iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 9 **Issue:** VII **Month of publication:** July 2021

DOI: https://doi.org/10.22214/ijraset.2021.36618

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.429
Volume 9 Issue VII July 2021- Available at www.ijraset.com

COGNISHIELD : A Simple Practical Technique for Instant Spontaneous Treatment of all Possible Psychological Disorders and to Drastically Enhance Cognition by Absolute Conscious Control of Mind

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Abstract: This research paper introduces a simple practical technique named "COGNISHIELD" by the author which when practised, results in instant spontaneous elimination/treatment of all possible psychological disorders and it also drastically enhances cognition & mental faculties of human brain. It provides absolute conscious control of mind.

I. MAIN CONTENT

A. *Contextual Premises*

1) The possibility of existence of any psychological disorder arises only and only when thoughts exist within the mind.

2) Thoughts include remembrance of past/memories, forecast/calculation of future, reasoning, imagination, judgements, analysis, etc.

3) If the mind be in a state of absence of thoughts, no psychological disorder nor any conception of dis-order could arise.

4) This thoughtless state of mind refers to the negation of automatically/unconsciously/subconsciously arising thoughts only – i.e. conscious & purposeful thinking is not negated.

5) The only possible way to achieve this state of mind having absolute conscious control over the thought-process (mind itself) as mentioned above, is by consciously shifting the awareness/alertness to the present moment of time.

6) As we know that time & space are two sides of the same coin (spacetime complex) – shifting one's sensory awareness/alertness to the immediate surrounding space is the equivalent to being completely aware of/in the present time. This can be achieved easily using the COGNISHEILD Technique as mentioned below.

B. *COGNISHEILD Technique*

1) The essence of COGNISHEILD technique is to consciously shift the sensory awareness/alertness to the present moment of space/time.

2) This technique to be aware/alert of one's surroundings is through consciously recognizing the sensory data input by the sensory organs. In simple words, it refers to consciously trying to see as much as the eyes are able to see, to hear as much as the ears are able to hear, and to acknowledge what the tongue, nose and skin/body are able to experience. Literally being aware/alert of one's surroundings.

3) Initially, is it preferable to set an arbitrary perimeter of vicinity to start practising this technique – The room you are in or an arbitrary perimeter of 10/20/50 metres if you're in open – the perimeter is to be increased with practise. Try to observe and be aware/alert of everything within that perimeter using your sensory organs.

4) In initial stages of practise, one should start with the two major senses - vision input & auditory input. In simple words, in starting one should try to only focus on seeing as much one can and hear as much one can, in the immediate surroundings (perimeter of vicinity set as in previous step). With further practise, one should include in the inputs by other sensory organs (smell/taste/kinesthetics) as well.

5) During the time when one is practising this technique, in this state of mind – no thought can arise automatically/unconsciously/subconsciously and the subject for the time being in this state has absolute conscious control over his/her mind (thought process).

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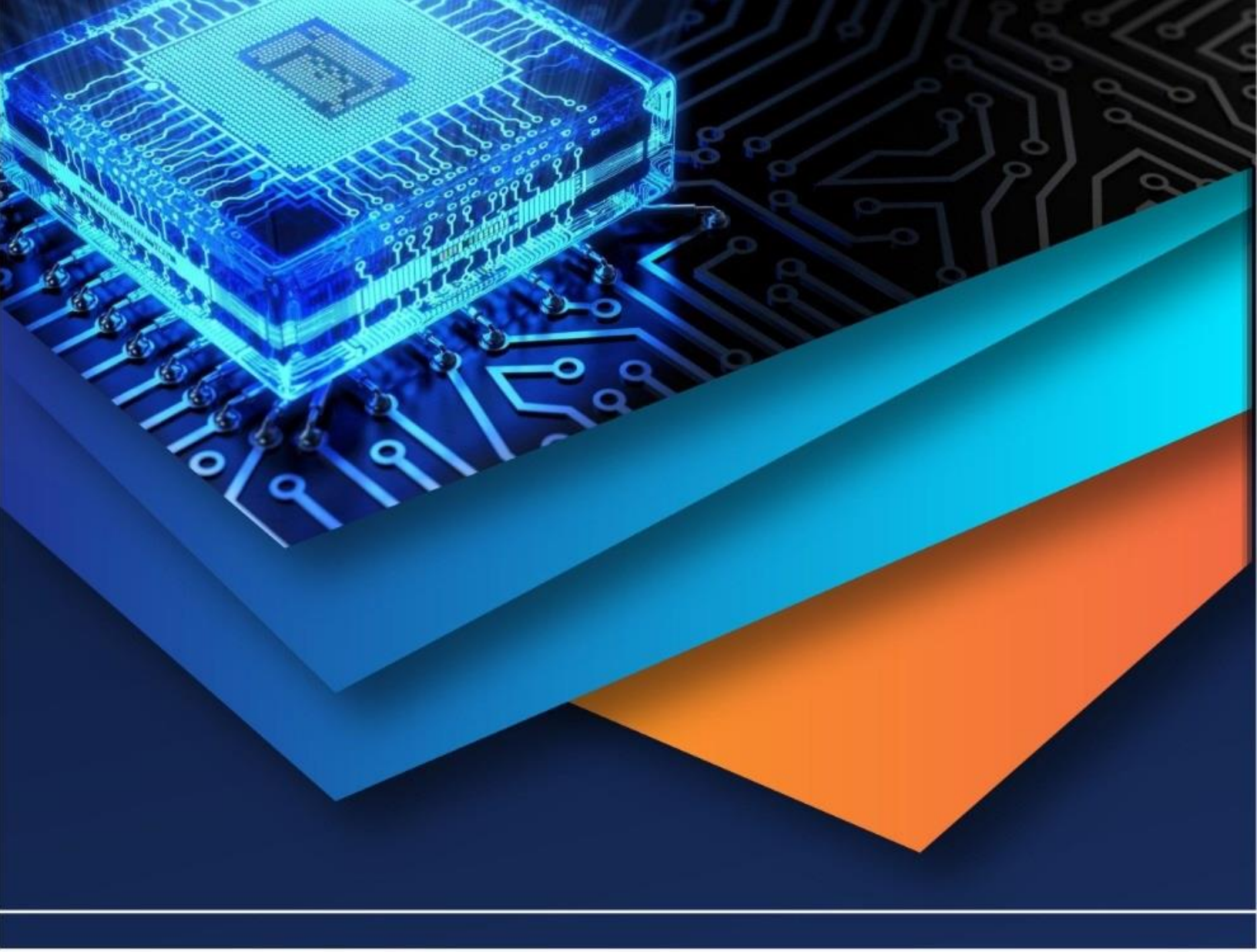
C. Clinical Trials Results

This COGNISHEILD technique along with the Unimind Therapy were given to more than a dozen patients suffering from a variety of psychological problems namely anxiety, depression, OCD, PTSD, borderline personality disorder, bipolar disorder and mild schizophrenia/psychosis/delusions. In all cases, the subject reported significant improvement to complete healing starting from the point of introduction of this technique after receiving the Unimind Therapy. Multiple follow-ups were done for up to one month, and not a single subject experienced any symptoms of relapse after the first follow-up in which again the Unimind Therapy was given along with reiteration of the need/reasons to practise the COGNISHEILD technique.

D. Discussion

1) COGNISHEILD technique can be practised 24x7 while doing any work. It does not interfere in the performance of any task and instead it improves the focus/concentration by increasing and broadening awareness/alertness in the present task which one is performing, and is also conducive for multi-tasking.
2) The thought-process of mind, similar to the respiration/breathing process, is semi-voluntary in nature. It occurs automatically in absence of recognition (conscious awareness/alertness) and when the attention is directed towards it, it comes under conscious control.
3) Each individual thought in mind is powered/fueled by attention – there comes ample of thoughts in mind but only those which we feed attention continue to exist – all those thoughts which are not given attention are automatically faded away within a second.
4) The mind in state of COGNISHEILD has complete attention focused outside towards the immediate surroundings/vicinity – depriving all thoughts within the brain of attention thus bringing the mind to the state of thoughtlessness.
5) As mentioned earlier above, the state of COGNISHEILD does not interfere with the ability to think consciously & purposefully – it simply brings the thought process (mind) under control by eliminating all automatic/unconscious/subconscious thoughts.
6) COGNISHEILD also improves the formation and recollection of memory (both long-term and short-term) as it allows more information to be processed in mind through increased awareness/alertness/attention and it also eliminates the background noise of thoughts, providing unprecedent level of mental clarity.
7) With practise, COGNISHEILD becomes the default state of mind. Initially while practising, distractions may arise frequently due to the past habit of continuous thinking, but distractions are reduced exponentially with practise.
8) COGNISHEILD can be considered as the ultimate form of meditation.

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