



## MPD, the Happiness of World People

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

**\*MPD is the simple specific tool for development of grasping power, mindfulness, intelligence (I.Q.), emotional intelligence (E.Q.), creativity, self – discipline, self-realization, learning abilities, etc., and the self human dignity, the only one but multi benefits!**

\*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, ... Some are only MPD treatment or some are parallel with medicine doctor's treatment.

*\*Warm Mind Person is the person who practices the MPD continually day by day and got mind power accumulation at least 3,000 MPUs.(mind power unit), 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's self can be his/her own master, no need any other.***

### 1. Trouble Phenomena of Human World:

\*There are conflicts in every where in community, in country, and even between countries. People of good education, politician, and high rank of some societies have performed badly and some became law-breakers.

\*Physician doctor as the people's lives saver become a murderer.

\*Different diseases and different illnesses are found everywhere. Some illnesses have ever been at old age people but not limited age at the present.

\*Third sex people increase at higher rate. Although, they do not like to be the third sex but they can not control themselves. Parents and relatives have to accept but without pleasure mind. The third sex always performs much different normal.

\*The in-attention child, the problem child, the slow learner, the autistic child, and the mental retardation child are increasing rate year by year.

\*Why does moral decrease in people's mind and action?

\*People have not warm families. The most part of people perform sexual misconduct, avoiding of precept, tradition, and culture.

\*The cleverer people beat the lower without kindness.

\*The high power country imposes other countries, and so on.

\*The illness such as allergy, blood pressure problems, diabetes, psychosis, cancer, and so on is found more and more and different too.

**\*Conflicts are found in family, community, country, and between countries which is could be said as 'World is Conflicts'.**

\*People come out of home and not certain to come back home because they were dead because our world is full of risks and accidents. The mindfulness of people could help, decrease, and stop such problems.

All recommended cases are still at research conductions of different areas and experimentations at several laboratories in every country and still no definite solutions that have to wait ...wait and wait onwards. These are life problems of world people that are badly crisis than the economic crisis at all.

**"If we wanted to be calm and happy, we must get rid all problems and then happy onward."**

"No, it's impossible." Many people denied.

"Oh Yes, in the past but here now is **Absolutely Possible.**"

## **2. The Root-Cause of all Above Problems:**

Here now, the Root-Cause is people have no **warm mind**. The warm mind people have deep happiness in mind, without stresses, frustrations, no inferior/superior complexes, etc. They work hard for life living, play competition but friendly share to other. **All people know well about merit and evil since at primary grade school but they like to do evil because of having un-warm mind.**

The first class honor student became a criminal that mean high I.Q. person has no evidence to yield that the person is a good man. Certainly, the good person is not only having high intelligence but the person must have **warm mind** too.

The **warm mind person** is the true virtue **emotional intelligence** person.

The **warm mind person** has good blood, well blood circulation, good metabolism, good excretion and good secretion that mean prevention and releasing of all illnesses and prevent of sickness too.

**The warm mind person behaves along the moral automatically.**

The **warm mind person** needs no conflict because of having happy mind that need only friendly interact among people.

## **3. All People need happiness!?**

Not **true happiness** is only from gaining more money, dignity, admiration and acceptance from others, and without pain which is general human needed. So they eager to fine out such happiness with many means even the foul means but along the way they get trouble all time such as conflicts, illness, an accident and death. But **the true happiness** is firstly from **warm mind** and then thinks morally to get money, paying warm interaction to family member, to people and animal with reasonable and without pretending. The dignity and admiration are depended on the warm mind definitely. The warm mind people always get true happiness from

inside and out side. Living on warm mind would accept all realities even death. Living in warm family, warm community, warm country, and warm world are true happiness of us.

**We wish all people of the world meet the true happiness as recommending therefore, world people have to practice MPD starting from kindergarten up to old age. This is the main reason to present this article.**

The **MPD** has no limitation of religions, races, gender, nations but giving numerous advantages to individual supporting all religions too. All religions member have warm mind then no conflict inside and outside and among the religions too. This point may bring to discuss later.

#### **4. What do the benefits received from having warm mind?**

Sound mind is effect to whole body. After practice and reaching to the warm mind level, the practitioner could find:

- (1) Feeling of fresh energy after awakening, in spite of same duration time spent;
- (2) Having warm emotion, good face appearance, different from ever been;
- (3) Decreasing of allergy symptom, the immunity is increased;
- (4) Increasing of immunity is the reason why to say that MPD is the illness prevention;
- (5) Working with more efficient and effectiveness;
- (6) Worker, Farmer, or Labor would feel fresh not get much tired as ever been;
- (7) Having higher self-discipline and moral;
- (8) Higher grasping power, no brain withers even become old age; if one were in school age, it would be found that the achievement score is higher;
- (9) Having higher insight of danger prevention;
- (10) Having deep happiness in mind without reasonable; like to do merit only.

The benefits revealed above are **not propaganda**, the editor insisted, the people who perform MPD and accumulate of mind power upto 3,000 MPUs would found by themselves and yield consistent and also give more and more benefit narrations.

#### **5. How to get warm mind?**

Again the **MPD** stands for Mind Power Development. People are welcome to practice **only 5 minutes a time**, not more than this, **5 times a day**, day by day continually until mind power accumulated to 3,000 MPUs, the first level of warm mind, the level of changing observable, the practitioner seeing what happy, behavioral change better self discipline without controlling by any other.

##### **Why do we have to practice MPD 5 times a day?**

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 after noon 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 upto life ended.

**The three times a day is the minimum, not less than this otherwise, the mind power will not accumulate:** If the practitioner practices three times a day: in the morning (1), at noon (2), and in the evening (3). The practitioner will get 15 MPUs a day, 450 MPUs in a month, or 5,475 MPUs a year. The three times a day course takes more time to proof the benefit of MPD but it is still the excellent one.

**NOTE:** 1. The practitioner has to practice continually day by day without absent, otherwise the mind power will not accumulate.

2. The MPD is so simple. The practitioner can do every where such as in the bath room, on train, in plane, even staying in a hospital. The illness would recover in shorter duration than normal. The doctor will confirm such evident statement.

#### **6. The Steps of MPD Practice:**

The practitioner is welcomed to consider, pay thinking much clearly the following steps:

**Step1:** The practitioner has to sit comfortably, although the MPD could be performing at every style: standing, walking, inclining, or lies down. For the beginner, he/she has to sit comfortably only, without any tension.

**Step 2:** Determine breathing, paying inhale deeply and long out hale for 4-5 times to clear air in lung for perfect breathing. The perfect breathing makes good blood, good oxygen absorption and good releasing of carbon dioxide definitely that cause of good blood circulation and brain fresh also. Excretion and secretion of the waste from body are good too.

When the practitioner has finished 4-5 times of long breathing, then the practitioner does the **normal breathing** together with a **holy word** as at step 3.

**Step 3:** Selecting a holy name of the most respected god, the highest god as the beginner worshiped. If not convenient at any reason, the editor likes to present the special holy "**Summum Bonum**", Latin language, which means the highest god of universe; the most excellent virtue.

\*The practitioner closes eyes softly and calling in mind "**Summum**" while inhaling and calling in mind "**Bonum**" while out haling, so and so until time of 5 minutes is up.

\***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.

**Remarks:**

(1). Time of 5 minutes is the practitioner’s estimation. It is **no need to use any alarm clock**. For first 2-3 days, the beginner usually gives error estimating on time duration then after that the estimating skill will arise and the estimation is definitely accurate. The beginner has to concentrate only on inhaling, out haling, and holy word that to murmur in mind.

(2). The skill practitioner can count a course of inhale and out hale is 1 round and for 5 minutes of the young age may 45-50 rounds, and for the old age may be 40-45 rounds.

(3). The beginner of 1-2 months has to practice with closed eyes while doing the MPD and after that the beginner has to do MPD with opened eyes. After having sufficient skill, the practitioner could do MPD while walking or having breakfast with opened eyes.

**The MPD is so little and little activity but great for Human being.**

(4). The practitioner, as adult person, has to motivate own self time by time until meeting **warm mind**.

(5). To introduce MPD to the young kid, or student, the introducer has to pay much careful, do not force them to practice, give them warm reinforcement gradually upto atleast 3,000 MPUs.

(6). Form for MPD self- record is advised to down load from The Information Center of MPD, Department of Educational Technology and Mass Com., Faculty of Industrial Education and Technology, KMUTT.

(7). The MPD practice can be introduced to children of 2-3 years old or kindergarten level with the period of 1-2 minutes by **the introducer of 3,000 MPUs**. The introducer could organize course of practice appropriately not only to normal child but for in-attention child, slow learner, mental retardation, and autistic too.

**7. Who is the great master of MPD practice?**

As recommended above, the MPD is so little activity and so simple too. Therefore, there is no need to have any master. Everyone can do without any condition limited and appropriate to human being. **Everyone can be the great master of his/her own self.**

The **MPD** is **No any Harm** to practitioner but the **MPD** gives only **great Benefits to the practitioner that everyone could success.**

#### **8. Why do we practice only Five Minutes a time?**

The MPD is limited only five minutes that was very importance reasons which becomes the restricted regulation of the MPD practice as following.

1. If we do more than five minutes, our minds will come to the unconsciousness stage of mind, which is cause of dullness, distraction and remorse that is not good to practitioner and the mind power cannot be accumulated and lost. We want only to accumulate mind power gradually up to warm mind state; the earlier observable state is 3,000 MPUs.

2. If we do more than five minutes, we will get stress, frustration and getting body pain and fatigued. The energy is lost and no benefit and then getting bore to practice next time. Five minutes-course is sufficient because of no stress, no frustration, and no fatigued but getting only mind fresh and having willpower to do MPD time by time, day by day, upto year by year and forever.

3. The five-minute-course is the most appropriation of mind power accumulation for normal people.

**4. The 5 minutes MPD is definitely no harm and only benefit received. It is no need supervision master which everyone can be his/her own self master.**

5. The MPD practice is for all world people, all religions, sex, and age.

The meditation in every religion is all excellent but for only some people but the greatest number people remained that could not approach.

**NOTE:** According to Buddhism there are seven levels of calm mind: Bha-vanga, Khanika, Upa-cara, 1<sup>st</sup>Jhana, 2<sup>nd</sup> Jhana, 3<sup>rd</sup>Jhana, and the 4<sup>th</sup>Jhana: the highest concentration, which all trainees have to practice under supervision of the **true holy master.**

#### **9. The MPD is a meditation, isn't it?**

**No, the MPD** is so little not a meditation, Yoga, Kammat-thana, or Lamas but the MPD has the same root of all. If some person called as recommending, it could be accepted. The MPD is only the basis of all leading to warm mind only, faire play living, sound mind sound body, etc. No aim to aim to get rid defilements but defilement decreasing by nature. People have to taste the happiness through MPD firstly. This is the true Human Dignity that have to reaching. Therefore, **the MPD is the MPD.**

The meditations are found in many religions such Yoga in Hinduism, Lamas in Islamism, and so complicated in Buddhism: Sama-tha, Vipassana, and the 40 methods of meditation. All different meditations of every doctrine are difficult and complicated, taking long time. The candidate has to stay with the holy master or the true expert of meditation. The true expert is rarely found. The meditation of every religion is absolutely

excellent but so little amount of people approached. Such meditation may cause of bad harm if without good supervisor. Therefore, the recommended meditation is not for ordinary world people.

World people, at the present, are always busy for life living. They have to work hard, frustrated, and stress time by time and day by day that cause of different illnesses and difficult to cure much more up to the present and onwards.

**The MPD is simple method, short time spent, no harm, no supervisor, excellent benefits. The MPD is the unique practice that the mind power could accumulate time by time. The practitioner who perform day by day continually upto 3,000 MPUs, the first warm mind level, would found the benefit by own self.**

#### **10. Psychological References:**

(1) Mind consists of 3 three layers: consciousness, sub-consciousness, and semi-consciousness. Education, generally, makes people into consciousness and training as military, sportsmanship, or religious person, and so on, has to be trained not only into consciousness but deeply to sub-consciousness.

MPD is the mind self training that is more significant than other training because trainee self get the outcome of warm mind. The people can be the trainer and the trainee at the same time, the self training.

(2) The intelligence and creativity as found in psychology assessment, the two abilities are low correlation. A person of high intelligence is often found low creativity, or a person of high creativity is always low intelligence.

The intelligent ability, the I.Q., is limitation by since born and can not be developed.

The creativity is the ability can be trained and developed.

From the records of Thai culture found that some young generations have to drop out from school because of low ability to read, low memory, very slow recalling and thinking, no prompt response as call the low I.Q. After becoming a Buddhist novice, the master provided the young novice a course of meditation practice for 1-2 years, the novice becomes the higher I.Q. than average. Although, it was no I.Q. assessment at that time but it was obvious that he became the leader of his class. This is to reveal that the meditation is **the great tool of I.Q. development.**

The MPD have the same root of meditation practice, the mind power could be accumulated upto **warm mind** that is better than normal human.

The high intelligent boy can do evil but the calm warm mind boy can not do evil.

(3) The great ability of human being is **the critical thinking and the creative thinking.** The warm mind people, the MPD, have more mindfulness, more tolerance, and more energy, and so on to support of thinking abilities.

(4) 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 term culture meditation is not clear.

Jean William Fritz Piaget who is known as the founder of “Constructivist Theory” The ability to construct knowledge is depended on nature of thinking of individual child that let the child pay thinking to construct knowledge under supervision of teacher.

Albert Einstein, the well-known great physicist of the world, said “Imagination is better than knowledge.” The word “imagination” is not normal meaning because it is imagine only suppose to be without real situation so it is illusion, not true.

According to some psychologists, Albert Einstein, when he was young, he was a slow learner one. He has ever discussed about meditation. As a librarian, after getting a Bachelor of Science, in Swiss, he had presented many articles of science and became famous and went to U.S.A. How did he draw himself from slow learner to the high intelligence and creativity? The answer is because of the Culture Meditation. The MPD can plays role as the meditation.

(5) Dr. Arj-ong Chumsai, Thai scientist, technologist, and educator, said that after failing of designation on landing parts of the space vehicles many times, he went on a hill and did meditation few days. Finally, a picture appeared in mind and he knew all theory inside. Then again designed and presented to NAZA and passed experimentation successfully. It was the landing parts of the space vehicle Viking I and Viking II. The Dr. Arj-ong’s “picture in mind” should be “imagination” as Einstein recommended.

(6) 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.).

Both Wayne Payne and Daniel Goleman did not provide any course of training or practicing for development of the “Emotional Intelligence”.

Now the MPD is the absolute developmental tool directly not only for emotional intelligence but for I.Q., Creativity, grasping power, and sound mind too. The sound mind comes first and then sounds body. Furthermore, the MPD is to release some illness and prevention too.

#### **11. Dangerous from High Concentration Mind person or Super Normal man:**

Some persons as hypnotist, magician, wizard, holy tattooist, clairvoyant, become swindler or criminal. The healer and hypnotist as Grigori E. Rasputin in Russian history had perform so evil and had to be killed.

In Buddhist history a monk named Devatatta, he could play super normal but he had tried to assassinate the Buddha many times until deep down under soil privately because of too heavy sin. Devadatta got the wrong way from Buddha’s teaching.

To our conclusion, although they have high concentration/high power of mind but they could do evil because **they had not stood on warm mind basis firstly.**

**Therefore, the warm mind people are in need of world people at the present and onwards.**

#### **12. Conclusions about the MPD:**

1. MPD is more than for Intelligent and Creativity Development or in other hand the MPD is the developer of the ability of critical thinking and creative thinking.
2. MPD is the Emotional Intelligence Developer directly.



3. MPD is the unique “Culture Meditation” of the world people.
4. MPD is for mind power development.
5. MPD is the Unique Self Behavioral Revolution.
6. MPD is for Moral Development of all Human Being.
7. MPD is for all conflicts solutions. Beginning from individual warm mind to warm family, to warm community to warm city to warm country, to warm continent, and to warm world definitely.

The warm mind of 50,000 MPUs could more and more narration of the MPD.

### **13. The MPD is the People Preparation for all Religions:**

All religions are very excellent but some amounts of people members are still bad. Therefore, our world could not be warm.

All originators of all religions are excellent and all of their teachings are excellent too. From so long time past, there are so many different disciples and different sections occurred therefore all present teachings have two parts: one is **reality** and two is **propaganda**. All propagandas are always illusion, cheating, and usually give badly to people.

The **warm mind people** are in need of all religions. They could discriminate of what have to **believe** and what have to **ignore**.

There are 2 kinds of faith. Faith one is based on the **Reality** that experiment and trial. Second is propaganda which is tried to induce people, by logically statements, to believe without experiment and trial which is called the blindfold belief. Many logical statements are always likely correct and reality but not meet the truth. The warm mind thinker will meet the reality faith. The development of all religious teachings are from the warm mind disciple would give benefit to world people.

Therefore, the MPD gives benefit not only to individual-self but benefit to all religions of our world.

### **13. The Concealed Benefit of MPD:**

The many ten thousands could give evident that how much holy benefit of calling the name of the highest god with much respect at every time of breathing in duration of five minutes (average 50 times of in/out haling and for old age is 40-45 times). In the history, many persons call god for SOS while they were in critical danger, then they survived.

The benefit of thinking of the highest god at five minutes a time and five times a day so it is total of 25 minutes that mean calling the name of god 250 times. It is so great of human being. The MPD person must go paradise and no chance to go hell at the final life.

1. The MPD person of many hundred thousand could insist us the reality about hell and paradise, the life of after death is existed too. Hell and paradise are the abstract worlds where the human being could touch while still alive.

2. Mind and body can separate after having so high mind power accumulation. The person could know that our **body is temporary self** and **mind is the true self**. **Body is dead at the final life but mind is truly immortal.**

3. **MPD** is the repaid of the Evil Deed in the former birth to release the present problem of the present birth.

4. The high mind power could meet the god and could discuss the problem of MPD practice for higher and higher.

5. The high mind power could meet the person or relative who was dead and now where are they, heaven or hell.

**6. The high mind power could meet the religion originator!??**

#### **14. Why does the editor present the MPD to all people?**

The editor had doubt on **“Why do he and other know what is merit or evil but they still do evil?”** The experiences were found that much intelligence person, university scholar, politician, high rank person, and even religion person have done evil. All of them know very well all about what is good or bad, but why and why?

The editor has searched literature counsel with friends of different religions, asking for knowledge from different scholars, different holy masters along 50 years back and experiment parallel. Until August 2012, the term “Warm Mind” arisen, then the MPD comes to conclusion as presented above. All of the content matters were from holy masters, scholars, and so good friends combining which some people and university students have practiced and found so much favorable results. Therefore, the editor is happy to inform all people. The editor likes to challenge scholars, experts, educators, psychologist, and all fields of profession do the MPD 5 minutes a time and five times a day continually up to 3,000 MPUs accumulated, and then come to discuss later. Good food has be tasted first and then discuss among the tasters would be valid conclusions for the modern world and the world people too.

The editor likes to discuss MPDs with only the person who got 3,000 MPUs. If information were not sufficient, reader is welcome to down load from the MPD Information Center, down ward, as wish.

Only 10 minutes spent for reading and does the MPD right now the most benefit is waiting for all practitioners. Do not let your mind dance on philosophy or drivel on MPD, it wastes your time.

Congratulations for getting 3,000 MPUs.

Kangwon Tiankantade

Editor

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