

Synergy of Minds

Newsletter Issue Eight

November 1st, 2023



Newsletter brief:

The time is really flying this year. Every year seems to go faster than the previous year. Thank you for continuing the journey with us. Effectively we have finished phase one and we are just about to embark on phase two. This new chapter in our development is likely to be more challenging and varied which represents part of our dynamic growth and future.

We look forward to what tomorrow brings as we move into our next phase. Our vision for the future includes exciting new developments which we naturally trust you will like and enjoy. We hope you will stay for the long term and then experience first

hand what we have planned. The day is always brighter when you have like minded people to relate to. Now we advance to step 9.

Our focus is to deliver thought provoking content and endeavour to spread the word of mind puzzling vital information that should be more readily shared and be more consistently available around the world. Instead there seems to be a concerted effort to hide a great deal of this knowledge. It continues to amaze me as to how many tens of millions of people are denied this valuable insight...

Our aim is to produce 1 Newsletter monthly which we will look to email. All subscribers can expect to have our latest newsletter emailed to them directly. Alternatively you can download it now or any other time. All Newsletters will be stored and available ongoing. The aim is for you to fully digest our Newsletter in just a few minutes of your busy Life schedule.

Affirmations of the Month:

I have complete peace of mind

I make a positive difference by helping others

I have true gratitude and appreciation for everything meaningful in my life

I have great abundance in my life

I am very successful in all that I do

I am financially independent

Quotes or Tips of the Month:

Keep training your instinct to be sharper so that you will be able to react that much faster when you are suddenly called upon. You never know in what moment you will be needed to instinctively react without hesitation. Will you be ready?

Quotes of the Month:

Pay the Price and the rewards are truly magnificent

Live Life to the full and avoid cheating yourself out of what you truly desire

Your ultimate destination is the last stop before the next journey

Let your dream become your reality

Fly with the Eagles and leave the turkeys behind

Focus on your Vision with total clarity

The quality of your thinking determines the quality of your life

There is no better time than right now to be happy.

Happiness is a journey, not a destination. So work like you don't need money.

Love like you've never been hurt, and Dance like no one's watching

Always give your best then nobody can ask for more

Be at one with yourself then you'll always be true to others

Extending compliments to Deserving People Enables those People to Appreciate You More

Listening to Interesting People and Mirroring what they Say Shows You are a Good Listener

One of the latest Articles to be uploaded to our Website:

<https://www.personal-improvement.eu>

The 3 Levels of Consciousness

The specific levels of Consciousness are Conscious, Subconscious and Superconscious. When consciousness is mentioned or discussed there is often a tendency to forget about Superconscious which is so powerful. What the Superconscious Mind has produced in the past is extraordinary and phenomenal.

The **Conscious mind** is where we operate during our daily daytime activities when we are awake. It only represents a very small portion of our consciousness mind and awareness.

The **Subconscious mind**, lies below the level of conscious awareness but it has enormous capacity. It's like comparing a beach ball (subconscious mind) to a tennis ball (conscious mind) it is the lower brain. It literally records everything we do. The Memory is one thing but the Recall is something else.

It's quite staggering when you vividly remember something from 20 or 30 years ago and can relate with crystal clear clarity the amazing detail of the event or happening. Amazingly every activity we are involved in plus all our thoughts, our lives and experiences, the things we like and dislike, our encounters each day are all recorded. It has infinite capacity.

There is nothing forgotten by the amazing subconscious mind but its presence is there when required. The subconscious has an awesome influence on how we think and act when we are in the conscious state.

The **Superconscious mind** by comparison brings a higher level of awareness...

Read the rest of the Article)...

Go to: <https://www.personal-improvement.eu>

We've added a new feature to help brighten your day. Enjoy!

Smiling and Laughing:

Smiling and Laughing are 2 of the most positive things in Life:

When you Smile or Laugh you eliminate negative emotions

When you Smile or Laugh you eliminate stress

When you Smile or Laugh you eliminate misery

When you Smile or Laugh you reduce or eliminate sadness

When you Smile or Laugh you instinctively make others you encounter better

When you Smile or Laugh your body is healthier for it

When you Smile or Laugh you introduce happiness

When you Smile or Laugh often you make more friends

When you Smile or Laugh you make the world a better place

Smile at a stranger today and just see the reaction you get...

Seven Wonders of the World:

To See, *To Hear*, To Touch, To Taste, To Feel, To Laugh, To Love

The most simple things in Life cannot be built by hand or bought by man

Have a great month and stay well...

>>Helping to put together the Mind puzzle 1 piece at a time...<<<