



MPD is the General Great Technology for ... Human's Behavioral Revolution!

Edited and Presented by Kangwon Tiankantade

**MPD: Mind Power Development which is drawn to practice only 5 minutes at each time and five times a day.*

**Warm Mind Person is the person who practices the MPD continually day by day and got mind power accumulation at least 3,000 MPUs., the first stage of warm mind.*

**The MPD is the so simple performance but so great benefits results that every person could do privately without any risk and only benefit received. The practitioner can be the teacher, holy master of the practitioner's own self.*

MPD is the specific tool in developing grasping power, intelligence, emotional intelligence, self – discipline, self-realization, etc.

MPD is for recovering / prevention from autistic, slow learner, illegal person, moral defected, absent mind, narcotics, sexual deviation, mental retardation, psychosis, etc; allergy, sleepless, diabetes, blood pressure, paralysis, cancer, cerebral atrophy, ... (parallel with medicine doctor's treatment.)

MPD person has better sound mind and sound body.

The Confronted Problems:

All people know what is Merit or Evil since young but they still do evil in every nation and in every religion belonging. Why do even in some families of Psychologist, Psychiatrist, Teacher of every level of education, Politician, the court Judger, Public Prosecutor, and the High Rank, **not warm family?**

Why does the high I.Q. student become a criminal?

Why do conflicts occur inside religion and between religions? The **common conflicts on ideas and thinking are nature** but the conflicts that cause of fighting are not desirable.

Why did everywhere have conflicts all over the world, between political parties, between countries, etc?

Why the Ethics and Moral do only for discussion, literature or conference but not draw to practice?!

Why did the illness as allergy, blood pressure, diabetes, cancer, and psychosis find in every country and the number increasing?

Why do the addictive drugs spread out in every community of the world?

There were mountain research works all over the world given so many solutions but failed of nearly every treatment!

Here now, the **Common Absolute Cause** is the people have **No Warm Mind**.

The **Warm Minds** are cause of warm family, warm community, warm society, warm country, country by country, and then having the **Warm World, the Peace World**.

1. The Benefit to the Warm Mind Person's Self:

Person who perform his/her mind develop upto **Warm Mind** level will meet atleast:

(1) Feeling fresh in mind, happy without reasonable;

(2) Working as ever but lesser tired;

(3) Higher degree memorizing and emotional intelligence;

(4) Like to do merit more than ever been;

(5) Symptom of illness releasing is obvious such as allergy, diabetes, and felt sure of illness protection in future such as brain withers, etc.

(6) As the student, the achievement score is higher and higher;

(7) The warm mind person is not cause of conflicts among friends and in family;

(8) The warm mind person can give more and more narration precisely of the warm mind. (9)

Benefit to all religions.

(10) The warm mind person has sound mind and sound body.

2. What is the Warm Mind?

People can develop themselves freely, no need to have any master to teach or supervise. It is so **little and so simple methodology: Five minutes** each time and **five times** a day.

The mind power by the unique method, the mind power cans accumulated upto atleast 3,000 MPUs, the mind power unit. The first level of **warm mind is 3,000 MPUs**.

Every person has mind power in several different levels from common upto genius but not upto **Warm Mind** level. The some first class honors background persons had did suicide, corruptions, conflict creation, and criminal, etc. because they had no **Warm Mind**.

3. Is there any warm mind person by nature?

Yes, But it is so little amount that may call as warm mind by born. Such person can teach himself and can develop his/her mind higher and higher to life living smoothly. Even in the competition society, at the present, he/she does not pay only competition but he/she pays sharing also. He/she will accept **the MPD technology** to practice as the **Early Adopter** group of the world.

4. MPD is the mind power development technology for creation of 'Warm Mind'.

The MPD technology has been presented firstly at **Faculty of Industrial Education and Technology, KMUTT** Bangkok, to all instructors to consider practicing firstly upto gaining warm mind level or found real advantage by self and then motivate to their student without any forcement. The agreement feeling

is the basis beginning practitioner of the MPD technology. The information related to MPD available at the **Department of Education Technology and Mass Communication.**

The MPD must start with favorable attitude of people and grow up to the warm mind level, the at least 3,000 MPUs, the early stage of warm mind.

5. MPU: the Mind Power Unit:

Practice 5 minutes a time that mean the mind power accumulated of 5 MPUs on the basis of time (1 minute= 1MPU.) or 50 mpus on the basis oxygen volume to purify blood in our lung organ, good blood circulation and as for good metabolism in human body too.

5 minutes at each time and five times a day, morning, noon, late after noon, before going bed, and while awoken up do MPD again while lying on bed, then getting off, it means that the mind power is accumulated 25 MPUs or 250 mpus. in a day.

The practice has to do continually day by day, with out absence. In one month, the mind power is accumulated of 750 MPUs and then upto 4 months; mind will gain power of 3,000 MPUs or 30,000 mpus. **This is the first state of warm mind.**

The five minutes and five times a day are offered only to 10 years old to the old age. The rest of age and degree are different periods which **the introducer/presenter of the MPD with 3,000 MPUs** qualification could decide the period of time appropriately.

6. The MPD Technology is the preparation of warm-mind people to serve all Religions.

Bad laity of every religion is danger not only the religion belonged but also other people and other religions. All religions need good people to serve the religion and community. So the MPD is harmonized to all religions.

In our present world people, there 2 types of faiths:

- (1) Faith is on the reality that the wise man of each religion needed is the excellent faith; (2)

Faith is from propaganda or illusion making; it is evil to every one.

The warm mind people will accept on the **Faith of Reality** only and they will not give conflict with the Faith of Propaganda or Illusion.

There was also limitation of all religion that could not cover to all people. Many times, the ascetics, the preachers, or the instructors of the scripture have done the bad mistakes more than the lay member of each religion. The warm-mind people are appropriate to:

- (1) Islam: the warm-mind people could do Lamas completely five times and not absent the mosque;
- (2) Christ: the warm-mind people would follow tradition and not absence the Church;
- (3) Hindu: the warm-mind people would do Yoga effectively;
- (4) Buddhism: the warm-mind people would be good laity could earn the precepts, the Kammat-thana: the meditation, and the good thinker: Panna.

The meditation is included in every religion, all are the most excellent, but still difficult to general lay people, the most part of their laity, is still remained up to the present. So that, the bad people are still remained. These are the great problems of human being of our world.

7. The Steps of MPD practice:

It is so little and so simple methodology, **you**, the pioneer of your family, the instructor of student and so on, have to draw to practice until meeting with the warm mind level or having mind power accumulated upto 3,000 MPUs, the warm mind, receiving mystery happiness firstly and then convey to people or students or the young generations to practice further by following steps of practice:

1. **Sitting in comfortable style** as like and then closing your eyes;
2. **Murmur (calling in mind)** in mind follows breathing with calling the name of the highest god that the religion belonging declared. If not convenient to calling the originator name, you are advised to murmur the Latin name, the '**Summum Bonum**'.

Summum Bonum means the highest god of universe both in concrete and abstract universe.

*While inhaling, you must murmur in mind that '**Summum**', and then out haling, you must murmur in mind that '**Bonum**'. Do similar fashion continued up to only 5 minutes.

[Yahweh/ Jehovah for Christian or Allah for Muslim, both are the highest god too; the belonged laity may bring up to call respectfully]

***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 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 of the recommended words are the holiest words that help to comfort and preventing all of evils and also all dangers too that could be experimented.

3. Do the same manner 5 times a day as in the morning before working (1), at noon(2), in the afternoon before returning home(3), before going bed (4), and after awoken feeling, do not hurry to get out of bed, doing MPD for five minutes(5). We could do MPD at every place even in the bathroom. The mind power could accumulated at least 3 times a day continually day by day.

8. The MPD as the true recreation, mind entertainment, emotional relaxation and so on:

People work hard all time for life living and/or for survival. They would feel better than having ever been after performing MPD 5 times a day for few day passed but some times the frustration, hesitating, oppressing and so on still occurring while confront with sophisticate problem. For good thinking and making decision, the practitioner is advised to do MPD only one minute to get rid such emotion and then pay thinking again; it would be better.

Many times, the conductor of some workshops or some group activities tries to create common emotion of the group or all participants by singing song or role playing or game. Usually, it takes not less than half an hour or more than one hour but the effectiveness may not meet all individual minds.

The most effective activity to serving the same purpose is doing MPD only one minute for emotional changed and coming to common interest. Individual does and individual gets fresh too. The entertainment focuses on getting fresh emotion and the one minute MPD gives the same outcome which is save time and giving more effectiveness and more efficient too.

At school, college, or university, the learners have to move from course to course and room to room for studying. Their emotions, usually, may not ready to study, the instructor has to help them to have fresh neutral emotion for efficient pace of learning at every course hour by providing 1-2 minutes MPD activity.

“Hey! We come to enjoy MPD 1 minute, right now” Then pupils do MPD with eyes closed but the instructor does with eyes opened together.

9. Nature of Mind Power:

People get up in the morning going to work whole day; not only physical energy spent but their mind power spent also; and then going back home. They reach home; they get sleeping by concentration to sleep. Then get up in the morning with an accumulation of mind power and then going to work whole day; they spent of all mind power and coming back home to have food and taking rest. People work with physical power and mind power together. If mind power were lost, they would not get on work; they need to rest that many cases observed are evidences.

If people could not get sleeping, there is no mind power accumulated. They can not go to work on the next day. Sometimes, they have forced to get on work; they will work with absent mind which is bad to them.

Mind power accumulated of whole night sleeping is spent all day by each day and does not accumulate for future day.

The people of 3,000 MPUs accumulated even they get on work whole day but they still fresh and going home with calm temper and giving so good interaction to all family members **that can observe by the practitioner own selves.**

The people of 5,000 MPUs or 50,000 mpus, sometimes/ otherwise, they like or could not control; they do MPD whole night without sleeping then go to work on the next day. They could get on work with so good outcomes and feeling of tens minutes working only even working whole day long. The people of such status must report to the True Master of MPD or to the MPD Center at the **Department of Education Technology and Mass Communication, KMUTT.**

10. MPD for the Young Children:

The MPD is not only for normal child for mind power accumulation but for releasing of in-attention, slow learner, and the low I.Q. child also; and prevention of some illness to the child too. The parents or the care taker of the child has to do MPD first until having skill and taste the benefit of MPD then supervise the child to practice at different levels of age as following:

10.1 Pre-kindergarten child: If the child could know about breathing, then the child can practice the MPD. We bring a child's finger touched our nose and while inhaling we say '**In**' and while out haling we say 'Out' . The child knows about breathing by air touched his finger. Then we put our finger to the child's nose then we say 'In' for the child inhales, then say 'Out' for the child does out haling, then do the same manner repeating. Then we ask the child to close his eyes while we are saying 'In' and 'Out' until getting skill.

Do MPD only half minute, 30 second, each time. Do MPD 3 times a day: in the morning, at noon, and in the evening.

Do not force the child to do MPD. Do MPD as a game and reinforce the child time by time until becoming habit.

10.2 Kindergarten Child: Do MPD under supervision of teacher, the teacher has to practice MPD until having touch happiness first and then supervise to the child. Do the same manner as pre-kindergarten child and develop the child to speak in mind 'In' while inhaling, and say in mind that 'Out' for a period of 30 seconds, not more than this.

10.3 Primary School Pupil, grade 1-4, does MPD as kindergarten child and duration 1-2 minutes only.

10.4 The grade 5 – grade 6 student should do MPD 3 minutes each time, 3 times a day firstly. And grading up method of practice is while inhaling says in mind that 'God' and saying 'Save' while out haling.

Note: Tell them that 'God' means the highest God and 'Save' means 'Save Me'

10.5 The grade 7 –grade 9 student should do MPD for 4 minutes each time and should practice 5 times a day: morning, noon, late after noon, before going bed, and after awakening.

Note: (1) Each practitioner has to have an anecdotal of record of MPD.

(2) The MPD conference should be organized 2 times a year in order the growth of mind power accumulation, the behavioral change, and giving reinforcement for the practitioner. (3) The practice of MPD has to be continued day by day. If any one have absence, the mind power will not be accumulated but it will decrease also.

11. The editor has direct experiences along atleast 40 years and likes to inform all world people to consider and practice. Please not convey to other right now. You have to do the MPD firstly and then disperse after getting of 3,000 MPUs accumulated.

All early adopters are advised to conduct research and development for more appropriation to different and special culture or cross culture for providing higher benefit to world people onwards.

Great thanking for attention,

Kangwon Tiakantade,

Editor

MPD Information Center, Department of Technology and Mass Communication Education, Faculty of Industrial Education and Technology, King Mongkut's University of Technology Thonburi: KMUTT, Bangkok 10140, THAILAND.