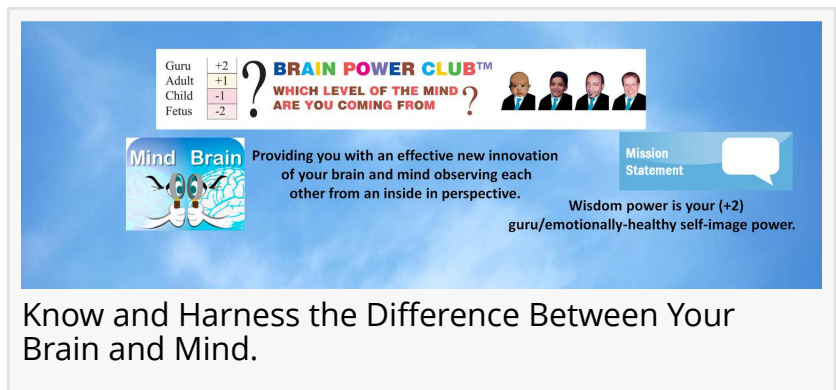


AN OPEN LETTER TO ALL WORLD LEADERS, THE UN, UNIVERSITIES, NGOS, EXPERTS, THE MEDIA AND SPORTS ORGANIZATIONS.

Optimizing the world will remain an impossible task as long as individual lives are based on an imperfect knowledge of the forces of life.

WASHINGTON, DC, USA, December 9, 2018 /EINPresswire.com/ -- The objective of every great organization is to create and offer services to make life more and more efficient. The foundation of society and life depends on the efficiency of the individual that requires the total optimization of life forces. Optimizing the individual will optimize the world. From the current chaos in life, in education and in society to a total transformation into an efficient world will require a simple paradigm shift. Please google, 'sajid wisdom 3.0'.



Guru	+2
Adult	+1
Child	-1
Fetus	-2

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WHICH LEVEL OF THE MIND ARE YOU COMING FROM ?

Mind Brain
Providing you with an effective new innovation of your brain and mind observing each other from an inside in perspective.

Mission Statement
Wisdom power is your (+2) guru/emotionally-healthy self-image power.

Know and Harness the Difference Between Your Brain and Mind.

“

Imagine injecting wisdom into every athlete of life! I have created the knowledge tools to make this possible. I need partners who will implement my game of life plan.”

Sajid Khan

The sports field is no different. Athletes are trained to preform at their peak. Their bodies are being trained to preform better than their opponents. Optimization of the body is now being supplemented with the optimization of the mind. However the very definition of the mind itself is a bundle of misinformation and confusion. To make the mind as efficient as humanly possible the first step is to create a clear cut scientific definition of the mind.

There has to be a very clear, precise and reality based picture of the individual elements that need to be

optimized. The current knowledge involves the components of the body and the mind. The mind is defined incorrectly as a single entity when in reality the mind consists of two separate though inter dependent entities of the mind and brain. Lumping the mind and brain together as just the mind results in a defective curriculum for all of life's lessons. Defining the brain and mind as just the mind has resulted in the creation of mind education alone. What we need is a separate subject of brain education.

Even for mental therapy we need to use the knowledge of the mind and brain being two separate entities. We have to define emotional therapy as the two separate therapies of brain therapy and mind therapy.

In the case of athletes the heart must be totally focused on just playing the game but in quite a large percentage the heart is also trapped into focusing on the desire to indulge in an [addiction](#). So the brain is oozing biochemicals for peak performance in the sport as well as pumping toxic biochemicals because of the brain's focus on the addiction. Many of the athletes are addicted to sex. Their brains, mind, body and heart are all turned 'on' for sex, now, and again. Their physical brain is thus working on both playing the game and being ready to 'jump'. The brain partly takes

away the body from focusing on the game alone.

I can show the way to remove the focus from sex or any other addiction to just playing and winning the game.

We need to identify the relationship between the self/I/me, the mind, brain, and heart. So let's start with definitions:

1) Mind:

There is so much unknown about the mind that there is no topic mind in High School psychology text books. When Stevin Pinker wrote a book on how the brain works he did not mention the mind even once. It is this half-baked knowledge about the mind that has resulted in a half-baked education system, a half-baked society and even half baked sports education.

The mind is the 'I'/self/me. The face of the mind is the self-image. The mind is the self-image. To define the mind, define it as the self-image. To understand one's own mind understand one's own self-image. To heal the mind, heal the self-image.

2) Brain:

The brain is an organ of the body similar to the hands. Just like the mind/I is in full control of the hands the mind should be in full control of the brain. Ask yourself, are you the master of your brain or does your brain control parts of your self/mind?

3) Self/I/me:

It is the interaction of the body, brain and mind that produces the self-image which for all practical purposes is the self.

4) Heart:

The heart is the [mindset](#). Ask yourself what is the heart/mindset thirsting for? What is it that the heart is focused on? For athletes ask while playing the game is the self focused on just playing the game or is the mindset on some other desire as well.

Please consider the example of Tiger Woods.



Stop letting your emotional baggage rule your life.



Wisdom education is brain cleaning education.

Tiger has the knowledge and the experience to be the best golf player even today. Yet he is mostly failing these days. It is because his heart is addicted to sex 24-7. So no matter what he is doing his brain is constantly pumping toxic biochemicals. When he is on the field his heart, body, mind and brain are constantly draining his performance from playing the game. He needs proper, 'Brain, Mind and Heart Therapy ' as do so many other athletes.

Imagine injecting wisdom into every athlete of life! I have created the knowledge tools to make this possible. I need partners who will implement my game of life plan.

Just imagine having all the proper science to create the perfect world by creating the perfect athletes of life!

Sajid Khan, President

4th R Foundation

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