

# Adventure of the



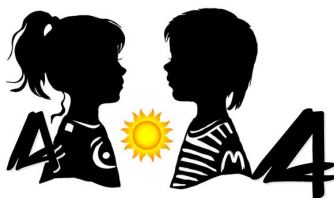
# Silent Mind

By Catherine Mikhailov

This book is dedicated to all the acts of kindness & generosity I have ever seen!



Published in the United States by Catherine Mikhailov.



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Please visit our Ark & Ari project on web: [arkandari.com](http://arkandari.com)

**Book Summary:** An entertaining way to teach your kids about meditation and how thought forms are created.

# ENLIGHTENED MASTERS SERIES



## Part II

It is often that we find,  
Thought is different  
from Mind!

Mind – is powerful  
machine,



Thought – imagination  
screen!

Mind creates from high  
above,



And it activates... by –  
**Love .**

It will give you what  
you want,



If you concentrate your  
thought.

Thought can enter any  
structure,



It's **NOT** limited by  
space...

You can get it to  
recover,



Any problem that you  
face.



You Design your life  
with Thought,



Whether it's controlled  
or **NOT**...

Mind will randomly  
create,



All the things you love  
or hate.

Thoughts – are forms,



And just like glue...

They will be attached to  
you!

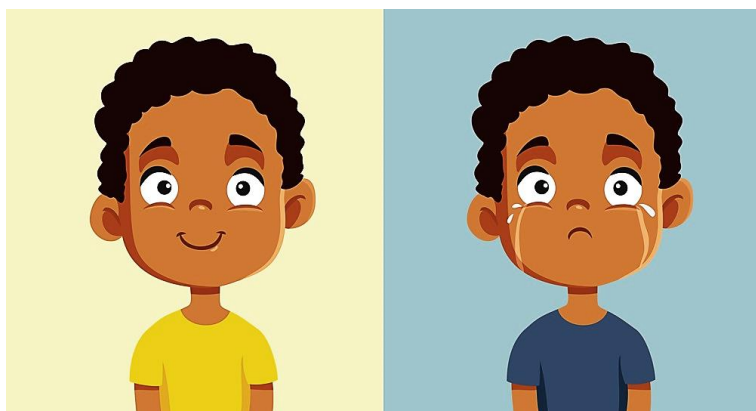
# What we see on screen TV –



Very powerful indeed!

They can concentrate  
our thought,

In whichever way they  
want.



When you breathe, or  
drink, or chew,  
They become a part of  
you.

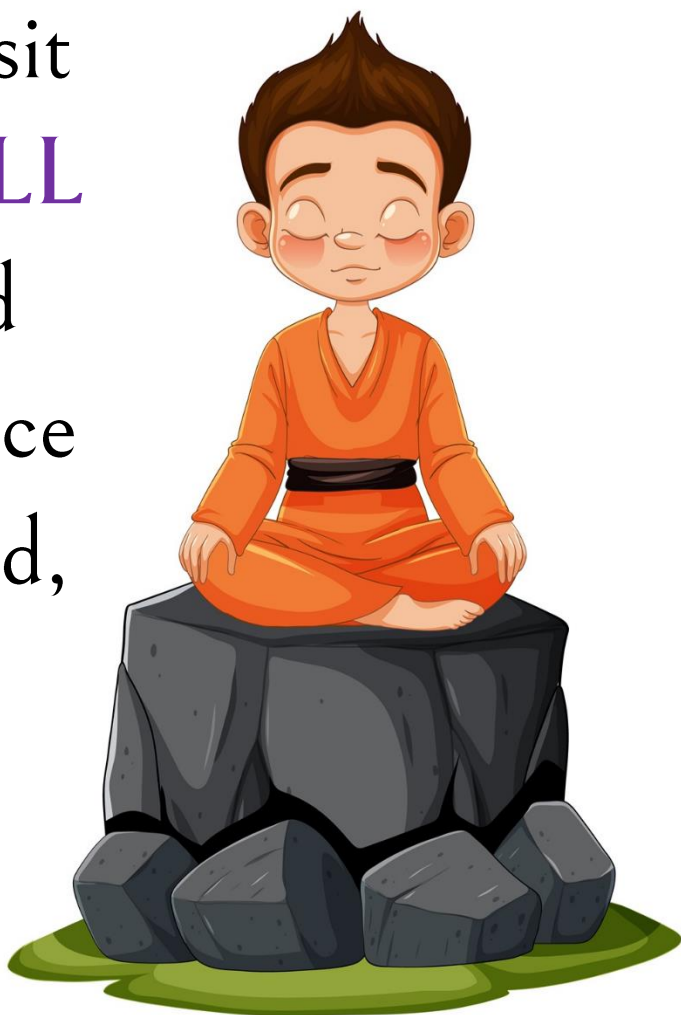
Watching movies while  
eating,



Can affect what you  
will do!

If you can't create some  
time,

To sit  
**STILL**  
and  
silence  
mind,



Thoughts can get you to  
behave,



Sometimes in  
destructive way.



When your thoughts all  
fade away,



**Spirit** shines and  
wants to play!

It guides everything  
you do,





Because... that's – the  
**REAL You!**

# “ I Am ” Presence

– will assist,



And send energy to  
things.

This is why they really  
say:



**“ All you want –  
is Breath Away ! ”**

If you use your mind for  
**GOOD,**



It will serve you as it  
should!

After everything is  
said...

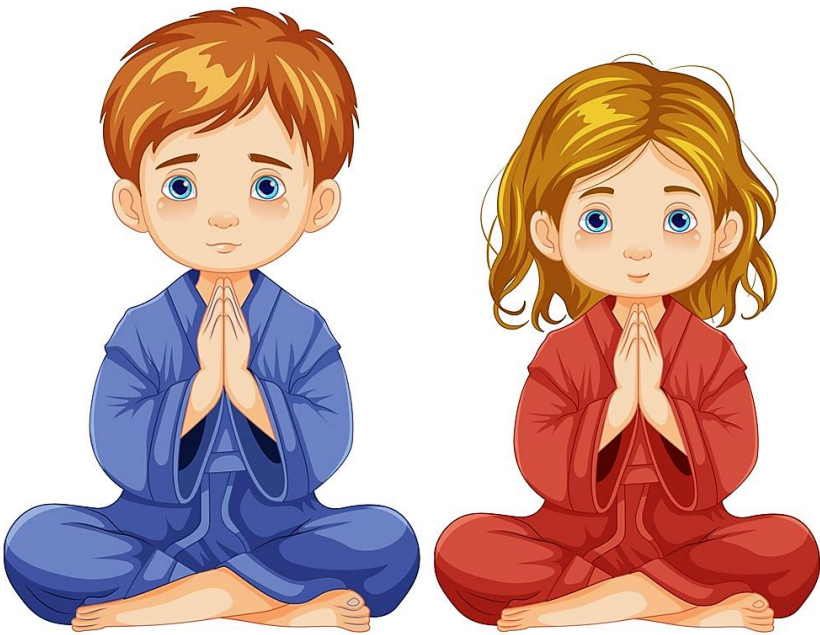
“Why  
some  
people  
have it



bad?”

– If you take it to the  
heart,

They try hard  
controlling... **God!**



When you tell **God**  
what to do,





He cannot do best for  
you!

You have never been  
apart,



And create life from  
start!

But your thoughts took  
all control...



And you build a  
massive “wall”!

Anything that you can  
feel,



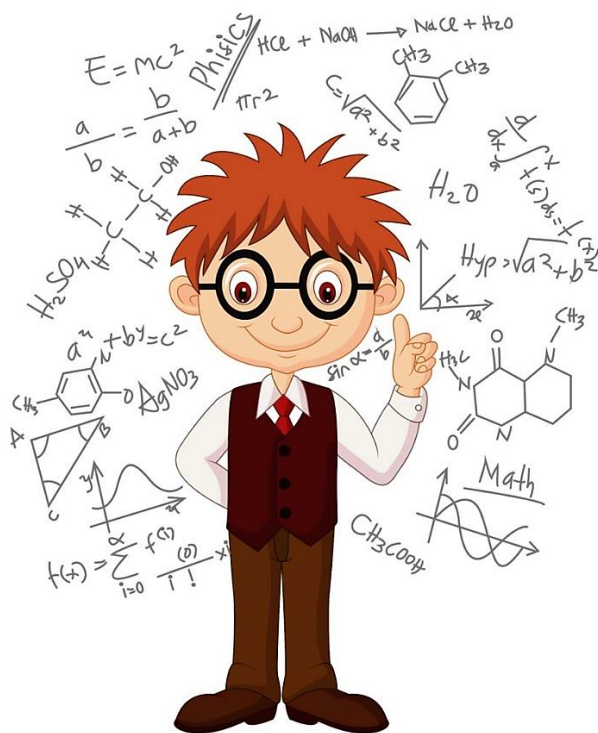
Makes you think that it  
is real,

This is why we all  
forgot,



What is true and what  
is **NOT!**

All the things we  
learned in school,



Make our **mind** seem so  
cool!

Why would anyone  
decide,



Spend their life without  
mind?

Let me tell you little  
secret,



Mind does **NOT**  
control a thing!



It's entire only purpose,



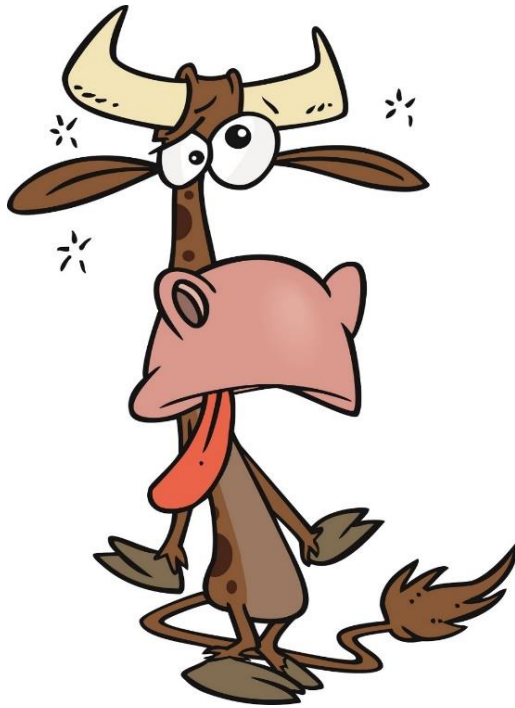
To unfold the world  
**within!**

All the complex body  
functions,



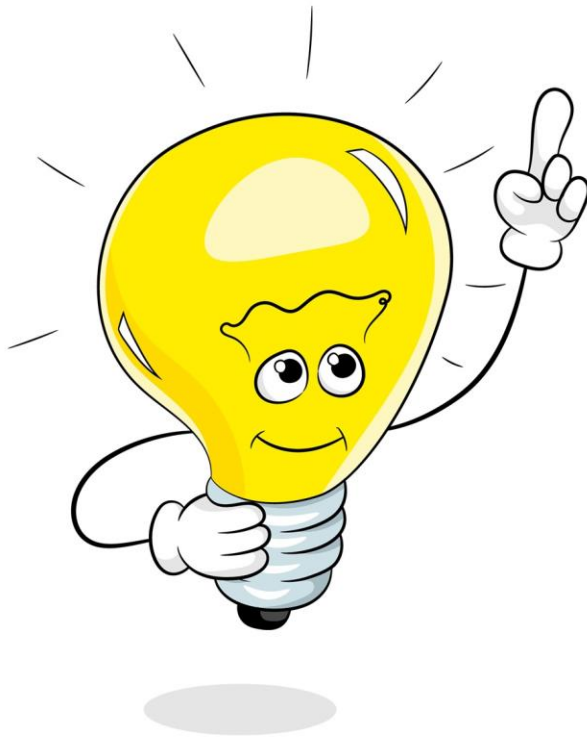
Not-at-all controlled by  
mind,

If the mind will “run”  
our body,



It can't possibly  
survive...

Mind – is “**bulb**” and it  
will shine,



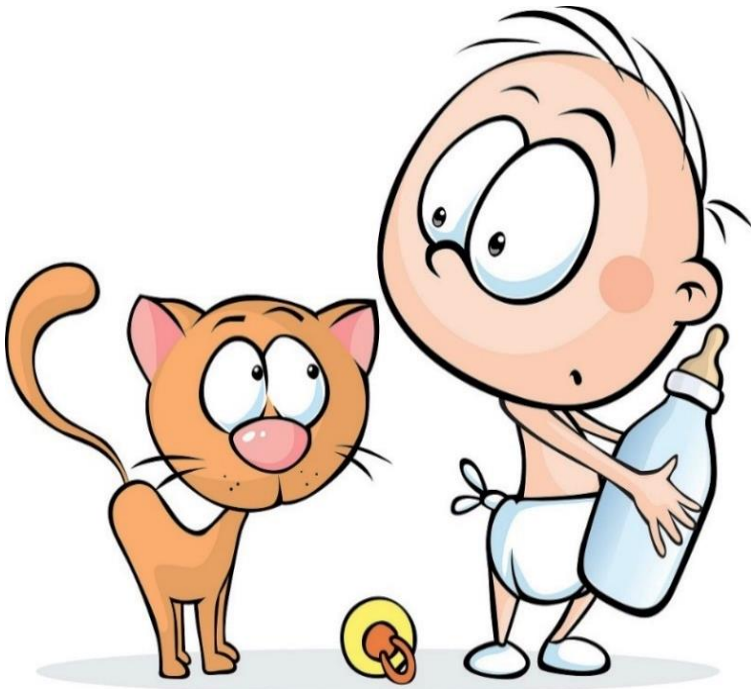
When the energy's  
supplied.

If you need a “bright  
idea”,



Ask a **Spirit** to deliver!

You get lots of useful  
tools,  
But you need to know  
the rules...



If there is something  
you don't want,



Never  
say  
that –

“I Am **NOT**...”

Same applies to things  
you do,

“I will **STOP...**” will  
not come true.





“ **I** EXIST ” – and



that's  
enough,

To bring **Light** into  
your life!

For your whole world  
to make sense,



You must learn to feel  
**YOURSELF!**

After this you will  
decide,

Who is Master?



You or Mind?

If it's – You, then you  
must know,



Life is ONLY for the  
Show...

It reflects your Inner  
World,



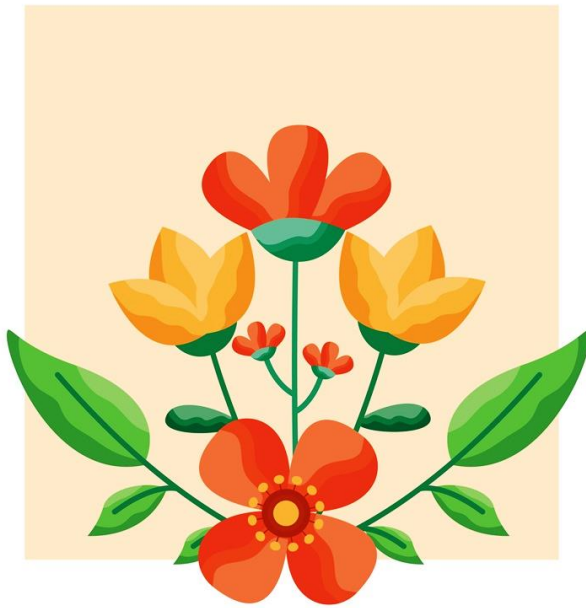
And your “story” will  
be heard!

**Love** can make your  
thoughts turn REAL,



And that happens when  
they're – **STILL**.

Problems fade and start  
to cease,



When your heart  
discovers peace.

# MADE WITH love

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Spirit, Real “I” – God, Energy Source, Brahman

“I Am” Presence – Light Body, Atman, Soul

Mind, Consciousness – Mental Body

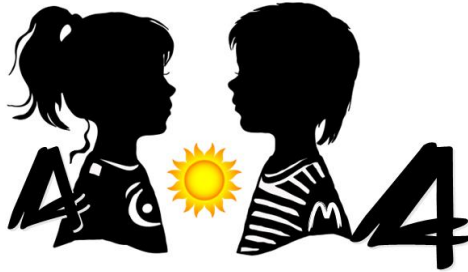
“I Am” Thought, “I” – Astral Body

Energy – Love, Electricity, God-in-Action

Thoughts – Non-Material Forms



# Who are Ark & Ari ?



Ark & Ari are two wise souls from a long, long time ago that came to teach your kids about life and its miracles. They believe that life is not just a serious venture that we all have to go through, but a fun and exciting path full of surprises!

[arkandari.com](http://arkandari.com)

*New Age*



Books for kids and young adults

ENLIGHTENED MASTERS SERIES

Books for Kids



Who Am I?



By Catherine Mikhailov

Adventure  
of the



Silent Mind

By Catherine Mikhailov

Christ is for



Christ-Self

By Catherine Mikhailov

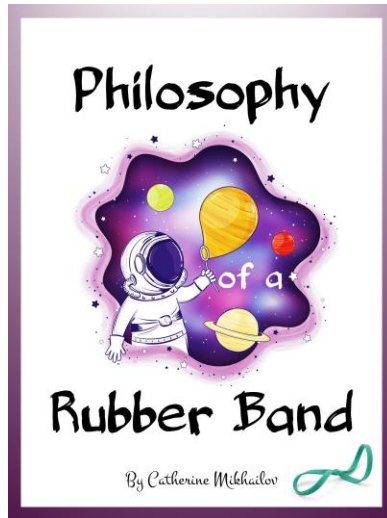
I Create



with God

By Catherine Mikhailov

# Welcome to the brand-new World!



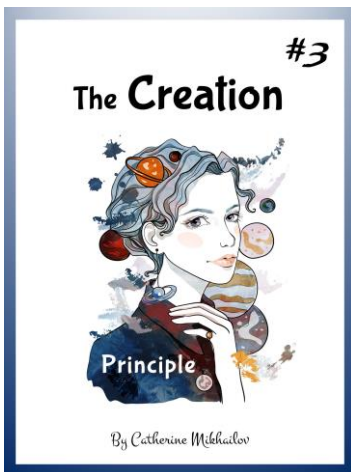
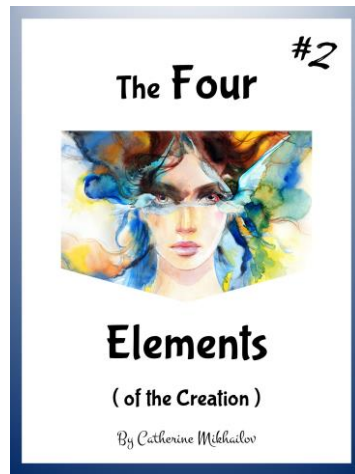
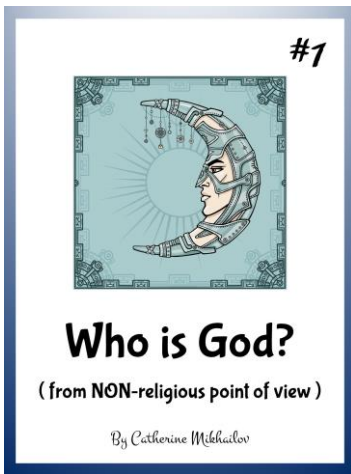
As we explore the “invisible” worlds around us, we become aware of how much they actually influence our life... Knowledge is Power and, there is NOTHING to be afraid of!

The closest to us – **Astral World**, is not very difficult to master if you know the RULES of the game.

Join us on our Spiritual Journey as we go through different vibrations of Consciousness and learn how to master these “Activity Levels” in a fun way.

# THE FREEDOM SERIES

## Books for Young Adults



Love, Peace & Joy to all.

Catherine



&

Morning Glory

