

who are we



Achievers Dynamic Systems International (ADSI)

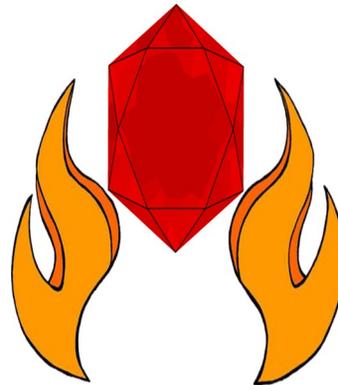
The Achievers Dynamic Systems International is an organization who conducts free lectures in selected Primary and Secondary public schools proven and scientifically based mind and energy center techniques which can be a big help for the youth in achieving goals in life.

Specifically, ADSI has the following purposes:

1. To empower the youth by developing advanced educational skills to develop their study habits.
2. To enhance the development of disciplinary skills in the youth in order to increase their tenacity for doing hard work in their curriculum.
3. To teach techniques that will awaken their creative faculties.
4. To awaken and boost the development of their different intellectual, psychological and emotional intelligences.
5. To develop a dignified heroism in our youth and a sense of love for the country and our people.
6. To create activities that will turn them away from drugs and other vices.
7. To inculcate in their young minds the principles of law abiding citizens.
8. To develop perfect health and peace of mind among the youth.

ADSI teaches practical application of the natural laws for personal enhancement and progress which can harness energy in the physical body that can be used in achieving health, brain booster, magnetic personality and most of all, success in any endeavors in life.

The students, who, in constant practice of the techniques, in due time, would find out that he can control his destiny and be the master of his own life. He would realize that even poverty can't be a hindrance in his **success.**



Achievers Dynamic Systems International

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a journey for a better Life



Genius has no country. It blossoms everywhere. Genius is like the light, the air. It is the heritage of all!

Jose Rizal

BE an **ACHIEVER** in just **7 minutes**



In a private room where you will not be disturbed, sit in silence. Close your eyes, put your hands on your lap, with the palms down. Relax. Empty your mind of all thoughts and mundane concerns. Be at peace.

When you have done this, focus your attention on your very being. Visualize yourself as imbued with the attributes of *Joy... Peace... Harmony... Vitality... Infinite Goodness... Power... Love... Kindness and Success*. Permeate your whole being with each attribute, one at each turn. Vividly feel each emotion, letting it fill and flood your entire being, until you feel yourself becoming the very embodiment of those attributes. At this point, you must forget who you are and where you are, and be completely engulfed in the experience of yourself as joy, peace, harmony, vitality, and so on.

Afterwards, stop your visualization and relax. Just be, stay in a passive state for a few moments. Then rise and continue with your usual routine for the evening.

HOW DOES IT WORK?

The technique puts to practice the power of positive thinking, a principle that has been around for centuries, and that has guided great men to success and achievement. It also employs the *Law of Attraction*, which states that we attract what we think. If we fill our minds with good thoughts, and do so with intensity, emotion and focus, then these good things will come into our life.

When we perform the exercise given, we must therefore do so with attentiveness and concentration, and not just go through the motions. We must also do it **regularly**, that is, daily at 8:00pm (Manila time), so that it becomes a habit—a constant and repeated sprinkling of good thoughts and positive energy into the fertile soil of our subconscious mind, whose abundant rewards we will reap in due time.



TECHNIQUES OF AN ACHIEVER

Pore Breathing

A technique for the regeneration of each cell in your body. In turn, this makes your body healthy and youthful, strong, vivified and highly resistant to all sorts of diseases.

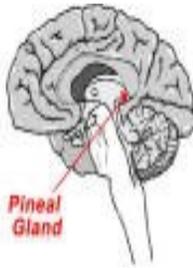
Pentagram

The ancient technique of the Pharaohs, Emperors and Kings. This technique allows the circulation of energy in the whole body that can contribute in attaining good health, magnetic personality and prosperity.

Pineal Gland

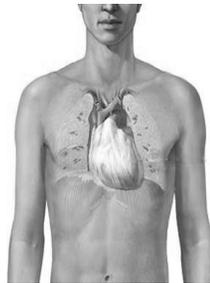
A small and coned-shaped gland located about 1/4 of an inch near the center of the brain, at a level above the top of the ears.

When fully developed, spatial intelligences, cultural consciousness and intuition are awakened in the person.



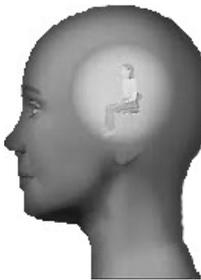
Heart Center

A powerful source of energy in the human body. If fully awakened, health, intelligence, magnetic personality and compassion can be achieved. It is also said that God resides at the heart. No man can reach full success without **God**.



Creative Visualization

A mental technique that uses the imagination to make dreams come true. Used in the right way, creative visualization can improve our life and attract money, possessions, work, people, love into our life, success and prosperity.



Law of Giving and Sharing

"Give cheerfully and freely. It is the energy behind the giving that matters so do not give grudgingly. The law of cause and effect guarantees that you shall receive plenty for what you give.



—David Cameron Gikandi