



# Ways Of Knowing

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Adolescence during the phases of self-growth begins at an early age, developing characteristics that lead to maturity, yet different roles increase and intensify whereas many start developing mimicking behaviors. The manifestation of these mimicked behaviors often involves the way one thinks, or believes. Often adolescence grow up failing to express their own point of views, rather they express what they mimic to others.

The problem comes with underdevelopment self, voice and mind. Social factors play a large part in why many teens contend to become problematic. Often the social issues lead to loses of voice. When we work through the processes of development of self, voice and mind we must consider social issues, biases, shortchanges, expressions, education and more.

Because the female gender has been shortchanged, or else biases in educational programs, at home, and in society has hindered these human beings from progressing to their limits, it has caused major underdevelopment of voice in particular, yet it stems to lack of self, and mind development.

Take a moment to read our groups of articles that will help you decide which strategies will benefit you the most. We have compiled many articles for your convenience with the latest information on self-development of mind and voice.

## **Development of the Self, Voice and Mind: The Female Secrets**

The book entitled “Women’s Way of Knowing” has received a lot of attention. This book delves into the minds of women and brings to light the way they think and assimilate knowledge. One-Hundred Thirty Five interviews were conducted asking women about their gender, relationships, the ways they acquire learning and their principles and morals. The writers of the book then formulated a theory that there are five types of knowing. In these types, women based the way they perceive themselves add their approach to other people and the community. The interviewers managed to see that the way women think about knowledge and education has an effect on self-perception.

In the book, foremost in the ways of knowing is silence. In this way of knowing, a woman may blindly trust and believe in any authority figure. She acknowledges that she falls in a stereotype and she inevitably has difficulty figuring herself out. Many of the women have been silenced into believing that they and their voice do not count. They are led to believe that they are secondary citizens and they should keep their opinions to themselves. They are also brainwashed into thinking that they have no right even to form an opinion much less voice it out. These kinds of women have been suppressed by either their families, when they were children, and by the men in their lives, as grown ups. Most likely, they have a passive personality, which just accepts the word of these people as truth.

Received knowledge is at what time the learning is gleaned from listening to other people. The women who are in this way of knowing have no self-respect or do not have the confidence to back their ideas and views. They believe in what they hear and what they read from books as the truth. They are incapable of trusting themselves to reach an opinion.

Next is subjective knowledge. Women who function with this way of thinking, respects her own views and acknowledges that she is an individual with her own mind. Oftentimes, these women are very stubborn with their points of view and ideas. This type of woman has gotten it into her head that she is better than most men and she has a difficult time relating or understanding the way men think. This information is politically incorrect, as we note biblical women with subjective knowledge and not one of these women were haughty.

Procedural knowledge is often defined as the voice of reason. Women in this way of knowing are more levelheaded and have a clear grasp of their capabilities and strengths. This way of knowing is defined into two parts, connected and separated. In the connected part of this way of knowing, women are connected to each other and they often dissect or analyze a subject matter with the help of others. They can have discussions and share facts and ideas regarding the subject matter in a peaceful fun gathering. They share tidbits of information or truths to form a larger truth. The people in this way of knowing have respect for each other and they act more like friends gossiping than adversaries trying to outdo each other maliciously.

Whereas, in the separated version of procedural knowledge, the women are often objective and have every intention of doubting and putting each theory through a test. Hostility is more often than not present during discussions and participants tend to shoot down the ideas and views of others.

In the final way of knowing which was gathered from the interviews, some women are good at integrating their opinions and views. They are aware of their flaws, want development of self, voice, and mind to occur in them. Women with this kind of way have a disciplined subjectivity, which makes them capable of forming their own opinions and reaching their own decisions. Go behind the scenes with women around the world.

## **Development of the Self, Voice and Mind: behind the Scene of Women's Issues**

Several books were published in regards to women's issues, which lead to development of self, voice and mind. So many of the books published today talk about women's issues, which these authors bring into light what they think in relation to assimilation of knowledge.

Some of the popular issues addressed after interviews were in relation to gender, relationships and gender-segregation. The issues discussed brought into focus processes of learning and the standards of common people, including moral.

In theory with concrete evidence to back many claims, some authors set out to discuss knowledge. Women were asked in some interviews how they view themselves in the public eye. During the interviews, authors decided that the very many women view themselves factors into their self-perceptions.

Silence was discussed. Many women showed traits of believing and trusting in almost any authority figure. Thus, in concluded interviews, some women felt that stereotype factored into the way they felt about themselves. We see that influences has persuaded many women to take on traits of stereotyping themselves, despite it is immorally wrong.

Down through the centuries women have been silenced, believing that

speaking out will only cause problems. The issues derived from White Supremacy thinking have drifted many women into believing they are second to man. The brainwashed influencing actions lead many women to believe they do not even have the right to voice their opinion.

Major suppression then has caused serious emotional stress on these women, and has caused them much heartache. Families, men, etc has forced women for too long to suppress their emotions, which is way many women's issues are being addressed today.

We as women must not accept that what an authority tells us is right. Rather we must seek our own truths to discover our individuality. We must leave the passive attitude behind us to a large degree and stand up to speak out. Women need to make a difference in the world by addressing the many issues we face today.

So many authority figures that act with immature minds may tell us to keep a lid on it; however, we must not believe these authorities, since we see undeveloped minds speaking. Would you listen to your five-year-old if he/she told you to keep a lid on it? In comparison, those that belittle women and put them below them are minds of five-year-olds in action.

Women, like men should be respected. We must build confidence, self-respect and stress our views and ideas when thoughts develop. We must learn to express our emotions freely and not believe any authority, just because they said so.

Authors today have discussed subjective understanding. Some people believe that because a woman is conformed to subjective knowledge that she functions or thinks that she is better than others, and that she is stubborn.

Contrary to these notions, women of subjective nature put themselves below others, and their ideas focus on respect. These women may still speak their mind, yet they respect their husband as the head of the home, and respect other authorities.

Sarah, Abraham's wife is a fine example of a subjective thinker and by no means was she haughty in any way rather she was humble.

Some authors carried on with defining procedural knowledge. With this knowledge, women conform to voicing with reason. According to some of the authors, these women have a level heads and clearly grasp their strengths and abilities. Some authors defined these women in parts rather than a whole. The authors in question used separating and connecting views, stating that women connected to others by dissecting or analyzing subjects while relying on others to conclude. Under discussion, these women were claimed to relax, and discuss ideas in a peaceful setting.

According to perspective views of opinionates, these women were non-prone to maliciously striking out at others. Contrary to their findings, there are no secrets that many of these types of women engage in gossip, etc, and often find themselves in challenges with authority figures.

The separate versions of procedural intellect claim that women of this nature tend to join in discussions without feeling hostile. Thus, disciplinary subjectivity proved to be one of the more effective ways to develop self, voice, and mind. Discover the knowing women of the world.

## **Development of Self, Voice and Mind: The knowing women**

A certain book came out and it tackled the way that women acquire knowledge. This book is a product of an all woman team of surveyors/researchers who focused on the way that women think or acquire learning and knowledge. The book is called “Women’s Ways of Knowing”. The researchers interviewed 135 women about their gender, relationships with other people, their ways of accepting or acquiring knowledge and their various moral dilemmas. As we learn about these, improve our chances for development of self, voice and mind.

These interviews yielded five ways of knowing. These ways of knowing delve into how women perceive themselves and how they approach the world at large. It was gleaned from the in-depth interviews that the way women think regarding education and knowledge affect self-perception and self-perception also affects the way we acquire knowledge.

One of the ways of knowing or acquiring knowledge is silence. In silence, one perceives the authority figure as the ultimate source of learning and knowledge. This type of learning or way of learning encourages blind obedience to authority figures. According to philosophers, the women do not even question or try to analyze the why and how of the information imparted by the authority figure, they just accept it as the truth. In cases like these, the women perceive themselves in stereotypes which are lower than authority figures. Again, according to philosophers, they have difficulty defining

themselves as individual thinkers and thus they accept what is feed to them without any resistance for fear of rejection or conflict.

The next way of knowing is received knowledge. In this way of knowing, some of the interviewed women listen to the views and opinions of other people. These women have difficulty forming their own ideas and opinions. They have self doubt regarding their capabilities and even if they want to ask or doubt anything, their self-doubt is palpable and brings them down. It is the same as the way of knowing stated above, they also have this idea that authority figures are sources of facts and truth. They do not even seem to acknowledge that they have the capability to think.

On the other hand, subjective knowledge is the way of knowing wherein women have acknowledged their sense of worth and they are aware of their brain. The development of self, voice and mind is apparent here. The women separate themselves from their sense of obligation to follow and obey other people's ideas and opinions. These women have learned to value and respect their own voice. But despite finding their voice, they are oftentimes too rooted in the feeling of insubordination that they cannot and will not try to rock the boat just for the sake of voicing an opinion. The women have difficulty-seeing things the other way even if the other way makes sense. The feeling of self-doubt is very strong and the interviewees are not so confident in stating their ideas.

In this way of knowing, the women have their voices of reason. There are two kinds of Procedural Knowledge, the connected knowing and the separated knowing. The connected version is described as where women

delve into a certain source or author or theory and they dissect it with gusto. This way of knowing is non-confrontational and very enjoyable to most women. They share their ideas and opinions without any conflict and they also get to know each other through this way. The idea or theory or author is well chewed out and discussed in any way which satisfies the women in the forum without any debate. This way of knowing is in a way, gossiping which can be very enjoyable to some of the women.

The separated version relies more on objectivity. There is a sort of confrontational attitude towards other people with other opinions, which may not conform to theirs. The discussion could turn heated and may end up in a debate among the people sharing or expressing their opinions. Constructed knowledge is the last way of knowing. Here women integrate their own voices and their own sense of self with reason. They accept that subjectivity and objectivity are essential elements in knowledge. For the knowledge to be gained these two must be conquered and made to work for the acquiring of knowledge. They moved to discuss systematic approaches.

## **Development of Self, Voice and Mind: A Woman's Systematic Approach**

Research have found that a large percentage of women have different ways of acquiring knowledge. Knowing can be defined as a way of achieving knowledge and learning. The researchers conducted interviews from 135 women and studied these interviews. These interviews yielded some facts and theories, which support the idea that women acquire knowledge in different ways.

This research gave birth to a book called “Women's Ways of Knowing”. The subtitle is development of self, voice and mind. The five different ways of knowing is probed and discussed in this book. It is well written and very informative and brings to light how important self-perception is.

In this way of knowing, the learner views words as weapons and is worried and concerned about the effects of using strong words or voicing out an opinion. Silence here means the woman keeps silent to avoid conflict and debate. Most of the interviewed women acknowledge a desire for development of a sense of voice, mind and self. Silence encourages blind obedience to authority figures to avoid conflict. The ability to voice out vies and opinions are almost non-existent.

On the other hand, there is another way of knowing that leaves the women in a state of confusion and self-doubt. Self-starting is not part of this way of knowing. They are incapable or even unwilling to trust themselves to gain

knowledge or wield it. Words are usually thought of as integral to the knowing process, these women appreciate learning by listening to authority figures. The female individuals have little or no confidence in their own opinions and voice. They are also prone to thinking that peers are also of the same category or capacity as they are. Therefore, they do not easily believe their peers and instead prefer to believe figures of authority as the source of facts and truth. These women equate receiving, keeping and returning the words of authority figures with learning. They are like puppets, which just retain the knowledge and mouth the words but do not really understand and analyze it.

Further, women in this certain way of knowing do not trust logic, analysis, abstraction and language is called subjective knowledge. They perceive these as manly qualities or characteristics, which belong to the male gender. Most of these women refrain from using confrontational ways to support or sanction their opinions in fear of jeopardizing relationships with others. They do not assert their opinions even if they know this may be the truth or may be a fact. Instead, they meekly offer advice or just keep quiet. They perceive first hand or hands on experience as a valuable source of learning and knowledge. These women have a sense of voice but they are not confident in themselves. This is a step closer to development of self, voice and mind. It is a start to these women becoming their own authority. Inward listening and watching is the predominant learning mode.

However, there is something called the procedural knowledge that stresses that knowledge is encapsulated in systems. Some of the women who use this way of knowing may be liberal or conservative but seldom or never radicals.

They believe that the simple act of gleaning information or knowledge needs careful observation and rigid analysis. This way of knowing comes in two versions. Moreover, connected knowing is based in one's capacity for empathy. This means the woman wishes to understand and learn other individuals' opinions and ideas by sharing the experience that has led to the formation of the theory or concept. They believe that this sort of non-aggressive discussion or forum will lead to better understanding of each other. It is not a confrontational meeting of the minds but instead it is an open and frank discussion of the different aspects and facets of the subject.

Further, separated knowing is based on the concept that everyone may be wrong including the person involved. This may lead to debate or confrontation within the meeting. This line of thought leads to the realization that there are no risks when arguing with authority figures.

The last way of knowing, both subjectivity and objectivity is called the constructed knowledge. Here one can cope with anything that comes along. The woman integrates her views and opinions with a sense of reason. As the woman acknowledges her self worth, she is capable of constructing and deconstructing frames of references. With these abilities, one is capable of analyzing and developing the systems for constructing knowledge. Get the basics of everything.

## **Development of Self, Voice and Mind: The Basics of Everything**

In order for women to develop themselves, their voice and their mind, they must first look deep into them and analyze the way they assimilate information. When a woman knows this, she may then try to improve herself. A study about women was conducted and some women were interviewed by researchers, showed that women have different ways of knowing or acquiring knowledge. These ways of knowing are centered on how women perceived themselves as individuals.

The first way of knowing is silence. This is defined as a total dependence on figures of authority for facts and truths. The women are virtually incapable or unwilling to stretch their minds and think for themselves. They have been pre-programmed by either their families or men in their lives that they cannot live without them. Therefore, even the thought of these women are governed by these authority figures. The women who fall in this category are very dependent on the figures of authority for opinions and ideas. Some of the women here are not even aware of the development of self, voice and mind.

Another way of knowing is received knowledge. Here, women are susceptible to the voices and ideas of other people. They are easily swayed and tend to be convinced when confronted with a strong personality. They also worry that forming their own opinion or voice may hurt other people. Women in this way of knowing believe that their friends and peers all share the same view regarding knowledge. This view is that facts and truths come

from figures of authority and that these facts or truths should not be doubted or questioned. They easily retain the facts and figures they hear and may also say them without really understanding them. Understand this is all notions delivered by philosophers that have very few concrete facts to support such claims.

The third way of knowing is subjective knowledge. Logic, analysis and language are mistrusted by women who think this way. They believe that logic, analysis and language are tools often used by the male species therefore not for them. These women are almost always non-confrontational when supporting their opinions because they would hate to alienate people whom they know. They are usually very passive and they do not care if their advice is taken or not. They have a sense of confidence but they lack the follow through needed to support their opinions. These women often lack grounding in themselves and they need a secure, integrated and long lasting self-concept.

Procedural knowledge has two versions, connected and separated. These describe the way women relate to each other during discussion and forums. In the connected version of procedural knowledge, women are connected by their sense of empathy and they relate to each other well. There are no violent or hostile reactions to opinions and ideas, which may arise during discussions. The women here are sharing what is in their minds and their feelings, in such a way that they bond among themselves. In the separated version of procedural knowledge, the women are very eager to prove each other wrong. This kind of attitude often results to heated argument and

debate. They are conditioned to think that they must doubt the ideas of others and shoo them down.

The last way of knowing is constructed knowledge. These women have learned to integrate objectivity and subjectivity into their minds and they have found a balance. They usually have high tolerance of being contradicted and ambiguity. They have also managed to use their minds to construct and deconstruct information to suit them and to present a viable idea. These women are very good at analyzing and putting their ideas into perspective. They have also come into terms with the others who are more volatile and passive than they are. Adopt a winning attitude.

## **The Development of Self, Voice and Mind: Adopting a Winning Attitude**

Developing oneself is important in that when you know that you are a capable person, you will be driven to achieve what you have always wanted to achieve. Self-development leads to self-confidence, in turn, leads to productivity, and ultimately, success.

The metamorphosis of a person spans his lifetime. The seeds of self-confidence are planted in childhood, and they grow and develop into the being of the person as the person grows. Experiences, whether good or bad, serve as the steps on the ladder to a person's growth into his full potential. It is a matter of adopting the right attitude to the circumstance.

Self-confidence results when a person sees that he is capable of succeeding at endeavors he gets into. Self-confidence is also a function of being able to believe in yourself and encourage yourself to reach your goals. When things go wrong, what do you do? Do you fall apart and crumble, or do you dust off your knees, get up, and move on into a new level of living? Remember that the way we react to situations spells the difference between getting a winning attitude or an attitude of defeat towards life. When we react to stressful situations adversely, we instill into our minds that we can never win. We start a cycle of thought that says we can never get up from where we fell. This cycle, in turn, becomes a self-fulfilling prophecy that will help dig our graves. Hence, we develop the right attitude that builds us up.

Questions arises, which arrives at the thought of how your thoughts of self-

defeat or not depend largely on the whether you succumb to the thoughts. Self-defeating thoughts are easy to spot in that they stick out like unwanted weeds in a perfectly tended garden. They manifest in such sentences as, "I can never be promoted. I'm too lazy," "I will never get married, I'm too fat and ugly," "I can never get good grades. My teachers hate me."

Note that the sentences have the speaker pronouncing an absolute doom on him or her. These thought patterns are toxic, and even lethal, because they will perpetuate and they will just swim around in the person's psyche and allow the person forever to wallow in defeat. There is a way to combat these thoughts. And that is through cognitive reframing. But how do you use cognitive reframing and become more realistic and optimistic?

When you think that: "I can never get out of debt," reframe your thoughts into what is more realistic: "I may have \$50,000 in student loans right now, but I can get someone to help me consolidate my loans, and hopefully, I can pay everything in three years' time." The key is to think of the concrete ways in which you can change your situation for the better. Think in terms of what you can do, instead of what you currently see. Then use these ideas of how to alleviate your situation to move on. But first, you have to let yourself hear the words in your mind. Restructure your doomsday prophecies into words of encouragement backed with purpose. Then make a mantra out of these sentences and affirm yourself everyday that you can do what you have to do.

It is all about attitude. Attitude starts from thoughts that perpetuate them into your psyche. When you realize the power of your thoughts, your attitude towards life, try to learn how to develop yourself. How? Change the way

you think for you will become more self-confident. You should couple your thoughts with deeds that will lead to your goals. If you have a problem, you need to get out of, take the necessary steps. A winning frame of mind is useless if the mental winner is, in real life, a couch potato. Develop your self-confidence, and ultimately, your Self. This self-development becomes a milestone in your life that will eventually lead to your success. Take your visionary action.

## **Development of the Self, Voice and Mind in Visionary Action**

We must develop visionaries to see self in the future. The oracles are mental images that we can use to create plans and goals. We can use visionary actions to create the ultimate goal that leads us to success. Using mental images, we can create backup plans to support our goals.

Visions help us to see our purpose in life. When we have driven visions, it encourages us to take action to arrive at the door of success. Visions have lead many people to success, since it is the backbone of our driven forces. Through these mental pictures, we have the ability to see micro-goals and actually goals that amount to something.

According to spectators, visions are the ultimate weapon that drives us to personal development. Once a person strives on exploration of self, thus he can use his visions to clear out confusion.

Using visions, one can explore his or her insights, experiences, learning and come to a realization.

Visions are the closest points of our insights that arouse our thinking to conclude realizations. We can make necessary changes once we come to our realization. Vision helps us to learn from our mistakes also charting the energy in output to create positive inputs. If you desire to bend your adventures by perceiving for your life net, directly do the following.

Jot down the major life lessons you have learned up to the existing time.

Move around them. Also, assess how you could calculate all things in a solitary account. Make your affirmation. This affirmation will describe your in progress actions also your future contact and the hierarchy you are taking in your life net should be compelled by this one affirmation.

Once you have concluded the affirmation, take a few days to connect with you and analyze the distance to discover your goals. Embellish this aim to embrace what you feel to be true in your aspiration of living. This is the resilience of your existence. In point of fact, the connection of perceptions in self-growth cannot be highlighted sufficiently. One cannot betterment from adolescence to maturity if he does not have a clear direction in his own life net. Thus, we must envision our future in order to set goals, find our purpose and claim our identity and life.

Whilst there are additional elements to self-development, like developing a winning set of beliefs, perceiving underlines of all things, etc we can deduce that finding your purpose in life will drive you to success. When something in the processes of all-embracing your main beliefs goes wrong, in the meantime when you create visions, you go back to your original envisions, you will have something to swerve your hierarchy and affix you erratically on your life-path.

Each day we face myriads of obstacles that sidetrack us from reaching our goals. We deal with circumstances that are out of our control, financial hardships, family, and other influences daily. Thus, it is all about the challenge and how you create your voice, mind and self to act in accord as to the results of your outcomes. We must identify self, and see that all these life

challenges are trivial. You may be challenged by duress of a greater magnitude. Just return to your visions, take an abyssal inhalation, or breath, and continue to march on. Visions will guide you to the counter points of dealing with opposition. Fasten your focus on what you border on, and remove the barriers that become inapplicable. Accordingly, if you want to develop self, voice and mind wholly, you have to envision you in the scene. Learn how to find your voice.

## **How to Find Your Voice: The Development of the Self, Voice and Mind**

A person's voice is his capacity to say what he or she thinks. A voice of one's own implies that a person is capable of standing up for him or herself. A voice of one's own implies a strong identity, a personality that is already stable and balanced.

A person is respected more when he or she has a "voice" of his own. A person is said to have a voice of his or her own if he or she can make decisions without other people interfering. When he or she has the authority over his/her own mind, he/she thus displays strength of character that will not only impress others, but this strength of character will also prove to oneself one's own capabilities. A voice is more than an opinion. A voice is the inner conviction; the inner wisdom that comes from a life lived and learned from.

To develop your inner voice and help draw it out, you have to be able to listen to yourself. You must constantly monitor yourself for your thoughts, your insights, and your feelings. In so doing, you can create an attunement to your inner climate and will help you get used to your voice. Moreover, developing your voice goes beyond just developing confidence in yourself. Developing your voice is a function of all your learning. If you note, the more learned men are, the more confident they are of themselves. Finding your voice, then, is a matter of pursuing knowledge and turning it into wisdom.

Learning is not necessarily classroom-based. It is surprising to note that the

people with most wisdom are not those with PhD's. Rather, sometimes, the most wisdom-filled advice comes from the neighborhood hermit. Women are portrayed to be caged in their inhibition, in their status as second-class citizens that is why in the past, they have yet to find their voice. But given the drive to succeed and live as equals to men, so many women who have faced great odds have made it.

Oprah Winfrey is a woman who had early oppression, had early sufferings as a child that is. Living in poverty and troubled history in love relationships, and even became emotionally and physically abused in some of her affairs. And yet, where is she now? Would you agree that she the richest African-American and one of the most inspiring people of our time?

Oprah was able to do this, because people have helped her find her voice, and because of her voracious hunger for knowledge and learning. Through her search for herself, she was able to determine what she wanted, and reach for it. She is then a picture of how, when you find your voice, you can then use your voice to shape your destiny. She in turn now helps others to find their inner voices by being a role model, an inspiration to those people who at times are down and saddened by the realities of life.

The third component of finding your voice is drawing from your learning, your knowledge of your identity and establishing self-confidence. You derive confidence from them because you know what you are talking about, and you know you are good at what you do. Further and in order to successfully finding your voice and being able to shout out, back to being attuned to yourself. Moreover, it is important that you should learn as much

as you can about life. Then you should gather the courage to speak out, drawing confidence from knowing your identity to the best you can. Keep that memory in sight when you venture to develop self, voice and mind.

## **Keep That Memory in Mind in Development of Self and Voice**

Always remember that your voice is not meant to be abused. Finding the courage, finding the voice to say what you believe in does not mean the license to hurt with your opinions. Having a voice comes with responsibility, and remembers that the tongue is the most dangerous part of your body. Wield your voice with caution and use it with discretion and responsibility. With these in minds and out of the way, just revel in having been able to find your voice. When you find your voice, go ahead and shout from the mountaintops and you will realize that you will be listened to.

Freedom of Speech is our abilities to act freely without someone violated our human rights. By examining our freedom to speak we see that we ALL are able to act or live as we choose without being subjected to any restraints, undue, or restrictions from others. We have the right to release our selves from enslavement without expecting inferences from dominating influences. We should not fear voicing ourselves in short.

To adventure into development of self, voice and mind we must learn our rights to treat our place as its own. We have a free will and abilities to exercise our freedom and make choices independent of others or any external forces.

By knowing your rights you can learn methods that help you develop self, voice and mind. It makes it easier in fact to develop you once you know your rights.

You also have human rights, so be sure to learn those rights. You have the right to express your opinion, ideas, etc, without some dominant force influencing you. No one has the right to abuse you in any way for expressing your feelings. Thus, learn these rights.

Everyday influences in the world violate our human rights, as well as our freedom of speech. For instance, a mother may stress when her child commits a crime that justice must be served. Other people in the world may see her as a bad mother, despite that she is mature and making a wise decision. Thus, these people are violating her freedom and human rights, since they are labeling a well-rounded, well-put together mother. Thus, no one has the right to label us, yet many people do it everyday.

Still, we must not let these immature influences persuade us or hold us back from doing what is right. We must stand up and voice our opinion, ideas, etc. However, we can benefit more by developing convictions with concrete evidence to support our claims. Convictions when established will make you strong.

To develop the mind we must center on emotions and our mental responses. Our emotions are challenging and can put us in an uncomfortable position. For instance, when you feel angry and listen to your emotions, thus you may strike out at another person whether it is verbally, physically, etc. We do not want this to happen. Instead, we want to develop our emotions to a mature state. When you develop mature emotions, it makes it easier to reason, use logical and think clearly even in the most inopportune moments.

Take some time to consider methods or strategies that help you mature your self, voice and mind. Consider meditation, yoga, guided relaxation techniques, such as neurofeedback, biofeedback, Radionics, etc. Go online now to explore the latest techniques and products designed to encourage guided relaxation. You must be relaxed when you step into development of self, voice and mind. When you are relaxed, it opens the door to subliminal learning. Define your character.

## **Character: a Central Element in the Development of Self, Voice and Mind**

Character: what can we say about character and how does it fit into development of self, voice and mind? Character defines a person, yet it has many elements externally and internally. Our character makes up our moral fibers, which includes our individuality, atmosphere, integrity, spirit, disposition, personality, temperament, quality of life, nature, and our person as a whole. Despite that all of these traits relate, we must venture to develop us as a whole and not a part.

How do we develop character?

Our character is developed all throughout our lifetime. However, when we look inward and leave our external persuasion, thus we can develop our human as a whole. The game of development is all about self-reliance, soul-seeking, and gaining personal development. Notice personal, soul, and self-reliance as stand-a-lone words that do not include others developing us as who we are. It is ok however to ask for help.

To commence with development of voice, self, and mind, think of your personality and how you see it now, are you eccentric? Are you introverted? Discover what type of personality you have and then move to define this person.

For example, if you are eccentric do you believe that you have unusual traits? Do you feel like an oddball? Do you feel weird or strange when in a social arrangement?

Down through the years, society has labeled eccentric people as unusual, weird, etc, and it is because they do not conform to the so-called normal way of thinking or behaving in public.

These influences have to go. These stereotypes and control freaks has set the mark for underdevelopment, which is opposite of what you want to do. Therefore, you must venture into your subliminal mind to explore who, what, when, how, etc made you feel as though you are peculiar. Eccentric personalities has much more to give that most people realize and these people often develop their voice, mind, and self to a larger degree than average. Therefore, your efforts to achieve development of voice, mind and self may not become as struggling as those with stereotyped minds, judgmental minds, etc.

Here is your label: An unconventional person with whimsical ways. Here is your truth. You are original rather than fabricated. You are someone that enjoys talking and may find some area of fascination in arts. Thus, you have different perceptions, thus making you a person most likely willing to go to all lengths to find truths before you express fictional opinions or philosophies to others.

You see a unique person here, not a weirdo. If people must label you as weird, thus ask them to examine themselves, because weirdo is someone that molests children, or along this category.

But what if I am an introverted person?

According to society or judges in the world, thus you are someone interested in self, find it difficult to socialize, shy, and easily intimidated. You are someone caught up in your own thoughts rather than the thoughts of others. The label is politically incorrect.

Remove those labels, because you are out to define you. No one else has the power even to come close to stating who you are. Only you can define your character. You must turn inward to define who you are, and one of the best tools you can use is called subliminal learning.

## **The Development of Self, Voice and Mind: A Holistic Approach**

Holistic living is the trend today. With people wanting to live integrated lives, with peace of mind foremost on their needs, self-development has become a commodity. Self-development is not a matter of adopting new Eastern techniques to be at peace with the universe. Self-development is a lifestyle you choose to lead, shaped to your needs.

Self-development starts with unlearning old patterns of thinking. You have to teach yourself to avoid negativity and instead focus on what you can do; focus on what steps you are to take with your life and correct your wrongs. Unlearn all the self-condemnation and flagellation. Learn how to praise and have confidence in yourself. When you have unlearned, you can now start adopting values that are congruent to your being. Values are not chosen randomly. They are adopted over time, through your learning, through your experiences in life.

Self-development develops as you gain knowledge, find your voice and learn to express it. When you find your voice and build your confidence through gaining mettle and credibility through knowledge and wisdom acquisition, you also grow as a person. When you realize all of these, you can now synthesize a vision for your life. What do you want to be? Where do you see yourself years from now? What do you want to make of your life? What is it that you want to underscore everything that you do? Your vision should answer these basic questions.

When you have unlearned, adopted values, found your voice, and synthesized all these into a vision, I believe, you are now in the heart of the self-development process. Self-development lasts a lifetime and does not stop when you reach 60. People have been known to touch others' lives, live out their vision, well into their 80s. It is a matter of being driven enough to live on and leave marks on others' lives and pursue your vision, no matter what your age. Self-development is a journey that will stop only when the last bit of earth has been shoveled into your grave.

The heart of self-development is to strive to be a better person, no matter what the circumstance is. Abraham Lincoln had so many odds against him, suffered so much defeat in his quest for the presidency. But he had a vision, and he had the positive outlook, the values, and the voice to back up his vision. And today, he is remembered as one of the greatest American presidents. Lincoln termed this striving as the quest for self-actualization. For him, self-actualizers are those who have a singleness of mind, who are focused on their goals, despite the odds they face. Self-actualizers to him are those people who have compassion on others and have a general concern for the welfare of the world. Self-actualizers have a purpose to live out, and usually these are lofty goals.

You may not see yourself as a self-actualizer, but you do want to develop yourself. That is totally fine. Just follow the steps. You may not want to develop a lofty vision, but I still suggest that you develop a vision with which to live by. Vision, no matter how lofty or simple it may be, would still be your life's backbone. If only for yourself, you need to develop one, to

have a backbone of steel to guide your life. How you shape your life is incumbent on your decision, just shape it. Do you want to be a drifter, going where the tide carries you? Do you want to be 60 and in dire need of guidance? Or do you want to be 25 and conquering the world? Your decisions are based on who and what you are as a person. Developing yourself is a start to making the best decisions you can make in life, and the consequences of these decisions, mind you, would be far-reaching. So take a deep breath, decide to realign your life, develop yourself, and be the next Einstein.

## **Self-development is the Key to Sure-Shot Success in Development of Self, Voice and Mind**

The word 'self' refers to an individual's knowledge of one's own identity. The study of 'self' is a popular subject in philosophy and metaphysics. In true terms, it means the individual's conscious and inner personality. Though the subject of 'self' is an intriguing and tough task but its methodological study can lead to a wonderful and astonishing change in the outlook of the individual. Hence, the need to understand one's consciousness is important for the personal as well as spiritual growth.

It is said that to understand one's self is an impossible task. Many people wonder that how can an individual talk, explain or judge one's own self. But my dear friends, we can do it. There are numerous ways to make and realize inner self, some of which we have discussed below.

The self is a wide subject that is made up of various small terms, such as self-awareness, self-control, self-efficacy, self-identity, self-realization, self-consciousness and self-propensity. Knowledge of many such terms in relation to you will make you come closer to your self. This will lead to the ultimate development of the self. By developing a higher thinking, one can expand one's horizon of mind and heart.

Self-development is defined as taking the responsibility of personal learning and progress. Learning about one's own weaknesses and accepting personal criticism is the greatest step to achieve self-development. If you are not aware of your own shortcomings, you can never progress in life. It can be compared to a child who is learning to walk and falls down at every step that he takes. But after so many attempts, one day, he is able to take the second step and walk. Similarly, understanding the self might pose problems initially but in the longer run, it helps you overcome so many hurdles on life.

Another important point that should always be kept in mind is self-awareness. Without it, one can't think of developing one's self. To spend one's time on self-knowledge proves to be fruitful. Every individual has his or her list of strengths and weaknesses. The knowledge about one's weaknesses is much more important than knowing about one's strengths. By analyzing on your shortcomings and working to improve them, you can easily control adverse situations when need arises. For instance, if you are good at painting, it does not mean that are a good musician too. So, in order to see whether you are a good musician or not, you have to undergo your self-test.

Conversing with one's inner thoughts can be very productive step in the process of self-development. Analyzing your mind can solve much negativity that hampers your development. For example, let's take a situation in which you are in a discussion with a group of people, and suddenly someone's comment offends you. There will be a stream of negative thoughts that will enter your mindset. There are also some cases when we are not able to control the evil and bad thoughts origination within

us. This generally happens when we do not accept the set norms of the society or people around us. Accepting those norms leads to suppression of self. These repressed thoughts and past experiences make the sub-conscious mind.

But here you have to take control of your thoughts. You need to ask your own self that why the remarks or the norms offended you. Simplifying your thoughts will show the way to positive thinking. In short, terms, the consciousness of mind is the self-awareness of the feelings and thinking. One of the most effective alternatives is to shed off all the subconscious thoughts and impressions. Channeling your thoughts removes the unwanted weeds from our minds. It will purify the dirty thoughts of our subconscious mind.

Value education and good parenting also proves beneficial in healthy development of the self. Personal skills and confidence level are to be boosted up so that the evil of self-deception declines.

## **Understand Self to Transform Mind in Development of Voice and Mind**

The collective aspects of consciousness and intellect in the form of will, imagination, perception and thought are referred to as 'mind'. It is believed that memory and reason are the main elements of a mind. But, some argue that the emotional and thinking aspects are inseparable and they are the parts that constitute the mindset of an individual. There are various parts of mind, including the conscious, subconscious and unconscious.

The subconscious mind comprises of the past experiences that leaves a mark on our minds. The mind comprises mainly of two feelings, the positive and the negative. Love, selflessness and brotherhood are the main ingredients of positive feelings that crop up in our minds. These feelings help in the growth of the mind and thought. Ultimately, they constitute as the powerful energy in creating self-development. But on the other hand, the negative feelings like nervousness, jealous, hatred and shyness results in emotional imbalance and this curtails the development of the mind. For example, if your mind is always engrossed in thinking ways to take revenge from somebody who offended you, then your mental progress will stop. The mind will become addicted of thinking evil ways to hurt someone. So, self-realization and analyzing are the two methods that can keep your thoughts pure and positive. This practice would relax your mind from the unnecessary stress and negative thoughts.

There are some practices that an individual should follow in order to overcome these negative feelings. In this way, the individual can develop his

mind and inner self. Also, the intrigues and jealous feelings would immediately stop. This process is known as 'thought stopping'. It involves the following steps:

Listening and analyzing those thoughts that worry the serenity of mind.

Strengthening your decisions by views that can be supportive,

Deciding firmly that you will do anything to stop those thoughts.

Try to calm and control yourself.

This is the most effective way to confront the evil thoughts that comes in your mind. Think that negativity is the devil that is trying to entrap you and your mind in his trap. The second most powerful step for the development of the self is to develop our personality. Having an optimistic outlook towards life will automatically shed of evil and depressing negativity.

It is a true fact that the mind is not accessible to anyone except its owner. So, the owner has the keys to the lockers of the mind. By listening to our inner voice through the practice of meditation, one can realize those wisdom keys. This will also help an individual in self-consciousness and self-awareness.

The self-development learner has to adopt the practice of accept personal criticism. A friend of yours will never speak ill about you, but an enemy will. Many of us start hating those people who speak bad words for us. But here lies the difference. One has shed off these pessimistic thoughts and accepts the things pointed on your character and personality. By practicing this, you will find that there will be no enemies around you. This will turn your weaknesses into strengths.

The best ways to overcome such evil thoughts and adopt positive outlook is to practice various methods of self-awareness like yoga, acupressure, meditation and spiritual learning. These measures offer an individual with physical as well as mental growth. It rejuvenates body and mind, and helps in changing the personality and outlook of the people. With these practices, one is able to listen to the inner voice that directs us to the right path of self-development and self-awareness. Get in on the latest breakthroughs in medicine.

## **New Medical Breakthroughs in Development of Self, Voice and Mind**

According to recent medical reports, factory workers have doubled their immunity responses. They were asked to take sample saliva and blood tests, which produced this result. According to some experts, recovery and healing was inspired by working around products, which involved handling, and then exhaling into the air.

Ironically, a team of toxicologists worked around hazardous chemicals and substances, such as pesticides. It resulted to nil side effects. Each person passed the blood tests given, as well as the toxicity analyze and gene mutation tests.

According to toxicologist, we must stop fearing flu; rather we must enjoy our seasons. We must ward off arthritic, crippling inflammatory diseases and begin enjoying a fuller life. We must heal and recover by developing our personal self, voice and mind to prevent pain, disease, injuries, etc.

Down through the years, I have personally conducted my own self-defeating habits, which produced great results. Instead of fearing what may hurt me, I choose to accept it and handle any situation that comes along, including flues. Instead of believing, the weather has anything to do with germs and viruses; I choose to accept that the weather has nothing at all to do with flues and colds. Rather we become ill when the immune system is weak and when we meet viruses and germs. Thus, I have learned through years of experiences that weather has nothing at all to do with illnesses.

We must put fear out of sight when we venture into development of self, voice and mind. When we put fear out of sight, it encourages us to develop a strong, winning attitude. Fear is the root of all problems, thus we must learn to see fear in other lights. Not only should we consider battling fear, we should also consider the latest breakthroughs in medicine, which includes seaweed discovered to fight cancer.

A small isle in Japan was discovered to have certain medical secrets. On this isle people live to be over 100 years old and very few if, any develop cancer. Their secret is seaweed. Seaweed was found to destroy the end-stages of cancer and can heal Chernobyl victims of radiation. KOMBU is the seaweed delicacies that these natives enjoy. In fact, tests were conducted by experts, which discovered that FUCOIDAN, a carbohydrate ingredient of seaweed has a long history of preventing cancer.

According to medical experts, the potency of FUCOIDAN provides us an extreme immunity booster. In fact, these experts tested cancerous cells in labs, which resulted to self-destruction of cancer cells in a short while. In fact, FUCOIDAN proved to slow and fight against lung cancerous cells. Doctors in the labs combined FUCOIDAN with AHCC another natural extract and it produced near-perfect results.

In fact, results showed that seaweed extracts rise above preventing and treating cancer. Russians has utilized seaweed in fact to treat sickness from radiations, or meltdown victims of Chernobyl.

Research has produced amazing medical findings. It is time we look into these findings further so that we move through development of self, voice and mind effectively. We all have the power within us to find answers to any problem, including major diseases such as cancer, which is clearly proven with the new findings.

Go online to review some of the latest breakthroughs in medicine. You will find a wealth of information posted online that keeps you informed of the latest solutions in healing. Take time to learn more about seaweed for healing cancer, subliminal learning, accelerated learning, the latest solutions in Radionics, biofeedback, neurofeedback, etc to get the most out of developing you.

## Development of self, voice and mind-knowing ones` self

Many people can be go through life without actually knowing who they are. How one defines one`s self is not clear-cut but is more of one`s personal definition. What defines` ones` self is very debatable are you defined by your achievements or are you defined with your morals or principals well you are defined by a combination of both . One can achieve something but at what cost. What good is having a string of achievements but lacing in other aspects of your life.

When we are born who you really are is already preprogrammed although the circumstances around you shape who you are the other more important bits are buried deep in you and for a privileged few with due diligence will go on to discovered themselves.

A lot of people do not dig deep within themselves to find out more about them although in good times most people do not venture to find out more about themselves but sometimes tragedies force us to find out the other site to ourselves. Far too commonly, you find someone after an ordeal will be shocked; they have had such amazing resilience as well as strength. It is in our human nature not to fully utilize our potential but as a person if one could take the time really to get to know you will enhance your strengths and ultimately make you a better person. The journey to self-discovery is a long and hard one cause our real self at most times is hidden deep inside layers we have created to protect our fragile self as well as fit in certain social groups. In our everyday lives, we are very busy trying to archive

certain goals be it our career or businesses we rarely get time to just relax and do some soul searching.

People have been known to go on camping trips and spend a lot of time digging deep into them to find peace with themselves and with knowing ones` self provides a good foundation to success in all other aspects of ones` life. As we develop into adults we are shaped by what is around us be it socially acceptance as well as types of work as well as other factors were we live level of affluence and so on. It is important that we ask our selves some basic but important questions about ourselves, such as what really get us going? What are our passions? What you enjoy and so on although the questions sound very common and if you do not dig deep you will most likely come up with a something but if you really dig deep and are honest about yourself, you will be amazed at what you might uncover.

Take stock of ones` self in a critical way, which will most likely conjure some flabbergasting revelations all this could be done personally, and being very truthful to you. In modern society people are engineered to conform to society and hence we can just live through life following along to such an extent those values or activities are so engraved into us that they are us but if you did deep you will find the real you . Take a bloke watching sport you might not like football but if all your friends are crazy about it they will take you along to a lot of games you will be shocked after a while football will be part of your leisure activities. By exploring something new, you may find greater rewards at the end of the pot. So start exploring today to build your self, voice and mind. Find your voice.

## **Finding your voice in Development of Self and Mind**

If you asked anyone who is not dumb if they have a voice they will most definitely answer yes but the reality is most people have a voice but very few use it. It is of utmost important that we learn to use our voices just as babies learn to speak we should learn to use our voices. I once went to a brilliant five star hotel I was very much happy to be going to dine in such luxurious surroundings but that dinner was not the best. The server took forever and when the food came, it was cold. I just sat there and took this in and when the bill came as I expected the price was quite high. I went home angry but the more I thought about what happened the more I got mad then I realized something I was angry at myself cause I had lost my voice . I had just sat down at the table, witnessed this shoddy service, and done nothing. If I had asked for the supervisor and made sure, our grievances heard then probably the evening would have been a more enjoyable one. Finding your voice is of utmost importance and if you search deep within you will find it.

Finding your voice will mostly begin with building your confidence if you build your confidence, it will help you to find your voice. I find learning to do your public speaking in front of a mirror and rehearsing what you are going to say helpful. If you master this then you can go and politely ask for a pay raise from that intimidating boss of yours. I once encountered this orator and I asked him how you manage to get up and address large groups of people day in day out. I asked him weather he got nervous he said everyday but he just does what he does regardless so that showed me something , it was ok to be nervous but what was not ok was not trying. I remember at one

point I did not have the confidence to speak confidently but I began practicing and as most things practice makes perfect and speaking is not any different.

Finding your voice is not only about quickly voicing your opinions it is also about effective communication. Even if you have a lot of sense how you convey that information is going to be equally important. If you approach someone in a calm collected manner a lot of the time, they will be reasonable but if you go to complain and you start shouting then the other person will shout back and you will both go nowhere fast. Being calm and collected when complaining is very important but obviously, it is about getting the person to understand where their service or product is falling short.

Although we all have voices, it is about learning to use them. It is about opening your mouth and actually letting the sound come out to influence change in our lives. Finding your voice doesn't only have to be taken literally finding your voice could be taken in a number of ways some people find their voice through painting some through writing some will find it through music but it all has the same effect of being able to vent those frustrations as well as anger and hence makes us better people . It is very important to be able to find you vocal voice but the other forms of releasing your frustrations are equally important. Have you ever been to a musical performance that had so much emotions it would be unbelievable. Review the mind.

## **The Mind in Development of Voice and Self**

The most important part of who you are is in the mind. It is amazing what our minds can achieve naturally humans do not maximize the potential their minds have which comes as not much of a shock as we tend to do that with almost everything in our lives. If we learn to use our brains then we will achieve amazing things. If you were to give someone a task most of the time they will do the task with very little thought but if you train yourself to first think things through then you will realize not only will you come up with the most efficient way of doing it which then impacts on the rest of your being. The mind is quite a complex part of our anatomy, which are the hub of everything, which goes on in our bodies, and the center of all emotions.

### **Keeping the brain under control**

Learning to control your mind will give you better control of your body. For instance have you ever found yourself feeling tired but you have just woke up. Well the mind at times can play games with you as the mind tells the rest of the body what to do if you get better control of it you have a better grip of your being. So what happens do you just carry on with that or you tell your mind hey shape up I am going to do what I want and the sooner it complies the better in no time you will be running around all energetic. This in my view is an example of how your mind can be trained to think positively and yield amazing results. Thinking positively is one aspect that can never be over emphasized. A positive person is more likely to give a task their best than a defeatist attitude. Our brains believe what they are told so generally if you tell yourself something enough times you will start to believe it to some

extent. Some people believe in positive thinking to health as part of a holistic approach so the mind would play a pivotal role in the road to recovery if one were not feeling too well.

Use it or loose it

The more you use the mind the better it gets hence it is of utmost importance that you exercise the brain the same way you would do your legs one might wonder how one could do that well its really simple just find things that re intellectually challenging to do . Play sudoku as well as doing a puzzle could be a beneficial exercise. Have you ever noticed how a mentally alert individual will find it easy to concentrate on a task at hand rendering them very valuable be it at work or anywhere else for that matter? If you have a sharp mind you will remember more and be able to spot mistakes quickly how happy would saving yourself from making a potentially expensive mistake would that make you .

Mind puzzles by the way will build your mind by encouraging you to explore the subliminal area of the brain. In this area you have hidden messages, which develop from your past learning and experiences. By developing this area, you can get the ultimate control over development of self, voice and mind.

Therefore, enjoy mind puzzles often to get the most of your development. You may also benefit from meditating daily. This practice too allows you to tap into the subliminal mind and explore your past learning and experiences. Find your key to success.

## **SELF DEVELOPMENT of Voice and Mind with the KEY TO SUCCESS**

It is a universal truth that man is a social animal. A man keeps on evolving and undergoing constant changes throughout his life. These changes depend upon how a man interacts and respond to the different people he is meeting in the society and also on the way; he handles various types of circumstances. With these transformations, a man moves towards self-development, which is reflected in his personality, opinions and attitude. That is why, it becomes crucial for a person to find and connect with his own inner self in this ever changing and complex world, which is full of rapid transformations.

Our own self is a microcosm of the society we live in. All our thoughts, beliefs are greatly influenced by the way our society thinks and behaves. It is necessary for each human being to behave and interact with the society in a certain manner. Failing to which, the person would be branded a recluse and this can prove all the more detrimental to a person's self-development process. Before trying to understand the world around us, the way society thinks, it is always advisable to try to understand one's own self. It is necessary for a person to grasp the way his own mind works, ideas, and beliefs, which are subconsciously formed by mind. If a person is able to enlarge his viewpoint on his values and does not indulge in self-criticism, he can easily attain high level of development and refine his thinking process.

Moreover, a person who is well connected to himself and works towards his self-development is the one who can taste success. However, one needs to understand what exactly does the term 'self' mean. One's inner self is one of the main components, which one needs to understand when dealing with psychological study of self-conscious. A self-conscious is the awareness of how one would behave and react when subjected to diverse situations. It largely refers to the alert and thoughtful aspect of our personality and understanding.

However, trying to pay heed to our sub conscious mind can often be a tricky task for some people. This is one of the main reasons why most of the people fail to connect spiritually with themselves. One can trigger his process of self-development, by indulging in self-subversion. Self-consciousness and recognition with one's own concept of social, physical and physiological attributes is essential for sound self-development. In addition, it has been observed that various types of failures and success that one encounters in life play an instrumental role. This is because they are very intimately connected with the nature of ideas, understanding and beliefs formed by a person over a substantial period of time.

Yet, another important aspect of self-development is self-concept. Self-concept is a man's personalized view on his experiences, practices and things taking place around him, which affect his life. Another interesting fact to be noticed is that absolutely no one in this world is blessed with inbred self-concept. A person develops his idea of self-concept over a period of time. And it keeps getting altered at different stages of his life as a person

experiences different situations, interacts with new people and is faced by diverse sorts of circumstances.

In short, while aiming for self-development, it is required of a person to adopt a holistic approach towards him. Concentrating on one's strengths and identifying weaknesses and trying to eliminate or overcome them is the only way one can be successful in rising one's self esteem. Check out the latest news in relation to the new age to explore holistic development. Mental development leads to effective thinking.

## **Mental development leads to an effective thinking in Mind, Voice and Self**

Our mind is one of the most remarkable and efficient organs of our anatomy. It starts working right from the moment when we are born. Even when we are sleeping and all our other body parts are taking rest; the mind continues working round the clock. Whatever happens during the day, our mind keeps making a mental note of all those activities, which consequently affect our thinking process. Thus, our mind is the centre for our spiritual and holistic development.

Moreover, our mind plays a vital role in shaping our inner self. This is because the concept of major decisions and activities performed by a man is handled by the mind first. It responds to the things and activities that happen around us, which affect our inner self. It consciously or sub consciously notes and prepares its own viewpoint on various topics. This viewpoint is the collective voice of our inner beliefs, persona and soul. However, it is true that all our body organs are ruled by our mind but development of mind depends on various factors. Our mind is constantly engaged in evaluating our actions and criticizing them, if wrong. Therefore, to accept self-criticism it is of utmost importance to keep an open mind.

Basically, our mind focuses on two aspects- memory allocation and reasoning for all the activities, which take place during a day. However, philosophers rule out that yet another aspect of mind, which cannot be ignored, is that our mind is also bound by thinking and emotional aspects. In

addition, until and unless, our thoughts are pure and optimistic, self-development in true respect is not possible. Only high levels of mental maturity can help a person to refine his way of thinking. With all the new world possibilities springing up in all spheres of one's life, it is the best option to focus our mental power and realize the importance of a free mind in order to perform our best.

If a person's mind is sabotaged with plethora of negative thoughts and emotional distress, it cannot attain highest levels of development required for a person's holistic healing. The bottled up feelings of jealousy and hatred in our mind for someone serve only one purpose i.e. they render our mind incapable to think beyond in the light of optimism. In addition, stress can lead to pessimist thinking, emotional imbalance and nervousness among people. Our mind can be best utilized when one learns to cope with stress as it can be caused by thousands of factors. In the modern day approach, it is wiser to accept that stress cannot be avoided completely. Hence, it is always better to try to mitigate stress and not let it affect our daily way of functioning and dealing with it systematically.

A person with little or no mental development finds it extremely difficult to succeed in life as such a person does not learn from his mistakes. Neither is he able to draw conclusions from his past experiences nor he can make decisions on how to handle his life. The tendency of this behavior leads to the undermining of the importance of self-development and listening to the inner voice. In addition, our mind is not dictated by any external factors. It rejects any beliefs and concepts imposed on it, as they do not arise from

within the soul or from analyzing personal experiences. Thus, the development of ones self is not possible if mental development is ignored.

There are several ways prescribed to attain peace of mind. Some of these include meditation, yoga and spiritual learning. These techniques play an instrumental role in connecting our mind to our soul and inner self. We must aim at healing in a holistic way.

## **AIM AT HOLISTIC HEALING WITH SELF DEVELOPMENT of Self, Voice and Mind**

There is no denying from the fact a man lives in accordance with the society and nature at large. It has been said that the ultimate goal of a man's life is to attain salvation. Salvation is described as a state where the person's soul is fused with the soul of the universe. However, in order to attain salvation, one needs to reconnect with his inner self. Development of self, voice and mind is very important for a person to succeed in life.

Some of the expert philosophers opine that all the energy within us, which we offer to the world in form of our actions, speech and thought, gets back to us in the same form. Hence, the importance of doing good deeds and delivering positive speech is that it returns to us in the form of positive energy. Similarly, if we harbor negative thoughts and speech, it will affect our way of thinking rendering us a pessimistic approach to each aspect of our life.

We all have an inbred guiding light within us i.e. the voice of our soul. It constantly helps us to take right decisions in life and avoid taking any steps, which we may regret later. The only thing required out of a person is to harmonize his actions and way of thinking in such a way that he is able to pay heed to its inner voice. However, most of the people suffer from an identity crisis. They fail to realize their self worth. Hence, it is critical for a person to be able to relate to his inner self.

Self, in itself is a very wide term, which consists of several aspects under it, such as self-awareness, self-reliance and self-identity among others. By self-development, one basically means to control our ego, which may be blocking our way for liberal and mature understanding of the world and our connection with it. Only if a person learns to control his emotions and adopt a rationale viewpoint to all the nature of events taking place is self-development possible for him.

A person initially may have confused views about himself and the society at large. This is possibly due to the reason that the society imposes a completely different set of ideals for him, in accordance to which he is expected to behave at all times. But, it may be possible that these set of ideals are completely different from how a person's mind interprets various facts and events. This often leads to confusion of views and acts as a mental block for the person concerned. As a result, he may turn into a recluse or a rebel questioning the intricacies and the way the society works. Such people generally fail to reconnect with themselves and experience a sense of alienation from their inner selves.

Also, most of the times, people are aware of their inner self, a constant force which can help them through thick and thin. But, they simply refuse to acknowledge it. Ignoring their inner voice is what leads several people to land up at a static point in their lives, where they are neither sure of their identity nor are they able to decide what exactly do they want from their lives. They undermine their self-importance and become extremely under confident. This may prove catastrophic to a person's well being and holistic development of body and soul.

Thus, all over the world, psychologists, and philosophers agree that a person should be well aware of his inner voice, state of mind and self-beliefs in order to progress well in life and serve the society in a better way. Hence, it is always advisable to devote some time reconnecting with one's own self so that one may be able to understand the complexities of the world in a better manner. Listen to your inner voice.

## **LISTEN TO YOUR INNER VOICE FOR SUCCESS of Development of Mind and Self**

The world which surrounds us is full of myriad sorts of voices. But, among the sounds of all these voices, we often fail to hear the voice, which is inherent in us-the inner voice. This inner voice is a component, which every one of us has, but only a few of the lot prefers listening to it or tends to be acknowledged with it.

Our inner voice is one of the most true, intuitive and spiritual guiding light. It is like a ray of hope, which paves the way for optimism. It lends the most altruistic and genuine opinion on each aspect of our life. For an instance, it has often been observed that in many situations people are generally confused over two stands of a situation. This happens due to the two conflicting views often represented in the form of an angel with snow-white wings signifying the chaste side and positive outlook. The other is the conflicting view of the diabolical bent of our mind and referred to as a negative outlook. However, in these phases of self-crisis, only a person who is in touch with himself and knows how to handle conflicting situations can choose the correct option. It only requires some amount of patience and wise thinking on the part of a person and it is not an enormous task to get accustomed to listen to one's inner voice.

One can easily listen to his inner voice only when he is completely aware of its presence and the influence, which it exercises over our mind. There are loads of people who though refuse to listen or believe in the concept of inner

voice but still their actions and thought procedures are sub consciously ruled by it.

Though, no matter how much it may be stressed upon the virtues of inner voice. But one fact, which cannot be ignored, is that each and every human being has the right to exercise his own free will. It depends on person to person whether they want to pay heed to the inherent voice or not. Yet, studies have revealed that people who follow their instincts and act accordingly are more successful than their counterparts. People, who do not acknowledge and refuse to believe in the virtue of inner voice, keep moving away from their goals. Also, being ignorant can often lead to complete despondency and misleading of our path in life.

At initial levels, following our inner voice even if our mind disagrees with it, can be the most unnerving and risky decision for any person to take. Nonetheless, it is almost impossible that a person would repent for the course of action taken by him following his inner voice. Noted philosophers opine that our inner voice is spiritually connected to the universe. When a person aspires to achieve something, the entire universe conspires to make it a reality for the person. This same view of the universe is echoed by our inner voice. Just a person needs to trust his instinct and gut feeling. Listening to our inner voice at times of crisis or even otherwise is an art, which has to be cultivated over time. One needs to completely trust and be true to one self in order to attain spiritual calmness.

For a lot of non-conformists, listening to inner voice seems like a practically insane idea. These people are a bit too conserved and unrelenting to loosen

their control over their lives and risk listening to their inner voice. But, as experts say, it is always worth the risk.

## **DEVELOPMENT OF SELF THROUGH DEVELOPMENT OF MIND and Voice**

The discovery of self is one of the most crucial aspects of an individual's life. This is because 'self' refers to an individual's consciousness. And how the person perceives the world around him, moreover, it plays an important role in the development of an individual's life. The development can be in the form of self-perception, self-awareness and self-identity.

Also, the self-development embraces the development of one's competence and potentials. Moreover, the processes of self-development are ordered and widens with the realization of one's potency and limitations. This advancement is incessant aiming at the capitalizing on strengths and play down on weakness and helping an individual realize his potential.

The theory of self-development is also well defined in the words of Sigmund Freud, the father of psychoanalysis. He gave the theory relating to the working and development of a human mind and stated that our mind is divided into three parts namely, consciousness, sub consciousness and unconsciousness. Consciousness is what we think, feel or do through our conscious mind. Every individual has the ability to react, but it depends on the person to person as each individual react differently to the same situations or the same individual may react in a different way in the same

circumstances. This ability is a precursor of consciousness. Whereas sub-consciousness may be defined as thoughts which operate or exist out of the conscious mind? Sometimes despite our hard and sincere efforts, thoughts keep creeping in our mind of jealousy, anger and covetousness. All these are a part of our subconscious mind. However, unconsciousness refers to the trouncing of consciousness and an individual in this phase fails to react to the stimuli. During unconsciousness, the working of mind cannot be controlled, as there is free flow of thoughts, which no matter how much the person tries hard, fails to do so.

But one thing, which is in the hands of the personage, is that he or she can try and keep the negative and impure thoughts. Feelings like hatred, lust, envy, sloth and gluttony can be ceased with the practice of meditation, yoga, selfless work and devotion. These practices help in pouring clean and health thoughts relating to God, self-sacrifice and Philanthropy. This in turn helps in the process of self-development, which makes a better human out of a being.

However, the process of self-development is not easy as even if you clear your conscious mind of all the down beating thoughts. This is because it is more related with our sub-conscious mind and it takes a considerable amount of hard work and time to make your subconscious mind free from the dirt, which has been dwelling since many years. Endurance and firmness are the pre-requisite, which one needs, as it is not a day or two processes. During the process of development of mind, one has to feel many negative effects also. However, one does not have a fret as these are temporary and can be resolved with the aid of an instructor, friends and spiritual groups. If one is

trained at knowing the working of his or her mind, not only will the personality and the mindset of the people improve but also the process of self-development will be initiated at a faster rate.

Undoubtedly, the process of mind development is the key to self-development as it ensure the all round development of an individual's personage making him compatible to both the personal and professional life. The person who become aware of the self-development, he or she can easily attain success and positive outlook towards life. Free will is the fuel for self-development.

## **FREE WILL-THE FUEL FOR SELF DEVELOPMENT of Voice and Mind**

### **The steps in unearthing you in self-development:**

The unearthing of the new self of a personage refers to the process of self-development. This self-study leads to a growth in physical as well as mental development in an individual. The term 'self development' refers to making the mind free from all the pessimistic thoughts and making oneself strong enough to let the entry off only the purer and the noble thoughts. The working of a human mind can be divided into three parts as categorized into consciousness, sub consciousness and unconsciousness.

Moreover, the process of self-development can be initiated by the power of the free will. The dogma of free will affirms that the personage is competent enough to make choices according to his or her own strength of character. It is now the individual's decision either to take to the affirmation in the life or to take to the negative ways in life and thus hamper the process of the self-development. Free will states that ultimately setting the preferences of an individual rests with nobody else but with the personage alone. It is our own decision to stop the entry of all the negative feelings such as, hatred, lust, jealousy and sloth and allow all the positive thoughts such as love, compassion, goodwill, respect for other self and community helps in the better development of the self. The inlet of the positive thoughts even helps in minimizing the ageing effect thus making the personage look attractive and charming.

The process of mind development is a never-ending process. Listening to inner voice is not a practice, which can be completed in a short span of time. It keeps on improving with the growing years of an individual's life. However, the practice of yoga, meditation and engaging yourself in the selfless activities, such as charity, old age home or teaching the poor children helps one feel relaxed and have the flow of positive energy in the mind of the person. Such activities give a sense of satisfaction and tranquility to the person.

Furthermore, the person sense of prejudice and prudence plays a vital role in the self-development of a person, as the negative things are generally more appealing to the senses when compared to the positive things. This is because there is a sense of mystery attached to it. A healthy mind helps an individual to be free from pessimistic thoughts, which lead to better self-development. The process of self-development relates to the process of giving confidence to an individual, making him free from all the negativities of life and enhancing his personality. This makes him competent enough to stand and speak in a group of people. A person who is engaged in one or the other activity throughout the day is the one whose self-development is better when compared to the other who is idle. This is because it is believed that the empty mind is the dwelling of a devil. However, a mind development leads to a free will, which plays a crucial role in the self-study. It helps us to make a careful choice between what is right and what is wrong.

Needless to say, the best way to develop yourself is to shun all the negative feelings and look for contentment even in the insignificant events, make

preeminent of your circumstances, accept the fact that the grief and joy, go hand in hand and tell yourself everyday that criticism should not bother you. Following these simple guidelines can make the best of an individual and ensures all round self-development. Listen to your inner voice and test some supplements.

## **INNER VOICE - A SUPPLEMENT FOR SELF DEVELOPMENT of Voice and Mind**

Mainly, there are two types of voices that a person deals with. One is an audible voice, which is a combination of words and is in the form of speech. It is basically the expression of an individual's feelings. Our inner feelings and expressions find the outlet through the medium of speech. Speech tells a lot about us, as our speech can be full of affirmative oomph or can be loaded with fear, which makes us shrink from our true self. The power of our speech can take us on the respective directions depending on the way we use our words. It is generally believed that our thinking decides the way we take our life, if we are optimistic our life will take us on the progressive path whereas if we are pessimistic, the life is bound to make you face to face with the failures.

However, the other voice is that of our consciousness, which we call as the "inner voice". This voice is not audible to others, but just to the person concerning. It is a kind of diminutive remark that comes deep within from the individual and it aids us by providing the supervision much desired by the personage. It can even be termed as self-analyzer and keeps on working throughout the day. The inner voice interprets, confronts and condemns our actions. It is the way through which our spirit commune with us.

In essence, the inner voice is the voice of our subconscious mind. The voice of our inner self is guided by our past experiences, which we have been

experiencing since our childhood. The inner voice can be termed as the guide, philosopher, friend or a foe all at the same time. The inner voice pokes and nudges us when we go on the wrong path. It is our inner voice, which helps us realizing our real potential and judging our true worth. When we know we are doing something unethical it is our inner voice, which pricks our conscious and motivates us to follow the right path and build our strong character. It is the major way through which the process of self-development is initiated at a faster pace.

The term 'self development' refers to analyzing the virtues and vices within ourselves and working hard for the accomplishment of the all round personage. The development of self makes us aware of the surroundings of which we are aware but do not want to accept the harsh reality. This can be explained well from an example, like when you receive too many compliments and you know that you do not deserve them, your inner voice makes you accept this hard fact, which you were trying hard to neglect. This helps in process of self-development as it gives an individual the strength to accept the hard realities of the life.

However, the passing views and sensations are usually perplexed with the voice within. But it is easy to differentiate between the inner voice and the tapings of the thoughts, which can be easily realized in the course of meditation, exercise and extra-curricular activities. These activities make us communicate openly to our elevated self. Through making a subconscious mind free from all the negative thoughts, it is possible to make the life easy and relaxing. The process of self-development is complimented through the purer and cleaner mind, which will in turn lead to the healthy inner thought.

This is because the process of self-development will always be supplemented by the use of inner voice.

Last but not the least, the inner voice always guides your actions and your life becomes much smoother and comfy. Truly, a self-development in combination with the inner voice makes the life of people successful and ever advancing. Lift the layers of your personality.

## **LIFTING THE LAYERS IN YOUR PERSONALITY in Self Development of Mind and Voice**

Exploring one's inner self and adopting a healthy perspective and attitude toward life can lead you towards the ladder of success. This process of attaining the knowledge of self is called self-development. This involves assessing one's strengths and weaknesses to improve his or her performance. For this knowing your true self is the most essential. It comprises of your deepest thoughts, including how you feel, when left to yourself, and what is your own opinion about yourself. This is your real personality. This refers to exploring a better person within your self.

While dealing with people, one takes much pretence. Even when we commit mistakes, we try to justify it, even if we have realized that it was our fault. It is only when we hear our inner voice that makes us realize our mistake. This is how our inner voice communicates with you. It has the ability of both encouraging as well as discouraging you.

You may do something good which is not recognized by the world, but when you know you are right you will feel good about yourself. And this will give you the strength of character. Whereas, even if you are appreciated for your deeds, which you have realized, were wrong, you will feel guilty. So, your internal voice holds a major credit for your self-esteem. It can give you the confidence you need for your future tasks. However, it can also demean you. Most often, it guides you to the right path by discriminating between right and wrong.

None of us reveals our true selves to anyone and our experiences keep on adding layers of different personalities to it. To discover your true selves, you need to lift these layers of pretence. These layers make us present ourselves in a better light in front of others eyes. You will attain self-growth only when you know how to deal with your different personality layers. Thus, there is a need to rediscover you are self.

The foremost thing in this is listening to your heart or inner voice. This will always give the right direction to your actions. It does happen sometimes that your inner voice tells you something but you ignore it and move ahead, and regret it later. The next step is that you should know which people in life values for us. Like you should always ignore people who find your actions to be ridiculous and makes fun of you. Instead, you should take into notice people who appreciate you. Diverting your thoughts towards purer things of life also helps in attaining the calmness and peace of mind. There are various activities of self-development like reading, writing, that is giving an outlet to your desires. You can also indulge yourself in any creative activity such as painting. Meditation, yoga, and spiritual thoughts, devotion, and selflessness also contribute in the development of self. This contributes in the improvement of overall personality of an individual. It helps him not only in his personal life but also professional life. It improves his strengths and reduces his weaknesses. It gives him the confidence and determination to chase difficult situations of life and achieve his goals. Thus, this gives you strong will power and the strength of mind to make your dreams come true and face yourself with pride that helps in your self-development.

You can develop your personality by participating in subliminal learning. In this area of the mind you have a wealth of information that links to your past learning and experiences. Take time to learn more. Listen to your subconscious mind.

## **LISTENING YOUR SUBCONSCIOUS Mind and Voice in Development of Self**

There are various norms laid by the society, which guides the way we react towards different things in our everyday life. Each one of us has certain desires, some of which are accepted by the society and some are not. There are certain desires that can be easily expressed which constitute our conscious mind. But, the desires that do not find an outlet due to the restraints of the society become 'repressed desires' which get stored in our subconscious mind.

However, we are completely aware of the thoughts in our conscious mind but the subconscious mind remains hidden from us. Our past experiences and tendencies in the subconscious mind contribute to the way we react towards different situations. The outcome of these tendencies plays a very crucial role in shaping our character. The free will by which we make choices reflects our character, which is formed by our thoughts, past deeds and feelings. Thus, for self-development our mind should be free from all negative thoughts.

The solution to the problem lies in replacing these impure thoughts with pure thoughts of spirituality, divinity, god and qualities, such as compassion, love, altruism, kindness, sympathy and concern for others. Though it may take some time in the cleaning of our mind from such thoughts but perseverance and patience are the keys to get through it. At this time, one may also feel depressed and dejected and this is where spiritual thoughts

come to aid to help you overcome it. Also, practices like yoga, meditation, devotion and charity work gives the tranquility of mind.

Self-development involves assessment of our internal vices, strengths, talents and weaknesses. It helps an individual to improve the skills, behavior, and perspective towards various situations of life. This in turn contributes in improving overall personality of an individual. All such practices give an optimistic attitude towards life and gives inner power to tackle the most difficult problems with the greatest ease. This ensures a progress not only in one's personal but also professional life. By adding on to the virtues and subtracting the vices, it guides an individual to achieve goals with determination and strong will power. It broadens the horizons of an individual, gives him the strength of mind, and takes actions for self-development. It incorporates leadership qualities in an individual.

Self-direction is another factor that is a part of self-development. This is the ability to guide and plan one's own behavior. This is generally active during the tender years of one's life but loses its gravity in the years of growth. Practicing self-direction emphasize on giving your actions a brief thought before acting.

Listening to your mind also works as an important tool in the development of the self. Our inner voice often criticizes us, appreciates us, encourages us in the way we lead our life. This inner voice plays an important role in giving us the confidence that we need in our daily deeds. A criticism of our inner voice makes us doubt on our own strengths and belittles us, whereas an appreciation of the same may make us achieve goals that we could never

think of. This inner voice is nothing but the voice of our conscious. Whatever we believe is under the guidance and beliefs of this voice. Once we have made an opinion, it is really difficult to change it especially if we are unaware of it. Hence, regulating one's inner self is important to live a stress free and contented life. So, seeking the shelter of God, listening to the inner voice and selfless activities can help the individual in a successful development. Propensity of self takes you to the road of developing your personality.

## **Propensity to Self is Road to Personality Development of Voice and Mind**

As man is a social animal, therefore, he needs people to converse in order to live a happy and contented life. But, sometimes the feelings of hatred, jealousy and nervousness arises due to which differences arises amongst the people. That is why, psychologists emphasizes the need of self-development.

Self-development is a term that describes the growth of one's personality and perception of an individual towards people and society. Self-identity is one of the main ingredients to develop one's own self. It is the mental knowledge that an individual holds for his or her existence in the society. Self-concept includes various aspects, such as the social, physical and psychological attributes.

Often people experience failures and successes while living in the society. But there are few individuals who are not able to accept the failures and hence, it restrains the healthy growth of body and mind. Therefore, one needs to develop the practice of self-identification that teaches the individual to cope up with the different emotions encountered in life. This habit of self-identity comes when we practice it with the passing of time. The individual learns to behave in different situations. We learn how to deal with various people also. Moreover, self-identity contributes a lot in shaping the personality of an individual. This results in the development of the mind, soul and self.

Self-awareness is also an important ingredient that helps in the overall development of the self. It arises when we have a self-identity. It plays a vital role in changing the behavior and nature of a person. By having self-awareness, one can know about one's weaknesses and strengths and accordingly mould in the direction, which will lead to the development of the self. Also, by having a positive outlook towards life and people around us, we can become more aware about the world and surroundings. Moreover, today's world is full of selfish and self-centered people, because of which there are more negative feelings in the mindsets which harm's one's own self as well as those around us. So, the first step to attain self-development is to shed off the negative emotions that destroy relationships.

Social taboos also make the people irritated and develop feelings of hatred towards each other. We tend to get irritated on the remarks or comments made by our brethren. Therefore, one must save one's self from becoming servant to these ill feelings. Talking to one's inner self discards all the negativity in the minds of people. By asking all sorts of questions to ones' self, we will be surely able to find solutions too that will contribute tremendously in the growth of one's personality.

Another important aspect of self-awareness is to know oneself completely. If you are aware of your virtues and vices, and are working on declining the vices, you are surely on the right track. Such an individual will be an example for others in the society to follow.

Also, man is given the liberty of free will. It is he who has been given a will to choose the right or wrong path. The common individual will move

towards the wrong path but the individual who hears his inner voice can never take a wrong path. Meditation is another solution that helps an individual to have an insight into one's own self. By listening to the inner self, one comes to know about himself and make wise decisions.

Last but not the least; Self-development can find all the possible solutions for the problems we face in this complex world. Identifying with oneself, meditating and adopting holistic way of living can trigger a person's pursuit to success. To attain development of self, voice and mind, one needs to get in touch with himself and harmonize all his actions in accordance with the universe. Shed off the riles.

## **Shed off riles, feel the inner voice in Development of Mind and Self**

When you feel annoyed of listening to everyone and want to know where you are heading towards in life, and then understand that the need to realize your self has come. It is the inner voice that has to be heard in order to come out of the frustration and stress of everyday life.

With the changing times, we have lost contact with our own inner voice and have become accustomed to listening and doing what others tell us to. The inter-mingling of various voices results in the loss of our own inner voice.

The voice of the inner self can be heard after you stop listening and believing in other people's remarks and comments. You have to go closer to your perceptions and inner self. Every individual needs a friend to share its feelings and except the self, no one else can be your best friend. Hence, to grow physically as well as mentally, one needs to have an insight into one's self so that you are able to judge between good and bad.

Meditation is the best option for listening to the inner voice. By meditating, the unwanted external voices fade away with time. After practicing meditation, you will be able to hear you inner voice distinctly. For example, the way a seed cracks and comes out, similarly, the inner voice will sprout once you have reached the stage of maturation in the meditation. Everyone on this earth is born with an inner voice that directs towards achieving self-awareness and growth of the self. But the individual fails to realize it. When this voice is heard, it takes you to the right direction and an intense

satisfaction is felt. But, sometimes while listening to your voice, a feeling of self-doubt is developed. This self-doubt is the greatest negativity, which acts an obstacle and hinders the progress. Moreover, when you converse with your inner thoughts, self-awareness is achieved. But, sometimes-bad thoughts crop up in our minds that are not controlled even after trying a lot. These are the thoughts that arise from the subconscious mind. Our past experiences leave a deep impression on our mind, which curbs our development further.

It is often found that some people, who have a tendency to consume alcohol, seek the help of God to quit their bad habits. The person, by adopting the spiritual practices, becomes totally immersed in those thoughts and starts believing in the virtues of God. Also, the social taboos suppress our thinking powers. As these taboos cannot be challenged, people often hide the feelings within their heart and this becomes a big hindrance in the progress of self-development. So, it is better to throw away the barriers that hinders in effective communication and thinking because if we will not come out with the evil thoughts, we will not be able to grow in life.

When God created this earth, He gave man the choice of free will, which states that everyone has the will to choose between right and wrong, and bad and good. The decision of the man will land up his future course of action. Therefore, self-development is needed to train the free will to take the right direction. One should have self-efficacy, which means the belief on one's abilities. Also, when one comes to know about his own self, confidence is automatically generated. This confidence makes you to have a stand in the society without any threat from external factors. Also, through self-

development, one comes to know about his strengths and weaknesses and knows to face and handle them bravely. Relieve your frustrations.

## **Development of Self, Voice and Mind in Relieving Frustrations**

Are you worried or frustrated? Why is the reason? The most likely answer to this question will be an external happening or event. Is there a way to overcome it? Yes, there is and the answer lies within you. You have to go delve deep into your mind, understand, and analyze it.

In a world driven by material pursuits, inner peace is elusive. Recall the handful of best moments in your life. Odds are these times do not include the time you bought a car or found a designer sweater you liked. The old saying is true: The most enjoyable and precious things of value in your life cannot be bought.

Then you not stop to think about yourself? Why can we run in pursuit of deeper and more meaningful things like peace and serenity?

Self-development helps us to overcome our worries and fears. When you understand yourself, you can know why you think or act or react or behave in the way you do. This will help you to have a better hold over yourself. You can control your actions, thoughts, behavior and reactions. They will no longer be involuntary.

When you analyze and know yourself better, you can decide how to react or behave in a particular way that is of utmost benefit to you as well as others. Unfortunately, our lives are filled with more negative than positive events and happenings. These negative events have a deep-rooted impact on our

emotional well-being. Over a period of time, they turn us into irrational human beings. We can remove these negative impacts on us by consciously taking steps to eradicate them from our mind. We must only have a positive ambiance around us.

Everything in this world has a cause-effect relationship. Once we understand the cause of a certain behavior or action, we can determine the ways to prevent them. When we decide to remove all the negative feelings in us, we are left with nothing but a positive frame of mind resulting in an optimistic outlook towards life.

Self-development increases our capabilities as individuals. It gives us the mental strength to do things that we thought was impossible. In fact, becoming capable is part of the process of self-development. It helps individuals to acquire progressively the powers of discernment, discrimination, understanding, patience, evaluation, and sympathy.

The central motivational power in this process of self-development is self-love that Socrates, Plato and Aristotle recognized as the pre-condition for the love of others. Each individual will comprehend the joy of giving. Generosity will become a way of life. It will make an individual realize that life is much more than material wealth. They will have something to live for and look forward to everyday.

A motivated and mentally developed person will be in a better position to make decisions. They will know to discriminate between good and bad. They will enjoy the freedom to pursue their treasured wishes and thoughts.

They can stand up to the world and fight for what they believe in. They will have the courage to be righteous.

The Government of every country has the moral obligation to help individuals in their mental development. The fundamental purpose of politics and Government is to enhance the quality of life of human beings.

This makes it the paramount function of the Government to provide the necessary but non-self-suppliable conditions for optimizing opportunities for individual self-discovery and self-development. Every Government should realize this responsibility and should take steps to provide them.

Self-development not only helps one individual to rise above negative influences, but it will also inspire others to follow his/her footsteps thereby creating a community of sharing and giving. We must all go through many processes in self-development.

## **The Process in Development of Self, Voice and Mind**

Self-development is the process by which an individual takes conscious efforts to improve all aspects of his/her life. This encompasses mental and emotional improvements thereby enhancing the overall quality of life.

Self-development is a continuous process. It cannot happen over night. It has to be gradual and enjoyable. Each and every one of us has a defined set of goals and aspirations in life. We have to take determined efforts to accomplish them. Dreams provide a gateway to our inner-thoughts. Dreaming can be encouraged provided you devise the ways and means to make your dream a reality. We want to be the best in everything we do and we also want the best out of life, both in terms of material and non-material aspects. These thoughts cannot be regarded as egoistic passions but as legitimate rights and even obligations of a person to himself/herself.

How and where do we start? The most fundamental aspect of self-development is to know one self. You have to know your likes and dislikes, aspirations and apprehensions, strengths and weaknesses. You have to take efforts to know yourself. You can go about doing this by analyzing your reactions and behavior over a sustained period of time. You have to dig deep into your mind to know what you actually think and want.

You must accept your weaknesses and fears. Self-denial will pull you down. It will result in emotional instability and you will have no control over any

of your actions. On the contrary, when you accept that you have a weakness, it helps you to move forward and overcome it.

Once you know your fears, weaknesses and apprehensions, you can steadily work towards removing it. You can do it on your own or take the help of someone who is mentally better developed than you as a mentor. You must believe in yourself and believe that you can do anything and everything. This belief is of utmost importance if you want to change yourself for the better.

Development of self encompasses mental and emotional development. People learn to handle their problems in a better way. Mental and emotional instability diminishes by leaps and bounds. They prepare themselves to face a world filled with violence, crime, abuse, sex, racism, poverty and other evils.

Self-development helps an individual to become highly motivated and self-reliant. They do what they believe is right. A self-reliant person negates the influence of external forces on his/her mind. He/she is not all agitated about what is happening in the world. Such people find a rare peace and serenity within themselves.

A self-developed person transcends dualism. He/she is fully and consciously present and aware in every moment of life. This makes such people to enjoy life to the utmost. Such a person is more tolerant and humane to other people around them. They become less of machines and

more of human. It is the ultimate key to mastery over us, our emotions and thoughts. They rise above mortal fears and worries.

In the process of developing their self and mind, they act as guiding light for others inspiring them to follow suit. They can act as mentors to others and help them overcome their emotional and mental obstacles in life. It helps them to inch towards achieving perfection in all spheres of life.

Imagine a world full of motivated and self-reliant individuals. There is no limit to what we can do. We can annihilate the evils plaguing us today. Every individual will be able to access everything. Equality and self-respect will prevail in every part of the world. Self-development is truly a small step, which will result in a giant leap for humankind. It's all about personal responsibility.

## **Personal Responsibility in Development of Self, Voice and Mind**

Self-development is a gradual and conscious process of improving oneself. It is about taking personal responsibility for one's own learning and development. This can be done through a process of assessment, reflection and action.

In order to improve our self, we must know our strengths and weaknesses. We must assess ourselves. This can be done by taking a paper and pencil and writing down all your strengths and weaknesses. You can also do these assessments through computer programs too though the accuracy is always questionable. The program will ask you to answer a few questions and will give an analysis based on your answers.

You can also keep a log or diary to help you analyze about yourself. You can take cues from past experience. They give you an insight into the kind of person you are. Your behavior and actions in the past can be noted down and you can try to dissect your mind and know yourself from that.

Once you have analyzed your strengths and weaknesses, you can mark the areas where you think you need to improve. From this point, it is completely up to the individual to chart out a plan for self-development. This is very subjective and cannot be generalized. Some individuals can have a vision or mission statement and can work towards it.

Others can develop a comprehensive personal development plan that identifies their needs and goals. Based on this plan, they can channel their

efforts and work towards achieving their goal. Some others can be comfortable having a mentor who can guide them and support them with advice and assistance. Whatever way each person chooses, they have to ensure that they achieve their desired goals.

The most popular technique is to use an Individual development Plan (IDP). This document describes each individual's personal developmental goals. And it discusses how they can be accomplished. Many companies like Defense Information Systems Agency/National Communication System (DISA/NCS), Health Care Finance Administration (HCFA), Department of Agriculture's National Agricultural Statistical Services (NASS) and Presidential Management Intern (PMI) Program use this technique to motivate their employees. It begins with the employees. They have to assess their level of performance and their abilities with the required competencies. The employee also has to chart his/her developmental strategies. This document then goes to their immediate manager for review. After successful review, the IDP is implemented. This plan goes a long way in motivating employees, knowing their needs and to make them highly competent.

Meditation is another popular technique for self-development. Meditation is the process by which an individual concentrates on a particular object or thought. This is an opportunity to delve deep into the inner-self to identify the causes of conflicts in your mind. It will also help you to know and understand yourself better.

Self- development is an ongoing process. Self-development leads to self-confidence and self-reliance. You will have the confidence to face the world.

You will be in a position to stand up and talk against what you think is wrong. Above all, you will learn to believe in your self and in your abilities as an individual. You can become completely self-reliant. Your dependence on external forces for emotional support and stability is drastically reduced. This is because you have identified your problems and the ways and means to achieve them consciously and you are working towards it. So, you are not perturbed by criticism from others.

You believe that you know about your self much better than they know about others. So, you completely shut yourself to other's thoughts on you. You feel very confident and you are at peace with the world around you.

Self-development is a sure way of finding the elusive inner peace and tranquility. We must check our self by learning more.

## **Learning: Development of self, voice and Mind**

In life, the successes and failures that people have are indeed related to the way they have learned to look at themselves and the way that they perceive their relationships with others. This outlook is based on some major keystone facts, which are related and interconnected to each other. Of these factors, the most important was perhaps mentioned before. It is that we learn to look and hear ourselves in a particular way. This is a fact that has been well debated in terms of development of self.

No one is born with a perception of how he or she is and how he or she looks. This can be termed that no one is born with a self-concept and all the factors that contribute to this outlook will gradually combine and result in the person that we develop into and appear to be to ourselves and to those that know us well. When we are young, we are exposed to many experiences that will shape and reshape our outlook and eventually lead to a conceptualization of self and voice.

In fact, the development of self, voice is not an instinctive product but rather a social product that is developed through experience and life overall. There are no bounds for development and actualization and the concept of self-perception and voice is mostly entirely based on environmental conditions. It is possible to continue to shape and reshape ourselves to develop into better more self-aware individuals throughout life and to strive to achieve great strides in self-development if approached in the right way.

We may be faced with many past conceptions of ourselves to deal with in this process. Due to experiences, we may perceive ourselves differently from the way others view us. Often the predisposition is to see ourselves as less of a person even though others perceive us well. In order to move forward in life we have also to perceive ourselves as being good persons and as being of value to life. If we continue to have low self-confidence and a bad self-concept, we will never develop into our true potential.

We have to focus inwards and look at all facets of ourselves in order to progress. We all view different aspects of ourselves in different ways and this means that we have to achieve balance in the way that we look at ourselves. In the development of self and voice, we must dig deep, search, and seek inner focus to balance our outlook of ourselves. It is vital that we deal with any experiences that we may perceive as inconsistent with our self-concept and get rid of the blocks to move forward in life.

The development of self and voice will help us move forward in life and achieve all that we desire. If we continue to put ourselves down and think that, we are not good enough then that is exactly what we will become. Our inner voice and self must be one that is always focused on achievement of better and ambition in order to progress through life and become the success that we wish to be.

Success may not only be in terms of wealth but also in terms of health and emotional belief in ourselves that we can achieve anything. Success in life and relationships is more important than monetary gain. But we should be able with some work on the development of ourselves, and by listening to

our inner voice to achieve great things in life, by exploring our subliminal mind. We have many options we must consider in development of self, voice and mind. Analyze your successes and failures.

## **Successes and Failures: Development of self, voice and Mind**

Whether you perceive yourself to be a success or a failure there is always room for improvement in the realm of self and voice development. The self-perception that we have of ourselves in some areas of life will overlap and will affect other areas of our lives. It is true that if we believe that we cannot succeed in one area of life that this will lower our views of self in other areas of our lives. The opposite is also quite true. If we believe that, we are successes in one area of our life this will transfer to other areas of our lives that are completely unrelated as well. Success leads to more success generally and once we have the confidence from one success behind us others will follow much easier.

In the movement towards development of self and voice, we have to comprehend that, all our perceptions of self will affect whether we are successful or whether we fail. Changing the outlook to one of success only is not humanly possible with the realm of emotions that humans go through but there are ways to increase our belief in self and to point the arrow more towards the success side of self-conceptualization.

In a healthy mind there will always be new ideas and concepts throughout life. This is necessary for the propagation of success. If we always stick to what we know, we will never progress in life and will be stagnated. It is possible to open up the mind to the many self-perceptions that hold us back over time and to deal with these aspects and turn our lives around. Instinct also has a role to play in this process. Our natural instinct is to resist change and we have to curb this reaction.

We have to listen to our voice and direct it to more positive outlooks and perceptions. Our inner voice should be our guide to success and not be a force that is always holding us back. For success to come we have to be willing to accept change and adapt to it. We have to change our outlook and move towards more positive thought tracks and lines. This is necessary to avoid a self-concept of perpetual failure. If we are unable to change, we will be exposed to failure.

One common example of failure that extends across our lives will be this simple scenario. If we tell ourselves that, we will not be good enough to get that promotion then most likely we will not get the promotion because we are not trying to achieve this goal. This though unrelated to other aspects of our lives will corrupt our confidence and affect many other self-perceptions that we may not even realize. All our self-conceptions are interrelated and will affect our behaviors in life and the eventual outcomes of situations that we face.

We have to train ourselves to be positive and seek out success actively. If we think that we are good enough to get that promotion then we will approach work in a different and more rewarding fashion and we will most probably achieve our goal. Self-perception goes a long way towards influencing success and failure and we must develop self and voice to always aim for success in all aspects of our lives be it our personal relationships or our work relationships. Our inner self-perceptions influence our lives and we must strive to ensure that we are developing positive self-perceptions to achieve more successes in life. Explore your options in self-development.

We can gain benefits of overall life.

## **Development of self, voice and Mind: Benefits to overall life**

No one should underestimate the value of the development of self and voice. This has far-reaching benefits for persons that Endeavour to take control of their lives. It is essential that we as individuals are able to control our egos and inner voices so that we make controlled decisions and are not trapped in a cycle of compulsive behavior. When we do get control, we will see vast rewards in all aspects of our lives.

Knowing yourself well and learning how to control compulsive emotional reactions will go a long way towards achieving greater successes in life. When we are able to focus and make educated decisions, we are able to achieve greater goals and have better overall relationships. In this discourse, we will deal with some of the benefits that development of self and voice can have on our lives.

From a personal aspect, this will greatly increase our confidence and self-esteem. We will have influences that are more positive throughout our lives and be able positively direct our emotions and ourselves. This will mean that we will feel happier and move away from any symptoms of depression or boredom with life as a whole. We are benefited by better overall mental health.

There will also be other health benefits. Often when we are emotional and stressed with life we tend to show physical manifestations of this problem. Be it in our blood pressure or other illnesses that are stress related. When we become focused and controlled in our thoughts and actions through self-development our bodies are relieved of the additional stresses that manifest

themselves physically. We are able therefore to benefit from better physical health.

In terms of our professional life, we are able to handle failures better and reach for success more readily. We can see the positive in every negative situation when we are controlled and are able to reach for our professional dreams. Our relationship with fellow staff members will improve and we will become people that are more pleasant to deal with, more approachable and overall more likeable. When we walk around moping, no one will want to be around us but when we have self esteem we will function well in the work place and professionally.

Our personal relationships also significantly benefits from this development. This is because we are able to deal with all the issues that affect us in our relations with those that are close to us. We are able to approach situations that are difficult and emotionally entangled with a level head and not with compulsive actions. This approach will facilitate the resolution of the issues and help the situation rather than hinder the situation. If we are not self aware then our natural instincts will be to go with our emotions, we will let hate, anger and resentment take over our relationship, and this can lead to great disaster.

A balanced approach is needed at all levels of our lives and we need to achieve this balance. This is done through self-examination and self-inquiry. When we complete these tasks, we are able to grow into self-aware persons that are in control of our lives rather than into people that are controlled by

our emotions. The benefits of growing into self and voice aware individuals are many and are well worth the work to achieve inner peace.

Once you gain inner peace, you will find it easier to manage the processes of self-development. Thus, take some time to explore your options in guided relaxation. Check out the latest neurofeedback by using your Windows Media. Plug in a natural sound of melodies and click visuals.

## **Organization: Development of self, voice and Mind**

How do you perceive yourself? This is an odd question to ask someone unexpectedly but is quite reasonable when we are dealing with self-perception and self-development. Most persons will either start by calling out a list of traits that they like about themselves and some that they do not like. Some people may wonder if this list is finite or infinite. This is quite a reasonable question as there is in fact great order and harmony in the way that the typical person perceives ones self.

There are many perceptions about self that are maintained in the mind and these are all reflective of the personal existence of the person in question. Each perception is interconnected with many others and this is what gives us the traits that are seen by others to be our personality. How they translate, our behavior may not be the way that we think but the behavior by us will be organized and consistent to the extent that a personality is perceived by others.

The organized quality of self-perception has some traits of its own that will affect how we develop self and voice in the future. The consistency and the stability associated with our self-perception will indeed cause us to resist change. When we are looking at growing into more self-aware individuals that are able to listen to our inner voice and direct ourselves positively we must be aware too that change will not be easy.

This is not necessarily a bad thing as if it were easy to change our views of self and voice then we would all have very unstable personalities and this would not be dependable. There must be a certain level of stability in self-perception and some resistance to change. This must not be as rigid as we sometimes make it however and we must be open to the right kind of change and development. It is important to be aware enough of self and inner voice to be able to discern good change from bad change. Not all change is for the better and not all change is for the worse.

It is true that the more centralized a belief is to a person the harder they will fight to resist change. This means that our core perceptions are the hardest to alter. To develop self and to progress in life we must tweak the core beliefs that we hold close and decide whether they are the correct perception of if they are indeed in need of adjustment. This is perhaps the hardest part of changing our perception of ourselves and we must have the proper mindset to achieve these changes. How we analyze and view past events and present perceptions will shape future ones. Our development of self and voice will be closely connected with dealing with these perceptions and will provide us with a better self-perception outlook for the future once we are able to adapt and change.

We must remember that due to the organization of self-perception we must not expect change overnight. The stability and consistency that we have in our self-perceptions will make us resistant to change so change will take time. It is better to take time, change, and redevelop our self-perceptions over time. Development of self and voice will greatly affect our perception of self and life in general and is necessary for us to grow in self-confidence.

Go online to do some research on the latest solutions in self-development. Consider biofeedback and subliminal learning, or other alternatives that guide you to relaxation for the best results. It's all about developing individual self.

## **Individual Self-Development of Voice and Mind**

The process of learning is a long and hard road that can be made easier when we make the commitment to grow both personally and professionally in life and to stay at the top of our game. We must keep pace with the changes in life and always strive for personal development of self. We are all responsible for our own development, we must assess ourselves, and our lives to determine the steps that we need to take to develop in self and voice. We may take the step that leads us to professional help such as programs that deal with self development or we may take the personal route that deals with self development activities that we can do ourselves but whatever the case we need to grow into life and develop into stronger persons overall. Self-development is a method to acquire knowledge that is not based on books only but on personal philosophy into life that will help us become better persons. We do this by examining our subliminal or subconscious mind. First, we must achieve a level of relaxation, so that it gives us room to explore the mind.

You have to identify your development needs and then take the steps that you deem necessary towards the achievement of your needs. Sometimes if you think you will be better directed by professional assistance, then this may be the better option and you may even be able to seek assistance from your employer in this aspect. They will be glad especially if the course can improve work relationships and morale and also if you are able to pass on the knowledge that you gain to others in the work environment as a self

aware individual is normally happier on the job and more motivated in the workplace to achieve higher.

You can develop into a leader and self-development is the key. This is a continuous process as we all continue to achieve more as we grow into ourselves and become more self aware. We must start with an assessment of strengths, weaknesses, potential, and developmental needs that we see in ourselves and move forward from here. We must reward ourselves for each goal in the scheme of self-development that we achieve and continue to work towards the summit. Through self-development, we will improve our reactions and actions and become more controlled individuals.

The road through self-development is a planned process and we have to use behavior and experiences to guide us forward and personally to develop. We must maximize our strengths, minimize our weaknesses, and work on the goals that we have outlined for ourselves to achieve. With structure, self-development will be easier and we will be able to move to newer heights of self-awareness steadily.

The road ahead will not be easy but through commitment and dedication, we can achieve all that we set out to accomplish. We can improve our lives as a whole and become better all round individuals that react with control. This is necessary towards the direction of our lives positively and overall success. Without direction, we are unable to achieve as much as we can with it. Development of self and voice is crucial in the road to success and can make the difference between a happy life and one that is unfulfilled.

Get on the right track towards self-development and achieve all that you desire and more. Reach all the goals that you desire and fulfill all your dreams. Explore help tips on guided relaxation so that you can advance toward healthy living with a peaceful mind. Get on the road to higher awareness.

## **The road to higher awareness Development of self-voices and Mind**

We are all seeking a higher level of awareness in all facets of our lives even though we may not realize this at first. In the search for fame and fortune, the ultimate goal is to achieve more in life but without a higher awareness of self all, this will not be possible. It is necessary for success that we all develop a better awareness of self and then by extension the rest of the world. Without this, the life that we lead will be motivated by uncontrolled emotion rather than controlled action. Control of our minds, body and spirit is essential to the achievement of fulfillment in life.

Not all the riches in the world mean that we are fulfilled. These material aspects while enjoyable will not lead to true joy in life itself. This will provide temporary elation but not true happiness. We have to direct our emotional and mental thoughts before we can say that we are on the road to higher awareness. The awareness we seek is the awareness of the thoughts in the mind and control of all the actions that result from these thoughts.

Persons that live life on emotion may lead great lives but these lives will lack the direction that a controlled thought process will have. We have to focus on dealing with all the self-concepts that we have in life and the evaluation of these same items. Many of the core principles that we live life on will change with time if we are in control of our lives. If however we are not in control of our lives these core principles will stifle use as they surface and control our actions by compulsive reactions.

As we grow and develop some core principles, have to be replaced with others. The mistake that often occurs is that we are resistant to any type of change and that we are unable to meet the demands of life due to this resistance. Life should not be lead in a compulsive manner but rather each new situation should be approached with an open minded but controlled reaction.

If you are unhappy with your life then most likely you have held on to guilt, shame, anger and many other negative emotions and used them to build your core self concept. This means that you have a wall inside that is built compulsively to resist any action that relates to these experiences. Compulsive behaviors are unhealthy and can lead to serious complications, such as depression and physical illness. Many a time sadness and other negative emotions have manifested themselves in the form of illness and if we are not cautious, this could happen with us.

It will not be easy to change these self-concepts but with some work, you will be able to move forward in life and achieve more than you expect. One simple exercise that has been known to assist with self-development is the use of voice dialogue. This is what is referred too when we speak of the development of self and voice. The concept of self is tied into the ego or inner voice and we have to focus our energies on this inner portion of ourselves to redirect our lives positively. This voice should be able to redirect us to more positive and rewarding thoughts eventually once we try techniques such as voice dialogue and open the doors to the road to better self-awareness. Take some time to visit the Internet to explore your options

in self-development of voice and mind. Look for the latest solutions in developing you. Get the dynamics in nature.

## **Dynamic in nature: Development of self, voice and Mind**

The way we perceive ourselves is dynamic in nature and is a continuous system. This is synonymous with the relationship between a compass and its true north direction. Our self-concept always points us towards steady points of dependability that we adhere to strictly. These points are points that shape our views. These views are not only limited to views of ourselves but also of the world and others. These views will lead us to action and make us take steady stances in life.

The dynamic nature of the way we perceive ourselves is not only the cause of our behaviors but also the reason for our consistency and direction in life and in our personality and behaviors. The steady points that we are always focused on are a part of the past strong points that we developed in our selves. In order for us to further, develop we need to focus on further developing our self and inner voice and to redirect our attention to new concepts and ideas of ourselves.

This is a continuous process that is never ending and that leads to the development and assimilation of new ideas and concepts as well as the expulsion of ideas that become dated. This process ensures renewal and progress in life as it enables changes in patterns and self-concepts through life to meet the circumstances that we encounter in the world. This part of self-development is perhaps the hardest as it is most difficult to produce changes in our attitudes and personalities. However, although hard to

accomplish this may also be the most rewarding part of growth and development of self.

We as individuals always strive to be in keeping with our core concepts. This means that even though these concepts may not be for our best interest and that they may hurt us and others we are tempted to stick to them. This is a part of life and self that we have to confront head on and deal with, as without change we will be halted in our personal development. In order to grow in self and voice we must be prepared to face all our demons and set them aside and start fresh.

We have to change the beliefs that we have gained due to past hurts and experiences in order to open the doors to new experiences. This is vital in the line that takes us to success and growth in life and relationships. Many a time due to past hurts we are tempted to close ourselves off to love and meaningful relationships and this is a mistake because we could be missing some of the best experiences of life.

In some extreme cases, we also go so far to resist change that we defy our bodies. The physical body is sacrificed by the need to maintain a self-conceptualization. This is not only a bad practice but this could lead to dire results in our health and fitness. Emotional satisfaction is great but not at the cost of discomfort to the body or more serious harm. It is essential that the body be maintained in a healthy state and as we develop in self and inner voice, we will grow in awareness for our bodies and its needs.

We will always guard in our concept of self from any shame or feeling of inadequacy and this can often lead to an emotion known as pride. If we are too prideful then we often miss out in a lot. Sometimes when we are angry with someone and they approach us we will push them away just for prides sake even though we want them close. This spite has dire consequences and we have to learn to control our inner instincts and direct our emotions to a positive attitude. Exploration into change and development of self and voice is necessary to achieve this balance. Confront your ego.

## **The Ego: Development of self, voice and Mind**

The ego is considered that little voice that you hear in your head and that influences your thoughts and actions in life. Most of us say we have no ego and that this is a myth and does not affect us at all. By saying this, we are leading life under a serious misconception. We all have egos. They are the reason that we are at times illogical and uncontrolled in our actions. The good news is that we can master our ego and gain control of it through the development of self and voice.

The ego is the part of us that is compulsive. When we say compulsive, we mean that this acts without us directly controlling it. This is similar to other actions of our bodies such as breathing and many others. The good part about the ego is that if we wanted to control it we could learn how. We should all aim to free ourselves from compulsive thought. This is the key to getting over unhappiness.

The ego in us dwells on the bad things in life and makes them drawn out through our lives. In learning to control the ego, we by no means stop thinking but instead we control our thoughts and act in a controlled and logical manner. We, by the use of development of self and voice, are able to navigate through life and experiences more effectively and are able to achieve more in life.

The compulsive thoughts that we are often faced with are the thoughts that force us to relive bad memories and to feel insecure in ourselves. These are the thoughts that lead us down a road of depression and hate. We

compulsively relive anger and guilt. The negative thoughts are placed in a time rut that eats away at our very existence. Thus, we must remove all negative thoughts to live happy. It is essential that we learn to control these compulsions otherwise; the road ahead will remain bleak.

The steps towards the control of compulsive thoughts are by no means as simple as they seem. This is a long hard process, as we have to redirect our core self-concepts towards more positive ones. The process is daunting even for the most willing of persons but well worth the necessary work. We can stop this pain in our lives with work towards self-development and control of our inner ego and its voice. This will lead us down a path of enlightenment and will help us to learn to love life again.

Control of the thoughts in the head also called the ego is necessary to happiness. These thoughts must be trained to support you rather than attack you. With the retraining of your thoughts you will not believe how many doors that were previously closed will open up to you and you will be exposed to a world that is well worth experiencing. It is possible to see life through different eyes when your thought processes have developed into support rather than attack mode.

You will not have the compulsive need to relive past traumas repeatedly and will be able to deal with your demons and get over them. This is key towards progressing onwards to a freer and but more controlled ego. This may seem to be an idiotic statement but makes the world of sense if read positively. Freer in terms of unhindered by the past but more controlled in terms of your

thought processes and resulting actions. All this will help you on the road towards self-development. Consider voice dialogue for self-development.

## **Development of self and Mind in Voice dialogue**

In the pursuit of knowledge, many of us forget the wise words that we should know ourselves before we attempt to know others. It is essential that we know ourselves before we move on to seek external knowledge. This is a pivotal fact that will reflect on the achievements that we are able to accomplish in life. If we do not understand ourselves then how can we hope to understand anyone else? It is necessary to grow in life that we use certain tools to first gain comprehension of our inner beings before we attempt to move outwards.

### **How voice dialogue works:**

One of the most used techniques to explore the inner workings of the mind is known as voice dialog. This is a simple process where we become intoned with the mind and the way it thinks and processes information. We are able to gain insight into the many selves that dwell within us and to incorporate their thoughts and beliefs better into our self-direction. This tool is very effective in helping us to understand ourselves and motivate ourselves to progress.

It is a powerful tool for personal growth and development and we are able to breathe easier as we are more equipped to control our thoughts and actions. The many self-concepts that we develop through life are available to us and

we comprehend the reasoning behind these notions and are able to justify or remove these concepts from our inner selves in order to move forward in life.

Voice dialogue is a tool that can speed up the change process in terms of moving away from ingrained self-concepts that no longer make sense. It is essential that we are able to accomplish this as it benefits us in the end and we are able to move towards the greater goal of self-development and development of inner voice. If we are unable to propagate change in our self-beliefs then we are stunting our growth and development as people and may in fact hinder our progress in other realms such as relationships, work and many other facets.

You should aim to establish a connection with the various parts of your psyche and to identify with these parts. Gaining awareness of these parts will lead to knowledge of how they affect your life. You are then in full control of yourself as you are now in charge rather than having one of your preconceived self-concepts doing the talking for you. This should be the aim of all persons serious about seeking knowledge.

They should first get a firm grasp on knowledge of self and control of their inner voice before seeking other enlightenment. When this is accomplished, we are able to move faster in the learning of external knowledge and its comprehension. This enables us to have a better outlook on life that is controlled. We have to have control of our thought processes before we are able to control the actions that we take in life and the situations that we are confronted with on a daily basis.

Voice dialogue can assist in the accomplishment of a more balanced person that is well grounded and able to take knowledge of all forms. It is essential that voice dialogue be a part or component of your journey to develop self and voice as it opens up your mind to better control of your inner workings and therefore by extension your external actions.

Voice dialogue works by allowing us to vocal our thoughts and listen to what we learn. Some of the latest alternatives in learning are noted in accelerated courses. Analyze your relationship with you.

## **Your relationship to yourself: Development of self, voice and Mind**

Over the years, I have done a lot of reading on what it means to develop personally. Many fields highlight the importance of a self-relationship and relate this to how your outlook on life is perceived. Fields such as physiology, theology and philosophy all highlight this as the core reason that a person is either happy in life or the reason that life is a living hell.

So what is your relationship to yourself? Do you talk with yourself either vocally or inside your head? The majority people as being crazy perceive this but do not be surprised to know that very sane people also speak to themselves. The only difference is that they are logical and not ranting. When alone many a person may vocalize thoughts or may be processing thoughts silently in their heads. This is quite normal and in fact considered to be healthy as it helps you to take control of your life.

The next question that follows is what do you tell yourself? Many persons will say why this matter does. It does not mean anything. Well, they are very wrong. The things that we tell ourselves do in fact matter and contribute greatly to our lives and the outlook that we have on life in general. It is important that we are able to focus and get direction in life and often if we feed ourselves the wrong words, we are misleading ourselves badly.

The things we say to ourselves will affect whether we are happy or sad. It will affect whether we have high self-confidence or low self-confidence. It affects even our appearance, if we take pride in appearance or if we just

think it is beyond repair. All these words are meaningful and we can indeed be poisoning our lives by our negative words to ourselves.

It has been purported by many persons that have researched the inner self, also called the ego, that the voice that we hear and listen to in our minds is often the cause of the unhappiness in our lives. We therefore have to learn to control the voice in our lives and to direct it to positive action that will be beneficial to our development of self and inner voice.

The compulsion in life is to be tough on ourselves and to put ourselves down when the going gets tough but rather than this, we must learn to direct that voice to the positives from every situation and to turn our lives around. It is easy to go with the flow and just let ourselves feel disappointed and other negative emotions and harder to redirect to the positives but in order to grow in life we have to achieve this goal.

We must move on the road towards a better relationship with ourselves and automatically we will see a resulting chain reaction that forms and that is composed of better relationships with others. This is the ultimate achievement in self-development, when we can say that our positive actions have positively affected our relationships and made life a whole lot more enjoyable for everyone. This turning point reveals a life worth living and enjoying and the point where life is no longer a drag or dull but invigorating and exciting. This should be the aim of all persons and should be the focus in self-development and growth

We must analyze our tendencies, impulses and inclinations often to make sure that we are on track in the processes of development of mind, voice and self. Learn more so you can grow into a happier life. Discover the ways to self-development.

## **Self and ways of Self Development of Voice and Mind**

A human mind is like a garden that flourishes with each phase of life. Just like there is a continuous need of weeding and pruning in the garden, similarly there is also need to prune ones mind from negative thoughts. It is very essential as these negative thoughts can occupy ones mind and stop it from thinking positively. Thus, a need of self healing crops up in order to get rid of these negative thoughts and manage through the processes of self-development; Also, self healing is very important to understand one's own 'self', which is a key way to attain mind development as well as spiritual development. 'Self' refers to a person's personality, which lies in a deep conscious. This conscious self comprises of beliefs and thoughts, which are influenced by the manner of living of an individual. Therefore, self-realization depends upon how an individual perceives his or her world around us.

Self-healing is possible by analyzing the past and present experiences of life, as these experiences act as manure to the plant which is called 'self'. These experiences are enriching as they can be moments of happiness and can include those heart breaking tensed and dejected moments. It is often found that the feeling of dejection and glumness is common among people with low self-esteem. That is why; here one needs to take maximum care to help oneself from going under depressing state, which acts as a bear in self-healing process. In order to cure low self-esteem, one should always hold high hopes and should always think high of him. However, he should never be boastful about his being. This is essential as one should be ready to face

all the harsh realities and if he is boastful, all high hopes might be shattered. Thus, hopes should be high but not blind and vague.

For self-development, an individual should also have a positive attitude towards life. This will help in overcoming those difficult situations when mind stops working and no possible solution appear. Moreover, a positive attitude towards life also helps in building self-esteem in those persons who remains under the state of dejection and depression. A person with high self-esteem and positive thoughts can firmly ground his behavior on concrete positive thoughts. Ultimately, all this lead to self-enlistment and gradually help in the development of self.

However, self-development is a long process, which works through three channels i.e. an increase in self-esteem, growth of self-efficacy and having admiration for oneself. All these lead to attain self-confidence. Self-efficacy is a faith in one's ability to accomplish assigned tasks and self-confidence means a belief in one's personal worth and likelihood of succeeding. In addition, self-confidence is a blend of self-esteem and self-efficacy.

Furthermore, self-regulation is also a part of self-development as it also lead to positive thoughts. Self-regulation is also a skill to have control over his or her attitudes. One should also know how to regulate the efforts toward the goal in life. In addition, there must also be a continuous attempt to adjust in different situations. All these aid to attain self-reliance, which would also help a person to enjoy when he or she is alone. Another element, which is important for self-healing, is that one should always actively search his inner

self and this is only possible when a person trusts in his or her own present thoughts and impressions rather than relying on other people opinion.

Last but not the least; meditation is also one of the most important aspects, which helps, in self-healing. Through the mediation, a person can have a peace of mind and he will always be stress free. Teach your mind.

## **Teaching Your Mind to Believe in Self and Development of your Voice**

The mind being the hub of all activity is the most important aspect of your being; if you master it then everything else will fall into place.

If you harbor good thoughts then you are more likely to be more confident and confident people are more likely to achieve their goals. How do you harbor good thoughts well everyone at one point or the other have a high moment a point in time when they display utter brilliance and there are times when we are not at our best. The key is building from one success to the other. How you build on that success is to focus on how you felt when you achieved it and yearn for that feeling like never before. The mind has the propensity to focus on the negatives and not on the success do just keep repeating the positive aspects and before you know it you will have a long string of achievements. In our day-to-day lives, learning to give you complements is a pivotal aspect of maintaining positive attitudes. When you look at what you have achieved in that particular day smile and try to do a little better tomorrow and before you know it, your targets will be sky high and achieving things you are never thought were remotely possible.

Anchoring positive thoughts is something that should one has to learn to do at all time. At first, it is very difficult to focus on the good and positive thoughts but as you begin to reap the rewards, you will wonder how you even managed to get by before you started training your mind to focus on the positive. It is vital to make sure you do not let the people around drag you down from anchoring positive thoughts.

It is important that one believes they can achieve. When you believe you can do something then the confidence will follow. If you look at most people that have achieved amazing things one thing they all had in common believes that they could do it. If you keep telling yourself that you can do it then you will find the strength in yourself to follow through with whatever you would have set your sights on and its amazing how hope turns into visible fruits all because you forced your brain to believe anchored positive thoughts and before long all falls into place.

The mind can be manipulated by simple exercises for instance repeating something verbally to yourself enough times will implant the seed of what ever you desire into it and that seed if nursed well with positive thinking will blossom into an amazing flower, which will ultimately bear fruit. The road is a long one and the benefits gradual so with due diligence and will power you will be amazed how transforming believing as well as keep the brain under control can have.

You must learn to rely on you. Therefore, take some time to explore your options in developing self-reliance. Building self-reliance is one of the keys successfully to develop your voice, mind and self. The Internet has some of the latest suggestions in self-development, thus visit the areas that focus on this particular growth.

Explore some of the latest inventions also to achieve guided relaxation, which is something you need to develop also to complete your goal in self-development. Check out the latest Radionics, biofeedback, neurofeedback, and other related options. Also, venture to explore accelerated and

subliminal learning. Subliminal learning in particular is something you need to develop your voice, mind and self. Learn to set goals.

## **Setting Goals in Development of Mind, Voice and Self**

Think of your brain as a data bank. In this data bank is every single word, observation, etc you gained down through the years. Some of the information you have forgotten, so you think. However, this information is rested at the low-end of your brain's cavity, thus in your subliminal or subconscious mind. In this area, you can pick through the information learned from past learning and experiences to set goals.

Setting goals is important. When you set goals, it gives you a purpose in life. Therefore, start setting some goals for you, so that you can complete your mission to develop self, voice, and mind.

First goal: your first goal should be to master your mind. Hah, you may think, but if you want ultimate peace and serenity, thus mastering your mind should be your first goal.

How to I master my mind?

Good question now let me try to answer so that you can understand. I will try to speak in simple terms rather than use all that psychology babble. In short, to master your mind you must engage in self by exploring your subliminal mind. You want to enter your data bank to discover self, voice and mind by relearning what you learned.

To explore your subliminal mind you must first set goals to achieve guided

relaxation. Check out the latest Radionics, biofeedback, and neurofeedback solutions to develop a degree of relaxation. You can also benefit from yoga and meditation. In fact, when you delve into the conscious and subconscious mind you will need to practice meditation often.

You want to develop a state of power of persuasion, power of suggestion, power of mind, etc by exploring the subliminal channels often. The goal is to trigger this mind and to encourage it to work in harmony with your conscious mind. Thus, set this goal to inspire you to achieve the full effects of self-development.

You want to encourage positive thinking also. You can do this by encouraging your body and mind to relax often. This will help you deal with any stressors or stress that builds up. Take a grand tour on the Internet to discover the latest suggestions in thriving on stress. This will help you manage your goals efficiently.

We have many options today in self-development. If you stress entering into the subliminal mind, or find it difficult perhaps, you can benefit from accelerated classes. In these classes, the first step is to encourage relaxation by allowing you to select your own area to work in, as well as opening up to suggestions by listening to repeated steps in learning.

Music and art is also included in these classes. Scientists finally caught on to the notion that natural melodies and arts is an alternative to guided relaxation and self-development.

In time, new remedies are coming out. Check out the past news on the new age so that you understand the processes in today's self-development. In the new age, we are considering holistic healing and self-development, rather than relying on others that have proven time again to fail.

We must learn to develop self, voice and mind by exploring our inner voice, self, etc, and by relying on self. Thus, perhaps you may benefit from reading some articles on self-reliance. Use the articles to build your own fortitude so that you grow healthy.

Speaking of healthy, perhaps you can benefit from reading articles on exercise, diet, and self-healing. Using holistic remedies, you can almost conquer any illnesses you have whether it is mental or physical. Also, take some time to learn how to build emotional competency. Examine your feelings.

## **Examining your Feelings in Development of Self, Voice and Mind**

We need to examine our inner feelings often to take control of our thoughts. By examining our inner feelings, we can find self. We learn how to weed out stressors to reduce stress when we examine our self. This involves removing interferences.

Stress is seriously controlling and can lead major problems, such as depression. When the mind is depressed, it claims your energy, and strength. Thus, you want to avoid going into a depressive state, since it also causes the body harm.

As stress builds up your energy drains. You want to develop positive energy, rather than send it down the drain. You do this by exercising, examining your feelings, diet, and so on. We need to keep the metabolism system working smoothly. Find some guides and strategies to help you relieve stress. Look for the latest solutions, such as thriving on stress.

You can examine your inner feelings to find misplaced learning, memories and all are from your experiences. Try to focus on your feelings. Try to find ways to control or leave behind your doubts, fears, etc. These are negative energies, which will drain your energy.

Try to focus often. Begin to ask yourself questions to explore and reduce the whys', when's, how's, who's, and so on. This will help you reduce doubts.

Learn what disturbs you the most. Teach what you can do to change any negative feelings. Address your anger, sorrow, resentment and work to remove them from your mind. All of these negative energies will drain your energy, thus causing health conditions to develop later.

Explore your discoveries and decisions and write them in list. Set goals and reread them whenever you begin to think negative thoughts. Do not let stress continue to barge in and rob you of your energy.

Try meditation. Meditation is great for cultivating skills. You also relieve stress when you meditate often. Learn some practices in yoga to help you get the most of relaxation.

With meditation, you learn new skills that you can use to your advantage. When you mediate, it helps you to put stress aside so that you can focus on relaxing. When you focus, it clears your mind. Those blind spots disappear. Go online to discover articles on Scotoma learning.

Aside from meditation, you will benefit from subliminal learning. Subliminal learning is the process of examining your feelings and subconscious mind to find answers. This practice alone will help you resolve problems easier. When you study, the subliminal mind you often delve into areas of your life that you thought was forgotten and find answers to questions you had asked repeatedly.

Visit the Internet to learn more about subliminal learning. If you are one of those people that find it difficult to relax, take some time online to read some

of the latest articles on biofeedback, Radionics, and neurofeedback to help you achieve guided relaxation.

In fact, if you open your Window Media, and plug in a CD with natural sounds of music, and then click on the visuals in your Windows program, thus you can benefit from the latest neurofeedback and biofeedback alternatives. You will find much pleasure from using these programs, since it guides your body and mind to relaxation.

Thus, continue examining your inner feelings to develop your voice, mind and self. When you examine your feelings, you often find answers to questions that have haunted you for years. You may find areas that make you feel angry, but as you examine these feelings, you often find that your anger was not worth the pain you lived. Improve your memory to develop you efficiently. Take a tour down memory lane to find some exits.

## **Memory Lane Exits in Development of Self, Voice and Mind**

Take a tour down memory lane to exit some of the negative thoughts that hold you back from developing self, voice and mind. Journey into your mind and discover your subliminal channel that holds many hidden message you can benefit from.

When you take a tour down memory lane, it helps you to find information you can use to put the pieces of your life together. We often fail in life because we have not put the pieces of our life together. This is because many people fear or fail to discover hidden messages in the subliminal mind.

By failing or fearing the challenge of exploring the subliminal mind, you only hinder self from developing you as a whole. When we enter into a full stream of self-development, we must be prepared to accept events that lead to changes. We must elaborate on our findings when we dig into the subliminal mind also.

Some of the latest elaborating schemes include musical schemes, which have proven to encourage self-development. Using various musical schemes we elaborate on the rhythm and melodies that encourage relaxation, thus leading us to meditation. In the new age, we have musical sections, which include three chief sections of Sonata. This musical scheme presents rhythmically and melodically elaborations.

Radionics is another alternative we can consider in self-development. Using

Radionics, we can affix to electronic diagnostic devices, which are the latest alternatives in medicine. The device can detect minerals and vitamins in the body, searching for deficiencies. In addition, some of the latest solutions use this type of biofeedback, using a sample of your hair to detect subtle energies and the changes that occur in the body.

Biofeedback is a device also that detects physiological changes by using controlled techniques. With use of a monitor, biofeedback devices display data or information in relation to the body's performance, including its functions. For instance, it reads the heart rate, blood pressure, etc.

Using the feedback, you can take action to correct any negative occurrences in the body and mind. Neurofeedback is another alternative you can use to encourage development of voice, self and mind. Using neurofeedback, you can guide your body and mind to relaxation for meditation. This is a great way to open up to subliminal learning.

You have other options today. Scientists and technology has joined to find answers that resolve the many underdeveloped issues we face today. Go online to discover the various options. Learn the benefits of developing self-reliance and emotional competency. When you have strong emotions, thus it welcomes healing and clear thinking.

Each time you take a tour in memory lane, you will find many exits. In short, you will discover you, but you will also discover doubts, fears, resentment and other emotional discouragements that hold you back. You can tour into memory lane to eliminate these stressors, which will reduce

stress. When you have less stress, thus your mind can freely think through problems with ease.

Taking a tour into memory lane requires practice. Be sure that you practice exploring your subliminal mind daily for the best results. It takes less time to achieve your goals when you put forth efforts.

Speaking of goals, read some articles online that help you relate to goal realization. We must realize our goals in order to achieve them. Well-versed people often find it easier to develop self, voice and mind. Thus, reading articles online will keep you informed with the latest self-development practices.

So, get prepared to take your tour down memory lane and learn to relax, and enjoy what you learn.

## **Improving your memory in Development of Voice, Mind and Self**

Oh my goodness, I sighed as I realized I had forgot to put the presentation I had spent the last week working on before setting off on my one hour journey and I was already there so had to turn round which would make me very late. I realized that with time that I had become more and more forgetful. I thought to myself surely, there must be something that can be done to rejuvenate that sharpness that I once had, you never realize how much you depend on it until its not there. I needed to have that sharp memory which used to be my pride and joy. I then embarked on a journey, which was long, and interesting which ups and down but one thing, which I managed to do, was stick with it and the results although there were very limited at first were brilliant.

When I started using memory-improving techniques, I was merely trying to regain what used to be but I ended up with so much more that I had bargained for. I started learning how to link unrelated things together to help me remember I realized that by linking things I found easy to remember I could memorize some complex things .Learning this technique stimulated my curiosity as to weather there were any other techniques that were out there just waiting for me to discover.

The more I looked the more techniques I found and this game me the option to choose which one suited me more. You do not have to choose you can use them in conjunction with each other. Linking memory to number of the alphabet is a technique I found very useful. Everyone has the alphabet firmly engraved in his or her memory and if you link, a letter to a particular piece

of data you need to memorize then you will find it very easy to remember stuff.

It is amazing how simple things, which one would have thought of using, can be such corner stones to remembering complex pieces of data. Although this is not going to help my presentation left at home, but with this technique, I do not need the written presentation. I can keep it all in my head and the paper can be back up if it is lost then it will not be the end of the world as I can always use my memory to give the presentation.

Linking your journey or focal points in your journey to particular things could help in remembering for instance if I had linked my presentation to a particular building on my way when I passed it would trigger my memory as to whether the presentation had been packed into my stuff or not.

Connecting new information to bits of old, information proved to be a very valuable technique in remembering new information. I suddenly realize if linked new information to the vast amount of information already stored in our memory so it makes it very easy to just suck up new information as well as retain it.

The techniques were at best, very easy but mastering them is a gradual process. It was very easy. And the more you used them the better you became at dealing with information.

The transformation in my life was very visible, especially in my work. I was on time and things that used to take me ages to do became very easy and I couldn't help but think if I had learnt about this techniques earlier how

different would my life would have been studying for exams would have been that little bit easier. Delve into your mind.

## **Delving into the Mind in Development of Self and Voice**

Digging deep inside ourselves is the only way of really getting to know one's self and by examining what is deep in within us one can begin to identify negative thoughts and emotions, which in return put a strain on our day-to-day lives.

When we delve into the mind, it often leads us to find answers too many questions we have developed over the years.

The strain caused by negative thought can eat away at our self-confidence and ultimately cause illness take depression for instance. When you are depressed, you loose the ability to perform at your best and even the life and energy is sucked out of you.

Everyday one gets stresses and your energy levels are kept low by it and so is your self-belief and ultimately confidence. Building a positive attitude is very important it keeps your energy levels up. You want to keep energetic be it emotionally or physically. The two are interlinked for instance if you do some physical activity you find you are happier. Take exercising for instance if you exercise your body produces hormones that cause you to be happy and hence happy people are more energetic not to mention the health benefits.

As we grow up our surroundings shape us into who we are and sometimes for different reason we can lock deep inside some negative feelings be it they we too difficult t o deal with at the time but these can cause negative

energy which will eat away at our being hence one has to dig deep with in and deal with such energies ridding one's self of the energy sucking emotions. One has to go on a self-discovery journey which will begin by you asking yourself some serious questions on why you do certain things, how you do certain things and so on.

On the self discovery journey one has to find out what stands in their way the most , what holds one back and find a way of over coming it only by so doing will one be able to progress forward. Writing down your discovery will help you in the analysis of yourself this helps by acting like a mirror showing you a reflection of your inner self.

Learning to meditate is fantastic as it helps channeling all your negative energy away and finding positive energy with in and being able to channel it towards your well-being. It will help calm you down and relieve stress, which helps you, function that bit better articles on Scotoma learning are helpful.

Subliminal learning is another channel, which will help you deal with the inner energy, which in turn lead to a better person. Subliminal learning helps you identifies the questions you really are asking even without you realizing.

Resources on subliminal learning are all over and there are some top-notch resources on the World Wide Web. They will walk you through all the basics and if you are tense you might find a new way of relaxing.

There are a number of recourses some of them very cutting edge and the beauty of it is some of the resources make use of what you already have for instance the visualization on your windows media player together with some sounds could provide some amazing relaxation technique.

In conclusion taking the journey of self-discovery will cause you to release some of those emotions that have been holding you back for a very long while and releasing them will feel so good you will be left wondering why you were carrying them around for so long. Journey into subliminal probing,

## **Subliminal Probing into Self Development of Voice and Mind**

Probe into your subliminal mind to find your past learning and experiences. By doing so you will find valuable information that helps you to solve many problems, in addition you will find relief from your stress.

Some of the things you want to consider when you probe into the subliminal mind include:

Doubts

Fears

Resentment

Hate

Anger

Joy

Once you discover these negative emotions, you want to move to eliminate them. Hate, fear, doubt, etc are all negative energies that will rob you of your positive energy. Thus, you must abandon these emotions to clear up space for development of voice, self and mind.

Once you remove all the negative energies, you will find it easier to move through the natural processes of self-development. In addition, you will feel some weight lift from your shoulders, thus reducing major stress that builds up from animosities and confusion.

Now you can move to the next step in subliminal probing. The next step enables you to join the conscious and subconscious mind so they work in

harmony with the other. This builds your memory also. When you build awareness, it leads you successfully to develop your voice, mind and self.

Once you build awareness, you will see clearly, what you must do to complete your processes of development. Keep in mind however, self-development is a lingering process, which means you should never stop going.

In subliminal probing practices, you will discover a need to meditate. Meditation helps you to relax and to discover answers to your questions. Meditation involves thoughts, consideration, reflecting and rumination of the mind. You will deliberate, contemplate, and reflect on what you learn.

If you find it difficult to meditate, take some time to read articles on the latest guided relaxation and self-development strategies.

Visit the net to view the latest Radionics, biofeedback, neurofeedback, and while you are at it read up on subliminal and accelerated learning. Take some time to learn how you can benefit from developing emotional competency and self-reliance also.

Guided relaxation is essential in self-development. When you learn to relax, it helps you find the right direction. You can use some of the latest strategies or devices in biofeedback, Radionics and neurofeedback.

Encouraging your body and mind to relax will give you many options in development. The latest strategies all revolve around holistic medicines. So

be sure to become well versed by learning some of these practices. Many strategies encouraged today are free. You can practice in the comfort of you home.

Subliminal probing will take you through many changes, so prepare ahead. Learn to accept changes as a part of growing. Change is good. We all can benefit from changes, so remove any fears you may have of changes.

On the self discovery journey one has to find out what stands in their way the most , what holds one back and find a way of over coming it only by so doing will one be able to progress forward. Writing down your discovery will help you in the analysis of yourself this helps by acting like a mirror showing you a reflection of your inner self.

We must learn to meditate, since it helps us to channel in on our negative energy. We can work on these thoughts by reforming them to positive thinking. Meditation will help calm you and will help to relieve stress.

Subliminal probing is the process that helps you learn through other channels, which helps you manage inner energy.

Subliminal probing will walk you through the basic steps of developing your mind, self and voice. You will find ways to relax as well. Female persuasion is something to consider.

## **Development of the Self, Voice and Mind: Female Persuasion**

The book entitled *A Women's Way of Knowing* is an interesting book that has gained a lot of attention as it tries to address how women think as well as assimilate data. It put together information acquired from the interviews of various women. The interviewers asked the women a number of questions pertaining to the way they think as well as relate to new information. The data is compiled and processed and the conclusion acquired linked the perception of the women to education and knowledge.

The book's theme is heralded as the way to knowing. Women are portrayed as followers who believe in a figure of authority which in most cases were men. The women acknowledged that they fell in a certain category and were stereotyped as weak. They blindly follow and are socially engineered to believe that they are insignificant and their opinions do not matter and that they cannot voice their opinions. There is little room for aggressive opinions, so we must focus on changing to a positive way of thinking. The women have been made to believe that they are inferior be it by their families and have then passed it on to their kids as girls pick up on their mothers what it is to be a woman. Women are portrayed as passive and trusting as just willing to accept other people's word as true.

Women in this book are classed as falling into a number of categories.

The received knowledge, the women in this class acquire their knowledge through word of mouth and these women have very little or no self-respect. Their confidence is very limited hence find it hard to find their voice. The

belief strongly held by the women is that whatever they get through word of mouth as well as they read from books is true , coming up with their own opinions is beyond their scope of reason. They have no self-belief within themselves.

The women with subjective knowledge, the women in this category have their own way of thinking and the women acknowledge that they have brains as well as opinions. These very confident women are very stubborn and unwilling to shift from their position be it opinion or otherwise. According to philosophers, these women tend to have a haughty attitude, which is short of facts to prove. The women in this category are characterized by conflict with their male counterparts as well as struggling relationships. Most modern women tend to have behavior patterns that differ from these types of women.

Procedural knowledge is often defined as the voice of reason. Women with this way of thinking are more levelheaded and understand their position in society be it their strong points or vice versa. This category can be split into two parts, the connected and the separated. The connected part, this way of thinking women are part of a larger group such as a support group and they gander at a problem and find a solution sharing wisdom as well as help . They share their collective knowledge.

In contrast to the above, the separated version of procedural knowledge, the women are more inclined to carefully scrutinizing each theory before they accept it. The passions in such groups usually run high.

The final category, which was interviewed, was the women at peace with themselves that are confident enough to be submissive but still have their own voice and can share their point of views and willing to concede if they view their argument not valid. These are independent well-balanced women

**Conclusion:**

Development of voice, self and mind is easiest when you have ideas and strategies that assist you with achieving your goal, go online to discover the many articles written on this topic...You will find a wealth of information available. As well, many other topics are coming in the future or into the new age to help you with development of emotions, voice, self, mind, etc. Use all the free information to your advantage and test some of the strategies to discover what works for you. We have discussed many topics that hopefully gives you some ideas where to start. Remember, subliminal probing and meditation are wonderful strategies you can use to get the most of your learning experiences in development of self, mind and voice. Do not forget speaking out is the ultimate way to express you, and to let others know where you stand.



# HOME STUDY



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## Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,  
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

*Payment plans are available, please [Click Here for More Info](#)*

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.