

# Preface

I have two shadows behind me. One is “Electronics and Computer Science”, and the other is “Psychology and Neuroscience”. Many years ago when I was conducting research for my PhD in Computer Science, my focal area was Artificial Intelligence and Robotics. Back then, I was very interested in “intelligent” machines and machine learning. My research interests in Artificial Intelligence lead me to Neuroscience. Throughout my professional life of 25 years, I have been passionate about how the human mind worked. From creating intelligent machines, transformed to be a Cognitive Neuroscientist; here I am - transformed from hardware to wetware, dealing with living-beings, rather than with non-living machines.

Today, as a practicing Clinical Psychologist, at times I meet people who literally wander through life. They simply accept whatever fate brings them. A few may succeed by accident, but most suffer through a lifetime of frustration, disappointment and unhappiness. I have observed some of them are not willing to change, or attempt to change. This book is not for them. They have neither the determination to succeed nor the willingness to devote the time and effort necessary to achieve success. But, this book is for you. The mere fact that you are reading this book indicates you want to live a richer, more meaningful and fulfilling life than you have now. This book is capable of helping you in that.

Life is an exotic buffet with lots of choices. But the tragedy is that most people are starving to death. We are surrounded with joy, with prosperity, with love. Unfortunately, most people have no idea of this whatsoever, because they are programmed to think that such things are beyond their reach. They tend to think that they’ve got a raw deal in life. They are programmed with many self-limiting

beliefs. It is very sad that they dwell in self-created imaginary prisons and lack a key to access peacefulness and abundance. We possess an amazing mechanism of power within every one of us that needs to be activated. We can either look forward to a hopeless end, or to have endless hope. It's a matter of how we look at life.

I have written this book having the average reader in mind, and due to this fact, I have tried my best to be non-technical as much as possible. It is divided into three sections. Namely, the Infinite Mind, Neural Optimization Technique, and Optimization Guide. I believe that it is always beneficial to have an understanding about the mechanism behind a process to make the maximum use of it. Therefore, in Part I of the book I am presenting to you some basic knowledge of Psychology and how the mind works - which I think will be useful in understanding and altering your mind processes.

If you try to understand the mind processes and resolve to change your mind, you can change your life. What you perceive and believe create the actual circumstances in life. By changing your inner attitudes of mind, you can change the outer aspects of your life. You may be thinking that success is for a chosen few and you are not one of them. If this is your thinking, start now to eradicate that belief from your mind.

Success is a natural state for all of us. All of us have the capacity to be successful. In pursuit of success, we need to optimize what is inside - our thoughts, emotions, and actions - to obtain the desired results in life. In this process, you need to discover your potential and capacity. I sincerely hope that I will be able to initiate some change in you through this book. Your mind is a storehouse of energy. Gather all your misdirected energy, and focus on changing your habits and lifestyle to live the most productive life you can.

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