

[The Power of The Mind- Is There an Easy Way to Unlock It?](#)

Science tells us that we currently use no more than 70% of our brain's capabilities. Yet we struggle to cram our brains with content in this, the information age, where it seems to be particularly important to 'know everything.' Then too, along with the cramming comes the seemingly fantastical claims that we can 'have it all'- including wealth, happiness, abundance, and breath-taking love- simply by making up our minds to it, and using our brains in a more productive fashion.

I have been around the block a bit when it comes to tools to work with my mind. I have done yoga, meditations, and body-mind-spirit practices where I go in the body to access the mind. I have read Louise Haye Affirmation books and cards daily. I have attended 12-step programs and read wonderful books to instill new and positive ideas and thoughts into my brain. I have attempted, with some good success through all of these methods, to reframe the very thoughts in my head.

How often have you gone to a party in this, the 'new age of enlightenment' and heard someone talk about 'mind over matter' or a way to increase mental power. If you're like me you nodded your head yes to the person across from you, while also thinking "Well, you can say it- but can you do it?" Or more to the point, you thought 'But can I really do it.' And there may have been some frustration because you'd been working on that skill for a long time already. And if you're like me, you were probably not acknowledging your successes- but only how far you seemed to be from your goals.

If you are adventurous, you can take a life-changing course called The Landmark Forum. Here you will get to look at 'mind over matter' from a very different perspective. You will delve into the question "What does it mean to be human?" You will look at yourself as a human being and see how your very 'self' was created. You can then dissect the process if you so desire to shift the very way you are, and become all that you want to be. During the process you will certainly look at how your brain operates, and when it empowers you, and when it (very frequently) dis-empowers you.

It has been said that the mind is a machine. It is a machine very much like a computer. When you input information into the mind's machine, the mind comes up with an answer. Unfortunately, sometimes what you put in the machine is intrinsically flawed information. Life gives the mind a scarring experience. Life gives it other people's words that cause pain. Life gives the mind physical and emotional trauma. Usually these events are not the average. They are not happening every day. But by their very oddity the machine that is the mind singles them out, and makes special note of them. It then outputs some negative thought into your brain that will stick with you for life- and may sometimes be so intrinsic that you can't even see it.

Are the claims true that the mind can accomplish any task if it truly believes it can? Are the claims true that the mind can produce overnight weight loss, mastery at any skill, no matter how foreign, and even the cessation of incurable illnesses? Is the mind truly that powerful? And if so, how do we tap into that other 70% so that our faith truly will move our own mountains? In my opinion, this faith alone would be a true miracle.

In the matter of 'mind over matter', I have recently uncovered a strong desire to skip over all of the hard work. I yearn to give up the daily reading of affirmations, and little bathroom books, and just have my brain work for me, instead of against me, as a matter of course. And this desire and wish has led me to the concept of "Brain Entrainment." My fascination is this question. Can I actually retrain my brain to think in a more functional, empowering way- without even working at it? Can I even do this in my sleep. Many people say it is infinitely possible- and even probable- that this can happen, when given the right technique. I am experimenting with this method even now, and will let you know the outcome.

Brain entrainment is one powerful tool to increase mental power and access the power of my mind. The other tool is to do it every day until it sinks in. This may well be the true test of training my brain. And one that many of us need to pass- no matter which methods we choose.

About the Author

To learn how to rein in your mind power from Writer/Speaker and 'Science of Being' expert Lorelei Fenton, visit this blog [increasementalpower](#) to learn more about manifesting your dreams visit this blog [lawofattractionenergy](#)

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