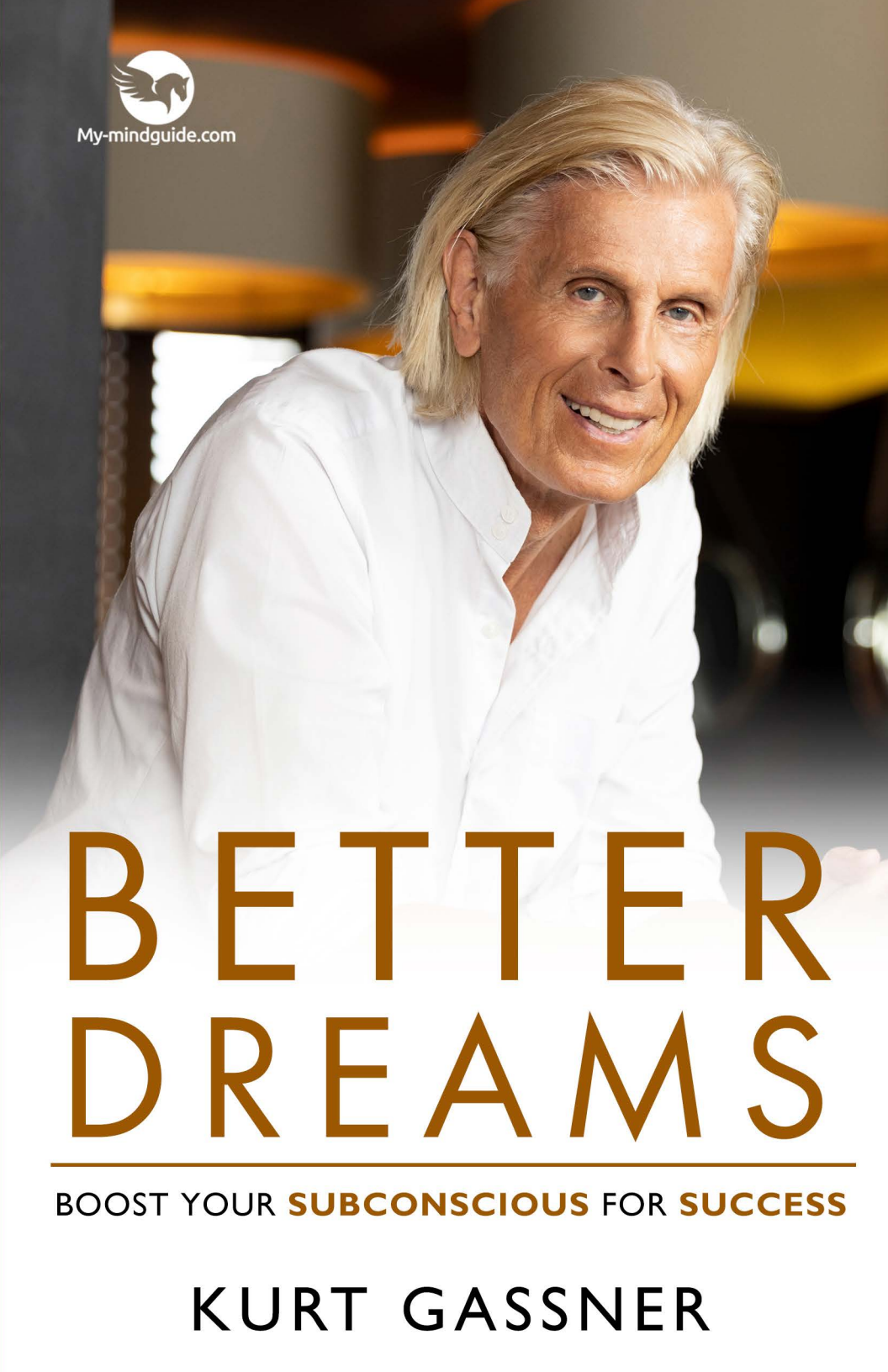

BETTER DREAMS

BOOST YOUR **SUBCONSCIOUS** FOR **SUCCESS**

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BY

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My-mindguide.com

The Bliss of Struggle
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"Truth itself only can be reached within one through the most profound meditation and conscious"

-Buddha-

Dedication

To all of you having problems sleeping. Workaholics, nocturnals, and people that, at some point in their lives, have been through times when sleeping well became something unreachable and thought they were alone or hopeless.

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Introduction

The mystery of sleep has been the focus of several studies and investigations since human beings evolved into Homo sapiens. The sleep patterns of many living beings have been scientifically explored by observing behaviors regarding sleep functions. Although important discoveries about sleep have been made, the question of why we sleep has brought forth multiple theories to date.

This is what I will elucidate in this book based on my experience of more than 40 years as an advertising consultant dealing with clients of all kinds. During my career, I have had the opportunity to observe hundreds of personalities and have received countless confidences regarding personal conflicts.

These close interactions with people of different statuses—from workers to managers who held high positions—were crucial in observing something they all had in common: they did not enjoy a good sleep and minimized the fact they did not rest enough or did not rest well. For this reason, and in relation to what I observed, they lived under constant stress. These inquiries led me to begin my research about sleep. I aim to answer the following questions: 1) How important is sleep, and how is mind's performance affected by poor sleep habits? and 2) How does sleeping well relate to success?

I take this opportunity to thank you for reading these pages. In them, I have incorporated what I learned across 40 years of experience as a creative director, owner of advertising agencies in Munich, Vienna, Kitzbühel, USA, Los Angeles, Netch Creative, and consultant. These positions allowed me to interact with countless people, in which I had the opportunity to analyze and listen to their most common complaints: "I am very tired"; "I only slept four or five hours maximum"; "Stress and responsibilities keep me up at night!"

During my consulting days, I occasionally found myself in that same situation. So, I decided to investigate why managers, people in administrative positions, housewives, artists, athletes, or movie stars, all develop—in the long run—some sleeping disorders. I eventually learned about hypnotherapy and meditation— practices that added to yoga habits and preventing those who engage in such habits from being part of the statistics of people with sleep problems.

For years, I investigated how the mind can help us or harm us. It has the power to hack false beliefs and install positive ones in our subconscious. The importance of the present moment and mindfulness can help prove my theory: A healthy sleep pattern, meditation, hypnotherapy, and physical care (yoga in my case) are essential tools for living up to your potential and achieving your most precious goals.

This is the result: a compendium of knowledge under the microscope of science. This same science has recognized the human mind as the hub that houses all our emotions and processes the ways in which they affect the decisions we make daily.

When you finish reading this book, you will have a powerful tool in your hands where you understand the importance of sleeping well and correctly. You will know what the phases of sleep are and what to do to achieve true rest.

You will understand what happens to your physical and mental body when you don't get enough rest. As a result, you'll be in a foul mood, irritable, and have no desire to achieve anything. You will learn how sleep interruptions keep you from being happy, leading to symptoms that can provoke heart complications, diabetes, erratic metabolism, and chronic depression.

I can assure you that all the problems you may be experiencing as a result of lack of rest can be corrected. I will demonstrate how hypnotherapy, meditation, and healthy habits helped me and led me to success, and to becoming the creator of my own brand and the author of several self-help books. But what I am most proud of is that I have been able to help thousands of people stabilize their lives through proper rest and self-serving thoughts.

Stay with me and allow me to show you the paths I have walked to reach goals that seemed impossible—but goals that have finally led me to a satisfying position in life. I can and want to share these unlimited resources with you so you discover the many possibilities you have within yourself and start using them to better yourself and your life.


People are capable, at any time in their lives, of doing what they
Dream of.
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Chapter 1

The Power of Good and Productive Sleep.

Subconscious

The power of our mind goes beyond simply producing thoughts. Our mind is much greater and more powerful than we can imagine.

In the depths of our mind, below consciousness, there is a universe invisible to the naked eye where we bury our fears, insecurities, and our most cherished dreams and illusions. This is our subconscious or unconscious mind. Although the subconscious mind has been surrounded by a mysterious cloak for a long time, there are techniques now that allow us to reach this plane of the mind to enhance our psychological balance and achieve our goals.

The mind (conscious and unconscious) is variable and unique to each human being, depending on the moods and feelings of the individual. It responds to the information it's been exposed to, and when processing it, absorbs it and fills the individual with knowledge, which is often negative or pragmatic.

HOW MANY MINDS EXIST WITHIN US?

The Conscious Mind: Within the conscious mind evolves intelligence. Thus, we obtain knowledge, and it allows us to make decisions based on logical analyses. Many times, the conscious mind makes use of stored memories. Since it develops as time goes by, we always have more memories to store and hold onto.

The Subconscious Mind: It is the emotional mind. It is led by pleasure, feelings (love, hate), and the heart. Things we do and think every day create a neural relationship with the subconscious mind.

When, for instance, we change the layout of the furniture in our living room or anywhere in the house, it takes us more than a day to familiarize ourselves with the new arrangement. This happens because the neural connection was strengthened, and we subconsciously knew where each piece of furniture was placed before. The same applies to feelings: when we get used to spending time with another person, our subconscious strengthens the neural connections to that person. This behavior also applies to pets and objects.

The subconscious mind has access to your memories in ways the conscious mind does not. Memories that you assumed were forgotten can be brought back to the conscious mind if you gain access to it. These memories are stored and can be evoked by a sound, an image, or even a scent.

The Unconscious Mind: It is the most primitive—the one that keeps all the experiences that our species had gone through.

Since the beginning of mankind, the unconscious mind has been responsible for regulating our physiological functions, such as breathing, our heartbeat, and our blood circulation.

Now that you understand the inner workings of your mind and the way in which it was formed, it's time to teach you that you can make the most of it. In this chapter, we talk about the subconscious mind specifically because there are aspects that are projected to your conscious mind through it, meaning it revolves around how you feel, how you act, what you fear, or what pleases you.

You can use your subconscious mind as a tool to solve problems and even stimulate your creativity.

Your subconscious mind works all day long; it never stops—even when you are awake or asleep. But when you sleep, it takes over completely. Freed from the interference of daily life and external stimuli, your subconscious mind has almost all the resources of your brain at its disposal when you're asleep.

That being said, you must sleep properly. If you have not been able to control your insomnia or any sleep disorder, I suggest you do so first. Throughout this book, you will find several tips to help you get a beneficial rest. Remember, an erratic mind cannot be controlled so easily.

KNOW WHAT HAPPENS WHILE YOU SLEEP

The brain experiences important activity related to sleep function. However, this activity does not cease simply because the human body sleeps. On the contrary, when we sleep, a

series of mechanisms are put into motion to give way to a very important task: sleep.

Specifically, when we sleep, a series of brain activities are triggered. This is measurable because this activity is nothing more than electrical impulses that can be visualized by an encephalogram.

While we're awake, two types of waves can be seen:

- Beta waves or beta activity. They are irregular and rapid waves that appear when the person is paying attention to his or her surroundings.
- Alpha waves or alpha activity, which is a pattern resulting from a person at rest.

When sleep occurs, the brain begins to emit specific waves, which are not visible during wakefulness. These waves are divided into phases:

- Phase 1: Alpha waves harmonize with a new activity, called theta. These are deep, low-frequency waves that indicate a state of extreme relaxation and drowsiness.
- Phase 2: The person is already asleep, and the brain's work in this phase gives rise to the sigma rhythm (also called sleep spindles) and K-complexes (a broad, negative wave followed by a small and positive wave). It's a phase of light sleep, from which it is easy to wake up.
- Phases three and four: These are the deep sleep phases called slow-wave sleep (delta waves). These phases allow the brain to rest and recover from the fatigue of the day. This period has a restorative function and lasts about 30 minutes.

- The REM phase appears about 90 minutes after the person is in a deep sleep. Throughout the night (if you sleep a minimum of eight hours), you can experience four to five REM periods.

Understanding the different stages of sleep is crucial if you want to learn how to take advantage of each phase. According to thousands of scientists and several pieces of research that have been carried out since the 1960s, the stage where the subconscious is more exposed to being observed and even modified is phase 1, where alpha waves are measurable: Their frequency ranges between eight and fourteen Hz. A person who has finished strenuous work and takes time to rest can enter an alpha state.

This is the state for meditation and is ideal for hypnotherapy. It is a state where you can access thoughts and memories that, being in a conscious state, your mind would normally block. It is there where you can install and uninstall the erroneous software (limiting beliefs) that prevent you from realizing your goals. Let's look at simple techniques to unblock the subconscious mind so you can access its benefits.

REPROGRAMMING THE SUBCONSCIOUS MIND

Reprogramming your mind through your subconscious means eliminating negative habits ingrained in you. This change of mentality or installation of new mental software will alter the direction of your life, allowing you to evolve by choosing the right path, or the path that serves you and your goals best. Replacing habits that have been ingrained in your mind for years is not easy. You may experience resistance in your

subconscious, especially in the early stages. You must continue and persevere. This is the only way to make significant progress.

You can reprogram your subconscious mind while you sleep. Some of the most reliable techniques in doing so are as follows:

Concentrate on your breathing
This practice will help you relax and is the basis of all meditation. It is used to maintain the mind and physical body, while also inching you closer to the alpha state. This should become a habit, especially if you have trouble sleeping. Concentrating on your breathing will be the first step to accessing your subconscious mind.

Autosuggestion
Once you are relaxed and lying in bed, guide your mind towards your new habit or goal. A suggestion is a message from your conscious self to your subconscious mind to stimulate it to accept the positive aspects of your new standards and gradually make them part of your personality. This is a personal matter, since objectives and goals are unique to each individual. You should invest as much time as it takes to state your intentions, desires, and gratitude to ensure a positive outcome. Repeat the message(s) to yourself as deep sleep arrives. Only with repeated suggestions will the approach yield the desired results.

State and affirm in a positive way
Reading a statement you have written just before falling asleep helps implant an idea in your mind because the subconscious mind will continue to work on this statement while you sleep.

However, it must be done the right way: Target the area of your life that needs the most stability. Include your name in the affirmations; make them personal. Avoid negative words. Don't use words of comparison with other people (better, worse, more, less), and finally, ensure your affirmations are rooted in realistic, achievable goals.

Stating the affirmations repeatedly just before bedtime allows your subconscious to work on them while you sleep. This will help raise your vibrational frequency during sleep so that when you wake up in the morning, you will be bursting with positive energy. Recording them in your voice and listening to them while you sleep is a great strategy to implement, as the subconscious mind will be listening to its own voice.

Brain Reset

When you get home after a long day at work and your mind is filled with personal and work-related worries, you'll likely find it hard to rest, let alone fall into a deep sleep. Many people get home from work and start carrying out various tasks, whether it's fixing something in the garage or watering the plants, so that they can drain the adrenaline from the day.

Although this technique may be effective in the short-term, what if the negative thoughts simple ensue once your head hits the pillow? One proven technique to unwind after a difficult or busy day is called the brain reset download. This is where you simply take your notepad and start writing down everything that's bothering you. Include everything that comes to your mind, and pour all your immediate worries onto the page. By doing this, you are prompting the subconscious mind

to eliminate all these thoughts from your memory while you sleep. This simple technique can help you permanently get rid of unwanted thoughts in your mind. Do this exercise several times a week.

Thankfulness also counts

Pushing away negativity and welcoming positivity can be accomplished by giving thanks. Gratitude is an instant energy booster. Your subconscious will continue to work on the same level of positivity when you are sleeping. This will ultimately influence how you approach and deal with the events of the day.

The UCLA Center for Developmental Mind Research has shown that gratitude changes our brain structure. It helps gray matter function more efficiently. By repeating this habit every night, you can ensure that negative practices are not stored in your subconscious mind.

With the mind filled with the positive energy that comes from gratitude, it becomes easier to eliminate harmful habits and beliefs, thus facilitating the reprogramming of the brain even after we fall asleep. As we give thanks and demonstrate gratitude daily, we will feel the changes and become happier people.