

Self: Seeing the point about thoughts per day: thoughts per day is but a extremely course number, however, the number would be very high generally. Also, the point about our biology responding to our thoughts, for the thoughts are experienced as real by our biological body, the same as forces from outside our body. These two variables are extremely synergistic in providing real meaning, by observation..

The power of one voice in our life makes the difference in many of our lives in knowing love, gentleness, goodness... Without a voice of sanity for the deepest of meanings of Knowledge which arises in the presence of this voice, i know i most certainly have felt less than energetic in life. A gentle intelligent voice outside is good company, where as the same is true, IF our inner voice is of the gentle and intelligent nature... Bringing focus to the mind with proper meditation.. with technique... and enjoy the splendor of Intellect and Bliss when the mind works for U... not sometimes for u and mostly not... take control of your brain! Be Sharp!

Deepening awareness, ever finer, finer than any technological advancement, subtler than comprehension itself, for comprehension is allotted as knowledge by awareness. Still deepening awareness, the subconscious has no place to hide. If it were true 'in a way', the 5% / 95%, that would be referring to the general populous, hence the "mystery" of the 95% which is allotted the existence, hence being beyond personal control is where ignorance provides the shadow for 'shadowy stuff' to happen. Though, in truth, simply a lack of exploring the world, the world is also within. Experience is believing, and knowing, and knowing focus does not have swayed 95% - is

to be by the true Self

# THE POWER OF YOUR AMAZING BRAIN

The conscious mind controls our brain only **5%** of the day, whereas the subconscious mind has a hold of our thoughts **95%** of the time!

You have **70,000** thoughts per day

Boost your brain power with **Meditation**, it's proven to increase IQ, relieve stress, and promote higher learning levels.

**Listen to Music**  
Studies have proven that listening to music strengthens the brain and literally changes the structure.

**66.66667% FAT**  
Your brain is two-thirds fat. Myelin, the protective sheath covering your neurons is 70% fat. Eating fatty fish, green leafy vegetables, olive oil, avocados, chia seeds, flax seeds, and nuts, replenish your neurons and brain cells.

Loss of fatty acids EPA and DHA are linked to depression, Parkinson's and Alzheimer's

**Thoughts Are Real**  
Your thoughts cause biological and physiological effect - Your body responds to mental input as if it were physically real.

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Empowerment. The 95% concept is but a relative, error in perception, for a lack of experience - this self limiting state does not have to be.

**Doubter:** ... ..Isn't it good to have many thoughts to be productive in ensuring one is ready for any particulars...?  
... to even go as far as to say "out think the other"...

**Self:** Knowing 'what to do' arises from the present moment, which is perpetual, hence by resting awareness on our gross senses, or if not, on the mantra, one will 'always' know what to do - the connection to the perpetually present provides the True perpetual answers... not the mind! Whereas, thinking is a byproduct of errors in perception for there are too many concurrent 'realities' (thoughts, emotions, all entangle awareness 'into' their respective realities, the reality of a bad feeling is '...this bad feeling...'...) sustained along with the reality of Earth. If one is volunteering the body for its known to be right to do for our fellow humans, do so the same with the mind, offer the mind up to pure awareness. Service is true in meaning by ones' Presence, Presence of Being in the moment of service. A mind ever far, somewhere, near or far, is then not a lie about service? Though the body is parked into some 'semi' aware action, the mind took a stroll to escape..

As meditation practise commences, generally, the inability of awareness to stay with the mantra arises as the a point of evidence of how frail our mind is. To say, how often our awareness is whisked away by cycling energies, and how could i have not been aware of this..? ;) As is, one requires focus which is the opposite of ignorance - stability-(focus) vs. chaos-(ignorance), the evidence of our own ignorance of plenty will be seen in our actions.; again, the supplemental conclusions of the mind about observances are not 'better in meaning' than the awareness which revealed the errors in perception. Return to being riveted to the present moment senses and life shows its bright colours. Withdrawn awareness in the recesses of the mind, the world seems far away, and loneliness abides with the lifeless objects of the mind - "70 000 a day". Proper meditation dispels all errors in perspective, and know your true Self as without any parts, but as Pure Consciousness - the more aware your life, the more blissful your life, strict correlation. Blissfulness does not arise from the experiences of life - which are all different for our gross bodies, but the --awareness-- with which, we navigate our bodies with on this Earth is the 'first cause', as is in full technicality, consciousness is the first cause.

When we are reminded of these truths, and if the task is insurmountable know that a voice as this 'kind' is speaking from "out of the lack of Knowledge". Remember, rather than consuming energy in thoughts, focus on meditation, deepening awareness is the best continuous, and everlasting energy drink around for all of us.