

Mind Power Quiz WEEK TWO

- 1) What does it mean to truly 'know thyself'?
 - A) Coming into a deep understanding of your potential
 - B) Coming into a deep understanding of your personal power
 - C) Coming into a deep understanding of your purpose
 - D) All of the above
- 2) We have the power and the ability to activate thought forces.
 - A) True
 - B) False
- 3) You can use thoughts to create and manifest in your life.
 - A) True
 - B) False
- 4) What should you do in-between the weekly Mind Power lessons?
 - A) Nothing. Attending the lessons will be enough to give you Mind Powers.
 - B) When you feel like it, do a few exercises. Something is better than nothing.
 - C) Right before bed when you are very tired, do the exercises.
 - D) Dedicate 20 min EACH day to the exercises for best results.
- 5) We are the _____ of our consciousness.
 - A) Plumber
 - B) Gardener
 - C) Electrician
 - D) Dishwasher
- 6) We are responsible for cultivating or neglecting our thoughts.
 - A) True
 - B) False
- 7) Life will _____ the condition of your garden.
 - A) Reflect
 - B) Sometimes ignore
 - C) Pay no attention whatsoever to
 - D) Selectively represent
- 8) Inserting and nurturing thought forms is a Mind Power technique called:
 - A) Angiospermophyta
 - B) Seeding
 - C) Plant vs. Mind
 - D) Hydroponics

- 9) *Life* is your _____.
A) Wet towel
B) Cup a Joe
C) Harvest
D) Family vehicle
- 10) What happens when you DO NOT feed your consciousness with thoughts?
A) Your consciousness feeds itself
B) Nothing at all
C) Your consciousness takes a break
D) Great things happen, because you let it think what it wants
- 11) Our consciousness feeds from our:
A) Environment
B) Thoughts that we give it
C) Both A & B
D) Nowhere
- 12) Our environment (media, news, events, etc) is mostly:
A) Very positive
B) Very negative
C) Neutral and unobtrusive
D) Helpful in bettering our minds
- 13) Any thought that is put into our minds and is tended, nourished and cultivated, will produce and manifest as reality.
A) True
B) False
- 14) What phrase can be associated with *Seeding*?
A) "If you do not plant the seed, you will not get a crop."
B) "Seed in the inner world to manifest in the outer world."
C) "Vibrate with the energy that you already have the thing that you want."
D) All of the above
- 15) Your _____ has the ability to create your life.
A) Parental influence
B) Mobile device
C) Imagination
D) Boss

- 16) Your imagination must be exercised like anything else.
A) True
B) False
- 17) When you seed into your mind, you always:
A) Seed with the *feeling* you already have what you want
B) Just hope for the best and be positive
C) Beg and plead with your mind
D) Wonder 'what if?'
- 18) Conditions for successful seeding:
A) Be really positive about the outcome
B) Vibrate with the *feeling* that you already have it. It's a reality now.
C) Seed REGULARLY.
D) Both B & C
- 19) The power of persistence cannot be over-emphasized in working with Mind Powers.
A) True
B) False
- 20) Using your imagination to 'see' something in your mind that hasn't yet happened can be defined as:
A) Seeding
B) Visualization
C) Positive thought
D) Fortune telling
- 21) Visualization allows you to project in the _____, what you want to see in _____.
A) Fridge / your stomach
B) Outer world / the inner world
C) Inner world / outer world
D) Minds of others / the world
- 22) Conditions for successful visualization are:
A) Visualise regularly. Every day.
B) Living it in your mind as if it is real NOW.
C) Relax the mind and practice deep breathing
D) All of the above

ANSWERS:

- 1) D
- 2) A
- 3) A
- 4) D
- 5) B
- 6) A
- 7) A
- 8) B
- 9) C
- 10) A
- 11) C
- 12) B
- 13) A
- 14) D
- 15) C
- 16) A
- 17) A
- 18) D
- 19) A
- 20) B
- 21) C
- 22) D

Exercises for WEEK TWO

1) **Visualisation**

Pick a personal trait or quality, something that you do not possess, and *visualise* that you have that quality. Visualise all of those things as a *result* of having that quality. Do this every day for 5 min.

2) **Seeding**

Seed that you have that quality. Vibrate and feel that you have that trait/quality/characteristic. Imagine what it would be like to *feel* it. Seed the feeling. Stay with one quality for one week. Do this every day for 5 min.

3) **Visualisation**

Visualise that you are doing your exercises. Visualise being disciplined. Imagine having the foresight to do the exercises every day. Not only do you do your excises, but you are a real natural at it, and they work fabulously for you. Do this every day for 5 min.

4) **Contemplate**

Rewrite the 6 laws into the personal and contemplate. "*MY thoughts are real forces.*", etc. (see attached PDF). Do this every day for 1-2 min.

5) **Contemplate**

Every day contemplate the phrase:

"My power to think thoughts is my power to create my life. I have the power to think whatever thoughts I choose." Do this every day for 1-2 min.

6) **Self Observation**

Several times a day, ask yourself:

- 1) *How am I feeling?* And answer yourself.
- 2) *What am I thinking?* And answer yourself.

7) **Weed out negatives throughout the day.** No time span.

8) **Read over your notes every day.** Chart yourself each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							
Exercise 5							
Exercise 6							
Exercise 7							
Exercise 8							

6 LAWS OF THE MIND

1

My thoughts are real forces

Every thought I think is a force, and an energy and is having an effect in my life.

2

Law of Transmission

My mind is a sending and receiving station of thought.

3

Law of Attraction

Thoughts that I emotionalise become magnetised and attract similar and like thoughts to me.

4

Law of Control

I am forever experiencing thoughts, but I have the power and the ability to either entertain these thoughts or dismiss them.

5

Law of Insertion

I have the power and the ability to insert any thought of any type into my mind.

6

Law of Connection

My inner and outer worlds are connected.