

PART I

The Infinite Mind

"Mind is the Master--power that molds and makes, and Man is Mind, and ever more he takes the Tool of Thought, and shaping what he wills, brings forth a thousand joys, a thousand ills--He thinks in secret and it comes to pass; Environment is but his looking-glass."
- James Allen

Mind is a massive storehouse of power. The ultimate capacity of the brain for all practical purposes is "infinite". It has an infinite capacity and potential with a lot of latent energy. The possibilities available to each individual when they understand and harness the powers of their mind are unlimited. Each individual is neurologically wired for success, and in discovering and fulfilling their potential they contribute to the whole of humanity. Unless we tap this latent energy and mould ourselves in a beneficial manner, we remain the same.

In scientific terms the mind is as yet poorly understood. The contemporary views of philosophy, psychology, neuroscience, and cybernetics all come up with different interpretations. It is intangible, it has no definite location, and yet it seems to be responsible for much of what makes us who we are. Let me be clear at the very beginning of this book. ***Mind is a process. Not a destination or a location in the body!***

It is important to note that the human brain and the mind are not the same. The mind is purely a non physical aspect of you, fuelled by consciousness, while the brain is the physical apparatus that the mind utilizes to process this consciousness, or thought processes, enabling the manifestation or the physical appearance of responses. Mind is the product of the functioning of the brain and

2 Optimizing the Infinite Mind

the nervous system, and is composed of information. It controls the information flow throughout the body, and there is a mind-body connection creating an information network within the body. When the brain dies, there is no mind active in the body.

Mind collectively refers to the aspects of intellect and consciousness which are manifested as combinations of thought, perception, memory, emotion, will, and imagination; mind is the stream of consciousness. It includes all of the brain's conscious processes. This denotation sometimes includes in certain contexts, the workings of the sub-conscious as well. "Mind" is often used to refer especially to the thought processes of reason.

The mind is sometimes seen as the personalization of the brain, depending on the unique pattern of connections between brain cells which build up over our lifetime as we grow and develop according to our personal experiences. Some modern researchers are of the view that the mind also extends to every cell in the body through various neurotransmitters and neuropeptides.

The mind is thought to be the seat of perception, self-consciousness, thought, belief, memory, hope, desire, will, judgment, analysis, evaluation, reason, etc.

In general, the mind can be defined as an entity that has the nature of mere experience, that is, "clarity, knowledge, and wisdom." It is the knowing nature of awareness, or activity, that is called mind; and this is non-material. But within the category of mind there are also gross levels, such as our sensory perceptions, which cannot function or even come into being without depending on physical sense organs. And within the category of the sixth sense - the mental consciousness, there are various divisions, or types of mental consciousness that are heavily dependent upon the physiological basis - our brain and neural network, for their arousal. These types of mind cannot be understood in isolation from their physiological bases.

Now a crucial question arises: How is it that these various types of cognitive events - the sensory perceptions, mental states and so forth - can exist and possess this nature of knowing, luminosity and

clarity? These cognitive events possess the nature of knowing because of the fundamental nature of clarity that underlies all cognitive events in the mind. The term cognition (Latin: *cognoscere*, "to know") is used in different ways by different disciplines. In psychology, it refers to an information processing view of an individual's psychological functions. Or it refers to higher mental processes such as thinking, analyzing, reasoning, abstraction etc.

The human mind possesses cognitive abilities such as imagination, creativity, and innovation. It is capable of learning things through experience and practice. Each individual has different capacities in utilizing different mind processes based on such experiences. The mind is flexible, trainable, and optimizable to get the desired results. It has the capability to expand its possibilities on a variety of mind processes almost infinitely. There is always capacity in your mind to go beyond what you perceive. The mind has an infinite capacity to think, reason-out, and to solve problems in an innovative manner.

A distinctive feature of the mind is that it has the capacity to observe itself. The philosophical inquiry of the mind's ability to observe and examine itself has long been a significant issue. Mind is a complex array of different mental events and states. Owing to the introspective nature of the mind it is possible to observe the current processes such as specific thoughts at a given moment, or what objects the mind holds at a given time, or what kinds of objectives it needs to fulfill. When it is in a meditative state having a specific focus or single-pointedness, it is possible to apply this introspective faculty to deeply analyze the processes of the mind, to create insight and to adjust thought processes accordingly. The ability to observe the mind makes it possible for one to identify dysfunctional mind processes and re-program them in a beneficial manner.

We have an unlimited freedom of choice and imagination. This means that we can exhibit creativity in our choices, imagining things that we have not yet experienced. Due to such processes in the mind, our thoughts and the resulting behavior can become unpredictable. Most researchers today recognize that the mind can be developed as

a result of a mixture of innateness and learning. Mind is a “quantum living being”. The mind can transcend time, visit parallel universes, and by utilizing quantum effects violate the laws of Newtonian physics. It is indeed a splendid thing!

Mind Power

Human mind power is *infinite in its potential* to create the results you desire, whatever they might be, whether on the physical, mental, or spiritual plain. By becoming aware of this power, coupled with establishing a conscious awareness of the absolute and unwavering universal laws and principles that support its ability to do so, you can embark on a journey in developing the awareness of an infinite supply of wisdom, knowledge, and power which is available to all of us and begin to create a life of "infinite" abundance and happiness that has ALWAYS been available to you. Your insight and action is the only prerequisite to accomplish any goal or vision held. I use the word infinite quite often here because we limit our personal strengths and resources with limitations we create ourselves. In other words we allow certain limiting forces to limit the infinite capacity that lies within every one of us. The Super-Conscious is the aspect of consciousness which is limitless or "Infinite" in nature which depending on any number of possibilities concerning what you have been taught to believe as reality. The Super-Conscious Mind contains within itself the possibility as well as the probability of anything and everything that can be conceived within the mind; and the possibilities are "Infinite."

Much like the brain is operated and energized by the mind, *human mind power* is made possible and energized by consciousness. We are going to see what consciousness is all about later. Mind power lies within our conscious mind and its processes - the way we think and perceive life situations. Since the mind reflects on routine thoughts, it is the responsibility of the individual to influence the mind with positive self-talk, emotions, and energy as