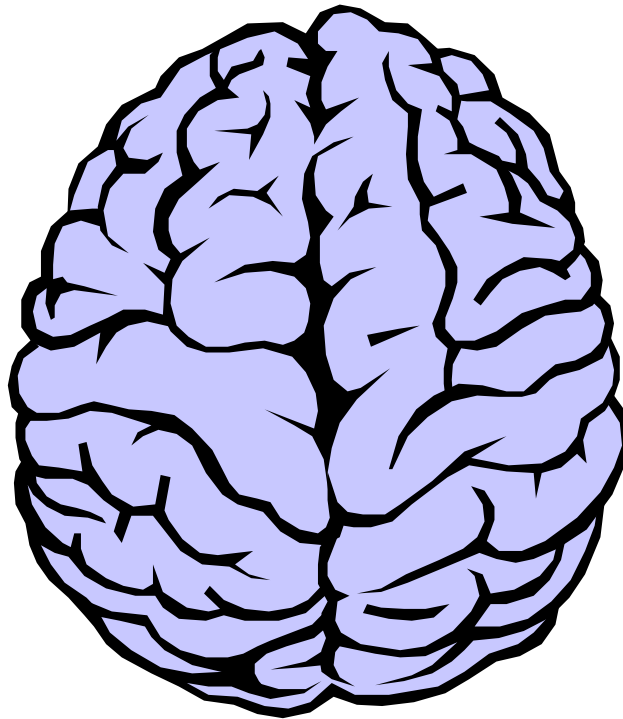


# Basic Mastery System

Your 5-Lessons System Helping You Master  
Your Subconscious Mind for Long Term Real  
Success

Consolidated and Updated by Dr. Keith To



## Introduction

Thanks for your reading this 5-Lessons Basic Mastery System Program. Each lesson in this Basic Mastery System will teach you one important secret of your powerful Subconscious Mind.

You will learn how to make use of your Subconscious Mind to get more wealth, happiness, success health and many more. The information in the Mastery System Full Course will be 100 times more information than this Introductory Course.

Here, you start your way to total discovery and functioning of your Subconscious Mind.

Keith To  
Your Success Partner  
[www.keithto.com](http://www.keithto.com)  
[www.MasterySystem.com](http://www.MasterySystem.com)

## Special Reminder to all Students of the Mastery System

To get the most from the Mastery System, you must read through every word in the lesson and then answer the Study Questions.

I recommend you to print out every lesson and write your answers in the space provided for each Study Question.

Both the Mastery System and this Basic Program are specially designed, though the content seems to be simple. If you really read through every single word and answer all the Study Questions, you will start to acquire the Mental Force and the Force will begin to work for you.

## Basic Mastery System Lesson 1

Some men seem to attract success, power, wealth, attainment, with very little conscious effort, while others conquer with great difficulty; still others fail altogether to reach their ambitions, desires and ideals.

This gives me a big question mark for many, many years.

The cause cannot be physical. If so, many physically perfect men would be the most successful. The difference, therefore, must be mental – must be all in the mind. There must be Creative Force in our mind that constitutes the sole difference between men. It is mind, therefore, which overcomes environment and every other obstacle in the path of men.

When this Creative Force is fully understood, its effect will be seen to be marvellous. But such results cannot be secured without proper application, diligence, and concentration.

The Mastery System teaches you the use of this Mental Force, true Mental Force, not any of the substitutes and perversions. It has nothing to do with Hypnosis, Magic or any of the more or less deceptions by which many are led to think that something can be had for nothing.

You do not need to acquire this Force. You already have it. But you might not understand it, use it and control it.

1. You cannot express power that you are not aware of. The only way by which you may secure possession of power is to become conscious of power, and you can never become conscious of power until you learn that all power is from within.
2. There is a world within – a world of thought, feeling and power. Although invisible, its forces are mighty.
3. The world within is governed by mind. When you discover this world, you will find the solution for every problem.
4. Since the world within is subject to your own control, all powers and possession are also within your own control.
5. The world without is a reflection of the world within. What appears in the world without is what has been found within.

## Basic Mastery System

---

6. In the world within, you find infinite Wisdom, infinite Power, and infinite Supply of all that is necessary, waiting for unfoldment, development and expression.
7. If you recognize these potentials in the world within, they will take form in the world without.
8. Harmony in the world within will be reflected in the world without by harmonious conditions.
9. This is the foundation of health and a necessary essential to all greatness, all power, all attainment, all achievements and all successes.
10. Harmony in the world within means the ability to control you own thoughts and to determine for yourself how any experience is to affect you.

## **Study Questions of Lesson 1**

To help your total understanding and mastery of the System, you must answer all Study Questions. Answers will be provided in our next Lesson.

1. What is the relation between the world within and the world without?

---

2. How can you express your power?

---

3. What is the Foundation of all greatness?

---

4. What does Harmony in the world within means?

---

## Basic Mastery System

---

To learn more and to start building up your real Mental Force, you can register for our full version Mastery System. Simply go to

[https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD)

**The Mastery System** is my complete but concise course on your Subconscious Mind. **The Mastery System** is based on a 60 years' old personal development classic. It is believed that **Bill Gates** read this classics before he quited studying in the university and started Microsoft.

From the **The Mastery System**, you are going to acquire the real power of your **Subconscious Mind** and bring to yourself Happiness, Confidence, Wealth, Health, Strength, Friendship, Growth, and Creativity, This is the most comprehensive course on how to master your **Subconscious Mind** and how to master your life.

**The Mastery System** is a 26 Parts Weekly Email Lessons Program. You are going to complete the whole **The Mastery System** within 6 months.

Register now at

[https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD).

## Answers to Study Questions of Lesson 1

1. What is the relation between the world within and the world without? The world without is a reflection of the world within.
2. How can you express your power? When you become conscious of power.
3. What is the Foundation of all greatness? Harmony in the world within.
4. What does Harmony in the world within means? The ability to control you own thoughts and to determine for yourself how any experience is to affect you.



## Basic Mastery System Lesson 2

In Lesson 1, you are introduced to the basic of the Mastery System.

In this Lesson 2, you will learn why the more you develop your Conscious Mind, the more problems you are creating for yourself.

1. Our difficulties are largely due to confused ideas. Clear thinking is of highest value.
2. The operations of the mind are produced by 2 parallel modes of activities, the Conscious and the Subconscious.
3. Ease and perfection depend entirely upon the degree in which you cease to depend upon the Conscious Mind. If you don't let go of your Conscious Mind, you just can't play the piano, type your letter, or drive your car.
4. The value of Subconscious is enormous. It inspires you, it directs your thoughts, tastes, it generates ideas, and it stores all your memory. It has the power.
5. You can walk at will, raise our arm whenever you choose to do so through our Conscious Mind. But you cannot stop your heartbeats nor the circulation of blood, nor all those vital processes. They are done through our Subconscious Mind.
6. Which set of actions is more powerful? The problem people are facing is that they depend too much on the less powerful Outward Conscious Mind and neglecting the interior power.
7. It is necessary to have a clear understanding of their respective functions, as well as of certain other basic principles. Perceiving and operating through the five senses, the Conscious Mind deals with the impressions and objects of the outward life.
8. It has the faculty of discrimination, carrying with it the responsibility of choice. It has the power of reasoning.
9. The power of reasoning includes inductive, deductive and analytical. This power may be developed to a high degree.

10. However, the higher the degree it has been developed, the more dependent you rely on it, and the less concern for your even more powerful Subconscious Mind. This in turn creates even more problems. In **The Mastery System**, we will discuss how to develop both your Conscious and Subconscious Mind at the same time without causing problems.

## Study Questions of Lesson 2

To help your total understanding and mastery of the System, you must answer all Study Questions. Answers will be provided in our next Lesson.

1. What are the two modes of mental activities?

---

2. How you can achieve ease and perfection?

---

3. What is the value of the Subconscious?

---

4. What are some of the functions of the Conscious Mind?

---

5. How development of the power of Conscious Mind can create even more problems?

---

## Basic Mastery System

---

To learn more and to start building up your real Mental Force, you can register for our full version Mastery System. Simply go to [https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD)

**The Mastery System** is a 26 Parts Weekly Email Lessons Program. You are going to complete the whole **The Mastery System** within 6 months.

In each of the 26 Weekly Lessons, you are given a series of specially designed “Mind Boosting Exercises” for you to develop your Subconscious Power. **The Mastery System** is NOT only a vast database of knowledge, it also trains you practically to having the most powerful Subconscious Force.

You are also given the licensed right to use The Mastery System Client Program with your clients and students. **The Mastery System Client Program** is a summarized version of the complete **Mastery System**.

We will talk more about **The Mastery System Client Program** in our next lesson.

Register now at

[https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD).

## Answers to Study Questions of Lesson 2

1. What are the two modes of mental activities? The Conscious and the Subconscious.
2. How you can achieve ease and perfection? You cease to depend upon the Conscious Mind.
3. What is the value of the Subconscious? It inspires you, it directs your thoughts, tastes, it generates ideas, and it stores all your memory.
4. What are some of the functions of the Conscious Mind? Inductive, deductive and analytical reasoning.
5. How development of the power of Conscious Mind can create even more problems? The more dependent you rely on it, and the less concern for your even more powerful Subconscious Mind.

## Basic Mastery System Lesson 3

Thanks for reading Lesson 1 & 2 of your 5-Parts Introductory Mastery System program. In this Lesson 3, you will learn the power of your Subconscious Mind.

At the far end of this email lesson, you will also find the answers to the study questions of both Lesson 1 and 2.

Wish you enjoying this lesson and be improved.

1. The Conscious Mind and the Subconscious Mind interact with each other continuously. The cerebro-spinal system (i.e. the brain and the spine) is the organ of conscious mind and the sympathetic system is the organ of subconscious.
2. Every thought is received by the brain, which is a part of the conscious organ. It is here reasoning takes place. When this objective Conscious Mind has been satisfied that the thought is true, it is then sent to our Solar Plexus, which is a part of the Subconscious sympathetic organ. Then the thought is transformed to every parts of the body into actions, to be brought forth into the world without as reality.
3. The Subconscious Mind cannot argue. It only acts. It accepts the conclusions of the Conscious Mind as final.
4. The Solar Plexus is like the sun, the source of both mental and physical energies of the body. It is the central point of distribution for the energy.
5. If this radiation of energy is sufficiently strong, the person is called magnetic. He is filled with personal magnetism.
6. Such a person may wield an immense power for good. His presence alone will often bring comfort to the troubled minds with which he comes in contact.
7. When the Solar Plexus is active, it is radiating life, energy and vitality to every part of the body, and to every one whom he meets. The sensations are pleasant, the body is filled with health and all with whom he comes in contact experience a pleasant sensation.

## Basic Mastery System

---

8. If there is any interruption of this radiation, the sensations are unpleasant, the flow of life and energy to some part of the body is stopped, and this is the cause of ill to the human race, physical, mental or environmental.
9. Physical because the sun of the body is no longer generating sufficient energy to vitalize some part of the body; mental because the Conscious Mind is dependent upon the Subconscious Mind for the vitality necessary to support its thought, and environmental, because the connection between the Subconscious mind and the Universal Mind, is being interrupted.
10. This centre of energy is Omnipotent because it is the point of contact with all life and all intelligence. It can therefore accomplish whatever it is directed to accomplish, and herein lies the power of the Conscious Mind; the Subconscious can and will carry out such plans and ideas as may be suggested to it by the Conscious Mind.

## Study Questions of Lesson 3

To help your total understanding and mastery of the System, you must answer all Study Questions. Answers will be provided in our next Lesson.

1. What system of nerves is the organ of the Conscious Mind?

---

2. What system of nerves is the organ of the subconscious mind?

---

3. What is the central point of distribution for energy which the body is constantly generating?

---

4. When the Solar Plexus is active, how is your sensation?

---

5. When the Solar Plexus's radiation is being interrupted, how is your sensation?

---



## Basic Mastery System

---

To learn more and to start building up your real Mental Force, you can register for our full version Mastery System. Simply go to [https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+-+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+-+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD)

You are going to learn the magic of your powerful Subconscious Mind in the 26 Parts **Mastery System**. I have been studying our mental system for over a decade, and this **Mastery System** is everything I learned and discovered in the past years.

I am using this **Mastery System** to help myself and many others to get more thing done happily in the past and I am now going to share with you all these wisdom in **The Mastery System**.

Upon successful completion of **The Mastery System**, you are given the licensed right to use The Mastery System Client Program with your clients and students. **The Mastery System Client Program** is a summarized version of the complete **Mastery System**.

**The Mastery System Client Program** also comes with a finely designed set of client's form. Your clients and students can make use of these form to attain their goal with the **The Mastery System** Philosophy.

If you enrol in now, you get a generous 75% off from the normal fee of HK\$1,200. It is only HK\$300. This is incredible.

If you come back later to enrol, you will not find this Special \$300 Offer again.

Register now at

[https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+-+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+-+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD).

Keith To  
Your Success Partner

## Answers to Study Questions of Lesson 3

1. What system of nerves is the organ of the Conscious Mind? The cerebro-spinal system.
2. What system of nerves is the organ of the subconscious mind? The sympathetic system
3. What is the central point of distribution for energy which the body is constantly generating? The Solar Plexus
4. When the Solar Plexus is active, how is your sensation? The sensations are pleasant, the body is filled with health.
5. When the Solar Plexus's radiation is being interrupted, how is your sensation? The sensations are unpleasant.

## Basic Mastery System Lesson 4

Thanks for continue reading Lesson 4 of your 5-Parts Introductory Mastery System program. In this Lesson 4, you will learn the real nature of your "I". With a thorough understanding of your own "I", you gain back the Power you should have.

The answer to the study questions of last lesson can be found at the far end of this email.

Wish you enjoying this lesson and be improved.

1. The "I" you always talk about is not the physical body and the mind. The "I" of you is not the physical body; that is simply an instrument, which the "I" uses to carry out its purposes; the "I" cannot be the Mind, for the mind is simply another instrument which the "I" uses with which to think, reason, and plan.
2. The "I" must be something, which controls and directs both the body and the mind; something, which determines what they shall do and how they shall act. When you come into a realization of the true nature of this "I", you will enjoy a sense of power, which you have never before known.
3. Your personality is made up of countless individual characteristics, peculiarities, habits, and traits of character; these are the result of your former method of thinking, but they have nothing to do with the real "I."
4. When you say "I think" the "I" tells the mind what it shall think; when you say "I go" the "I" tells the physical body where it shall go; "I" is the source of the real power which comes to men and women when they come into a realization of their true nature.
5. The greatest and most marvellous power which this "I" has been given is the power to think, but few people know how to think constructively, or correctly, consequently they achieve only indifferent results. Most people allow their thoughts to dwell on selfish purposes, the inevitable result of an infantile mind. When a mind becomes mature, it understands that the germ of defeat is in every selfish thought.

## Basic Mastery System

---

6. The trained mind knows that every transaction must benefit every person who is in any way connected with the transaction, and any attempt to profit by the weakness, ignorance or necessity of another will inevitably operate to his disadvantage.
7. This is because the individual is a part of the Universal. A part cannot antagonize any other part, but, on the contrary, the welfare of each part depends upon a recognition of the interest of the whole.
8. Those who recognize this principle have a great advantage in the affairs of life. This seems to be too spiritual to you? Physically, they do not wear themselves out. They can eliminate vagrant thoughts with facility. They can readily concentrate to the highest possible degree on any subject. They do not waste time or money upon objects, which can be of no possible benefit to them.
9. If you cannot do these things it is because you have thus far not made the necessary effort. Now is the time to make the effort. The result will be exactly in proportion to the effort expended. One of the strongest affirmations, which you can use for the purpose of strengthening the will and realizing your power to accomplish, is, "I can be what I will to be."  
(Chinese Translation: 我可以成為我將成為的人)
10. Every time you repeat it realize who and what this "I" is; try to come into a thorough understanding of the true nature of the "I"; if you do, you will become invincible; that is, provided that your objects and purposes are constructive and are therefore in harmony with the creative principle of the Universe.

## Study Questions of Lesson 4

To help your total understanding and mastery of the System, you must answer all Study Questions. Answers will be provided in our next Lesson.

1. Is the "I" you always talk about the physical body and the mind?

---

2. What is your personality made up of?

---

3. Why most people can achieve only indifferent results?

---

4. Who must be benefited in every transaction?

---

5. What is the strongest affirmations, which you can use for the purpose of strengthening the will and realizing your power to accomplish?

---

## Basic Mastery System

---

To learn more and to start building up your real Mental Force, you can register for our full version Mastery System. Simply go to [https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD)

You are going to learn the magic of your powerful Subconscious Mind in the 26 Parts **Mastery System**. I have been studying our mental system for over a decade, and this **Mastery System** is everything I learned and discovered in the past years.

I am using this **Mastery System** to help myself and many others to get more thing done happily in the past and I am now going to share with you all these wisdom in **The Mastery System**.

I love **The Mastery System** as it gives me back all my power that I should have. I have 100% confidence in **The Mastery System** so I am going to give you a guarantee that no one else in this world is comfortable to offer – 100% Money Back Guarantee.

This 100% Money Back Guarantee is still valid even you completed the whole course, all 26 Lessons. From the time you register to one whole year after you complete the course, you are protected by our 100% Money Back Guarantee.

If you enrol in now, you get a generous 75% off from the normal fee of HK\$1,200. It is only HK\$300. This is incredible.

If you come back later to enrol, you will not find this Special \$300 Offer again.

My plan is to increase the fee to HK\$600 and then to its original fee of HK\$1,200 after our initial launch period.

Register now when it is still HK\$300 at [https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD).

Keith To  
Your Success Partner  
[www.keithto.com](http://www.keithto.com)

© 2003 Copyrighted by Dr. Keith To. No Duplication is allowed.  
[www.keithto.com](http://www.keithto.com) [www.excelcentre.net](http://www.excelcentre.net) [www.ecoachsystem.com](http://www.ecoachsystem.com)

## Answers to Study Questions of Lesson 4

1. Is the "I" you always talk about the physical body and the mind? No.
2. What is your personality made up of? Your personality is made up of countless individual characteristics, peculiarities, habits, and traits of character; these are the result of your former method of thinking.
3. Why most people can achieve only indifferent results? Few people know how to think constructively, or correctly
4. Who must be benefited in every transaction? Every person who is in any way connected with the transaction
5. What is the strongest affirmations, which you can use for the purpose of strengthening the will and realizing your power to accomplish? "I can be what I will to be."

## Basic Mastery System Lesson 5

Thanks for continue reading Lesson 5 of your 5-Parts Introductory Mastery System Program. In this Lesson 5, you will learn how to get the best out of your life.

This is your final lesson of your 5-Parts Introductory Mastery System program. If you want to learn much, much more about how to live your life to your highest potential, you can register the Mastery System Full Program.

The Mastery System will be one of your best investments to yourself. Instead of spending your money in something you want, why not invest a little bit to something you really need.

Simply go to the following website to register your Mastery System Program.  
[https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+-+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+-+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD)

Or you can send a HK\$300 cheque (Payable to the Excel Centre) to Room 307, Wellborne Commercial Centre, 8 Java Road, North Point.

Wish you enjoying this lesson and be improved.

1. At least 90% of your mental life is subconscious, so that those who fail to make use of this mental power live within very narrow limits.
2. The subconscious can and will solve any problem for you if you know how to direct it.
3. The subconscious processes are always at work; the only question is, "Are you to be simply passive recipients of this activity, or are you to consciously direct the work?"
4. You have found that mind pervades every part of the physical body and is always capable of being directed or impressed by authority coming from the objective or the more dominant portion of the mind.
5. The mind, which pervades the body, is largely the result of heredity.



## Basic Mastery System

---

6. Though you can't change the result of your heredity, you can consciously use all your inborn desirable characteristics with which you have been provided and you can repress and refuse to allow the undesirable ones to manifest.
7. Again, this mind, which pervades your physical body is not only the result of hereditary tendencies, but is the result of home, business and social environment, where countless thousands of impressions, ideas, prejudices and similar thoughts have been received.
8. Much of this has been received from others, the result of opinions, suggestions or statements; much of it is the result of your own thinking, but nearly all of it has been accepted with little or no examination or consideration.
9. The idea seemed reasonable, the conscious received it, passed it on to the subconscious, where it was taken up by the Sympathetic Nervous System and passed on to be built into your physical body. "The word has become flesh."
10. This, then, is the way you are consistently creating and recreating yourselves; you are today the result of your past thinking, and you will be what you are thinking today. If this is true, what you can do is to watch the material in your life and select only the best of everything.

## Study Questions of Lesson 5

To help your total understanding and mastery of the System, you must answer all Study Questions. Answers will be provided in our next Lesson.

1. What proportion of your mental life is subconscious?

---

2. The mind, which pervades the body, is largely the result of what?

---

3. Though you can't change the result of your heredity, what can you do to get the best from them?

---

4. Apart from heredity, what also affect you?

---

5. If you are today the result of your past thinking, and you will be what you are thinking today, what can you do?

---

## Basic Mastery System

---

To learn more and to start living to your highest potential, you can register for our full version Mastery System. Simply go to [https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD)

You are going to learn the magic of your powerful Subconscious Mind in the 26 Parts **Mastery System**. I have been studying our mental system for over a decade, and this **Mastery System** is everything I learned and discovered in the past years.

I am using this **Mastery System** to help myself and many others to get more thing done happily in the past and I am now going to share with you all these wisdom in **The Mastery System**.

I love **The Mastery System** as it gives me back all my power that I should have. I have 100% confidence in **The Mastery System** so I am going to give you a guarantee that no one else in this world is comfortable to offer – 100% Money Back Guarantee.

This 100% Money Back Guarantee is still valid even you completed the whole course, all 26 Lessons. From the time you register to one whole year after you complete the course, you are protected by our 100% Money Back Guarantee.

If you enrol in now, you get a generous 75% off from the normal fee of HK\$1,200. It is only HK\$300. This is incredible.

If you come back later to enrol, you will not find this Special \$300 Offer again.

My plan is to increase the fee to HK\$600 and then to its original fee of HK\$1,200 after our initial launch period.

Register now when it is still HK\$300 at [https://www.paypal.com/xclick/business=keithto%40hkstar.com&item\\_name=The+Mastery+System+--+Special+Pre-launch+Offer&item\\_number=0002&amount=38.40&no\\_note=1&currency\\_code=USD](https://www.paypal.com/xclick/business=keithto%40hkstar.com&item_name=The+Mastery+System+--+Special+Pre-launch+Offer&item_number=0002&amount=38.40&no_note=1&currency_code=USD).

You can also send a HK\$300 cheque (Payable to the Excel Centre) to Room 307, Wellborne Commercial Centre, 8 Java Road, North Point for registration.

Keith To  
Your Success Partner  
[www.keithto.com](http://www.keithto.com)

© 2003 Copyrighted by Dr. Keith To. No Duplication is allowed.  
[www.keithto.com](http://www.keithto.com) [www.excelcentre.net](http://www.excelcentre.net) [www.ecoachsystem.com](http://www.ecoachsystem.com)

## Answers to Study Questions of Lesson 5

1. What proportion of your mental life is subconscious? At least 90% of your mental life is subconscious.
2. The mind, which pervades the body, is largely the result of what? The result of heredity
3. Though you can't change the result of your heredity, what can you do to get the best from them? You can consciously use all your inborn desirable characteristics with which you have been provided and you can repress and refuse to allow the undesirable ones to manifest.
4. Apart from heredity, what also affect you? Home, business and social environment
5. If you are today the result of your past thinking, and you will be what you are thinking today, what can you do? To watch the material in your life and select only the best of everything.

**你的成功資源 Your Success Resources**

- (1) 希望取得更多的個人及企業成功的資訊：  
[www.keithto.com](http://www.keithto.com) 陶兆輝博士網頁  
[www.mental-technology.com](http://www.mental-technology.com) 思維科技學會網頁  
[www.ExcelCentre.net](http://www.ExcelCentre.net) 卓越中心網頁  
[www.PDCoach.net](http://www.PDCoach.net) 個人增值教練聯盟  
[www.SubconsciousReengineering.com](http://www.SubconsciousReengineering.com) 潛意識重整工程網頁  
[www.SuperWritingSystem.com](http://www.SuperWritingSystem.com) 超級寫作系統網頁  
[www.ECoachSystem.com](http://www.ECoachSystem.com) 卓越企業教練網頁  
[www.GenerativeDialogue.com](http://www.GenerativeDialogue.com) Generative Dialogue System
- (2) 希望每週繼續獲得更多陶兆輝博士的自我改進資訊：  
請發空白電郵至 [ExcelCentre-subscribe@yahoogroups.com](mailto:ExcelCentre-subscribe@yahoogroups.com)
- (3) 希望將陶兆輝博士免費自我改進課程帶到閣下之機構，請致電：852-2135-8734。免費講座包括：  
NLP 突破逆境 / 潛意識教仔工程 / 槓桿營銷 Leverage Marketing / 潛意識說服學 HypnoPersuasion
- (4) 希望獲得陶兆輝博士免費 1 小時企業教練服務(Free Coaching Session)。請致電 2135-8734 Excel Centre 或電郵 [keithto@keithto.com](mailto:keithto@keithto.com)。
- (5) 希望訂閱免費自我改進電郵月刊 The Mind Tech，請發空白電郵到 [mind-tech-subscribe@yahoogroups.com](mailto:mind-tech-subscribe@yahoogroups.com) 即可。
- (6) 想與陶兆輝博士聯絡，續繼瞭解如何自我改進，請致電 2135-8734 The Excel Centre，或電郵 [keithto@keithto.com](mailto:keithto@keithto.com)。
- (7) 希望參加由陶兆輝博士主持之身心語言程序學\或催眠治療學課程，請與聖雅各福群會延續教育中心劉遠章經理聯絡，電話：2835-4396。
- (8) 希望邀請陶兆輝博士到閣下之機構主持課程或講座，請致電 2135-8734 Excel Centre。進一步資料可以電郵查詢: [keithto@keithto.com](mailto:keithto@keithto.com)。
- (9) 希望獲得專業企業教練資料，以協助你的公司增長利潤，提升業績，改善營運, 請致電聯繫 The Excel Centre 電話：2135-8734，亦可以電郵查詢: [keithto@keithto.com](mailto:keithto@keithto.com)。

思維科技學會 The Institute of Mental Technology 乃：

國際身心語言程序協會培訓機構會員  
美國催眠治療學會認可培訓機構  
加拿大專業催眠治療學會認可培訓機構  
英國專業催眠及心理治療學會認可培訓機構  
英國催眠治療委員會認可培訓機構

卓越中心 The Excel Centre 乃：

國際企業教練協會認可培訓機構  
教練及培訓協會認可培訓機構

## Your Free Personal/Corporate Resources

I. Visit our webpages to get more free personal & corporate improvement information and resources.

Dr. Keith To's Homepage: [www.keithto.com](http://www.keithto.com)

The Institute of Mental Technology: [www.mental-technology.com](http://www.mental-technology.com)

PDCoach Network: [www.pdcoach.net](http://www.pdcoach.net)

The Excel Centre: [www.excelcentre.net](http://www.excelcentre.net)

3 Steps to Get a Job: [www.3stepstogetajob.com](http://www.3stepstogetajob.com)

II. Send a blank email to:

1. Subscribe to the Excel Centre **Personal Development Information Updates** [ExcelCentre-Subscribe@yahoogroups.com](mailto:ExcelCentre-Subscribe@yahoogroups.com) (*Free Special Report of **How to Live up to Your Greatest Potential** upon your subscription*)

2. Subscribe to our **Monthly Personal Development Email Newsletter, the Mind Tech** [mind-tech-subscribe@yahoogroups.com](mailto:mind-tech-subscribe@yahoogroups.com)

3. Subscribe to the **Daily Quote for Your Soul** Daily Email List (You will receive an inspiring quote everyday to kick-start your day) [quote4soul-subscribe@yahoogroups.com](mailto:quote4soul-subscribe@yahoogroups.com)

III. Call 852-2135-8734 for arranging a **Free Corporate Coaching Session** by Dr. Keith To to improve your company performance instantly.