



# Achievers Dynamic Systems International

**GUIDEBOOK**

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“

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

**Jose Rizal**

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# The 8:00-8:30pm Heart Radiation



## The 8:00-8:30pm Heart Radiation

This technique reprograms one's subconscious for positive inner transformation and to open up to the limitless possibilities of success consciousness; generates positive energy for attracting prosperity and abundance; protects against impending calamities and disasters.

***Law of Radiation and Attraction:*** The working of this technique is based upon a natural, universal law, the Law of Radiation and Attraction, which states that the energy of the thoughts and emotions you radiate will attract or magnetize to yourself the same kind of energies. The law states that, whatever a man thinks he attracts it, let it be good or bad. Hence, if you fill your mind with good thoughts, and do so with intensity, emotion, and focus, thereby radiating the positive energy of good thoughts and feelings (such as joy, vitality, peace, love, and kindness or J-V-P-L-K), then you will attract to yourself and bring into your life positive blessings, good things, and beneficial circumstances; but if you habitually dwell upon destructive thoughts and emotions (such as anger, fear, worry, irritation, envy, jealousy, etc.) then you draw pain and suffering into your life.

Our thoughts are not just mere superficial ideas. On the contrary, they are very real and they greatly affect our health and our environment. Modern science has already confirmed the existence of stress-related diseases. So we can therefore conclude that poor thoughts can cause poor health. In addition, it would be reasonable justification to point out that modern medicine uses the EEG to measure electrical activity in the brain. From these premises, we can conclude that thoughts are a forms of energy at varying degrees of intensity. The more intense, the greater the effect will be in our material environment.

# Instructions

For 30 minutes, every **8:00–8:30pm (Manila, Philippines time)**, sit relaxed and close your eyes.

**(8:00-8:10pm)** Listen to the beatings of your heart. Imagine your heart to be like a glowing and radiating sun inside you, then feel your heart-sun to be the center of your being, then as the center of the universe. Now feel J-V-P-L-K. Do not think, feel each one:

**(J) — JOY: (2 minutes)** Feel your heart-sun to be the embodiment of joy and bliss. Don't merely think of joy or bliss; feel it as vividly as you can. If you feel the urge to smile, then smile. It may help you feel joy better. Feel each positive attribute as a bundle of energy emanating from your heart-sun. Let this energy radiate all over your body.

**(V) — VITALITY: (2 minutes)** Feel strength and vitality. Your heart-sun is awash with vim and vigor. With every positive feeling you emot, visualize the light to glow more and more bright and intense.

**(P) — PEACE: (2 minutes)** Then, feel your heart-sun to be filled with goodness and peace. Everything is alright and in perfect harmony. There is peace in your heart-sun, and you are at peace with yourself, with the world and the entire universe.

**(L) — LOVE: (2 minutes)** Feel your heart-sun to be the embodiment of forgiveness, and that your heart-sun is overflowing with love and bliss. Be sincere in feeling these emotions.

**(K) — KINDNESS: (2 minutes)** Feel loving kindness and compassion. Feel as if you want to embrace the whole world and all creatures therein.

**(8:10-8:25pm)** Now stop feeling and radiating JVPLK, just go to the center of your heart-sun and stay there for **15 minutes**.

**(8:25-8:30pm)** Relax and just be passive, forget your visualization. Do this for **5 minutes**.

## Benefits

- ✓ What this technique does is that it uses our mind to focus and bring us closer to the more harmonious, creative, and nourishing energy that creates and sustains us; not to the gross vibrations which cause suffering and disease. All the pains and sufferings, the absence of abundance, the presence of bad turn of events, the recurrence of undesirable circumstances are brought about by one's uncontrolled thought processes that are negative.
- ✓ This technique enables one to put a stop to the negative stream of consciousness, to transfer and expand the positive thoughts and emotions to our environment. All it takes is 30 minutes a day, every 8:00pm to 8:30pm of settling down and emoting positive thoughts. You can reformat your subconscious program and transform all the negative circumstances and start creating all the positive desirable circumstances in your life.
- ✓ Scientific researches show that positive and cheerful states of mind stimulate the release by the glands of beneficial hormones and chemicals which boost the immune system and strengthen natural resistance to disease while negative emotions trigger the release of toxic chemicals associated with stress and infection.
- ✓ Practicing this technique also develops ["Multiple Intelligences."](#)
- ✓ When this technique is done simultaneously by many people (even if they are geographically distant from each other), the positive energy generated by their combined radiation is multiplied exponentially. Practicing this technique at the same time regularly and repeatedly also develops a habit which becomes implanted into the subconscious mind, producing abundant rewards in due time.

**Click here** for reference in synchronizing your time with 8PM Manila Time.

*More details: <https://www.adsi.info/the-8-pm-830-pm-heart-radiation/>*

# Multiple Intelligences



illustration: JR Bee, Verywell

An educational theorist and brain researcher who has had a huge impact on teaching practice is Howard Gardner of Harvard University's Project Zero. Gardner postulates that there are many different kinds of intelligence, and that we all possess them in varying degrees. These "different ways to be smart" represent ways of looking at the world that can become doorways to understanding when teachers consciously include differentiated learning strategies in the classroom.

According to a traditional definition, intelligence is a uniform cognitive capacity people are born with. This capacity can be easily measured by short-answer tests.

In Gardner's view, learning is both a social and psychological process. When you understand the balance of your own multiple intelligences, you will begin to manage your own learning and value your individual strengths.

You become balanced individuals who can function as members of your culture. This technique will develop the intelligences to foster deep understanding about the essential questions of life, such as: Where do we come from? What's the world made of? What have humans achieved? What can we achieve? How does one lead a good life?

If you continue doing this technique for the rest of your life, your existence will not only be a success but you will live a life of auspiciousness. Everything you need will be provided for, bliss and peace profound will be your lot in life, the secrets of the universe will be yours, and God's blessings and grace will flow in your life abundantly.



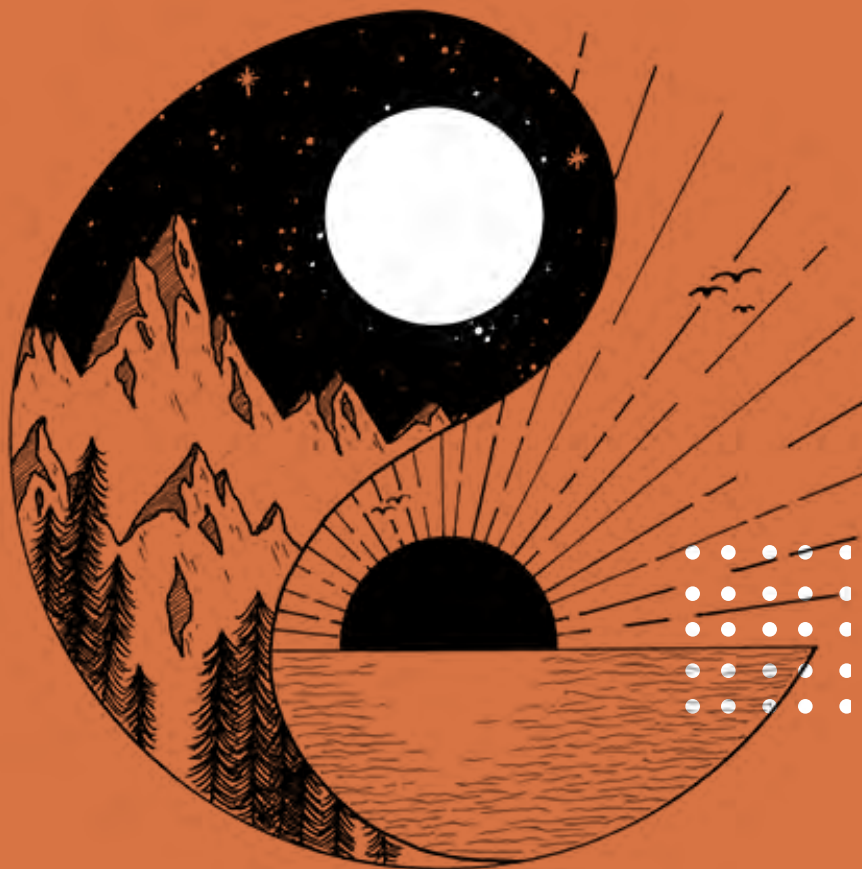
# Sychronized 8PM Manila time

Synchronized practice at 8:00-8:30 p.m. (Manila time):

When this technique is done simultaneously by many people (even if they are geographically distant from each other), the positive energy generated by their combined radiation is multiplied exponentially. Practicing this technique at the same time regularly and repeatedly also develops a habit which becomes implanted into the subconscious mind, producing abundant rewards in due time.

Adelaida	9:30 pm	Lisbon	1:00 pm
Amman	3:00 pm	London	1:00 pm
Amsterdam	2:00 pm	Los Angeles	5:00 am
Athens	3:00 pm	Madrid	2:00 pm
Bangkok	7:00 pm	Melbourne	10:00 pm
Barcelona	2:00 pm	Mexico	7:00 am
Beijing	8:00 pm	Miami	8:00 am
Berlin	2:00 pm	Montreal	8:00 am
Boston	8:00 am	Moscow	3:00 pm
Brisbane	10:00 pm	Mumbai	5:30 pm
Buenos Aires	9:00 am	New Delhi	5:30 pm
Cairo	2:00 pm	New York	8:00 am
Chicago	7:00 am	Ottawa	8:00 am
Detroit	8:00 am	Paris	1:00 pm
Dubai	4:00 pm	Portugal	12:00 pm
Dublin	1:00 pm	Riyadh	3:00 pm
Frankfurt	2:00 pm	Rome	2:00 pm
Geneva	2:00 pm	San Francisco	5:00 am
Hanoi	7:00 pm	Seoul	9:00 pm
Hongkong	8:00 pm	Shanghai	8:00 pm
Honolulu	2:00 am	Singapore	8:00 pm
Houston	7:00 am	Sydney	10:00 pm
Islamabad	5:00 pm	Taipei	8:00 pm
Istanbul	3:00 pm	Tehran	3:30 pm
Jakarta	7:00 pm	Tokyo	9:00 pm
Jerusalem	2:00 pm	Toronto	8:00 am
Karachi	5:00 pm	Vancouver	5:00 am
Kathmandu	5:45 pm	Vienna	2:00 pm
Kolkata	5:30 pm	Washington DC	8:00 am
Kuala Lumpur	8:00 pm	Winnipeg	7:00 am
Kuwait		Yangon	

# Pentagram Technique

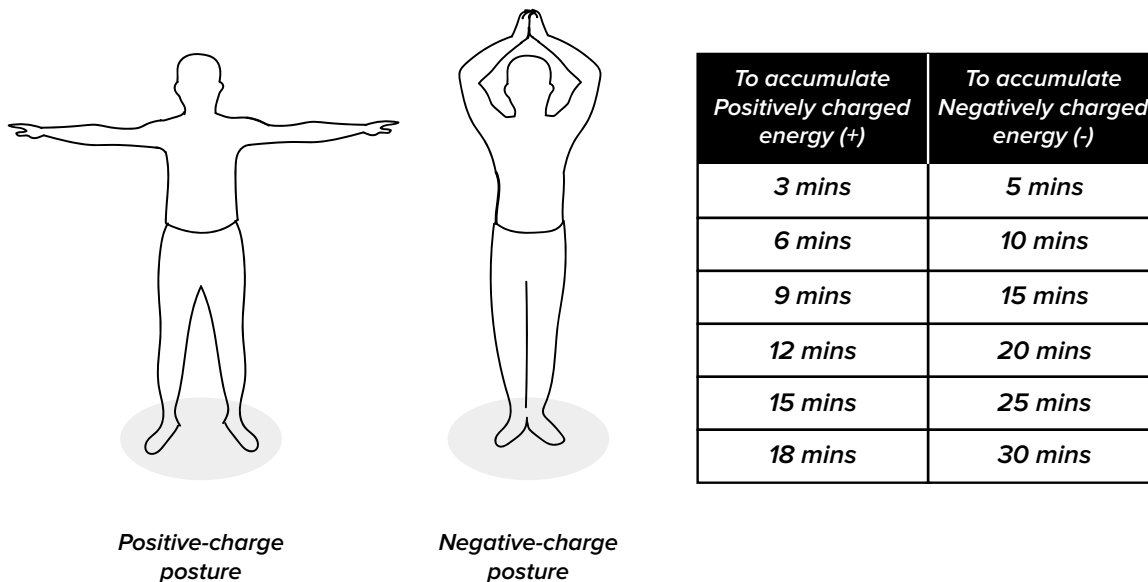


*Art by Milan Loiacono*

# Pentagram Technique

We know from traditional Chinese medicine that we are sick when there is an imbalance in the proportion of positive and negative energy in the body. The source of positive energy is the sun and the air around us. The source of negative energy is the ground, all the fruits of the earth, food, water and rest. Both forms of energy are a necessity in order for life to exist. If one of these energy sources should vanish, then we would not be able to continue our physical life. The human body needs both positive and negative energy in order to function and in some cases, it malfunctions because of the lack or imbalance of these two. This lack or imbalance can be caused by a variety of factors like stress, inharmonious thinking patterns, and a self-abusive lifestyle. It's the same way an automobile or any machine is misused; it eventually wears down and falls apart unless the necessary measures to repair it are taken. And indeed, man has so many ways to wear down his machine and make it fall apart.

The illustration below shows the postures for health and the ratio of the time:



This technique is done to accumulate energy in the body. It positions the body in two forms. The first form is used to acquire positive energy, and the second form is used to acquire negative energy. The term negative energy is not used to denote anything that is opposite to any concept of goodness or righteousness but more refers to one of two opposing poles or polarities like battery in order to conduct electricity.

## Instructions

To perform Pentagram, you have to stand up and separate your feet. The distance of your two feet is the width of your shoulder. Then extend your hands sideways with the palm facing the ground. This position enables you to absorb positive energy from the surrounding. Perform this for three minutes. After three minutes, put your feet together with heels touching and toes outward, and clasp your hands above your head. Perform the second position for five minutes. This position enables you to absorb negative energy from the surrounding. This exercise must be done, once or twice a day for seven days.

Perform the above 3:5 ratio for 1 week. Then for the 2nd week, increase to 6 minutes positive, and 10 minutes negative (6:10). After another seven days, increase the dosage further to 9 minutes positive, and 15 minutes negative (9:15). The whole scheme is shown in the diagram above.

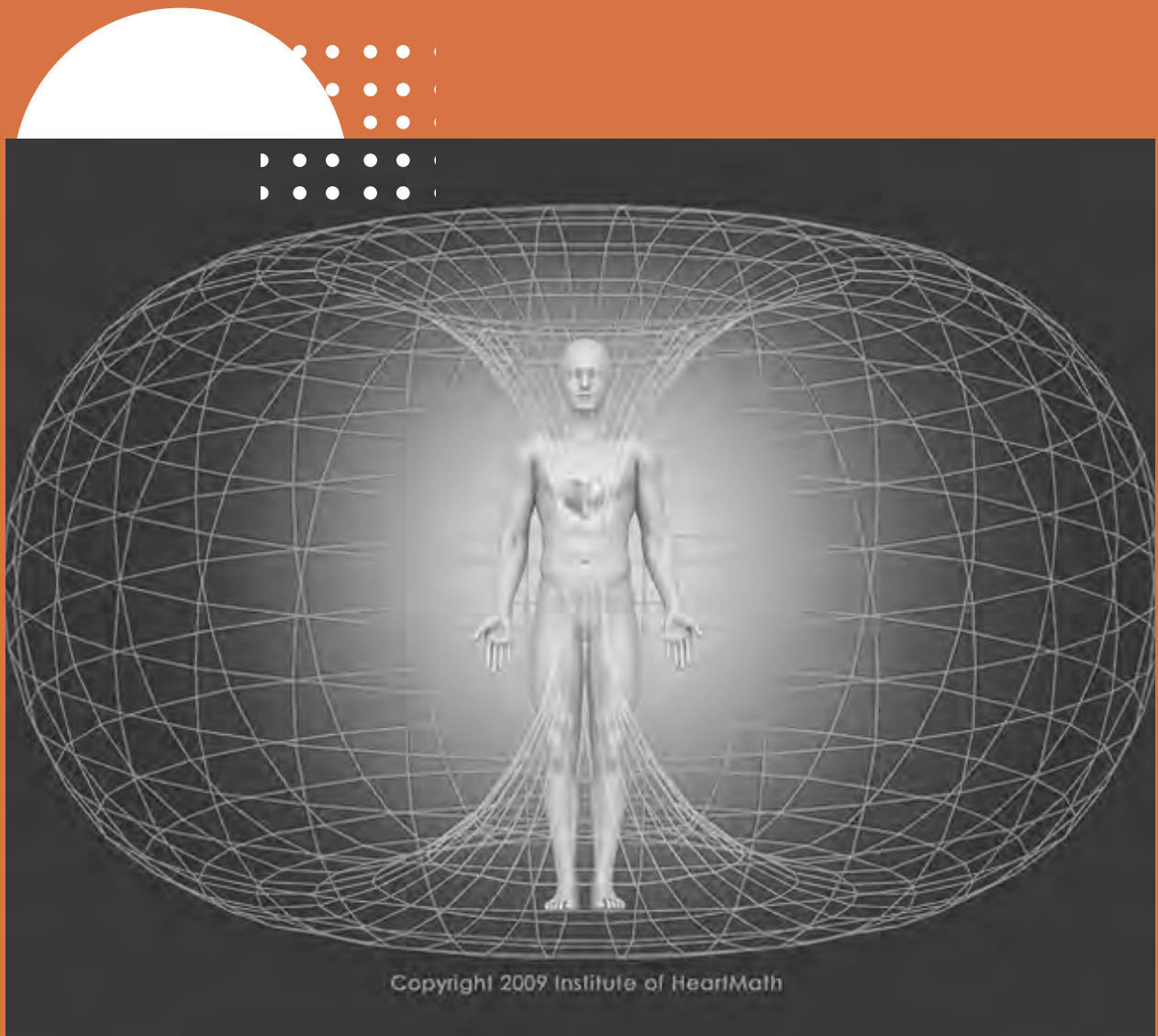
When you are able to reach an 18:30 ratio, perform it for 40 days. You need to get your body acclimated to the absorption of greater amount of energies, and 40 days is the length of time for the subconscious mind to get accustomed to these greater energies. After the 40-day cycle, continuously practice the Pentagram technique and it would open vast opportunities and positive changes in your life.

## Benefits

- ✓ Pentagram technique is designed to accumulate energy from the environment. for health, vitality, material prosperity & personal magnetism. To acquire direct energy when one or more of the natural elements (sun, clean air, water, food) are absent.
  - a. secret technique of pharaohs, emperors, and kings used to expand one's bio-energy field and accumulate energy for health, vitality, prosperity, and magnetic personality;
  - b. used to stimulate blood circulation and energy flow throughout the body, and counter energy blocks causing disease and aging.
  - c. secret of the X-factor: Magnetic personality, charisma, attractiveness or "malakas ang dating" results from an enlarged bio-energy field which people can sense even if they may not see it. With an expanded energy body, one will surely attract the right opportunities into his life.
- ✓ Scientific validation: The subtle bio-energy field has been detected and even photographed by scientific devices and procedures, and a correlation has been established between positive states of health and emotions and an enlarged bio-energy field.
- ✓ Specific examples of practical applications: For example, strong personal magnetism will help a person to be more persuasive and attractive; thus it would give him/her an advantage in making a presentation, engaging in sales and marketing, running for an elective position, applying for a job, requesting a favor, money-matters, etc.

*More details: <https://www.adsi.info/pentagram-technique/>*

# Heart Exercise



## Heart Exercise

Did you know that many scientists and researchers today, along with neurocardiologists, believe that the heart, which maintains a constant two-way dialogue and relationship involving many processes with the brain, contains a brain in its own right.

The heart and brain actually influence one another's functioning, and though not commonly known, the heart sends a great deal more information to the brain than the other way around. The information it sends includes heart signals that can influence a person's perception, emotional experience and higher cognitive functions.

This heart brain, according to the research, "is an intricate network of several types of neurons, neurotransmitters, proteins and support cells like those found in the brain proper. Its elaborate circuitry enables it to act independently of the cranial brain – to learn, remember, and even feel and sense."

More recently still, it was discovered that the heart also secretes oxytocin, commonly referred to as the "love" or "bonding hormone." The heart was reclassified as an endocrine or hormonal gland, when in 1983 a hormone produced and released by the heart called atrial natriuretic factor (ANF) was isolated. This hormone exerts its effects widely: on the blood vessels themselves, on the kidneys and the adrenal glands and on a large number of regulatory regions in the brain. capable of secreting oxytocin, considered a love or bonding hormone.

One of the most important discoveries the researchers made in relation to the heart brain, which they also call the intelligent heart, is that "intentionally altering one's emotional state through heart focusing techniques modifies ascending neurological input from the heart to the brain." This suggests that "as people experience sincere positive feeling states, in which the heart's rhythms become more coherent, the changed information flow from the heart to the brain may act to modify cortical function and influence performance. These findings may also help explain the significant shifts in perception, increased mental clarity and heightened intuitive awareness.

# Instructions

Energy follows thought. Where your thought is, there energy follows. In this technique, you focus on your heart. This mental focus energizes the heart. In the process, you magnetize all the blood that flows through it. Magnetized blood increases the immune system from the tip of your toe to the tip of your hair.

The heart has its own electromagnetic field which is bigger than the electromagnetic field of the human brain. This electromagnetic field is a potent force in influencing other people. A person performing heart exercise becomes charismatic. His presence is enough to bring about consensus to his favor.

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First, close your eyes. You may sit in any manner that is comfortable to you. Inhale three deep breaths, retaining each one for about 12 seconds before slowly exhaling. This is done to help you relax.

Focus all your attention on your heart center. To pinpoint its location, place your left fist against the center of your chest. This is where the heart is. It is also as big as your left fist. It is encased in a sac (the pericardial sac), with liquid around it.

Feel the beatings of your heart. Feel your heart to be the center of your being, to be the center of the entire universe. Visualize your heart surrounded with a fluid inside the pericardial sac. Visualize all three—the heart, the fluid and the pericardial sac—to glow like a brilliant ball of scintillating white light. Feel JVPLK—Joy, Vitality, Peace, Love, and Kindness as you focus on your heart. Energize your visualized ball of white light by feeling these positive attributes.

To keep your focus, feel that you're continuously diving deep into your heart without interruption slowly but persistently, as though you are diving into an endless abyss. Do this for the duration of your heart exercise. Let your heart vibrate with the intensity of the white light. The idea is to keep your steady focus. You must lose consciousness of



lingering thoughts and awareness of your body.

Afterwards, forget about emoting and visualizing. Empty your mind of all thoughts. Focus a somewhat passive attention on the very center of your heart, and simply listen to or be aware of its beating. Stay in this state for 3 minutes.




Then, you may now open your eyes.

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You may do this exercise once a day, either at dawn, twilight or midnight. If you can do it twice, it will be to your own advantage. You may gradually prolong this heart exercise after each month such that it lasts a total of about fifteen minutes per session, and then later, up to thirty minutes.

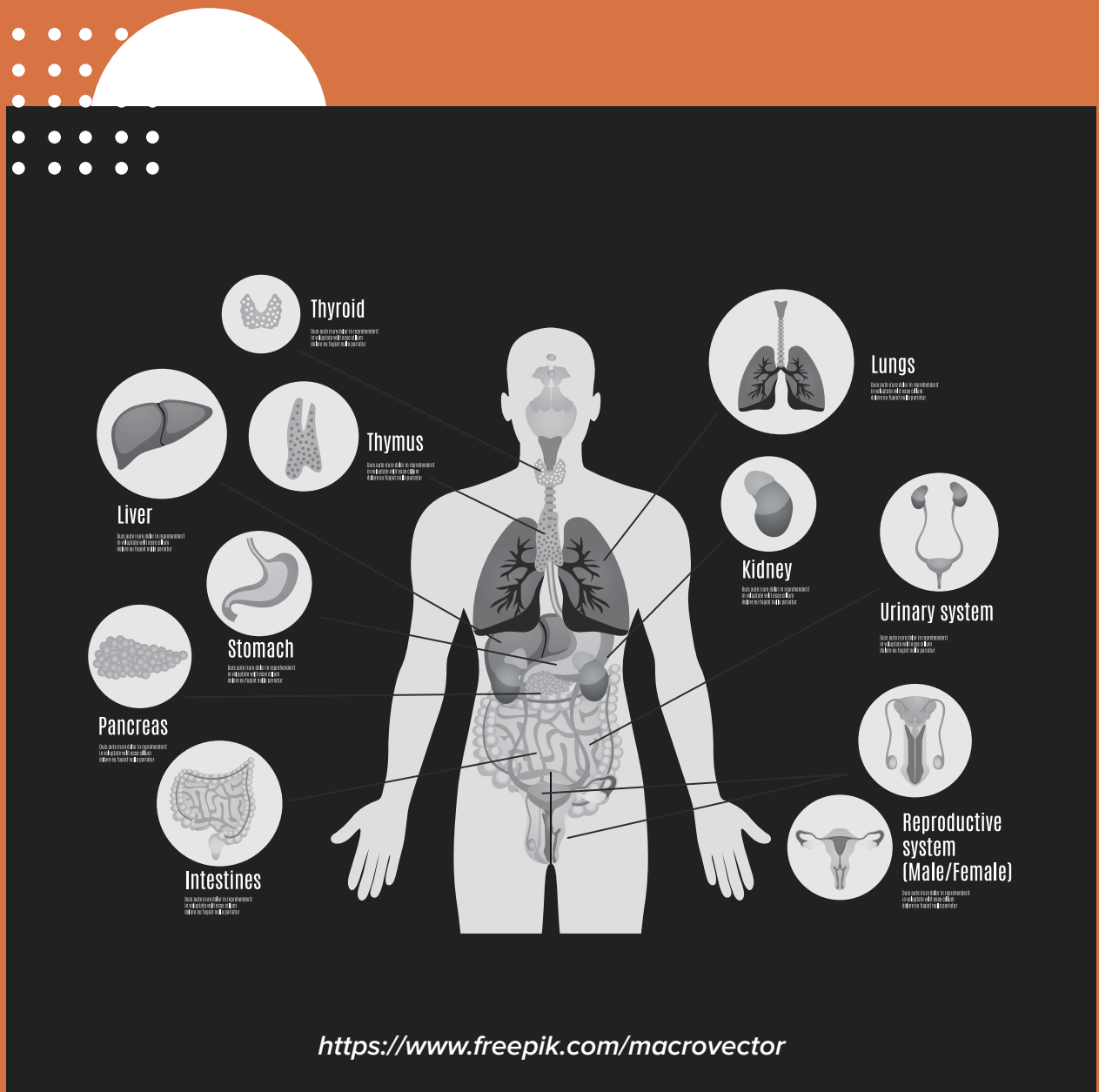
As you practice this technique, your daily life will be bathed in a bio-energy field of protection and benediction. Later, you will literally experience the phrase, “Peace that passeth human understanding.”

## Benefits

-  The heart is surrounded by the pericardial sac containing fluid. This exercise energizes the fluid within the pericardial sac. When activated, this awakens the sense of empathy, kindness, devotion and compassion in the person. Also, an obsessive drive for learning and understanding is kindled.
-  The absence in the production of oxytocin is considered a psychopathic condition. To prevent this, the heart may be stimulated to secrete oxytocin by performing the Heart Exercise. This technique helps improve and boost one's immune system; makes the heart healthy and robust; develops health and vitality since blood pumped by the heart is energized and purified by this exercise, and energized, purified blood is circulated to the different parts of the body; awakens genuine love and compassion; develops personal magnetism; attracts prosperity; used for attuning with the inner self, attaining peace of mind, and overcoming stress and worries.
-  When you make this your daily practice, you are entering a new horizon of consciousness. You are entering an experience beyond the comprehension of words. You will grow an awareness that connects solutions to problems, that opens opportunities in difficult situations, and that creates daily miracles in your life.

*More details: <https://www.adsi.info/heart-exercise/>*

# Pore Breathing



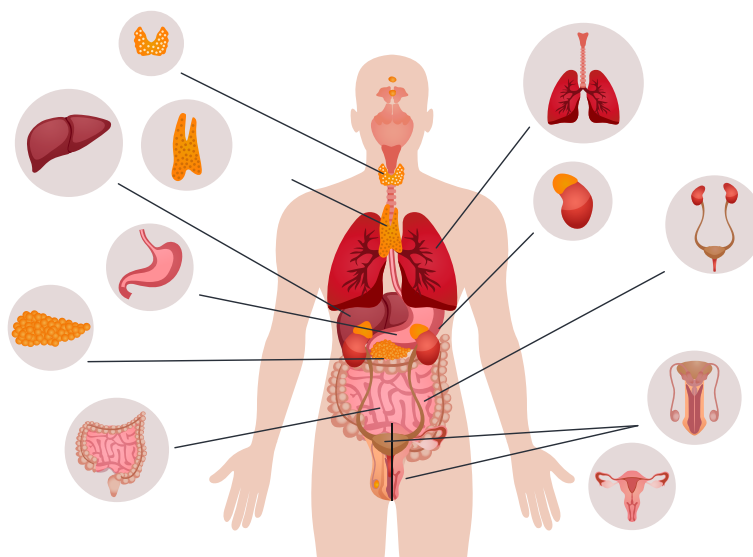
## Pore Breathing

This is one of the most important techniques and it should never be taken lightly. Before we ever become aware of greater and higher things, we must first become aware of our own bodies. Our body is our link and our tool to be used in this physical world and we must learn how to use it wisely the same way a carpenter must learn how to use his hammer well, or a swordsman with his sword, or better yet a race car driver with his car. In becoming adept in the use of our bodies, we open many doors as we awaken its potential.

Some disciplines like the martial arts teach about control of our bodies and the union of mind and body. The pore breathing exercise is much more superior to martial arts because it utilizes our mind to further expand and intensify our consciousness of our body. Our thinking and feeling is not only confined to our heads but our hands and feet well. As more cells of our body become infused with consciousness, the stronger our will, focus, and sensitivity becomes.

# Instructions

One round of pore breathing exercise takes about 30 minutes. It is done by closing your eyes and focusing at one part of the body at a time. You may get an anatomical chart as reference like the one below:



First, focus on your left foot, from the bones, muscles, veins, up to the surface of the skin. Then feel on your left foot Joy, Vitality, Peace, Love, and Kindness. Then inhale all the energy in the universe. Retain your breathe for 7 counts. Then exhale slowly into your left foot. Now do the same procedure on your right foot. Perform the procedure as you did on the left foot. Do the same on all parts of the body by following the suggested sequence: left legs, right legs, left knee, right knee, left thigh, right thigh, hips, reproductive organ, large and small intestines, stomach and pancreas, left kidney, right kidney, spleen, liver and gall bladder, heart, thymus gland, left lung & ribs, right lung and ribs, left hand, right hand, left forearm, right forearm, left arm, right arm, left shoulder, right shoulder, the whole neck area, jaw & the lips & the teeth & the tongue & the palate, left cheek & left eye & left ear, right cheek & right eye & right ear, the brain, the skull, the forehead & the scalp, hair.

## Benefits

- ✓ To energize, regenerate, and rejuvenate the different body parts up to the cellular level, and revitalize the whole being, thereby making one's body healthy and youthful, strong, vivified, and highly resistant to all sorts of diseases; and to awaken inner sensitivity.
- ✓ To awaken brain cells that are not normally used by others. Most people only use about five percent of their brains. Some rare geniuses don't even exceed ten percent. The constant practice of this exercise results to excellent health, the level of health needed to become an achiever.
- ✓ Contrary to popular belief, it is not just our nose that does the breathing, but the entire body. The average human beings are aware only of the one kind of respiration, which is breathing through the nostrils. But this breathing constitutes only 10% of our potential capacity for respiration. The other 90% can be done through the pores of our body. If one learns this capacity to respire through our bodily pores, then one can increase physical vitality. This minimizes, if not eliminate, the occurrence of common ailments.

You can prove this by putting on rubber gloves. After a couple of hours, you can remove them and observe that your hands have become pale.

- ✓ The pore breathing exercise trains us to greater absorb the needed life force in our atmosphere the same way our nose inhales life sustaining air. It enables every organ of the body to function longer and more efficiently.

*More details: <https://www.adsi.info/pore-breathing/>*

# Pineal Gland Practice



# Pineal Gland Practice

The pineal (pronounced: pih-nee-ul or pai-nee-ul) gland is a small endocrine gland shaped like a pine cone (hence its name) located in the center of the brain of humans and other vertebrates. This contributes to the alertness or consciousness of one's self and produces "melatonin" which regulates the sleep/wake patterns, and even seasonal functions (e.g. more wakefulness and productivity in the summer versus more restfulness, and in some animals, hibernation in the winter).

## Instructions

Pineal gland stimulation is done by focusing and concentrating at the center of the head.

First, settle down. Focus at the center of your head. Visualize your head as an empty ball, and see at its center a brilliant white light the size of a marble. The moment you see the light, start employing positive emotions to reinforce your visualization. Feel JVPLK (Joy, Vitality, Peace, Love & Kindness) one after another. And as you emote these feelings, you should see the light to glow much brighter than before.

Continue this visualization for 5 to 15 minutes to quicken the pineal gland. This quickening leads to the secretion of vital hormones needed by the physiological processes of the body.

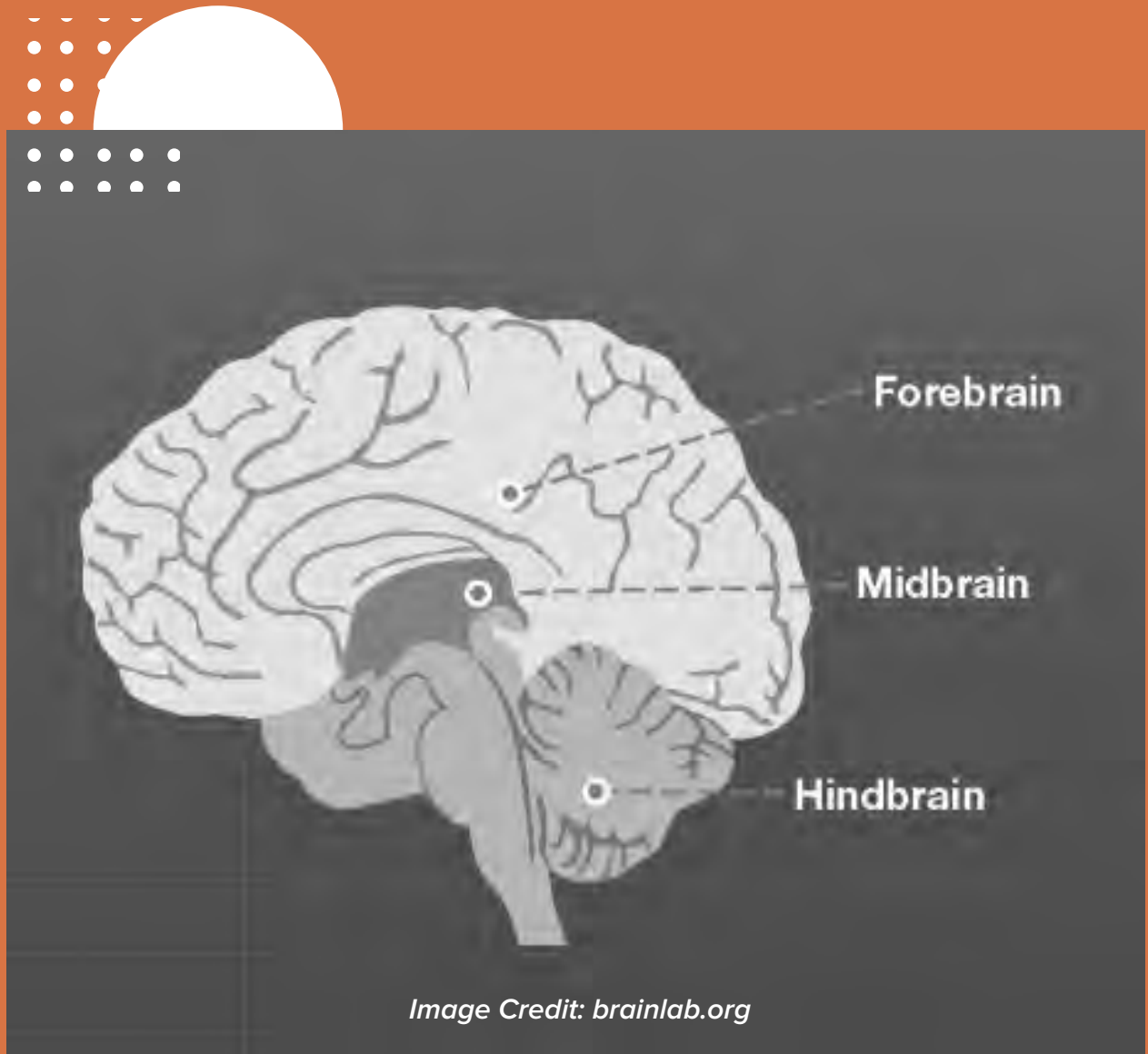
## Benefits

- ✓ The pineal gland practice enables one to develop willpower and the power of concentration; stimulate creativity; develop musical and artistic abilities, multiple intelligences; appreciation for art and culture; the power of discrimination, observation; and awaken intuition.
- ✓ Stimulation of the pineal gland, the highest gland in the human body, mobilizes the stimulation of all the lower glands. And this brings about balancing where there are hormonal imbalances. Quickening of the pineal gland can also put a stop to genetically transmitted diseases, like hypertension, diabetes and asthma.

*More details: <https://www.adsi.info/pineal-gland-practice/>*



# Forebrain Technique



# Forebrain Technique

According to Paul D. McLean, an American physician and neuroscientist who made significant contributions in the fields of physiology, psychiatry, and brain research, the human brain is really 3 brains in 1, a Triune Brain.

a. Reptilian Brain (Hindbrain: consists of brain stem and cerebellum)—controls the body's vital functions such as heart rate, breathing, body temperature, and balance. Reptilian brain is also called the “survival brain.”

b. Paleomammalian (Limbic system or Midbrain: hippocampus, amygdale, hypothalamus)—Emerged in first mammals and is responsible for the emotions/feeling in human beings. It is also called the “feelings brain.”

c. Neomammalian (Neocortex or Forebrain: left and right brain hemisphere)—It first assumed importance in primates and culminated in human brain. Responsible for the development of human language, abstract thought, imagination, and consciousness.

## Instructions

Forebrain technique is done by focusing and concentrating at the center of the forehead. First, settle down and close your eyes. Smile and feel happiness as you do this. Focus at the space on the center of your forehead. Feel J-V-P-L-K (Joy, Vitality, Peace, Love, and Kindness) one after another. Be aware of your breathing.

It is recommended to be done for 15 minutes on the first week, increase to 20 minutes the following week, until you reach 30 minutes regularly. Those who can reach 30 minutes will achieve highly positive results.

## Benefits

- ✓ The forebrain technique enables one to develop higher-order thinking and creativity. It will stimulate infinite learning abilities and develop appreciation of culture and the arts.
- ✓ The forebrain, if stimulated, will result to development of high culture, problem-solving ability, optimism, scientific and advanced thinking, inspiration, insight, and intuition.

*More details: <https://www.adsi.info/forebrain-technique/>*

# Creative Visualization

“What the mind of man can conceive and believe, it can achieve.”—Napoleon Hill



*unsplash - @sashafreemind*

# Creative Visualization

Science tells us that when we look at a thing, what really reaches our eyes, through the aid of light, is an image of that thing. This image is composed of nothing but light and colors, which are nothing but vibrations. Then an inverted image of the object is transported to our brain. Our brain rearranges it so that we are then able to see the object in the proper perspective. So in reality, we do not really see outside, but rather, we see pictures in our brain. And these pictures can be mere fragments or even distortions of the real thing, for our senses are far from being perfect instruments.

Simply stated, everything that we perceive through our eyes are just different shades of light which are then in turn interpreted by our brain into the shapes, colors, and forms that we see. In visualization, we simply reverse the process in order to achieve our dreams and goals. We create pictures using our mind and then bring them to life in our surroundings. As mentioned earlier, thoughts are not just mere superficial ideas but are very real depending on their intensity. In creative visualization, we are like cartoon artists except that we are living in the cartoon which we have created. Our reality, our life, is what our thoughts and imagination make it.



Law of Mentalism: The working of this technique is based upon a natural, universal law, the Law of Mentalism, which states that we are co-creators of the universe through the use of the powers of our mind or consciousness. "All is mind." This natural law describes

the creative force of thought which all things, events, and words first take seed. The popular notion that you create your own reality is generally interpreted as if it were simply a matter of putting one's mind to it, or as if we had complete conscious mastery over the process. "You are responsible for, or affect your own reality" is more accurate, because at the average level of consciousness, things tend to happen more by default than by design and more from reaction than action.

## Instructions

First, you must decide what you want to have. Then cut out pictures of that object and make a collage of it on a cartolina. If it is a particular cellphone model or car that you want, try to visit the mall and check out a sample of the item you want. Employ the five senses. If it is a particular car model that you want, you can memorize the details of its looks, the color, the texture. In a car exhibit, you can sit inside the one that you like and memorize the smell and the texture of the upholstery. Then add another dimension in your imagery—the emotional content of having a new car. Be certain, specific, and definite.

Now, with closed eyes, spend 5 minutes to visualize your goal. Do not stop visualizing until you see the image with its exact detail with your mind's eye. Do not end your visualization unless you have felt the positive emotional content—the feeling of owning it. Do this visualization twice a day for 40 days or until you have obtained your goal.

As a student, list down your goals/desires in a piece of paper. For example: your ambition in life, 2 things you want to have, 2 places you want to visit, 2 people you want to meet, 3 skills or intelligences you want to develop, etc.

Search them on the internet. Print them, or cut and paste them in a clean sheet of paper. Then spend 5 minutes everyday visualizing them concretely. Feel that you are already experiencing or owning them. Relax, be passive, and forget your visualization; the subconscious mind would incubate it. Do this visualization technique twice a day for 40 days or until you have obtained your goal.

## Benefits

- ✓ Used to manifest or materialize one's desires; to get whatever you want in life by using your creative and imaginative powers; to effect the Law of Attraction from the mental level to the physical level.
- ✓ "All is mind." This natural law describes the creative force of thought which all things, events, and words first take seed. The popular notion that you create your own reality is generally interpreted as if it were simply a matter of putting one's mind to it, or as if we had complete conscious mastery over the process. "You are responsible for, or affect your own reality" is more accurate, because at the average level of consciousness, things tend to happen more by default than by design and more from reaction than action.

*More details: <https://www.adsi.info/creative-visualization/>*



# Practice of Giving

“We make a living by what we get, but we make a life  
by what we give.” —Winston Churchill



*unsplash - @jeremythomasphoto*



# Practice of Giving

Giving is the natural law of all life for without it life would cease to exist. Plants give off oxygen while animals in return give off carbon dioxide. Our Sun, provides us with light and solar energy.



In giving, we contribute to this great cycle of life and the more we give, the more avenues are given at our disposal to give even more. This principle can be observed in a sincere teacher of a certain discipline. As one teaches, one also learns because the teacher observes and learns from how the student acquires the given knowledge. Mistakes and pitfalls by the student give the teacher an additional point of view of the subject which is taught. The teacher in the process learns more and is then able to teach more. This process holds true in other fields as well such as entrepreneurship, sports, medicine, and many others. The practice of giving trains us to be fearless and at the same time we take advantage of the Law of Compensation; as we give, so shall we receive.

The practice of giving is a powerful technique to multiply one's blessings. And if it is prosperity that you want to reap, you must sow prosperity. The best way to sow prosperity is by giving as a benevolent gesture of sharing your blessings. When you give, you become an effective conduit of prosperity. Then you become more prosperous.

# Instructions

For breadwinners, we know that the principle of tithing declares that one must give away to charity 10% of one's gross income, of the fruits of one's labor. For students, the simple practice of setting aside a part of your daily allowance for charity is good enough just to imbibe the practice of giving and make it work to your favor.



After saying your prayer, get some coins and be ready to drop them inside your small box or piggy bank. The amount of money you will put in does not matter very much. You can put in a few cents or perhaps 1, 2, 5, or 10 pesos daily, depending on your present needs and capability.

Do this for 40 days. On the 41st day, get all the money that you have put inside the box, and give it to your church, to charity, to needy individuals, or to organizations that serve the underprivileged. NEVER use the money or even a portion of it for your own personal needs.

Then start once more to save money inside the same piggy bank. As you put in money every day, do not forget to maintain a consciousness of thankfulness throughout that day. Then again on the 41st day, give all the contents of the box to charity.

Also put aside your old shoes, clothes, and other things that you no longer need but can still be useful to others. At the end of every year, or when you have collected enough, give these things to a needy individual or to a humanitarian movement.

Do not forget other ways of giving, such as gifts of kindness, cheer, friendliness, compassion, and sympathy. These non-material ways of giving and sharing are as helpful to others; they are sometimes even more greatly appreciated than material help. Be generous in your giving.

Do this throughout your life. As you improve in material wealth—which you surely will—you must increase the amount you put in the box. You will then be fulfilling the law, “as you give, so shall you receive.”

## Benefits

- ✓ Used to experience the joy of giving; to stimulate the continuous flow of blessings towards you for attainment of prosperity and success; and to develop compassion and charity. The practice of giving will create a new pattern or program and change one's life and destiny not just for the better but for the best. The health will improve, financial worries will be gone, and eventually, attain a sense of peace.
- ✓ **Law of Giving and Sharing:** The working of the Practice of Giving is based upon natural, universal laws, the Law of Giving and Sharing, which states when you give of yourself and share your blessings with others, you earn the karma of such a noble deed. You reap the fruits of the good deed of giving. But as God's law is most compassionate, you do not just reap the exact measure of your giving, but many multiples of such measure. This means that if you give a certain amount to charity, the benefits that will redound to you will be much, much more than the recipient.
- ✓ **Law of Karma or the Law of Cause and Effect:** The practice of giving is also governed by the Law of Cause and Effect that whatever you give comes back to you multifold, and that you sow what you reap and thus guarantees that you shall receive plenty for what you give.

A man's status in each lifetime is governed by this law. Simply put, it decrees that nothing just happens. All events, situations, blessings, and hardships that befall man

have reason for happening, and this is because man caused them to be. This, in a nutshell, is the Law of Cause and Effect.

There is nothing mysterious or difficult to understand about this principle. Man does something, and reaps the fruits of that action. If he did something that is wrong or contrary to the principles of rightness and justice, then he will reap bitter fruits. If he did something that is good and beneficial, then he will reap blessings. An action causes a reaction, as goes the law of physics. “As you sow, so shall you reap,” goes the Biblical passage. “An eye for an eye, a tooth for a tooth,” goes the Quranic dictum.

**Importance of cheerful giving:** One must give joyfully and sincerely, from the heart.

*More details: <https://www.adsi.info/practice-of-giving/>*

# Power of Observation

“Millions saw the apple fall, but Newton was the one who asked why.”—Bernard Baruch



## Power of Observation

Many of science's most important breakthroughs, from the discovery of microorganisms to the theory of evolution, have come about through observation. The scientist's gaze is clearly a powerful tool for making sense of how the world works.

When we speak of observation we don't just mean seeing, but also hearing, touching, and feeling as well. "Seeing is not observing." It is not the same as "everyday observation." The more aspects of a thing we can perceive, then the greater our learning of it becomes. By consciously paying attention to details, intellectual sensitivity is increased. Keen observation is a by-product of enthusiasm and vice versa. This technique greatly aids in doing the practices and exercises discussed, and is applicable in almost any creative endeavor. It is a must for every achiever.

## Instructions

To develop your own faculty of observation, do this rudimentary exercise. Get an ordinary stone. Hold it in the palm of your hands. Then observe it very carefully. Note its color. Is it white, ecru, mother-of-pearl, or flesh-colored? Observe the various gradations in its colors. Then try to smell the stone. What is its smell? Then touch it. Feel its roughness or softness, its texture. Feel its weight. Bathe all your senses with the qualities, sensations—the very existence—of the stone.

For the next experiment, use a leaf. Do the same careful examination of its characteristics, textures, colors, smell, etc. Later, you may choose any object to observe.

The idea is to observe closely and carefully each object. Use all your senses. Try to make the object be really part—a live, real part—of your consciousness. You must reach a point in your observation in which, when you close your eyes, you can see, feel, smell, and touch the object as if it were really there in front of you or in your hands.

Everyday, you pick an object, a grain of sand, a coin, or any other object. Try to observe its color, shape, weight, pattern, texture and size. Pick another object and do the same. Do this everytime you look at anything.

It has been proven that if a person diligently practices this technique on observation, for about 5 minutes on any object, then he will soon develop his powers of concentration as well as his memory.

Be mindful. Interact with your environment. Eat slowly as to observe how the food smells and tastes, and its texture as you chew. Note the weather, the influence of nature, and whether the scene around you is calm or chaotic. At night, look up at the sky and really see the stars. Inhale the scent of your surroundings.

## Benefits

- ✓ This practice sharpens the mind and the senses; increases sensitivity; enhances memory; develops keen awareness of one's self and surroundings; gains deeper understanding of one's life and experiences; and strengthens one's analytical, thinking, and reasoning abilities.
- ✓ Observation increases concentration and expands the scope of the mind. This technique enables greater and faster learning; and a more appreciating and fulfilling life.
- ✓ Honing this faculty facilitates discoveries and inventions, and allows new ways of thinking which transcend paradigms; enables one to look for creative solutions, especially at critical times such as in moments of danger; and increases one's capacity for detailed observation such as that needed for scientific studies or investigative work.

*More details: <https://www.adsi.info/power-of-observation/>*



# The Power of Gratitude

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”—Oprah Winfrey





# The Power of Gratitude

Every language in the world has a way of saying “Thank you.” This is because gratitude is an inherent quality that resides within each human being, and is triggered and expressed spontaneously in a variety of different contexts. Gratitude crosses all boundaries—creed, age, vocation, gender, and nation—and is emphasized by all the great religious traditions.

Gratitude is essentially the recognition of the unearned increments of value in one’s experience—the acknowledgment of the positive things that come our way that we did not actively work toward or ask for. The Latin root of the word gratitude is *grata* or *gratia*—a given gift—and from this same root we get our word *grace*, which means a gift freely given that is unearned.

If gratitude is a state of being that is essential to a life well lived, why then, in modern times, do we not cultivate and express it on a daily basis? After all, giving thanks and expressing appreciation for the blessings and gifts of life is a natural human response. Perhaps the key reason we do not make gratitude a part of our daily lives is that the accelerated pace and multiple distractions of modern life have simply made it all too easy to forget gratitude’s importance.

## Instructions

Gratitude is a feeling that spontaneously emerges from within. However, it is not simply an emotional response; it is also a choice we make. We can choose to be grateful, or we can choose to be ungrateful—to take our gifts and blessings for granted. As a choice, gratitude is an attitude or disposition.








As writer Alexis de Tocqueville once described it, gratitude is “a habit of the heart.” The daily practice of gratitude keeps the heart open regardless of what comes our way.

- Feel your God in the very center of your heart for 1 minute.
- Then feel your love and devotion to God in the center of your heart for 1 minute. Do this feeling of God with a feeling of joy, rejoicing, and bliss.
- Then for another minute, take the time to thank God that you're alive, thank God for your family and friends, and thank God for all the blessings you have received and will receive abundantly. The importance of doing it everyday is to make the practice of gratitude a part of your daily chores.

## Benefits

Why practice Gratitude? Over the past decade, hundreds of studies have documented the social, physical, and psychological benefits of gratitude. The research suggests these benefits are available to most anyone who practices gratitude, even in the midst of adversity, such as elderly people confronting death, women with breast cancer, and people coping with a chronic muscular disease. Here are some of the top research-based reasons for practicing gratitude.

- ✓ **Gratitude brings us happiness:** According to happiness expert Sonja Lyubomirsky, and many other scientists, practicing gratitude has proven to be one of the most reliable methods for increasing happiness and life satisfaction; it also boosts feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions. On the flip side, gratitude also reduces anxiety and depression.

-  **Gratitude is good for our bodies:** Studies by Robert Emmons, perhaps the world's leading scientific expert on gratitude, and his colleague Michael McCullough suggest gratitude strengthens the immune system, lowers blood pressure, reduces symptoms of illness, and makes us less bothered by aches and pains. It also encourages us to exercise more and take better care of our health.
-  **Grateful people sleep better:** They get more hours of sleep each night, spend less time awake before falling asleep, and feel more refreshed upon awakening. If you want to sleep more soundly, count blessings, not sheep.
-  **Gratitude strengthens relationships:** It makes us feel closer and more committed to friends and romantic partners. When partners feel and express gratitude for each other, they each become more satisfied with their relationship. Gratitude may also encourage a more equitable division of labor between partners.
-  **Gratitude promotes forgiveness**—even between ex-spouses after a divorce.
-  **Gratitude makes us “pay it forward”:** Grateful people are more helpful, altruistic, and compassionate.
-  **Gratitude is good for kids:** When 10-19 year olds practice gratitude, they report greater life satisfaction and more positive emotion, and they feel more connected to their community.
-  **Gratitude is good for schools:** Studies suggest it makes students feel better about their school; it also makes teachers feel more satisfied and accomplished, and less emotionally exhausted, possibly reducing teacher burnout.

*More details: <https://www.adsi.info/the-power-of-gratitude/>*

# The Power of the Prayer of the Heart



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# The Power of the Prayer of the Heart

It has been proven since time immemorial that sincere prayers have protected people from diseases, disasters and unnecessary death. This is common in all spiritual and religious traditions. So if you pray, utter your prayers either verbally or mentally, with sincerity, humility and complete faith and surrender to God. These you must feel with honesty in your heart and your prayers are sure to be answered and manifested in your life.

**Here are some samples of Prayers (click to jump to page):**

[For Forgiveness and Healing - Psalm 32.](#)

[For Peace and Prosperity - Psalm 23.](#)

[For Protection from all plagues, pestilences, disasters and wars, and for protection from unnecessary injuries and death - Psalm 91.](#)

[For Attunement and Communion with God and the Glory of His Creation - Psalm 104.](#)

You can even pray with your own words and thoughts as long as you feel the aforementioned virtues. It is best to pray in secret without anybody seeing you- you and God alone.

*More details: <https://www.adsi.info/the-power-of-the-prayer-of-the-heart/>*

## Psalm 32; Prayer for Forgiveness and Healing

32 Blessed is he whose transgression is forgiven, whose sin is covered.

<sup>2</sup> Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile.

<sup>3</sup> When I kept silence, my bones waxed old through my roaring all the day long.

<sup>4</sup> For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.

<sup>5</sup> I acknowledge my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin. Selah.

<sup>6</sup> For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters they shall not come nigh unto him.

<sup>7</sup> Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

<sup>8</sup> I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.

<sup>9</sup> Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee.

<sup>10</sup> Many sorrows shall be to the wicked: but he that trusteth in the Lord, mercy shall compass him about.

<sup>11</sup> Be glad in the Lord, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.

## Psalm 23; Prayer for Peace and Prosperity

A Psalm of David.

- 1 The Lord is my shepherd, I lack nothing.
- 2 He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.
- 3 He guides me along the right paths  
for his name's sake.
- 4 Even though I walk  
through the darkest valley,[a]  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.
- 5 You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.
- 6 Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.

## **Psalms 91; Prayer for Protection from all plagues, pestilences, disasters and wars, and for protection from unnecessary injuries and death**

- 1   Whoever dwells in the shelter of the Most High  
     will rest in the shadow of the Almighty.[a]
- 2   I will say of the Lord, “He is my refuge and my fortress,  
     my God, in whom I trust.”
- 3   Surely he will save you  
     from the fowler’s snare  
     and from the deadly pestilence.
- 4   He will cover you with his feathers,  
     and under his wings you will find refuge;  
     his faithfulness will be your shield and rampart.
- 5   You will not fear the terror of night,  
     nor the arrow that flies by day,
- 6   nor the pestilence that stalks in the darkness,  
     nor the plague that destroys at midday.
- 7   A thousand may fall at your side,  
     ten thousand at your right hand,  
     but it will not come near you.
- 8   You will only observe with your eyes  
     and see the punishment of the wicked.
- 9   If you say, “The Lord is my refuge,”  
     and you make the Most High your dwelling,
- 10   no harm will overtake you,  
     no disaster will come near your tent.
- 11   For he will command his angels concerning you  
     to guard you in all your ways;
- 12   they will lift you up in their hands,  
     so that you will not strike your foot against a stone.
- 13   You will tread on the lion and the cobra;  
     you will trample the great lion and the serpent.
- 14   “Because he loves me,” says the Lord, “I will rescue him;  
     I will protect him, for he acknowledges my name.
- 15   He will call on me, and I will answer him;  
     I will be with him in trouble,  
     I will deliver him and honor him.
- 16   With long life I will satisfy him  
     and show him my salvation.”



## **Psalm 104; Prayer for Attunement and Communion with God and the Glory of His Creation**

- 1 Praise the Lord, my soul.  
Lord my God, you are very great;  
you are clothed with splendor and majesty.
- 2 The Lord wraps himself in light as with a garment;  
he stretches out the heavens like a tent
- 3 and lays the beams of his upper chambers on their waters.  
He makes the clouds his chariot  
and rides on the wings of the wind.
- 4 He makes winds his messengers,  
flames of fire his servants.
- 5 He set the earth on its foundations;  
it can never be moved.
- 6 You covered it with the watery depths as with a garment;  
the waters stood above the mountains.
- 7 But at your rebuke the waters fled,  
at the sound of your thunder they took to flight;
- 8 they flowed over the mountains,  
they went down into the valleys,  
to the place you assigned for them.
- 9 You set a boundary they cannot cross;  
never again will they cover the earth.
- 10 He makes springs pour water into the ravines;  
it flows between the mountains.
- 11 They give water to all the beasts of the field;  
the wild donkeys quench their thirst.
- 12 The birds of the sky nest by the waters;  
they sing among the branches.
- 13 He waters the mountains from his upper chambers;  
the land is satisfied by the fruit of his work.
- 14 He makes grass grow for the cattle,  
and plants for people to cultivate—  
bringing forth food from the earth:
- 15 wine that gladdens human hearts,  
oil to make their faces shine,  
and bread that sustains their hearts.

- 16 The trees of the Lord are well watered,  
the cedars of Lebanon that he planted.
- 17 There the birds make their nests;  
the stork has its home in the junipers.
- 18 The high mountains belong to the wild goats;  
the crags are a refuge for the hyrax.
- 19 He made the moon to mark the seasons,  
and the sun knows when to go down.
- 20 You bring darkness, it becomes night,  
and all the beasts of the forest prowl.
- 21 The lions roar for their prey  
and seek their food from God.
- 22 The sun rises, and they steal away;  
they return and lie down in their dens.
- 23 Then people go out to their work,  
to their labor until evening.
- 24 How many are your works, Lord!  
In wisdom you made them all;  
the earth is full of your creatures.
- 25 There is the sea, vast and spacious,  
teeming with creatures beyond number—  
living things both large and small.
- 26 There the ships go to and fro,  
and Leviathan, which you formed to frolic there.
- 27 All creatures look to you  
to give them their food at the proper time.
- 28 When you give it to them,  
they gather it up;  
when you open your hand,  
they are satisfied with good things.
- 29 When you hide your face,  
they are terrified;  
when you take away their breath,  
they die and return to the dust.
- 30 When you send your Spirit,  
they are created,  
and you renew the face of the ground.

- 31 May the glory of the Lord endure forever;  
may the Lord rejoice in his works—
- 32 he who looks at the earth, and it trembles,  
who touches the mountains, and they smoke.
- 33 I will sing to the Lord all my life;  
I will sing praise to my God as long as I live.
- 34 May my meditation be pleasing to him,  
as I rejoice in the Lord.
- 35 But may sinners vanish from the earth  
and the wicked be no more.  
Praise the Lord, my soul.  
Praise the Lord.

# The Power of Physical Exercise



# The Power of Physical Exercise

Science has proven that exercising for at least 30 minutes daily is good for the bones, muscles and for the brain. It has been proven in experiments that happy hormones are released within the brain and the nervous system.

**Here are some of the basic exercises that you can do:**

1. One hour of walking per day
2. 20 minutes of biking
3. 30 minutes calisthenics or,
4. Tai chi chuan Postures and exercises which you can download from Youtube and do it for 30 minutes daily.

So be healthy- mentally and physically!

## Benefits

- ✓ According to the US Centre for Disease Control and Prevention (CDC), regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity.

Benefits of physical activity on brain health happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

Getting at least 150 minutes a week of moderate physical activity can put you at a lower risk for cardiovascular diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.

Physical activity may help reduce the risk of serious outcomes from infectious diseases, the flu, and pneumonia. For example, a CDC systematic review found that physical activity is associated with a decrease in infectious diseases hospitalizations and deaths, while inactivity increases that risk.

As you age, it's important to protect your bones, joints, and muscles – they support your body and help you move. Keeping bones, joints, and muscles healthy can help ensure that you're able to do your daily activities and be physically active. Exercise plays a vital role in building and maintaining strong muscles and bones. This is because exercise helps release hormones that promote your muscles' ability to absorb amino acids. This helps them grow and reduces their breakdown. Exercise also helps build bone density when you're younger, in addition to helping prevent osteoporosis later in life.

Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious. You also may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem

*More details: <https://www.adsi.info/the-power-of-physical-exercise/>*

Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

✓ **Exercise can make you feel happier**

During exercise or workouts, the body releases multiple hormones, including endorphins and serotonin. These hormones naturally help improve mood, cognition, and concentration.

It produces changes in the parts of the brain that regulate stress and anxiety. They are known to help produce positive feelings and reduce the perception of pain.

Endorphins are hormones called neurotransmitters produced by the central nervous system and the pituitary gland. These neurotransmitters act as the body's natural painkillers and mood elevators. When exercising, stressed or in danger, endorphins go into the bloodstream, temporarily decreasing any pain or discomfort.

Serotonin is also a neurotransmitter, but unlike endorphins, 90% of this chemical is in the intestines and blood platelets. The primary focus involves relaxation, but there are many other functions of serotonin in the body, including controlling sleep, appetite, and digestion. Serotonin also plays a significant part in memory and multitasking. People with deficiencies suffer from anxiety, panic attacks, and obsessive behaviors. Serotonin is released in the bloodstream through sunlight, massage, exercise, and recalling happy events. There is still ongoing research on this hormone as the effects on the body seem endless.

Endorphins and serotonin work together to promote brain health by fostering happiness. Exercise increases these key hormones to improve blood flow, help relaxation, improve mood, and reduce stress. To increase endorphins and serotonin production, try to exercise at least 20-30 minutes, or see the list of basic exercises you can do above for at least 4 - 5 times a week. These workouts must be strenuous enough to allow to push the body to a safe limit. Once the hormones kick in, there will be more mental clarity and a sense of accomplishment. Another way to

promote these hormones is to exercise outside. Vitamin E found in sunlight also stimulates endorphin and serotonin production.

### ✓ **Exercise can increase your energy levels**

One older study found that 6 weeks of regular exercise reduced feelings of fatigue for 36 people who had reported persistent fatigue.

The effects of exercise on heart and lung health are very well known for its fantastic benefits. Regular exercise boosts the cardiovascular system and improves lung health, which can significantly help with energy levels.

As you move more, your heart pumps more blood, delivering more oxygen to your working muscles. With regular exercise, your heart becomes more efficient and adept at moving oxygen into your blood, making your muscles more efficient.

Over time, exercising regularly results in less demand on your lungs, and it requires less energy to perform the same activities — one of the reasons you're less likely to get short of breath during vigorous activity.

### ✓ **Exercise can reduce your risk of chronic disease**

Lack of regular physical activity is a primary cause of chronic disease.

Regular exercise has been shown to improve insulin sensitivity, heart health, and body composition. It can also decrease blood pressure and cholesterol levels

### ✓ **Exercise can help your brain health and memory**

Exercise can improve brain function and protect memory and thinking skills.

To begin with, it increases your heart rate, which promotes the flow of blood and oxygen to your brain. It can also stimulate the production of hormones that enhance the growth of brain cells.



Plus, the ability of exercise to prevent chronic disease can translate into benefits for your brain, since its function can be affected by these conditions.

Regular physical activity is especially important in older adults since aging — combined with oxidative stress and inflammation — promotes changes in brain structure and function.

Exercise can help with relaxation and sleep quality. Regular exercise can help you relax and sleep better. Exercise has been shown to cause the hippocampus, a part of the brain that's vital for memory and learning, to grow in size, which may help improve mental function in older adults.

Lastly, exercise has been shown to reduce changes in the brain that can contribute to conditions like Alzheimer's disease and dementia.



### **Physical activity linked to higher grades and academic achievement**

According to the US Centre for Disease Control and Prevention (CDC), physical activity has an impact on cognitive skills such as concentration and attention, and it also enhances classroom attitudes and behaviors, all of which are important components of improved academic performance.

A study from the University of Illinois showed that children who are physically fit are more likely to perform better in school and achieve higher grades. Children participating in the study were given electroencephalograms (EEGs) to measure brain waves and how fast the brain responds to certain stimuli. Researchers found that the brain synapses of physically fit children fired faster and stronger, and as a result those children had better language skills.

The more physically fit children were not only better at reading, but they were also better at reading passages with several grammatical errors. The researchers looked at the brainwave patterns that deal with language and the ability to spot errors in grammar. The fit children had strong results with both brain wave groups and a better understanding of nonsensical or error-filled sentences.

Another study also found positive associations between physical activity, fitness, cognitive function and academic achievement. The evidence indicated that physical activity has a relationship to parts of the brain that support complex cognitive processes during laboratory tasks. It also showed that physical activity is important for growth, development and general health.

At the Copenhagen Consensus Conference 2016, which gathered 24 researchers from eight countries and from various academic disciplines, physical activity was also found to boost brain power and academic performance, among other benefits. The consensus statement, which was published in the British Journal of Sports Medicine, lists the reasons why physical activity is beneficial for children and adolescents aged 6-18.

Building their cognitive functioning:

- Just one session of moderate physical activity instantly boosts kids' brain function, cognition and academic performance.
- Mastering fundamental movement skills boosts brain power and academic performance.
- Time away from lessons in favor of physical activity doesn't come at the cost of good grades.

Nurturing their engagement, motivation and psychological well-being:

- Physical activity boosts children's self-esteem.
- It nurtures relationships with peers, parents and teachers.
- A caring environment that supports autonomy enhances kids' motivation, their behavior relating to physical activity and their general well-being.
- Regular and organized physical activity training promotes life skills (interpersonal, self-regulation) and core values like respect and social responsibility.

Supporting a culture of inclusiveness:

- Culture- and context-sensitive activities promote social inclusion.

## ✓ Exercise improves work performance

Since exercise elevates energy levels, it also improves your work performance. In the last several years, many studies have revealed that regular exercise (at least 30 minutes a day, three to four times a week, and especially on work days) improves employees' workplace performance. One study showed that active workers experienced as much as 15 percent greater productivity. That's because physical activity comes to the benefits of heightened energy levels, alertness, and ability to focus.

Exercise also entails discipline and time management. You'll be better at managing your time. After all, you can discipline yourself to focus intensely for 30 minutes a day doing physical exercise so why not other portions of your day? Getting into a routine with one area of life has the tendency to create consistency in other areas, as well.



More details: <https://www.adsi.info/the-power-of-physical-exercise/>

# The Practice of the Presence of God



Unsplash - @Graham Holtshausen

# Instructions

The most powerful practice of the Presence of God at least 12 times a day that lasts only for 1 to 2 seconds each.

## 1. The Practice of Thank You God.

*Do this technique on these following times:*

- a. Upon awakening in the morning, pray and thank God you are alive again and seek guidance for all your activities for the day.
- b. Before sleeping, thank God for the experiences, lessons and blessings of the day and surrender to God in your sleep that you will be protected.
- c. Before eating, thank God for the food you receive and ask Him that you may be His instrument in Giving and Charity.
- d. Whenever you receive a blessing, like every time you get your salary, thank God again for 2 seconds; and with every other benefit you receive, thank God for 2 seconds.

## 2. The I Love You Technique

For many times during the day, for 1 to 2 seconds again, say to God from the bottom of your heart and soul, "I love you O Lord, I love you O Lord, I love you O Lord!"

3. Whenever you are in nature or when you see plants, trees, birds flying in the sky or when you are in the beach or in a forest or park, for 2 seconds again, remember God in appreciation of His beautiful creation.

4. Remember God, if you have time, in your prayers and meditations. Prayer is a direct communion with God.

# Benefits

- ✓ Do the above techniques always with heartfelt devotion to God in humility and sincerity and you will always be protected from many diseases, dangers, and calamities, from wars and sudden and accidental death. God is almighty. He always protects and bless His devotees that they live a life of auspiciousness.

*More details: <https://www.adsi.info/the-practice-of-the-presence-of-god/>*

# Kindness Technique



## Kindness Technique

this is the most powerful technique! Science has proven that persons who intensely think and emot kindness have their whole brain flooded with gamma waves which is proof of having a genius and high form of consciousness. The presence of gamma brain waves also proves that a person is mentally and spiritually mature. This was evident in the brain waves of Tibetan monks who radiated thoughts and feelings of loving-kindness and had their whole brain filled with these powerful gamma waves that can only be seen from geniuses and high spiritual beings. Just do your research on the effects of kindness on health and consciousness for additional information.

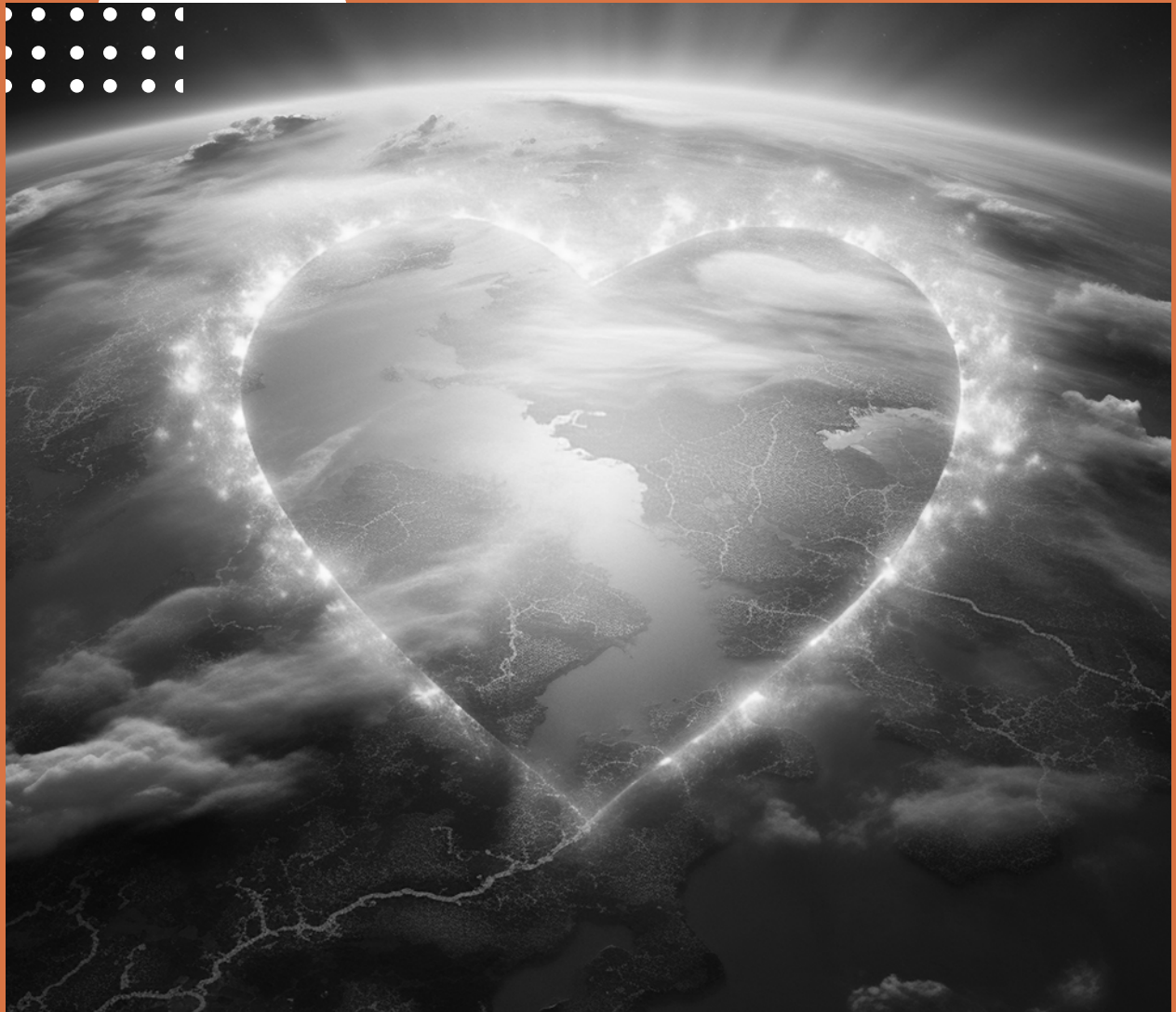
You will notice that kind persons are appreciated and respected by others. People feel security and peace in their presence. They exude an aura of goodness that they earn people's trust easily. Thus, a kind person leads a life of success and auspiciousness. Through kind thoughts, emotions and especially acts of kindness, a feeling of peace and joy arises in a person, calming one's nerves and giving one perfect health. Just recall your memories of your own acts of kindness like when you gave a seat in a bus to an elderly or when you have helped somebody who is suffering. Recall that feeling. It is called Grace of God.

A person who is kind exudes vibrations of love and compassion thus making him a person of wisdom. Therefore, practice this technique regularly and daily find opportunities to do acts of kindness, and you will be blessed not only with material prosperity, but you will also become a highly cultured and spiritual person that is very much cherished by humanity.

*More details: <https://www.adsi.info/the-practice-of-the-presence-of-god/>*



# The Ultimate Law of Love and Compassion





# The Ultimate Law of Love and Compassion

If you really think, observe, and research the greatest minds on Earth, their highest revelation is the ultimate law of love or compassion. And this is the true measure of being a true achiever and a person of success on all levels, meaning in thinking, emotions, and deeds.

The Avatar Krishna said you can only approach absolute reality, or God, and have true peace by practicing compassion. The prophet Muhammad said that Allah, or God, is all-merciful and all-compassionate. The Buddha expressed his highest teachings by saying that to attain enlightenment, the practice of radiating loving-kindness is of the utmost on a daily basis.

The physicist Albert Einstein said, “Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” The Lord Jesus Christ said God is love and commanded humanity to love thy neighbor as thyself. He even told his disciples that when he is gone, they should love one another as He had loved them.

The yogi Paramahansa Yogananda said the highest attainment in life is love and to live every moment in one’s life in a kind and compassionate way. So, whatever we attain, whatever we achieve in science, philosophy, culture, or material affluence, we must use them to serve all creatures in a compassionate way. Then one will achieve the highest attainment in being a true human, humane, and a true humanitarian. So, try to live your life in thinking, in emotion, and in daily activities in the name of the ultimate law called Love or Compassion.

**More details: <https://www.adsi.info/the-ultimate-law-of-love-or-compassion/>**

## Exercises or Guides to Live a Compassionate Life

1. Every day, for at least three (3) to seven (7) times, stop your thoughts and be still, and feel in your heart love and compassion. Then feel that you love all humanity and all creatures, the whole of the earth and the universe. Do this for 1 second then thank God that you are able to do this. The world now is in great turmoil. Small and big wars are raging, and even climatic and great earth changes are happening so the need for compassionate humans is of the utmost.
2. Every time you will do an action, try to analyze if your motives are based on kindness and compassion. If it is not, don't do it. If it is based on love, go for it all the way.

## Benefits

- ✓ If these two exercises are practiced together with the other practices revealed in ADSI, you will attain the highest level of living. Not only will you be happy, blissful, and compassionate but you will be called the auspicious one.



