

**Professional scientific sessions for art, architecture and urban planning Thursday evenings**

**Held in: Conference hall of Herampey Consulting Engineers**

**Date: 02.04.2015**

**Title: Mind management through the spiritual and sentimental intelligence.**

**Speaker: Mr. S. Soheili**

The mind management has a two decades in the world that permit to achieve the capacities to understand the mechanisms and put order on our behavior. This approach will permit us to reach higher levels of selection of ideas.

The 36<sup>th</sup> professional session on arts, architecture and urbanism organized by Herampey Research workgroup, was held in the Herampey consulting engineering conferences hall. There were present theorists, experts and students of architecture and related fields.

Mr. M. M. Mahmoudi presented the content and the goals these sessions pursue. He presented Mr. Soheili that is believed to be an expert in mind management field.

The speech began with the projection of a film, where throw a simple animation the mind management principles were presented.

Mr. Soheili explained that daily thousands of different thoughts cross our mind and depending on our management they can have positive or negative effects. Mr. Soheili explained that like all other capacities, the mind management needs a process of instruction, exercise and application, that can't be reached just reading the appropriate books and publications, so the first step is to define and know the happenings that has an important effect on our mind and mentality.

Mr. Soheili believes that we make choice through our thoughts, doesn't matter we make important or less important decisions and selections. He explained that just 15% of the information that the brain receives come from our five senses and the remaining 85% is a result of brain's elaboration activity. It is obvious that the principle role is reserved to the brain's activities, so the same information can have different interpretations in each of us.

To be better comprehensive, he compared our mental activity to a simple watch, where a perfect mechanism that leads the watch's functioning. He thinks that there is a similar mechanism in our mind, so knowing this perfect and complicated mechanism we can achieve extraordinary results. To get results he believes that a training course that lasts at least three to six months will be necessary, and many of the participants expressed their readiness and will to follow similar courses.

The 38<sup>th</sup> session was concluded after the traditional question time, and the speaker promised to continue the interesting presentation in other sessions.