



MPD is the Master Key of the Behavioral Revolution!?

“Our students know what is good or bad since being at primary school but they still do evil such as gang of robbing, stealing, sexual misconduct, motorcycle gang, the Vaen-vaen gang, the youth criminal cases, and some of the accidental deaths, etc. At the present, there are also springing of conflicts and corruption problems every where of the world. The real main cause of the problems is lacking of their own warm mind.”

What is the Warm Mind?

The warm mind is the sufficient state of mind power that the young generations would approve their behaviors by their own selves with **the so simple practice** as even the kindergarten, the pre-school children could.

The so simple practice as called “Jib-joy”, the Thai idiom, but it is so great benefit results!

This is the dream methodology that found as the “Behavioral Revolution” not by any other but by the practitioner self!

The Theoretical and Experimental Backgrounds:

1. Vygotsky’s theory of learning revealed that the child can learn privately, the teacher plays only the roles of guidance and counseling with the great commend that the child has to develop his/her mind with “culture meditation”. The well-known cotemporary great persons, the later generation, Jean William Fritz Piaget and Albert Einstein were in the education event.

Piaget’s the “Constructivist theory” and Seymour Papert’s the “Constructionism” announced that all children can construct their knowledge by themselves.

Before Vygotaky more than 2,000 years the Buddha had announcement in Pali that “**Ak-kha-taro Ta-tha-ga-ta**” means “I, the Buddha, am only a guider and counselor.” But there is only some Thai teacher education draw to practice.

2. The originator of every religion knew reality of humanity, world, and universe by meditations.

3. The creators in the past and the present whom we know as Plato, Socrates, Isaac Newton, and including with the Thai present king and Dr. Arj-ong Chumsai have worked on the different meditations.

The Thai Present King has created many hundreds projects to serve Thai people for better life living. Dr. Arj-ong had invented the landing parts of the two space vehicles, the Viking I –II, and Satta-ya-sai School settled are on meditation based.

4. Wayne Payne’s doctoral thesis, 1985, provided term of ‘emotional intelligence’ and Daniel Goleman introduced in the year of 2000 was more significant than intelligence quotient (I.Q.).

5. Many samples of Thai culture, some of the young had dropped out from the educational system because of the low I.Q., or slow learner (as Albert Einstein), or in-attention (short attention), and then they became monks or novices. After practice of Buddhist Meditation, they became the most intelligence and got super normal abilities.

6. According to the Visud-dhi-magga, Holy Text of Buddhist Meditation, the 40 methods of meditation that has to have the **true excellence master** to control the practitioner. Otherwise, the crucial harm may occur as:

(a) Too much Sama-tha, the degree of mind calmness, may cause of **delusions**;

(b) Too much Vipas-sana, the critical thinking on defilements, may cause of **sloth and torpor**.

(c) Only literature study, the scripture studies, as called **Pari-yatti**, may causes of false views such as they often propose as it is true by logical connections but not meet the reality.

7. According to Buddhism about the mind power, the degree of mind calmness is divided into 7 levels as:

(1) Normal calmness is several levels upto genius person. The chance to do evil is still exist. As the record is found that the first class honor student still does suicide.

(2) Kha-nika level is better mind power than normal.

(3) Upa-cara, and (4) the first Jhana, (5) the second Jhana,

(6) the third Jhana,

(7) the fourth Jhana.

*The mind power needed is upto **Khanika** only.

8. The Reverend Bhra Dhamma-monkala-charya (Viri-yanka Sirin-dharo) has established 61 centers providing short time meditation called Vidisa-sama-dhi” to 46,000 participants and settled up the Willpower Institute in Canada at Edmonton-Alberta, Niagara Falls, Vancouver, Toronto, Calgary and Ottawa, with more than 1,000 participants. All of the participants have fulfilled the program and gave evident benefits to the Venerable and then He concluded to the conference on the date of 16 July 2012 as following:

(1) The unique short time meditation could be accumulated the willpower.

(2) After 4-5 months and time by time, three times a day continually, after 4-5 months, the practitioners have changed their behavior by their selves to favourable behavior.

(3) They got appreciation to develop their mind continued forwardly.

(4) Recovery of some illnesses as allergy, blood pressure, etc.

(5) For the young in school or college period were found that their learning achievement were 30% higher.

The Mind Power Development

The editor has a little experience on the Buddhist Meditation along thirty years back and tried to generate information and got a dream program for the young but lack of little information and fear of people

environment. But now His Reverend Viriyounka, 93 plus years old is the pioneer and the founder of Vidisa-sama-dhi, and the **editor's dream program** is completed.

While the European and American universities are conducting many research works in the similar areas.

Therefore, it is the meantime to present the program of "Mind Power Development" to colleagues and students to pay concentrate and practice. After 4 months passed, they certainly get benefits and revealing how much advantage to themselves then the center should be settled up later.

The Benefits that the Practitioner must get:

After practice of MPD (Mind Power Development) for 4 months, the practitioner did **MPD 5 minutes a time, and five times a day (morning, noon, after noon: after work, before sleeping, and after awoken not hurry get out of bed; done MPD 5 minutes too)** five times continuing day by day upto the fourth month that means he/she got mind power accumulated 3,000 MPUs by time absorption or 30,000 mpus by oxygen absorption. The practitioner will declare by his/her own self how much about the followings:

1. How well of sleeping;
2. How much allergy sickness releasing or recover;
3. Working at the same load comparing with earlier, how much busy, tired;
4. How much frustrate or stress right now compare with earlier;
5. The present mind, the warm mind, is the recreation mind. The entertainment needed as song, music, dance, concert watching, and computer game are decreased because of getting warm mind;
6. Moody emotion, anger, patient etc. How much better is it?
7. His/her behaviors change in more favourable direction.
8. The practice became to habit and no need to give up.

If the practitioner continues doing MPD forward upto old age the following sicknesses may release obviously such as Allergy, Diabetes, Hypo/Hyper Tension of blood pressure, Brain Wither, heart attack, etc.

The Methodology of Mind Power Development:

There are different method and procedures for different age's levels such as pre-school, primary grade, secondary, college and university students. Here now is firstly for personnel's and students of KMUTT.

1. Sitting in any style as like; No ritual performance; no place limited even in the bathroom is also okay;
2. Close your eyes; having breathing inhale and out hale deeply few times for getting good air and purify blood;
3. Then breathing normally and comfortably, without any serious feeling;

4. Select very **good word** to speak in mind parallel with breathing;

Here now the editor likes to propose that the suitable word should be the name of the highest god as the religion allowed. If the practitioner does not agree, the word **“Summum Bonum”** is international appropriation. The practitioner has to choose one.

The Summum Bonum is Latin of the great and holiest word means the highest excellent holy god or the supreme guardian god of universe.

For example of practice: while inhale, the practitioner calls in mind that **“Summum”** and while out hale should call in mind that **“Bonum”** repeating upto five minutes only.

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. And another word is suggested as **‘Namo Buddha-ya’**

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 your selves every time before practice that **“I will enjoy MPD for accumulation of the mind power unit, right now”**

The MPD is the people preparation for all Religion belonged.

Bad people of any excellent religion, they are still bad of every religion too. All religions need warm mind people to become their laities. Since in the past and upto now a day, a number of bad people of every religion give badly to the world. If all people have warm mind, they would certainly become the good members of all religions. Therefore, the MPD is for all religion people. All people can perform MPD privately and can be their teacher by themselves, not any other.

Hope that you are quite well and start doing MPD, the simplest practice, right now. Teach yourself. You are the pioneer of the world and became the great master of MPD and did R and D in the near future.

With compliments towards you, the early adopter, and it would be much obliged if you conveyed the MPD to your family and friends.

Kangwon Tiankantade

Editor.

MPD Information Center, Department of Industrial Education and Mass Communication Education,
Faculty of Industrial Education and Technology, King Mongkut’s University of
Technology Thonburi: KMUTT. Bangkok10140, THAILAND.