



## **MPD for the Autistic Child, In-attention Child, Slow Learner, Mental Retardation, or the third Sex person:**

**Prerequisite Reading the article of: MPD the Happiness of World People.**

The following keyed words and main points help reader goes through this article smoothly:

**MPD:** Mind Power Development, the specific method for accumulating mind power unit (MPU) leading to having **warm mind status**.

**Warm Mind:** the warm mind person is the people who accumulate mind power at least 3,000 MPUs performing with good self-discipline, good human relationship, having sound mind and sound body, etc.

The **'By Product'** of MPD: If warm mind is the main, the 'By product' is the directly unique developmental tool for I.Q., Creativity, Emotional Intelligence, Grasping Power, common moral, and human behavioral revolution. MPD may call as 'Self-Healing'.

The MPD could be applied to release illness and prevention of sickness. At some cases, all could provide MPD parallel with medical treatment caused would be more effective treatment.

### **1. Introduction:**

Here now is focusing on the Autistic Child, In-attention Child, Slow Learner, Mental Retardation, or the third Sex person.

Parents, teacher, or loving-kindness person who feels care of such child, have to have all information background of such child from Child and Adolescent Psychiatrist Psychologist, Child Psychiatric Nurse, Speech Therapist, Occupational Therapist, Special Educator, Social Welfare Worker. If not, the editor advises you to read MPD (Mind Power Development) the happiness of world people firstly and then this article. And if not convenient, read this first and then and then...

**(1) Autistic** has many official full names such as Autism Spectrum Disorder, Autistic Disorder, Autism, Pervasive Developmental Disorders: PDD, Asperser's Disorder, or at the experts agreement provide the term of "Autism Spectrum Disorder. And according to the hand book of mental illness is DSM-5. Usually, the autistic child has no problem of I.Q. and thinking abilities.

**The cause of Autistic Symptoms:** As research works that have been conducted along duration of 70 years, **the cause of autistic is also still vague up to the present.**

**(2) How to know what child is Autistic.**

From the medical information, there are four criterions to determine a child is autistic or not. The criterions are followings:

- (1) The autistic child can not play at "role playing";
- (2) The autistic child can not tell what he/she want or pointing at which is liking;
- (3) The autistic child does not like a friend and likes to stay alone;
- (4) The autistic child can not pay co-attention with others.

**(3) How to take care and release the Autistic Symptoms:**

At the present, the take caring and help are much development; the autistic child has good self adjustment, can live with other, and taking occupation to earn life with less help from other than ever, as in the past.

**(4) The Present Curing and take Caring to the Autistic:**

Treatment could not be provided by one expert but it should be done by team of multi profession such as Child and Adolescent Psychiatrist, Psychologist, Child Psychiatric Nurse, Speech Therapist, Occupational Therapist, Special Educator, Social Welfare Worker, etc. But the core treatment is from parents. There is no only one special treatment. It is multi treatment.

**(5)Autistic Phenomenon has to be worried.**

As the information of 20 years past, it was found only 1-2 case of 1,000 populations. The follow up study of the Centers for Disease Control and Prevention of U.S.A. has followed up the children 8-14 years old in the duration of 2002-2008 found that the autistic was increased from 6.4 to 11.3 per thousand (2002=6.4 and 2008=11.3). Therefore the autistic is increasing year by year. In the past, the autistic was found in the higher economic status family but at the present it was found in every economic status. And the high economic family has higher chance to hospital and health care services than others.

**(5) Mental Retardation Child:**

The mental retardation is divided by I.Q. score into 4 levels as following:

- i. The Least Mental Retardation is in the I.Q. range 50-70 and found 85% of all mental retardation.
- ii. Moderate Mental Retardation is in the I.Q. range 35 - 50 and found 10% of all mental retardation.
- iii. Severe Mental Retardation is in the I.Q. range of 20 - 30 and found 3 - 4 % of all mental retardation.
- iv. Profound Mental Retardation is the lower of 20 and found only 1-2% of all mental retardation with physical disabilities and lower movement ability.

**Slow Learner:** the I.Q. range is 75-90 the child has more chance to develop more than mental retardation.

**The in-attention child and the problem child:** Their I.Q. may lower or higher than average (the average I.Q. = 100)

**The third sex** is found that the I.Q. is usually higher but only strong emotion expressed and different appearance.

## **2. The Main Cause of all different Ab- normal Children/persons:**

The main cause of all different normal children is different mind power. If the mind powers have developed up to normal, the **warm mind** level, they become normal children/persons. The autistic has no warm mind!

**\*The MPD is not only developing of mind power but to become warm mind also.**

## **3. How to present to develop all children as Autistic, In-attention, Problem Child, Slow Learner, Mental Retardation, or the third Sex Child.**

After team of multi profession had diagnoses and provided treatment, child psychiatric nurse, the child care taker, and the family (parents and close relatives) have to follow the treatment effectively.

The MPD has to be applied parallel with the treatment continually. The MPD would not interfere but support the treatment more effectively.

The child psychiatric nurse, the child care taker, and the family (parents and close relatives) have to practice MPD, **5 minutes a time and 5 times a day continually** until meeting the first level of warm mind (Atleast 3,000 MPUs). They will know the benefit of MPD and have touched the **deep happiness of mind** by practicing of MPD and also the nature of MPD practice. This experimentation is only unique mean to meet the real benefit of the MPD practice.

Only reading and pay critical thinking is nothing to know the benefit of MPD practice. Even a person with background of meditating experience for ten years more could not reveal of such benefit; therefore, it is only the practitioner self.

All relaters of the child have to practice the MPD and getting mind power accumulation of 3,000 MPUs then they would have willpower to introduce the MPD to the child correctly. The followings are only guidelines for introducing MPD toward a child.

## **4. Some Techniques for introducing the MPD to a child of such problem:**

The trainer at every stage should be parents, child psychiatric nurse, the child care taker, or closed relative with the background of MPD of atleast 30,000 MPUs.

**Preliminary stage:** The child can communicate with parents and other. If not, the speech therapist has to pay help first until the child could.

**The first stage:** The child is taught about breathing. Bring the child's hand touches our nose, then we out hale hardly and say "out" loudly again and again. Then put our hand or finger to the child's nose and ask the child to do as us, when the child pays out hale, we say "out" with smiling face. Do the same fashion repeating until the child could do correctly. Done it as playing with the child and time spent is 30 seconds, not more than this.

**The second stage:** Bring the child's hand touches our nose, and then we inhale hardly and say "in" loudly again and again. Then put our hand or finger to the child's nose and ask the child to do as us, when the child pays out hale, we say "in" with smiling face. Do the same fashion repeating until the child could do correctly. Done it as playing with the child and time spent is 30 seconds. After fulfill the second stage, and then we move to the third stage.

**The third stage:** It is training the child to know breathing in full circle, the inhale and the out hale. We sit at right angle to the child; then say "in" and ask for the child to inhale and then say "out" and ask the child to do out hale. We have to observe the child to do inhaling and out haling correctly. We say "in" and "out" at appropriate rhythm to the child's nature.

After the child can do inhaling and out haling correctly, we say only "in" and "out" time by time parallel with the child does breathing for half minute (30 seconds).

Do the same manner each time of 30 seconds for 5 times a day (before breakfast, before lunch, before dinner, before going bed, and after awaken) or atleast 3 times day.

The MPD practice 3 times a day is for the hard problem of child to practice but have to try to reach 5 times a day. After the performing correctly, then continue 5 times a day for 1-2 months then going to next stage.

**The fourth stage:** The child is asked to call the name of the highest holy god as in the religion belonged in order to ask for being safe guardian three times first. Then the child inhale deeply and long out hale 3-5 times and then do normally breathing. The trainer still says "in" and "out" to control rhythm of breathing and to help the child to concentrate on breathing. First starting is 30 seconds and gradually upto 60 seconds or 1 minute in the second year.

Timing should be restricted similar day by day such as at (1) at 7:00 p.m. before going bed; (2) at 7:00 a.m. in the morning at home; (3) before the beginning of school time, (4) at 12:00 /at noon ; (5) after school time.

God blesses everyone who respects their parents so the practitioner may calls "mother" in mind while inhaling and calling in mind "father" while out haling, continually up to ending a period of time, 1-3 minutes appropriate to age of child and 5 minutes for pre adolescence up to old age. The presenter of MPD with background of 3,000 MPUs would provide correctly to a child or adult.

(2) The breathing of deep and long is in order to clear carbon dioxide from lung and receive Oxygen much more and the good rhythmic breathing which are to purify blood. These are for good metabolism and create more immunity to the child's body especially for good brain and good health.

(3) The trainer is also to pay serious resolution to the highest god to pay help the child, not only speak out 3 times the same as child but calling in mind time by time upto time ended. The trainer with the background of hundred thousands MPUs will insist the god is truly existed and so high holy mighty too.

The high mind power accumulation trainer can adjust the MPD practice to the child appropriately to nature and symptom of illness of the child but not more than one minute.

(4) The results of MPD practice are observably appeared after could practice upto the fourth stage and practice the fourth stage for 6 months.

(5) The profound mental retardation and serious autistic child are so difficult; the doctor, psychologist nurse, and parents of the MPD background, 3,000 MPUs, may counsel together for the child as case by case as possible to provide the MPD to the child effectively.

## **5. The Observed Changing in the Child.**

5.1 **Autistic Child:** The autistic symptom is usually found at a child by the age of 18 months that the child changes from normal to be autistic. While counseling with doctor, parents should provide the MPD treatment to the child. It is appropriate time to stop and release autistic immediately because communication is possible.

The child, normally, can communicate with parents since 12 months. The careless parents should provide the MPD practice to the child for good development and prevent the autistic. For good prevention, our world people, everyone, have to get MPD atleast 3,000 MPUs firstly and they can provide the MPD practice to their kid.

The MPD can be start at any age of child when communication is possible.

5.2 **The in-attention child, the problem child or non-stop child:** Parents can communicate with the child as so warm interaction and introduce MPD practice as playing, game play, from 30 seconds upto 1 minute, not more than one minute, 5 times a day, day by day, continually, the gradually change the gradually change could be observed upto 4-5 months, the favourable mystery change would found.

5.3 **The slow learner and the first level of mental retardation:** The child of slow learner (I.Q. 75-90) or the first level of mental retardation child (I.Q. 50-70) is always having short time memory, forgetful, absent-mind, no prompt response, etc. It is not difficult to provide the MPD treatment. The better development would found clearly not more than 6 months. The I.Q. would grow up to average with warm mind in one year.

The other level of mental retardations but having communicable that can provide MPD treatment, they would gradually development to normal by 1-3 years.

Be noted that the low I.Q. child may have high creative ability as Albert Einstein. We have to pay taking care much more as could.

5.4 The third sex is not found but often occur at adolescence hood. The MPD treatment to the third sex person is as the normal person.

## **6. MPD for Different ages practice:**

6.1 The MPD for very young to the first year of Kindergarten School is provided by calling the name of the highest god 3 times and then do MPD only half minute, at least 3 times a day, the most effectiveness is 5 times a day and day by day continually.

6.2 The MPD for the second year of Kindergarten School upto the Second Grade pupil is **one minute** a time and five times a day.

6.3 From the third grade to the sixth grade pupil, the MPD practice is extended to 3 minutes a time and five times a day.

**6.4 The Seventh Grade, university, and upto the old age:** the Completed MPD has to be practice for great benefit received, five minutes a time and 5 times a day to meet exactly warm mind. The process of practice is as following:

The practitioner is welcomed to consider, pay thinking much clearly the following steps:

**Step1:** The practitioner has to sit comfortably, although the MPD could be performing at every style: standing, walking, inclining, or lies down. For the beginner, he/she has to sit comfortably only, without any tension.

**Step 2:** Determine breathing, paying inhale deeply and long out hale for 4-5 times to clear air in lung for perfect breathing. The perfect breathing makes good blood, good oxygen absorption and good releasing of carbon dioxide definitely that cause of good blood circulation and brain fresh also. Excretion and secretion of the waste from body are good too.

When the practitioner has finished 4-5 times of long breathing, then the practitioner does the normal breathing together with a holy word as at step 3.

**Step 3:** Selecting a holy name of the most respected god, the highest god as the beginner worshiped. If not convenient at any reason, the editor likes to present the special holy “**Summum Bonum**”, Latin language, which means the highest god of universe; the most excellent virtue.

\*The practitioner closes eyes softly and calling in mind “**Summum**” while inhaling and calling in mind “**Bonum**” while out haling, so and so until time of 5 minutes is up.

\***For Christian**, the holy name as **Yahweh/ Jehovah for Christian** is the best too. While inhaling calls in mind “**Yaho**” and while out haling call in mind “**Vah**” comfortably, without any tension, only 5 minutes not more than this.

\***For Muslim:** While inhaling calls in mind “**Allah** or **Alraoh**” and while out haling call in mind “**Allah** or **Alraoh**” comfortably, without any tension, only 5 minutes not more than this.

\***For Buddhist People** is advised to select “**Bud-dho**” for practicing the MPD. By the same manner, the practitioner calls in mind “**Bud**” while inhaling and calling in mind “**dho**” while out haling repeating up to 5 minutes.

\***For Hinduism**, the highest God is **Maha Brahma**. The practitioner is advised to call in mind parallel with breathing such as calling in mind “**Maha**” while inhaling and calling in mind “**Brahma**” while out haling repeating up to 5 minutes.

\***For Sikh people**, the highest God is **Maha Guru**. The practitioner is advised to call in mind parallel with breathing such as calling in mind “**Maha**” while inhaling and calling in mind “**Guru**” while out haling repeating up to 5 minutes.

**For Buddhist people** should call in mind the word “**Bud-dho**” where while in hale, calling in mind that “**Bud**” and “**dho**” while out haling, repeating so on up to five minutes. And another word is suggested as ‘**Namo Buddha-ya**’

**\*For realistic people**, belief on experience, they may not belief in God because since borne they have never seen God so they may not appreciation, therefore, they are advised to call on “parents” in mind as “**Father**” while **inhaling** and “**Mother**” while **out haling**. It would be better, if the practitioner called “Father/Mother” in their own language.

**Note:** All words provided here are all holy words that could save the practitioner all times.

**Keyed Words:** Breathing and Calling name of the highest god, at general people, 5 minutes a time each and five times a day is the merit-cultivation. The five minutes are varied at different ages; **The Trainer** of 3,000 MPUs could adjust time appropriately.

**Note:** Number of times to practice on a day, it is not less than three times a day, otherwise, the mind power will not be accumulated).

**Remarks:**

1. Time of 5 minutes is the practitioner’s estimation. It is no need to use any alarm clock. For first 2-3 days, the beginner usually gives error estimating then after that the estimating skill will arise and the estimation is definitely accurate. The beginner has to concentrate only on inhaling, out haling, and holy word that to murmur in mind.

2.The skill practitioner can count a course of inhale and out hale is 1 round and for 5 minutes of the young age is 45-50 rounds, and for the old age is 40-45 rounds.

3.The beginner of 1-2 months has to practice with closed eyes while doing the MPD and after that the beginner has to do MPD with opened eyes. After having much skill, the practitioner could do MPD while walking or having breakfast.

4. **The MPD is so little and little activity but great for Human being.** The practitioner, as adult person, has to motivate own self time by time until meeting **warm mind**.

5.To introduce MPD to the young, kid, or student, the introducer has to pay much careful, do not force them to practice, give them warm reinforcement gradually upto atleast 3,000 MPUs.

6. Form for MPD record is advised to down load from The Information Center of MPD, Department of Educational Technology and Mass Com., Faculty of Industrial Education and Technology, KMUTT.

**7. The Benefit of the MPD to the Practitioner:**

The MPD practice is absolutely no harm but great benefit received and the method of practice is so simple but so much mystery advantages. The practitioner can be the master his/her own self, no need any instructor. The benefit will be found more and more at various different levels. The first level is the mind power accumulation upto 3,000 MPUs , the 10,000 MPUs, 50,000 MPUs, 100,000 MPUs, etc.

The 3,000 MPUs person will meet:

1. Sleeping so well and felt fresh after awakening;

2. No stress, frustration in mind, and having deep happiness;
3. Having loving kindness to human being and animal;
4. More diligent, better self-discipline, and better grasping power;
5. Some illness is released such as allergy, air or dust, because of better immunity;
6. If being in school age, the achievement score will be found higher obviously;
7. Having more warm in family;
8. More patient and less moody emotion;
9. Do not like to do bad conduct, better moral;

\*The practitioner of at least 3,000 MPUs would give more narrations.

#### **8. MPD for Recovering the Third Sex:**

The third sex person who does not like to be as ever been and like true male or true female only and felt trouble of the present status. The MPD can help such person by performing very simple practice as followings:

1. The candidate sit with mindfulness then pray to the highest god as the religion allowed and pay resolution what want to be, to cancel...then "may the god help me, Amen." ( three times to confirm the wish) This similar fashion can be applied to release suffering while confronting.

2. Then do as the **Step 3** continued for five minutes only, 5 times a day, day by day continually.

**Remark:** 1. For the third sex, it would be found the result releasing down after 1 year.

2. For suffering phenomenon, it will release in time.

#### **9. The MPD has no harm but only Benefits:**

The MPD is so simple methodology but great benefits in controlling of mind and adjust efficient rhythmic breathing which **leading to sound mind and sound body**. It is definitely no danger at all.

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