



Powerful Mental Development

Roger Cantu

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Powerful Mental Development is the study of how to gain the most from your time, your life, and mind. How to have an alert, poised mind, a happy mind, a relaxed and balanced mind, how to have more fun with your mind, and how to be more successful at work, in school, and in all places, in all phases of being.

After spending many years studying the mind with some of the most powerful and enlightened people in this world, the author has come to the conclusion that studying the development of different states of mind is the key to help unlock your full potential as a human being.

Mental evolution is the main concern in Powerful Mental Development. Mental evolution means to understand and experience the different patterns of your life. The mental pattern that you are experiencing right now, combined with your past patterns, creates new patterns that will ultimately affect your future. As you learn to practice PMD, you will discover that you too can see beyond the normal level of awareness that most people experience. You will see that we are made up of intelligence and light. PMD simply means becoming more conscious of the intelligence that you already possess.

Mental evolution is the process of becoming more aware and using this new awareness to make conscious choices. It is the art of understanding the patterns of life, and seeing what life has created on this planet, and learning why this planet goes through the cycles that it does.

With the practice of PMD, you will learn to still your mind completely, to stop your thoughts from bothering you, and to become more conscious. The curtain of darkness will part and you will find a new life, one you have never experienced before.

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