

# THE MIND

# **Copyright Page**

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# **Thanks**

## **A Heartfelt Tribute to Researchers and Scientists**

**To all researchers and scientists dedicating their lives to advancing humanity: thank you. Your relentless pursuit of knowledge and service to humankind inspires awe. We are deeply grateful for your work, which illuminates paths forward in an increasingly complex world.**

**We humbly apologize for not always naming you individually when sharing your breakthroughs. Our aim is to distill intricate concepts-like cortisol, mitochondrial dysfunction, circadian rhythms, or the gut micro-biome-into accessible insights for the public. Attaching names to every discovery risks overwhelming readers already navigating information overload. Many struggle to prioritize**

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**daily tasks, let alone parse dense terminology or trace the origins of each finding.**

**Our role is to bridge your brilliance with public understanding, simplifying without diluting. While we cannot always spotlight your names, we strive to honor your legacy by ensuring your work reaches those who need it most. You are the unsung heroes; we merely amplify your light.**

**Thank you for trusting us to share your discoveries. Your selflessness-choosing progress over prominence-fuels global knowledge. Together, let's keep guiding humanity toward clarity, one breakthrough at a time.**

**With unwavering respect,**

**The Messengers of your Vision.**

## **Preface**

Greetings, everyone. I'm Haresh Jagwani, a Sindhi with a knack for business and a story shaped by life's unpredictable tides. An individual with a background in commerce, much like many others who are distant from the medical field. I am a Sindhi by ethnicity, known for my typical Sindhi traits, such as engaging in business ventures even at a young age. Looking back now, it amuses me to think that I earned my first rupee when I was just six years old.

After school, during my first grade, my friends and I used to collect discarded papers from the classroom dustbins, tidy them up, and sell them to street vendors, using the money to have a good time. As I grew older, I joined my father's successful

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business and eventually became a registered vendor for a multinational car manufacturer.

Life was wonderful, everything was going smoothly. I entered into a love marriage, a departure from the common practice of arranged marriages in India. I was blessed with a beautiful daughter, a cherished daughter who arrived earlier than expected due to being born prematurely.

This led to a routine of shuttling between hospitals to collect breast milk from my wife and deliver it to the neonatal unit for our daughter. I used to see her through the glass every-time I went there and this developed a special bonding before I could take her in my arms, and this early bonding experience with my daughter helped me stay grounded during difficult times and prevented me from turning to harmful habits like alcohol or drugs.

Life was a portrait of success, I worked diligently, made investments in real estate, and had aspirations

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of retiring by the age of 45. However, life took an unexpected turn when I faced my worst nightmare at 45. I had to leave my home, close down my businesses, and watch my investments vanish, leaving me penniless and unable to afford a single meal.

The reason for sharing this story is tied to the inspiration behind writing this book. At the suggestion of my sisters, I reluctantly sought guidance from astrologers and pundits to navigate through this challenging phase. Despite being an atheist who never frequented temples, I followed their advice out of respect for my sisters.

The conflicting theories and practices of these astrologers and pundits prompted me to delve into the realms of astrology and palmistry. In my quest for knowledge, I ventured into studying the human body, discovering interconnected sequences that piqued my interest.

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Amid this quest, I documented over 150 discoveries, linking bodily patterns to broader insights. This book distills that journey—a mosaic of resilience, science, and tradition. The insights shared in this book are a mere fraction of the extensive research conducted.

While it may not encompass everything, I hope it provides readers with valuable guidance on how to care for their future well-being. It's not a cure-all, but a compass for those navigating their own storms. Here's to turning life's rubble into wisdom, and finding light in the unlikeliest of places.

## **Navigation: How To Approach The Book**

**Navigating the journey of learning requires a clear road-map, especially when delving into complex subjects like human anatomy and physiology. At TOWARDS NEW HORIZON, we've designed a structured path to help you unravel these intricacies. Begin by trusting the process: read the recommended books in the sequence provided, even if certain terms or processes seem unfamiliar initially. Persistence is key-allow yourself to absorb information gradually. Concepts that appear opaque at first will eventually interlock, revealing the "bigger picture" of how the body functions.**

**Embrace the Learning Curve**

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**Resist the urge to pause or backtrack when faced with unfamiliar terminology. Instead, keep moving forward. Repetition across chapters and books will reinforce your understanding, turning confusion into clarity. Think of it as assembling a puzzle: each piece, no matter how small, contributes to the final image. Revisit sections later-your growing knowledge base will transform previously obscure details into meaningful connections.**

## **Treasure Your Resources**

**The books curated by TOWARDS NEW HORIZON are not mere references; they are lifelong tools. Treat them as a personal “armoury” for intellectual growth. We advise against lending your copies-owning them ensures uninterrupted access**

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for repeated study. Each revisit will uncover new layers of insight, deepening your mastery over time.

### **Be Strategically Selfish**

Investing in your own collection is an investment in your growth. Sharing might seem generous, but it risks leaving you without critical resources when needed. Encourage others to acquire their own copies, fostering a community of equally equipped learners.

By following this navigational blueprint, you cultivate not just knowledge, but the wisdom to apply it. Trust the journey, cherish your tools, and let curiosity guide you. The path to understanding is iterative—every step, every reread, brings you closer to mastery.

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## **The Mind**

**To achieve greatness, you need to understand the mind.**

**What is the nature of the mind, or how does the mind function?**

**If you pack flowers in paper, the paper absorbs the fragrance of the flowers. If you pack fried food in that paper, it will carry the smell of oil. If you pack dried fish in the same paper, it will take on the scent of the fish. The paper itself is not at fault; the fault lies in what you pack in it. The mind is like that paper-whatever you put into it is the kind of "fragrance" it will emit.**

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**Let's try to understand the mind and how it influences our thoughts, emotions, feelings, mental health, and everything else happening in our lives.**

**What is the difference between mind and brain? Does the brain control the mind?**

**For the past 40 years, the terms "mind" and "brain" have been used interchangeably. Most people assume that when you talk about the mind, you're referring to the brain, and vice versa. Much of the popular and scientific literature, which the media often follows, discusses how the brain produces thoughts or how the brain generates the mind. However, your brain can't do anything on its own. If you were to hold a real brain removed from someone's head and stare at it all day, it would never do anything. The difference between a living brain-yours, mine, or anyone else's-is that you are actively thinking, feeling, and making choices. This aliveness is your mind, and your mind has the**

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**ability to control what you do at any given moment. As you listen or read this, you are processing auditory sound waves and electromagnetic light waves through your ability to think, feel, and choose- which is your mind.**

**So, to ensure the mind remains in the right frame, let's explore how to achieve that. But first, we need to understand: What is the mind? We often say, "The mind is troubling us," but if we ask ourselves, "Where is the mind?" we usually point to the brain. Is the mind located in the brain? Can any scan reveal the state of the mind? Scans only show the state of the brain. The brain is the hardware, and the mind is the software that helps the brain function well across emotional, social, and spiritual domains. So, how is the mind formulated?**

**Your mind is a unique, brilliant processing field- a gravitational field within and around you. Through your brain and body, you convert what you hear and**

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see into meaningful information. This meaning is formed from tree-like structures that grow in your brain. Researchers estimate that your mind translates auditory and visual signals into protein tree-like structures in your brain at a rate of 400 billion actions per second. With each new piece of information, you grow more branches in these trees, linking new thoughts to existing ones. This process is ongoing, as your mind is always active, working through your brain, which then responds.

Let's use an analogy: A piece of cloth is made of threads, and threads are made of cotton. Cotton is converted into threads, and threads are woven into cloth. If you want to undo the cloth, you must first unravel it into threads and then separate the threads back into cotton. Similarly, the mind is a bundle of desires, and desires are made of thoughts. Every thought becomes a desire, and every desire weaves the fabric of the mind, just as threads create

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cloth. To untangle the mind and prevent it from negatively affecting us, we must ensure that we cultivate good thoughts. This is where the relevance of a great algorithm for our spiritual journey comes into play.

Let's explore this further with another example. Imagine a small model of a human being. Your mind is the gravitational field within and around you, often referred to as an aura. This isn't voodoo science-it's hardcore, Nobel Prize-winning science that has discovered the effects of gravitational fields. Einstein spoke about this in the early 20th century, explaining that each human has a gravitational or electromagnetic field around them. When a person dies, this field disappears. This field is what keeps us alive-it's the thinking, feeling, and choosing aspect of our existence. Scientifically, it's a gravitational field, somewhat like a magnet.

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**Here's an easy way to understand it: Imagine a piece of white paper with iron filings scattered on it. If you place a magnet in the middle of the filings, they arrange themselves into a pattern around the magnet. You can't see the electromagnetic field, but you can see its effect through the iron filings. The relationship between the magnet and the field allows the filings to express themselves in that pattern. Similarly, the brain is like the magnet, and the field is your mind. This relationship allows you to express behaviors and patterns, which is why you never stop thinking.**

**Your mind is always working. You wake up with your mind, eat with your mind, choose people with your mind, and go to sleep with your mind. The mind is the source of everything. If you don't understand and manage it, it will continue to change on its own, often leading to chaos. Your brain and body will become a mess, and you won't achieve**

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greatness. To achieve greatness, you must understand your mind. Your mind, ideas, and thoughts are an energetic field around and within you, connected through your entire body and extending beyond it.

How important is food when detoxing the brain or mind?

The difference between you, me, and a dead person is our mind. Our mind is our aliveness, and it controls the digestive system. For our gut to function and digest food, our mind is running the show. Most people don't think about it this way. If you eat healthy, organic, sustainable, farm-to-table, local, real food but are in a bad mood or dealing with a relationship issue, you could lose up to 86% of the nutrition simply because of your state of mind. Your mind drives whatever you're thinking about, activating your brain and body, including the enteric nervous system, which connects the mind and brain.

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**This feedback loop drives the entire process, and because it's driven by your mind, it responds very quickly.**

**There's a direct and rapid link between the mind, brain, and gut. This connection is extremely fast, especially to the gut, which has as many neurons as the spinal cord-about 300,000 neurons. You've probably heard of the gut-brain connection, which has become a significant field of research in the last decade, particularly regarding the micro-biome. This connection has a lot to do with our intelligence, as 95% of serotonin and 90% of dopamine are produced in the gut. There's a strong relationship between the gut and the mind, but what we often overlook is that a thought in your mind activates and grows whatever you're thinking about. This thought then influences changes in the brain, which affect the gut and the entire digestive process, including the pancreas, gallbladder, stomach, and intestines.**

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**Everything is driven by energy waves from the mind.**

**If your thoughts are toxic, for example, the pancreas, which secretes 20 different neuropeptides required for food assimilation, won't function properly. If you're anxious, worried, or in a bad mood, those neuropeptides won't be secreted correctly, leading to poor digestion, bloating, gut issues, sore stomachs, or leaky gut. This creates inflammation, affecting gut bacteria and causing a cascade of negative effects.**

**So, it's not just about the food you eat but also the mindset behind the meal. We often focus so much on diet and food that we forget the most important component: the mind. Researchers suggest that we should manage our mind first and then use it to manage other functions.**

**Can we eat unhealthy foods and still maintain a good mindset to process those foods in a healthy**

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**way, extracting nutrients without negatively affecting the gut? Or do we need both the right nutrients and the right mindset?**

**Researchers say you need both. Eventually, junk food will accumulate in your body, creating an environment that wears down the brain and body. Excess chemicals from processed foods can lead to leaky gut, cardiovascular issues, and other health problems. However, even if you eat the healthiest foods but harbor toxic thoughts, abandon yourself, stay in unhealthy relationships, or hold onto past grievances, you won't benefit from the healthy foods. Your mindset can still cause inflammation or leaky gut. This aspect is often overlooked and not studied enough.**

**We often talk about the three pillars of health: diet, exercise, and stress management. However, the driving force behind all of these is your mind. If you manage your mind, the other factors become secondary. Your mind is your aliveness, and it drives**

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everything else. This is why we must focus on mindset.

How many times have we heard of people in their early 50s who exercise regularly, eat well, and seem fine, only to drop dead from a heart attack or suffer a paralytic stroke? Your mind can override the benefits of a healthy lifestyle. The mind creates changes in the brain and body, either strengthening or weakening the environment. If you don't manage toxic issues in your life, your brain and body will slowly deteriorate, increasing your vulnerability to disease by 35% to 90%.

### **Let's raise Two Questions:**

- . What are the most important practices for detoxing the brain?

Researchers say the mind is responsible for detoxing the brain. The brain isn't self-generating

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like genes. There's a fancy term for this, but essentially, genes can't switch themselves on, and the brain can't change itself. We often hear in the media that the brain can't change, but if we were to put an EEG or fMRI on you right now, we'd see massive changes happening in your brain. Brain health relies heavily on mind health. A messy mind leads to a messy brain and body. You can detox the body through physical means, like diet and exercise, but if you don't detox the mind first, you won't reap the full benefits of these environmental changes.

For example, if you go to the gym with a negative attitude, thinking, "I just want to get this over with," you send a message to every cell in your body to go into freeze mode, reducing the effectiveness of your workout. Your mind determines the benefit of the exercise, no matter how intense the workout is. So, while it's essential to eat well and exercise,

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**managing your mind is the key to optimizing these efforts.**

- . What is the biggest challenge in overcoming a messy mind?**

**For example, if you go to the gym with a negative attitude, thinking, "I hate this," you reduce the functionality of your DNA, diminishing the benefits of your workout. Your mind determines the effectiveness of your efforts. So, while it's essential to eat well and exercise, managing your mind is the key to optimizing these efforts.**

- . What is a messy mind?**

**A messy mind is experimental. It's constantly hypothesizing, making mistakes, and learning. This is natural and part of being human. However, if you don't manage the messiness, it can lead to chaos. The mind never stops working, even when you sleep.**

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**You dream with your mind, and you can even train yourself to change nightmares. A messy mind leads to a messy brain and body. You can't detox the brain or body effectively without first detoxing the mind.**

**. What's the difference between toxic positivity and a wise mind?**

**A wise mind recognizes that it doesn't know everything and that it's okay to seek help from others. It acknowledges when it has hurt others and understands that it's okay to cry, be sad, or feel depressed. Anxiety and depression are signals from the body, and a wise mind sees them as messages rather than illnesses. It's about having deep discussions, exploring philosophy, and seeking advice. Wise mind is present in all of us, but we often don't tune into it enough.**

**Toxic positivity, on the other hand, is about putting a Band-Aid on a wound. It's like slapping a**

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**positive affirmation on a deep issue without addressing the root cause. Gratitude statements and affirmations, when used incorrectly, can be tools of toxic positivity. They don't solve the underlying problem.**

**. How do we use mantras, affirmations, and positive attitudes effectively?**

**The neurocycle is a system for managing the mind. It's not a technique but a delivery system, like Amazon, which delivers anything efficiently. The neurocycle helps you manage your mind, directing the neuroplasticity of your brain to move in the right direction. It's about accepting the ups and downs of life and finding peace without falling into toxic positivity.**

**For example, if you wake up complaining every morning, simply replacing negative thoughts with gratitude statements might work temporarily, but it**

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won't be sustainable. You need to dig deeper and find the root cause of your complaints. Once you address the root cause, you can use positive affirmations effectively.

- . What's the biggest challenge in overcoming a messy mind?

The biggest challenge is managing the messy mind consistently. The mind is always working, and it's easy to fall into negative patterns. However, by practicing the neurocycle, you can train your mind to manage itself. It's about embracing the messiness, learning from it, and growing.

- . What is perfectionism, and how does it affect the brain?

Perfectionism is a distorted view of identity. It goes against the natural flow of life and is often rooted in a poor sense of self. Perfectionism can lead

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to anxiety, depression, and other mental health issues. To overcome perfectionism, you need to rebuild your identity, recognizing that you are enough as you are.

. How do we build confidence in our identity?

Building confidence in your identity involves doing regular identity checks. Reflect on your values, beliefs, and experiences. Recognize when you're feeling impostor syndrome, jealousy, or perfectionism, and address the underlying causes. By doing this, you can rebuild your identity and become more confident, resilient, and loving.

. What's the process of healing trauma from the past?

Healing trauma involves embracing, processing, and re-conceptualizing the past. It's about understanding the root cause of your pain and

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**transforming it into something meaningful. This process takes time and requires support, but it's essential for achieving mental peace and greatness.**

**. How do we protect our mental health daily?**

**Protecting your mental health involves self-regulation and brain building. Self-regulation means being aware of your thoughts, feelings, and choices, and managing them effectively. Brain building involves learning new information and skills daily, which strengthens your brain and improves mental resilience.**

**. What's the biggest challenge you still face today?**

**The biggest challenge is managing the mind 24/7. Even with all the knowledge and tools, it's easy to fall into negative patterns. However, by practicing the neurocycle and staying mindful, you can**



**overcome these challenges and achieve mental peace.**

**If you could learn and leave behind three lessons for the world, what would they be?**

**The mind is real, and you can control it.**

**Learn to manage your mind using the neurocycle.**

**Be kind-to yourself and others. These three lessons can help humanity achieve a peaceful and realistic existence.**

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## **Subconscious Mind**

**Have you ever wondered why the same patterns keep repeating in your life? We spend our entire lives learning about ourselves and developing behaviors that work best for us. But what happens when we no longer like those behaviors? What if we've developed bad habits? How can we change the things we're doing or the situations we keep encountering? Is it just coincidence, or are our thoughts and behaviors a reflection of who we are-our essence? No matter what we do-whether we take courses, change our appearance, make new friends, or strive for self-improvement-we often find ourselves stuck in the same cycles.**

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**This happens because our external experiences are a mirror of our internal state. Our feelings aren't just our own; they're influenced by the emotions of those around us, our genetics, and even our ancestors. We're part of a microcosm of information, whether we realize it or not. It might sound strange, but we've heard this idea before. Yet, we struggle to fully grasp or apply it.**

**Researchers remind us of the simplicity of this concept: our thoughts trigger feelings, which are vibrations within and around us. Everything in our environment aligns with these initial thoughts. For example, if you're playing a sport and think, "Please don't hit the ball to me," it's likely to come your way precisely because you're focused on that fear. We've all experienced this. The outcome reinforces the pattern, creating a painful cycle of questioning, "Why does this keep happening to me?"**

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**We all want to change our lives, but it's challenging because of the subconscious mind. The subconscious resists change because its primary role is to keep us safe. It believes the safest place is where we are now, since we've survived this far. It uses past experiences as evidence and creates a protective barrier around us, aiming to keep us calm and relaxed. When we try to deviate from our usual patterns, the subconscious employs persuasive methods-like sweating, jitters, headaches, or feelings of panic-to steer us back to what it knows.**

**The subconscious isn't inherently flawed; it's essential for survival. However, it accumulates so much data over time that, especially after trauma, it can paralyze us. What we often fail to recognize is that the power to change lies in our conscious mind. While the conscious mind is smaller and less capable than the subconscious, it's the part of us that can make deliberate choices.**

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**To understand this, imagine a teacher in a classroom. The students are noisy and distracted, ignoring the teacher's attempts to regain control. The lesson plan is forgotten, and chaos ensues. This is what happens when our conscious mind isn't focused. We might say we want to quit smoking, lose weight, or save money, but we quickly feel overwhelmed, distracted, or unmotivated. The subconscious mind is like those noisy students; when it's unruly, we lose focus and fail to achieve our goals.**

**The next day, the teacher returns with a clear plan and firmly states, "We're doing this today." The students test the teacher, but the teacher remains steadfast. Slowly, the students calm down and begin to engage. Similarly, the conscious mind must guide the subconscious. It doesn't need to micromanage; it simply needs to set the direction. For example,**

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saying, “Today, I’m going to have a great day,” directs the subconscious toward positivity.

The subconscious can’t make decisions without conscious direction. It operates based on past experiences, genetics, and influences from those around us. If we don’t assert our conscious mind, we’ll drift back into old patterns. The key is to act like the teacher, guiding the subconscious toward better choices.

Our minds have two main parts: the conscious and the subconscious. The conscious mind is aware and active, responsible for decision-making and organizing tasks. It has no stored information; it’s like a conductor directing an orchestra. The subconscious, on the other hand, is vast and stores everything we’ve ever experienced. It handles automatic behaviors, like walking or eating, without us needing to think about them.

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**The subconscious represents 90-95% of our behavior, yet we often mistake it for conscious action. For example, if asked to walk naked through a crowded mall, most of us would feel intense discomfort. This reaction isn't logical; it's the subconscious recalling past experiences and societal norms to protect us.**

**The subconscious runs programs based on learned experiences. It doesn't forget anything, so it repeats the most well-rehearsed behaviors, whether good or bad. To change these patterns, we must use our conscious mind to set new intentions. For instance, if you've struggled with public speaking because of past criticism, your subconscious might trigger fear and self-doubt. But by consciously choosing to focus on positive memories of success, you can rewrite those patterns.**

**Inspiration and intuition come from the deeper subconscious, which holds wisdom beyond our**

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**immediate awareness. When we're in a state of flow, we're not consciously directing our actions; we're allowing insights to guide us. However, when we're stuck in unhelpful patterns, we must use our conscious mind to interrupt them and create new, beneficial behaviors.**

**Trauma and negative experiences are stored in the subconscious, often manifesting as physical or emotional symptoms. To heal, we must bring these experiences into conscious awareness and process them. This is like releasing steam from a boiling kettle; if we don't, the pressure builds until it becomes overwhelming.**

**The conscious mind's role is to set intentions and guide the subconscious. For example, if you tell yourself, "I am healthy and capable," the subconscious will align with that belief. It's not about lying to yourself but about consciously choosing the direction you want to move in.**

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**Ultimately, the subconscious is a powerful tool, but it requires conscious guidance to break free from limiting patterns. By setting clear intentions, staying present, and processing past traumas, we can rewrite our subconscious programs and create a more fulfilling life.**

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## **Relation of the Mind and Breath**

**"When we breathe, we are directly aware of the air only in a few places: the nose, throat, and heart. We are less conscious of the air that reaches the lungs, stomach, and brain, and even less aware of the air that flows into the ears and eyes. The air moving through the respiratory system is divided into various types, each with distinct qualities."**

**"When we take strong and deep breaths, the increased flow of air helps destroy harmful bacteria within the body. The cells' ability to combat diseases improves, bone health strengthens, new blood is produced in the marrow, and accumulated waste in the body begins to be expelled."**

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**"Nowadays, most people take short and shallow breaths. Their breathing remains superficial, even when they walk quickly."**

**"If you observe a true yogi or seeker, you will notice an extraordinary calmness on their face. A true yogi remains stable and composed even in the most challenging situations."**

**"Prana energy is all around us, but a yogi understands precisely how much to absorb and release. They have mastered this balance to a great extent."**

**"In truth, fear, worry, and trouble are merely products of our mind and emotions. The only thing we can control is our breath, which in turn influences our emotions-anger, anxiety, jealousy, ego, and even feelings of revenge."**

**"If the number of breaths we take in a minute falls below a certain level, we begin to perceive the subtle phenomena occurring around us."**

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**"The more still our body is, the slower our breathing becomes. By maintaining this stability and avoiding rapid breathing, our awareness continues to expand, as taught in yoga through breath control."**

**"According to Swara Shastra, if the exhalation length decreases by one count, a person may lose vitality, and sexual desire begins to diminish. A reduction of two counts enhances pleasure, three counts improve writing ability, four counts grant the power of speech, five counts provide far vision, and reducing six to seven counts enables the seeker to move at incredible speeds."**

**"They can travel to distant places in moments, but these dormant powers awaken only when there is both the method and the intention to activate them."**

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## **All is Mind**

**Let's talk about collaboration between you and your mind. When you learn to collaborate with your mind and clearly communicate what you want, you can achieve your desires. To succeed at every level, you need to understand four key principles about your mind and put them into practice. Your mind acts based on what it believes you want, always striving to serve your best interests.**

**Let's explore these four principles:**

- 1. Your mind will do exactly what it thinks you want it to do.**

**If you haven't achieved what you want but are experiencing behaviors or outcomes you don't**

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desire, it means you're not collaborating effectively with your mind. This book will help you change that. Your mind acts based on what it believes you want, always listening to your language, actions, and emotions.

For example, if you have a presentation but feel unprepared and reluctant to do it, your mind might respond by giving you a migraine on that day, aligning with your subconscious resistance. Similarly, if you repeatedly tell yourself you want a week off, your mind might manifest flu-like symptoms to give you that break. This is how your mind works-it responds to the words and emotions you express.

This goes beyond positive thinking; it's about actively collaborating with your mind. If your current behaviors aren't yielding the results you want, it's a sign that you're not communicating clearly with your mind.

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**Another example: Marine training is grueling, but marines often sing during their drills, conditioning their minds to associate the hardship with positivity. This demonstrates the power of aligning your mindset with your goals. To collaborate effectively, use specific, detailed, and precise language. Tell your mind, “I want this, I like this, I have chosen this,” and link pleasure to the desired outcome.**

**2. Your mind is hardwired to move you toward pleasure and away from pain.**

**Your mind instinctively seeks pleasure and avoids pain. For instance, if you eat something that makes you sick and associate it with pain, you'll likely avoid that food for the rest of your life.**

**However, if you link pain to activities like studying, public speaking, or seeking attention,**

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**you'll struggle to engage in them. You have the power to redefine what you associate with pain and pleasure. For example, if you had a negative experience speaking in public as a child-like being laughed at for mispronouncing a word-your mind might associate public speaking with pain. Years later, when asked to give a presentation, you might experience panic attacks because your mind recalls that association.**

**To overcome this, you must reprogram your mind. Clearly communicate what you want and link pleasure, not pain, to challenging tasks.**

- 3. Your feelings are determined by two things: the mental images you create and the words you say to yourself.**

**Your brain responds solely to the pictures you visualize and the language you use internally. For example, imagine you're on a flight to a**

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**beautiful holiday destination. If you start thinking, “The plane sounds strange,” or “That passenger looks suspicious,” your experience will shift dramatically because of these mental images and words.**

**To collaborate effectively with your mind, you must consciously change these images and words. For instance, close your eyes and imagine a lemon. Visualize its texture, smell it, and then take a big bite. Notice how your mouth salivates in response to a mere thought. Your body reacts to the images and words in your mind, regardless of whether they’re real or imagined.**

#### **4. Your mind loves what’s familiar.**

**Your mind is programmed to gravitate toward familiar patterns. To succeed, you must make the unfamiliar familiar and the familiar unfamiliar. For most people, familiar patterns include**

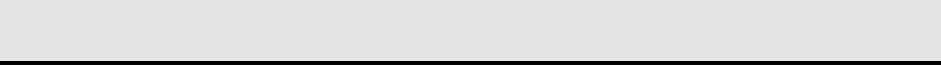
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**procrastination, self-doubt, and avoiding challenges. To break free, you must replace these with unfamiliar yet empowering habits like hard work, self-belief, and discipline.**

**Muhammad Ali once said, "It's people's fears that stop them from taking on challenges. I told myself I was the greatest before I was even born. I believed in myself, and guess what? I am the greatest." Our mind believes what we tell it. First, you shape your beliefs, and then your beliefs shape you. When you stretch your mind to new dimensions, it never returns to its original state because your potential expands as you move toward it.**

**To achieve a powerful collaboration with your mind, remember these four principles:**

**Clearly communicate what you want.**



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**Link pleasure to desired outcomes and pain to what you want to avoid.**

**Use detailed language and change your mental images and self-talk.**

**Make the familiar unfamiliar and the unfamiliar familiar**

**Success begins with your mindset. If you think you're beaten, you are. If you think you can't, you won't. Life's battles aren't always won by the strongest or fastest but by those who believe they can.**



## **State of Mind**

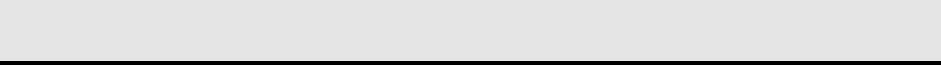
- . If you think you have lost, you have lost.**
- . If you think you cannot dare, you cannot dare.**
- . If you want to win but think you cannot win,**
- . It is almost certain that you will not win.**
- . If you think you will lose, you have lost.**

**Because in the world, success begins with a person's willpower-**

**It all depends on the state of mind.**

**If you think you have fallen behind, you have lost.**

**You must think high to rise.**



**You must believe in yourself before you can win the prize.**

**The battles of life do not always go to the strong or the fast,**

**But sooner or later, the one who wins is the one who believes he can win.**

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# **Connections Between the Brain, Mind, Gut and Breath**

**The Symphony Within: Unlocking the Brain,  
Mind, Gut, and Breath Connection**

## **Introduction**

**Imagine your body as a symphony orchestra, where the brain, mind, gut, and breath each play unique instruments, harmonizing to create the melody of your well-being. This intricate network, often overlooked, holds the key to holistic health. Let's explore how these elements interconnect and how you can conduct their harmony.**

### **1. The Brain: The Master Conductor**

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**The brain, your control center, processes thoughts, emotions, and bodily functions through neurotransmitters. It's not just an organ but a dynamic communicator, constantly relaying messages via the vagus nerve to other "sections" of your body.**

**Did You Know? Neuroplasticity allows the brain to rewire itself based on experiences—a reminder that change is always possible.**

## **2. The Mind: The Composer of Experience**

**The mind transcends the physical brain, encompassing consciousness and perception. It's where thoughts and emotions compose your reality. Stress, a mental state, can manifest physically (e.g., tension headaches), illustrating the mind-body bridge.**

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**Quick Insight: Mindfulness practices can reshape mental patterns, influencing brain structure and emotional resilience.**

### **3. The Gut: The Second Brain**

**Your gut houses the enteric nervous system, a complex network often called the “second brain.” It produces 90% of serotonin, a mood-regulating neurotransmitter, and communicates with the brain via the gut-brain axis.**

**Gut Feeling: A troubled gut can signal anxiety (e.g., “butterflies”), while a healthy micro-biome supports mental clarity. Probiotics and fiber-rich diets nurture this symbiosis.**

### **4. The Breath: The Rhythm Section**

**Breath is both automatic and controllable, acting as a lever for the nervous system. Slow**

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**diaphragmatic breathing activates the parasympathetic response (calm), while shallow breaths trigger stress.**

**Power Tool: Try “4-7-8” breathing (inhale 4s, hold 7s, exhale 8s) to reset your rhythm during stress.**

### **The Interconnected Dance**

**Stress Loop Example: Anxiety (mind) → brain releases cortisol → gut discomfort → rapid breathing.**

**Healing Cycle: Deep breathing → calms mind → reduces cortisol → soothes gut.**

### **Practical Harmonies: Tips for Daily Life**

**Breathe Mindfully: Start mornings with 5 minutes of intentional breathing.**

**Nourish Your Gut: Incorporate fermented foods and fiber.**

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**Meditate:** Even 10 minutes daily enhances mind-brain communication.

**Move:** Exercise boosts gut diversity and brain health.

### **Conclusion: Your Body's Symphony**

By understanding and nurturing these connections, you empower yourself to lead a balanced life. Remember, a mindful breath can quiet a restless mind, a healthy gut can uplift your mood, and a resilient brain adapts to life's rhythms. You're not just a listener but the conductor of this magnificent symphony.

**Takeaway Mantra:** "Breathe deeply, think kindly, eat wisely-your harmony awaits."

This concise guide fits in a book, offering actionable insights with poetic simplicity. Keep it handy for quick reference to body-mind harmony!

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# Thoughts

Welcome to the fascinating world of thoughts. Did you know that we have approximately 50,000 to 70,000 thoughts per day, and that most of these thoughts are repeated? This means we often think the same thoughts we had yesterday, last week, or even last year. We tend to believe these thoughts are ours, but that's not necessarily true. Many of these thoughts are picked up from the world around us. Over time, we've become addicted to thinking.

So, what happens when we think a thought? Essentially, we focus all our attention on a very tiny aspect of reality. As one researcher puts it, "Thinking means losing touch with reality." We get caught in a thought bubble, often becoming stuck

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and lost in it. This deepens our sense of separation-separation from everything around us. Separation is likely one of the main causes of suffering in life. Thinking isolates and divides us, whereas simply being in the present moment unites and connects us. Awareness doesn't require thinking; in fact, it's the opposite. It's a space without thoughts-a state of being present rather than being lost in thought. This is what's called mindful living.

Let's now explore the typical lifecycle of a thought. Take, for example, an architect who wants to design a house. They start with a simple thought or idea and keep thinking about the house. As they refine the design, it becomes more detailed and complex. They add windows, doors, and other elements, making the thought stronger. The next step is to bring this theoretical thought into two-dimensional reality as a drawing on paper or a computer screen.

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With the help of many workers, time, and effort, the house eventually becomes a three-dimensional reality. This is the natural path of a thought. "Thoughts become things because a thing is a matured, ripened form of a thought." All our thoughts are concepts that seek to become real or manifested. Like everything else in the universe, they carry an inner life force that keeps them alive. Moreover, we think in pictures, so each thought has its unique form or shape. In this sense, thoughts are independent living entities.

Now, let's examine a crummy thought that might arise during the day. This thought entity stays close to us as long as we keep thinking about it and feeding it energy. The more we dwell on it, the bigger and stronger it becomes. Remember, the universe operates on communication-sending and receiving energy. A crummy thought is an energy field that sends out vibrations and receives

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**vibrations from other sources. It connects with other thought energies of similar vibrations, as like attracts like.**

**If a crummy thought isn't recognized and stopped, it can bind with similar crummy thoughts, forming a larger, more complex thought or thought bubble. According to the law of sowing and reaping, this thought complex or energy complex will eventually return to its source-us. It will influence us and may manifest the very thing we feared when we first entertained that crummy thought.**

**Depending on how often we think the same thought, it gradually settles into our aura and begins to exert its influence on us and our soul, working from the outside in. What we fear may then become a reality. Interestingly, we can also be influenced by thoughts that aren't originally ours. Thought complexes from others can affect us if they resonate with our own vibrations. For instance,**

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when such a thought form finds resonance within us, it can start as a small irritation but quickly grow.

Large thought forms can even take over entire groups of people, countries, or governments. Often, these are promoted by the media. If we identify with these thoughts, we become unconscious, allowing others to run our programs and control us. Furthermore, these large thought complexes can connect with lower negative astral spheres, such as demonic realms, where they are fueled and amplified. They reveal the often grotesque desires and intentions of their creators.

It's like walking through a sewer, where these thought complexes float around us like heavy, sluggish mud or oil slicks. On the other hand, positive thoughts of love, compassion, truth, and understanding radiate a glow within and around us. They can act as a force to dissolve destructive thought forms.

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Researchers share another example: imagine strongly disliking someone, like a coworker. If we think hateful thoughts toward them and wish them harm, we attach that negative energy to them. If the person doesn't resonate with those thoughts, nothing happens. However, if they harbor even a tiny amount of negativity, our thought can poison them. If our negative thoughts lead to harm, we become karmically bound to that person and share responsibility for their negative actions or words.

Additionally, this thought will eventually return to us, according to the law of sowing and reaping. Thoughts are magnetic forces-energy that is never lost. Negative thoughts will circle back to their originator. The same dynamic applies to positive thoughts. When we send out good thoughts, like blessings, they can bring joy, harmony, and health to others. As one poet beautifully said, "We have to bless the living daylights out of everyone." As long as

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**we bless and wish well-being for others, it becomes impossible to harbor negative thoughts or be affected by them.**

**As we've seen, there's incredible power in our thoughts. We must be mindful of what we think and become aware of any negative thoughts, stopping them immediately. We can either bring light into the world or poison it. Negative or positive thoughts can influence not only our dreams and genes but also the genes of a developing baby in a mother's womb. This is why meditation and the desire for stillness are so important. We should also question stressful thoughts and be discerning about the places, people, and media we engage with, especially those that thrive on negativity. As we've learned, there's great danger in promoting negative thoughts that aren't truly ours.**



# **Emotions**

## **. Why Emotions Matter and what Causes Emotions?**

**Emotions are created by our brain as it interprets bodily sensations based on past experiences. Various neural networks contribute to feelings like happiness, and these emotions play a critical role in shaping our success or failure in life. By enhancing emotional health and intelligence, we can reduce stress, overcome anxiety, combat depression, and build stronger relationships. Emotions help us survive, grow, and connect with others, guiding our decisions, behaviors, and motivations. Even as babies, emotions are our first**

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language, allowing us to communicate before we can speak.

. **How Are Emotions Created?**

Emotions are the brain's way of interpreting bodily sensations in relation to our surroundings. Using past experiences as a guide, the brain assigns meaning to these sensations, influencing our actions and perceptions. For example, joy arises from positive events, while fear emerges in response to threats. Emotions drive behaviors like fight, flight, or freeze responses and signal to others that we may need support. They also provide wisdom, alerting us to important changes or needs in our lives.

. **How Do Emotions Control Us?**

Emotions compel us to feel and act. They trigger changes in the autonomic nervous system and hormonal responses, preparing us for action. For

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instance, fear can make us jump back to safety when danger is near. Emotions also influence our daily outlook, shaping how we react to situations, focus our attention, and process information. Neuroscience shows that emotions significantly impact cognitive functions like decision-making and problem-solving.

### . Why Are Emotions Important?

Emotions add depth to our experiences, helping us navigate life, make choices, and connect with others. They act as signals, informing us about our needs and desires. Emotions like joy, love, anger, fear, and sadness motivate us to act or avoid certain situations. They also foster empathy, allowing us to share in others' joy or pain. By understanding and managing our emotions, we can build better relationships, resolve conflicts, and move past difficult feelings more easily.

### . How Do Emotions Teach Us?

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**The driving force behind our thoughts and actions are our Emotions. They provide valuable insights into our needs and the world around us. For example, sadness can signal a need for help, while fear can prompt quick action in dangerous situations. Emotions also help us learn from experiences, shaping our future responses and behaviors.**

**. Can We Trust Our Emotions?**

**While we don't always need to act on our feelings, paying attention to them can reveal important truths about ourselves. Trusting our emotions means acknowledging their messages and using them to guide our decisions.**

**. How to Manage Emotions**

**Emotional Strength: Develop resilience by learning from setbacks, adapting to change, and focusing on solutions rather than obstacles.**

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**Calming Techniques:** Use methods like deep breathing, exercise, or grounding exercises to manage intense emotions.

**Avoiding Emotional Avoidance:** Blaming others or suppressing feelings can be harmful. Instead, express emotions healthily or channel them into constructive activities.

**Emotional Regulation:** Aim to understand and accept your emotions rather than repressing them. Tools like mood journals, meditation, and therapy can help.

## **. Creating and Balancing Emotions**

Emotions are not pre-programmed but are constructed by the brain based on personal history, physiology, and environment. To cultivate positive emotions like joy, reflect on past experiences that evoked that feeling and incorporate similar activities into your life. Maintaining emotional balance

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**involves self-awareness, gratitude, connection, self-love, and spending time in nature.**

## **Final Thoughts**

**Emotions are a fundamental part of being human. They help us survive, connect, and thrive. By understanding and managing our emotions, we can lead more fulfilling lives. Take the time to reflect on what you've learned and apply it to your daily experiences, moving toward a brighter, more emotionally balanced future.**

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## **Ways to Handle Your Thoughts and Emotions**

**There are effective ways to handle thoughts and emotions. Thought is a master key to a great life—thoughts become reality. No matter your surroundings or circumstances, your thinking will manifest in your life. That’s the power of thought. Thoughts are a pathway to emotions; they can create heaven out of hell or hell out of heaven. Lower vibrations respond more to long-term negative emotional states than to short-term ones.**

**To stop negative thoughts and convert them into positive states of peace, joy, and hope, try this: STOP. Imagine the thought is coming from someone else. Picture yourself as the observer, as in meditation. When you can believe in things you cannot see, you open yourself to a whole new world**

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**of possibilities. Lower vibrations respond more to how you feel than how you think.**

**Positive energy is far more powerful than positive thoughts. You generate positive energy through unconditional love, gratitude, joy, forgiveness, enthusiasm, uplifting music, dance, kindness, laughter, funny videos, nature, and the company you keep. There's no supplement as powerful as lifestyle. Your thoughts control your life. You are the creator of your reality. Choose your thoughts wisely. The future isn't somewhere you're going-it's something you're creating right now, in this moment, with every thought, word, and action. So choose well, scrutinize your lifestyle, and give it time to transform.**