

BASIC PROGRAM – 1 Day

Day 1: Foundations of Mind Power

1. Mind Power Theory

- Understanding the concept of mind power
- How thoughts influence actions and results
- Role of consciousness and subconscious mind

2. Mind Power Principles

- Key principles to harness mental energy
- Positive thinking and mental conditioning
- Practical examples of applied mind power

3. Relaxation

- Importance of relaxation for mental clarity
- Simple relaxation techniques and exercises
- Breathing and meditation practices

4. Law of Attraction

- Basics of the law of attraction
- How thoughts and feelings attract experiences
- Simple exercises to manifest desires

5. Visualization

- Power of imagination in achieving goals
- Visualization exercises for success
- Creating mental images to enhance focus and outcomes