



World people know what is good or bad and like to get good too, but why do they do badly?

(Recording and Annotation of the 50 years on Searching Solutions)

- Findings:**
1. MPD, mind power development;
 2. New perspectives and theories on Psychology;
 3. The Revolution tool for Civilization World;
 4. Reality information of universe, and so on;

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1. Problem: Doubt on why do people do evil? In spite of, knowing which is good or bad and everyone wishes good and happy. Why?

Impressive experiences that is cause to conduct the study:

1.1 An investigator's teacher, primary school, who was so good at my view point but he was arrested at a casino house and had to retire. Why?

1.2 A very good secondary teacher of mine, occasionally, met him at an opium shop, before 1957-is lawful, and met again while became university student, he asked me for some money to buy heroin. Why?

1.3 A few Buddhist monks with many followers were arrested at different times and finally, they have to stay in jail. They are moral teacher but done illegal. Why?

1.4 Even the investigator self, many times in the past, like to do evil. Why?

*And come to conclusion that all ordinary knowledge even moral which is from reading and memorizing are fail to be good person which may call only 'good by chance' or 'bad by chance' not certainly.

*Evil or Merit, certainly, comes from inside not really outside and environment.

2. The Solution Finding: The Solution that still remained for searching and began to investigate starting at first year of teacher profession, parallel to routine work, until getting pension and continuing completely 10 years, becoming of 50 yrs. Research. Then conclusions and complete solution comes up with the most pleasure and much confidence to tell our world as the great revolution tool with **Warm-Happy Treatment**.

3. Methodology of Solution Seeking:

2.1 Searching on Psychology: it is only behavioral science and predicts about mind. Human=mind + physique and psychology confined only body but mind is the abstract.

A chimpanzee looks at a pack of banana hanging higher out of jumpable, and he sees two short poles but joinable. He looks at banana and the poles many times then he joins two poles into one then pushes to banana down and eats. The psychologist explains that the chimpanzee has insight firstly and then solves the problem.

What is insight; how to create, to develop the insight? Up to present, there is no information supported.

Furthermore, psychology accepts telepathy, psychic energy, premonition, and hypnotism, etc. involved but not sufficient information clear to practice.

So that mind is an abstract nature but behavioral science is non- abstract, the material studies only to predict mind status. Therefore, psychology do not meet true mind because it is only prediction, indirect study which cause of much error assumptions and conclusions. So let psychologists go on, paying wait and see.

2.2 Back to Idealism Philosophers: They did meditation and got several ideas, information, theories, and knowledge and then revealed or presented to their followers. The results from meditation: some are illusion; some are failing to practice; some are danger; some are useful, and some are real because of different degree of concentration of their minds.

2.3 Scientist Meditation: It was found that Isaac Newton (1642 – 1726) had announced that Halley comet has ellipse wandering of 75 years without any calculation. It should come from his ‘insight’ but lacks of meditation information. Albert Einstein (1879 –1955) found theory of physics, article presenting, without any experiment which could assume as from his ‘insight’. He came deep to Buddhism and practice otherwise he might not say as...

“The religion of the future will be a cosmic religion. It should transcend a personal god and avoid dogmas and theology. Covering both the natural and the spiritual, it should be based on a religious sense arising from the experience of all things, natural and spiritual and a meaningful unity.

Buddhism answers this description. If there is any religion that would cope with modern scientific needs, it would be Buddhism.”

By Albert Einstein-1941.

Dr. Art-Ong Jumsai (1940- present) presented undergraduate research, a machine plus report, of advanced technology from his ‘insight’ and he had produced ‘landing equipment’ to ‘Viking Space Vehicle’ of NAZA, USA. He, after many times experiment failure, spent 5 days on hill done meditation and then on the last day, he found a picture with all theories inside clearly to his mind, his ‘insight’.

2.4 All Religions Originators Based on Meditation:

The originators got knowledge from their meditation taught to their own followers and become several religions as known. Messiahs as Jesus Christ, Nabi Mohammad, had done meditation privately and then they received the Highest God’s teaching.

The Buddha, before becoming, had spent 6 years seeking, wandering to great teachers of the time, Alara Tapasa, the hermit, the Buddha got the sixth level of mind concentration called six-Sama-patti. The hermit pleased much the Buddha and gave the chief rank instead of him but the Buddha knew by the ‘Insight’ that the graduation had suffering remained so the Buddha denied politely and asked to leave. Then the Buddha went to another great hermit, Uddaka Tapasa, the Buddha got the seven of mind concentration, but different from the six. The hermit gave much pleasure as the first hermit but the Buddha denied as earlier and left.

The final graduation of the Buddha was the highest concentration level of mind, not more than this, the eighth level called **Eight-Sama-patti**,* higher than the two hermits; the Buddha could act completely super-normal-power higher.

By the Buddha's insight, even such qualifications, some sufferings were still inherent. The Buddha found an ancient text, the highest practice one; called Duk-kara-kiriya, the self-mortification, the most torment practice, without food, and then the Buddha followed the text. The Buddha's body got much skinny, some hair dropped down with bad smell, got faint while trying to stand. Fortunately, the 'Insight' told that the text was from bad thinking of author, not to human being, even the writer. The enlightenment is only from the development of mind and the body has to be sound.

After that, the Buddha turned to nourish body, keep clean, sufficient rest, waking exercise, and then the Buddha became smart, nice looking, fragile beauty skin, handsome, and brighter than ordinary human being. Knowledge from different 'Insights' time by time until the Buddha felt much confident to get the last step to the **Eminent Enlightenment**.

On the date before getting the eminent enlightenment, Madam Sujata, a millionaire's daughter, saw Him as a tree's guard god and given Him very special high cost and sophisticate to prepare and for sacrificing Him. By the night of full moon, the mid of sixth month of lunar system calendar, He had gotten the Eminent Enlightenment as called the "Samma Sam Bhodhi Yanna" which is may mean as 'SUMMUM BONUM'.

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Remark*: 1. **Mind concentration** in Buddhism called 'Kammata-thana' has eight levels, degree of concentration, and dividing into 2 parts:

Part1. Concentration on *form (material) sphere called 'Rupa Jhana' has the highest of 4 Jhana (Upa-cara Sma-dhi, 1stJhana, 2ndJhana, 3rdJhana, 4thJhana*)

Part2. Concentration on *formless sphere called 'A-rupa Jhana' has 4 types of practice: (1) Akasa Nan-cayatana, concentration on space; (2) Vinna Nan-cayatana, concentration on boundless consciousness; (3) Akin Canna-yaatana, concentration on nothingness; (4) Neva-sanna Na-sanna-yatana, concentration on non- perception and non-sensory;

Part1 plus Part2 called 8 Sama-patti

2. **Kammata-thana** has 2 types combined which have to practice parallel, **Sama-tha Kammata-thana** and **Vipas-sana Kammata-thana**. The 2 types could not separate to practice alone because both alternatively serve and support each other. Therefore, according to the Buddha, there is only Kammata-thana center and no Vipassana office/center as some Thai and Myanmar monks got misconception now a day.

3. According to Visuddhi Magga Text, there are 40 methods of Buddhist meditations.

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4. Seeking Simple Method of Mind Power Development:

As the past experience of the investigator, 30 years more, it felt much difficulty to ordinary people to practice for mind development.

At the present, lives living of people, more sophisticated environment and society, full of risks and dangerous, parents and kids have to leave home in the morning and then back in the afternoon or evening but many of them passed away without returning. All people's lives are full of struggle and how do they get calm and happiness life.

Conflicts occur everywhere even in family, community, organization, country, and international. United Nations needs peace and warm world but all nations have competition and some want to fight and show off dreadful weapons ready to get in war. Therefore, the meaning full solution for individual life and to world is in need of the world people. Seeking has spent 10 years more.

4.1 Mind Power vs. Emotion Power:

Mind power is abilities to keep calm, good reasoning, friendly to human and animals, etc.

Emotion power is feeling toward something and become drive to act, if higher than bad emotion. Bad emotion drives to do badly. Good emotion drives to do well. All people, ordinary, live on emotion so that they do merit or evil as the present world which we have recommended. By experiment, we got theory of relationship between mind power and emotion power as following.

- (1) Mind power varies directly to Good Emotion Power.
- (2) Mind power varies inversely to Bad Emotion Power.
- (3) Mind power can be accumulate unit by unit and also bad emotion too.

If mind power has higher power implied bad emotion decrease down power. Mind power suppresses bad emotion. If bad emotion increases then mind power is decreased, people act as emotion drives. If mind power balance with bad emotion, it becomes neutral, do not act and become laziness and it still bad. Therefore, mind power has to be developed right now. Seeking is to be forward.

4.2 Look at Religion and People:

(1) Religions at the present = Reality and Propaganda

Reality is useful to people. **Propaganda** is risk and danger.

Islamic people, they try to put Islamic culture even to school and to people both of Sunni Islam and Shia Islam but outcomes are not in peace and happiness. Conflicts still occur continually even in sect and between sects of the religion.

Hinduism in India tries to provide Yoga to school, to people, and to business exported. But it is not successful for mind power development. The two parts of reality and propaganda, the reality not reveal sufficiently, but propaganda is still more and more.

Buddhism in Thailand, Cambodia, Myanmar, Laos, Bangladesh, Sri Lanka, and in India, they play similar fashion such as coming to pray together, organizing traditional ritual for merit cultivation, meditation similarly as monkhood which is contrasted to normal dairy life living of people so there are small amount at temple but greater amount staying at home.

(2) Reality of human being, all religions taught, compose of body and mind. Body is temporary and dead at ending but mind is forever and after dead may go hell or paradise which is depending on merit or evil of the past deed. The Buddha revealed all about universe, both of material universe and abstract universe.

In Buddhism, the Buddha has provided many realities of hell world which consists of 8 main abysses and each main abyss has many satellite abysses with all different types of evil sufficiently. Hell world is the hardest punishment or

repaid of evil done of the past life. There are also harder punishments as animal world, ghost world and the moderate punishment is human world.

Heaven is the happy world consisted of six classes of Deva world, 16 classes of Brahma shape-world, and 4 Brahma shapeless worlds. Born and dead are nature of all worlds. Nibbana is the place of absolute happiness forever without death.

The group of birth and rebirth wandering around is human world, animal world, ghost world, Deva world, and the Brahma world of 1st to 11th class which are in the same circular of birth and rebirth and changing from world to world appropriately, the circular world called in Buddhist term as 'Sam-sara Cakka' or 'Sam-sara Vatta'.

The Brahma world of the 12th to 16th classes, all Brahma gods are self-development god, not going anywhere, other worlds, but only the Nibbana!

(4) The **Buddha gave suggestion to proof firstly and then belief about worlds and universes!**

As we are human world, still alive, the Buddha advised 2 ways to proof that the Buddha said is true or not. First one is doing Buddhist meditation until reached to 4th Jhana, the highest concentration of mind, completely. Then mind will automatically separate out of body, and then the practitioner will find similar 2 bodies: one is temporary heavy, the material body, not true body and one is abstract body, looked as so good, sometimes as a god one, the true self. Then pay attention to go to see a world then go!

Another one way is Mano-mayid-dhi practice of 2 levels: first level is called half power, the practitioner may get a little bit doubt, but the complete power level has no doubt. The practitioner can visit the Nibbana seeing the Highest God.

Remark: Many literature monks and low class practitioner are always said the Nibbana is vacant or empty by their critical thinking, paying many logically statements, look good but not true. In Thailand, there only some temples offer Mano-mayid-dhi practice but the original temple is Wat Tharsung, Udhai-dani Province.

(5) About Buddhist Monk at the present:

Monks as seen at the present, hair shaved with different color of robes in different groups and countries. People have to observe and pay thinking much because usually. Most of them are not good monks. Therefore, people have to know about qualifications of monks. There are 5 qualifications:

(5.1) Assumed Monk: Becoming monk with 227 precepts self-controlled, he is good monk; people have pay respect that would be good for people getting merit. Chance to go hell still be high.

(5.2) True monk: Sota-panna, no opportunity to go hell or bad world, but only paradise; not only monkhood and common lay people can be too.

(5.3) True monk: Saka-dagami, higher than Sota-panna, if were lay people, he/she denies to get marry.

(5.4) True monk: A-nagami, without rebirth as human again;

(5.5) True monk: A-ra-hatta, Nibbana is certainly his destination.

4.3 Morals!, even in religion organizations are still problem:

We have found in form of gossips, rumors, news, and conflicts inside of religion organizations everywhere. Why?

4.4 Religion person who got high concentration power of mind did bad mistake:

(1) **Grigori Rasputin** (1869-1916 aged 47) in history of Russia, he could hypnotize over other persons and gave healing serious illness. He exerted his mind power over the weak willed Tsar and the strong willed Alexandra Feodorovna, his wife. Accounts are often based on dubious memoirs, hearsay, and legend. While his influence and position may have been exaggerated; Rasputin became synonymous with power, debauchery and lust, his presence played a significant role in the increasing unpopularity of the Imperial couple and also other beauty and high rank women. Finally he had to be dreadful murdered.

(2) **Deva Tatta**, a monk in the Buddha time, who could do super normal: flying as a bird, body transformation as tiger, snake, etc. He did predominate to Prince Ajat-sas-tru to kill King Bimbisara, his father, for throne occupied. Deva Tatta tried to murder the Buddha many times but could not. Finally, he died by soil trap deep down!

Many black magic persons have high concentration mind but done bad tricky to people.

5. Special Buddha's Teaching to Lay Person:

5.1 The Name of Buddho is the most important name:

In the Buddha time, there was hearsay that some persons were dead and went to paradise. A Brahmin, Hindu man, named Uddaka-pup-paka felt doubt and by chance met the Buddha and asked in the matter of "Guatama Buddha sir, is there anyone who has never met, gave food, listen preaching, and or never seen you but before dead calling your name for help and after dead go paradise?"

"See Brahmin, person who has never met, gave food, listen preaching, and or never seen Buddha but before dead calling my name for help and after dead go paradise not in tens, thousands, but right now in millions." The Buddha replied.

***Note: name of the Highest God is powerful of merit!**

5.2 The Most Important Mind Development of Buddhist People:

In ancient time, the Eminent Enlightenment Buddha realized that people who could achieve by listening although in millions but the rest is more many times because the basis qualifications could not fulfill reality preaching, they had to develop their power of mind first and people dwell disperse over all rural areas of India. People could develop their mind to absorb Dhamma, the Buddha's teaching, the reality by their own selves by simple practice because people have to work hard whole to earn their families no time for meditation practice.

Therefore, the Buddha told the first chief monk, ven. Sari-butra to convey to monks under him in the matter of "See, Sari-butra, if one who could keep calm mind in a moment every day, Ta-tha-gata (I) certify the one who has concentration mind, the Jhanna."

Again, the Buddha told ven. Ananda, the Buddha's secretary and services, to convey to other monks to teach laities for practicing as "See, Ananda, if one kept calm mind as elephant's swinging ears or snake's tonguing. I, Tathagata (the Buddha), certify the one has mind in Jhanna (a state of mind concentration)."

Conclusion: Lay people have no time to attend preaching or reading moral text because they have to work whole day for life living all in family. Therefore, in order to have good happy mind, people have to spend a moment, elephant's swinging ears, or snake's tonguing for mind concentration practice. This is great chance of world lay people.

The length of time would be analyzed and experiment which the investigator has conducted and present the result at continuing next headline. (6.3)

6. The Analysis Results for Practice from Ancient to Present:

6.1 Everyone Calling the Highest God for Help:

Jesus Christ, Nabi Mohammad, Moses, Ben-Hur, and of all religion people call their Highest God every day. Trust in god is the best way of human being on Earth.

The king of god hell as some person died for 2-3 days the longest is 14 days, by agreement of MD and without formalin treatment, then good fortune, they recover, re-life again, and tell us about the dreadful king of god hell. So the king hell god is look fearful in every country because all tellers have little merit cultivation but lucky. If they were warm mind persons, sufficient mind power, they certainly see the King of god hell so smart, so handsome, bright face, and dressed with very fine clothes, no dreadful definitely. The highest god of all human being is not in hell world but in the highest heaven! Therefore, the practice of mind power development for accumulation mind power has to pay respect for merit-cultivation by calling the highest God not asking for help because we may pull god down as servant that you may get sin. Only if hard time comes, it is reasonable to ask for. And it is reasonably to bargain because of we have much desire so it should be allowed once in a week.

6.2 Consciousness Breathing:

Referring to health science, it is rhythmic breathing which is exchange to receive oxygen to lung and release carbon dioxide out and effect to pulmonary system more complete and give good blood circulate to all organs and the whole body. Furthermore, the good blood cell helps metabolism more efficiency so the practitioner at a time passed of 2-3 months always find as bright face and skin looked more bright. Therefore, consciousness breathing is usefully to health as health science supported.

According to Buddhist meditation, consciousness breathing is called as A-na-pana-sati which has capacity to bring us touching the 4th Jhana, the most concentration of mind.

Therefore, the mind power development in practice has to have name of the highest God plus consciousness breathing.

6.3 How long the time of practice?

Practice to develop mind power for getting happiness; it should be starting with favorable feeling, good emotion, and no beriberi, no boring, no tension, and no stress and so on.

The **keywords** as: a moment/ elephant's swinging ears time/ snake's tonguing time is in seconds or minutes:

Conclusion: (1) 3-5 yrs. = 10-60 seconds;

(2) 5-10 yrs. = 1-3 minutes;

(3) 10-15yrs. = 3-5 minutes;

(4) 15 to old age = 5 minutes.

***The maximum is 5 minutes limited!**

6.4 Why does 5 minutes limited?

After finding of mind power development: MPD, the method of mind power accumulation, it was found that if more than five minutes, some trouble occurred, beriberi, fanciful, painful etc. and sometimes going on the way higher level concentration and at this point some dullness (bad emotion) occur that may give danger to practitioner. If such feeling and emotion as recommended occurred, the mind power could not be accumulated. **Therefore, the MPD practice must not more than five minutes, it accurately 5 minutes only.**

6.5 Mind power can be counted in Unit by Unit.

On the focus of sound mind and sound body or good of both mental hygiene and physical hygiene, have to be in our health. We like to measure amount of oxygen absorbed to blood in one minute but it is difficult to count, as it countable, and not easy to communicate to people or practitioners.

Conclusion: Amount of oxygen received in one minute is 1 mind power unit= 1 MPU. So MPD practice 1 time is 5 minutes received 5 MPUs.

6.6 Who is the Highest God?

At the beginning, world people have the Highest God of every religion and all having absolute powerful. Therefore, people have to pay respect to the Highest God by calling the name in mind while doing MPD. For Islam is Allah or Allaoh; Christian is ‘Summum Bonum’; Hindu is ‘Maha Brahma’; Sikhism is ‘Maha Guru’; Buddhism is ‘Bud-dho’; and so on.

All people can meet their highest God after having mind power accumulated of 50,000 MPUs. The same or different God they will know by themselves.

7. The MPD practice:

7.1 Introduction:

The MPD practice is the simplest method of mind power development in the present world, from kindergarten child to old age could, no religion and nation confined. No ritual performance, no need any master to supervise. The practitioners can be supervisor by their own selves. The MPD is free of risks and harm receiving only great amount of mystery benefits. The path is for to know both of material and abstract universes. The MPD is sometimes called the doddle practice but excellent benefits.

7.2 The steps of practice are following:

Think of the Highest God, even we have never met, but we felt believe because of many people said god is real existed. So it is good time of us to pay respect to. Then...

Step1 Siting comfortably, firmly and closed eyes, then examine on inhale and out hale, and first start by long-deep inhale and long out hale 3 times for clear out carbon di oxide from lung, receiving full oxygen;

Step2 Calling name of the Highest God follows breathing such as:

1. For Christian: Calls in mind “Summum” while inhaling and calls in mind “Bonum” while breathing out and do similarly until 5 minutes accurately.
2. For Islam: Calls in mind “Al” while inhaling and calls in mind “lah” while breathing out and do similarly until 5 minutes accurately.

3. For Buddhist: Calls in mind “Bud” while inhaling and calls in mind “dho” while breathing out and do similarly until 5 minutes accurately.
4. For Hinduism: Calls in mind “Maha” while inhaling and calls in mind “brahmma” while breathing out and do similarly until 5 minutes accurately.
5. For Sikhism: Calls in mind “Maha” while inhaling and calls in mind “guru” while breathing out and do similarly until 5 minutes accurately.

Interested Remark:

1. No alarm clock, **stop watch or any for time of 5 minutes**;
2. Use only mind-time-approximation, it will be less or more of 5 minutes not many times but at last, it will accurately 5 minutes within first week of the beginning.

3. If mind-time-approximation is correct means that mind power has accumulated and then deep happiness occurred in mind which the practitioner has never met before. This is very good motivation of forward practice!

Step3 After sufficient skill of sitting and closed eyes practice, then change to other styles as on chair, standing, stand leaning, or laying, or even in bath room, no limit of style and place.

***Right now the MPD method of practice is completed.** It is so simply method as some young calls “**the Duddle practice**” but great benefits received which will reveal later.

7.3 How many times for MPD practice a day?

The standard-time of practice is 4 times a day, not less than 3 times otherwise mind power will not accumulate. The 4 times are (1) before going bed is restricted time and continue while on bed until get sleep; (2) in the morning before going out of home; (3) in the morning at workplace or school; (4) in the afternoon before going back home;

Great Remark:

a. **Visible causes and effects:**

1. World is full of accidents occur everywhere even at house, office, on street, vehicle, and so on with the cause of careless persons and absent minded persons. The careless and absent minded are from low mind power. If all people have reached to “warm mind”, then no people have careless or absent minded.
2. People at work always get accident because of their minds are not sufficient mind power lower than emotion power.
3. Parents and kids are from home; they may not arrive at school or workplace; or they may not reach to their house because of death. When they have “warm mind” then they can invade the cause.

b. **Invisible causes and effects:**

1. Generally, people know dreadful cause or event before occurring which is called ‘premonition’ or ‘presentiment’ that past psychologist as a technical term in psychologist but no development mean to build up. MPD is the unique tool to develop such abilities. The MPD person from warm mind level will has more confident and some higher warm mind said that it was TV watching.
2. **Causes of death** are 2 matters; one is life span ended that have to die; second is sin affected, duration not to the end of life span, which is could be removed. The MPD is the virtue cultivation under the Highest God, the most

powerful virtue, so cause of sin affect easily removes from warm mind person. And the MPD helps the life span ending become softer e.g. gun shot, bomb burst, plane crash, car injured, murdered, it becomes as sickness.

3. All causes of deaths and accidents are created by god of death working under King God of hell. The higher mind one said that the King God of hell order all gods of death to 'OMIT' person who is in charge of paying mind respect to the Highest God. Therefore, the MPD four times cover 24 hours every day would be safe.

NOTE: Many of higher mind power or the MPD of 50,000 MPUs can proof and insist such information so that it is **really not** 'Blind Fold' belief.

7.4 How to accumulate and calculate mind power unit: MPU?

Practice MPD a time of 5 minutes gets 5 MPUs, 4 times a day will get 20 MPUs, and get 140 MPUs through a week. Through one year, the practitioner will get mind power accumulation of 7,300 MPUs.

The 'Warm Mind' status begins, time spent 5 months, at 3,000 MPUs and forward.

8. Warm Mind qualifications and benefits:

Only first week past, the normal practitioner will touch little different happiness as has never got before and then more and more; some physical appearances, behavioral and habit change gradually and observable up to 'Warm Mind'.

The qualifications and benefits in brief are as followings:

- (1) More bright face, friendly, less bad temper, and better self-discipline, time punctuality;
- (2) Better I.Q., E.Q., and more tolerant, diligent, and responsible;
- (3) Do not like to speak vulgar language, dirty words, less conflicts, paying respect to other;
- (4) Do not like to do bad; and do not to break law and regulations;
- (5) Sleep soundly, getting on work not tired as ever tired;
- (6) For young at school ages, found that getting higher score of learning achievement;

Here now are only some main samples. The rest, a person of warm mind will give more and more than this.

9. MPD is 'far different' from Meditation, Yoga, or Kammata-thana in Buddhism, and etc.

Although, MPD has the same root of meditation and all similarity but it is found so far different. See at the table as followed.

MPD practice	Meditation, Yoga, Kammata-thana, or contemplation
<ol style="list-style-type: none"> 1. Goal is Warm mind. 2. Simple, no ritual performance; 3. The practitioner is the master or teacher own self; 4. No risk and danger; 	<ol style="list-style-type: none"> 1. Goals are several as high concentration of mind energy, playing super normal, fortune teller, black magic, or defilement destroying, etc. 2. Ritual is important, usually, sophisticate; 3. Holy master, teacher, supervisor, or director etc. 4. Several risks and dangers, someone get mad; 5. Small number reach to goal but great number fail; 6. Some create criminal, cheating, tricky, or

<p>5. Everyone can meet goal;</p> <p>6. Everyone has warm mind;</p> <p>7. No conflicts;</p> <p>8. Comfortable of 5 minutes, simple short, no need devotion;</p> <p>9. No any cause of sickness;</p> <p>10. The basis and support and conserve reality to religion because the MPD person do not like propaganda;</p> <p>11. MPD not only gives development of mind and body and also prevent and impairment many kinds of sicknesses.</p> <p>12. MPD create warm family, warm community, warm organization, warm country, and then warm world with very absolute possibility.</p> <p>13. MPD can be religion revolutionist with so warm treatment!</p>	<p>murderer, etc.</p> <p>7. Conflicts still occur everywhere even in organization;</p> <p>8. Long and longtime of practice or hard and hard practice is allowed and admire; much devotion;</p> <p>9. Beri-beri, stress, frustration, pain and stiff and so on which the practitioner has to pay tolerance much more as could.</p> <p>10. Some or many destroy their religion, the reality by create propaganda.</p> <p>11. A few or not at all.</p> <p>12. As have ever been up to the present</p> <p>13. How?</p>
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10. New Theory of 'Warm Mind' helps 'High Concentration'

High Concentration is a complete concentration mind, as the 4th Jhanna in Buddhism, which is full of risks and dangers because some of them were found e.g. wizard, sorcerer, black magician, witch, and even as religion disciple Grigori Rasputin of Russia, Deva Datta of Buddhism had performed worst.

According to analysis by MPD studied found that the recommending persons above were lack of warm mind basis. So that if they had warm mind first and then and then performed for higher concentration level, they would become very good persons, benefit for themselves and society too. Because warm mind person, happy mind, has no need to do evil; such person likes to do merit at all.

11. Benefits of the MPD practice

*“The doddle practice as the MPD, the 5 minutes a time and 4 times a day, has much many benefits received which challenge to proof at all, not only **sincerely and respectably challenge** to educator, psychologist, psychiatrist, scholar, experts, but challenge to clergy, hermit, priest and monk too, using MPD tool. With much confidence, the investigator feels much oblique if one pay experiment and proving to the MPD practice.”*

Some benefits which have recommended from the beginning of the record are only few of the benefits. There are so many benefits which should be listed in groups.

In another words, we may say that if we provided MPD for only one purpose and the ‘by product’ of all benefits will come as so long chain attained.

For example: a person gets sickness of ‘depressive disorder’ and employs MPD for impairment, the client will become recover along with higher I.Q., fresh mind, more bright, self-confidence, self-discipline, self-realization, diligent, better moral, friendly and don’t like conflict, etc...and become ‘warm mind person’. Therefore, not only recover from depressive disorder but many benefits received.

Here now likes to present group list benefits of the MPD.

11.1 Teacher, Learner, and School Benefits: When teacher and learner did MPD together 3 times at school (morning, midday, after noon before back home) then have warm mind at early level of mind power accumulated of 3,000 MPUs.

The benefits, automatically occurred, will found: no conflict between learner and teacher, all have self-discipline, respectable, responsibility, they are all friendly, better learning achievement, higher morals, like to learn and like to teach, no boring lesson, higher achievement score received, less absent learner and teacher (less sickness), no psychosis, no emotion problem, no conflict between teacher and parents, more favorable to their children, etc.

Management, unity, harmony, and collaboration are from warm mind members so that the school would be warm working place, warm house of students, warm place which parents like to visit; school would smoothly growth and stability.

11.2 Family would become warm family:

When all family members: Grand ma, grand pa, dad, boy and girl are warm mind so there are warm relations among them. All each pay their functions and take each other appropriately; earning their lives with fair and responsibility; they are less sickness because they have sound mind and sound body by MPD and health science supported. If a family were shortage economic status before, then become sufficient, and remain more saving fund later. Furthermore, all families become firm and good security onward.

11.3 Warm Community:

When all families are warm family, there is no conflict among families. All lawsuits become friendly suit so there is no quarrel, no fighting and no criminal case in any community because of everyone has warm mind. How beautiful community that have to be seen in the near future, not more than one year if everyone start MPD right now all together.

11.4 All Religions become Warm Religion:

UN has tried or announced that freedom of religion is the freedom to practice our faith in peace. This is the freedom protected by international law and by the laws of many nations which is so good, but in the matter of fact; there are competition among organizations, among religion sects to have greater faith number setting propaganda and strategic policy and plan to recruit more and more number. Conflicts have occurred between and among sect organizations and even inside since in the past to present.

The original main cause is everyone has temper mind. If world citizens have warm mind, they can release conflict down or wave out completely. Then all religions become calm and warm religion in a short time.

Human dignity and **human right** are not absorb by telling, announcing, or by laws which is already seen, but it come from individual mind. The solution is presenting so warm welcome to practice MPD individually, emphasize on self-benefits as motivation. Then all citizens have warm mind and become warm member of all religions. Warm mind people like to pay respect to warmer. Priest or monk who has to develop to being warm mind, otherwise, priest or monk cannot live happily. Therefore, finally, all religions become warm as wish.

11.5 Warm Country and Warm World:

All people, family, community, organization, government and religion become warm. Then the country must be warm too.

At the present, there are various conflicts in political party, even in cabinet and government because they, all members, have temper mind. Every country has develop their army with more terrify weapons ready to protect or to invade other country. Why?

In economic competition, some countries try to get advantage over and some are lost or disadvantage. Exchanging is not share of wealth as Adam Smith said so there is conflict occurred everywhere and world becomes more and more temper and waiting for breaking down. Why?

If and only if, world citizen: from kindergarten to old age people bring MPD to practice individually, then all countries become warm country, warm international relationship occurred, and world become warm world!

Only MPD, the doddle practice: only 5 minutes a time and 5 times a day, but great significant meaningful for happiness peace world truly so there is no need to delay; making decision promptly and persuade all world citizen practice MPD right now, all together. World would become warm world in ONE YEAR!

The MPD is so uniqueness **Great Weapon** for **World Revolution** with warm happiness, all individual get only benefits, no waste time, no expense, without stop routine work, no destruction building, no anybody died, no any lost, and so on. **War** is not true tool, brain washed it definitely.

11.6 Some Insights occurred while doing MPD:

Term “Insight” n, means (1) the ability to perceive clearly or deeply, penetration. (2) A penetrating and often sudden understanding, as of a complex situation or problem. (3) *Psychol.*: the capacity for understanding one’s own or another’s mental process. (4) *Psychiatry*. The ability to understand one’s own problem;

The above meaning is general that would be dim understanding so the operation meanings from experience of MPD practice that should reveal for to motivate the present intelligent generation to prove to see reality and to meet reality happiness the “Exact Goal of Human Life”. “Prove first and then belief” is the excellent path of human being. The investigator liked to reveal some significant insight received as following:

- (1) **Seeing picture in mind**, clearer than eyes seen, such as a picture of equipment, machine, engine etc. by eyes is only picture outside, but by mind see both outside and inside deeply as theory, its ‘combination-analysis plus synthesis ability, its’ system, and how it work. Dr. Art-ong Jumsai revealed his insight while he worked at NASA, landing equipment of Viking, the space vehicle of U. S. A.
- (2) **Seeing picture in mind** but descriptions related to other event or solution of problematic event but not the picture, for example. H.M. King Bhumibol Adulyadej, the late king of Thailand, saw a monkey with eating banana action and the monkey has swallowed a little part and left great part at two cheeks. This is picture seen which is not related to the problematic event, Bangkok may got flooding in the near future confronted because all cities of northern has got flooding subsequently. But the king knew well the two events were related the monkey eating action was the solution of flooding problem.

All lowland: ponds have to be made deeper and wider by mobilizing from army and government sections to make water reservoirs and renew all canals around Bangkok for fast flow and fast drain out to sea. Finally Bangkok got off flooding mystery, frighteningly, and cheerful of Bangkok people at that time.

The king had so many insights along 4,700 projects with 40 patents.

- (3) **Get insight of few words** but to mind of listener, it could give more details in hundred pages. In the ancient as Aristotle, Plato, Moses, Jesus Christ, Nabi Mohammad, and other called messiah have got ‘insight of few words’
- (4) **The Investigator’s Insight 1**

“Psychology studies”, at the present, is not directly to mind but indirect from behavioral and predict to mind so some errors occur and not complete benefit as needed. “Mind has to study by mind and higher mind power called direct study and chance error will be less.”

(4)The Investigator’s Insight 2

“The concentration methods are for some special persons so some persons are fulfill but the rest remained, and for the fulfill persons are full of risks and dangers and cannot come over to meet goal. Therefore, there is a little number met the excellent goal. All those methods are not convenient to all common lay people because they are all busy for life living. The duty has to seek new one.”

“The MPD is the unique appropriate to all world people that all could reach ‘Warm Mind’ at all.”

(5) The investigator’s Insight 3

“All religions, at the present, have two parts of ‘Reality and Propaganda’. ‘Reality’ is useful to people and directly to religion but ‘Propaganda’ is not useful and destroy religion own self. All religions need warm mind followers to conserve their religion onward and never ended.

The MPD will help and serve all religion development, respect and trust in Highest God of each religion.”

(6) The investigator’s Insight 4

“A human being has body (material) and mind (abstract). Body has to end, death; Mind remains forever wander to a new world ghost, hell, or paradise which is the abstract world and material world is human world and animal world.

“As still alive, people can visit every abstract world by doing MPD or a unique meditation which could leave body for a while to see the abstract universe.”

(7) The investigator’s Insight 5

“Mind has never got sickness, but only emotion gets sick time by time.”

“If bad emotion is higher than mind power then does bad action and bad emotion power could accumulate all times and have high power more and more.”

“The most or all people live on their emotion power, so knowledge and morals no influent to human behavior, but only good emotion, knowledge and morals remained.”

“If mind power is higher than emotion power, the bad emotion is lost, and good emotion is up instead.”

“Therefore, mind power has to develop more and more up to ‘warm mind’, then bad emotion will lost definitely.”

(8) The investigator’s Insight 6

“Autism is exactly real cause is ‘**emotion sickness**’ and the MPD treatment is the unique tool of impairment.”

“The third gender is emotion sickness could be impaired definitely by MPD practice.”

“All of sickness at the present called ‘Psychosis’ can be impaired by MPD treatment.”

(9) The investigator’s Insight 7

“World people live on ‘emotion force (defilement force)’ or ‘mind force (virtue force)’.”

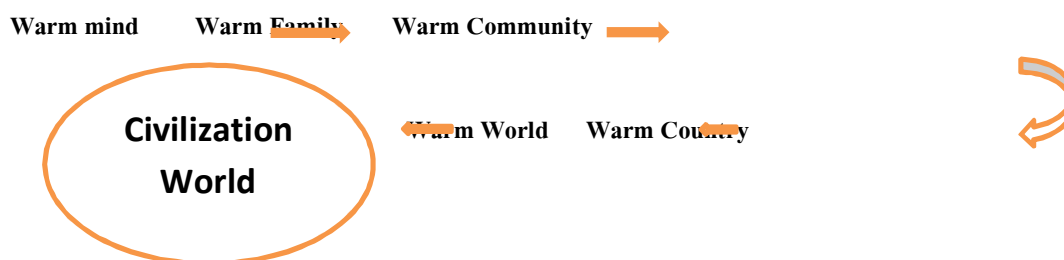
“**Defilement force** involves in abstaining from killing, stealing, sexual-misconduct, speech to trouble other, malicious speech, harsh speech, frivolous talk, covetousness, vengeful, misconception, and all intoxicants.”

“**Virtue force** involves in kindheartedness, paying mercy, altruistic joy, and ignore at extra case.”

“**Warm Mind Force** is the virtue force which is autonomically dominated over all defilements forces, and also autonomically catches up absolutely virtue force.”

(10) The investigator’s Insight 8

“MPD gives prompt change to our world being CIVILIZATION WORLD”



11.7 MPD for Prevention and Impairments:

In the present world, people work for life living causes of **emotional tension**; tension causes of emotional stress; stress causes of nervous system tension; nervous tension causes of neurosis or nervous function changes such as incomplete function.

Incomplete nervous function causes of ductless glands secrete not sufficient hormone and becomes cause of allergy, diabetes, heart disease, arteriosclerosis, etc.

Incomplete nervous function causes of internal organs not sufficient excretion so there some residue material remained and accumulated and then destroys tissue of organ later become 'cancer' such as pancreatic cancer, liver cancer, kidney cancer, brain cancer, and chronic renal failure, etc.

Again back to original cause is emotional tension which all people release tension by doing recreation as music, movies, games, dancing, etc., but it is not sufficient because it does not develop mind power higher than emotion force. The MPD is the method of enrich pulmonary system good blood cell and temperature which destroys agents in atherosclerosis. So MPD is a measure tool to prevent all recommended sickness.

Impairment: The MPD could be provided to release mental retardation as slow learner (75-90 I.Q. deviation) and all other sickness as psychosis and more over as laziness, autism, and third gender too.

Addicted drug, addicted fibred game, lustful, and some are good but too much is mind power problem such as entertainment, music, singing song, working too much until get sickness, tattoo, cosmetic surgery, etc. which are from cause of '**non-warm mind**' could be impaired by the MPD.

12. Seeing the Abstract Universe

As informing at earlier headlines, the abstract universe should be revealed for world people could touch the reality at least hell and paradise not being as a propaganda such as fearful of hell and be like in paradise. Someone ignores because it is illusion, to one's idea, so merit or evil is not be regarded. Therefore, many people do what their emotion driven which world becomes more and more badly as seen. Now it is time to revealing.

At reality, Hell world and Heaven world do really exist not only metaphor explained about as some philosophers picked up to discuss playing logical connective sentences for looking as true but nothing.

The abstract world could not be seen by eyes but it have to see only by 'MIND' exactly.

The Path, the most simple path, is the MPD practice to accumulate mind power unit up to the beginner warm mind level at least 3,000 MPUs., and continues accumulation to 50,000 MPUs. The practitioner focuses on only mind power accumulation not for to see the abstract world because the divine eyes coming by chance. When people each do MPD separately leading to 50,000 MPUs., then there would have many practitioners could left their bodies, the

temporary body, the true self is mind, and if the practitioner like to see paradise, then the practitioner will go to paradise easily.

The practitioner has to realize that the practitioner does MPD under the highest God power so at the heaven world, a god usually come to help as a tour guide to look around heaven. When the meantime is up, the tour guide will send back to flesh body. If the practitioner may delay to return, the tour guide may push down definitely because of no right to stay and heaven is the place of after death. The practitioner of first experience will have tear of happiness down. In a community, there will have many experienced persons not in tens but in hundreds and it would be more number time by time. They will insist their experience with much confident and no delay o change to believe. They believe the reality not to propaganda.

14. Conclusions:

14.1 World people do badly because of mind power lacked or less than emotion power (Defilements: no influence of knowledge, no moral, and no self-discipline). **So emotion power drives them to do evil.**

Solution: Developing mind power higher up to 'warm mind' starting at 3,000 MPUs with influence of morals, knowledge, self-discipline, and good values of humanity real life. **Warm mind gives happiness, wisdom, and good way of life earning. The MPD is only unique tool for mind power development and accumulate unit by unit up to 'Warm Mind', the status of no emotional influence.**

***The MPD is the doddle practice, 5 minutes a time and 4 times a day continually, no risk, no danger, no ritual, no limitations, no religion blocked. Everyone could from kindergarten to old age.**

14.2 New Solution of Education Problems:

Educational purposes are excellent all but meet only 'Man Power Production'. The worst persons of all community, all countries are higher degree of education. The rest excellent purposes are all failed.

Therefore, education has still in dream since starting up to present. Now we are at new starting line to meet the 'Dream' for purposeful of education!

Cause of education Failure: Developing only knowledge but lacks of mind power development.

Solution: The MPD is the revolution great tool of education to meet excellent purposeful of education easily, the 'Dream' education in short time!

14.3 New Perspectives on Psychology Studies:

(1) Psychology is the behavioral studies to predict mind status, normal or abnormal, then predict again as second time about the cause. In order to release or impair abnormal, the psychologist sets some hypothesizes then conduct experiment and receives of high feasibility solutions which are not accurately but the best of the time. However it is valuable but not exactly since then.

***Science is only for material and energy but mind is an abstract differently. Although, sometimes, mind works similar energy but not energy; it is a little bit overlaps but not really.**

(2) The new perspective proposal study is the psychologist's self has to have higher of mid power, at least warm mind first state, than normal persons or clients to inspect and diagnosis of other minds.

(3) Neurosis is accepted but psychosis is not accepted by new perspective. The reason is mind as the abstract and forever cannot get sickness. Only emotion which is feeling related to nerves and body that can get sickness. It, by new perspective, found that all psychosis announcements are 'Emotion Sicknesses'.

So that, 'Emotion Sickness' is new term proposed to world psychology, right now.

(4) The sickness of depressed, in-attention child, slow learner, mental retardation, emotion problems, addicted drugs, addicted casino, addicted game, and lecherous, etc., are 'emotion sickness'. The unique treatment is the MPD for prevention and impairment, the new perspective proposal.

(5) Autisms and the Third genders that are not found original cause and avoid as a born nature. By the new perspective, both are not I.Q. problem but both are not 'Warm Mind' status. They have to be helped by developing their mind power to become warm mind such symptom would be lost and become normal with high intelligence. They would have better world and happy.

14.4 World People are in Trouble:

As reality, there is no develop, under-develop, or backward country in our world because all people everywhere is in trouble with equal degree of suffering.

About Civilization: No civilization exist in our world, since from ancient; Pyramid was built from what faith but all slaves and workers were died dreadfully; Great Wall built of fearful, blood, and tear; Taj Mahal built of king's wife love plus poverty; so on. All of these are not true civilization, they only mystery and all of those are from 'Bad Emotion' of world people.

'The Great' is not valuable to any person because they were chiefs of murderer who had killed world people much many. They had to be '**condemned**' but, the historians and the scholars '**admire**' them higher on what basis of mind. Why?

The present world is suffering all times. At the court of justice is full of lawsuits: criminal cases, civil cases, political cases; conflicts occur everywhere around the world; Different new illness hurt people.

The Absolute Real Cause: The world people, individually, have not 'warm mind'.

Solution of World Suffering: The world people, individually, have to employ, free without payment, the MPD for getting warm mind. World must become only peace and happiness.

15. Final Conclusion:

The World of Warm Mind person is the Civilization World.

The 50 years research was absolute complete the results and findings are most benefits more than the objectives expected.

Deepest thanks to Highest God and His Holiness Persons.

Thanks for concentration and bring to global for merit cultivation.