

***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

## Table Of Contents

### INTRODUCTION

#### Emotional Management Section

- Exercise 1** - Identifying Your Emotional States ..... 1
- Exercise 2** - Anchoring Positive States of Mind ..... 3
- Exercise 3** - Defusing Negative Emotional States ..... 5
- Exercise 4** - Anchoring Favorable States In Others ..... 8
- Exercise 5** - Eliminating Your Negative Feelings ..... 10
- Exercise 6** - Positive Affirming, Positive Living ..... 12
- Exercise 7** - Relaxation For Improved Awareness ..... 15
- Exercise 8** - Honesty For Better Clarity ..... 17
- Exercise 9** - Making Better Choices & Getting Unstuck ..... 20
- Exercise 10** - Keeping Yourself Motivated ..... 23
- Exercise 11** - Positive Statement Practice ..... 25
- Exercise 12** - Creating A Positive Encouragement Tape ..... 27
- Exercise 13** - Fear Reversal Imaging ..... 29
- Exercise 14** - Guilt Reversal Visualization ..... 31
- Exercise 15** - Consciously Disciplining Yourself ..... 32
- Exercise 16** - Positive Energy Imaging ..... 34
- Exercise 17** - Concentration To Relieve Stress ..... 35
- Exercise 18** - Concentration For Better Focus ..... 36
- Exercise 19** - Concentration On Emptiness ..... 37
- Exercise 20** - Meditation ..... 38
- Exercise 21** - Firewalking To Embrace Fear ..... 41
- Exercise 22** - Connected Breathing For Increased Energy ..... 43
- Exercise 23** - Cleansing Breath For Better Health ..... 45
- Exercise 24** - Alternate Nostril Breathing For Mood Control ..... 46
- Exercise 25** - Better Breathing, Better Emotions ..... 47
- Exercise 26** - Rhythmic Breathing To Harmonize Body/Mind Processes ..... 48
- Exercise 27** - Achieving Autonomic Muscle Control (Limb Heaviness) ..... 49
- Exercise 28** - Achieving Autonomic Muscle Control (Limb Warming ) ..... 50
- Exercise 29** - Achieving Autonomic Muscle Control (Calming The Heartbeat) .. 51
- Exercise 30** - Achieving Autonomic Muscle Control (Rhythmic Respiration) ... 52
- Exercise 31** - Achieving Autonomic Muscle Control (Abdominal Warming) .... 53
- Exercise 32** - Achieving Autonomic Muscle Control (Cooling The Forehead) ... 54

## **THE 100% BRAIN COURSE**

---

---

- Exercise 33** - Consciously Creating Your Emotions ..... 55
- Exercise 34** - Polarize Your Energy With Breathing ..... 57
- Exercise 35** - Changing Your Emotion Via Visualization ..... 58
- Exercise 36** - Dealing With Shame, Guilt and Blame ..... 59
- Exercise 37** - Swaying A Group Your Way ..... 61
- Exercise 38** - Swaying A Person Your Way ..... 62
- Exercise 39** - Boost A Person's Sense Of Importance ..... 64
- Exercise 40** - Resolve Disputes In Your Favor ..... 65
- Exercise 41** - Skillful People Handling ..... 66
- Exercise 42** - Handling Criticism From People ..... 68
- Exercise 43** - Discourage Procrastination, Enhance Action ..... 69
- Exercise 44** - Learning To Be Decisive ..... 71
- Exercise 45** - Physical Tension Release ..... 74
- Exercise 46** - Listening With Better Attentiveness ..... 75
- Exercise 47** - Eye Contact For Inner Communication ..... 77
- Exercise 48** - Changing Emotions Via Odors ..... 80
- Exercise 49** - Control The Meaning Of Words ..... 81
- Exercise 50** - Managing Your Anger ..... 82
- Exercise 51** - Journal Writing For Emotional Calming ..... 84

### **Innovative Thinking Section**

- Exercise 52** - Improving Your Visualization Skills ..... 87
- Exercise 53** - Imaging-Streaming ..... 89
- Exercise 54** - Creating Clarity & Duration With Visualizations ..... 90
- Exercise 55** - Developing Quick Thinking ..... 92
- Exercise 56** - Handling Emergency Situations ..... 94
- Exercise 57** - Shredding The Envelope In Your Thinking ..... 97
- Exercise 58** - Mastering Analytical Thinking ..... 99
- Exercise 59** - Creative Thinking (Good, Bad, Interesting) ..... 101
- Exercise 60** - Creative Thinking (Opposite Considerations) ..... 103
- Exercise 61** - Creative Thinking (Aims, Goals, Objectives) ..... 105
- Exercise 62** - Creative Thinking (Not The Obvious) ..... 106
- Exercise 63** - Understanding Doubletalk & Buzz Words ..... 108
- Exercise 64** - Problem Solving Via Drawings ..... 110
- Exercise 65** - Creating Metaphors And Similes ..... 111
- Exercise 66** - Creating & Using Aphorisms ..... 112

## THE 100% BRAIN COURSE

---

---

- Exercise 67 - Practicing Allegorical Thinking ..... 113
- Exercise 68 - Word Creation ..... 114
- Exercise 69 - Creative Uses For Everyday Things ..... 115
- Exercise 70 - Sentence Creation Out Of Letters ..... 116
- Exercise 71 - No Vowel Shorthand ..... 117
- Exercise 72 - Memorizing Sayings ..... 118
- Exercise 73 - Completion ..... 119
- Exercise 74 - Circles Into Words ..... 121
- Exercise 75 - Creating Palindromes ..... 122
- Exercise 76 - Mind Mapping ..... 124
- Exercise 77 - Learning To Brainstorm Problems ..... 125

### **Super Memory Section**

- Exercise 78 - Positivity For A Better Memory ..... 127
- Exercise 79 - Ridiculous Associations ..... 128
- Exercise 80 - Attention To Detail ..... 130
- Exercise 81 - Concentration & Eidetic Imaging ..... 133
- Exercise 82 - Developing A *Photographic* Memory ..... 135
- Exercise 83 - Rhythmic Memorizing ..... 137
- Exercise 84 - Observational Recall ..... 139
- Exercise 85 - Using Sensory Learning Links ..... 140
- Exercise 86 - Speed Learning Foreign Vocabulary ..... 141
- Exercise 87 - Peg System For Numbers ..... 142
- Exercise 88 - Peg System For Lists ..... 144
- Exercise 89 - Remembering Names ..... 145
- Exercise 90 - Loci System For Remembering ..... 146
- Exercise 91 - Improving Your Memory For Odors ..... 148
- Exercise 92 - 61-Hour Language Immersion ..... 150
- Exercise 93 - Sleep-Learning ..... 152

### **Heightened Sensory Section**

- Exercise 94 - Imagining Your Senses ..... 153
- Exercise 95 - Experiencing Another Person's Senses ..... 155
- Exercise 96 - Developing Synesthesia ..... 156
- Exercise 97 - Improving Your Kinesthetic Instincts ..... 158
- Exercise 98 - Body Temperature Control ..... 160

## THE 100% BRAIN COURSE

---

---

- Exercise 99 - Improving Your Kinesthetic Awareness ..... 162
- Exercise 100 - Self-Massage ..... 163
- Exercise 101 - Improving Your Taste Discernment ..... 165
- Exercise 102 - Tactile Temperature Determination ..... 167
- Exercise 103 - Improving Your Tactile Discernment ..... 169
- Exercise 104 - Improving The Tactile Awareness Of Your Toes ..... 171
- Exercise 105 - Learning The Language Of Touch ..... 172
- Exercise 106 - Kinesthetic Weight Determination ..... 174
- Exercise 107 - Electromagnetic Field Awareness ..... 175
- Exercise 108 - Electromagnetic Tactile Discernment ..... 177
- Exercise 109 - Improving Your Magnetic Awareness ..... 180
- Exercise 110 - Improving Your Peripheral Vision Awareness ..... 182
- Exercise 111 - Using Your Peripheral Vision ..... 184
- Exercise 112 - *Seeing* With Your Skin & Body ..... 185
- Exercise 113 - Eyeless Sight ..... 188
- Exercise 114 - Vibrational Sight ..... 190
- Exercise 115 - Seeing The Human Etheric Body ..... 191
- Exercise 116 - Aura Seeing ..... 192
- Exercise 117 - Numbing Touch For Pain Control ..... 196
- Exercise 118 - Closing Off One Of Your Senses ..... 197
- Exercise 119 - Mindfulness: Improving Your Conscious Awareness ..... 199

### **Multi-Tasking Section**

- Exercise 120 - Simultaneous Motor Coordination ..... 203
- Exercise 121 - Writing and Speaking Simultaneously ..... 205
- Exercise 122 - Simultaneous Conversation Awareness ..... 206
- Exercise 123 - A Multiple Hearing Acuity ..... 208
- Exercise 124 - Learning To Be Ambidextrous ..... 210
- Exercise 125 - Writing Mirror Language ..... 212
- Exercise 126 - Multi-Tracking On A Trampoline ..... 215
- Exercise 127 - Alphabet Gymnastics ..... 217
- Exercise 128 - 3-Letter Word Calisthenics ..... 219
- Exercise 129 - 4-Letter Word Calisthenics ..... 220
- Exercise 130 - 3-Letter Word Intermingling ..... 221
- Exercise 131 - 4-Letter Word Intermingling ..... 222
- Exercise 132 - 5-Letter Word Calisthenics ..... 223

## THE 100% BRAIN COURSE

---

---

- Exercise 133 - Multiple Word Intermingling ..... 224
- Exercise 134 - Back And Forth Word Intermingling ..... 225
- Exercise 135 - Backward Word Intermingling ..... 226
- Exercise 136 - Jumbled Words ..... 227
- Exercise 137 - Backward Sentence Writing ..... 228
- Exercise 138 - Sentence Intermingling ..... 229
- Exercise 139 - Jumbled Sentences ..... 230
- Exercise 140 - 7 & 8-Letter Word Calisthenics ..... 231
- Exercise 141 - Intermingling & Spelling Simultaneously ..... 232

### **General Mind Stimulation Section**

- Exercise 142 - Improve Your Physical Strength In 7 Days ..... 233
- Exercise 143 - Developing Productivity Under Pressure ..... 235
- Exercise 144 - Imaging To Bring *Luck* And Happiness ..... 237
- Exercise 145 - Imagine and *Mind Walk* Your Goals ..... 239
- Exercise 146 - Obtaining Money & Material Things ..... 242
- Exercise 147 - Sending Energy To Someone ..... 245
- Exercise 148 - Pain Away Breathing ..... 247
- Exercise 149 - Headache Relief ..... 248
- Exercise 150 - Using Self-Healing Thoughts ..... 249
- Exercise 151 - Increase Your Energy, Increase Your Health ..... 251
- Exercise 152 - Shifting Your Conscious Awareness ..... 255
- Exercise 153 - Pain Control Via Detachment ..... 257
- Exercise 154 - Daily Visualization ..... 259
- Exercise 155 - Activity Visualization ..... 260
- Exercise 156 - Weight Control ..... 261
- Exercise 157 - Your “New Life” Mind Walk ..... 264
- Exercise 158 - Creative Alternatives ..... 266
- Exercise 159 - Do You Have Any Idea ..... 267
- Exercise 160 - Giving Helpful Responses ..... 268
- Exercise 161 - Making Yourself Too Heavy To Be Moved ..... 269
- Exercise 162 - Learning Blindfold Chess Playing ..... 271
- Exercise 163 - Time Awareness ..... 273
- Exercise 164 - Asking For Inner Guidance ..... 274
- Exercise 165 - Inner Counselors For Solving Problems ..... 275
- Exercise 166 - Problem-Solving During Sleep ..... 276

## THE 100% BRAIN COURSE

---

---

- Exercise 167** - Lucid Dreaming: Conscious Awareness of Your Dreams ... 277
- Exercise 168** - Intuition, Hunches And Decisions ..... 280
- Exercise 169** - Solving Problems With Intuition ..... 281
- Exercise 170** - Finding Things or People With Intuition ..... 282
- Exercise 171** - Lightning Calculating ..... 283
- Exercise 172** - Lightning Calendar Calculating ..... 286
- Exercise 173** - Mental Multiplication ..... 287
- Exercise 174** - Mental Addition ..... 289
- Exercise 175** - Mental Subtraction ..... 291
- Exercise 176** - Learning Self-Hypnosis ..... 292
- Exercise 177** - Self-Induced Trance ..... 295
- Exercise 178** - Time Distortion ..... 297
- Exercise 179** - Learn Through Time Distortion ..... 300
- Exercise 180** - Mirror Regression Or Fantasy ..... 303
- Exercise 181** - Past Life Fantasy Or Regression ..... 305
- Exercise 182** - Mental Projection ..... 306
- Exercise 183** - Mental Projection Into Objects ..... 307
- Exercise 184** - Astral Projection Techniques ..... 309
- Exercise 185** - Astral Projection Adventures ..... 311
- Exercise 186** - Distant Examinations ..... 313
- Exercise 187** - Remote Viewing Via Telepathy ..... 315
- Exercise 188** - Visual Telepathy ..... 317
- Exercise 189** - Audio Telepathy ..... 319
- Exercise 190** - Sensory Telepathy ..... 321
- Exercise 191** - Group Telepathy ..... 323
- Exercise 192** - Telepathy With Animals ..... 324
- Exercise 193** - Vibrational Effect On Plants ..... 326
- Exercise 194** - Psychometry ..... 327
- Exercise 195** - Psychokinesis ..... 328
- Exercise 196** - Levitation ..... 331
- Exercise 197** - Thinking As A Group ..... 334
- Exercise 198** - Understanding Any Spoken Language ..... 335
- Exercise 199** - Speed Reading At Over 2,000 WPM ..... 338
- Exercise 200** - High Speed Listening ..... 341
- Exercise 201** - Talking Fast ..... 343
- Exercise 202** - Clairvoyance ..... 346

## THE 100% BRAIN COURSE

---

---

- Exercise 203** - Using Quartz Crystals ..... 347
- Exercise 204** - Divining, Dowsing and Radiesthesia ..... 349
- Exercise 205** - Prenatal Learning ..... 351
- Exercise 206** - Role Taking As An Actor ..... 353
- Exercise 207** - Learning Observational Subtleties ..... 355
- Exercise 208** - Scanning A Person ..... 356
- Exercise 209** - Discerning Body Language ..... 358
- Exercise 210** - Reading Body Language ..... 360
- Exercise 211** - Reading People ..... 361
- Exercise 212** - Functioning on Little or No 'Sleep' at All ..... 363
- Exercise 213** - Manual Dexterity and Coordination ..... 364
- Exercise 214** - Psionic and Psychotronic Generators ..... 365
- Exercise 215** - Sending Bulk Information Telepathically ..... 368
- Exercise 216** - Boosting Your Brain Power ..... 369
- Exercise 217** - Body Rhythms & Cycles (Chronobiology) ..... 371
- Exercise 218** - Dealing With A Liar ..... 373
- Exercise 219** - The Effect Of Symbols ..... 375
- Exercise 220** - Making The Time ..... 377
- Exercise 221** - Dispelling "Evil" From A Person ..... 378
- Exercise 222** - Color Significance ..... 379
- Exercise 223** - "I Am A Millionaire" ..... 382

# **THE 100% BRAIN COURSE**

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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

## THE 100% BRAIN COURSE

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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**

## THE 100% BRAIN COURSE

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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**).

## THE 100% BRAIN COURSE

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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?”