

## Science Of The Mind

### Introduction

#### SCIENCE IS A PHYSICAL THING

Firstly Science is a physical thing in the real world that plays such an important role in the development or discovering facts and truths about tangible things that we can directly relate to as relevant for people on the earth. Heaven is a spiritual world and while we need earthly things to provide the comfort of home and look to with pride in a sense of achievement and accomplishment for personal happiness. However some things in this world are detrimental to our health and well being and we should try and alleviate them or reduce them to a minimum to be spiritually happy and experience a sense of peace and joy and purpose in happiness instead of happiness being a wild adventure to turn to the silly side of life. There are reasons that the world came into being and the earth holds enough questions and answers to all these physical attributes of scientific intelligence. This is an on going job just to determine what is real and what is unreal, what is believable and imaginable or can be conceived, perceived or constructed. There is a trillion trillion stars out there and if we tried to analyse their origin all at once it would be impossible, but to simply take a look at one star or one perspective on life and try to think logically and critically about its origin and existence is a treasure just waiting to be discovered and explored to be enjoyed by all who work out the possible answers.

This book, which is a behavioural science, will be about the intellectual side of spirituality, with a more psychologically directed approach to heal diseases of the mind and cure mental illnesses through reading and creating meditational thoughts to encourage and bring about peace of mind. The book will contain thoughts and ideas for rational and logical thinking, for being able to try and understand ourselves more than others. To look critically at our own behaviour before we try and think about what someone else might be doing right or wrong. To structure goals and long term plans on how we can personally develop and achieve by our own understanding of ourselves and to have a reason or purpose in exploring truth in a spiritual fashion and direction for mental well being and wholeness. Reading is a great way to work out our own selves and reflect on things that we think of each other. Judgement is wrong and we all should leave that to God and give him that credit when due for answering our problems through our prayer life. Â

It is good to just take time out and be at peace with God, in all the world and all the blessings there is nothing like being at peace with God, this comes from spending quiet and quality time with God in reading or through listening to music or praying through meditational thoughts. This will replenish and rejuvenate the spirit so that the mind functions well and properly and once again a calmness of spirit come upon us. This is not only relaxing, but soul invigorating to just rest in the truth of the knowledge that you are loved by God and he cares for your life.Â

Take some time out for yourself to sit down and have a read and then afterword, try to have a constructive thought reflection on how you can relate to what you have read and perhaps put in place some things that you read to help you live your life on a calmer and in a more organised thought processing way to keep sane, well and happy.

## **CHAPTER.1 THE HEAD THINKS THOUGHTS**

### **1 What Makes The Brain Think**

### **2 Head First, Heart Beat**

### **3 Inside The Mind**

### **4 Mine Or Yours**

### **5 Connect With Outside**

### **6 Right and Well**

### **7 Me, You and Us**

**8 Forever Linking**

**9 Particular Ideas**

**10 Much To Mend**

## **CHAPTER.2 MIND OVER MATTER**

**11 Be In Control**

**12 I Can Do It**

**13 Stay Positive**

**14 Never Fail**

**15 Lead and Organise**

**16 Have To Tidy Up**

**17 Spiritual Or Physical**

**18 Doing Actively**

**19 Take A Deep Breath**

**20 You Might Help**

### **CHAPTER.3 TIME FOR PEACE**

**21 Calm Thoughts**

**22 Peaceful Thoughts**

**23 War Against War**

**24 Why Worry The Word?**

**25 Collect Yourself**

**26 Clear Water and Fresh Air**

**27 Phisically Active**

**28 Spiritually Asleep**

**29 Breathing Pace**

**30 Sky, Streams and Trees**

## **CHAPTER.4 MENTAL DISRUPTIONS**

**31 Never A Dull Moment**

**32 Things Get In The Way**

**33 Stay In Control**

**34 Cloudy Days**

**35 Someone Else Thought**

**36 Listen To People**

**37 Reasonable Ideas**

**38 Blocked Brain For A Second**

**39 Beautiful Answers**

**40 Don't Go Down The Drain**

## **CHAPTER.5 LOGICAL ORDER**

**41 Proceed Normally**

**42 Successive Progression**

**43 Keep Things Simple**

**44 Letters and Numbers**

**45 People Make Sense**

**46 Time Turns Naturally**

**47 Done Set Ways**

**48 Wisdom Happens To Appear**

**49 Next Step Right**

**50 A Long Conception Of Things**

**CHAPTER.6 HAPPY WITH MONEY**

**51 Money In Time**

**52 Payments Matter**

**53 Slower or Quicker**

**54 Maintain Management**

**55 Faith and Face**

**56 Content Or More**

**57 When I Have Got Enough**

**58 Give Some Away**

**59 Have And Hold**

**60 Give And Take**

## **CHAPTER.7 WORK IS CONSTRUCTIVE**

**61 Always Something to Do**

**62 Mind On The Job**

**63 Stick To The Subject**

**64 Occupying The Mind**

**65 Using Time Wisely**

**66 Aim To Achieve**

**67 Sense In Patience**

**68 Being Yourself**

**69 If I help You**

**70 See The Results**



## **CHAPTER.8 RETIRING WELL**

**71 When The Days Done**

**72 Enjoy The Finished Work**

**73 Enough To Live On**

**74 More To Tomorrow**

**75 Vacations Never End**

**76 Someone Else Will Do The Work**

**77 How Long Till I Stop**

**78 When The End Is Near**

**79 The Perfect Holiday**

**80 Life Is Too Good to Quit**

## **CHAPTER.9 THE JOB IS NEVER DONE**

**81 We Still Have To keep Going**

**82 Finished, But Start Again?**

**83 Time For Something Else**

**84 Keeping Busy**

**85 Mind On The Job**

**86 Always Do It Right**

**87 Never Mind Failure**

**88 Something Easy**

**89 Too Hard to Try**

**90 God Might Say Help**

## **CHAPTER.10 LOVE OF GOD**

**91 Love Conquers All**

**92 God Is Good**

**93 God Is Great**

**94 God Reigns Supreme**

**95 Power and Might**

**96 Weakness, Stress and Patience**

**97 Love Wins The Day**

**98 Time Is More Important**

**99 Money and Things**

**100 God Loves You**

**CONCLUSION**