



MPD for Revolution of World Education for... Leading to Civilization World!?

1. The present status

As earlier, education is provided to young generation to develop up to an advanced state of life individually, peacefully and happiness society that is in order to meet the state of civilization not only for separate country but for civilization world...as the great wise man proposed.

As so long time as called development but it is still found savagery and barbarism in different forms: gradual high number of cases at the court of justice, higher amount of policemen, great number of army, powerful weapons. Conflicts are arisen even in families, communities, organizations, countries, and international. Competition is for more and more without sharing. People are still in trouble and struggle for safe and survival, not only for earning life living but dangerous surroundings.

Increasing of different illnesses, different diseases, neurosis, psychosis, autistic, mental retardation, disabilities by accident, and the third gender and so on are higher number forward.

Civilization, moral, and ethics, at the present, are in literature and for conference and discussion and not for practice. All people call for these and dream to meet but felt hopeless as main part.

Educational philosophy and purposes of education are decreased only to produce man power or for career. Many countries announced more than this but there are not true.

All religions of the world are excellent and consisted with two parts: one is reality, two is propaganda. The propaganda, the illusion part, is growing up time by time. People should live on reality but education could not help people. The reality is leading to civilization!

Many near all, the educational leaders accept the present situations are nature and no need to seeking out solution.

Here now, the editor has hopeful solution to bring back education to civilization and found the outcomes in only one year, if all countries start MPD together. The changing in one year is the great revolution of human being.

2. What is the MPD?

MPD is the Mind Power Development, **practice 5 minutes a time**, not more than this, and **five times a day** to accumulate mind power unit (mpu.) leading to warm mind state. The first warm mind state is 30,000 mpus. It takes only 4 months.

3. The Benefits of Warm Mind

The **so simple practice** but **so great different benefits received at the same time** which could be proved and yield consistence results in a short time, 4 months by every person since from kindergarten child to the old age and by **self -instruction** but for a child should be presented by teacher or parents with warm guiding and motivating without forcing.

If the practitioner had practiced continually day by day then the practitioner would accumulate mind power unit at least 30,000 mpus. The observed benefit results are following:

1. The I.Q.; E.Q.; Creativity, In-attention Child, Neurosis, Psychosis, Autistic, the Third Gender, Self-discipline, Depressed, Stress, Aggressive, Inferior Complex, Superior Complex, Mindfulness, and Friendly appearance are positive observed changing.
2. Achievement score is higher.
3. The warm mind person is happy mind likes to be polite, loving kindness to all human and animal, fair, and do not breaking law and regulation of society, and so on.
4. Having higher tolerance, working hard work but does not get tired as ever;
5. Being good member of the religion belonged and good moral automatically;
6. Some symptoms of illnesses such as allergy, blood pressure, epilepsy, etc. are release gradually.
7. Having good moral without any treatment because people know well of good and evil since young. In the past and present, people of high certificate of education **do evil** because of **non-warm mind. There is no relation between evil to knowledge.**

The person of warm mind (30,000 mpus.) can gives more benefits significantly.

4. The Influence of Warm Mind People Leading to Civilization:

If all world people adopted MPD to practice and the young generations were introduced MPD at every level from kindergarten to university having warm mind (at least 30,000 mpus accumulation) then all people get deep happiness that have never met before which means the MPD becomes to habit up to their lives ended.

From warm mind person creates warm family, warm community, warm organization, warm government, warm country, and then warm world. All activities of human being are fair leading to peace and happy...This is Civilization World as wish. **The campaigning of MPD all over the world in three months and four months practicing then individual gets benefits, then the world changes in one year!**

5. How to practice MPD?

All people of various religions can practice MPD, no restricted, and from children to the final life. The highest god of all religions is true existing in the abstract world. This statement could be proved and yield consistence by the MPD person of 10 years mind power accumulation. The ultimate reality should touch by practice not by logical thinking so that it may silly to discuss.

People have to love and respect the highest god as religion belonged similarly to clergy, ascetic, priest, hermit, or messiah such as Mosses, Jesus Christ, Nabi Mohammad, and so on but only love and respect. People need to live happily, working with efficiency and effectiveness on the basis of warm mind.

Therefore, the five –minute is sufficient, no stress, no fatigue, no boring, etc., as everyone could do as so simple or doddle practice leading to warm mind only. The performance is not hard as religion meditation, Yoga in Hinduism, Kammat-thana in Buddhism, etc. So that it is called MPD.

The MPD practice is following steps:

Step 1: Sitting Comfortably and Closed Eyes: Examine breathing deeply for 3-4 times to release bad air from lung and receive good air for good pulmonary then come to normal breathing.

Step 2: Murmur in Mind while Breathing: Murmur or calling the name of the highest God in mind as the following fashion:

Muslim: Calling in mind “**Allah/Alraoh**” while inhale and out hale call “**Allah/Alraoh**” continually for 5 minutes.

Christian: Calling in mind “**Summum**” while inhale and out hale call “**Bonum**” continually for 5 minutes.

Buddhist: Calling in mind “**Budh**” while inhale and out hale call “**Dho**” continually for 5 minutes.

Hindu: Calling in mind “**Maha**” while inhale and out hale call “**Brahma**” continually for 5 minutes.

Sikh: Calling in mind “**Maha**” while inhale and out hale call “**Guru**” continually for 5 minutes.

***Remark:** 1. Person of another doctrines belong, the name of the highest god is advised to calling for MPD practice.

2. The realistic person, the highest god has never found in experience. So the person is advised to call “father: while inhale and “mother” while out haling or in one own language. Or if not having parents, the orphan/ abandon, the guardian is excellent to call too.

3. The alarm clock is prohibited, the practitioner has to approximate by sense of mind. For the beginning period, one or two weeks, the plus-minus error is allowed. Then it is accurate which means the mind has power. Congratulations!

Step 3: After having sufficient skill of MPD practice, the practitioner could do either closed or opened eyes, the practitioner could do MPD at every action such as standing, leaning, laying down, walking, running, taking bath, in client bed, or in toilet is so good. The five-times a day practice is more practical and so simple.

The high skill practitioner could do MPD while working, playing, sporting, or driving car is excellent because all acting become mindfulness action and all result found correctly and accurately. For driving, many persons disagree by thinking and reasoning but the skill practitioner insists possibly much of safe driving and useful because the mindfulness power helps to see what fort coming and car after.

6. The Measurement of Mind Power, the mind power unit accumulation:

Practice **1 minute = 1 MPU=10 mpus** (mind power unit) The **MPU** (capital letter) is relate to time of practice and the **mpu** (small letter) is related to number of breathing (in and out haling) which is about ten times of breathing in one minute. The practitioner could select one of two to accumulate mid power for own self practice. **The common lay person can be the own self master of MPD practice. It is no need any other help. Help yourself first then God helps you! Attahi Attano Na-tho:** (Pali. Buddha) Self is the own guardian.

6.1 Five Times a Day: (1) before going out home in the morning, (2) after arriving school or work place, (3) at noon break, (4) before turning back home, (5) before going bed plus while laying until getting sleep. **5 minutes a time an 5 times a day**, the mind power cultivated is 25 minutes or 25 MPUs or 250 mpus.

For mind power accumulation, the practitioner has to practice day by day continually until reaching **early warm mind state**, the state of 3,000 MPUs or 30,000 mpus. The results could be obvious observed what is changing as above recommended. Changing is slightly changed week by week until clearly seen which it takes 4 months

6.2 Three Times a Day: The minimum times of practice may are: (1) before going bed plus while laying until getting sleep, (2) before going out home in the morning, (3) before going back home. The practitioner can should any appropriate time similarly day by day. To warm mind state, it may take about 5-6 months.

Remark: 1. As the beginner, the MPD not becomes to habit, some day 5 times and some day 3 time are allowed; the mind power is accumulating but if less than 3 times or a day absence, the mind power is not accumulation. The practitioner has to have **own self record** but not to show but **for self known**.

7. Motivation: To introduce the MPD to the young, the beginner, psychological applied is need for warm introduce is the best policy of starting. The conference for member of 30,000 mpus for experience exchanged which is organized by the leader of 30,000 mpus. This state of mind becomes to habit but not permanent. The peer group helps to forward.

Meeting should be organized as the same purpose but another level such as group of 50,000 mpus; 100,000 mpus; etc. The person of 100,000 mpus, the MPD becomes permanent habit.

The 1,000,000 mpus or fifteen-year-member of MPD could discuss merit cultivation, the God, and the abstract world and universe with warm and sincere mind only reality without propaganda

Every country has warm mind leader, warm mind cabinet, warm mind politician, warm mind scientist, warm mind technologist, so and so warm mind people, no conflict, no criminal, no battle, fair business, fair exchange and so on. This is the Civilization World at very near future as dreamed!

8. To Clear Up... Why and Why?:

Wiseman hood, intellect hood and good thinker hood are found at several ages of human being and doubt is occurred time by time. So doubts, only main doubt, have be clear up first and the remains should be clear up after getting 30,000 mpus by the practitioners-selves.

8.1 Why does MPD restrict at 5 minutes?

The five minutes is an adequate duration of no boring, no stress, no pain and fatigue, no feeling of time lost, sufficient and efficient for good air to pulmonary system for good blood circulation, etc.

If practice more than five minutes, mind would come to the way of higher concentration; dullness were occurred to mind and difficult to fix, the exceptional master needed, and **the most important is mind power is not accumulation.**

The MPD needs only **warm mind** and no need of high concentration as sorcerer, black magician, hypnotizer, healer, and fortune teller by mind, supernatural person and so on that some or most of them are cheating seeking benefit from other. **Grigori Efimovich Rasputin** in history of Russia who could heal some illness which medicine doctor at that time could not but he did evil shaking king throne of Russia and **Deva Datta**, a monk in Buddhist history who got super-normal that could fly into sky but he tried to assassinate the Buddha but failed all. The two great samples to yield that only high mind power are not good. All concentration mind person still do evil because they have no warm mind! **Therefore the warm mind should come first of all people.**

***The five- minute is standard time of MPD practice.**

8.2 Why does MPD get breathing to perform?

Referring to health science, the useful and great advantage of consciousness breathing is good to pulmonary system and effects to whole body and even in metabolism. So the MPD person with warm mind is looked so bright and fresh. Good health prevents all sicknesses! The smooth rhythmic breathing is the core one of MPD practice.

Psychologist and teacher always advise all clients to get rid all bad emotion by concentrating on breathing.

For mind controlled at every religion, the breathing is the great and excellent for the practitioners such as in Buddhism, Hinduism especially in Kammatthana, Yoga practice and so on.

8.3 Why do not call Meditation, Yoga, Kammatthana (Buddhism), Lamas/Lamasery (Islamism) or any other in a religion?

All of the recommending is so good and excellent for releasing of all defilements but they are so hard practice, taking long time, holy ritual, having regulation of practice to follow, must having holy master to control and supervision. Such practice is not fulfilling to everyone therefore the bad person still remains in every religion and conflicts occur everywhere in our world.

Although, the MPD has the same root of meditation, yoga, Kammatthana, Lamas, and so on but MPD is very simple, the doddle practice, ritual performance and aimed to get **warm mind and impairment of some effects of all people** in order to study and to work with mindfulness, efficient and effectiveness and success life.

The sense of hard, ritual practice, taking long time, some serious risks, and restricted to each religion are not convenient to different religions and not appropriate to all world people. **Therefore, the MPD is suitable and common to all people which are no risk but only so many benefits received.**

8.4 Does MPD contrast with Religion or not?

Absolutely no! Because the MPD helps people come closer to their highest god of their religion belonged. The MPD plays significant role to support to all religion by producing warm-mind member to every religion. **So there is no contrast but certainly harmonize exactly.**

Especially to the **human dignity**, people could not meet it by speaking, reading, meeting, or by conference but the human dignity really comes from mind of people. **So the warm mind people respect, having in mind, and behaving with truly human dignity.**

Other doubts would be clear up after practice and by people of getting warm mind of at least 30,000 mpus.

9. The Appropriate Education of World People:

9.1 The true education is not expensive investment so every country could manage **Emulative Education** followed the philosophy of non-profit education.

9.2 **Teaching and learning process** has to follow **Lev Vygotsky**, the great educator of Russia who had influenced to Wilhelm von Humboldt, Alexander Potebnia, Alfred Adler, Jean Piaget, Max Wertheimer, Wolfgang Köhler, Kurt Koffka, Kurt Lewin, Kurt Goldstein. And **Jean William Fritz Piaget**, the great educator of Swiss, who had influenced to Immanuel Kant, Henri Bergson, Pierre Janet, James Mark Baldwin, Jerome Bruner, Kenneth Kaye, Lawrence Kohlberg, Robert Kegan Howard Gardner, Thomas Kuhn, Seymour Papert, Umberto Eco , etc.

Teacher's role: Create learning environment; guiding, counseling and motivating to individual learner to study; preparing sufficient learning materials; conduct case study (classroom research) to develop on selected learner individually; helps learner enjoyed studying; providing reinforcement to learner for strengthen **MPD practice** and mind power accumulation.

Learner's role: sometimes study by group, main part is study alone because rate of learning or pace of learning is different individually; learn by individual nature of learning.

9.3 **Teacher education training:** All students have to practice the MPD and achieve mind power accumulation along the program, if 4 -year program is 365,000 mpus. Or 3-year program is 273,750 mpus.

9.4 Both teacher and learner have warm mind at every class and every level from kindergarten to university.

9.5 At every school and every educational institution settles up MPD information center for people and students for reference and experiences exchange

Final but not last: All these messages matter are so simple all teacher and people could absorb in few minutes and then draw to practice and no need to meeting and also research work could conduct parallel. So it is no reason to hesitate. **Starting right now is excellent to all learner, teacher, and people that they are ready to get happiness that leading to civilize education first, then civilize society and civilize world.**

With compliment s,

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