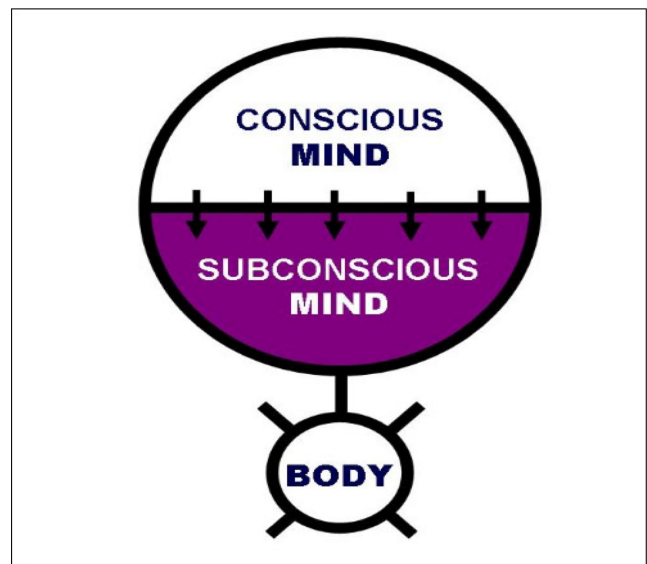




How to achieve inner peace?

Bob Proctor is a motivational speaker who uses small stick person body with a large stick person head that's divided in half. He got the concept from a man named Leland Van Dewall, but the concept, as far as Proctor knows, is from a man named Thruman Fleet.

Check out the image in the right side. There are three parts: conscious mind, subconscious mind and the body. The conscious mind is what we know on the surface - what we think and reason about. The second part is the subconscious mind. In a nutshell, the subconscious mind is our feelings. If we think hard and long enough, our thoughts from our conscious mind will go to our subconscious mind. Lastly, the body is the "manifestation of what's going on in the mind. On other words, what's going on in our conscious and subconscious mind will affect our body.



You have the ability to choose what you want to think in your conscious mind. So if you have the ability to replace the thoughts then this is what gets passed to your subconscious and that leads to the results in your life.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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