

Science Of The Mind

Introduction

SCIENCE IS A PHYSICAL THING

Firstly Science is a physical thing in the real world that plays such an important role in the development or discovering facts and truths about tangible things that we can directly relate to as relevant for people on the earth. Heaven is a spiritual world and while we need earthly things to provide the comfort of home and look to with pride in a sense of achievement and accomplishment for personal happiness. However some things in this world are detrimental to our health and well being and we should try and alleviate them or reduce them to a minimum to be spiritually happy and experience a sense of peace and joy and purpose in happiness instead of happiness being a wild adventure to turn to the silly side of life. There are reasons that the world came into being and the earth holds enough questions and answers to all these physical attributes of scientific intelligence. This is an on going job just to determine what is real and what is unreal, what is believable and imaginable or can be conceived, perceived or constructed. There is a trillion trillion stars out there and if we tried to analyse their origin all at once it would be impossible, but to simply take a look at one star or one perspective on life and try to think logically and critically about its origin and existence is a treasure just waiting to be discovered and explored to be enjoyed by all who work out the possible answers.

This book, which is a behavioural science, will be about the intellectual side of spirituality, with a more psychologically directed approach to heal diseases of the mind and cure mental illnesses through reading and creating meditational thoughts to encourage and bring about peace of mind. The book will contain thoughts and ideas for rational and logical thinking, for being able to try and understand ourselves more than others. To look critically at our own behaviour before we try and think about what someone else might be doing right or wrong. To structure goals and long term plans on how we can personally develop and achieve by our own understanding of ourselves and to have a reason or purpose in exploring truth in a spiritual fashion and direction for mental well being and wholeness. Reading is a great way to work out our own selves and reflect on things that we think of each other. Judgement is wrong and we all should leave that to God and give him that credit when due for answering our problems through our prayer life. A

It is good to just take time out and be at peace with God, in all the world and all the blessings there is nothing like being at peace with God, this comes from spending quiet and quality time with God in reading or through listening to music or praying through meditational thoughts. This will replenish and rejuvenate the spirit so that the mind functions well and properly and once again a calmness of spirit come upon us. This is not only relaxing, but soul invigorating to just rest in the truth of the knowledge that you are loved by God and he cares for your life.Â

Take some time out for yourself to sit down and have a read and then afterword, try to have a constructive thought reflection on how you can relate to what you have read and perhaps put in place some things that you read to help you live your life on a calmer and in a more organised thought processing way to keep sane, well and happy.

CHAPTER.1 THE HEAD THINKS THOUGHTS

1 What Makes The Brain Think

2 Head First, Heart Beat

3 Inside The Mind

4 Mine Or Yours

5 Connect With Outside

6 Right and Well

7 Me, You and Us

8 Forever Linking

9 Particular Ideas

10 Much To Mend

CHAPTER.2 MIND OVER MATTER

11 Be In Control

12 I Can Do It

13 Stay Positive

14 Never Fail

15 Lead and Organise

16 Have To Tidy Up

17 Spiritual Or Physical

18 Doing Actively

19 Take A Deep Breath

20 You Might Help

CHAPTER.3 TIME FOR PEACE

21 Calm Thoughts

22 Peaceful Thoughts

23 War Against War

24 Why Worry The Word?

25 Collect Yourself

26 Clear Water and Fresh Air

27 Phisically Active

28 Spiritually Asleep

29 Breathing Pace

30 Sky, Streams and Trees

CHAPTER.4 MENTAL DISRUPTIONS

31 Never A Dull Moment

32 Things Get In The Way

33 Stay In Control

34 Cloudy Days

35 Someone Else Thought

36 Listen To People

37 Reasonable Ideas

38 Blocked Brain For A Second

39 Beautiful Answers

40 Don't Go Down The Drain

CHAPTER.5 LOGICAL ORDER

41 Proceed Normally

42 Successive Progression

43 Keep Things Simple

44 Letters and Numbers

45 People Make Sense

46 Time Turns Naturally

47 Done Set Ways

48 Wisdom Happens To Appear

49 Next Step Right

50 A Long Conception Of Things

CHAPTER.6 HAPPY WITH MONEY

51 Money In Time

52 Payments Matter

53 Slower or Quicker

54 Maintain Management

55 Faith and Face

56 Content Or More

57 When I Have Got Enough

58 Give Some Away

59 Have And Hold

60 Give And Take

CHAPTER.7 WORK IS CONSTRUCTIVE

61 Always Something to Do

62 Mind On The Job

63 Stick To The Subject

64 Occupying The Mind

65 Using Time Wisely

66 Aim To Achieve

67 Sense In Patience

68 Being Yourself

69 If I help You

70 See The Results

CHAPTER.8 RETIRING WELL

71 When The Days Done

72 Enjoy The Finished Work

73 Enough To Live On

74 More To Tomorrow

75 Vacations Never End

76 Someone Else Will Do The Work

77 How Long Till I Stop

78 When The End Is Near

79 The Perfect Holiday

80 Life Is Too Good to Quit

CHAPTER.9 THE JOB IS NEVER DONE

81 We Still Have To keep Going

82 Finished, But Start Again?

83 Time For Something Else

84 Keeping Busy

85 Mind On The Job

86 Always Do It Right

87 Never Mind Failure

88 Something Easy

89 Too Hard to Try

90 God Might Say Help

CHAPTER.10 LOVE OF GOD

91 Love Conquers All

92 God Is Good

93 God Is Great

94 God Reigns Supreme

95 Power and Might

96 Weakness, Stress and Patience

97 Love Wins The Day

98 Time Is More Important

99 Money and Things

100 God Loves You

CONCLUSION