

# MASTER YOUR MIND

## CHECKLIST



## **Understanding the mind**

- ☐ Thoughts become things
  - ☐ Basis of Most spiritual systems
  - ☐ The whole universe is a product of thoughts
  - ☐ Need to remove limiting thoughts and beliefs
  - ☐ Early life programming usually counterproductive
  - ☐ Cannot rely on others for personal happiness
- ☐ The insanity of the mind
  - ☐ Can be observed after meditation
  - ☐ Wider society is dysfunctional
  - ☐ Tendency to blame the outside environment for internal flaws
  - ☐ Stems from lots of unhealthy mindsets
  - ☐ Must focus on personal situation
- ☐ Scientific discoveries and psychological observations
  - ☐ The mind cannot differentiate real from imaginary
  - ☐ 95% of activity is completed by the subconscious
  - ☐ Affirmations are key to programming the subconscious
  - ☐ Key to mastery lies in taking the subconscious to conscious awareness
  - ☐ Scientific discoveries are in line with spiritual recommendations

## **How to develop mental strength**

- ☐ Experiment with exercise
- ☐ Experiment with diet
  - ☐ The easiest place to start
  - ☐ Diet and exercise necessary for mastery
- ☐ The importance of the surrounding environment
  - ☐ External influences are underestimated
  - ☐ Embrace minimalism where possible
- ☐ Advertising and media - the negative mental devices
  - ☐ Programs us all the time
  - ☐ Effects of advertising understated - governs much of our personal actions
  - ☐ Needs to be limited as much as possible

## **Best practices for serious mental development**

- ☐ Meditation
  - ☐ Most important for mastering the mind
- ☐ Yoga
  - ☐ Exercise, meditation, and concentration in one routine
- ☐ Fasting
  - ☐ Great for spiritual, mental, and emotional detox
  - ☐ 3 days a month juice/water fast recommended
- ☐ Mindfulness
  - ☐ Key to the present moment
  - ☐ Helps to subtly reduce stress
- ☐ Any practice with passion or intensity
  - ☐ Will have many benefits once passion is stimulated
- ☐ Advanced protocols
  - ☐ A mix of the above
  - ☐ Typical example: a meditative retreat in a minimalist environment
  - ☐ Month-long exercise or diet routine

## **The subconscious mind and self-programming strategies**

- ☐ The subconscious mind
  - ☐ Need to create strategies for subconscious programming
  - ☐ Otherwise we will be ruled by the subconscious
- ☐ Affirmations
  - ☐ Most direct way to program the subconscious
  - ☐ Use present tense
  - ☐ Needs to be repeated daily
  - ☐ Optimal times: waking, going to sleep, meditating
  - ☐ Difficult issues require more than affirmations
  - ☐ Avoid negation in affirmations ("I am not poor" etc)
  - ☐ Limiting belief questionnaires are online.
- ☐ Self-programming strategies
  - ☐ Classical music
  - ☐ Binaural beats
  - ☐ Self-recording
  - ☐ Lucid dreaming

## **Law of attraction v shadow work**

- ☐ A deeper look into the shadow
  - ☐ People need to be more selfish
  - ☐ Saying no is healthy
  - ☐ We should focus on our dark sides and negative tendencies.
  - ☐ Cannot make progress until darkness is integrated.
  - ☐ Unless we analyze shadow, it will dominate our lives
  - ☐ Shadow work key to happiness
- ☐ Law of attraction
  - ☐ People need to be more selfish
  - ☐ Saying no is healthy
  - ☐ People need to be positively orientated on happy thoughts
  - ☐ If we do not focus on positive thoughts, our lives will suffer
  - ☐ Can control thoughts for positive experiences
  - ☐ Positive thinking key to happiness
- ☐ Which one should i do?
  - ☐ Can practice both
  - ☐ Place emphasis on positive
  - ☐ Do not ignore negative

## **Creativity and imagination as tools for development**

- ☐ How does the imagination work?
  - ☐ Imagination is responsible for all great inventions
  - ☐ Requires commitment and individual maturity to develop
  - ☐ Not a system or routine
  - ☐ Cannot be taught
  - ☐ Helps to access the subconscious
- ☐ How Do I use my imagination?
  - ☐ Art
  - ☐ Creative writing
  - ☐ Visualization
  - ☐ Any other creative work
- ☐ Creative Wealth Manifestation Tricks
  - ☐ Always keep cash
  - ☐ Associate with wealthy people
  - ☐ Express gratitude

## **Immersion in different fields**

- ☐ Immersion strategies
  - ☐ Immersion best technique for mastery
  - ☐ Takes enormous willpower and discipline
  - ☐ Travel is common immersion technique
  - ☐ More intense practices include fasts and minimalist retreats.
  - ☐ Takes 21 days to incorporate a habit.
- ☐ Painful immersion practice - the best kind
  - ☐ Do what you hate
  - ☐ Fast track to progress.
  - ☐ Poverty training
- ☐ Be prepared
  - ☐ Immersion is intense
  - ☐ Make sure to commit to long-term.

## **Understanding alternative frameworks**

- ☐ Astrology
  - ☐ Stars and past lives
- ☐ Ayurveda
  - ☐ Individual constitution - Vata, Kapha, Pitta
- ☐ Hinduism
  - ☐ Multiplicity of gods and beliefs
- ☐ Presentism
  - ☐ No reality except the present moment
- ☐ Stoicism
  - ☐ Series of practical beliefs and anecdotes.
- ☐ Traditional Chinese Medicine
  - ☐ Focus on health using energy maps and yin/yang emphasis
- ☐ Taoism
  - ☐ Esoteric teachings to follow 'The way' without structure
- ☐ Zen
- ☐ Process of sitting meditation without concepts.