



**MPD for Development and Impairment:
for Development and/or Recovering on
Intelligence, Emotional Intelligent, Emotional
Problem, Creativity, Inattentive Child,
Autistics, the Third Gender, Self-discipline,
Rude Behavior, and Moral Deficiency,**

1.0 Backgrounds and Causes in Brief:

Human being gets happy or suffering along life span up to ended. All people like to have less trouble and more happiness and need to have an absolute solution but did not found since earliest up to present. Now the MPD is such solution, the absolute solution for creating more happiness and slow down of suffering. The causes of suffering from young to old age are from many. The experts of many fields had conducted research works of many hundred thousand tons of paper but still vague solution. Some main causes, the appeared causes, are from following:

1.1 Intelligence: The ability of human being to think and get solution promptly while confronts with problems. As the past study, found that a child could learn fast when I.Q. were higher score. The Intelligence is inherited from generation to generation and restricted to individual. There is no theory to develop intelligence even there were some persons changed from “Slow Learner” (I.Q.:75-90) when they were young and in after the I.Q. grew up higher as called “Late Bloomer”.

Here now the **MPD: mind power development** is the unique tool to develop one’s intelligence as Lev Vygotsky called “**culture meditation**” but detail vague. Einstein brought some Buddhist meditation to develop himself as known.

High I.Q. person is good at studies but does not yield good person because many persons were suicide or became pitiful murderers.

The **MPD** is not only **developing I.Q. higher** but creating **“Warm Mind”** too. MPD practice is 5 minutes a time and 3-5 times a day continually day by day to accumulate mind power up to 3,000 MPUs, the observed early state warm mind. It takes 4-5 months. The warm mind person could not do evil! The **“warm mind”** and “mind power unit: MPU” will be discussed later.

1.2 Emotion: People work and live on their emotion. Happy, trouble, success or fail, favorable or hate, friendly or enemy, and so on are affected to all organism. Many illnesses are from bad emotion such as phobic disorder, psychosis, neurosis, heart disease, hypertension, hypotension, insomnia, depressed, allergy, diabetes, and cancer etc. Health Science tells us so many root causes of sickness should be got references.

Philosophy of metaphysics told us that ... **Man = Mind + Body**. At normal human, **body is feasted by food and material and mind consumes emotion**. Emotion is sometimes good or sometimes bad alternately. **The person of warm mind power, the person’s mind consumes mind power not emotion.**

Wayne Payne 1985 had found emotional intelligence and after that **Daniel Goleman** 2000 proposed that Emotional Quotient (E.Q.) is more important than Intelligence Quotient (I.Q.) but still vague in developing emotion.

Now we found the **MPD to develop Emotion directly** focusing to accumulate mind power leading to **“Warm Mind” or “warm emotion”**

1.3 Creativity: World at the present has developed much more that we felt much in debt to creative persons at many multi areas as in the past up to present. Definition are varied from expert to expert such as **Mumford** 2003, noted as agreement of many experts, had defined creativity as production of novel, useful product; as the process of producing something that is both original and worthwhile; characterized by originality, expressiveness and imaginative. **Wallas** gave 5 stage model of creativity. **J.P. Guilford** said “Creativity is the divergent thinking” and shown in 3-dimension cubic-block in the SI model, the structure of intellect. **Kaufman and Beghato** introduced the “Four C” model to develop creativity. **Edward de Bono** provided thinking tools to develop both critical thinking and creative thinking skills.

At the point of creativity is similar to cognitive process drawn to conclude that **“Creativity could be developed and could be trained.”**

There are two levels of Creativity: One is behavioral cognitive science approached that have in brief discussed above. Two is may called as mind concentration creativity.

Mind Concentration Creativity has played much significant role to find out new knowledge of arts, science and technology that the artists, scientists, technologist have performed since in the past up to present. They meditated until finding knowledge, may be in voice description, picture with clearly system inside, etc. They felt much confident on such knowledge and declare as articles to public and also experiment in after as **Einstein** had done and bade **“Imagination is better than knowledge.”**

The word “imagination” is not as general common sense but it comes from mind at a degree of calmness. The explanations from Dr. Ajong Chumsai Na Ayudhya, Thai scientist would be better.

He said that after failing many times of designing landing equipment for a space vehicle Viking at NZA, he move to a mountain in California, USA then did meditation until on the fifth day morning he saw a picture my his mind and know all system inside. He designed a new one as seen then a committee provided as called simulation test and it was successful.

For the case at early state, he provided much critical thinking as lateral thinking which were not new so all failed. Therefore, the way thinking logically did not fulfill and imagination helped him successful.

MPD is the same root of meditation so it would help better creation too.

1.4 Inattention Child: An inattentive child, at the present time, becomes much problem to many parents all over the world. Research works have conducted in hundreds for ADHD therapy but it still problems right now. By nature, inattention is similar to hyperkinetic, hyperactive, or acting impulsively that are not appropriate to a person’s age. During school-aged, they lack of focus to study that is poor in school performance. Therapy and medical treatment is still going on.

At the MPD point view, the inattentive child is a person liked to know fast and could not wait for appropriate time to know then another attention comes so quick that the child has to response his/ her needs. It is nature of human being at need to know but could not arrange in priority because he/she has no **warm mind. If the inattentive child has warm mind, the one were great at active study, working, thinking with much efficiency and effectiveness.**

Therapy treatment to the inattentive must be the MPD person with background of at least 3,000 MPUs, mind power accumulated. The MPD person could motivate and provide MPD practice from 10 second a time and 5 times a day then grading up to 1-2 minutes a time and 5 times a day at school-aged of kindergarten to the third grade pupil. The MPD person could yield consistence that when the child becomes normal good child! The technique of MPD practice certainly provides in another caption.

1.5 Autistics: Along of 70 years back, the research to find out what absolute cause of autistic symptoms is still vague because it is different case by case and treatment is also different case by case too. The treatment is still sophisticate and provided by team multi-discipline as child development psychologist+ psychiatrist + nurse+ medical doctor+ child take care. The treatment takes so long different time and little better but could be said successful.

Symptoms of autistics: As known, there are at least six aspects items from group (a), (b), and group (c) by which at least 2 from (a) group, and 1 from each group (b) and group (c). The (a), (b) and (c) are following:

Group (a) is qualitative impairment in social interaction, as manifested by at least two of the following: (1) marked impairment in the use of multiple nonverbal behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction;

- (2) failure to develop peer relationships appropriate to developmental level;
- (3) a lack of spontaneous seeking to share enjoyment, interests, or achievements with other people (e.g., by a lack of showing, bringing, or pointing out objects of interest);
- (4) Lack of social or emotional reciprocity.

Group (b) Qualitative impairments in communication as manifested by at least one of the following: (1) delay in, or total lack of, the development of spoken language (not accompanied by an attempt to compensate through alternative modes of communication such as gesture or mime);

- (2) In individuals with adequate speech, marked impairment in the ability to initiate or sustain a conversation with others;
- (3) Stereotyped and repetitive use of language or idiosyncratic language;
- (4) Lack of varied, spontaneous make-believe play or social imitative play appropriate to developmental level.

Group (c) Restricted repetitive and stereotyped patterns of behavior, interests, and activities, as manifested by at least one of the following:

- (1) Encompassing preoccupation with one or more stereotyped and restricted patterns of interest that is abnormal either in intensity or focus;
- (2) Apparently inflexible adherence to specific, nonfunctional routines or rituals;
- (3) Stereotyped and repetitive motor mannerisms (e.g., hand or finger flapping or twisting, or complex whole-body movements);
- (4) Persistent preoccupation with parts of objects.

At the MPD view point, the root cause of all symptoms is the autistic child or adolescence has mind and emotion problem that the original root cause is having no warm mind. Therefore, the directly treatment is providing MPD for 4-6 months and the recovering could be observed and yield consistence by medical test.

1.6 Rude Behaviors and Moral Deficiency: Both are related and found at every class of people all over the world and not related to level of education, people could do evil even having good knowledge. The moral deficiencies are found from the lower and the highest class of people even in religious monk, priest, or clergy community. Conflict

occurs even in family, organization, community, intercommunity, and also international conflicts are from moral deficiency.

Everyone knows what is polite or rude manner; polite is more benefit than impolite; impolite is bad and double negative without any benefit. In spite of known but they still do evil. Why? And “Why”?

Moral could be trained to people or not? The answer is “Yes, it could.” ...everyone accept!

In the history, not the present, **“Why did a Bishop, an Abbot, or equivalent rank at every religion do evil?”**The answer is still silent from the ancient to now a day.

Here now the MPD gives the absolute answer that **“They had no Warm Mind!”**

1.8 Immunity Recovering and Illness Prevention: The health science tells us about breathing that **the best breathing is conscious breathing.** The conscious breathing is the mindfulness breathing which give good rhythm of inhale and out hale that cause our lung receives more oxygen and release all bad gas as carbon dioxide definitely. Then pulmonary system is complete circulation of blood affected to brain and every organ became fresh and all metabolisms in cell of our whole body at so good condition that cause immune develops too. The more detail, we could search medical science. Finally we can conclude that the **conscious breathing has much benefit to health and mental hygiene** too. Good health and good mental hygiene is surely illness protection.

The MPD is related completely of conscious breathing that certainly affect to health, immune and mental hygiene too.

The MPD person of 3,000 MPUs accumulated is looked brighter face and fresher emotion than as ever been; getting on work with higher mindfulness, no moody and less tired than ever.

1.9 The third gender: People of no real male or real female are involve in the third sex or the third gender or in another words, people who are not normal male or not normal female are the third gender. People are born and dead. It is nature of human being so that we should attend only duration of having life living those they live with trouble or happy. They give harm to other or not. Individual should live in their own ways.

The third genders, as found, they have strong emotion especially emotion of love. By physical appearance, they may be looked as different as it a sign of third sex and sign of emotion that should be accepted at the right and freedom of human being and human dignity regarded.

There are some conflicts about the third gender in different cultures and in different countries. At the present, there is no specialist looked at the root cause and impair it. Therefore the problem is still going on.

By the view point of MPD, we found that the third gender has strong different emotion therefore, generally, the third gender’s mind consumes such emotion time by time; therefore, the mind power is weak and emotion is more

influenced to performance as seen. **If the third gender has strong mind power then emotion becomes less influential to the third sex and he/she came to normal.**

If the third gender got warm mind, at least 3,000 MPUs, then the emotion has no power to control the gender's mind and the third gender gets happiness that have never found before so the person likes to conserve it forever, like to only merit, escaping from evil because the person has ... "warm mind".

2.0 The Warm Mind:

The main goal of MPD practice is to reach **Warm Mind** which the practitioner has to accumulate a little bit time by time continually up to having warm mind. **The first state warm mind is 3,000 MPUs.** The state of changing of behavior and emotion can be observed clearly by mate or close person and the practitioner self knows well of changing too. "I am not the same person as ever." The practitioner may say. The warm mind person will live on reality and neglected to propaganda.

2.1 Benefits of having warm mind: Person of 3,000 MPUs, could give more detail precisely than the followings but here now they are only main benefits:

- (1) The warm mind could develop and impairment of all symptoms as recommended at the head lines of this article.
 - (2) Most of disorders left;
 - (3) Having with deep happiness, felt much fresh while awakening in spite of same duration slept;
 - (4) Looked friendlier, polite spoken, easier smile, good self-discipline, loving kindness, more patient, better effort to work, more hard working, world looking positive, etc.
 - (5) Trustful in God,
- And so on.

2.2 Warm Mind vs. Higher Concentration Mind and the Super Normal Mind:

(1) The high concentration mind such as hypnotist, mesmerism, some type of fortuneteller, clairvoyants, black magician, and witch generally have high concentration mind but many of them could do evil for example **Rasputin** in history of Russia could hypnotize to people and healing illness while the medicine doctor could not at that time but he was bad lecherous to many high rank ladies. Finally, he was killed piteously.

(2) From the great Buddhism Text, the Tepitaka, consisted of 84,000 chapters, a chapter is about **Devadatta**, a prince of Koliya dynasty of Devadaha, was one of the Buddha's relative. He became a monk by the same group of 6 but 5 were princes: **Bhaddiya, Anuruddha, Bhagu, Kimbila, and Devadatta** with one royal barber named **Upali** in the second year after the enlightenment of the Buddha.

At the beginning of monkhood, five of them achieved super mundane (Sodapanna, Skidagami, Anagami, and Arahanta) except Devadatta. He was only super normal power that could do magic power such as flying into sky, diving

down into soil as in to water, and so on. After his mind becoming bad, he fled to Ajatasattu, the crown prince of Rajakir, and after coming down, he show his psychic power again for complete respectation then counseled and agreed to become both great. The prince had to kill the king and going on throne and he, Devadatta, would kill the Buddha to become chief of all Buddhist monks.

After completion of meeting agenda, Devadatta's mind became black; he could not play psychic power, tried to jump few times but failed so he went back on foot not flying as coming.

The prince finished as agreement but Devadatta failed every time. Finally, at first touching the ground, the soil sucked and swallowed him in to Earth and definitely dead! Because of much heavy sin!

Conclusion: The cases are all high psychic power but they are not achieving warm mind. They are not having happy mind so they do badly evil.

At the MPD point view: If person got warm mind, the person were not do evil. For merit of mind, person must get warm mind first and then do higher meditation for high psychic power then person still good person. OR to get super normal power, the person must get warm mind firstly.

3.0 The MPD practice:

3.1 The Highest God: As human being, we have respect to the Highest God as our religion belonged. The rest is still remain, the reality person as said "If God existed so I have ever met. But up to now I have never met so God did not exist." Such person can do MPD and the MPD will help to proof God exists or not after getting warm mind high as 100,000 MPUs.

The MPD is so simple as one says "The Duddle Practice but so great and several benefits." It is only 5 minutes a time and five times a day. **Exactly 5 minutes not more than this.**

3.2 The Step of Practice:

Step 1: The practitioner sits comfortably and firmly, closing eyes and then tries to catch feeling of breathing as inhale or out hale correctly.

Step 2: Calling in mind, the name of the highest God follows inhale and out hale continually for five minute only, not more than this. Examine at the beginning by long and deep breathing 4-5times firstly in order to clear our lung with good air received and bad /dirty air ejected and then breathing normally.

*For **Islamic people** to pay worship by calling in mind, the name of the highest God "Allah" while inhaling and calling in mind "Allah" while out haling with the feeling of much respect to Allah. Someone says **Arrah** is okay. Do the same manner continually until 5 minutes ended.

*For **Christian people** are advised to call the name of the highest God as **Yahweh** or **Jehovah**. While inhaling, calls in mind that “**Jeho**” and while out haling calls in mind that “**vah**” again and again continually until five minutes ended. A friend of mine, he likes to call “Summum Bonum” by calling “Summum” while inhaling and while out haling calls “Bonum” is the most excellent one of MPD practice.

*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 **realistic people**, belief on experience, they may not belief on 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 safe the practitioner all times.

5. Done it repeating time by time but **only five minutes, not more than this**.

*The methodology is so simple but great benefits that we have never seen before. For the beginner, he/she would get a little bit difficulty but after one or two days, it will customize and comfortable.

6. Tell yourselves every time before practice that “**I will enjoy MPD for accumulating of the mind power unit, right now**”

Step 3: After having more skill, the practitioner could do MPD with opened eyes, and could do MPD while walking, standing, or while in bed, in bathroom, or while waiting for coffee or meal at a food shop, etc.

Step 4: Do MPD 5 times a day continually day by day to accumulate mind power. The five times are: (1) before going bed, (2) after awakening while in bed or in toilet, (3) at the office/ school/university/ work place before going to work, (4) after luncheon, and (5) before going back home.

Remark: (1) The 5 times a day practice may feel more for the beginner, the **three times a day is minimum**, otherwise the mind power would not accumulated.

(2) No absent day of practice, because the past mind power accumulated may lost, the self record is give up and then starting new record. **Except, if the practitioner become an unconscious at the duration of time, the mind power is continued accumulating.**

(3) For self confirmation, the practitioner has to have self record day by day. It is secret record for the practitioner self only, no need to show to other.

Step 5: The practitioner pays attention only breathing, in and out, and calling name of the highest god correctly and parallels only; not pay attention to the result because it cause to worry emotion which such emotion is to be rejected along the time of practice..

Caution: The beginner **must not use alarm clock/ stop watch for the time of five minutes**. At the beginning state, the practitioner may estimates less or more than 5 minutes, it is naturally okay. When after 2-63 weeks past, the time estimated would become accurately 5 minutes which is mean that the practitioner's mind power is higher up energy leading to warm mind in the near future.

4.0 Mind Power Unit Accumulation:

Mind Power Development: MPD is so simple method of practice. It is only **5 minutes** spent of each time, not more than this. The happiness needed people have to take one of the five times or the three times of practice to **accumulate the mind power**.

The five times are (1) after awakening, (2) in the morning before going work/ school, (3) before or after lunch, (4) in the afternoon before going back home, and (5) before going bed. The practitioner will get 25 MPUs a day, 750 MPUs a month, and 9,125 MPUs in a year. The practitioner will touch the benefit at early level since 3,000 MPUs and then receiving more and more happiness and having much appreciation when reach to 50,000 MPUs, and then the practitioner will devote all life to perform MPD up to life ended. **The mind power of 3,000 MPUs is the first level warm mind.**

5.0 Who are an MPD Trainer/ Supervisor/Teacher?

The MPD practice is so simple practice **without any harm or danger**; therefore, there is no needed any teacher, supervisor, or trainer. **The practitioner can be a teacher, supervisor, or trainer, own self.**

6.0 Who is a Supervisor or Guide to a Child?

The person with the background of at least 3,000 MPUs should be a guide or supervisor of a child that whom often meet and familiar to a child. The person of such background would know an appropriate time providing to a child (from 20 seconds to minutes).

The 3,000 MPUs person certainly knows the nature, benefits of MPD, knows nature of the child. **The person could motivate a child to do MPD with satisfying and smooth practice for developing or impairment successfully.**

7.0 No Discussion on MPD:

A little bit discussion is allowed for correct practice only but generally the explanation given is clear to practice. The discussion about MPD on Why, Why, and Why are dancing on logical thinking. It takes time and gets delaying. The real happiness is waiting for practitioner.

The MPD is the reality that could be proved by practice only not by discussion.

8.0 The Discussion, Conference, and Meeting on MPD are Useful!?

It would be much useful if all of the members or a participant having background at least of 3,000 MPUs and main objective is to **exchange experience and looking forward development.**

Final Caution:

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