

A Psychic Revealed - The Hidden Superpowers Of Your Mind

The mind is an infinite wonder. It has the fantastic ability to transmute your desires into their physical counterparts. You can do anything that your mind can conceive, as long as you have the belief and will power to back it up.

Take the case of cancer patients who were given placebo pills. These are just plain pills that have no healing capabilities. So how did they get well?

The power came from their thoughts. They were told that these pills contain the highest amounts of cancer-fighting ingredients which can effectively cure them in a matter of days.

See how powerful your mind is?

They believed that their health will be restored. They have registered in their minds that these pills will cure them of their illnesses. In the process, the belief embedded within their subconscious came to reality.

So how can you use your mind to achieve your dreams? One of the most effective ways is to use the "as if" principle.

Act as if you are the person you want to be. Act as if you are already in possession of whatever you long to have.

So what do you want to be? You want to be a lawyer, doctor, athlete, or newscaster? Think, act, and feel like one. You'll be much closer to your goal if you're constantly intact with your objective. Be obsessed with your dream. It doesn't mean that if you want to be Superman you'll fly out the window. Not a good idea!

It's not enough that you act like one, but you have to actually ACT. Do what needs to be done. You might get so lost in your fantasy dream world that you've forgotten to take some action. Let your visions encourage and motivate you to actualize your purpose.

The problem with the people of the modern world is that they are too preoccupied with worries, anxieties, and negative emotions. As a result, they are adversely affecting their state of health.

White lies have become prevalent nowadays in order to ease the burdens or to persuade others to do things that they thought are unattainable.

There was once a weightlifter who couldn't lift weights in excess of 300 lbs. So his coach devised a clever idea and told him that the barbell he has to carry weighs only 300 lbs. With all his

might, the weightlifter managed to put it above his head. After he puts it down, the coach told him that he has just lifted 350 lbs. of weight! It's all in the mind!

A famous person once said, "Whenever you think you can or you can't, you're right."

If you think you are poor, then you are; unless you properly condition your thoughts to the positive mindset. I know it's hard to think rich if your environment is not conducive to such way of thinking. Use your imagination then! Visualize your house to be a mansion, your old car to be a limousine,... Well you get the picture.

There is absolutely no limit with what the mind can achieve. But you have to combine belief, will power, and action with positive thinking in order to arrive at your intended destination.

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About the Author

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