

## **The Yellow Plan - Man in search of improving his physical condition**



This is the path of the human fight against the physical body. People discover many instruments useful to develop their physical qualities. Tired of the same horrible physical practice, the person will develop mostly his will and physic. Working only with the body and physical condition, we are left with undeveloped emotional and intellectual centers.

Man wanting to overcome his physical condition is tightly linked to the concept that The Human Factory can be turned into the Human Self. The human factory is shaped by different mechanical, robotic actions. The human self can be reached when the person starts searching for elements and actions inside his mind, body, voice, in order to build his happiness, to fulfill his desires, to discover and refine his spirit.

The human factory has 3 main sources:

- The food we usually consume
- The air we breathe
- The opinions towards everything that surrounds us

Without food we can hold on the longer, the physical body can resist.

We can only resist a few minutes with no air. The body needs to receive the air elements (many of them unknown to science)

Without opinions, a person cannot live. He judges the world through his mind, his

surroundings. If these opinions stopped, humans would cease to exist.

This is just an introduction of these 3 sources. We will go into details during the conferences that will be held in 2016.

Overcoming the physical condition - we'll talk about the human essence - mind, spirit, soul. Man is not born out of energy. He is born due to a force of nature, of the union and desire of two people. A person takes and stores the energy we take and give with each blink, yawn, talk, run, love and hate. Each drop of energy is measured and we can find out what and how much we consume.

As sender and receiver of energy, man is, in his nature, occupied with the thoughts and actions that result of thoughts produced by him or others. The thoughts are made of energy. Our cells store and hold the energy. The useless thought produces useless energy. We usually think that our thoughts are ours. Some of them are, some are not. Most of them are produced by us without wanting them and realizing it. Or we acknowledge them when the sensation becomes intense. Many thoughts are brought to the surface by the fifth senses, imagination, awareness, desires, emotions and feeling.

For more information, please access [The Yello Plan](#)

*Mental Training = Happy Life = Will and Power*

*Share these thoughts and you'll help your friend achieve transformation.*

*The group of the clean and clear minded people salutes you.*

Got any opinion? Please leave your comment below.