

The Key to Developing Intuition

Text and Photos by Sarah Jordan

When MindScape instructor Angie Tourani first meets you she will ask you two questions. "How often do you reach your limits?", and "would you like to change the results?"

MindScape is a technique which works on the theory that the secret to success is all in the mind, that the most important factor which ensures success or failure in any aspect of our lives is the human brain.

Angie explains that MindScape will help us to unlock our hidden potential and sharpen our brain power, encouraging us to excel in any chosen field. The technique 'opens' the right brain which is responsible for relaxation, intuition, creativity and imagination, allowing us to identify and achieve our specific goals. In our daily lives we rely mainly on the left brain which is logical and analytical, while neglecting the more powerful right brain which is capable of working much faster and more efficiently.

In a study to determine how the human brain differentiates between visualization and reality, volunteers were asked to visualize a tree and their brain waves were monitored. They were then asked to actually look at a tree and the study showed that their brain activity was exactly the same, proving that the brain does not actually differentiate between the two. These findings have powerful implications on our lives as they show that the goals and outcomes we visualize can easily become our reality.

More Than Just A Super Computer
We are all familiar with the statement that the brain is a super computer. Modern scientific research has shown that each of our brain cells is a computer in itself, each with the ability to handle up to 100,000 inputs.

Research has gone even further to position the mind as more than just a computing or thinking device. Another important role is its impact on our health,

as we are now much more aware of how our state of mind can affect the state of our body.

So given this knowledge, why is it that we are still one using a fraction of our true abilities? Why do we go through life aided only by a 'pocket calculator' brain when we actually have a powerful super-computer that could help us achieve so much more success in every aspect of our lives? The answer is that we are not trained to do otherwise. Our education systems, and the way we are brought up as children, still tend to neglect the tremendous power of the creative and intuitive mind.

"The rationale mind is the faithful servant and the intuitive mind is the sacred gift. We have created a society that honors the servant and has forgotten the gift" - Albert Einstein.

What is MindScape?

Throughout the ages, many individuals and groups have discovered that certain techniques allow us to access the mind's latent powers, giving us the key to achieve more in life. From the indigenous shaman who communicates with nature, to the inventor who taps into specific mental states for heightened creative thinking, methods of mental dynamics have long been used to achieve outstanding results. Knowledge has always been power, and often these methods were kept secret, passed down to a privileged few.

Today, this knowledge has been streamlined with modern scientific findings and these techniques are taught in MindScape, a seminar developed by Dr. John Veltheim for the PaRama College of Philosophy & Life Sciences in the USA.

The principle of MindScape is a simple but highly effective one. There is a particular state of mind, the alpha state, which is more conducive to creativity and intuition than others. MindScape teaches us to tap into this alpha state mind at will, a creative 'day dream' where brainwaves are slower, and similar to when waking up from sleep. While in this alpha state, a 'workshop' is constructed in our mind, which is a specially designed structure that provides an effective framework for a variety of techniques.

Renowned geniuses and inventors have been known to use their own ways of accessing this state in order to originate creative ideas. Mozart composed entire

symphonies in his mind before writing them down. He would visualize the orchestra and make changes in his mind's workshop. Nikola Tesla, inventor of the alternative current and the electric motor, was capable of building a perfect working model without using a prototype. Tesla would visualize his invention in his mind's workshop with such extreme precision that he could go straight to construction without drawing anything first.

A MULTITUDE OF USES

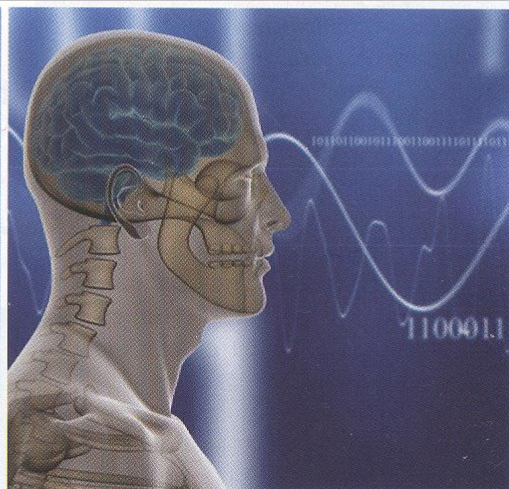
The benefits and uses of MindScape are vast. It gives us all the benefits of Meditation - relaxation, creativity, and connectivity to universal consciousness - while we are awake and functional. In particular, MindScape claims to:

- Enhance creativity and balances thinking
- Improvement memory and mental ability
- Provide an interactive link with the subconscious, opening vast possibilities for self discovery and personal development
- Offer a very powerful method for visualising and manifesting affirmations and goals
- Act as a mind-body interface, often used by athletes for their mental training
- Train the imagination, as well as relaxing and helping to destress both the mind and the body
- Resolve conflicts and can help improve relationships
- Heal your body
- Improve professional performance

During the 1980 Olympics, the Russian team swept most of the gold medals. Their athletes have been divided into three groups with varying levels of athletic versus mental training. It was discovered that the group who had mental training consisted of 75% mental training and only 25% physical training and only 25% physical training won more medals than the group who had 25% mental training and 75% physical training. This example highlights the power of mental training for achieving our goals.

To learn the MindScape technique takes just two days, and seminars are taught to public audiences worldwide as well as to specialised groups that include therapists, athletes, students, and business people. Clients include some of the world's biggest companies, who have found the methods effective in enhancing creative thinking and intuition within the ranks of their senior executives and managers.

In a time when our technological progress continues to diminish the use of our mind's resources, MindScape is an excellent way of unlocking the potential of our mind and using it to enhance our lives and our work in so many ways. Analogous to the way that most of us use our minds as using a computer without the Internet. MindScape connects you to your mind's Internet and opens a whole new dimension to your mental ability.



MindScape

For more information about upcoming MindScape workshops you may contact Angie Tourani at angie@bodytalksystem.com.hk or visit www.bodytalksystem.com.hk.