



# BRAIN BOOSTER

FOR BETTER PERFORMANCE

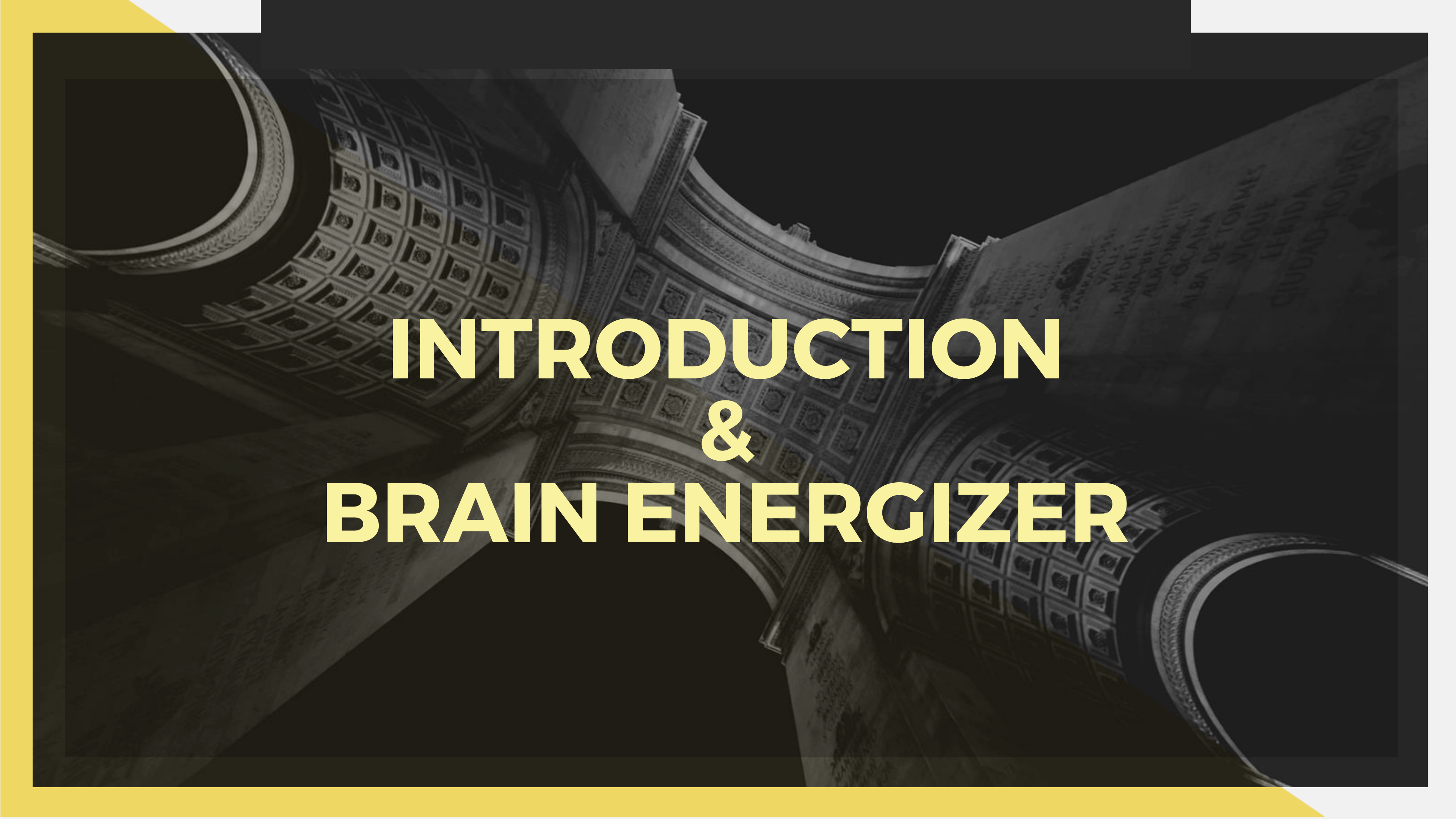
JABATAN AKAUNTAN NEGARA

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# THE TENTATIVE OF THE PROGRAM

- 1 Introduction & Brain Energizer
- 2 The Human Super Power
- 3 Basic Neurosensory Exercise
- 4 Neuroplasticity Exercises
- 5 Sumato (Fun Neurosensory Stimulation)
- 6 Power Brain (Awaken the genius in you)





# **INTRODUCTION & BRAIN ENERGIZER**

# BRAIN ENERGIZER 1

## POWER BRAIN CLAPPING

- 1) 5 X or 10 X or 15 Power Brain
- 2) 7X or 18 X or 24 X Power Brain

This activities are good to :

- 1) Activate the sensory activate the brain
- 2) Enhance focus
- 3) Gain attention back get ready to learn
- 4) Get the participation

# BRAIN ENERGIZER 2

## HAHA CLAPPING GAME

- 1) Facing your partner with making eye contact.
- 2) Clap your hands once in front of the chest and then once on the partner hands
- 3) Clap your hands once in front of the chest and then 2 times on the partner hands
- 4) Clap your hands once in front of the chest and then 3 times on the partner hands
- 5) Repeat the rhythm by 1-2-3-2-1 sequence clapping
- 6) See how long can you go and to add challenges keep the speed increasing

# BRAIN ENERGIZER 3





**YOU ARE BORN HERO**

**AWAKEN YOUR  
SUPERPOWER**

# 4 DIMENSION OF CONSCIOUSNESS

- **PHYSICAL** (Outermost. Dense and is nourished and develop by Nutrition)
- **MENTAL** (Collective or accumulation of experience in visual, audio, taste, sensory. Default function is for survival in this world)
- **HEART** (Collection of Emotion & feeling reaction on every situation or circumstances)
- **SPIRIT/SOUL** (Basis for all, related to deeply spiritual experience of enlightenment where time, space & individuality no longer exist)



# Metaphor of a KINGDOM

- 1) SOUL - King
- 2) HEART - Queen
- 3) MIND - General / Government
- 4) BODY - Army / Citizen

*In this program focus on stage  
(Body & Mind)*

# **5 STEPS TO GET BACK YOUR BRAIN POWER**

- 1) AWAKENING (*Be aware and pay attention*)**
- 2) POSITIVE MIND (*Food for the Brain*)**
- 3) MAGNET FOR YOUR LIFE (*LOA, LOP & LOV*)**
- 4) MASTER YOUR LIFE (*Time and Space*)**
- 5) CHOOSE correct LENSE (*Let go negativity*)**

# STEP 1 - AWAKEN

- **Wake Up and Pay attention** to you **BODY, THOUGHT & EMOTION.**
- Analogy - Clogged & domestic disaster.
- Aware what **signal** is your body, mind and heart is trying to tell you.
- Take a **step back** at look at **BIGGER** picture.
- **Take Charge** and go to the root cause.
- Don't let the **auto cruise or auto pilot** take over your life.
- Take back your Brain Power.

# STEP 2 - POSITIVE MIND

- GOOD Info makes a GOOD Mind (Brain is a **MALLEABLE** organ)
- Program by all info we perceive by our 5 senses (See, Hear, Smell, Taste & Touch)
- Be **SELECTIVE and FILTER** what to accept (Read, Hear, Talk, Experience) through FB, Friends, TV, Books, Youtube etc.
- **NEGATIVITY** appear, **REPROGRAM** with POSITIVE Affirmation. Eg "I'll try" vs "I'll do it" , "I'll give it a try" vs "I'll make it happen"
- Use your **POWER of SPEECH** to **rePROGRAM** your mind.
- Positive Affirmation from Al-Quran and ultimate affirmation of truth (**Kalimah Tayyibah** - La Ilaha Illallah)

# STEP 3 - MENTAL MAGNET

- **Law of Attraction** - how you attract what you are, meaning we attract to ourselves what is in vibrational harmony and resonance with our subconscious thoughts, beliefs and states.
- **Law of Projection** - Choose and project your primary reality right, to manifest the wonderful secondary reality.
- **Law of Vibration** - Energy of same states vibrates at same frequency range and attract each other.
- We attract what and who we are, not what we want.
- State of Islam (**Surrender to Divine's will**) vs non Islam (**Resistance**).
- Metaphor of **Quick Sand**.

# Negative State (Low Energy)

Stress  
Anger  
Fear  
Disease



Embarrass  
Nervous  
Tension  
Failure

Depression  
Worry  
Suffer  
Misery

Anxiety  
Guilt  
Sad  
Lacking

# Positive State (High Energy)

Relax  
Happiness  
Confident  
Health



Amusement  
Inspiration  
Prosperity  
Enlightenment

Excitement  
Gratitude  
Serenity  
Success

Peace  
Surrender  
Wealth  
Love

# The Research Shows



1 IN 10 PEOPLE  
ARE AFFECTED BY  
**DEPRESSION**



30% OF PEOPLE ARE  
**SLEEPING LESS** THAN  
6 HOURS PER NIGHT



18% OF PEOPLE ARE  
EXPERIENCING **ANXIETY**



50% OF OUR POPULATION  
COMPLAIN OF SOME  
**DIGESTIVE PROBLEM** IN  
ANY 12 MONTH PERIOD.

# Effects of Work Stress on Individuals

## PHYSICAL

- Sleep disturbances
- Headaches / Migrane
- High cholesterol
- High blood pressure
- Obesity
- Chronic fatigue

## INTELLECTUAL

- Loss of concentration
- Difficulty with thought process
- Loss of memory
- Poor decision-making
- Lack of focus

## EMOTIONAL

- Anxiety and irritability
- Depression
- Burn Out
- Cynicism
- Lack Motivation

## BEHAVIOURAL

- Inappropriate behaviour
- Segregation
- Unpunctuality
- Disobeyment



# STEP 4 - MASTER YOUR LIFE (TIME AND SPACE)

- **World = Dream = Illusion** (Time, Space & Identity)
- Fully aware and optimize the resource - Time and Space for reaching purpose of life.
- Clear **GOAL Setting** and Clear **DESTINATION**. Precise GPS (fastest and more efficient).
- Pro Active and creatively making choice - life experience.
- Your life more productive and creative.
- Treat your **TIME, ENERGY** as currency (precious).

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**"You'll UNCONSCIOUSLY WASTE  
your TIME on unimportant things  
unless you CONSCIOUSLY INVEST IT  
in what is IMPORTANT**

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*Ruha's quote of the day  
FB : Ruha Dani*

# STEP 5 - CHOOSE RIGHT LENSE (PERCEPTION)

- You are the product of **your environment**.
- Not only physical environment but more important is your own **emotion**.
- Daily check your **emotion state** (KPI). Is it state of Islam ?
- Take **full responsibility** of your action, thoughts and feeling.
- Do not **play role as victim** - blaming & complaining others.
- (Gratitude, prosperity, Abundance) or (Difficulty, Lacking, Misery).
- Best **SUPERPOWER** - turn worst scenario into pleasant.

# EXERCISE - POWER OF ALCHEMY

## SCENARIO A

- You are on the way to your office. It's heavy traffic and you are stuck in jam. Suddenly a car in front of you drive slowly allowing several other car to pass through.

## SCENARIO B

- You come out with the brilliant idea and discuss it with your colleague. Unfortunately she take advantage on the idea and present it to the boss and she get credit on it.

**EXERCISE - List down 3 Positive angle to see at the situation**

# Charge Energy

(Basic Neurosensory Exercise)

DISCHARGE ALL NEGATIVE

- Thoughts
- Emotion
- Toxic & Deceases

REPLACE WITH POSITIVE

- Thoughts
- Emotion
- Wellness



# Charge Energy

(Basic Neurosensory Exercise)



**Breath in**



**Breath out**



# Charge Energy

(Basic Neurosensory Exercise)

وَاللَّيْلِ إِذَا عَسْعَسَ (١٧) وَالصُّبْحِ إِذَا تَنَفَّسَ (١٨)

And by the dawn when it breathes

Dan siang, apabila ia mulai terang;

And by the night as it closes in

Dan malam, apabila ia hampir habis,



# POWER BRAIN DEMO

AWAKEN THE GENIUS IN YOU



# BENEFITS OF POWER BRAIN

- To sharpen FOCUS
- To strengthen MEMORY
- To increase SELF CONFIDENT
- To unleash CREATIVITY
- To enhance IMAGINATION
- To improve OBSERVATION
- To amplified INTUITION
- To strengthen Emotion Management
- To rejuvenate Brain Booster
- To improve Wellness & Health

# SUMATO - (Fun Neurosensory Stimulation)

SUMATO is a Fun Brain Games that will improve 10 multiple Intelligence in human.

Beside it is so much fun and by playing it you may release some stress.

It can be play among adult or with your children.

# SUMATO - The Benefit

SUMATO XLR8 is a Brain Games which will enhance individual Memory, Focus, Concentration, Verbal Expression, expedite Linguistic output learning process for young kids and most important thing it is fun for the whole family. For input learning for young kids please use Sumato Speedy before they can play Sumato XLR8.

# SUMATO - How to play

**INSTRUCTION :** This game is suitable for age 4-80 and can be played for 2-6 people. First get to know the name of all pictures before start the game. Only English word is acceptable. Once all player already familiar with the list then shuffle the cards. Distribute one card for each player. Put the balance of the cards in the middle. Each player have to check and match the card on their hand with the cards in the middle. At any time only one picture is match. The player have to shout and grab the card in the middle. Who gets the most cards win.

SMART-IQ

45

SUMATO - SET 1

SMART-IQ

54

SUMATO - SET 1

SMART-IQ

21

SUMATO - SET 1

SMART-IQ

27

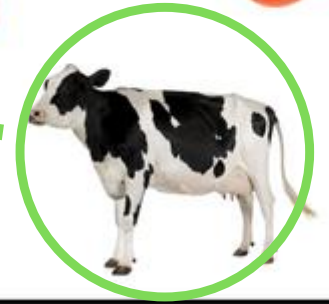
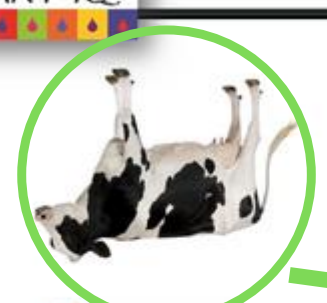
SUMATO - SET 1

Player 2

Player 1

Player 3

Middle Card



The background features a close-up, top-down view of a woven basket, likely made of bamboo or similar natural fibers. The weaving pattern is intricate, with diagonal lines creating a series of diamond-shaped openings. The lighting is soft, highlighting the texture and depth of the weave. A solid yellow border is visible on the left and bottom edges of the image.

Thank you very much

May Allah Ya Salam Ya Mukmin

Ya Muhaimin

grant you healthy body, happy heart,

powerful mind and awaken the best

version of YOU.