

The 100% Brain Course
(Master Manual)

...Creative Exercises to Develop 100% of Your Brain

By Melvin D. Saunders

The 100% Brain Course (Master Manual)

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Preface

Many people think that the concept of using 100% of their brain is impossible for them to achieve. They think it is more normal to use 2%, 5%, 10% or 20% of their brain and they may even brag about how little they use their brains?! These same people use all ten of their fingers without thinking that is it normal to use one or two fingers, so why do they use their brain any less than their fingers?

All other mammals use 100% of their brains, because we see no degenerative, brain cell loss in their old age as we see in humans. Animals keep themselves healthy, fed and happy. They don't create wars between themselves. They don't greedily accumulate more than they need to use. They don't frivolously preoccupy their time with mind-altering pursuits. They are industrious and productive, and they always have what they need, being in complete harmony with their environment. So why does man think and act so much differently than other species?

Man begins life as a happy child, fun-loving and seeking to nurture himself, but helpless on his own. As the child grows, he develops preferences. He begins to think for himself, and learning becomes a constant experience. As the child becomes an adult, maturity and wisdom should naturally follow. The adult should put away childish things and understand how to live happily as an adult. Unfortunately, in making this transition from child to adult, many people create stressful problems for themselves. They even cease striving to mature, and become stuck in unfavorable, behavioral patterns like a needle stuck on a phonograph record.

Religious references to the struggle of good vs evil typify the confusion that people have over what is right from what is wrong in their lives. Usually when a person wallows in the emotions of pleasure, anger, fear and lust, he finds his greatest difficulty in making any sense of the world. Things become very basic, and material acquisitions are sought to nurture these basic emotions. More money, more pleasure, more power and more things also seem to accompany more anger and more fear. We know the idea of what unconditional love, compassion, courage and lasting happiness are, but we don't know how to achieve such emotions when our life is filled with mundane desires. We lose the awareness of our spiritual connection and we may feel helpless in understanding how to get into harmony & balance. The more we use our brain in a holistic, complete way, the easier it is to achieve that spiritual balance that we all seek.

"What we are today comes from thoughts of yesterday,
and our present thoughts build our life of tomorrow:
our life is the creation of our mind."

- Buddha

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INTRODUCTION

The 100% Brain Course is a dynamic growth program of brain exercises to equip you for the 21st Century with heightened overall abilities. You were meant to use more than just 2%, 5%, 10% or 20% of your brain power. By holistically utilizing more of your mind, you can develop the latent potential within you in a natural way. You can realize your dreams and enjoy life to the fullest. For this course to be useful though, you must open yourself and allow it to work for you. If you are willing to do the exercises, you'll soon develop capabilities that you never thought possible for yourself in the past. Are you ready? Can you imagine no limits or boundaries to your abilities? Can you say to yourself that you will do whatever it takes to develop yourself?

If you acknowledge within yourself a talent or ability that you would like to master, **The 100% Brain Course** will show you the technique in achieving it. You can transform your negative aspects to positive ones. You can learn to be consciously awake and in control of your subconscious impulses. You can have a better memory, think more creatively and most of all you can deal with people far better than you are doing right now. You can truly develop yourself more in every area if you apply yourself to the exercises in this manual.

This is a training manual that teaches you how to do wonderful things in easy to understand terms. These exercises focus in detail on the techniques used by experts and masters down through the ages. After achieving your new abilities, you can productively and efficiently progress yourself in any avenue of endeavor. Furthering your mental growth opens the door to your spiritual development as well. As an aspirant of higher knowledge, you will no longer need to jump from one philosophy to another in emotional frustration. You will have the mental stability necessary to understand higher spiritual tenets, and you will feel a sense of contentment in your progress toward spiritual understanding. You will allow harmony and order in your life. By stimulating your brain cells in a complete and holistic way, **The 100% Brain Course** enables you to be a more confident and competent individual, able to think, question and improve your skills and problem-solving abilities every day. This course will prepare you for the multifaceted future that can be in store for you.

Read, learn and proceed through the manual at your own rate of speed. Since many changes will take place in your life as a result of these exercises, it is advisable to keep a daily record or diary of your progress. Record exactly how much time you

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spend on each exercise. Don't let a single day or night go by without practicing some exercise, and note especially where you seem to have problems. Practice exercises in those areas where you are the weakest. Keep a small notebook or dated daily diary or group of exercise file cards with you during the day as a reminder to yourself. Eventually it will simply be natural for you to use your mind more. So prepare yourself for a better future, and use this manual to improve yourself, while noting in your notebook any changes in your life as you recognize them. You'll find the world a far more interesting and adventurous place when you do.

Since **The 100% Brain Course** is a self-study program, you'll find it helpful to establish a routine involving several of the manual's exercise each day. With this plan or road map as your guide, you can make more effective progress in your growth. The following sample can guide you, but depending upon your personal preferences arising from your own individual needs and objectives, you can change the exercise routine to suit yourself. But remember, commit yourself to taking action every day toward your goal of improvement, then reward yourself by celebrating every milestone you make!

- 1) Just before arising from bed in the morning, pause for a moment and don't get up. Relax and contemplate any dream recollections you just had. Ask yourself what symbolic significance such a dream could have had for you. Assume your subconscious mind provided those images to you for a reason. By asking yourself what that reason might be while relaxed and immediately after awakening, your subconscious mind oftentimes will provide you with an instructive answer for the day (**Exercise - Problem-Solving During Sleep**).
- 2) When you do arise from your bed, give yourself a quick self-massage (**Exercise - Self-Massage**) and reiterate confident healing messages to yourself, like "I am strong & healthy," "I feel good about myself," "All areas of my body are filled with invigorating energy," etc. (**Exercise - Positive Affirming, Positive Living**).
- 3) As you go through your morning ritual, be as conscious as possible without going unconsciously into an automatic mode (**Exercise - Mindfulness: Improving Your Conscious Awareness**). To assist this process, do things in a different order than usual or use your non-dominant hand for various tasks, like twisting off bottle caps, stirring your coffee, combing your hair, brushing your teeth or buttoning a garment (**Exercise - Learning To Be Ambidextrous**).
- 4) While going to work, reiterate positive statements to yourself about what you want to do, how you want it to happen and visualize yourself in the positive process all the way through to its completion (**Exercise - Imagine and Mind Walk**

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Your Goals).

5) Open up your mind and consciously drink in the sights, sounds, odors and bumps in the road as you drive to work. Observe the street signs and billboards and play at spelling the words backwards to yourself as you pass them (**Exercise - Attention To Detail**).

6) At work, make a point of delivering some complimentary word each hour to your work mates. Find someone you normally have difficulty with and sincerely compliment him (her) in a positive way on something unique to their personality (**Exercise - Skillful People Handling**).

7) Study people and step into their shoes and imagine what they are feeling and experiencing (**Exercise - Role Taking As An Actor**). See if you can tell what is going on inside their head or bothering them (**Exercise - Scanning A Person**). Ask yourself how they would experience what you are experiencing (**Exercise - Experiencing Another Person's Senses**). Note their mannerisms. Are they sincere, truthful, internally angry, confident or intently attentive (**Exercise - Discerning Body Language**). You'll get better at this as you become more aware of your own internal workings.

8) When you first meet someone new, take conscious note of their name and ask them how it is spelled (**Exercise - Remembering Names**). Study that person's face, clothes and demeanor and note any unusual features. Caricaturize something ridiculous about those features for better recall later (**Exercise - Ridiculous Associations**).

9) When eating your daily meals, consciously attend to the process. Observe the food intently, smell it, chew it slowly, savor the subtle flavors and how your teeth, tongue and gums react to each morsel (**Exercise - Mindfulness: Improving Your Conscious Awareness**).

10) If you become tense, tired or scattered during the day, focus on breathing rhythmically and deeply for a few minutes (**Exercise - Rhythmic Breathing To Harmonize Body/Mind Processes**). At this time, tune inwardly and ask yourself for inner guidance (**Exercise - Asking For Inner Guidance**).

11) Before retiring at night, relax in your bed and mentally visualize in a quick series of images all the events that happened to you throughout the day (**Exercise - Daily Visualization**). Reiterate positive statements to yourself as you breathe slowly and rhythmically to yourself. Visualize any goals you have in a series of images through to completion with total personal involvement and confidence that you will achieve them. (**Exercise - Obtaining Money & Material Things**).

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Some Preparatory Thoughts Before Doing The Exercises.

1. Calm yourself and your mind before doing the exercises.
2. Be prepared to DO the action necessary to accomplish each exercise. If necessary, make a pact or commitment with yourself to do the exercise as outlined so you know you've struck a deal with yourself.
3. Understand that the exercises cannot *fix* you -- you are responsible for yourself. Only you can *fix* you.
4. Be fully honest at all times with yourself. Keep a daily journal and tell yourself what's on your mind before each day's exercise routine.
5. If you don't like something that is going on in your life, say so. Then ask yourself what action you can take to fix it.
6. Recognize that progress comes one step at a time, and be prepared to decide on each step to be taken. Then take action so that your goals can become reality.
7. Be still and listen to your inner self-guidance. Hear your inner voice without any preconceptions and without overlaying it with the thought patterns that have held you back in the past.
9. Recognize that outer and inner changes will most likely happen together, because one is unlikely to occur without the other.
10. Be open to success, and to wonderful changes in your life. Expect them, demand them and know they will come.

The **100% Brain Course** is unique in that it covers a wide arrangement of exercises, spanning a full spectrum of brain stimulation, from emotional to physical to mental to spiritual. You must understand that it is not so much a matter of technique that allows a person to do extraordinary things that seem to transcend the physical laws of what we currently know as science. It is the spiritual development and awareness of the individual with his faith and belief in himself and his connectivity to everything else that allows extraordinary things to be possible through a person. The process of transformation must begin in the beginning. Advanced exercises should only be attempted after mastering preliminary exercises first.

“If a master does the same thing as you do,
.....is it the same thing at all?”