

Unleash the Power of Your Brain

Our brain is very powerful. In fact, experts say we only use XXX% of our brain. Wouldn't it be great to get more out of your brain?

One way to get more out of your brain and more out of your life is to learn to get into the alpha state. The alpha state is achieved when you are able to slow down your autonomic and spinal nervous systems. In the alpha state, you are able to connect with your subconscious mind and program messages/visions/goals that you would like to materialize in your life. People at the highest levels of achievement in business, sports, family, and spirituality often times are quite accomplished at using their mind to visualize positive outcomes for their lives.

At the Shawn Mossell Improved Living Institute we teach techniques that help you get into the alpha state. You are in control of your thoughts. We help you learn to control your thoughts so that you can attain goals improve your life.

Here's a real world example of using the alpha state to attain a goal.

ALPHA THOUGHT IN ACTION ~ MY MEETING WITH MOTHER TERESA

By Shawn Mossell

The year was 1982; I was working in a mountain hut high in the Alps overlooking Zermatt, Switzerland. The hut was a place called Flu Alp, It was, and still is, a place where climbers and skiers stopped to rest, eat and sleep. I had the job of running the hut, I was the first American to do so, and believe the only one to do so up until now.

It was early July; rain was forecasted for the night and the next day, so most of the climbers had cancelled their climbs. Because of all of the cancelations I decided to make it down to Zermatt for the night. From Flu Alp to Zermatt is about a 90-minute brisk hike.

When I arrived in the village, I passed a phone booth and decided to call home. My mother answered the phone. After a brief talk I informed her that the following winter I would be traveling through India for 6-9 months. Without hesitation my mother told me to go into that alpha state that I was always talking about and visualize myself meeting Mother Teresa and "giving her a big hug for me." She also asked if I could

get her a handwritten note from Mother Teresa by Christmas.

After she asked me these things I said: “Mom, do you know how many people there are in Calcutta?” She said: “Shawn, are you telling me if you use your mind, you can’t do something like this?” I said: “OK, OK, hold on.” So I lowered my head, took a deep breath and went into the alpha state. I imagined myself meeting Mother Teresa and giving her a hug. I then imagined my mother passing the card around the dinner table on Christmas with garlands hung about the house, along with lights and a Christmas tree. I then raised the receiver to my ear and said: “It’s done.”

After talking a few more moments, we said our goodbyes on the phone. I had seen the end result very clearly, in great detail for about 15-20 seconds while in the alpha state.

After the conversation I went into town and thought of it no more. The next morning I went back up to the hut and continued with my work.

Three weeks later it was another stormy night, and once again most of the climbers had cancelled due to the tempestuous conditions. This gave me the opportunity to go into Zermatt once again. This time when I made the hike to Zermatt, I had the urge to speed up. While I was running into town, I realized it was going to be the fastest time I ever made. As I reached the village, I turned a corner and ran straight into a man and knocked him over. I immediately helped him up, dusted him off and apologized. He

was a very nice man and told me all was forgiven. He then asked where he and his friends could enjoy a relaxing drink.

I joyfully took him and his friends with me to where I was meeting my friends. As it turned out, the gentleman was from India and happened to be the president of a prominent steel company which had an office in Calcutta. I told him of my plans to travel there, and he handed me his business card and told me to call him and if he was there when I was there (he travelled a great deal) that he would take me out to an authentic Indian restaurant. I was thrilled about the prospect and very happy to have met him. I finished my drink and left with my friends.

Four months later I started my journey through India. By mid-November I was in Calcutta. On the 2nd or 3rd day I was there I pulled out the man’s business card and gave him a call. He happened to be in town, but not for long. True to his word he had his chauffeur pick up my friend and me; we then went to a first class restaurant in Calcutta.

Coincidentally, this gentleman, my friend and I ate dinner with the owner of the restaurant. As were leaving the restaurant, the owner informed us that she was having a private meeting with Mother Teresa at 8:00 the next morning and asked if we would like to join her. I immediately replied, “Yes.” It then occurred to me that I had promised my mother that I would meet Mother Teresa, and that I had totally forgotten about that conversation with my mom on the phone.

The next morning the restaurant owner's chauffeur picked us up at 7:30 sharp. After a quick car ride we walked into the back of Mother Teresa's home where we had a brief, but very pleasant chat. As we were leaving I said: "Oh by the way sister, my mother wanted to get a card from you." She smiled, reached into her nightstand and pulled out a card. Mother Teresa wrote a brief message and handed the card to me. We then said our goodbyes and left. Later that afternoon I mailed the card home in a rice paper envelope.

On Christmas Eve, coincidentally, the mailman from my hometown, whom I knew quite well, was about to leave the post office Christmas party when he noticed a rice paper envelope on the ground all unfolded. He looked at it, saw that it was from me, taped it back together and delivered it to my mother on his way home that Christmas Eve night.

Shawn Mossell is Executive Director of the Shawn Mossell Improved Living Institute where he helps improve lives through his Stress Reduction Seminars, Stop Smoking Clinic and Better@Businesstm sessions.

ShawnMossell.com 847-256-7708

