

## Unit 12: Human mind

### Reading 1: Mind Power

1. Without question, nearly everyone has heard something about human mind power. It is important to understand the **unlimited potential** that exists and is readily **available** to us. We should know that we could **create** a **kind** and quality of life that is limited only by our **willingness** or unwillingness. More importantly, we should know how to **utilize** our mind power. We should learn how to use the mind power that we all **possess** to create **desired** results. Most importantly, if we are not aware, we should be ready, willing, and open to developing the understanding to do so. In fact, whether we are **aware** of it or not, we are already using our mind power every second of every minute of every day. Of course, most of us actually use our mind power **unconsciously**. We use it without any awareness of the **incredible** creative power each of us has been **provided**.

2. However, using mind power **consciously** provides **observable results** that are often **believed** to be **uncommon**. Interestingly, those who utilize their mind power consciously get to be right. Those who **choose** to **remain** unaware and **follow** limited thinking **processes** also get to be right. **Regardless** of the **choices** we make individually, we simply cannot stop using the mind power that we all have. This has been the case, as modern science has made very clear, for more than 6000 years. Therefore, it seems logical and **reasonable** to learn and understand how to use our mind power to **achieve** what we want.

Mind ذهن

**unlimited** نامحدود  
معنی کلمه را منفی می کند →  
**potential** قابلیت - استعداد

**available** در دسترس

**create** خلق کردن

**kind** نوع - مدل

**willingness** تمایل - علاقه

**utilize** بهره برداری کردن - استفاده کردن

**possess** دارا بودن - داشتن

**desired** دلخواه

**aware** آگاهی داشتن

**unconsciously** ناخودآگاه

**incredible** باور نکردنی - عجیب

**provided** آماده کردن - تهیه کردن

**consciously** آگاهانه

**observable** قابل مشاهده - مشهود

**results** نتایج

**believe** معتقد بودن

**uncommon** غیر معمول

**choose** انتخاب کردن

**remain** باقی ماندن

**follow** دنبال کردن

**process** رویه - روش - فرایند

**Regardless** بدون در نظر گرفتن  
معنی کلمه را منفی می کند →  
**choice** انتخاب

**reasonable** منطقی

**achieve** به دست آوردن

3. When we **decide** to do so, we can begin **claiming** our true power again. It will be **possible** by learning and understanding how to use our mind power consciously and **intentionally**.

**decide** تصمیم گرفتن

**claim** ادعا کردن

**possible** ممکن بودن - امکان داشتن

**intentionally** هدفمند

4. **Human** mind power is unlimited in creating desired results, whatever they might be. **Unfortunately**, the **majority** of people utilize their mind power unconsciously. Therefore, they think of themselves as powerless. If you look around at your results, you will clearly see the power of your mind. It is human mind power that **determines** every **aspect** of your **reality**. Your individual choices determine what you will or will not **experience**. When you choose to use your mind power consciously, undesirable results are often experienced.

**human** انسان

**Unfortunately** متأسفانه

**majority** اکثریت

**determine** مشخص کردن

**aspect** جنبه، منظر

**reality** واقعیت، هستی، حقیقت

**experience** تجربه، تجربه کردن

5. When you choose to use your mind power consciously, you will **begin** creating a life of limitless **happiness**. **Of course**, this **type** of life has always been available to you. However, **due to** a **lack** of awareness and understanding, it has **escaped** you. Science has clearly **shown** that **consciousness** is all you need. You experience consciousness every second of every minute of every day without **fail**. In fact, you cannot stop doing it. If you do not believe it, just try to think for a few seconds.

**begin** آغاز کردن . شروع کردن

**happiness** شادی

**Of course** البته

**type** مدل، نمونه

**due to** به دلیل، در نتیجه

**lack** کمبود

**escape** فرار کردن، گریختن

**show** نشان دادن

**consciousness** آگاهانه ، هوشمندانه

**fail** شکست

6. In **spiritual communities**, it is **regularly** accepted that an individual's mind power can change and **cure illness** and **disease**.

**spiritual** معنوی، مذهبی

**communities** جوامع

**regularly** به طور منظم و معمول

**cure** شفا دادن، معالجه کردن

**illness** بیماری

**disease** مریضی

In most cases, these have been diseases that the conventional medical community had called them incurable. Many claim that such occurrences of healing are miracles. People believe that such actions are outside of themselves. They believe that such events are only the result of fate or chance. They have come to believe that these things can happen only to a few lucky people. In the medical community, it has become clear that human mind power can, and does, cure illness and disease.

### Destination between mind power and brain power

7. It is important to understand that the human brain and mind are not the same things. Both the mind and mind power are purely a non-physical aspect of us. The brain, on the other hand, it is physical tool that the mind utilizes to process thoughts. It has been found that the average person utilize only 10% or less of their brain's capacity. What happens to the over 90%? Would our creator have given us physical resources with no intention for us to use them? Once individual human mind power is fully understood, it is possible to expand the ability of the brain to a much greater capacity.

8. The question is how to use mind power to produce desired results? If we develop an awareness of this power, it is possible to utilize it consciously. Conscious use would enable us to experience what we want to experience. It is not important what we may believe to be true about mind

conventional medical گفتگو درمانی

incurable لاعلاج ، غیرقابل درمان

claim ادعا کردن

occurrences اتفاقات

healing درمان، شفا، بهبود

miracle معجزه

fate سرنوشت

happen اتفاق افتادن

medical community جامعه پزشکی

Destination مقصد

brain مغز

same یکسان

purely منحصر، به طور کلی، کاملاً

tool ابزار، وسیله

thoughts افکار

process پردازش کردن، به انجام رساندن

found کشف کردن، پیدا کردن (گذشته فعل)

average معمولی

less کمتر

capacity قابلیت، ظرفیت

over بیش از

resources منابع

intention هدف، قصد، مفهوم

expand گسترش دادن

produce تولید کردن، بوجود آوردن

enable قادر ساختن

power. However, it is important to understand that each of us as human have **equal capability** in utilizing mind power. By using our mind power, we can achieve our desires regardless of formal **educational background**, age, **race**, country of origin, or **gender**.

9. The only thing that **separates** the successful from unsuccessful is a **matter** of conscious awareness, choice, and **belief**.

10. The only thing that limits people from achieving whatever the desire is when any part of following **equation** missing.

*Awareness + Desire + Belief + Action = Unlimited capability*

11. It is important to try to become aware of these **basic principles**. We should also try to develop the understanding of how these basic principles work. This is the first step toward understanding your own true capacity. This understanding will **allow** you to experience and *enjoy* the **kind** of life that you were created to live.

**equal** برابر، یکسان

**capability** استعداد، قابلیت، توانایی

**educational** آموزشی

**background** زمینه

**race** نژاد

**gender** جنسیت

**separate** جدا کردن

**matter** موضوع

**belief** باور، اعتقاد

**equation** معادله

**basic** اصلی

**principles** اصول

**allow** اجازه دادن

**kind** نوع، مدل، سبک



*After You Read*

**Comprehension Check**

**A. Put T for True, F for False, and NM for Not Mentioned information based on the reading.**

1. The quality of our life is limited by the power of our mind. ....
  2. It is impossible to stop using our mind power even for a second. ....
  3. Most people use their mind power consciously. ....
  4. Some people are able to predict the future by using their mind power. ....
  5. Achieving our desires is not dependent on our education, age, race, nationality, or gender. ....

**B. Match the following main ideas with their related paragraphs.**

paragraph 1	paragraph 5	paragraph 8	paragraph 11
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1. It is important to use our mind power consciously.
2. Being aware of our mind power will help us to reach the desired results.
3. Human mind power has an unlimited potential.

**Reading Technique: Understanding Connectors (Part 1)**

*Certain words are used to connect the sentences in a passage. These words have different purposes. Sometimes, they are used to indicate addition of new information to the previously mentioned information (e.g. also, in addition). In some other cases, they are used for enumeration or ordering of the information (e.g. first, second, etc.).*

**C. Underline the connectors in the following paragraph and then identify their purpose.**

It is important to try to become aware of these basic principles. We should also try to develop the understanding of how these basic principles work. This is the first step toward understanding your own true ability. This understanding will allow you to experience and enjoy the kind of life that you were created to live.



**D. Complete the following summary of paragraph 7.**

Human brain and ..... are different things. Mind is a non-physical feature of us whereas brain is a/an ..... feature the mind uses to process our ..... . Human beings use only ..... of the capacity of their brain. Why would God give us a physical ..... without letting us use it completely? If we ..... our mind power, we will be able to increase the capacity of our .....

**Vocabulary Enrichment**

**A. Read the following pairs of sentences and put S for those with similar meanings and D for those with different meanings.**

1. All of us should know how to <u>utilize</u> our mind power.	We should know how to <u>use</u> our Mind Power.
2. Some believe that <u>gender</u> has a direct impact on the mind capability.	Some believe that <u>race</u> has a direct impact on the mind capability.
3. The power of our conscious and unconscious mind is <u>incredible</u> .	The power of our conscious and unconscious mind is <u>not controllable</u> .
4. Every one of us has an <u>uncommon</u> mind capability.	Every one of us has a <u>special</u> mind capability.
5. Some spiritual communities believe that <u>incurable diseases</u> can be healed by mind power.	Some spiritual communities believe that <u>permanent illnesses</u> can be healed by mind power.

**B. Insert the words given in appropriate places in the text.**

**conscious      possess      utilize      reality      achieve**

All of us have <sup>conscious</sup> and subconscious Mind Power and there are so many logical ways to learn how to control it. If we learn how to consciously control our Mind Power, that all of us, we will start to experience something we never believed possible before. However, if we chose to our mind unconsciously, we may experience undesirable results. We can change our by mind. If we change the way our subconscious mind sees things, we can change our reality. To this goal, we should train our mind and concentrate on the results we want to gain.