



MPD for sportsman, sportswoman, sports personnel, and physical education

Sports science and health is limited at physical and mind power is great and no limit. The MPD is for mind power development directly and effects to physique for good health too. Sportsmanship needs to complete of both mental hygiene and physical hygiene.

What are we needed, the dreamed sportsman/woman, sports personnel, and physical education?

1. **For sportsmanship**, we, people all over the world, like to have sportsman and sportswoman having following qualifications:
 - (1) Good self discipline;
 - (2) Good emotion control: warm mind, friendly with others, mindfulness patient, and no anger, feeling and looking fresh all time, etc.
 - (3) High intelligence, good decision;
 - (4) Polite manner, Good moral;
 - (5) Good audio-visual sensory,
 - (6) High skills in sport playing,
 And so on.

Sport personnel: referee, manager, trainer, coach and all staff personnel are liked to have such following qualifications:

- (1) Warm mind,
 - (2) Good audio-visual sensory,
 - (3) Active working,
 - (4) Good emotion control: warm mind, friendly with others, mindfulness patient, and no anger, feeling and looking fresh all time, etc.
 - (5) Good health
- And so on.

For physical education, the institution has to produce all graduates of such qualifications needed. The problems are how to develop of all qualitative aspects such as self-discipline, emotion, moral, intelligence or known as I.Q. that they could not develop by training, telling (lecture), reward or punishment because they are the inner of individual selves.

The MPD is the unique tool to develop of those qualifications

2. What is MPD?

MPD is mind power development. The mind power can be accumulate unit by unit day by day continually up to the first level of warm mind, 3,000 MPUs (mind power unit). The details will be discussed later. MPD is the specific tool to develop directly to emotion, intelligence, creativity, and to mental and physical hygiene! Immune is as byproduct of MPD, it's symptom of allergy is decreased and could be observed obviously when mind power has accumulated up to 1,500 MPUs which should be proved by medical science.

3. What is the warm mind?

Warm Mind is the first stage of happy mind, calm mind, without: sad, stressed, depressed, worrying, anger, no inferior complex and superior complex. Sleeping at the same duration but more fresh while awoken; could hard work but lesser tired, friendlier feeling, more grasping power, do not like conflict, positive thinking and feeling, etc....the good qualification of human being.

4. How to Practice MPD and how to get Unit of Mind Power Accumulation?

God true exists but it is for the person of 50,000 MPUs to discuss because it will diffuse and diverse and nonstop without any conclusion for normal human being who pay only logical thinking to the abstract matter. For God, the practitioners should belief first and prove after stage of 50,000 MPUs. The highest god is the most importance to people as every religion has recommended.

The **consciousness breathing** is good health as the health science proposed at the present that is benefit to good health, good pulmonary system and metabolism in cell. The amount of oxygen to lung in one minute should be taken as to account one unit of mind power. **1 minute = 1 MPU (Mind power Unit)**. The steps of practicing MPD are followed:

Step I: The practitioner has to sit comfortably at a security place get breathing: inhale and hale of long length for 4-5 times to clear bad air in lung then breathing in moderate and comfort range and then closing eyes.

Step II: Calling name of the highest God with much respect feeling, calling in mind no sound, as the religion belonged. Suggestions are as following.

***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 realistic people**, belief on experience, they may not belief on God because since borne they have never seen God so they may not appreciate to God, 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 calling “Father/ Mother” is in their own language.

Step III: For few days passed, the practitioner has more skill of practice and may changes performance as opened eyes, standing, leaning wall, or walking as like doing MPD as the matter in step II.

As 2-3 months passed, the practitioner may be able to do MPD while running! That would be best skill. **For 2-3 years of MPD experience, the practitioner as sportsman or sportswoman could play the match with good mindfulness.**

***Do MPD 5 times a day or at least 3 time a day continually day by day otherwise the power will not accumulation.**

The MPD practice is so little practice, the doddle practice, everyone can do without any trainer, coach, or any holy master. The practitioner self can be own trainer because the MPD practice is so simple, no danger, no harm but only much more benefit received.

5. DOES NOT DO MORE THAN 5 MINUTES A TIME, 5 MINS RESTRICTED!

We need only warm mind more and more sufficient for good human being without doing evil. Wizard, black magician, glass fortune teller, and some healer are high concentration mind but many of them become bad, cheating for money, and then go hell.

Five times a day: (1) before going bed, (2) after awakening, (3) at the office/ before studying/ before training, (4) after/before lunch, (5) before going back home.

Remark: 1. At least 3 times a day

2. No limit place, it needs only security place even in toilet room is okay!

3. World is danger; accident may occur all time; gods save the MPD person?!

4. No need alarm or any similar: the beginner has to estimate, at the beginning usually error in a few weeks but later is accurate that means the practitioner have better mind power than ever.

5. Lying down on bed and want to sleep, the practitioner has to do MPD until get sleeping. 6.

Three or four months, the MPD practice would become as habit and mystery happiness is certainly found.

6. Having Self -Note for MPU Accumulation

It is no need to show to other but for self satisfaction and see how long time to meet the goal as the practitioner sets it.

For three times a day, the practitioner has accumulated 15 MPUs a day, 105 MPUs a week, or 450 MPUs a month...leads to 3,000 MPUs, the first stage of warm mind.

For five times a day, the practitioner has accumulated 25 MPUs a day, 175 MPUs a week, or 750 MPUs a month... leads to 3,000 MPUs, the first stage of warm mind.

The conference among the members of 3,000 MPUs should be organized for experience exchanged and conclusion. And also the group of 5,000 MPUs, 10,000 MPUs and 15,000 MPUs are also organized too. The appreciation and motivation are occurred by nature. At that time, all conferences will be the great conference of the human world because the similarity qualifications members meeting!

7. Some Great Aspects of Warm Mind People have to Recognized

All people know what is evil or merit since at primary grade school **but many people from bottom to top levels still do evil in every community, country, section, lay people to politician, lay teacher to professor, and even in religion section.**

Many high intelligent persons became criminals. Killing takes place in everywhere. Sports competition becomes fighting. Politicians made laws and regulations of country and many of them have broken the laws and regulation. Education is only for chance of occupation earning but could not develop being good as purposes setting.

Therefore, world is trouble; conflicts occurred everywhere even in family, community, parliament, and up to internationals.

The absolute main causes are three: greed, hatred, delusion. If the three are high, people are in trouble and do evil giving harm to other. How to control the three? There is no solution from the past up to present

Fortunately, we have an absolute great solution to solve to cure our world people. People have to develop themselves individually to have warm mind starting from kindergarten to adult all over the world. Individual has warm mind, family becomes warm family, warm community, warm country, and then finally warm world.

The MPD is definitely tool to accumulate mind power leading to warm mind.

One more there are many religion scripture had bad thought to people but no one corrects or destroys them. Correction is impossible so how to do with them. They are depended on belief of people. If people not believe, such holy scriptures are none/ nothing. Warm mind people certainly know what are reality, propaganda, and or illusion.

Aspects of Warm Mind Person:

1. Having to happiness in mind that has never found before;
2. Mindfulness sleeping, complete relaxing of all organism, feeling more fresh when awakening in spite of similar duration as ever;
3. Having bright face and having more friendly to human and animal;
4. Good self-discipline that could found obviously when up to 3,000 MPUs;
5. Prompt right decision at the game and fair play, no foul mean;
6. Good controlling of **greed, hatred, and delusion**; without narcotics;
7. Create and help for having warm organization belonged;
8. Merit attempting and escaping from evil deeds;

9. No problem of morality;

And so on.

8. The postscript: Final recommend:

- (1) MPD is leading to warm mind so it needs only 5 minutes a time and no need any trainer but meditation leads to high mind concentration so it needs long time practice, supervisor, and it is danger to practice alone. Therefore, MPD is not meditation, in spite of both have the same root.
- (2) MPD is so simple practice starting with comfortable up to ending, no stress, no worry, etc. But there is so much and so many benefits received without any harm or risks.
- (3) MPD is no boundary of religion, culture, genders even the third gender, nationality, and so on. And MPD is for all age, from children to old age.
- (4) MPD is great and absolute tool for repairing of autistic, slow learner, some mental retardation, and the third gender.
- (5) MPD produces warm mind people, dreamed people, to all regions and nations.
- (6) **MPD is no need to discussion firstly, it is multi integration of health science, clinic psychology, cognitive psychology, learning theories, etc. But MPD needs to discuss in after among members of 3,000 MPUs. Accumulation.**
- (7) **MPD challenges to proof first and then discuss, criticize and then believe. It is only ten minutes reading and then trial simply.**

Here now, happiness is in your hand for you to manipulate right now.

More related information may call or loading from:

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