



The MIND book - 70 mindful questions: From SUB-conscious to SUPER-power

Pieter Jan Elsen

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How would you feel if you had a deeper understanding of the workings of your own mind, and could use this understanding to become more powerful, happy, and successful? One of the most powerful yet least applied method of self-improvement is working with the subconscious mind. The subconscious mind is a tremendous ninety percent of our mind. You think you see clearly? Think again. We are not really seeing the 'reality' around us at all. It is overshadowed, completely colored, by the vast sub-conscious mind. In order to achieve change in our lives, wouldn't it make sense to have a closer look at what the sub-conscious mind is all about? We are in a unique period in history. One where ancient meditation techniques from India, that until recently have never been carried outside remote forests, and Oriental philosophy, that was once only known to Himalayan Yogis, as well as new developments in psychology are all simultaneously available to us. This book will combine some of the best of Eastern techniques and philosophy with Western sub-conscious science, allowing for powerful change.

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