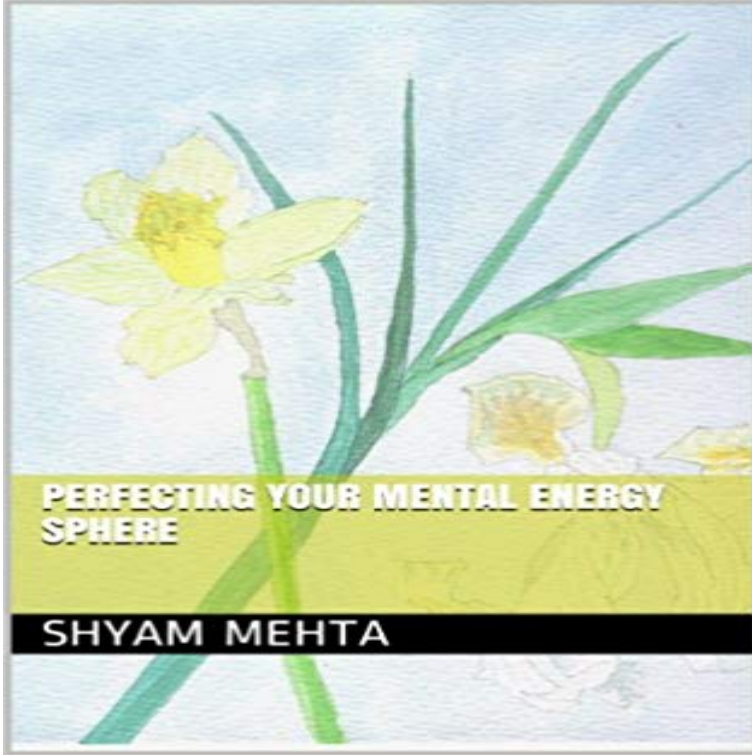


Perfecting Your Mental Energy Sphere



A healthy mind if it has been productive, will desire relaxation and quiet. The food that a mind needs to replenish itself is silence. In today's world, everybody is under mental stress. You may lose your job, you quarrel with your partner, you have too much studying to do, you are alone. The brain is always active. The brain, like the body, needs periods of rest. The mind is a tool, but today it has taken over. It gets data, processes it and comes to a decision. A robot and computer can do the same. A human being is not about mental activity, but about sex, physical well-being, love and spiritual/religious development.

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