

QUOTES FROM 'ABSOLUTE HAPPINESS' BY MICHAEL DOMEYKO ROWLAND

1. Your mind knows how to heal you; your body merely follows your mind's directions (The body is dependent on the mind, not the other way round).
2. Mind is the creative intelligence that totally controls every aspect of your life; there is nothing outside the realm of your mind, there is nothing that it does not control, there is nothing that it does not affect.
3. We use and are aware of far less than 1% of its capabilities and power.
4. The meaning of the word mind is: 'the summation of all the conscious and unconscious processes'.
5. The mind is the 'intelligence' that controls your life.
6. Mind/Brain confusion:- Analogy of the T. V. "When you are watching your T.V. you see the images of the program and hear its music, words and other sounds. You know that the program is not actually occurring inside the box of the T.V. set itself; it comes from a studio elsewhere. The people and events on the screen are independent of the T.V. *they exist whether or not the T.V. is on.* Your brain is like the T.V., the physical means through which the program can be seen and heard. Your mind is like the actual program that exists freely and independently. It requires the physical mechanism of the brain to translate its 'signals' so that it can communicate through physical form.
7. Your mind also has the ability to cause the cells in your body to change in the direction required. People who can heal themselves through the use of the mind, give instructions to the cells through the correct application of the mind techniques, and use them, in unison, with the practical realities of the various physical healing methods.
8. There is also the power of the mind has on the genetic structure. Science is now discovering, according to the cellular biologist Bruce Lipton, that the mind has the ability to control genes and alter their functions.
9. We are dealing with 'unknown powers of intelligence' – so remember:- **THE MIND CONTROLS THE ACTIVITIES OF THE BRAIN AND NOT THE OTHER WAY ROUND; BRAIN IS ONLY A MEDIUM FOR MIND.**
10. You will discover that your mind is a tool you can use, it is an object; it is something you *have* not something you *are*. Unfortunately, (unlike say, your hand) you have very little consciousness of the *whole* mind, which is made up of conscious, subconscious and unconscious. Once you become conscious of it, you can do with it as you please. "until then, your life is a result of what is already conditioned into your memory" (*you cannot 'pull out' what you do not have in it*)
11. You can shape your mind in whatever form you choose; it can reform itself as *you* please without any complaint or negative response, apart from the release of any negativity that was held there in the first place, prior to the change, or it can remain as it is for your entire lifetime. The shapes your mind takes are the actual structures that you feed into

your consciousness. The thoughts and images that become your life choices and decisions and, therefore, your life experience.

12. All the events and circumstances of your life come as the result of the choices and decisions you make.
13. You cannot draw from the well of your personal mind something that is not there. Therefore, you cannot choose something that does not fit a pattern or has no references within the storehouse of your mind.
14. The subconscious mind is essentially memory and can be called the personal unconscious.
15. Nothing in your life is forgotten. Every single thing is remembered and stored. From the moment that you were conceived, through your birth and infancy, early childhood and adolescence, right up until now, even every insignificant item, minor event, miniscule and seemingly irrelevant detail, is stored within your memory.
16. Clearing the subconscious mind of unwanted patterns is the most important factor in becoming a totally free being, able to live your life to its fullest potential and expressing your whole self to your highest aspirations. By changing what is in your subconscious, you will be able to change what happens to you in your life. This is because you will be altering the choices and decisions that come into your conscious mind.

There is significant scientific evidence suggesting that the mind has a direct effect on the body.....both for better and worse. Research demonstrates that we can cause our bodies to be sick just by the anticipation of a future event or the memory of a past experience. In both cases, it is our thoughts that are creating powerful chemicals of stress to alter most of the systems in our body. So what we think about and the intensity of these thoughts directly influences our health, the choices we make, and our quality of life.

Now that we have the technology to observe a living brain, we know from functional brain scans that **the mind is the brain in action**. This is the latest definition of mind, according to neuroscience. When a brain is alive and active, it can process thought, learn new information, invent new ideas, master skills, recall memories, express feelings, refine movements, and maintain the orderly functioning of the body. The animated brain can also facilitate behaviour, dream, perceive reality, and most importantly, embrace life. In order for the mind to exist, then, the brain must be alive.

The brain is therefore not the mind; it is the **physical apparatus through which the mind is produced**. The brain facilitates mind. We can think of the brain as an intricate data processing system that enables us to gather, process, store, recall, and communicate information within seconds, if need be. The brain is also the control centre through which the mind coordinates all of the metabolic functions necessary for life and survival. So when your bio-computer is 'turned on' or alive, and it is functioning by processing information, it produces the mind.