

MIND YOUR REALITY COMPENDIUM – VOLUME 1

TABLE OF CONTENTS

MIND YOUR REALITY	4
THE POWER OF THE MIND	7
THE UNIVERSAL MIND.....	8
BRAINWAVES AND THE FREQUENCIES OF MIND.....	12
SUBCONSCIOUS MIND POWER AND HOW TO USE IT.....	15
UNDERSTANDING THE CONSCIOUS MIND.....	18
UNDERSTANDING THE SUPERCONSCIOUS MIND	22
THOUGHT POWER.....	26
THE UNIVERSAL LAWS.....	32
THE SEVEN UNIVERSAL LAWS EXPLAINED	33
WHAT IS THE LAW OF ATTRACTION?	40
NEGATIVE BELIEFS AND THE UNIVERSAL LAWS.....	46
UNDERSTANDING EMOTIONS.....	49
YOUR HIGHER SELF.....	53
KNOWING YOUR TRUE SELF.....	54
THE ABSOLUTE IS YOUR GOD SELF.....	59
HOW TO CONTROL YOUR EMOTIONS.....	63
MANIFESTING YOUR DREAMS.....	67
THE CONSCIOUS CREATION PROCESS.....	68
THE POWER OF BELIEF	73
DETACHING FROM THE OUTCOME.....	77
KNOWING WHEN TO GIVE UP AND HOW.....	81
STOP TEMPTING FATE—KEEP QUIET!.....	85
KNOW YOUR WHY—WHY DO YOU WANT IT?	91
HOW TO MANIFEST ANYTHING	95
CREATIVE VISUALIZATION STEP-BY-STEP GUIDE.....	96
HOW TO RELAX YOUR MIND.....	101
HOW TO USE YOUR IMAGINATION.....	105
FEELING IS THE SECRET TO MANIFESTING.....	110
HOW TO BELIEVE WHEN MANIFESTING	115

MIND YOUR REALITY COMPENDIUM – VOLUME 2

TABLE OF CONTENTS

HOW TO MANIFEST ANYTHING	4
HOW TO DETACH FOR MANIFESTING	5
TAKING INSPIRED ACTION FOR MANIFESTING	10
HOW TO BYPASS NEGATIVE BELIEFS.....	14
HOW TO USE DAILY POSITIVE AFFIRMATIONS.....	19
TOP 100 POSITIVE AFFIRMATIONS LIST	25
THE POWER OF AUTOSUGGESTIONS	31
PERSONAL DEVELOPMENT	35
HOW TO LEARN FROM NEGATIVE EXPERIENCES	36
CHANGE PERCEPTION BY CHANGING BELIEFS.....	40
HOW TO LEAVE THE PAST BEHIND.....	44
HOW TO CHANGE THE PAST WITH REVISION	48
CHANGING HABITS TO CHANGE YOUR LIFE	52
HOW TO STOP COMPARING YOURSELF TO OTHERS	57
HOW TO KNOW YOUR SELF-WORTH	62
UNDERSTANDING CORE BELIEFS.....	68
THE DEFINITIVE LIST OF CORE BELIEFS	74
HOW TO IDENTIFY LIMITING BELIEFS	78
REPROGRAM THE SUBCONSCIOUS MIND.....	85
POSITIVE RELATIONSHIPS	92
LEARN TO LOVE YOURSELF	93
EVERYONE IS YOUR MIRROR.....	97
HOW TO MANIFEST SOMEONE SPECIFIC.....	103
HEALING WITH THE MIND	109
THE MIND-BODY CONNECTION FOR HEALING	110
GREEK PHILOSOPHY	115
THE GOLDEN VERSES OF PYTHAGORAS	116