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JOHN KEHOE

**MIND
POWER**

**SUBCONSCIOUS MIND
CAN DO ANYTHING**

//bestseller

Chişinău

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Preface

My goal in this book is to share with you a number of important techniques I have found useful in creating new realities. In *Mind Power Into the 21st Century* I will share with you stories of how people are successfully using these techniques and show you why they work so well.

Harnessing the forces of the universe and actively participating in the creative process of making your goals happen is an exhilarating experience. This book provides you with all the tools necessary to do that; all that remains is for you to apply them.

For twenty years I have had the joy and gratification of personally instructing well over one hundred thousand people in this system. Now, through this book, I will be able to reach countless others. If this book is in your hands for the first time, then welcome; I am sure you will benefit from what I've discovered, and I am very pleased to be able to introduce the Mind Power system to you.

John Kehoe

Chapter I

Another View of Reality

There are more things in heaven and earth than are dreamed of by mere mortal men.

—Shakespeare

To work with mind power you do not have to understand the laws of physics or how reality manifests itself, just as you don't have to understand how a carburetor works or how spark plugs fire in order to drive a car. Few of us understand automotive mechanics, but that doesn't stop us from driving. Likewise, in the science of mind power, anyone can quickly and successfully master the basics and effectively put them to work in his or her life.

We begin by examining the nature of reality, especially the startling new discoveries in science over the last twenty years which have helped us to understand more clearly how the mind creates its

own reality. These discoveries explain why creating visualizations in our minds is not just idle day-dreaming, but is a creative process which helps us control and direct the same energies that hold matter together, change water into steam, or cause a seed to sprout and grow.

Understanding the nature of these energies assists us in understanding the mind, and shows us why inspiration, prayer and intuition are not supernatural phenomenon at all, but follow patterns and laws which we can discover and use at our will. Like everything else in the known universe, the powers of the mind are governed by laws which, robbed of their scientific jargon and clearly presented, can be easily understood by anyone.

Let me take you on a short adventure into these new discoveries.

Modern physics now sees the universe as a vast, inseparable web of dynamic activity. Not only is the universe alive and constantly changing, but everything in the universe affects everything else. At its most primary level, the universe seems to be whole and undifferentiated, a fathomless sea of energy that permeates every object and every act. It is all one. In short, scientists are now confirming what mystics, seers and occultists have been telling us for thousands of

years— we are not separate but part of one giant whole.

*“When a blade of grass is cut,
the whole universe quivers.”*

—ancient Upanishad saying

Modern physics has changed our concept of the material world. Particles are no longer seen as consisting of any basic “stuff”; rather they are seen as bundles of energy. They may make sudden transitions, “quantum leaps,” behaving at times like units, yet on other occasions like waves of pure energy. Reality is fluid. Nothing is fixed. Everything is part of a pattern that is in constant motion; even a rock is a dance of energy. The universe is dynamic and alive and we are in it and of it, dynamic and alive ourselves.

THE UNIVERSE IS A GIANT HOLOGRAM

The theories that enabled the development of the hologram were first formulated in 1947 by Dennis Gabor, who later won a Nobel Prize for his discovery. A hologram is an entity in which “the whole”

is contained in each and every one of its parts. For example, a starfish exhibits certain holographic patterns. If you cut a point from a starfish it will grow a new point. Not only that, the point will grow a whole new starfish, because the genetic imprint is contained in each and every one of its parts.

I was at a holographic exhibition several years ago in which I saw an exhibit of photographs done with holography. In one of the pictures was an image of a woman standing upright. If I moved to the right of the picture the woman changed suddenly and she was now smoking a cigarette; if I moved to the left of the picture it changed again and she had her hip thrown out in a suggestive pose. If one were to drop this holographic plate onto the floor and it shattered into pieces, each piece would reveal not what you would expect to see—a piece of her shoe or dress or maybe her eye—but the image of the whole woman. And if one moved any one of the little pieces from side to side, you would still see her smoke that cigarette and throw out her hip. Every single one of the small pieces would have the whole picture contained within it.

It now appears that the nature of reality is holographic and that the brain operates holographically as well. Our thinking processes seem to be identical to the primary state of the universe and

made up of all the same “stuff.” The brain is a hologram interpreting the holographic universe.

The main architects of this astounding idea were two of the world’s most eminent thinkers: University of London physicist David Bohm, a protege of Einstein’s and one of the world’s most respected quantum physicists, and Karl Pribram, a neurophysiologist at Stanford University. Coincidentally, they arrived at their findings independently of each other while working in totally separate fields of science. Bohm became convinced of the universe’s holographic nature after years of frustration with the inability of more standard theories to explain all of the phenomena and results he was encountering in quantum physics. Pribram, in studying the human brain, also realized that standard theories’ explanations of various neurophysiological puzzles simply didn’t add up. For both men, the holographic model suddenly made sense and resolved a lot of unanswered questions. Both published their findings in the early 1970s. Their work received enormous response but unfortunately little of it was understood outside of the scientific community. While they had their detractors and skeptics (What new theory doesn’t?), many of the world’s most prominent physicists and scientists soon came on board. Cambridge’s Brian Josephson, win-

ner of the 1973 Nobel Prize in physics, described Bohm and Pribram's discoveries as involving "the most revolutionary breakthroughs in understanding the nature of reality." Dr. David Peat, a physicist at Queen's University in Canada and author of the book, *The Bridge Between Matter and Mind*, was another to agree: "Our thought processes are much more intimately connected to the physical world than any of us would suspect."

In 1979 at Princeton University, Robert G. Jahn, Dean of the School of Engineering and Applied Science, established a research program to explore the "role of consciousness in the establishment of physical reality." After thousands of controlled experiments, Jahn and his associates published their findings, stating that there was now sufficient evidence to indicate unequivocally that the mind can and does directly affect physical reality. By 1994 eminent scientists, educators and physicians from around the world were meeting at Princeton University to discuss how this startling new information might be extended and applied within their own fields and institutions.

All this is truly exciting news, and the implications are nothing less than staggering when one considers how we might use this new knowledge.

How consciousness and the physical world in-

teract is now much less of a mystery: consciousness is but energy in its finest and most dynamic form. This helps explain why events are affected by what we imagine, visualize, desire, want or fear, and why and how an image held in the mind can be made real.

These discoveries about the nature of reality can be a major force for our continued change and growth. If we know and understand that we are a part of an open and dynamic universe, and that our minds play a decisive part in constructing reality, then we can choose to live more creatively and powerfully. We need no longer stand on the sidelines watching things happen to us, for with our new understanding we now realize that there are no sidelines to stand on, nor were there ever. Everything is affecting everything else. Wherever we go, whatever we do, our thoughts are creating our reality.

"Discovering a new theory," Einstein once said, "is like climbing a mountain, gaining new and wider views." This is what you are doing by reading this book, and soon your mental climb will be rewarded by an open and exhilarating view of your true potential.

Chapter II

Consciousness

*So think as if your every thought were to be etched in fire
upon the sky for all and everything to see,
for so, in truth, it is.
—Book of Mirdad*

If you think of your thoughts as a reality existing side by side with what we call “the physical reality” you will be closer to understanding the unique relationship between the two.

You are living simultaneously in two worlds, two realities: the inner reality of your thoughts, emotions and attitudes, and the outer reality of people, places, things and events. Because we fail to separate these Inner and Outer worlds, we allow ourselves to become dominated by the Outer world of appearances, and we use the Inner world solely as a “mirror” for whatever happens to us. Our Inner world reacts con-

stantly, and because we spend all of our time simply reacting, we never experience our power. Ironically, you begin changing your reality the day, the hour, the minute you cease constantly reacting to it.

Your inner consciousness is a powerful force whose influence is felt in every aspect of your life. It is, in fact, the major and most important part of who you are, and it is the main cause of your success or failure.

Everything at its purest and deepest essence is energy, and whenever you think, you are working with an immense amount of this energy in the quick, light, mobile form of thought. Thought is forever attempting to find form, is always looking for an outlet, is always trying to manifest itself. It is the nature of thought to try and materialize into its physical equivalent. Our normal thoughts can be compared to sparks from a fire. Though they contain the essence and potential power of the flame, they normally dissipate quickly. They last only a few seconds, fly into the air and quickly burn out.

Although a single unaided thought hasn't much power, through repetition the thought can become concentrated and directed, and its force can be magnified many times. The more the thought is repeated the more energy and power it generates, and the more readily it is able to manifest itself.

Weak and scattered thoughts are weak and scattered forces.

Strong and concentrated thoughts are strong and concentrated forces.

To illustrate this, picture a magnifying glass through which the sun's rays pass. If the magnifying glass is moved about from spot to spot, the power of the sun's rays is diffused and not apparent. If, however, the magnifying glass is held still and focused correctly at the proper height, those same rays become concentrated, and that diffused light suddenly becomes a force powerful enough to ignite a fire.

So it is with our thoughts. As you progress in your study of mind power you will learn how to develop and concentrate your thoughts so that they become much more powerful. At this point, just realize that thoughts have power in themselves. Your deeply held beliefs, your fears, your hopes, your worries, your attitudes, your desires, and each and every thought you think, all have an effect on you, others, and your environment.

Most of us go through our waking hours taking little notice of our thought processes: how the mind moves, what it fears, what it heeds, what it says to itself, what it brushes aside. For the most part we

eat, work, converse, worry, hope, plan, make love, shop, play—all with minimal attention paid to how we think.

We might be far more willing to learn how to use our mental mechanisms if we imagined for a moment that for every thought we either gained a dollar or lost a dollar, depending on the type of thought. Considering we think thousands of thoughts every day, this is quite a proposition. Imagine an accounting system noting our every thought and recording which ones gained us money and which ones lost us money. How diligent we would be in controlling and directing our thoughts! How enthusiastically we would create those thoughts which made us money, and how carefully we would avoid those which cost us money.

This is, in fact, more or less what is already happening inside you, though with energy, not dollars. There is a big accounting system going on; it's called the universe, and no thought produced there is without its effect.

This world of ours is no dead pile of brick and stone. It is a living, vibrant system of energy. Every thought you think impresses itself upon this system, and its effect is indisputable. Whether you like it or not, you are forever creating your reality through what you are thinking.