



STAR PEOPLE

The Techniques for a safe mind in disturbances

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1. WHY THERE ARE BRAIN HARM AND THE SOLUTION ?

DEPRESSION DUE TO DISTURBANCES CAUSES BRAIN HARM.
SOLUTION : A HAPPY MIND IS THE SOLUTION.

REASON FOR BRAIN HARM

A SIN PRODUCED DEMOTION.

MIND IN LETHARGY – IN DISTURBANCES AND COMA – IN A DEATH TRANCE

SOLUTION

GANESHA POOJA – THE TRUNK LORD – A SOUL DIVISION OF COMA IN DISTURBANCE
– SUBTRACTED IN A HAPPY FRIENDSHIP WITH TRUNK LORD GANESHA.



2. FOR A HAPPY MIND

TODDLER AND CHILDREN– A SCENE OF HAPPY FRIENDSHIP WITH TODDLER AND CHILDREN – A HAPPY MIND

FOR TEENS AND ADULTS

LOOSE THE CENTER OF THE MIND AND A HAPPY MIND – A HEALTHY MIND – A SAFE BRAIN AND KEEP A HAPPY MIND.

3. RIM BLOCK TECHNIQUE (RBT) FOR IMPROVED CONCENTRATION AND A SAFE BRAIN

THREE MINUTES OF MULTIPLICATION AND TABLES IN A REHEARSE AND 20 MINUTES OF COUNTING – FROM 1 TO 30 – PAUSE IN BETWEEN COUNTING FOR 3 SECONDS – 20 TIMES IN A PAUSE OF 3 SECONDS AND REVERSE – 30 TO 1

EVEN AND ODD NUMBERS IN COUNTING 1 TO 10 AND MULTIPLICATION TABLES

TIME BREAK OF 3 MINUTES IN COUNTING 1-10 , 10 TO 20, 20 TO 30 – THREE TIMES – TIME BREAK 3 MINUTES

COUNTING IMPROVES CONCENTRATION – AND A STABLE MIND

STUDIED IN THE RBT IMPROVED CONCENTRATION – WITH THE RBT EXERCISE – OF A MIND – DONE IN THE EVENING AND NIGHT – BEFORE SLEEP – EXERCISE DONE AND STUDIED.

4. OTHER TECHNIQUES

WATCHIN A FILM – MOVIE – A CONCENTRATION MADE.

DISTANCE VIEW – LIKE A SEA – COHERENT EYE OF THE DISTANCE VIEW.

SONGS AND MUSIC IN A HEART

SAFE AND CONCENTRATION IMPROVED .

5. FOR A COOL BRAIN

RESPECT, BE GENEROUS AND ROMANCE – IN A GOD – GENEROSITY OF A BRIGHT MIND – THE TECHNIQUE OF MIND ON BRAIN – A HAPPY MIND

6. SAFE BRAIN OF A TODDLER

TOYS AND MUSIC – IF CRYING

7. SAFE BRAIN OF A BABY

A ROMANCE AND A CUDDLED LIFE OF A BABY , HONEY AND MILK

READ THE MIND SHIELD BOOK FOR ADDED WISDOM..

8. NO BRAIN HARM – HOME REMEDY

KETONES – NO BRAIN HARM

GUAVA – ONE MINERAL – FOLLIC ACID – AND BRAIN BOOSTER – KINETIC BRAIN BOOSTER AND COMPOSER – EVENING – GUAVA JUICE

EGG SHELL – IN DINNER – CALCIUM RICH FOODFRUCTOSE – LIME WATER- IN THE EVENING- A SAFE BRAIN

9. NO SPASM

A SPATIAL MIND THERAPY – MONITORING

10. NO BRAIN HEMORRHAGE

A TALKATIVE MIND

11. SAFE GUARD BRAIN IN DISTURBANCES

TOUCH THE HEART WITH THE HANDS – 10 MINUTES – PRESSURE OF HEART ON HANDS

THIS IS HOW HEAD FOCUS ON STAMINA – OF ENERGY – ON MIND

PERIODICALLY IN A DAY – 4 TIMES – MORNING/ AFTERNOON/ EVENING AND NIGHT OF SLEEP

CODE NAMED – ***STRONG MIND THERAPY***

