

## Mind Power for Weight Loss Quiz - WEEK ONE

- 1) To get results from this training you must:
  - A) Only listen to the lecture.
  - B) Come in with a clear and open mind.
  - C) Be prepared to work for it and do the exercises.
  - D) B & C
  
- 2) We live in two worlds: The \_\_\_\_\_ world, and the \_\_\_\_\_ world.
  - A) Inner & Outer
  - B) Ether & Outgoing
  - C) Propaganda & Reality
  - D) Material & Non material
  
- 3) The world of our *thoughts, consciousness and reactions* is our: \_\_\_\_\_ world.
  - A) Inner
  - B) Outer
  - C) True
  - D) False
  
- 4) The world of *events, circumstances and situations* that happen to us is our: \_\_\_\_\_ world.
  - A) Inner
  - B) Outer
  - C) True
  - D) False
  
- 5) The Outer World harbours what emotions:
  - A) Fear
  - B) Love
  - C) Worry
  - D) None of the above
  
- 6) Things happen to us in the Outer World, but we \_\_\_\_\_ them in the Inner world.
  - A) Ignore
  - B) Experience
  - C) React to
  - D) Laugh at
  
- 7) We can think whatever thoughts we choose:
  - A) True
  - B) False

- 8) Everything in our universe is governed by laws except:
- A) The things that happen to us
  - B) The speed of sound
  - C) The planets revolving around the sun
  - D) None of the above
- 9) You are the cause of \_\_\_\_\_ that happens to you in your life.
- A) Nothing
  - B) Everything
  - C) The good things
  - D) The bad things
- 10) Life is always \_\_\_\_\_ you according to your own personal \_\_\_\_\_.
- A) Ignoring / Dramas
  - B) Responding to / Vibration of energy
  - C) Listening to / Musical taste
  - D) Responsible for / Choices
- 11) Accepting responsibility for your own life gives you an immense amount of:
- A) Power
  - B) Money
  - C) Time
  - D) Anxiety
- 12) As we change our thoughts, beliefs and vibration of energy, life changes to match the new vibration of energy.
- A) True
  - B) False
- 13) Is there an effect of thinking thoughts?
- A) Sometimes.
  - B) Only when I am aware of them.
  - C) Yes. Even when I am unaware of them.
  - D) No, thoughts have no effect.
- 14) Thoughts are real forces:
- A) True
  - B) False
- 15) The Law of \_\_\_\_\_ states that the mind is sending and receiving station of thought.
- A) Transmission
  - B) Attraction
  - C) Insertion
  - D) Connection

- 16) The Law of \_\_\_\_\_ states that thoughts that are thought with emotion become magnetized and attract similar and like thoughts.
- A) Transmission
  - B) Attraction
  - C) Insertion
  - D) Connection
- 17) We have the power and the ability to either entertain thoughts or dismiss them.
- A) True
  - B) False
- 18) The Law of \_\_\_\_\_ states that we have the power and ability to insert any thought of any type into our minds.
- A) Insertion
  - B) Attraction
  - C) Connection
  - D) Transmission
- 19) The Law of \_\_\_\_\_ states that the Inner & Outer worlds are connected.
- A) Insertion
  - B) Attraction
  - C) Connection
  - D) Transmission
- 20) What are the features of the conscious mind:
- A) It is in constant motion – always thinking thoughts.
  - B) It is the Great Trickster – your own mind tricks you, fools you and limits you more than you can imagine.
  - C) There is a lot of useless thought going on inside us (fear, anxiety, negatives, etc)
  - D) All of the above.
- 21) It makes all the difference to your *conscious mind* if you think constructive or destructive thoughts.
- A) True
  - B) False
- 22) Your negative thoughts get their power from:
- A) Your enemies
  - B) Your friends
  - C) Your environment
  - D) You
- 23) What are some techniques for eliminating negatives from your consciousness:
- A) Cut it off and Label it as a negative thought
  - B) Exaggerate it into ridiculousness
  - C) Counteract it with the complete opposite
  - D) All of the above

24) You don't get to experience the power of your thoughts until you \_\_\_\_\_ your thoughts.

- A) Ignore
- B) Once in a while pay attention to
- C) Concentrate
- D) Tell people

25) Contemplation is \_\_\_\_\_ your mind to think about something.

- A) Disciplining
- B) Rarely telling
- C) Reminding
- D) Ignoring

26) Every one of our thoughts is a form, and an energy and is having an effect on our life.

- A) True
- B) False

27) Any negative thought that is persisting in your mind, is there because:

- A) You were having a bad day
- B) The people around you are always negative
- C) You can't control your negative thoughts
- D) You are allowing it to be there

ANSWERS:

- 1) D
- 2) A
- 3) A
- 4) B
- 5) D
- 6) C
- 7) A
- 8) D
- 9) B
- 10) B
- 11) A
- 12) A
- 13) C

- 14) A
- 15) A
- 16) B
- 17) A
- 18) A
- 19) C
- 20) D
- 21) B
- 22) D
- 23) D
- 24) C
- 25) A
- 26) A
- 27) D

## Exercises for WEEK 1

### Mind Power for Weight Loss

#### 1) Contemplate ALL 6 Laws

Every day spend 4 min (40 seconds each law) contemplating the 6 laws. Write down any insight that comes to you.

#### 2) Choose one law per day

Every day spend 4 min contemplating ONE law. Change to another law each day. Discipline your mind if it wanders.

#### 3) Contemplate

Every day spend 4 min contemplating:

*"I am in possession of an amazing instrument of power that is transforming my life now that I am learning how to use it."*

#### 4) Contemplate

Every day spend 4 min contemplating:

*"My personal vibration determines the circumstances and situations that happen to me. My thoughts and my beliefs create my personal vibration."*

#### 5) Self Observation

Suddenly and unexpectedly observe your thoughts throughout the day.

#### 6) Weeding out of the negatives

Whenever you find yourself feeling a negative, use one of the techniques for weeding negatives.

#### 7) Go over your NOTES

Every day spend 5 min going over your notes. DO THE EXERCISES.

**\*\*Charting:** Put a checkmark in the box when you have completed each exercise.  
(Charting is an important part of the training.; it allows you to visually monitor your training.)

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

# 6 LAWS OF THE MIND

1

## Thoughts are real forces

Every thought is a force, and an energy and is having an effect in your life.

2

## Law of Transmission

The mind is a sending and receiving station of thought.

3

## Law of Attraction

Thoughts that are emotionalised become magnetised and attract similar and like thoughts.

4

## Law of Control

We are forever experiencing thoughts, but we have the power and the ability to either entertain these thoughts or dismiss them.

5

## Law of Insertion

We have the power and the ability to insert any thought of any type into our minds.

6

## Law of Connection

The inner and outer worlds are connected.