

## Mind Power for Weight Loss 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**  
**Mind Power for Weight Loss**

**1) Contemplate**

Rewrite the 6 laws into the personal and each day contemplate. "*MY thoughts are real forces.*" etc. Contemplate each law for 40 seconds for a total of 4 minutes each day. See *attached* pdf with weekly notes.

**2) Visualization/ Seeding**

Pick a personal trait or quality, something that you do not possess, and *visualize and seed* that you have that quality. Visualize all the great things happening as a *result* of having that quality. Imagine what it would be like to *feel* it. Perhaps you visualize yourself being disciplined. Not only do you do your exercises, but, you're a real natural at it, and they work fabulously for you. Do this every day for 4 min.

**3) Contemplate**

Every day contemplate the phrase:

*"My new eating and exercise habits make me feel great!"* Do this every day for 4 min.

**4) Seeding**

*Seed* what it would feel like to be fit, slim and looking great. Visualize all the great things as a *result* of looking great. Imagine what it would be like and *feel* it. Do this every day for 4 min.

**5) Fit, Slim & Looking Great Visualization**

Visualize yourself being fit, slim and looking great. Use your imagination and loose yourself in these images. Do this every day for 4 min.

**6) Self Observation**

Several times a day, ask yourself:

1) *What am I thinking about myself?* And answer yourself.

2) *How does it make me feel?* And answer yourself.

**7) Weed out negatives throughout the day.**

**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.

