

POWER OF THE MIND

The background of the slide is a light green gradient. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the entire surface. The text 'POWER OF THE MIND' is centered horizontally and rendered in a dark blue, serif font with a subtle drop shadow.



*Scientific Power of
Thought*

What is “Power”?

- **Capacity to do something:** the ability, strength to do something
- **Strength:** physical force or emotional strength
- **Authority to act:** the authority to act or do something according to a law or rule
- **Persuasiveness:** the ability to influence people’s judgment or emotions

What is the “Mind”?

Seat of Thought and Memory: the center of consciousness that generates thoughts, feelings, ideas, and perceptions, and stores knowledge and memories

Thinking Capacity: the capacity to think, understand, and reason

Way of Thinking: an opinion or personal way of thinking about something

Intellectual Person: somebody considered in terms of his or her intellect or intelligence

We are talking about “Personal Power”

*and how important our thoughts are
in order to have personal power*

“Personal power is our ability to create through our thoughts, our choices and our actions the life we truly desire. A life of integrity and service, in alignment with our personal values and priorities. A life marked by balance and wholeness, fulfilling relationships, purpose and passion, peace of mind, and other common values cherished and pursued by all humans.”

<http://www.yourpersonalpower.net/>



*Healing Power of
the Mind*



Questions to Ponder?

Questions

Is my life in balance? If not – why not?

Am I doing what I really want to do? If not – why not?

Does my life reflect my values, my preferences, my desires?

Is there passion in my life? What are you passionate about?

Do I have a sense of purpose in my life? What is it?

Is there an area of my life that I want to improve or change? Explain.

What is “Value”

- **Value** (noun) relative worth, merit, or importance:
- **Value** (verb) to consider with respect to worth, excellence, usefulness, or importance; to regard or esteem highly.
- **Origin:**
1275–1325; Middle English < Old French, (cf. [valuta](#)) of valoir < Latin valēre to be worth

Activity

- 1) Write a list of 10 values that are most important for what you are now achieving in your life.
- 2) Rank those values in order from 1-10
- 3) Now think of someone you admire.... that has lived or lives a life that you are trying to accomplish
- 4) Write down what you think that person's top 5 values would be
- 5) Now compare the list with your own list
- 6) RECAP

Let's Prioritize Our Life Values

- Achievement
- Community
- Creativity
- Enjoyment
- Family
- Friendship
- Health
- Independency
- Integrity
- Leadership
- Loyalty
- Passion
- Personal Development
- Play
- Power
- Prestige
- Purpose
- Relationships
- Security
- Service
- Spirit
- Success
- Wealth
- Wisdom

What is “Belief”

Acceptance of Truth of Something: acceptance by the mind that something is true or real, often underpinned by an emotional or spiritual sense of certainty

Something That Somebody Believes In: a statement, principle, or doctrine that a person or group accepts as true

Opinion: an opinion, especially a firm and considered one

Religious Faith: faith in God or in a religion's gods

“Our beliefs can either limit or expand our well-being”

<http://www.wellbeingalignment.com/mind-power.html>

What is Your Core of Beliefs

Negative Core Beliefs

- *not good enough (incompetent)*
- *not good enough (unlovable)*
- *unwanted, different*
- *defective, imperfect, bad*
- *powerless, one-below*
- *in danger, not safe*
- *don't know, wrong*

Life Values

- *SUCCESS*
- *LOVE*
- *BELONGING*
- *SELF-WORTH*
- *CONTROL*
- *SECURITY*
- *REALITY*

Some Common FEARS

pected

- Loving

Some Common Core of Beliefs

- Dependable
- Reliable
- Loyal
- Committed
- Open-Minded
- Consistent
- Honest
- Efficient
- Inspiring
- Passionate
- Respectful
- Athletic
- Nurturing
- Innovative
- Creative
- Humorous
- Fun-loving
- Adventurous
- Motivated
- Positive
- Optimistic
- Fit
- Courageous
- Educated
- Respected
- Loving

Pick 5 beliefs from this list and add to worksheet

Famous Quotes to Ponder

“Men and Women are not prisoners of fate, but only prisoners of their own minds.”

Franklin D. Roosevelt

“Our life is the creation of our mind.”

Buddha

“A man is what he thinks about all day long.”

Ralph Waldo Emerson

RECAP

Easy Steps to a Better Future Using Mind Power

- 1) *Decide what you want to achieve, how you want to change your life.*
- 2) *Visualize the reality you want to achieve.*
- 3) *Do affirmations, to positively influence your conscious mind.*
- 4) *Love yourself.*
- 5) *Celebrate your successes*
- 6) *Open your mind to use your creativity.*