

# Mind Your Reality Compendium

The Essential Guide to Mind Power and Reality Creation

**Volume 1**



Tania Kotsos

## Mind Your Reality Compendium, Volume 1

By Tania Kotsos

[www.mind-your-reality.com](http://www.mind-your-reality.com)

**This volume is dedicated to my family with love.**

### **A Message from the Author**

Thank you for purchasing the Mind Your Reality Compendium. This e-book is the first volume of a collection of articles based on my studies and understanding of mind power, metaphysics, the Universal Laws and the true nature of reality.

As far back as I can remember I loved to unravel mysteries. As a child, I remember wanting to become a private investigator; not for the reward of “catching the baddie”, but rather, for the joy of solving the puzzle. I remember buying a heavy, hard covered Reader’s Digest book on the unexplained when I was about 10 years old from a second hand bookshop in our neighbourhood. I used to read it secretly, as if the knowledge contained within its pages were somehow magical and could transport me to another dimension.

As an adult, little has changed. I still have that book, along with many more now, and I still get the same feeling when I read them. Even during my 10-year career as a foreign exchange strategist in the investment banking City of London, my greatest satisfaction was derived from looking for new relationships between currencies, and then sharing these with clients. I like to believe that any success I enjoyed during my career in banking is owed to my love for solving mysteries.

In 2007, I decided to leave banking behind me to fulfil my childhood dream of becoming a private investigator; only this time of life's mysteries, of which the Mind is by far the greatest. The inscription on the ancient Temple of Apollo in Delphi in Greece said: “Know thyself and thou shalt know all the mysteries of the gods and of the Universe”. Paradoxically, while my driving force is to unravel and share the secrets of the Mind, I never want to wholly solve its mysteries, so I am relieved to have found, that every answer I receive gives rise to a new question. Mind Your Reality – the website and this e-book - is a product of my love for the subject of the Mind and is dedicated to that on-going cycle of questions and answers.

Once again, thank you for purchasing this e-book and I hope you enjoy it.

Here’s to your Mind!

*Tania Kotsos*

Author & Creator of Mind Your Reality ([www.mind-your-reality.com](http://www.mind-your-reality.com))

---

---

# MIND POWER

"We do not have to wait for future discoveries in connection with the powers of the human mind for evidence that the mind is the greatest force known to mankind. We know, now, that any idea, aim or purpose that is fixed in the mind and held there with a will to achieve or attain its physical or material equivalent, puts into motion powers that cannot be conquered." ~ *Napoleon Hill*

---

---

## Brain Waves and the Deeper States of Consciousness

Every part of your body vibrates to its own rhythm. Your brain has a unique set of brain waves. In neuroscience, there are five distinct brain wave frequencies, namely Beta, Alpha, Theta, Delta and the lesser known Gamma. Learning mind control at the deeper states of consciousness opens you up to the world of your subconscious mind and higher self where you can create your reality at will and with exact precision. Each frequency, measured in cycles per second (Hz), has its own set of characteristics representing a specific level of brain activity and hence a unique state of consciousness.

### **Beta (14-40Hz)**

Beta brain waves are associated with normal waking consciousness and a heightened state of alertness, logic and critical reasoning. As you go about your daily activities you are at Beta. Although important for effectively functioning in everyday life, higher Beta levels translate into stress, anxiety and restlessness. With the majority of adults primarily operating at Beta during their waking hours, it is little wonder that stress is today's most common health problem. The voice of Beta is the little nagging chatterbox of your inner critic, which becomes louder and more relentless the higher you go in the range.

### **Alpha (7.5-14Hz)**

Alpha brain waves are present in deep relaxation with the eyes usually closed and while day-dreaming. The relaxed detached awareness achieved during light meditation is characteristic of Alpha and is optimal for programming your mind for success. Alpha heightens your



imagination, visualization, memory, learning and concentration. It lies at the base of your conscious awareness and is the gateway to your subconscious mind. The renowned Silva Method by Jose Silva is premised on the power of Alpha. The voice of Alpha is your intuition, which becomes clearer and more profound the closer you get to 7.5Hz.

### **Theta (4-7.5Hz)**

Theta brain waves are present during deep meditation and light sleep, including the REM dream state. Theta is the realm of your subconscious mind. It is also known as the twilight state as it is normally only momentarily experienced as you drift off to sleep (from Alpha) and arise from deep sleep (from Delta). A sense of deep spiritual connection and oneness with the Universe can be experienced at Theta. Vivid visualizations, great inspiration, profound creativity, exceptional insight as well as your mind's most deep-seated programs are all at Theta. The voice of Theta is silence.

### **Delta (0.5-4Hz)**

The Delta frequency is the slowest and is present in deep, dreamless sleep and in very deep, transcendental meditation where awareness is completely detached. Delta is the realm of your unconscious mind. It is the gateway to the Universal mind and the collective unconscious whereby information received is otherwise unavailable at the conscious level. Delta is associated with deep healing and regeneration, underlining the importance of deep sleep to the healing process.



### **The Alpha-Theta Border**

The Alpha-Theta border, from 7 to 8Hz, is the optimal range for visualization, mind programming and using the creative power of your mind. It is the mental state at which you consciously create your reality. At this frequency of mind control you are conscious of your surroundings but your body is in deep relaxation. To learn how to access this level of mind at will you must first learn how to relax.

resisting any of your negative thoughts, simply learn to effortlessly cancel them by replacing them as they arise.



### **Instantly Replace Unwanted Thoughts**

To instantly neutralize the power of a negative thought, calmly and deliberately replace it with its opposite, positive equivalent. For instance, if you think to yourself "I'm not good enough, I will never succeed", mentally replace that thought with "I am good enough and success comes to me easily". You can also use the "cancel, cancel" technique made famous by the Silva Method. Each time you catch yourself thinking an unwanted thought, mentally tell yourself and the Universe "cancel cancel" and immediately follow it up with a positive statement.

### **Tame Your Dominant Thoughts and Your Random Thoughts Will Follow Suit**

It is estimated that the average person has between 12,000 and 70,000 thoughts a day. This is evidence enough to suggest that your goal should not be to control every thought. It is your dominant thoughts and beliefs that you must learn to bring under your conscious control as they are what largely determine your mental attitude. As you do, you will find your random thoughts themselves becoming more positive and more deliberate.

*The following words of Siddhartha Gautama Buddha perfectly capture the essence of thought power: "All that we are is the result of what we have thought. The mind is everything. What we think we become."*



### **In a Nutshell**

Your life is the perfect mirror of your thoughts, beliefs and dominant mental attitude. Whether you realise it or not you are already creating your reality through your thought power. Every effect you see in your outside world has its original cause within you - no exceptions. To gain access to the greatest creative power at your disposal, you must learn to control the nature of your habitual thoughts and to align yourself with the One Source of All Power of which you are a part. Your thoughts create your reality - know, internalize and apply this Truth and you will see your life transform in miraculous ways.

## The Power of Your Subconscious Mind and its Achilles Heel

There are essentially three aspects to consciousness, specifically the subconscious mind, the conscious mind and higher consciousness. Each plays a pivotal role in creating your circumstances so understanding how the three are inter-related is fundamental to truly harnessing the power of your mind. Being familiar with what is meant by consciousness will go a long way in enabling you to consciously create the reality of your choice. Consciousness is the very foundation of the most powerful resource you have at your disposal - your mind. It is the most familiar and yet most mysterious aspect of your life. Without it you could not experience life. With it, you are eternal.



### **Anatomy of the Subconscious Mind**

The subconscious is the incredibly powerful programme that runs every aspect of your life automatically and without any need for your conscious input. Simply put, any thought, message or order that is given to the subconscious often enough and convincingly enough will in time be accepted as truth and consistently be carried out with exact precision irrespective of whether it benefits you or not. The most important thing you must know is that it is subjective in nature. This means that it can not reason or distinguish between positive and negative.

### **In the Words of Joseph Murphy**

In *The Power of Your Subconscious Mind*, Joseph Murphy explains that "when thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. As soon as your subconscious accepts any idea, it proceeds to put it into effect immediately... it draws on the infinite power, energy and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer... Its ways are past finding out."

### **The Power of the Subconscious Mind**

The subconscious mind's inability to reason is not a weakness. In fact it is fundamental to its power. To illustrate this, imagine if your subconscious had to decide whether or not your heart should pump blood around your body, whether or not to immediately send white blood cells to heal a wound, whether or not to walk each time you consciously wanted to walk. The subconscious mind's subjective nature is responsible for

---

---

# UNIVERSAL LAWS

"The Principles of the Truth are Seven; he who knows these, understandingly, possesses the Magic Key before whose touch all the Doors of the Temple fly open." ~ *The Kybalion*

---

---

## The Seven Universal Laws Demystified

There are seven Universal Laws or Principles by which everything in the Universe is governed. The Universe exists in perfect harmony by virtue of these Laws. Ancient mystical, esoteric and secret teachings dating back over 5,000 years from Ancient Egypt to Ancient Greece and to the Vedic tradition of Ancient India, all have as their common thread these seven Spiritual Laws of the Universe. Once you understand, apply and align yourself with these Universal Laws, you will experience transformation in every area of your life beyond that which you have ever dared to imagine.



### **The Immutable and the Mutable**

Of the seven Universal Laws, the first three are immutable, eternal Laws, meaning they are Absolute and can never be changed or transcended. They have always existed and will always exist. The other four laws are transitory, mutable Laws meaning that they can be transcended or at least "better used" to create your ideal reality. This is not to say that you should ignore these four Laws or attempt to defy them for even if you do they will still govern your existence. Your aim is to master each of the seven Universal Laws and only then learn to transcend the mutable ones.

### **1. The Law of Mentalism (Immutable)**

The first of the seven Universal Laws tells us that "The All is Mind - The Universe is Mental". That everything we see and experience in our physical world has its origin in the invisible, mental realm. It tells us that there is a single Universal Consciousness - the Universal Mind - from which all things manifest. All energy and matter at all levels is created by and is subordinate to the Omnipresent Universal Mind. Your mind is part of

## The Power of Belief - Take What You Want for Granted

The power of belief is one of the keys to reality creation. To be able to consciously create your ideal reality, you must believe that you already have that which you want in the present moment. The secret to belief is to take what you want for granted. This means to believe that it has already been given to you. It has been granted, it has been received; there is no doubt.

### **Whatever You Have, You Take for Granted**

You only take for granted those things that you already have with certainty and unwavering belief. In fact, the etymology of the word "granted" can be traced back to the Latin word *credentem* meaning "to believe" or "to trust". Take what you want for granted and it will be granted. Herein lies the power of belief. The words of Jesus Christ could not be clearer on this: "What things soever you ask for when you pray, believe that you receive them, and you shall have them" (Mark 11:24). The power of belief rests on faith. The kind of faith that "is the substance of things hoped for, the evidence of things not seen".

### **The Importance of Detachment**

Although it is important to be clear about what it is you want to see manifest in your life during your creative visualization sessions, it is equally important to detach from the outcome as you go about your day. By constantly wondering where something is, or why it hasn't shown up yet, or panicking that it won't, will just keep it away from you because essentially you are focusing on what you do not have. Attachment neutralizes the power of belief. Tell me, how many times has your telephone rung when you have stared at it in a desperate bid for it to ring? When you already have something, you don't sit around wondering where it is. In other words, the way to effectively detach from your intended outcome is to truly believe that you have already received it.

### **True Belief makes Detachment Effortless**

Harnessing the power of belief comes easily when you know that whatever you visualize with concentrated thought and feeling is *instantaneously* created in the mental realm, which is the realm from which all things manifest. With perseverance and continued concentrated thought and feeling, your intention will materialize in the physical world, in