



MARGIN MYSLINSKI



LIMITLESS GENIUS

Explore and Possess Endless Abilities of Your Mind the Fastest Way Ever!



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Explore and Possess Endless Abilities of Your Mind the Fastes Way Ever!



By Marcin Myslinski

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DEDICATION:

„This book is dedicated to the memory of my loved Father
Zbigniew Myslinski”

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INTRODUCTION

Probably most people have already heard that human beings use only a very small part of the capacity of their mind. We have lost a lot of our natural abilities that allow us to be more self-aware and to feel fulfilled. During the growing up process we were strongly influenced by our family members, social environment, outside organizations, education methods and all the events that were significant in shaping our identity, skills and personality. Perhaps most of us have not been taught very much about the mind and its abilities, and have been taught to approach knowledge through the way that we could describe as not “user friendly”. Most of us think that achieving positive results in mind development equals long time studying and costs a lot of mental effort, but this is not the truth!

Firstly we need to understand the structure of our mind and practice techniques that will help us to develop it. An effortless way to accomplish that is following the Mind Developing guides which explain step by step, all the features that will help you easily to understand the mind and absorb the rules of its enhancement, without hours spent on unessential researching of materials and reading tons of it. Creative force which made the entire universe, designed human beings the way that everything is at the distance of mental touch, and the key to it is the knowledge of how to access it. I know that it could take a lot of time and effort to find and absorb all the information that give a chance to achieve wisdom and master skills that help to enhance the mind. To make it easier to others, I have found an idea to create a “shortcut” of all the effort and years that I had to spend for development of my own mind, and because of this I’ve designed a series of Mind Developing books. These publications are an alternative way of expanding knowledge about the human mind, within short period of time, and without the need to attend

expensive personal development courses, hiring private life coaches, or researches that are time and energy consuming. Those publications are designed purposely for people that wish to explore their own mind, its abilities, and get the knowledge on how to improve it. I'm showing all that by using "keywords" and their straight to the point explanation with no unnecessary hassle. Mind Developing shows and helps to understand the techniques that will allow expanding your mind quickly without years of heavy studying. These techniques will increase your mental power, will make your life easier and more fulfilled. These Mind Developing books will teach you how to manage stress, cope with everyday problems and how to use the mind to resolve them optimally balancing your own mental health at the same time. The truth is that most people are very busy these days and everyone has a lot of tasks that need to be accomplished on a daily basis such as work, family life, housekeeping and many others connected with different areas of life. After a long day of hard work and going through tough surprises of reality, we are usually so exhausted that we have no energy for anything else. Additionally stress, which accompanies our life most of the time, "sucks out" the last bits of energy from us, and leaves us in bad mental state. You would probably agree with me that when you are tired and stressed, learning or even reading a book might be quite hard to focus on. That is why Mind Developing was created, as it considers all the aspects that affect primarily average citizen of our planet, showing quick approaches that are significant for the mission of mind enhancement. If you feel that you want to change something in your life, that you want to take control over it, that you want to explore and activate your limitless potential, that

you want to have knowledge and skills of successful people, that you want to cope with everything that life brings, that you want to make your future better and you want to do it all quickly without spending a lot of time and money, then Mind

Developing books are for you! This publication is the first in a series of Mind Developing books and it provides the reader with a large amount of information about different types of intelligence in a very simple way to understand and remember. This book also provides practical exercises that stimulate different areas of the mind which will simuntiniosly improve its power. All that will help quickly to discover and explore territories of our endless potential, be much more aware of it and know how to use it for our own benefits. You can get this knowledge and master these skills by using techniques that are explained in a further part of this book.

GENERAL INFORMATION

This book is a combination of psychological knowledge and techniques, which are focused on exploring unlimited intelligence of human mind. Majority of the people that live on the planet earth have the same potential and have the same or at least very similar capability for mental skills improvement. To enhance this, it is very important to slow down in the journey of life and spend a little bit of time on self-development. Once we discover the power of our own mind, everything will start to look brighter and we will be better prepared to cope with all the troubles that we face everyday. I can assure you that nearly everyone possess all the essential abilities to take total control over their own life and handle all the issues positively and optimally for own needs and circumstances. Human beings are naturally wisely gifted in everything that is required for complex personal development. At the beginning I would like to highlight a few factors that have an impact on desirable results, they are as follow (Stynska, 2007; Marszalek, 2006; Chopra 2000):

Positive attitude – be optimistic at all times as it makes you more open for different options and possibilities

Desire – you need to really want the subject as it keeps motivation on the high level Faith - believe in yourself, in your own strength, your mission, action and be convinced that you can do it

Expectation - it is essential that you expect the success and expect that you going to accomplish the mission optimally

Mentioned above rules are the keys to success – accomplishment of desired goals. Let's focus now on the intelligence enhancement, as this would be the first step of mind deve-

lopment that is worth paying attention to. A general explanation of the term intelligence tells us that this is the ability of human minds to solve problems, to understand ideas, to reasoning, to plan, to think abstractly, to learn quickly and to make conclusions from past and present experiences (Coleman, 2006; Necka, 2003). During the course of our lives most of us have probably met with the term of IQ level, which means intelligence quotient and is being used to measure a stage of somebody's logical-visual-spatial capabilities. On occasions some of us have to complete this test for purposes such as clinical assessments, tests to higher education facilities or recruitment process when applying for new job (Coleman, 2006; Necka, 2003).¹ Most of those tests are focused on measuring only certain areas of mind, which is not relevant to the level of intelligence in the meaning where we take under consideration different types of it. Please have a look at the mind map below, which shows different types of intelligence based on experiencing and approaching of reality from many different angles (Goleman, 2006; Gardner 1983; Necka, 2003; Pervin, 2002).²



In that case we can truly state that results of those tests which measure IQ are not equivalent to our real, global IQ level and it is certainly something that we cannot fully rely on while assessing somebody's "mental value". They are suitable to classify logical-mathematical and visual-spatial skills, which are parts of global intelligence, but they do not compose its entire sense and they are very far from it. If we would think about it a little bit deeper we would make a conclusion that is not really fair that so many of psychological assessment are based on testing mainly those areas. Intelligence

of human beings is much more complex than that, and those types are not the only ones. There are at least eleven mental fields that human being displays, which together make more complex intelligence in a global matter. Exploration and stimulation of all of them gives us an opportunity to use a much bigger part of our minds and progress into its development technically into infinity. So if we need to measure someone's IQ level we should consider involvement of multi sensory tasks - tests that require participation of many different skills, senses, abilities etc. Likewise if we want to enhance our global IQ level we need to stimulate all of its types (Goleman, 2006; Moran, 2006; Kornhaber, 2004; Gardner, 1993).

To survive in the 21st century environment we need to be prepared for all kinds of circumstances and unexpected episodes that might appear in life while it goes along the time line. Famous American psychologist Howard Gardner proposed concept of multiple intelligence in 1983 in his book "Frames of Mind" (Basic Books), they are listed and briefly described below: (see also: Baum, 2005; Kornhaber, 2004; Stine, 2002; Armstrong, 1999)

Logical - is responsible for mathematical and logical operations. It plays a key role in analyzing data and resolving issues using deductive reasoning.

Linguistic (Verbal) - when well developed it helps to express ourselves through speaking and writing. It helps us to be good listeners and is very important in the communication process when interacting with other people.

Visual/Spatial - allows us to notice more details in the environment and think about things three dimensionally. It helps us to recognize images, patterns and strongly cooperates with our imagination. It is also a key feature in the learning process as it helps in speed-reading and mind mapping.³

Bodily/Kinesthetic - is responsible for our physicality and helps us to coordinate our body with mind. It is very useful when we practice any sport or other type of activities that involve our body. It helps to expand awareness of our own body and all its physiology.

Musical - gives us opportunity to appreciate music and recognize different sounds, beats, rhythms, changes in pitch and tone. This type is also the ability to perform music.

Naturalistic - allows us to understand the world of nature, animals, plants and our role within it.

Interpersonal – it is responsible for our ability to interact with others. Helps us to recognize their emotions, intentions, motivations and desires.

Intrapersonal - gives us opportunity to understand ourselves, own behavior, emotions, feelings etc. Part of this type of intelligence is also our spiritual intelligence, which helps us to be in touch with our inner self and grow into spiritual world.

Naturalistic type was added in 1999 by Gardner and currently all these eight types have been accepted by psychology (Slavin, 2009). Professor Gardner (1999) also has been considering **Existential** intelligence which makes us aware of who we really are and what is our place within the multidimensional reality universe. However, it has not been accepted as an official type yet.

Interpersonal and Intrapersonal types contain elements of **Emotional** intelligence but in my opinion this type is so important in everyday life and the subject of it is so immense that it deserves separate attention. Emotional intelligence is required for building up good relationships with others and

balancing optimally between them. Emotional intelligence is also very important as it helps to maintain well-balanced own mental health, which is essential for other aspects of life (Goleman, 2006; Argyle, 2002; Mayer, 2000).⁴

I would like to also specify separately an **Artistic** (creative) intelligence, which helps us to create new things and think innovatively. Nearly everyone have their own genius/hobby that helps to relax and express the mind through art (Hornowski, 1978; Szuman, 1962). Some of the scientists would probably disagree that artistic talents abilities are classified as a type of intelligence, but I will describe it as one of the types, as I believe that this is one of the human's mind abilities that if is not possessed, can be developed. The main target of this book is to unlock our multiple mind skills and give them natural release in the fastest way possible without excessive effort. Once we get on the path of personal development, it will be progressing in a positive direction and will bring us many benefits making us more fulfilled, self-confident and will make our life easier at the same time. A well developed global IQ level helps to progress further with mind skills and reach the inner depths of our entire potential. It also helps to raise self-confidence and mental strength in day-to-day life. Creativity, coping skills, comprehension of reality and sensitivity to environment perception will increase as well. Individuals who intensively stimulate different types of intelligence will travel deeper into their own insight and have a better connection with their own higher self. That sort of person knows how to live their life to the maximum height of their abilities, knows how to reduce stress to the minimum and how to take control of their life making it more relaxed and enjoyable.

CHAPTER 3

VISUAL INTELLIGENCE





Visual skills are strongly connected with spatial skills and they cooperate with each other at all the time, so we can actually call this type of intelligence visually - spatial. People who use this type of intelligence often are usually professionals such as architects, painters, navigators, chess players, physicians, army leaders or people who prepare strategic plans, landscape and space arrangements etc. That sort of person thinks through the pictures and imagines everything that is thinking or talking about on internal screen. This individual creates instant pictures of reality that surrounds him/her and has good comprehension of entire sense of it. Involves sense of view in arts such as painting, drawing, graphic designing and usually does not have difficulties with reading maps, diagrams. The individual also remembers events, all the information through the pictures and has very good sense of color (Stine, 2002; Armstrong, 1999; Gardner, 1993). Once we will develop our visual genius, we will automatically improve our ability to use photographic memory. A good exercise to remember different things is to take “mental snaps” of it, while we are looking at it. Recall this situation or subject in the future and just bring it mentally onto your internal display. By taking snaps I mean remember every thing about the subject and its surrounding, the way it looked like (Colman, 2002, Buzan, 1999).⁷ Now I will explain another few different ways of stimulation of this type of intelligence to enhance its abilities. Systematic usage of those exercises will help to increase visual-spatial part of the mind very quickly.

Practical hints

The first thing to keep in mind is to use a lot of pictures in different areas of life. An individual should learn by using mind maps and diagrams, create charts and different pictures for many occasions. Visualize everything that you think about, watch different materials such as movies, pictures or other

sensory stimulants that influence sense of view. Try to put on the wall equipment that stimulates you positively, for example: posters, pictures or lamps. Record movies and take a picture “snaps” every time you see something interesting, create your own graphics on the computer. Try to paint or draw pictures and use a lot of colors and signs, as they will increase level of information absorption. Always try to perceive all the impulses from environment and you will see the improvement in your visual mind. (Stine, 2002; Armstrong, 1999; Hewitt, 1999).

Exercise 1

Practicing peripheral view enhances perceiving more in environment that surrounds you. Spread your arms wide out and then up and down directions, right up to the moment when you will start to see everything 180 degrees from left to right, and 180 degrees from the top to the bottom with fingers pointed up. Hold your arms up trying to see your fingers, and at this stage you should notice that you are still able to see them even if they are far away from each other in right and left line, and up and down line. While doing this exercise try to focus at the same time on other things placed within your field of view (Stine, 2002).⁸ This exercise is helpful in increasing the speed of reading as it helps to see more text at one time.

Exercise 2

A lot of people say that they have a problem with imagination and some of them say that they cannot imagine anything at all. If you are one of them, exercise described below will help you to change that and improve your imagination skills. Please stop reading for little bit of time, stand up, go to the kitchen, and make yourself something small to eat or drink. Then eat it or drink it, then come back and sit down. After

you have finished, close your eyes and recall every single sequence of the action that you have just done. Bring to your mind details of how did you make food or how did you get this drink and what was like to eat it or drink it. Just see through the eyes of imagination the whole way to the kitchen, act of eating or drinking and all the way back step by step. Recall as many details as you can, and feel mentally the taste of the food or refreshment of the drink (Haag, 2004; Stine 2002; Andreas 1996). I'm sure you had no problem with completing of this exercise and you could do it easily without any difficulties. You should also know that imagination works the same way. This is nearly the same operation with the only difference that you just placing everything that you wish or need on your internal screen instead of recalling the task.

Exercise 3

In this exercise please watch your environment for a few seconds very carefully and try to remember as many details as you can. Then close your eyes and recall everything on your internal screen that you have seen when your eyes were open. Once you familiarise yourself with this exercise you will notice that every time you do this you will be able to remember more details (Stine, 2002).

Exercise 4

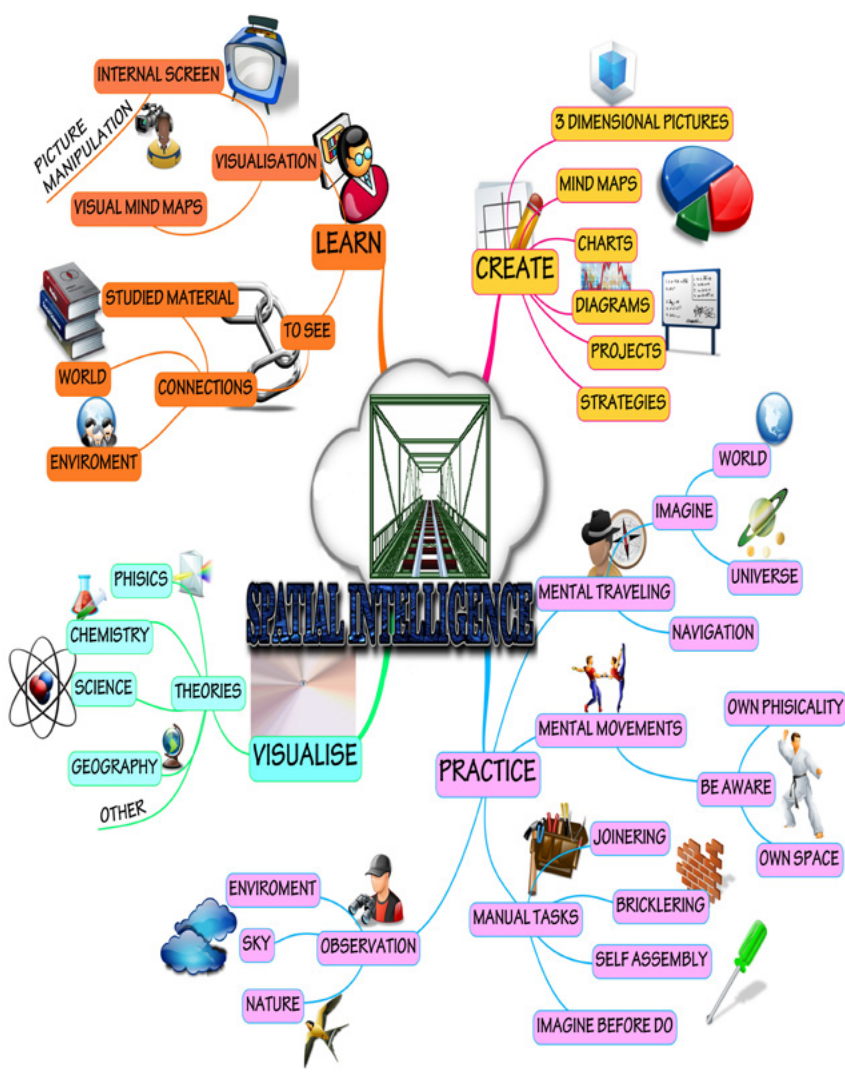
Another technique, which enhances imagination, would be exercise with colors and manipulating them. Just close your eyes, relax and see on your internal screen red ball or balloon, whatever suits you best. Try to make the quality of this picture as sharp and realistic as possible. Then start to move this ball/balloon in different directions on your internal screen. Start from bringing your red ball/balloon from the centre to the top right corner, then move it down to the right bottom corner, next to the left bottom corner and finally to the left top

one. After you complete this task make some twists rightward and leftward. See your red ball/balloon spinning and make sure that your view is clear at all the time while doing this exercise. Now bring your object closer to yourself, see it as it is coming towards you, getting closer and closer, and finally feel it. After you complete the task do the same exercise with other colors of the rainbow such as orange, yellow, green, blue, indigo, purple and at last with color of light. Ensure that you use these colors in this specific order as listed above (Haag, 2004, Andreas, 1996).

Exercise 5

This is the “zooming” exercise, which is very important for development of all further mind abilities. At this stage once your imagination is trained well enough, you can start to change and manipulate the objects on your internal screen. Please imagine anything you wish, and see it through your eyes of imagination. Identify precisely place and position of the object in your mind, on your internal screen. Start to manipulate its size and position to stimulate the vision. Adjust the distance of it from yourself bringing it closer and closer and pay attention to the way that this affects your emotions. See it very clearly and finally feel the picture like it would be right on the front of you and try to touch it, and even step into it. Involve all the senses, emotions make it colorful and feel it, as it would be real and you really experiencing it (Haag, 2004; Hewitt, 1999; Andreas, 1996). This is psychological method of approaching goals that we desire to achieve. If you keep doing this technique very intensively with your desired objects or goals 2-3 times a day for 20-30 minutes each time for few days, weeks you will notice that life is helping you by creating “magically” path which leads to it. Make sure that this is positive object or goal and harmless to

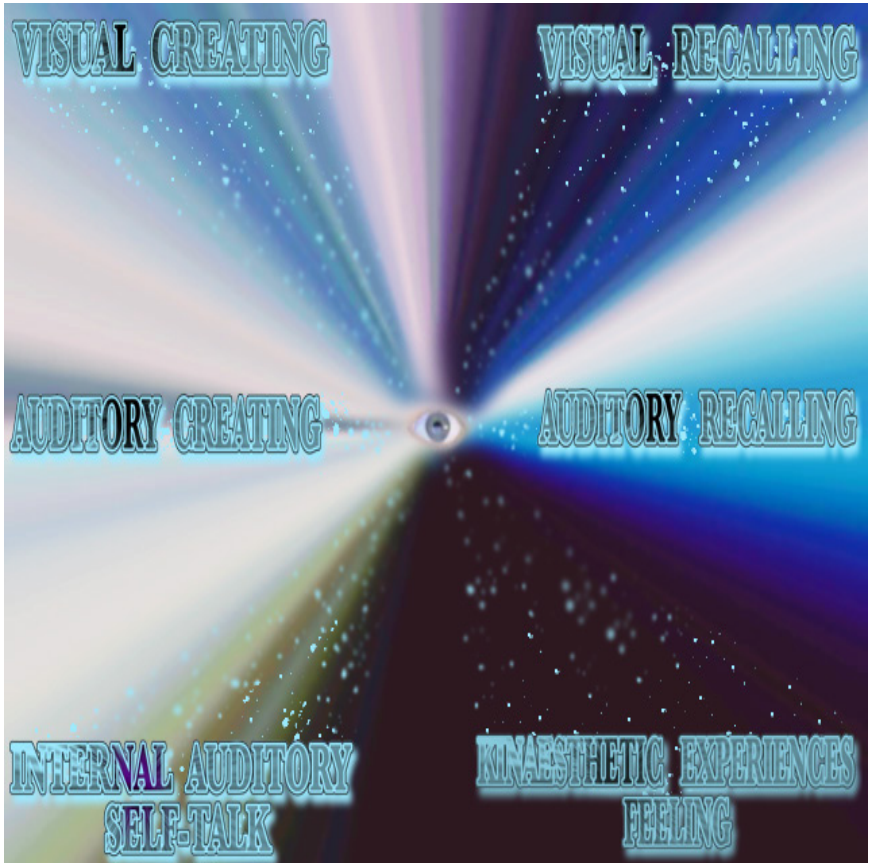
anybody. From my own experience I know that it really works and if you would use this technique for negative, bad things it would come back to you, as “what goes around comes around”, and eventually you would get punished for it with much bigger, negative for you effect. To prevent unwanted results we have to follow the above instruction the opposite way. Make the picture smaller, use black and white color, zoom it away until it will become invisible and it will have no negative effect on you (Bandler, 2007; Haag, 2004; Andreas 1996). This internal picture manipulation is one of the most important mind-power skills and we should spend enough time to master it. Key role in visual progression is parallel development of spatial skills. Please have look at the mind map on the next page and its description for more tips.



Important role plays, creation of different graphs, practicing mental movements of own body, mental traveling within near by environment and entire world or even universe. Manual work or creation for example sculpturing, joinery, garden arrangement etc., and thinking about the process of it are very important matters as well, as they help to improve spatial imagination and awareness of own and surroundings positions within it. So whenever we have opportunity to fix something or do some physical work we should just go for it, as these activities are helpful in improving our spatial skills (Armstrong, 1999; Gardner, 1983 & 2004). By using our visions we should seek the meanings of theories in many different types of science and try to imagine their matters and understand them. We should see all new information on our internal screen and try to discover their connections with other aspects of our existing knowledge (Buzan, 1999). What is also helpful is the practicing of visual mind mapping as this increases our spatial abilities and leads to becoming a super fast learner through creating and viewing mind maps in our heads (Buzan, 1995).

Eye patterns

NLP (Neuro-Linguistic Programming) is the type of psychological science with a huge collection of intelligent solutions for managing mind for different purposes. Its masters discovered that movements of eyes influence brain in many ways, and if you are being watchful and follow somebody's eyes direction you can figure out what area of the brain this person is using. This would help to precise context and sense of speech, approach psychological profile and personality valuation of this person. Likewise if you are moving your eyes in different directions, it stimulates different parts of the brain, which increases activity in different areas of mind required for specific mental operations (Haag, 2004).⁹



According to this method if a speaker's eyes are turned upper left corner direction, it means that this person is recalling visual experiences. If eyes are turned upper right direction this person is creating visual objects. When an individual's eye peas are in the middle and turned left that means that him/her is recalling auditory experiences, if eyes are turned on right it suggests that this person is creating auditory sensations. When eyes are turned down in left corner individual is involving kinesthetic experiences and feelings, and if eyes are turned down right this person has internal speech with him/herself. When eyes are pointed straight, person is imagining objects. These roles are ascribed to right-handed

people and are exactly the opposite for left-handed. Summarizing if you know which hand has been mainly used by specific person and you follow his/her eyes direction, you will recognize if that person is telling truth or not. You can also apply this technique to yourself, and use your eyes to stimulate parts of the brain that will accelerate process of thinking, creating etc. (Haag, 2004).

There are also deeper levels of visual skills (but they would be classified as a psychic) such as (Soskin, 2006; Bruce, 2003; Alexander, 2001):

Aura seeing - helps to understand people better and provides with the view of their mental and physical state of well being.

Remote viewing - is helpful to see mentally what is happening somewhere else in another place on the globe or universe.

Third eye stimulation - is very important in spiritual development and consciousness exploration.

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-BOOK.**

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