reversal method
4. With the Miracle Mind Magic Stimulator, trigger the right physiological language to enthrall friend or enemy

Lesson 12: Your Secret Cerebral Power for Most Effective Judgment

Sensible judgment provides you with the magic ability to “pick the right way” to realize any wish. It leads you to conquer traumatic experiences which are holding you back. It selects for you the best, easiest and shortest road to attain your ideas.

Some call it instinct, or sixth sense, but it is in fact a swift resolution of an issue by your conscious mind, together with the help of your subconscious mind.



In reality, all puzzling situations disturb your physiological language, and that clouds your mind and prevents you from thinking clearly. With the secret cerebral power for most sensible judgment, you normalize your physiological language and use your hidden powers of thinking to the full! You then possess the magic ability to pick the right way to realize any wish.

The Fantastic Profits from Most Sensible Judgment

The profits certain people have enjoyed from most sensible judgment baffle the best computer.

With it they met crises which drove others to despair.

Some rose out of ignominy to become multimillionaires.

Many who took unnecessarily bold risks became intelligently cautious and achieved their goals much easier and faster.

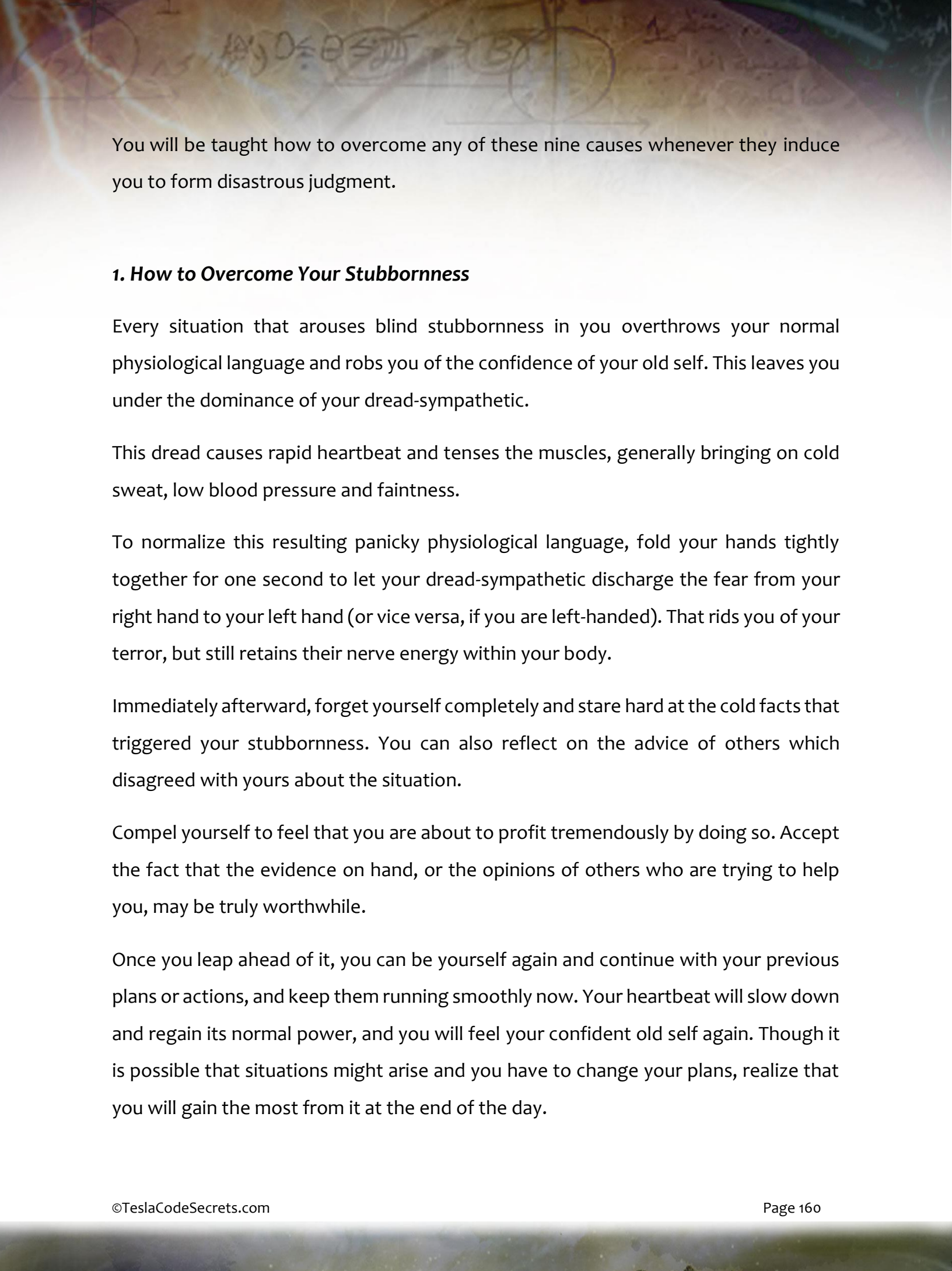
The list is endless of how people changed their whole lives in an instant with the secret cerebral power for most sensible judgment.

The Nine Main Causes That Hinder You from Arriving at the Most Sensible Judgment in Your Everyday Life

There are nine main causes that hinder you repeatedly from arriving at most sensible judgment in your everyday life.

These are:

- Your stubbornness against accepting reality
- Your insistence on always having your own way
- Your tenacity in clinging to old comfortable routines
- Your resentment of criticism
- Your impatience to learn new techniques instantly
- Your fear of failure in performing new routines
- Your fear of losing your importance with the obsolete routines
- Your impulse to change your career unnecessarily
- Your tendency to be blinded by the superficial attraction of greener fields



You will be taught how to overcome any of these nine causes whenever they induce you to form disastrous judgment.

1. How to Overcome Your Stubbornness

Every situation that arouses blind stubbornness in you overthrows your normal physiological language and robs you of the confidence of your old self. This leaves you under the dominance of your dread-sympathetic.

This dread causes rapid heartbeat and tenses the muscles, generally bringing on cold sweat, low blood pressure and faintness.

To normalize this resulting panicky physiological language, fold your hands tightly together for one second to let your dread-sympathetic discharge the fear from your right hand to your left hand (or vice versa, if you are left-handed). That rids you of your terror, but still retains their nerve energy within your body.

Immediately afterward, forget yourself completely and stare hard at the cold facts that triggered your stubbornness. You can also reflect on the advice of others which disagreed with yours about the situation.

Compel yourself to feel that you are about to profit tremendously by doing so. Accept the fact that the evidence on hand, or the opinions of others who are trying to help you, may be truly worthwhile.

Once you leap ahead of it, you can be yourself again and continue with your previous plans or actions, and keep them running smoothly now. Your heartbeat will slow down and regain its normal power, and you will feel your confident old self again. Though it is possible that situations might arise and you have to change your plans, realize that you will gain the most from it at the end of the day.

2. How to Control the Tendency to Always Have Your Own Way

When you insist on having your own way (usually due to your huge ego, or because you don't respect the counsel of others), your normal physiological language becomes dominated by your fight-sympathetic.

Back in your mind is the fear that your methods have been bringing in failure of late, and that you and your associates are trying to figure out what is wrong.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward, analyze with a cool, open mind the methods of others. Don't just subdue your own ego, but put to the test the methods of others — and compel yourself to do it with as much enthusiasm as if they were your own. You will swiftly possess sensible judgment.

3. How to Stop Clinging Tenaciously to Old Routines

It is only natural to grow accustomed to an old habit and feel at home in it, because you enjoy doing whatever you do well. Your body responds by speaking a physiological language of perfectly balanced sympathetic - parasympathetic nervous systems control.

But when suddenly faced with the necessity of adopting a new routine to which you are a stranger, you are thrown off your feet and feel lost. The dread upsets you again, causing helplessness and a hatred of the new procedure you must learn.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward, throw yourself into the new routine as if you had never known the old one. Be open-minded to it and don't feel angry. Every time anything reminds you of the old routine, stamp it out of your mind. That will keep your physiological language normalized and adapt you to the new routine.

4. How to Stop Resenting Criticism

Criticism hacks you into pieces, especially when it is directed at something in which you consider yourself excellent. You feel aggrieved and confused. Depending on your character, you might feel that you can never do it right; that you are wasting your time (and perhaps money, too), attempting the impossible. Worse still, you might be thrilled by your own efforts and feel that you are performing expertly. In such a state, most sensible judgment is impossible.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward, expect the criticism and enjoy receiving it. Accept it as being the very instruction you need to perfect your efforts. Spend the time trying to interpret it as accurately as possible and in figuring out how to apply it best. Expect to fail if you did not get it right. But instead of turning bitter, study it still more closely and apply it again — you will be closer than before to perfecting your skill. Your physiological language will then normalize itself again, and you will stop resenting the criticism and gain fully from it.

5. How to Control Your Impatience In Learning New Techniques Instantly

You will always be impatient when you try to learn a new procedure or technique, particularly when it requires you to “unlearn” an old one.

The child learns easier than the adult because it has little to unlearn. You may have to learn just so much of the new thing at a time, too, and to retrace your steps to master certain details before you can proceed further. Consequently, you rage at yourself for taking so long to master the new technique.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward, realize that you are not going to learn the new procedure at once. To learn anything requires a certain period of time.

The marathon runner realizes that he can't cover the distance in ten seconds, no matter how fast he sprints. He needs closer to four minutes. But he must maintain a winning pace from start to finish. Even after running for two minutes, he still has another two or so to go. Meanwhile, he must keep running quickly but calmly. He will exhaust himself in no time if he is only worried about getting there at once. Like him, you too have to go along calmly practicing it, until you master it.

6. How to Lose Your Fear of Failure in Performing New Routines

Your fear of failure in performing a new routine will seize you repeatedly before you grade your performance as excellent. Each time you fail is a catastrophe to you, because it leaves you doubting whether you will ever learn it. You make the least mistakes when you are calm and collected.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward, think with amusement at your fear of failure. Consider it as just one more step on your way to mastering the new routine. Don't estimate how many similar failures you may have to suffer before mastering it. Consider each one as one

failure less to suffer. In the meantime, continue with the practice and try to avoid repeating the cause of the last failure.

Your physiological language will then be freed of the frustration you are experiencing.

7. How to Nullify Your Feeling of Having Lost Your Significance with the Discarded Old Routines

Your feeling of having lost your significance in a discarded old routine will prevent you from focusing your full attention upon the new one and mastering it. You will be distracted by nostalgia and your muscles will resist adapting to the new one.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward, realize that your importance will now rest with your mastery of the new routine. So, the sooner you master the new routine (without rushing) the sooner you will be significant again. But you have to stop thinking about being important. **Instead, just concentrate on the** new technique and all it offers you once you master it. Your physiological language will then accept the new routine as the thing to react to.

8. How to Banish a Senseless Impulse to Change Your Residence or Your Career

The despair of mastering a new procedure or technique fast enough can upset you and drive you to seek a new career altogether. It always seems easier to fly into something new than to try to save the old. This is true not only of careers but of domestic life as well, and accounts for much of the surprising divorce rate.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward convince yourself that your situation or occupation is the best one — the only one — for you. Tell yourself that is the one you have to excel in, for you are already in it and are familiar with the situation.

You just have to keep adjusting to the new changes in it, and you will be as satisfied as you were before. What does it matter if you don't learn its new procedures at once and easily? Another situation or career might be even more difficult for you to learn or accept! Analyze your difficulties with most sensible judgment before making an impatient move which you may regret later.

9. How Not to Be Blinded by the Superficial Attractions of Greener Pastures



Various things like job advertisements and demanding bosses may constantly compel you to change your field of work. You start detesting your friends, your environment, and your job, and live in a dream world. You turn into a grouch and put off others with incessant complaints. Such pointless distractions will cause depression and dissatisfaction with your present life and lower

your overall efficiency.

To normalize this physiological language, repeat folding-hand technique as taught in Cause 1.

Immediately afterward, you realize that the greener pastures you read or hear about can't last long, even if they do exist. The same applies to careers, or anything else. Accept that obvious, realistic fact, stop deluding yourself, and use your most sensible judgment before making any important move.

How to Trigger Your Most Sensible Judgment with the Miracle Mind Magic Stimulator

To trigger this secret cerebral power the moment you face anything that dissatisfies you and preventing you from accessing sensible judgment, use the Miracle Mind Magic Stimulator. It will normalize your physiological language to make a sensible judgment. So, practice and master the Miracle Mind Magic Stimulator for this secret cerebral power.

Your Personal Program

Sit alone in your room and visualize your dissatisfied self changing into one who is totally satisfied with your present life. Ignore the fact that there is a lot to be dissatisfied about. Your objective with the Miracle Mind Magic Stimulator is to keep the reins on yourself, so you will always use most sensible judgment in everything you do. That is your wish. Hold that picture of your changed self for five seconds.

Then imagine that goal as coming true; visualize yourself changing completely and thinking as you would think if you were suddenly changed into such a thoroughly satisfied self. Maintain that vision for four seconds.

Repeat that procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator in Lesson 3. Intensify it each time, so you actually feel yourself change into that kind of self. Practice this until you can convert yourself into such with just one visualization, lasting only two seconds.

Your physiological language will then speak like that of such a self, and you will be able to trigger the secret cerebral power for most sensible judgment instantly and spare yourself the resulting catastrophe of making, and following, ruinous decisions.

Below is a case history of an individual who used this secret cerebral power for everyday profit. The names have been changed. Study it and profit from it even more than they have.

How Larry N. Raised His I.Q. Into That of an Executive Genius in Seconds

Larry N. was sick and tired of being held back from reaching the top in his department because his superiors did not consider him practical enough. Although he was shrewd and capable, his superiors felt that he was too easily swayed by emotion, impetuosity to please everybody, and excess pride, and even by a tendency to take unnecessary chances, all of which were dangerous qualities for anyone in a position overseeing the company's financial matters.

They accepted Larry's trait of honesty, but feared that he was not street-smart enough to deal with the unscrupulous in business dealings and might end up compromising the company. Larry admitted to me that he was probably generous to a fault. Yet, by denying him the promotion he was entitled to, his firm also denied him the top pay, pension, prestige, and the position he deserved.

Aware of his resulting tumultuous physiological language, I taught him the secret cerebral power for most sensible judgment. Larry studied carefully the main causes that hindered him from arriving at the most sensible ("practical") judgment at work.

That normalized his physiological language, and he perceived which causes cursed him with the un-businesslike qualities which had barred him from reaching new heights. He discovered that every time one of them dominated him, his physiological language went haywire and he lost his levelheadedness. He realized now that one could not handle other people's money wisely with such frivolity. As a result, he became more practical and handled the firm's business soundly.

Henceforth at work, Larry triggered that secret cerebral power with the Miracle Mind Magic Stimulator. His superiors noted that he made one remarkable practical move after another. They were so impressed with him that, by the end of the year, they promoted him to head of his department — to the position he aspired to.

Summary of this Secret Cerebral Power

By using most sensible judgment you can achieve any possible wish in life even if you don't qualify for it — because with it you automatically select the best way to pursue it. No other cerebral power can surpass it. To acquire this truly magic miracle power, follow these simple techniques:

1. When confronted with anything that requires a most careful decision, examine at once the nine main causes which may hinder you from arriving at the most sensible judgment for it
2. Overcome each and every one of those nine main causes, particularly the ones that apply most to you
3. With the Miracle Mind Magic Stimulator trigger the right physiological language into you for using the secret cerebral power of most sensible judgment
4. Tackle the problem again, and you will be astonished at how easily the best way to solve it flashes through your mind

Lesson 13: Secret Cerebral Power for Wisest Future Action



Wisest future action provides you with the perfect guide map to pursue your wish. Unexpected obstacles always lie ahead of you, no matter how thoroughly you prepare for anything, and they confuse you and throw you off your stride.

With the secret cerebral power for wisest future action you are readily prepared for such, or more, obstacles. No more uncertainty when you are mid-way through accomplishing your wish.

In a nutshell, you will have a clearer mind.

With this secret cerebral power, every significant step you take in the future is protected from serious error. Even if baffling surprises will always turn up, with wisest future action you will be prepared to convert the obstacle into a benefit and gain your wish even faster because of it!

Benefiting From Wisest Future Action

By acting with wisest future action, certain men and women achieved their goals, dreams or wishes most easily and swiftly.

Many with limited funds invested in the right businesses for future growth and became rich in a few years.

Individuals changed bad habits into healthy ones and altered the whole course of their lives.

Others left attractive positions for those paying less, but moved to where they could live in comfort.

For any possible wish, the secret cerebral power for wisest future action will show you the easiest and surest way to achieve it, and guide you to it as if by magic. That's why it is indeed the miracle of mind magic.

Master it by learning the following eight secret, simple steps:

1. The Handicap of Envyng Those Who Succeed Where You Fail

Nothing can prevent you more from planning your wisest future action in anything than to envy those who succeed where you fail. In addition to wasting your time, your clear thinking for future action is muddled by the recollection of the fool you made of yourself, and how lucky the other person was, and of how unlucky you yourself were.

But that's not all. Once you form the habit of envying another person, you are not satisfied until you expose all his faults and flaws. This mental habit alters your normal physiological language into a bitter one. Before long, this attitude dominates your whole personality, and people classify you as an incorrigible pessimist. You cannot make decisions for wisest future action then because you can hardly think straight. Your uncontrolled envy of others has wreaked havoc with your physiological language.

2. How to Boldly Review Your Past Mistakes

To make up for your past failures, boldly review your mistakes that caused them.

This is a painful procedure because it compels you to blame yourself for them. To succeed, you have to be alert and learn to grab opportunities as they present themselves. To detect them, cease pining over the injustices which you feel or know you have suffered from. Do so by going through the possible scenarios, and advice, from Success Dial 1 below.

Next, reflect on the past mistakes which you made that caused you to fail in your efforts. You will then understand why the other person succeeded with the identical opportunities which you missed. Do so with Success Dial 2 below.

Following that, find out what steps the successful person would NOT have taken — if he was in your place. Those are the steps which you yourself took, which thus led to your failure. Do so with Success Dial 3 below.

It is no crime to “grab” an opportunity with your personality. To shun the opportunity however AND expect to be rewarded, now that is a crime, for then you are expecting something for nothing.

3. How to Boldly Analyze How You Could Have Avoided Making Your Past Mistakes

Most mistakes in life (particularly the serious ones) are usually due to minor oversights or misinterpretations.

For instance, a whole building is burned down merely because a tenant forgot to put out his cigarette. An official document is rendered worthless because it lacks a comma in one sentence, or because it bears a slightly wrong date.

Both Napoleon and Hitler failed to conquer Russia only because the winters during which they invaded turned out to be the coldest in decades. Had they planned for such an eventuality ahead of time with wisest future action, they could have better prepared for it. A small precaution not taken, or an unexpected possibility overlooked, has ruined the most ingenious plans.

By boldly analyzing your past mistakes, you give yourself a thorough character analysis. You then know what your weaknesses are and can prevent them from hindering you in the future. That is a big step toward your planning wisest future action.



4. The Most Probable Result from Any Move You Make

Reviewing your past mistakes alone though won't enable you to plan your wisest future action. It will lead you away from making significant mistakes when taking similar action in the future, but it will not map for you the best road to follow in the future to attain your wish.

To map the best road you have to first list what will probably result from any move you make in it. Don't wait until after making your moves (and your mistakes) to analyze them and figure out how you could have avoided making them. It will be too late then.

It is better to avoid making them in the first place. Achieve that by anticipating beforehand as many of your potential mistakes as you can, and prepare to steer clear of them. Do so with Success Dial 4 below.

Note: To carry out some of your plans might inconvenience you more than you expected. Or they might depend upon the reliability of others. Whenever the human factor is introduced into anything, be ready to be able to continue alone with your plans if you have to. Even the sickness or death of someone could alter your plans.

5. The Best Way to Proceed with Each Plan

Since you want the utmost gain from each plan, you should shoot for the stars. You under-rate yourself otherwise and expect only the crumbs. Don't let others undermine your morale by terrifying you with suggested limitations.

Free yourself from this drawback with Success Dial 5 below.

With Success Dial 5 you forget about pitfalls and visualize yourself achieving your wish swiftly. You can still be a dreamer, but remain realistic enough, and cast out all self-doubts.

Whatever you plan for, feel and think that you can achieve it easily and swiftly.

6. The Worst Way to Proceed with Each Plan

But sometimes the best of plans don't work out. That's because you do not foresee the serious obstacles (big or small) that stand in your way. And so they catch you unprepared. You turn angry and impatient and your physiological language goes berserk. So, you do the first thing that comes into your head — and end up in disaster!

If you only suspect beforehand what these obstacles are, you can prepare for them and sail right past them. One unexpected obstacle is usually the one that causes your downfall.

To make sure you don't miss it, consider next, the worst possible things that could happen to you from the venture. Do it with Success Dial 6 below.

7. How to Anticipate Your Money-Making Mistakes Beforehand — and Avoid Them

You can anticipate your future mistakes in any undertaking, be it business, social, health, or any other kind. You just have to be mindful of one or more of the following pitfalls.

Be aware of:

1. The possible economic barriers in your way
2. The possible obstacles of the expected competition
3. The possible legal stumbling blocks, including copyright issues, insurance etc
4. The various possibilities of the changing times — the different fads, customs, environments, difficulty of procuring goods or materials, rising costs of raw materials
5. The time limits both on yourself and on your chances of success
6. The cash-flow management, not only for the venture, but for yourself or your family
7. Effects on family relationships — it can bring family members closer but might go the other way too

The aim is to anticipate all possible eventualities. Then you can make big money by preparing yourself to meet any of the obstacles. Don't let yourself be caught by surprise again. Let Success Dials 7 and 8 below perform that fantastic job for you.

8. Prepare as Thoroughly for the Best and the Worst

Let's assume the best scenario has happened to your undertaking. What would you do with all the money you made? What would you do if you got the big promotion or the big opportunity? If you expanded your venture, how would you do it? Would it require more money, more of your time, a partner or more partners? Would it force you to change locations? Require more education? More sources of cheaper products or materials? — Your answer is in Success Dial 9 below.

But suppose the worst happened to your undertaking. Suppose you don't make enough money from it? Suppose you don't land the big promotion or the big opportunity? Suppose you have to file for bankruptcy? What if your partner or partners disappointed you or lost interest? Suppose you have to change locations but lack the funds to do so? What if competition grows so keen that you have to quit? Suppose you lack enough education to make a big go of your project? Suppose your costs skyrocket, but you are charging all the market will bear? — Your answer is in Success Dial 10 below.

To risk being repetitive, allow nothing about your undertaking catch you by surprise! Be prepared for any eventuality by having considered it beforehand. You will then always retain the right physiological language for wisest future action.

Success Dial 1: The Successful Steps of Someone Who Would Have Succeeded Where I Failed

- Don't venture too deeply before I have enough experience. Don't depend upon "novice luck"
- Check up thoroughly before making a move. (And be prepared to save myself if that move is wrong)
- If it is for commercial profit, be sure to have the go-ahead from a legal consultant
- I have enough funds to carry me through a bad beginning
- I will save funds to carry me through unexpected upsets
- I will do better without a partner. (Or, I am taking on a partner without illusions about his faults)
- I don't expect absolute perfection in my efforts, but I don't expect to give up at the first sign of failure
- I will not expand fast, no matter how successful I may be. I will remain prepared to pull out at any time

Success Dial 2: The Past Mistakes I Made That Caused Me To Fail

- I ventured too deeply before I had enough experience. I didn't have enough "novice luck"
- I did not check up thoroughly enough before making my moves. So, I was not prepared for what happened from making the wrong decisions
- I did not seek a legal opinion when the venture was for profit
- I had enough funds to carry me through a bad beginning, but I used them up by expanding too fast
- By expanding too fast, I did not save enough funds from my profits to carry me through unexpected upsets
- I expected a god in my partner. Or, I let sentiment rule me in selecting him. (Or I didn't take his cautioning seriously enough — to our mutual regret)
- I gave up too soon because my efforts brought only losses.
- I was so successful at first that I expanded too fast by investing all my profits in the venture — and could not pull out when I should have.

Success Dial 3: Steps the Successful Person Would Not Take — But Which I Took — and Failed

- I let my over-enthusiastic physiological language make me throw caution to the winds
- I gave up at the first sign of failure, because my physiological language was beaten down
- I was a mediocre success only because my physiological language induced me to stop straining my brain
- I prattled my best plans to the whole world because my physiological language filled me with overconfidence
- I under-rated my competitors and shut my eyes to their true abilities
- I intimidate my partner or my counselors whenever they didn't agree with me and see the gem of my ideas
- I under-rated myself when my physiological language did not recover swiftly enough from an unexpected failure

Success Dial 4: The Practical Way for Me To Bring About My Wish

- I'll be satisfied to achieve a moderate success in a certain period of time, and I won't let my enthusiasm to get rich quick (or to attain any other successes) enslave me to a physiological language that will thrust all caution aside
- I have given my project a great deal of thought, and conducted thorough investigations.
- I have considered the legal pitfalls ahead by thorough market research, and consulted with an attorney
- I have saved enough money for the venture, or can raise the rest with little borrowing. (This applies to whether I am going into business, buying stocks, or any other property)
- I have selected my partner. I know him long enough and found him fair and honest. I am convinced that he is levelheaded and not envious. He also has the tendency to persevere

Success Dial 5: The Most Optimistic Way For Me To Pursue My Wish

- I am so confident that I will strike it rich (or achieve whatever I seek) that I am going after it all out from the very beginning
- I don't have to check up in detail before making a move. This venture can't miss! I see big opportunities ahead! It can't fail! Why waste time preparing for possible disaster?
- Why check with a lawyer? What is there to check? Everything I'm going to do is legal! Lawyers charge too much anyway! I can use that money better by investing it in my venture!
- I don't need extra money to carry me through a bad beginning! This thing just can't fail! Anyway, too much stubs out ambition! Why should I clip my wings?
- I know I have the right partner! He does everything I tell him to! He knows I can't fail! (Or, what do I need a partner for? Why make somebody else leech off my brains?)
- I have the knack of success because I instinctively do things right! Why waste time and energy beating about the bush with endless reasoning?
- I will expand fast and strike while the iron is hot! I'll borrow all I need, for I'll pay it back in a jiffy with my profits!

Success Dial 6: The Most Pessimistic Way For Me To Pursue My Wish

- I better wait much longer before getting into action. It takes far longer than I suspected to get experience for this undertaking
- I better check up a lot more before making a move. Suppose everything goes wrong? I'll need a big sum of money to save me!
- To play safe, I better consult five or six lawyers and get their opinions. The best lawyers could be wrong! (This includes other professionals I need to consult for the venture)
- I have to save a lot more money before starting. If I had a bad beginning, I'd never get out from under otherwise!
- I'll need a lot more money too to meet unexpected upsets. Shocking surprises are always ahead
- I need at least two or three partners who really know their stuff. (Or, I wouldn't trust any partner! He could abscond with the capital!)
- At the first sign of failure, I'll sell out! Why step deeper in the quicksand?
- I'll wait a long time before expanding. Even then, I will do so only slightly! Better to keep the profits safely in the bank! That way, I'll always be that much ahead — even if everything collapses, which it could do any day!

Success Dial 7: What Will Most Probably Happen In Any Move I Make Toward A Moneymaking Goal

- I'll discover that it requires more money to put across than I figured. The cost of everything I need to use seems hard to keep down
- Competition is stronger than I anticipated, mainly because others are already established, possess better equipment, more and better employees
- The number of legal restrictions hindering my venture astonishes me
- My approach has to be constantly tweaked to fit the changing times. That forces me to be updated constantly
- I am always behind my making-big-money schedule and grow discouraged repeatedly
- Every time I make some good profits, I have to bring in more supplies
- What I considered of minor importance before, I find most important now, such as, the weather and the distance. These factors can be of great inconvenience and waste of valuable time
- As I expand — or even build up my inventory — I find that my office area is restricting. But I can't afford a bigger one yet. Nor am I sure if doing so would be wise until I am more soundly established in the venture
- The more my assets grow, the more vulnerable I am to losses, both physical and legal. Many of the most valuable assets of any enterprise like IP (Intellectual Property) and research data cannot be insured for anything near true value
- My wife/husband or family isn't cooperating with me as much as I had counted on. They are easily discouraged too

Success Dial 8: How To Prepare Myself To Meet Any Of The Exigencies Of Success Dial 7 Before I Make A Move

- List and price the apparent expenditures ahead and maintain a surplus of 40 to 50 percent in funds
- Having something rare, quaintly different, more specialized (in comparison with that of the competitors) vastly increases the profit margins
- Review thoroughly, before consulting a lawyer, every legal restriction to every phase of my undertaking. Then a lawyer can really help me. Don't leave it up to him to teach me the most elementary facts
- Start with an idea a little ahead of my times, and never forgot that lead. Never fall in step with the times, nor lag behind them
- Expect my "making big money" scheme to lag behind schedule
- Don't expect to be making a profit too soon. So, always retain extra cash to keep me going at least three extra months
- Closely study the seemingly minor daily factors and appraise how much they will handicap or slow down or deplete my energy
- Have a meticulous expansion plan. Plan carefully how to expand in the smallest area possible. So don't over-invest in equipment or inventory for some time. Likewise, devise a good system to avoid clutter and confusion. Formulate an easy-to-use and detailed filing system. All these will reduce time searching for things.
- But don't save money by taking up a cheap office area which is subject to fires, floods, theft, or have a lax security system. And make copies of novel ideas and put them in a safe-deposit box
- Keep a cheerful face through the worst to your loved ones if they are easily discouraged

Success Dial 9: What Will I Do If The Best Thing Happened To My Undertaking?

- My physiological language will explode with joy
- I will start living it up at last! Take all the trips I've hoped to, live where I've wished to, work when I want to, dress as I care to, entertain as I crave to, purchase a deluxe condominium unit or that fancy yacht, invest in speculative stock and get much richer fast, go back to college, or whatever else I wish for most. But think twice before you act. Normalize your physiological language by folding your hands tightly together for one second first. If you are still in doubt, look closely again at Success Dial 4
- If I get the big promotion or opportunity I seek, I will make outstanding changes in the department (or in my duties) which will increase the company profits — and its appreciation of me as well
- I will expand my venture, but borrow very little. I will specialize even more to remain unique in the field

Success Dial 10: What Will I Do If The Worst Thing Happened To My Undertaking?

- My physiological language will turn me into jelly
- I will feel as if my whole life is over. All my dreams will have failed. I will be considered a failure. I will have to continue my drudging life without any fantastic luxury. But think twice before you act. Normalize your physiological language by folding your hands tightly together first. If you are still in doubt, look closely again at Success Dial 1
- If I do not get the big promotion or the opportunity I seek, I will normalize my physiological language and realize that I have to try again, or accept whatever I had before
- Or I will limit my venture to only what is profitable in it and abandon what isn't — at least, until its earnings improve substantially. But I will not borrow much, if at all, and increase my debts. Better to string out my surplus without impoverishing myself

How to Trigger Your Wisest Future Action with the Miracle Mind Magic Stimulator

When you yearn to achieve a wish, trigger the right physiological language for it with the Miracle Mind Magic Stimulator. Use the secret cerebral power for wisest future action and attain your wish swiftly and easily. So, practice and master the Miracle Mind Magic Stimulator for this unique secret cerebral power.

Sit alone in your room and visualize yourself pursuing your seemingly unattainable wish with absolute confidence of success.

Let this confidence flood your whole body simply by imagining it doing so. Hold that vision of yourself for five seconds.

Now visualize yourself achieving your goal and maintain that vision for four seconds.

Repeat that procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator in Lesson 3. Intensify it each time, so that your body speaks the right physiological language for wisest future action.

Below are case histories of people who used this secret cerebral power for everyday profit. Profit from it even more than they.

How Austin E. Led His Company Successfully Through a Recession Crisis

Hard times struck the factory where Austin E. was plant supervisor. The plant retrenched a number of workers to cut expenses. The rest of them, dreading a similar fate, slowed down the work process to stretch out the production volume. In addition, their absenteeism increased from ten to fifteen percent. The company tried to alleviate the retrenchment shock by giving the affected workers two or three weeks' notice, plus severance and vacation pay.

But that did not help. "Whenever you lay off people," Austin told me in despair, "you develop a sense of insecurity in those who stay with you." He even wondered whether the factory itself could survive.

I taught him the secret cerebral power for wisest future action. Austin triggered it with the Miracle Mind Magic Stimulator and altered his anxious physiological language into the right, confident one for this secret cerebral power.

With it he used the step he needed from Success Dial 2 to review his past mistakes and boldly analyzed how the company could have avoided making them. He studied its present plans to ride through the crisis and applied Success Dial 5 for the most optimistic way he could precede with each plan.

Similarly, Success Dial 6 was used to compare it with the most pessimistic way he could precede ahead. By noting the best and the worst that could happen to his company, Austin's mind and body now spoke the right physiological language of confidence, and he outlined what he called fighting spirit.

He persuaded the company president to let him put them into action. Its aim was to push the employees to work harder and the salesmen to sell more, at a time when the economy was alarmingly sluggish. The desperate president joined him in the plan and

stood with him on a platform in front of the sales force and the work force, and the two of them led all the frightened employees in song. Both the president and Austin sang at the top of their voices, and pumped their arms and gesticulated vigorously and confidently. They stimulated the employees with the joys of working for that firm.

The whole thing sounded stupid, Austin admitted to me. “But everybody got busy,” he went on, and the company successfully survived the hard times.

How Margaret U., a Poor Widow, Started a Little Business and Tripled Her Profits in a Year, and Retired Two Years Later

Margaret U. was left a poor widow at sixty-two when her husband succumbed from a heart attack. All she inherited was his comparatively meagre life insurance pay-outs and his social security benefits. After subsisting on that for a while and grieving in loneliness with a minimum of comfort, Margaret begged me for advice. I taught her the secret cerebral power for wisest future action.

She triggered it with the Miracle Mind Magic Stimulator and altered her physiological language into the right, confident one for this secret cerebral power. Then, with Success Dial 2, she reviewed the mistakes which she and her husband had made during their lives (mistakes which had left them poor in their old age), and boldly analyzed how they could have avoided making those mistakes.

With Success Dial 4, she picked out her plans for survival, and prepared herself for every move in it with Success Dials 7 and 8.

Her mind and body now spoke the right physiological language of confidence. Her plans for survival consisted in her undertaking a business venture which she could handle efficiently, due to her past experience in keeping a home for her family and in taking care of her older parents. She proceeded with **it**, and by the end of the year, she

had tripled her **profits** and was earning more in one month than her husband had earned in six.

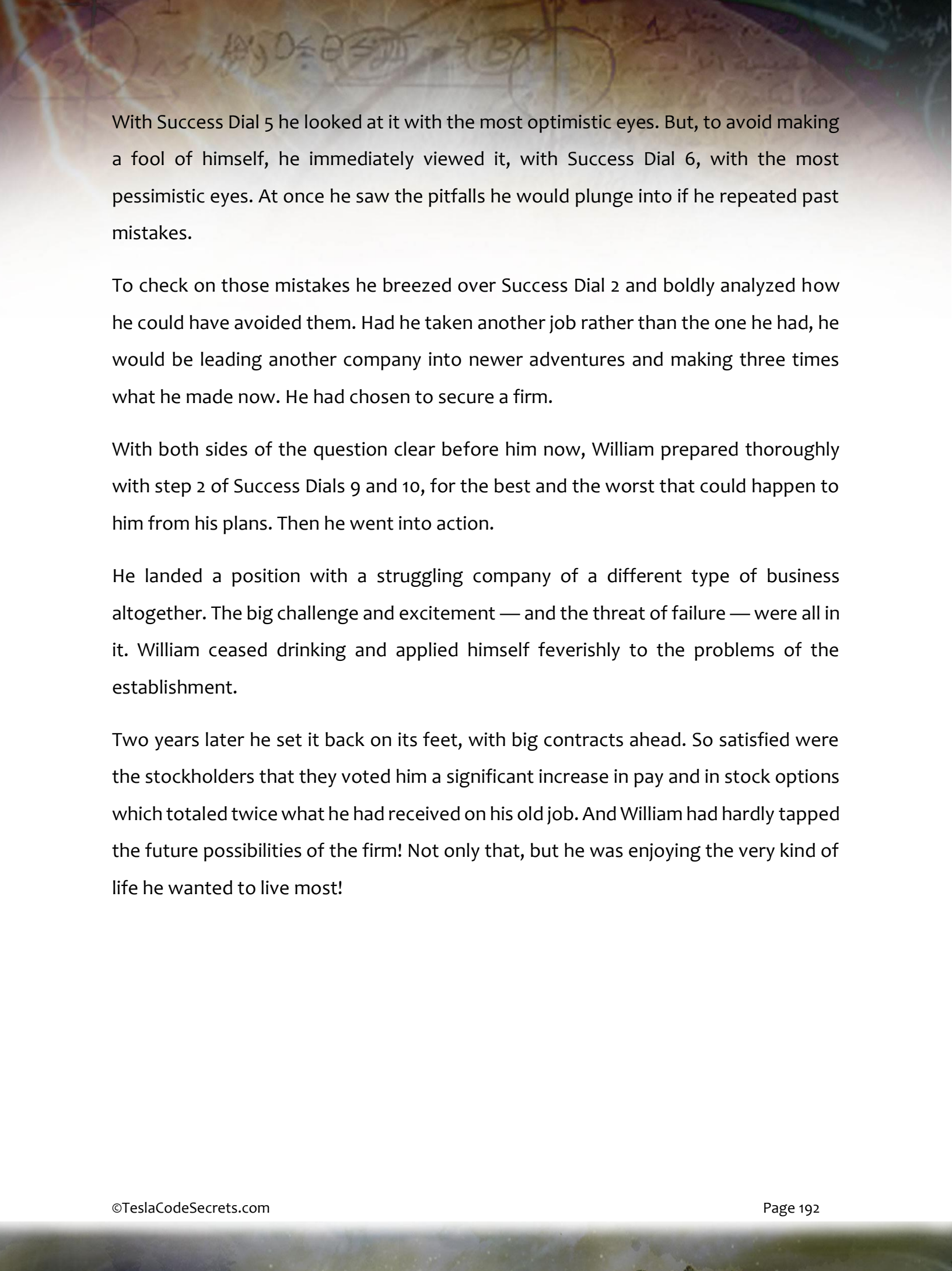
Two years later Margaret sold out the business and put her substantial capital gains in the bank and added the interest on it to her social security benefits.

How William D. Resigned from a Well-Paid Position He Hated to a Much Smaller One He Loved, and Soon Made Twice as Much Money

William D. was a highly-paid executive who lived in affluence in a suburb outside the big city where he worked. But he was dissatisfied with his position. The company was stagnating, nowhere near peak growth. In the worst scenario, it could merge with another company and endanger William's post! But even without that risk, it had grown complacent and conventional and restrained William's daring originality. The stockholders expected him now to fulfill more of the duties of a manager than of a senior management staff. But William yearned for the challenge and excitement of leading a struggling establishment out of danger and into surpassing its competitors. In his present job he felt like a caged animal with a distrustful keeper, and started drinking.

He made up his mind to change to a position that electrified him. Either that or lose his health and sanity. But how would he find it? If he changed to one that went downhill instead, he would be worse off. He did not relish a life of poverty for his family and himself, but one that offered thrilling rewards.

I taught William the secret cerebral power for wisest future action. With the Miracle Mind Magic Stimulator he triggered within him the right physiological language for wisest future action. He used Success Dial 1 to guide him in selecting a position that offered him the challenge and excitement he sought.



With Success Dial 5 he looked at it with the most optimistic eyes. But, to avoid making a fool of himself, he immediately viewed it, with Success Dial 6, with the most pessimistic eyes. At once he saw the pitfalls he would plunge into if he repeated past mistakes.

To check on those mistakes he breezed over Success Dial 2 and boldly analyzed how he could have avoided them. Had he taken another job rather than the one he had, he would be leading another company into newer adventures and making three times what he made now. He had chosen to secure a firm.

With both sides of the question clear before him now, William prepared thoroughly with step 2 of Success Dials 9 and 10, for the best and the worst that could happen to him from his plans. Then he went into action.

He landed a position with a struggling company of a different type of business altogether. The big challenge and excitement — and the threat of failure — were all in it. William ceased drinking and applied himself feverishly to the problems of the establishment.

Two years later he set it back on its feet, with big contracts ahead. So satisfied were the stockholders that they voted him a significant increase in pay and in stock options which totaled twice what he had received on his old job. And William had hardly tapped the future possibilities of the firm! Not only that, but he was enjoying the very kind of life he wanted to live most!

How Grace N. Easily Brought Her Obstinate Husband Around to Her Way of Thinking without Argument

Grace N. was a middle-aged woman and wanted to stay looking young. She had been concerned with her figure ever since having her first child. She had two more since. Now they were grown up and married. But Grace deeply resented the fact that she was middle-aged now and no one on the streets gave her a second look.

A certain region of her face looked particularly old and singled her out as a woman who was “getting on,” But it could be corrected with plastic surgery. When Grace excitedly revealed that to Howard, he shot back a firm “No!”

Grace became desperate. The operation would not affect her health, except to leave her looking (and feeling) considerably younger. But Howard remained adamant and more or less implied that she ought to be satisfied to get old gracefully

At her insistence I taught her the secret cerebral power for wisest future action. She triggered it with the Miracle Mind Magic Stimulator and transformed her physiological language into the right, confident one for this secret cerebral power.

With steps 1, 2, 6 and 7 of Success Dial 2 she understood why she failed in trying to influence her obstinate husband, and boldly analyzed how she could have avoided making her past mistakes. With steps 1 and 5 of Success Dial 4 she saw how to change her husband’s mind. Her mind and body at once spoke the right physiological language of confidence.


She would calmly but subtly entice Howard to feel that he wanted her to have that corrective operation. It involved the use of flirtation and other enthralling ways, rather than logic and argument.

Summary of This Secret Cerebral Power

With wisest future action you pick out the most effective way to go after anything before you even make a move. Usually with no more than a single step or two of the Success Dial which obviously fits your case, you foresee the unsuspected difficulties and hidden perils in whatever you undertake and avoid being caught by surprise. You are guaranteed success in achieving your wish. Other Success Dials double this guarantee by showing you how.

To acquire this secret cerebral power quickly and easily, follow these simple routines:

1. With the Miracle Mind Magic Stimulator, trigger in you the right physiological language for wisest future action
2. Then look at the steps of Success Dial 1 to find out what step (or steps) the person who succeeded where you failed followed to achieve your wish
3. Then look at Success Dial 2 for the past mistakes which caused you to fail
4. Boldly analyze how you could have avoided making those mistakes
5. Look at Success Dial 4 for the practical way to bring about your pressing wish. If you are timid about it, spin yourself into action with any one step in Success Dial 5.
6. In case you are too blindly optimistic before you are ready, restrain yourself somewhat with any step of Success Dial 6
7. If it is a moneymaking venture, make Success Dial 7 and 8 your manual for every step you make
8. After you are in action and are succeeding, gain the most from your efforts with Success Dial 9

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9. After you are in action, but should you not be doing as well as expected, rectify your course and speed on to your goal with Success Dial 10

You are now ready to use the miracle of the Success Dial to make every wish come true without “pull” and with the least effort on your part.

Lesson 14: The Secret Cerebral Power to Time Your Actions Perfectly

No matter how well you apply all the previous secret cerebral powers, you may still fail miserably unless you time their uses favorably. By doing so, you can magnify their effects astronomically.

This particular secret cerebral power is the great effortless multiplier of results in everything you undertake. You don't have to strain a bit more when you use it, but everything you do with it carries the magic stamp of swift and easy success.



With such effortless achievement your body speaks the right physiological language, and that converts you into a genius in action in anything and everything. You are unstoppable and invincible. And it is all because you time your moves perfectly.

Enrich Your Life with Perfect Timing

The profits from timing perfectly in life are so fantastic that everybody is aware of them. With perfect timing, certain people skyrocketed into the multimillionaire class in an incredibly short time with just a few dollars.

Others made fortunes swiftly in the stock market.

Revolutionary leaders with ill-armed, untrained men vanquished heavily-armed, well-trained armies (Washington and countless others).

Men with little chance of victory ascended to the Presidency (Lincoln).

The list is endless. Nothing guarantees success easier and faster than the right timing. It shoves you ahead with the natural push of the times. Take full advantage of this secret cerebral power and let the times work for you, instead of you against the times.

The Magic of Perfect Timing in Life

In every move you make in life, timing is a primary factor. Without it you can accomplish little, no matter how hard you try.

Even breathing, heartbeat, movements, walking, eating, talking — all these depend upon proper timing.

Even strikes and protests have to be perfectly timed to be effective. To act a little too soon, or a little too late, will wreck the best-prepared plans.

In more intellectual fields, like music and science, perfect timing is again the decisive factor. The Beatles achieved their phenomenal success by devising a new beat — or a new timing to their music. It differed from the classical timing by turning off into a surprising twist just when one expected to hear the conventional note. Others followed in their wake and amassed millions, too.

The Beatles also timed their music to answer the silent call of the younger generation for something new and different. Their whole success was a masterpiece of perfect timing in life.

The Magic of Perfect Timing in Business

In business, you have to make thorough plans and subject them to immediate changes when necessary. You have to keep abreast of major changes in world and national affairs, and any changes in your own field or in rival fields which can indirectly affect your own. Your prospects of business growth depend upon making wise decisions at the right moments. You have to time your promotions and advertising to the most favorable periods of the year.

On the other hand, you can't present an angle that is beyond the present knowledge and acceptance of the general public. Your knowing what is "good" for people will bring you few sales if the buying public has not been educated to accept your valuable knowledge as true. It takes ten years for a novel idea to be accepted by the general public. When science disproves an accepted theory, only a microscopic fraction of the public reads or hears about it at first. An even smaller fraction accepts or remembers it. The overwhelming majority of the population does not even hear about it for years. Meanwhile the new theory is likely to disappear from the public mind altogether, unless it is actively disseminated to the general public.

In the business world, a new idea or product requires a specific period of "acceptance" by the public before the consumerism effect comes in, and you can make profits from this investment.

Mis-Timed Doubts

No obstacle ruins your various opportunities so fatally like mis-timed doubts which creep up on you. Time and again when you have the right opportunity to make a valuable contact, or make a tremendous impression, in other words, the big chance in whatever you have waited or prepared for, you hesitate.

You hesitate because you were suddenly overwhelmed with fear.

As a result of these mis-timed doubts, you literally let the opportunity of your lifetime slip through your fingers.

How to Banish the Crippling Physiological Language of Mis-Timed Doubts

You can still save your big opportunity by ousting this altered physiological language. Do so by lowering your blood pressure swiftly. Its sudden rise enslaved you with that undesirable physiological language. But since it arose from wrong thoughts, you can lower it again with the right thoughts. The magic tool for that is the “thought-plateau”. Like a plateau, which is an elevated tract of level land at the foot of a mountain, the thought-plateau rapidly brings your blood pressure down again almost to a normal level and maintains it there.

The thought-plateau operates by our conscious control of normally unconscious phenomena like blood pressure. Physiologists have discovered that during an event of mis-timed doubt, the blood pressure suddenly rises. This means that your fear-sympathetic have narrowed your smaller arteries by contracting the circular muscles in their walls. To lower such a blood pressure, you have to relax those circular muscles.

You can relax them at will by listening to your brain waves when your blood pressure is up, and forcibly thinking of their sounds when your blood pressure is down. That can be done with a brain-wave machine. But since you can't go around in public with such a cumbersome device attached to your head, you practice with it in private and memorize the sounds of your brain waves when your blood pressure is high, and when it is normal. You then lower your blood pressure when it is high by reproducing in your mind the brainwave sounds of normal blood pressure.

The Thought-Plateau to Lower the Blood Pressure of Your Negative Physiological Language at Will

Sit quietly and comfortably in your room and close your eyes. Be thoroughly aware of your natural feelings. Feel your muscles relax. This in turn causes the circular muscles of your small arteries to respond, and lowering your blood pressure.

Think next of some big opportunity (this can be social, business or romance in nature) ahead waiting for you. Visualize yourself facing it and ready to seize it, but suddenly finding yourself incapable of doing so. Visualize this scene so realistically that you are gripped with the terror of losing the big chance for which you waited so long. The more realistically you visualize this scene, the more paralyzed with dread you will feel.

Consequently, your muscles tense up, together with the above-mentioned circular muscles. Your blood pressure increases tremendously. Be aware of the "tightness" gripping you, the feeling of being frozen into helplessness.

To lower that heightened blood pressure, just relax the circular muscles. Simply visualize yourself feeling again just as you did when you first sat down and grew thoroughly aware of how relaxed you felt. With the relaxation of your muscles, your blood pressure automatically drops back to normal.

With a little practice you can use the thought-plateau anytime anywhere to keep all those self-doubts at bay.

How to Trigger Perfect Timing with the Miracle Mind Magic Stimulator

Your crucial difficulty in using perfect timing is the inborn inertia in your brain against disciplining itself into applying it.

This is how you practice and master the Miracle Mind Magic Stimulator for this secret cerebral power:

Sit alone in your room and visualize the achievement, or whatever else you long for, from this secret cerebral power. Hold that picture in your mind for five seconds.

Then visualize your goal as coming true by making the right move. Maintain that vision for four seconds.

Repeat that procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator in Lesson 3. Intensify it each item, so you actually visualize yourself changing into the kind of person who achieves your wish with ease and perfection.

Practice acquiring this feeling of becoming such a person until your nerves tingle with eagerness to achieve exactly what he does. Practice it until you need to visualize it just once, in two seconds!

Below are case histories of people who used this secret cerebral power for everyday profit. Their names have been changed. Study them well and do even better yourself in similar circumstances.

How Fifty-One-Year-Old Sheila C. Accurately Foresaw for the Future a Delightful, Annual-Income of \$90,000 from Her Part-Time Self-Employment Career

Sheila C. did not mind her work, but it was tiresome and repetitious, and lacked variety. Nonetheless she conceded that every job had its drawbacks. Besides, to learn a new one at her age seemed impractical. And yet she would not qualify for social security for years. Even then, she could not live on it as she did on her wages. She would have to continue working, no matter how much her job bored her. Should her company compel her to retire though, her standard of living would be seriously compromised.

For these and many other reasons, Sheila sought desperately for something she liked doing which she could learn on her own, and which could bring in sufficient income to maintain her present lifestyle. But she couldn't decide what to select.

I taught her secret cerebral power to time perfectly in life. With the magic of perfect timing in business she compared several prospective skills with each other, but could not make up her mind. With the Miracle Mind Magic Stimulator however, she acquired the right physiological language for perfect timing in life and compared these different skills again. This time she promptly discarded some which were in demand at the time by realizing that they might not be in such demand ten years in the future. Eventually, she picked a skill whose practicality at that time was viewed with skepticism.

Sheila studied it in her spare time and, in a few months, was so proficient with it that she decided to market it as a freelance service for people. Demands for her services grew, and after several years she was earning \$90,000 annually from it and on a part-time basis in the privacy of her home.

How Elmer Q. Easily and Quickly Achieved His Seemingly Impossible Greatest Wish

Elmer Q. held his job for twenty years and was growing sick of it. During that time the staff turn-over rate in his firm was quite high. He felt like a coward because he did not have the courage to change jobs like the others. They were shrewd to work long enough to gain the necessary experience, and then joined other companies for a much higher pay, or better yet, opened their own firms. His wife Agnes did not complain, but Elmer considered himself a big disappointment even though he had an MBA. One of his desires was to be able to travel on his job.

So he made up his mind to take action. He was no longer getting any younger, he reminded himself. It was now or never. But he couldn't decide when to make the break.

I taught Elmer the secret cerebral power to time perfectly in life. With the Miracle Mind Magic Stimulator, he triggered in himself the right physiological language for it. Then he studied the situation carefully. A comprehensive survey of over 5,000 professionals, who hold MBA degrees, in a human-resource journal revealed that most of those who had changed jobs from three to five times in the last five years were being paid no more now than those who had not! But that did not satisfy him. He wanted to change into a much better job.

He applied to a much bigger company, but when he faced its H.O.D. during the interview, mis-timed doubts froze him like a statue. With the thought-plateau, he lowered his blood pressure and freed himself from the negative physiological language — He was hired right on the spot.

Elmer soon impressed his new superior so tremendously that he was tasked with an important project and rewarded with a thrilling increase in pay.

How Hector K. Grew Rich Easily by Calculating His Company's Best Business Move Like a Seer

Hector K. was the manager of special projects of the company he worked for. With the firm's earnings in the red for some time, Hector's options amounted to little. But he liked his job and the company, and was determined that it prosper once again. As he saw it, the company's only hope was to take the plunge and launch a new product. A very successful one at that too.

However, to put a new product on the market was costly, complicated, and risky. Thousands of new products were launched by different establishments in the nation every year. But their chances of success were mixed at best. A survey revealed that three out of every ten major new products introduced by different companies in the previous five years had failed to sell as expected, and one out of ten had done so poorly that it had to be withdrawn. Only one of twelve ideas brought to a firm was worth testing, and one out of every four tested wound up being made into profitable products. So Hector realized that he would be jeopardizing his whole future in the company if he launched the wrong product.

Fearful at what next to do, he asked me for help. I taught him the secret cerebral power to time perfectly in life. Hector mastered it in a couple of days. With the Miracle Mind Magic Stimulator he normalized his physiological language into the right one for this secret cerebral power.

Through his research, he confidently concluded that actual differences between many products were so small that a big number of buyers had trouble distinguishing which product was better than the other. Therefore the selling point of the product depends on its uniqueness and the price. Consumers must also be willing to give it a try. A fad which was gripping the young demographic provided some inspiration even though

Hector disliked it. But with his right physiological language to time perfectly in life he envisioned that fad catching on widely in a year or two.

That presented Hector with the clue to a unique name he could use and an advertising concept for his new product. By controlling the mis-timed doubts which nearly ruined his opportunity to convince his company's conference board for his product idea, he won its approval for it. The product was subsequently launched and it made a hit.

Summary of This Secret Cerebral Power

To time perfectly in life is to reduce the time and effort to the minimal you have to spend attaining anything. No matter how well prepared you are to achieve any wish, you might never achieve it unless you time it perfectly in life. To acquire this secret cerebral power, follow these simple routines:

1. When you are prepared to venture into anything, trigger the secret cerebral power to time perfectly in life with the Miracle Mind Magic Stimulator, so your body will speak the right physiological language for it
2. Then analyze it carefully with the magic of perfect timing in life, or in business, to make sure that the time for your venture is appropriate
3. Once your decision is made, use the thought-plateau if you are seized by mis-timed doubts

Lesson 15: Secret Cerebral Power to Rout Your Nagging Aches and Minor Illness



When you finally fulfill your wish, the gain or pleasure from it sends you floating on cloud nine. Despite that, your accomplishments can easily be ruined if you are afflicted with body ailments.

The constant irritations, both physical and mental, resulting from these ailments will harass you continuously and draw your attention away from your ecstatic joys. They super-sensitize you to these afflictions and discomforts, leaving you grouchy and irritated. These in turn affects your social interaction with others.

What exactly are these nagging aches and minor illnesses?

They include bad habits (posture, dietary, sleep), headaches, self-esteem issues and so on.

The Fantastic Profits from Routing Nagging Aches and Minor Illness

The profits from beating these nagging aches and minor illness are unlimited because nothing can hold you back more than such handicaps. By routing them, people have changed instantly from their difficult natures to super-popular individuals.

People who could not enjoy their leisure time or their retirement started enjoying them like children.

Failures in art, writing, inventing, music, acting, or sports attained remarkable successes.

Master this lesson and reach your goals, and revel in them to the full.

How Your Everyday Bad Habits Can Bring on Nagging Aches and Minor Illness

Your regular bad habits (like bad posture and dietary habits, and daily tensions) can bring on nagging aches and minor illness so subtly that you aren't aware of them until you are suddenly half-crippled by them. These habits constitute a form of minor trauma which you regularly deal with yourself.

Your body seems unaffected by them at first, because they cause only slight discomforts which your sensory nerves hardly convey to your conscious mind. However they gradually build up and will “explode” one day.

If you are very sensitive by nature — meaning that you naturally possess an unusual number of sensory nerves throughout your body — you will feel the effects sooner than any other normal individual. Either way, you grow conscious of a nagging pain or annoying discomfort in some part of your body. This signals that your troubles have begun.

How Your Daily Unsuspected Bad Posture Can Bring on Nagging Aches and Minor Illness

According to doctors, the curvature of the back increases an average of fifteen degrees after the individual stops growing.

Ninety percent of (middle-aged) patients who suffered from spinal problems continued to live normal lives as best as they could, without surgery, and their treatment was confined to exercises and braces. Any resulting aches and illnesses were thus periodically relieved by such treatments. However the treatments cannot perform miracles for them because the primary cause of their abnormal back curvatures remained — bad posture.

But you can't spend all day long staring at yourself in a mirror to see that your posture is always right. Even if you could do that, you might inadvertently stress the spine and other particular joints in one way or another due to strenuous movements which involves the back.

Whatever the reasons, the bend in your back eventually becomes acute enough to press hard upon the surrounding nerves and cause you pain. These lead to minor illnesses resembling rheumatism, digestive disturbances, headaches, or backaches.

How Your Common Dietary Habits Can Bring on Nagging Aches and Minor Illness

Dietary habit is another contributing factor to pains and illnesses.

Fatty foods will cause your stomach to continuously secrete digestive acids for up to five hours just to completely digest them. Subsequently your acquired pot-belly will invite teases and sniggers from friends and family.

They include:

- Milkshakes
- Sweets
- Ice-cream and desserts
- Deep-fried food
- Pork, bacon and eggs
- Soft drinks and liquor



Besides pot-belly, you will also experience heartburn, a burning sensation in the chest brought about the excess activity of gastric acid. Belching (release of gas from the digest tract), recurring headaches and irritable bowel syndrome are just some conditions which might afflict you if you indulge excessively in the above-mentioned foods.

If you are in doubt over your diet, consult a nutritionist.

All these translate into discomforts for your body and physiological language.

How Your Daily Tensions Can Bring on Nagging Pains and Minor Illness

The late Dr. Henry I. Russek, a noted New York cardiologist, pointed out that “stressful life experiences” can directly and indirectly lead to arteriosclerosis (hardening of the arteries).

Daily tensions such as headaches represent reactions to stress. But stress can also be physical, like that resulting from bad posture. Forty percent of those who suffer from headaches and migraines suffer from a pain caused by the continuous contraction of head and neck muscles in response to stress. These muscles are just like our arm and leg muscles and aches in similar fashion.

Stress squeezes the arteries beneath it and reduces its own blood supply. A muscle pain may last for hours, days, or weeks. It may even travel to the face or encircle the head. The tension ultimately takes on bad posture of the head or the neck.

Other muscles of your body tense in the same way. For example, when you lie down to rest, you will discover that your hands, arms, shoulders, and legs are also tense. They only relax after you have been lying down for some time. They indirectly contribute to your headaches by retaining too much blood in them and starving your brain of its normal blood supply and necessary oxygen. They do likewise to your stomach and encourage indigestion, all of which upsets your physiological language.

How to Change Your Daily, Unsuspected Bad Posture That Brings on Nagging Pains and Minor Illness

In an early study of 100 headache-prone children aged eight to sixteen, Dr. Murray M. Braaf, former director of the headache clinic at Stuyvesant Polyclinic Hospital (now preserved as a New York City Landmark), found that stretching the neck with gentle traction produced cures in most of them.

He believed that most headaches in children and adults arose from childhood injuries which later resulted in changes in the curvature of the back and affected the neck ligaments. By stretching the neck for thirty minutes three times a week, the muscles of the neck are therefore eased, and the doctor realized that “permanent relief can be obtained”.

However if you lack the time and patience to stretch your muscles regularly, you can achieve satisfactory results with a simple thought. That is where the secret cerebral power to keep your nagging pains and minor illnesses at bay comes in.

The Simple Thought to Change Your Unsuspected Bad Posture That Brings on Nagging Pains and Minor Illness

Whenever you stand, walk, or sit, visualize every now and then a pointed spike tied to your chest (See FIG 7.) pointing up to below your chin. Imagine its pointed end poking into the bottom of your chin whenever you slouch. With your index finger as the spike, practice it a few times at home to get used to being jabbed from below whenever your posture is bad.

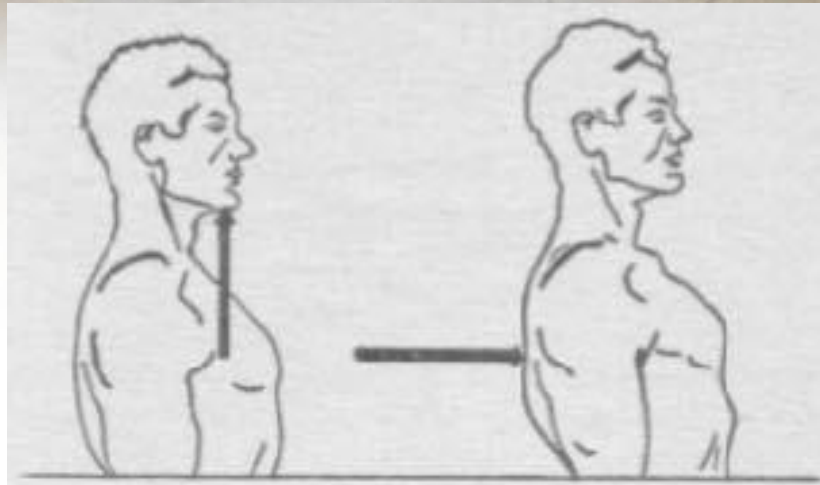


FIG 7 The Index-Finger Technique

At the same time, visualize another spike pointing at you from behind, at the upper part of your back, so that it points into your back every time you stop walking, sitting, or standing tall.

Practice these two simple thoughts at the same time and make them one. They will automatically correct your posture every time you droop forward. If you are suffering from a posture backache, it will be relieved in no time. Make it your invisible, healthy “headache pill” — without side effects.

How to Nullify Your Daily Tensions That Bring on Nagging Aches and Minor Illness

Life is full of daily tensions. Whenever you relieve one, another one takes its place; there is no end to their number.

More than 200 pain-relieving tablets to relieve headaches are on the market. Their basic ingredient is aspirin, but they may also contain caffeine, antacids, extra pain killers, antihistamines and vitamins. Yet, scientists following their comprehensive

studies of headaches since World War II have shown that most headaches represent the total personality in relation to the environment, and that it is often possible to adjust one's personality to end the headaches.

According to experts, ninety percent of headaches are caused by emotional factors. They are only a reaction to stress, though sometimes it is physical, resulting from bad posture.

Many doctors suspected that anxious individuals are more prone to heart attacks than their easygoing counterparts. University of Oklahoma researchers found that rats with electrically-stimulated brains have cholesterol levels three to four times as high as those of normal rats, and these are directly correlated to heart attacks.

Therefore it is the wrong physiological language which these people build up in them which causes these aches and minor illnesses.

To relieve them, such people have to normalize their physiological languages with the secret cerebral power to rout nagging pains and minor illness. This cerebral power can be triggered with the Miracle Mind Magic Stimulator.

How to Trigger Routing Your Nagging Aches and Minor Illness with the Miracle Mind Magic Stimulator

For decades doctors have successfully treated many patients with brightly colored but inert capsules called placebos. Doctors are amazed at the power of those inert pills to bring about improvement in the patient, and create some of the adverse side effects of actual drugs — with complaints of trembling, nausea, headache and drowsiness, and even skin rashes.

Researchers believe that for some reason, particular drugs work with certain patients and not with others to reduce high blood pressure. It is obvious that the conscious mind is as potent as any drug — for none of these patients was hypnotized!

Sit alone in your room and visualize your own nagging aches and minor illness vanishing completely from your body, leaving you feeling sound and healthy again. That is your wish. Hold that picture in mind for five seconds.

Then imagine that goal as coming true; visualize yourself changing completely and feeling as you did before you started suffering from these afflictions — the happy, pain-free person who is eager about life. Maintain that vision for four seconds.

Repeat that procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator in Lesson 3. Intensify it each time, so you actually visualize yourself change into that very same pain-, sickness-free person you were before.

For a few seconds, rub the area of the minor ache, while visualizing it vanishing in you. Practice until you are able to visualize this former self of yours just once, for three seconds.

Below are case histories of some who used this secret cerebral power to end their miseries. The names have been changed. Study them well and apply them even more effectively yourself.

How Edward A. Relieved His Nagging Headache with a Simple Thought

Edward A. had suffered for years from a “heavy-forehead” headache. He had resorted to pills, and even changed his jobs!

However the misery persisted. He tried osteopaths and chiropractors too. Everything helped him at first — but only for a while. The headache made him feel like banging his head against the wall to ease the pain.

I thought that his eyes might be to blame and urged him to consult with a specialist. He replied that his vision had been diagnosed as normal. So I told him that his posture was probably the issue. He carried his head too far forward and downward, and that blockaded the blood in his head and raised the blood pressure in it.

He admitted that his chiropractor had pointed that out to him, but that it was difficult to remember always to keep his head normally high as he sat or walked. I taught him that, whenever he had a headache, to hold one hand under his chin, with the nail of his index finger poking his chin. The sharp edge of his nail would straighten his head quickly.

To his astonishment his headache soon went away, because he did exactly what I advised. But he couldn't do it in front of other people particularly when standing or walking. So I had him imagined himself suffering from a head-splitting migraine, and visualized a spike (his nail) digging into his chin from below to “cause” the headache. To get rid of the headache, he had to raise his head off that spike.

Edward practiced doing that and came to associate his headache with the sharp “spike” below his chin. To reinforce that he used the Miracle Mind Magic Stimulator a few times a day to visualize himself as the happy, pain-free person who looked at life with gusto. Edward was soon controlling his maddening headache with a simple thought.

How Lena Y. Relieved Her Nagging Backache with a Simple Thought

Lena Y. had suffered for years from a nagging backache. Whether the housewife was at home, so out socializing with her husband or friends, the backache ruined her fun. Not only that, but she had gone from one therapist to another, and all had found her back normal. But she insisted that she suffered terribly from it. Although her posture was all right, her shoulders pulled down hard and compressed her vertebrae and the spinal nerves which passed between them. One of her doctors had called her attention to that and instructed her to stand erect. But how could she do that when she was out most of the time?

I taught Lena to visualize her spine as a stiff rubber staff whenever her back ached. That automatically forced her to stand straight. Her back was held straight whenever she was moving. That prevented her shoulders from unduly compressing her spine and her spinal nerves. It also strengthened the muscles of her back, and particularly those of the spine.

She practiced this and soon was doing it regularly. She also used the Miracle Mind Magic Stimulator to bring her physiological language back to normal. Her whole body felt much better when she straightened it and kept it that way. Her waist looked smaller, she looked taller, and her whole body younger and more graceful.

How Ray H. Relieved His “Upset” Stomach with a Simple Thought

Ray H. suffered from an “upset” stomach for years. Tests showed it to be normal. There were no ulcers or even gastritis. In addition, he was even-tempered and not easily upset emotionally. Yet, whenever he least expected it, he was belching and experiencing flashy headaches which the doctor attributed to stomach trouble.

I felt that Ray had a supersensitive stomach — one which turned acidic easily after he ate, especially if he had consumed heavier foods with a high fat content. Most likely daily tensions slowed down his digestion and had an effect on this acidic tendency.

I taught Ray the secret cerebral power to rout nagging aches and minor illness, and he triggered the right physiological language for it with the Miracle Mind Magic Stimulator.

His digestion was sped up. Drinking ten glasses of water also helped dilute the acidity. Eating less fat-free food improved his digestion. Soon his discomfort was alleviated and he totally felt like a different man.

Summary of this Secret Cerebral Power

To rout your nagging aches and minor illnesses, change yourself from a frustrated individual into a happier and much healthier one. To bring about such a change, follow these simple routines:

1. If your ache or illness is due to your daily unsuspected bad posture, correct it swiftly with the simple sharp spike thought
2. If it is due to daily tensions, reverse their effects on you by triggering this secret cerebral power with the Miracle Mind Magic Stimulator

These two techniques will ease the physiological language altered by your afflictions and change your whole mind and body to feel as you did when you were still pain-free and healthy.

Lesson 16: Secret Cerebral Power for Sexual Vitality

If you are married, no matter how successfully you are achieving your goals, or how free you are of nagging aches or minor illnesses, you will feel frustrated if you lack sexual vitality and marital bliss. In this case, sexual vitality refers to the energy to satisfy your partner romantically, not abnormal sexual desire or activity.



To gain marital bliss, learn this secret cerebral power and apply it at once!

The Amazing Gains from Sexual Vitality and Marital Bliss

The gains of different people in their daily lives and careers from sexual vitality and marital bliss are miraculous.

Many acquired bold personalities that converted them from low-paid shipping-room clerks into top company salesmen, drawing close to an annual income of \$100,000.

A good number were super-charged with a new lease on life that rejuvenated them sensationally.

Others stopped complaining endlessly and started enjoying life.

The list is limitless of how people changed themselves and their lives completely with the secret cerebral power for sexual vitality and marital bliss.

Why Your Domestic Familiarity Can Breed Marital Contempt

Total domestic familiarity easily breeds marital contempt.

Too much familiarity suppresses your sympathetic nervous system and leaves you calm and relaxed. It throws you and your mate so continuously together that you can no longer stimulate each other romantically.

Total domestic familiarity alters your physiological language away from that of a sensual person. You become too kind-hearted and paternal to be devilishly exciting.

Why Decreased Sexual Vitality Can Endanger Your Marital Bliss

When your sexual vitality is decreased by domestic familiarity, it breeds marital contempt — and marital contempt endangers your romantic bliss.

Your decreased sexual vitality leads to romantic shyness of both of you, and your marriage degenerates into a brother-sister relationship, with correspondingly altered physiological languages. Any time you want to be romantic you have to alter it completely. But that is not easy to do, for you have grown romantically shy.

That's why so many people resort to heavy drinking sessions before they can feel sexy again. Certain abnormal practices (like swapping of partners) by increasing numbers of middle-aged people constitute extreme attempts of many to break down the “sibling” relationship of their marriages and to instill some spice back into their love-making. According to psychologists, even young couples can suffer from marital contempt.

Since familiarity is brought along by the conscious mind, it is the same conscious mind which can help you regain marital bliss again.

Why You Have to Add Ecstasy to Your Domestic Familiarity

To add ecstasy to your domestic familiarity you have to change your acquired underactive physiological language toward your mate. You have to charge your whole body with the youthful eagerness that can fill your mate with bliss. Love, after all, is an emotional reaction. You cannot love your husband or wife scientifically.

There is a saying — “love is blind”.

And it is true — it has to be blind enough to overlook all the imperfections of your mate, because nobody is perfect. You can't look at your loved one with a microscope when you want to add ecstasy to your romantic relationship. You have to look with the eyes of the enthralled partner who re-fashions everything about his adored into the pinnacle of perfection.

This is the most potent stimulator of sexual vitality in you, and the surest one to make a paradise of your home. Your relationship will no longer be the dull and boring brother-sister type.

And this is why you have to add bliss back into your relationship.



How Your Usual Mental Attitude Bars Ecstasy from Your Domestic Familiarity

Your usual mental attitude keeps out ecstasy from your domestic familiarity for various reasons:

- The morals of the society
- Past frustrations, previous failures, lack of confidence and so on
- The natural aging process of your body

These and similar philosophical adjustments to life will build up a psychological barrier around your spontaneous romantic behavior, eventually diminishing it to martial contempt.

How to Overcome the Influence of Your Usual Mental Attitude Which Bars Ecstasy from Your Domestic Familiarity

To overcome the handicaps of that mental attitude, you have to change the physiological language it creates in you.

To do so, stop thinking about romance and visualize every muscle in your body, from head to foot, turning into relaxed frame of mind. Feel the tenseness of your brow ease, the neck relaxed, hands fully unclenched, and so on. Practice it until you can relax all your muscles in three seconds, then two, and finally in one second.

How to Add Ecstasy to Your Domestic Familiarity

To add ecstasy to your domestic familiarity, change your physiological language into that of a passionate lover.

To accomplish that, command the language of love in your mind. Feel your eyes with the eagerness of an excited admirer. Focus on your partner and rekindle your passion of before by evoking the best moments of your romantic memories together. Look at your partner as if you are locking gazes with each other for the first time.

This feeling of yours will turn things around, and the brother-sisterly relationship will be transformed into what it should be — a marriage of bliss and vitality.



How to Trigger Sexual Vitality and Marital Bliss with the Miracle Mind Magic Stimulator

To trigger yourself into this secret cerebral power most swiftly, apply the Miracle Mind Magic Stimulator before you even commence it.

Sit alone in your room and visualize your regular self changing from a dull, unromantic individual to a most sensationally satisfying partner. That is your wish. Hold that picture in your mind for five seconds.

Then envision that goal as coming true; visualize yourself changing completely and feeling as you would feel if you were suddenly changed into that kind of person. Visualize yourself facing your significant half, bursting with eagerness to impress. Maintain that vision for four seconds.

Repeat that procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator in Lesson 3. Intensify it each time, so you actually visualize and feel yourself change into such a person.

Practice until you need to visualize it but once, in three seconds, for your physiological language to speak like that of such a person.

Below are case histories of some who used this secret cerebral power for everyday gain. Their names have been changed. Study them and gain even more from them.

How Phillip R. Changed from a Lowly-Paid Shipping-Room Clerk to a Top Company Salesman Earning Over \$100,000 a Year

Phillip R. was sick and tired of being a lowly-paid shipping-room clerk. “I was surely born for something better than this!” he moaned. As a young man he had dropped out of college and was facing the same issues like many others. He had dreamed of the luxurious life, but without a proper college degree, he had been forced to seek odd or unskilled work. Finally, he had settled for a shipping-room clerk’s position. Had he aspired for nothing more, he could have been satisfied; but to watch his former college classmates rise high in big posts or in the leading professions, while he himself remained a nobody, now that was something he could not stomach. His anger over his past mistakes mounted. He should have stayed in college over thirty years ago, no matter how boring and loaded with homework it had been. He could hardly endure going to work anymore.

His bitter dissatisfaction had repercussions at home. His sexual vitality vanished, and his wife resented his general attitude toward life. “You talk as if you’re too good for your work!” she cried. “Somebody has to dig the ditches, too! Hard work never hurt anybody! Everybody isn’t college material! Big money isn’t the only thing to live for, anyhow! Honest work is still honest work!”

I realized that Phillip was not consoled by such reasoning. I myself did not consider him the academic type. Yet he was quick-thinking and ambitious.

I taught him the secret cerebral power for sexual vitality and marital bliss. With it Phillip subdued his dissatisfying mental attitude, and triggered his sexual vitality with the Miracle Mind Magic Stimulator. That altered his fear-filled physiological language into that of a romantic conqueror. His wife was thrilled.

Next day Phillip was bursting with enthusiasm and confidence in his great abilities and applied to his company as a salesman. His new outlook brought him swift success and simultaneously turned his home into a delightful and cozy pad of paradise. In less than three years he was earning \$100,000 a year.

How Harold A. Became a Loving Husband with a Master Mental Move

Harold A. had done remarkably well in his career, and his wife Helen was free of family responsibilities now that their youngest daughter was married. For the first time since their first child was born, they had each other for themselves. And yet Harold had the peculiar feeling that the woman in his bed was no longer an intimate part of his life, though Helen was still very attractive. When Harold married her he had expected their love to endure throughout their lives. Instead, they had drifted apart and no longer showed affection or intimacy with each other. In fact, they quarreled often and blamed each other on their inability to communicate with each other.

With the children and older parents no longer around the house, they engaged in prolonged arguments, followed by bitter silences. Matters had deteriorated to such a degree that Harold secretly considered having an affair.

He made a desperate effort to save their marriage but failed. He confessed to me he lacked sexual vigor and Helen was badly upset by it.

I taught Harold the secret cerebral power for sexual vitality and marital bliss. Together with the Miracle Mind Magic Stimulator, he altered his physiological language into an entirely sexy new one. His sexual vitality developed, and he saw Helen now in a different light. His attitude changed from that of a hesitant, self-conscious brotherly old husband into that of a passionate young pursuer. Helen responded in kind, and her own frustrated physiological language altered too. They embarked upon a second

honeymoon. It was even more exciting than their first, for now they felt a new sense of freedom and abandon in lovemaking.

Summary of This Secret Cerebral Power

To regain your sexual vitality and enjoy marital bliss is to change your whole life from a boring, unpleasant one into a life of thrills and excitement. To bring about this change in you most easily, follow these simple routines:

1. To regain your sexual vitality and attain marital bliss, overcome your usual mental attitude which bars ecstasy from your domestic familiarity
2. Add ecstasy to your domestic familiarity
3. Trigger your sexual vitality and its resulting marital bliss with the Miracle Mind Magic Stimulator

Lesson 17: How to Use Secret Cerebral Powers to Stay Younger and Live Longer



After you have achieved your wishes, you have to stay young and live long in order to reap the benefits from it. To do that, your body has to speak the physiological language of youth.

Your organs then feel young because they function as though you are young, and always young-at-heart. In essence the vitality you feel will make you literally look younger!

The Fantastic Profits from Staying Young and Living Long

To stay young and live long are fantastic profits in themselves. But they can also bring equally fantastic profits, in addition.

Actress Mae West was finished in her thirties, but came back near age eighty as a sensational sex bomb.

George Bernard Shaw and Alexandre Dumas were practically unpublished unknowns until their middle forties, and then attained fame and fortune as writers.

Others returned to college in their fifties, became professionals in their sixties, and lived thereafter in affluence and respect and practiced their trade only when they wished to!

The Physiological Language That Keeps You Young

To keep young, your mind and body have to speak a flexible physiological language.

You can't let your body speak a "fixed" physiological language which does not adjust efficiently to each experience you have. If you are not adaptable to situations, you will be filled with nervous tensions, and this will be reflected in your bodily functions like indigestion, exhaustion and so on.

So, adjust to new changes and trends as much as you can and broaden your mind to different experiences and network with different people.

How Your Two Involuntary Nervous Systems May Fail to Keep You Speaking the Physiological Language of Youth

Your sympathetic and parasympathetic nervous systems automatically attempt to keep your mind and body speaking the physiological language of youth by continuously trying to prevent each other from dominating you. Whenever your heart beats too fast, your parasympathetic slows it down. Whenever it beats too slowly, your sympathetic speed it up. The two systems save you from going to extremes.

However, as you grow older and acquire different prejudice due to various stimuli, one of your two involuntary nervous systems predominates in you on occasion and carries over into other occasions until it converts your whole physiology and personality in its direction.

Therefore always be mindful that your life experiences and way of thinking, and your bad habits and other unbalancing factors can create dominance by one of your nervous systems.

The Three Magic Secrets To Stay Young And Live Long With A Flexible Physiological Language and How to Trigger it with the Miracle Mind Magic Stimulator

Magic Secret 1: How to Control Your Appetite and Keep Your Weight Normal with a Simple Thought

When you are unable to control your appetite, especially for fattening foods, it means that your physiological language is not flexible.

You either have an abnormal taste for sweets, fried foods, desserts, fancy bakery concoctions, and other unhealthy delights. Or your nervous system is at fault here, causing tension, frustration, dread, or impatience, and overeating to compensate for it. Naturally, the excess food energy is deposited as fat in your body.

To combat this peril you have to control your appetite with a flexible physiological language.

Take your mind off your food and its taste by thinking about some intriguing problem. This temporarily stops you from fully tasting it. Chew it longer, and slowly too. Your insatiable conscious mind will stop over-stimulating your salivary and gastric glands.

Use the thought-beat to slow down your digestive system. This will reduce your appetite and stop stimulating your salivary and gastric glands. As a result your body absorbs less food and you can easily keep a check on your weight.

Magic Secret 2: The Trick to Regain Youthful Sex Appeal with a Simple Thought

Your conscious mind holds the prime control over your physiological language of youth and longevity, for you cannot regain that physiological language unless you think well of yourself.

Tests by psychologists Keisler and Baral of Connecticut College proved that male subjects who thought well of themselves tended to choose prettier girls for dates than male subjects who thought less well of themselves.

Forty-eight unmarried men were given individual I.Q. tests, on which they were told they were doing well or poorly, regardless of their actual performances. Those who were told they did well on the fake tests pursued the more attractive girls during the coffee breaks, while those who were told they were doing poorly pursued the less attractive ones.

Those who did “well” did not acquire their confidence in themselves because they thought they were more handsome or wealthy than before, but because they thought they were more intelligent. Yet, they were only fooled into thinking that they were.

Simply put, the men were imparted with a sense of high self-esteem when the researchers gave them a good intelligence “grading” from the tests. This causes them to display confidence which they would not have done so if they had fared badly in the tests.

How to Regain Your Own Youthful Sex Appeal with a Simple Thought

Sit alone in your room and visualize yourself at a time when you were young and attractive.

Visualize the person whom you adored most romantically at that moment in time, but whom you had little chance with.

Visualize yourself changing now into the person whom you should have looked and been like then to enthrall that unattainable romantic partner.

Proceed now in your visualization to conquer that unattainable partner romantically in any way you feel it could have been done.

Now visualize yourself leaping out of that gone world. But remain exactly as you have just changed yourself in it to conquer that unattainable partner. Allow yourself to feel your previous successes in this field, transforming your physiological language alter into that of such a person.

Go out into the world now, feeling and acting like such a person. You will find yourself as attractive young as ever.

Magic Secret 3: How to Stimulate Your Body Cells to Defy Aging with a Simple Thought

You can stay young and live long by fooling your physiological language into believing that you are much younger than you are, and that you will live much longer than expected to.

To do so, fill your conscious mind with the conviction that you really are much younger than your birth certificate reads, and in your body tissues. If you are wrinkling or graying, blot these facts out of your mind and think of yourself as being without wrinkles and with your hair still having its natural color.

Practice doing this until you have “convince” yourself that this is so, just as the fooled students taking the I.Q. tests were convinced that they were smarter than they really were. Your physiological language will change instantly from the uncertain and back-seat-taking one into a bold and positive one who feels always young-at-heart. That will create an atmosphere about you which will “infect” the other person and alter his mind about you. You will note that by the different way he looks at you, and you will respond in kind.

Trigger yourself into youth and longevity every morning when you arise, and repeatedly during the day. Trigger it every time you meet anybody or encounter anything that presents an obstacle to you and threatens you with failure.

Trigger it with the Miracle Mind Magic Stimulator. It will alter your physiological language into that of the person you were when you were much younger.

Your Personal Program

To practice the Miracle Mind Magic Stimulator sit alone in your room and visualize yourself changing completely into the person you were during your healthiest and most attractive as an adult. That is your wish. Hold that picture in your mind for five seconds.

Then imagine that goal coming true — visualize yourself changing completely and feeling as you would feel if suddenly changed like that. Maintain that vision for four seconds.

Repeat that procedure three times, as you learned from practicing the Miracle Mind Magic Stimulator in Lesson 3. Intensify it each time, so you actually visualize and feel your whole mind and body change into the you back then. Visualize it so realistically that you feel your whole mind and body bursting with the energy, the eagerness, with a healthy appetite and the confidence with people. Forget what you are or look like now. Become again as you were back then! Become it so absolutely that you no longer think or see yourself as you are now.

Practice becoming like that until you need to visualize it just once, in three seconds, for your physiological language to change and speak the language of youth.

Below are case histories of some who used this secret cerebral power for everyday profit. Study them well, and apply them to your own situations.

How Middle-Aged Jane L. Stayed Young Despite Her Youth-Robbing Work

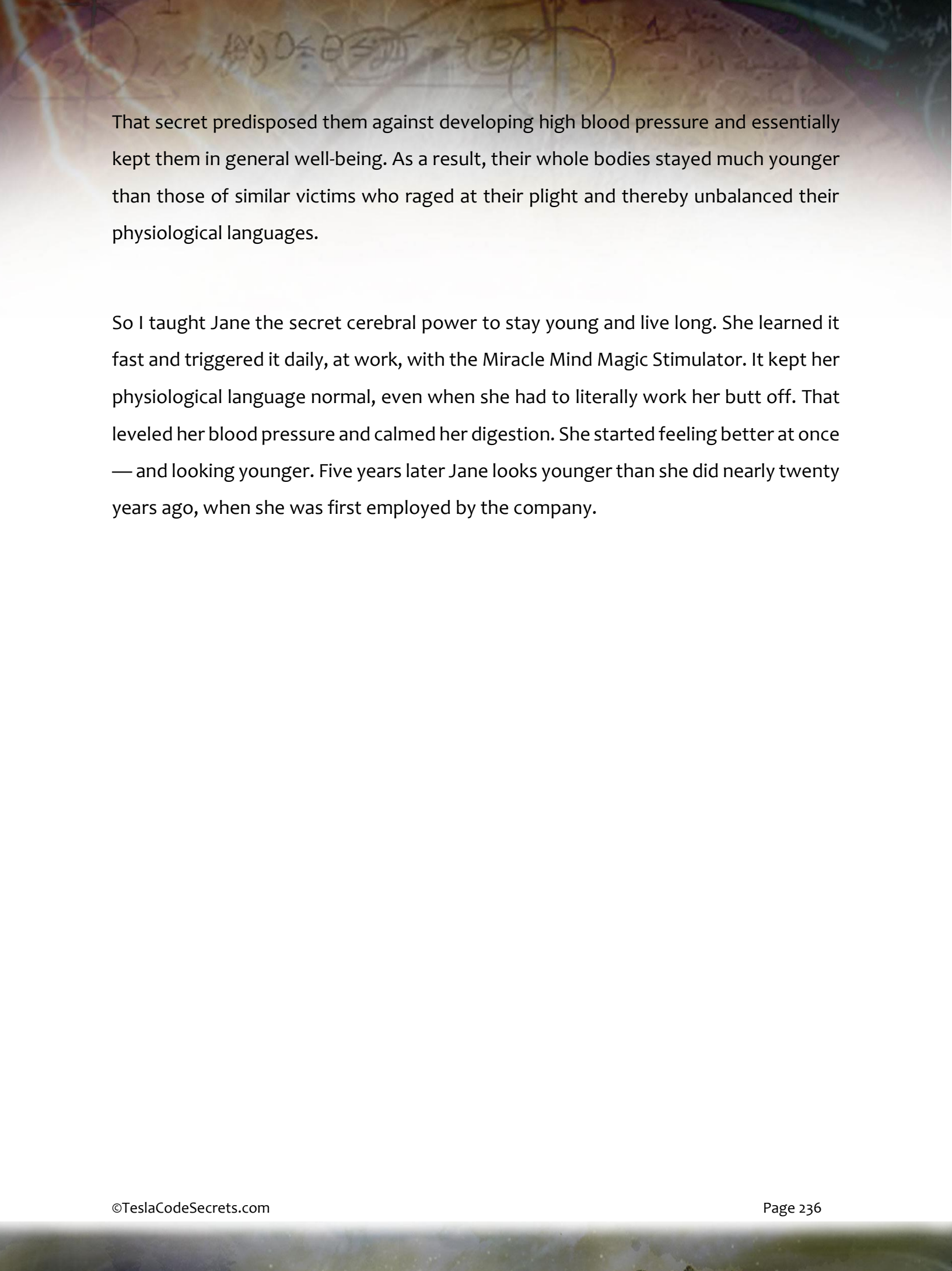
After reading a self-help book on yoga, Jane L. concluded that, to stay young and live long, one had to protect himself continuously against the unintentional attempts of others to abuse one at work and rob one of youth and longevity.

Since your boss wields abnormal power over you, you have to protect yourself against him. Every day at work, Jane's boss made demands upon her that prevented her from caring for her as she would like to. Too frequently she had to work faster than she wished and could not drink enough water to properly hydrate herself. In addition she had to sit or stand too long at a time which contributed to exhaustion, constipation and varicose veins!

Together with other aggravations on body, these taxed Jane's normal physiological language and put it under immense pressure. She even feared invoking her boss' displeasure and the repercussions of it if she complained against him.

Jane approached me in despair and I agreed with her that her working conditions should be improved.

I also explained that many slaves and serfs of the past had labored like beasts, and yet managed to stay young and live even beyond 120. This was achieved mainly because they had learned, philosophically or otherwise, how to maintain a perfect balance between their sympathetic and their parasympathetic, and thereby keeping their physiological languages normal all their lives.

The background of the page features a chalkboard with various hand-drawn diagrams and mathematical formulas. At the top center, there is a formula $\sin(\theta) = \frac{y}{r}$ with a circled 'B' to its right. To the right of this, there is a circled '1'. Below these, there are several circles and lines, some of which appear to be part of a larger diagram or set of equations. The overall appearance is that of a technical or scientific workspace.

That secret predisposed them against developing high blood pressure and essentially kept them in general well-being. As a result, their whole bodies stayed much younger than those of similar victims who raged at their plight and thereby unbalanced their physiological languages.

So I taught Jane the secret cerebral power to stay young and live long. She learned it fast and triggered it daily, at work, with the *Miracle Mind Magic Stimulator*. It kept her physiological language normal, even when she had to literally work her butt off. That leveled her blood pressure and calmed her digestion. She started feeling better at once — and looking younger. Five years later Jane looks younger than she did nearly twenty years ago, when she was first employed by the company.

How Fifty-Nine-Year-Old Peter D. Regained His Lost Energy and Youth Speedily and Reentered the Dynamic Life Stream

At fifty-nine, Peter D. was a mass of minor ailments. His energy had gone, and he felt as if he was one foot into the grave. He lived on vitamin supplements and stimulants, envied bitterly every young person he saw, and was outraged that any of them had the audacity to complain about anything whatsoever when they could walk, run, eat their fill, enjoy sex, and perform the other natural functions of the body without any second thought.

But he himself could hardly walk a step without experiencing aches in the knees and back, and much less run. With food, any little thing sets his stomach burping. He even needed sleeping pills to relax. And yet his doctor said he was not really sick!

I taught Peter the secret cerebral power to stay young and live long.

His physiological language was largely caused by physical stress which had its beginnings in bad posture. His metabolism and physiological language were duly affected.

I taught Peter the secret cerebral power to stay young and live long. He learned it fast and triggered it with the Miracle Mind Magic Stimulator. His nerves were stabilized, and shortly after, his digestion system improved, he felt more energetic and less tensed. He got back into the groove of things and even had a second chance in love when he met a fascinating woman, and married her three months later.

Summary of This Secret Cerebral Power

To stay young and live long is actually to “reincarnate” yourself into a second life and start enjoying what you missed out on before. To bring about this enchanting change most easily in you, follow these simple routines:

1. Balance your two involuntary nervous systems by ending the fear and dread of aging over you and become again the person you were when young
2. Trigger this change in you with the Miracle Mind Magic Stimulator

It will change your physiological language from one of “getting old” to one of staying young and living long.

Lesson 18: Instant Physio-Magic: The Secret of Perpetual Miracle Mind Magic

Although each secret cerebral power brings you a different miracle of mind magic, you can trigger any of them with Instant Physio-Magic. You can then apply any of them at any time to make any wish come true.

You will be able to possess a strong and conscious mind capable of achieving a genius level in anything you strive for!



The Three Secret Steps of Instant Physio-Magic

Step 1:

Visualize clearly and fearlessly the wish you want to come true.

Step 2:

Visualize it coming true instantly, with every obstacle in your path being easily crushed.

Step 3:

Visualize yourself now as becoming the person who can realize this wish without any effort whatever! Visualize your physiological language changing to be like his, so you think, act, speak, and move just like him.

The Magic Power of the Three Secret Steps to Get What You Want, for Nothing

Behind the three secret steps of Instant Physio-Magic lies the miracle of mind magic of every secret cerebral power. It is the secret of getting for yourself what you want for nothing.

In simple words, with Instant Physio-Magic, you visualize your wish as coming true even before your physiological language speaks the right tongue needed to achieve it. You then get something for nothing because you get it before you are qualified for it!

That's exactly how those average students became geniuses when their fooled teacher taught them as though they were geniuses.

That's exactly how the bachelors without high I.Q.'s pursued and dated the most attractive girls after being misled into believing that their I.Q.'s were high.

In each instance, the individuals had been deceived into believing they had powers which they didn't have! So they got something for nothing! And they got it instantly.

The Miracle of Instant Physio-Magic

With the miracle of Instant Physio-Magic no wish of yours, no matter how fantastic, will seem out of reach.

Remember that your conscious mind is a magic power. You regularly use only a small fraction of it — and it is far more capable than the most advanced computer.

Even though your brain is only a group of nerve tissue, you turn into an individual of miracles overnight if you are able to release the power of your conscious mind with the full force of your cerebral powers.

Step-by-Step Method for Using the New Miracle-Mind You

Here, step by step, is how to use the new miracle-mind you in everyday life and achieve your wish for nothing:

1. Whenever you are weighed down with unhappy moods, convert yourself instantly with intellectual leverage into a calm, contented person
2. If you aren't making the money you want in your career because of something you lack, overcome and prevent confused thinking and hit the big time fast
3. To figure out new avenues to stupendous profits, make miracle use of the sixteen secret rules for profitable concentration
4. When overwhelmed with worry, banish it with the thought-beat
5. When anybody tries to dominate you, counter that with the Clench-and-Relax
6. Whenever you want to change someone's opinion of you, make his mind and body speak your physiological language
7. When about to lose your temper and risk your every gain, control it with the most sensible judgment
8. To experience wealth, apply perfect timing
9. To overcome a nagging ache, think one simple thought

10. To feel marital bliss again, add ecstasy to your domestic familiarity

11. If jobs or people ignore you because you are getting old, become again the person you were when young

In Conclusion

All good things eventually come to an end. And you have just completed the Tesla Code Secrets program.

I trust that you have implemented and benefited much from what you have learnt. There is no doubt about it. You just have to take action on the lessons that I have shared with you throughout this book.

Just to do a brief recap. Select the secret cerebral power which you desire most right now and reread and re-practice it.

When you practice, be keenly aware of how it alters your physiological language. You don't have to listen to your heartbeat each time, but always feel like a person who could easily achieve your wish.

Always imagine yourself as BECOMING this person. You will then possess the miracle of mind magic.

I wish you all the best in your future endeavors!

Alex West