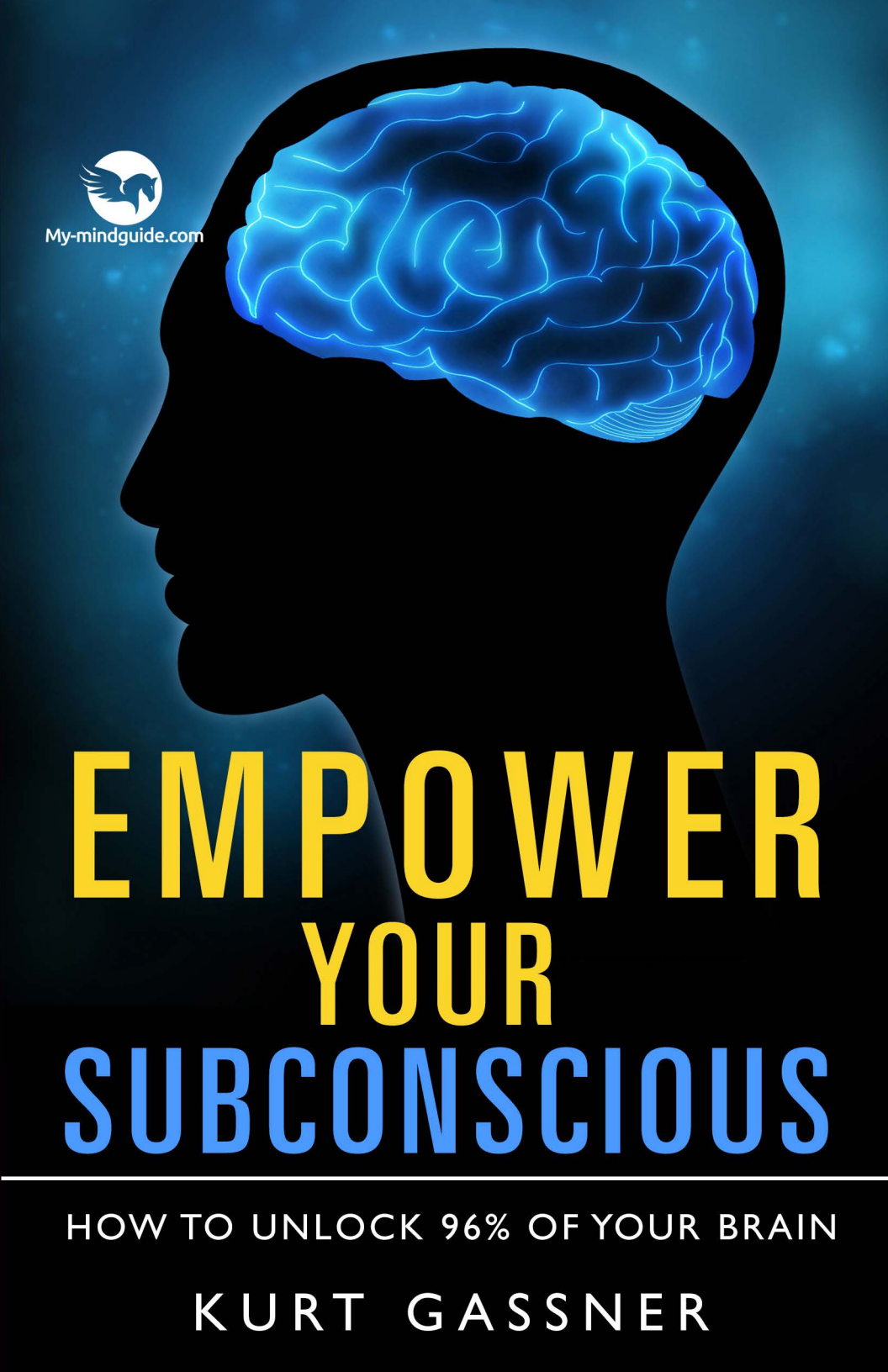
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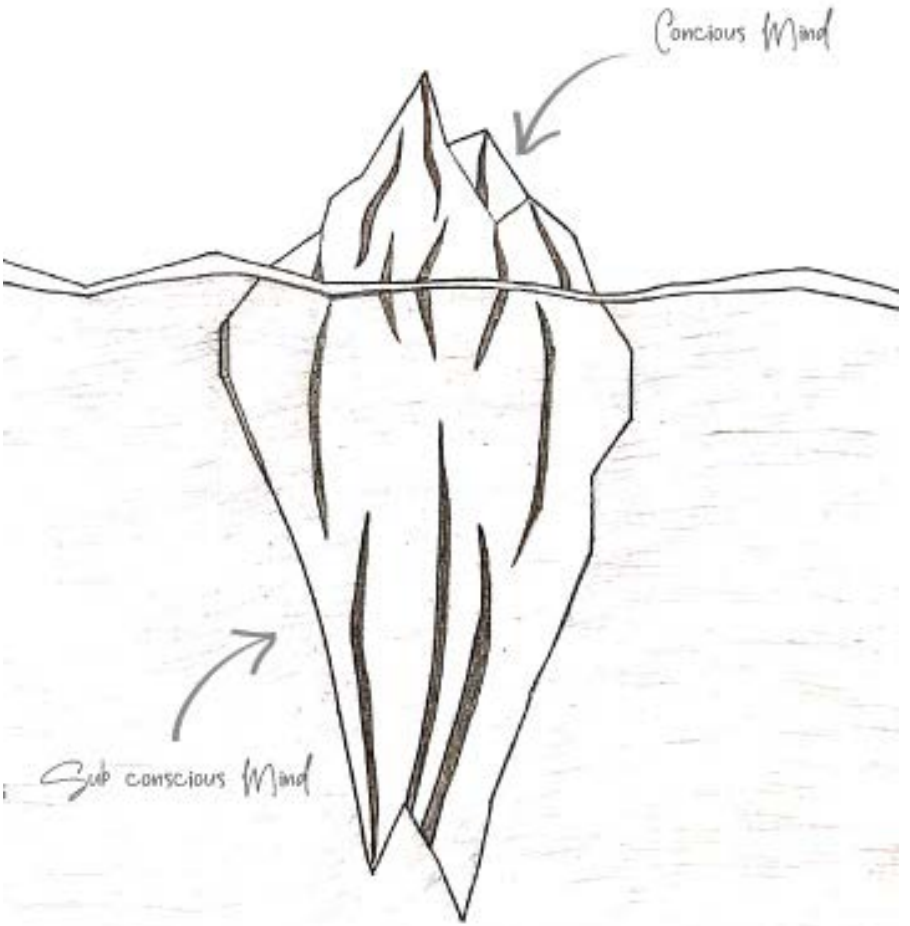

Empower your subconscious

The subconscious mind acts as the second brain. It is the primary driver of everything throughout your life.

Improving the capacity to strengthen the link between your subconscious and conscious minds is an effective tool that can increase your wealth, happiness, and prosperity. Truly, the subconscious mind is the best method of controlling everything in your life, therefore enhancing the brain's ability to communicate between the subconscious and conscious minds will help you attain wellness and a better quality of life.

The subconscious mind functions as an information storage facility, housing all of the details that are not present in your conscious mind, including your memories, thoughts from the past, and learned abilities. Everything you have been through, contemplated, or performed is stored in this location. It can also act as your guide to life, constantly monitoring the information received through the senses to detect potential dangers or opportunities. This information is then relayed to the brain.

The link between the subconscious brain and the conscious brain is bi-directional. Whenever you experience an emotion, idea, thought, or image that you have seen or felt in the past,

it could be the subconscious brain communicating with your consciousness. This is achievable via the notion of auto-suggestion. This book will help you learn how your unconscious can be a powerful tool. It will show you how to best harness your subconscious using various methods to achieve your goals.

Join me to learn to converse with your unconscious mind, and in the process, lead it in the direction of the life path you most desire. You are in control.

How Our Mind Works

We are entangled in an inexplicably complex mystery when we speak of the mind. In principle, we all recognize its presence, but it is inaccessible and often not heard or understood in the way it could be. Most people think the mind is only made up of the physical portion composed of the brain. The brain helps us understand various phenomena, such as vision transmitted by the eyes and information sent via the other senses. It is the center of knowledge. However, the entire mind is a separate aspect that constantly swarms around us, circling us like the spirit or soul. It goes by different names, but the mind controls our lives and guides us in our decision-making processes regardless of the terminology.

What meal should we eat at the restaurant? What dress should I purchase? The mind constantly makes such decisions, and we associate our minds with who we are as individuals. Also, since we are the keepers of our own minds, the brain is ours. Many prefer to use the term "consciousness," which is more evocative and can evoke different meanings when

understood in detail. While we sleep, our mind is not really in a state of rest. Instead, the subconscious mind is active as we experience dreams, and we can often recall these dreams in the morning. Specific themes and concepts are transmitted through dreams, and awakening can lead us to believe that we have mastered new realms of knowledge and uncovered new and potentially valuable insights.

With all the wisdom of the human race, we have accepted that the mind can be a formidable container that functions similarly to a hard disk. Information can be saved, deleted, processed, stored, or even reactivated. The way we interact with the mind is up to each of us, using it either for good or evil because we are all a part of the cosmic pattern.

a. The Conscious Mind

Every day, maneuvering our waking hours depends on the conscious mind, which is consciousness itself, representing logic, reasoning, and common sense. Our conscious minds would be amazed at the actual ability of the entire mind, which appears to reflect the expanse of the universe. There is nothing too big and no concept too complex or extraordinary that the mind cannot handle it. When we look at the accomplishments of individuals throughout time, focusing on the works that came from the minds of writers, inventors, historians, philosophers, and scientists, it is incredible. These accomplishments were all made possible by the power of the mind.

As we work and play every day, going out, eating, and talking, and as we enjoy our vacations, deliver speeches, sit at the computer, or drive our vehicles, our conscious minds

are working. Doing these things could be risky if the alert conscious mind suffers even for a few seconds, such as driving or operating complex machinery. When we say conscious, it means things in our awareness. Every little decision in life is a result of our conscious mind working. The conscious mind is formed at an early age and develops until death. A child's awareness is immature and improves with time and education. The conscious mind is understood much more effectively when compared to the unconscious mind, which is the subconscious mind. The subconscious mind is made up of the memories of the past, hidden thoughts and emotions, dreams, and desires. These are all tucked away within the unconscious mind. The conscious mind is an all-seeing eye, functioning at every moment of our lives, acting as the mirror showing truth and awareness. The subconscious mind is something else entirely.

b. The Subconscious Mind: An Introduction

The involuntary mind, which plays a vital role in regulating critical life processes such as breathing and heartbeat, could be called "the unconscious" mind. While the conscious mind dwells on the surface, the subconscious mind is found amidst deeper waters—and is much more obscure than the water's surface. The subconscious is dark, suffocated, and stifled, while the conscious mind is translucent and crystal clear. We are often afraid of the subconscious mind due to the fear of the unknown or poorly understood. We know that it could prompt us to act in ways the conscious mind would not, even committing a crime or other wrongdoing. Keep in mind, many criminal cases are believed to be a result of the unconscious self in action. Memories, emotions, and beliefs are stored in the brain's unconscious. The subconscious operates blindly,

without reason or logic, which can sometimes be problematic. If the unconscious takes over our thinking, we could get into trouble.

There are psychological issues that the subconscious mind can trigger. For instance, split personality disorder is thought to result from a problem within the brain. In this case, two distinct sets of traits control the mind, and each manifests in different circumstances. Because our subconscious mind can control emotions, it implies that this is what determines our personality. Sudden urges of worry, fear, hate, and anger can lead to challenging situations. Thus, it is best to practice caution while experiencing stressful situations. Certain philosophies focus on learning and honing practices to control the mind, understanding that the mind is the very foundation of everything. Meditation exercises play a substantial part in relaxing the mind and revealing new ideas and a deeper understanding. Regular meditation results in extraordinary improvements in compassion, kindness, and a more profound level of awareness.

Your Subconscious: The Power of Mental and Emotional Healing

We have arrived at a critical point in the history of humankind. An overwhelming amount of mental illness afflicts people the world over. These issues are frequently connected to criminality, therefore we should be especially cautious when assessing and managing mental health issues. The psychiatric profession alone cannot solve the mental health crises. In fact, this is not possible until society is prepared to accept and respond to the necessity of achieving healthy lifestyles, and understands the need to

dismantle the insatiable lust for material goods and violence. Problems that arise in connection with managing emotions appear to be escalating. Divorces are often undertaken due to personal issues that have no root in emotions. We can see insane fears of problems with no basis in reality.

Recognizing the truth, the subconscious is often taught by repetition. Think about this repetition as someone chanting prayers regularly. Maintaining a sense of control over the mind is equally important to keeping an eye on the physical aspects. The body can require alcohol or sex; however, the mind is aware of the boundaries.

A sound body is the goal of the body-mind connection, bring him in a state of harmony. With a powerful unconscious and a set of strong beliefs, fundamental values, feelings, and connections associated with specific items, people, places, and ideas, we are in a position to dominate the world. Instead of falling victim to troublesome habits, let us look for new horizons and re-organize our minds like a computer would when optimized. If we can all learn to develop the subconscious and our emotions, our bodies will heal from the many pressures they are subjected to. Body language can be a clear reflection of the state of mind in which we are in—but the body must discover how to connect with the world around us if it is to take on the world.

a. The Act of Forgiving

Can we forgive ourselves?

As all of us know, forgiveness is a God-given quality. It is something we all want and strive to be able to demonstrate.

Bloodshed and violence are examples of situations in the past where forgiveness was not feasible, and mercy could not be shown due to ongoing tensions and hateful feelings about religious, communal, and caste issues. However, even in minor matters, such as errors made in disciplining children in their homes or at school, the issue of pardon is raised. In such cases, the parent or teacher has the power to accept forgiveness. Some may not be able to do so due to deep-rooted reasons, whereas others can without any problem. The media is filled with violent and vicious revenge stories over seemingly small injustices. This has become the subject of countless shows, films, and books we have all seen or read.

However, whatever wrongs are committed, forgiveness is offered at the end of the day because God is kind enough to forgive all transgressions. The spiritual side of us understands this divine justice. Penalties could be similar to punishments at school. However, the ability to accept forgiveness without a trace of anger and remove any negative feelings that might have arisen is a skill we must master. It is certainly not easy. Resolving minor, let alone major, annoyances with no grudges and saying "yes" without any hatred or disdain is holy in itself. However, attaining a deeper understanding of the briefness of our existence can aid in developing such unique feelings toward all living beings.

Additionally, we must understand that many errors in judgment occur because of personal human struggles. Crimes are not always committed with intention, but rather because a criminal is driven by situations that leave them with no other choice. They are left with their back against the wall. Although,

in some cases, it may simply be out of greed that criminal activity occurs.

b. Removing Fear

We live in a world of fear. Perhaps it is true that the biggest fear we have as human beings is death. Even religion can be scary. Many of us are exposed to religious doctrine from a young age, imagining hell as the final destination for those who do something wrong. Children are taught to be scared of their minds from the beginning. Even the Constitution and our laws can cause fear through the power of ideas and strong language. Even the very subject of history can fill the human mind with worry. Films that aim to entertain us can also pose disturbing questions. However, individuals struggle to continue down the highway known as life amidst this all-encompassing fear.

We are all well aware that a minor injury could happen at any moment in our lives—during athletic games, travel, working with machines, on roller coasters, while boating, and even climbing trees. Indeed, every tiny, everyday activity could potentially fill us with fear. While a few of these are unavoidable, we are all too stoic against these little anxieties. Nevertheless, we cannot take everything for granted, as things can are not always as they seem. While the media may have us think otherwise, something as catastrophic as the disappearance of the Malaysian Airlines plane rarely happens. In this day and age, we require some confidence and positive thinking to overcome the irrational fear that has been instilled in our daily lives and routines. Prayers regularly remind us of the higher energy in our lives that connects the things that go wrong, even when what happens is the result of destiny.

Parents, seniors, preachers, and teachers could help humanity overcome the psychosis of fear. The practices of hypnosis and meditation could aid in overcoming humanity's most deeply-rooted and widespread fears. Phobias are specific fears, such as the fear of insects. With a well-planned daily routine of study, work, and play, no worry will be experienced once everything is in order. What happens if the bus does not show up or is in an accident? The entire world is seemingly thrown into a state of chaos and anxiety, or terror will temporarily take over the mind until the situation returns to normal. Instead of this reaction, we ought to conquer obstacles and hold our heads up. There is no reason to worry about law-abiding citizens with patriotic values and positive social beliefs. Every one of us will, at some point, likely require an attorney, a policeman, and a doctor to make sure we have a good life. In the meantime, let us work.

Try to feel safe. Remove the fear.

c. Freeing Your Mind

We are all born free but easily become entangled in chains soon after. The chains we are referring to, metaphorically, are the countless rules and restrictions we encounter in a world that aims to control us. Every organization has its own set of rules, a code of conduct, guidelines, and even a dress code. In the same way, the mind appears to be in a state of slavery out of habit from having free choice taken away.

If the mind is not allowed the freedom to develop without restraint, it will function more and more like an old machine that is rarely ever used nor maintained. It is necessary to

engage in intense action to strengthen the mind, just as physical exercises strengthen the body. The scientific evidence behind the power of meditation has revealed that it can benefit the brain's functions. If we let our minds expand and bloom like the physical body can and will, our lives would be ablaze with an extraordinary glow. We would feel just as the captive colonies would have felt upon experiencing a taste of freedom. This feeling occurs when the mind seeks to reach a higher level. However, just like water needs an appropriately vast container such as the oceans, our minds need room to flex and grow.

Eliminate barriers and restrictions placed on the mind. Removing prejudices, blind hatred, anger, jealousy, and envy is part of letting the mind be genuinely free. If we see the mind as a well-maintained flower garden or an orchid of vibrant colors, that is what the ideal state of mind ought to be—a space where peace and joy can reside. Develop a mindset that sees the vastness of the sky and believes that all of humanity is one magnificent family unit in which no walls are in place. Perhaps the nature-based TV stations could assist in this endeavor. When we are exposed to nature's beauty first-hand, we naturally become more connected to the awareness of the vastness in which we play a significant role simply by being ourselves and becoming free.

HOW YOUR MIND WORKS

You are a human being, and while you were born with a mind present, you must take the time to learn how to use it best. There exist two different levels in your mind: the rational or conscious level and the subconscious or irrational one. You are the consciousness in your mind. Whatever you think about

regularly sinks in through your subconscious brain, where it produces what you think in your conscious mind. This is where you store all of your thoughts and emotions. It is your creative mind. If you think positively, it will lead to good. If you have primarily evil thoughts and ideas, then evil will follow. This is how your mind operates. The primary thing to consider is that once the subconscious mind is convinced that an idea is valid, it will implement it. It is fascinating that the subconscious mind's law can be applied to both good and bad thoughts alike. If this law is used negatively, it will result in frustration, disappointment, and discontent in your life. However, when your daily thoughts are positive, harmonious, and in perfect balance, you will experience prosperity, success, and happiness.

The peace of your mind and the health of your body is inevitable once you begin to think and feel the correct way—positively. Whatever you say mentally and believe to be true will be manifested by your mind's subconscious, becoming the reality of your life. All that's required is to convince the subconscious to believe that your subconscious mind's ideas and laws will manifest the peace, health, or place you wish to be. Trust that if you make a command, your subconscious mind will faithfully repeat the thought you have imposed upon it. The rule of your mind causes it to receive a response or reaction to your unconscious mind based on whatever idea or thought you have within your mind's conscious.

Psychologists and psychiatrists say that impressions are formed within brain cells when thoughts are transmitted through your mind's subconscious. Once your subconscious takes in any thought and begins to implement it into action,

it immediately generates the output of a combination of thoughts using all the knowledge you have acquired in your life to achieve the goal of that thought or action. It taps into the endless potential, energy, and wisdom within you. It combines the laws of nature to find its own way. Sometimes, this may lead you to a quick solution to your issues; however, in other instances, it could require weeks, days, or even longer. . . The power of the mind continues to have its mysteries.

DIFFERENTIATING BETWEEN THE CONSCIOUS AND SUBCONSCIOUS

It is important to remember that the conscious and subconscious are not two separate minds but two spheres of activity within one mind. The conscious part of your mind functions as your thinking mind. It is the part that makes choices. You can choose, for instance, what books to read, the place in which you reside, as well as who will be your partner. You make your choices by using your conscious mind. However, with no conscious thought on your part, the heart keeps beating, as do the entire processes of digestion, blood circulation, and respiration. These activities are carried out by your subconscious mind, which runs the processes that are not under your control.

The subconscious mind can accept what is impressed upon it or the beliefs you hold. However, it cannot think things through the way your conscious mind does and will not contest your beliefs with any form of debate. Your subconscious mind functions like the soil—open to any seeds, whether good or bad. Your thoughts are in motion and can be compared to seeds. Negative thoughts will remain in destructive thought patterns within your subconscious mind and, over time, will manifest into an outer reality that reflects this negativity.

Your subconscious mind is not involved in proving that your thoughts are positive or negative or whether they are true or untrue; however, it reacts to the character of your ideas or thoughts. For instance, if you think something is true, even though it may not be so, your subconscious mind will consider it true, generating results that naturally follow because you consciously believed in its truth.

EXPERIMENTS BY PSYCHOLOGISTS

Numerous studies conducted by psychologists and other experts on those in a state of hypnosis have demonstrated that our subconscious minds cannot make choices or perform the comparisons necessary to form a rational thought process. The results have repeatedly shown that the subconscious mind can and will accept any suggestion, no matter how false. After accepting all suggestions, your mind reacts to the suggestion's specifics. Showing the adaptability of the subconscious to the power of suggestion, a trained hypnotist may tell one of his clients he is Napoleon Bonaparte or even an animal of some kind. In response, the subject will play the character's role with uncanny precision. His character is altered in the meantime. He believes whatever the operator tells him is true about himself.

A skilled hypnotist might tell one pupil that their back is aching while in a state of hypnosis. He may inform another student that his nose is bleeding or that he is an ethereal statue. Perhaps he will tell one that he is frozen and that the temperature in the room is zero degrees. Each student will follow the specifics of his own assigned idea, utterly unaware of everything around him that does not support that particular idea. These easy illustrations show the difference between

your thinking mentality and unconscious mind, which is not personal, non-selective, and accepts what you believe as truth. This, therefore, highlights the importance of choosing positive thoughts, ideas, uplifting concepts, and focusing on healing, inspiring, and filling your soul with happiness.

CLARIFICATION OF THE TERMS OBJECTIVE AND SUBJECTIVE MIND

Your conscious mind may also be called your objective mind, as it is concerned with objects outside. The objective mind is aware of the external world. It uses the five senses to observe one's environment and acquire knowledge. Your objective mind acts as your director and guide to understanding and experiencing your surroundings. Your mind's objective is educated through experience, observation, and education. As we have previously mentioned, the most crucial purpose of the objective mind is the ability to reason. Suppose you were one of the many visitors who travel to Los Angeles annually. You would take it all in through your objective mind and conclude that it is a stunning city based on your observations of parks, beautiful gardens, stunning buildings, and breathtaking houses. This is what happens when you are using your mind's objective view.

In contrast, your subconscious, or subjective, mind is often referred to as the emotional brain. Your subjective mind makes sense of its surroundings without employing your five senses. Instead, it interprets the world using the sense of intuition. It is the source of your emotions and also the repository of memories. The subjective mind can perform at its highest ability when your senses are not in a state of alertness. In simple terms, it is the intelligence manifested when your objective mind is in a

sleepy or drowsy state. Your emotional brain sees things without the aid of your eyes. It can be described as having clairvoyance as well as hearing. The subjective mind can depart from your body, journey to far-off lands, and return with information that is usually of a most precise and authentic nature. With your subjective mind, you can discern other people's thoughts and examine what is inside sealed envelopes and closed safes. Your subjective mind can comprehend other people's thoughts without relying on usual methods of communication, such as writing or speech. It is critical to understand the relationship between the subjective and objective mind to master the art of praying.

WHY IS THE SUBCONSCIOUS UNABLE TO REASON LIKE THE CONSCIOUS MIND?

Your subconscious mind cannot be involved in debate. So, it follows that if you provide incorrect suggestions, it will accept these as truth and take them further to manifest them as circumstances, experiences, and even events. Every event in your life has resulted from the thoughts etched into your subconscious mind via beliefs. If you have conveyed false ideas in your unconscious mind, the only way to defeat them is to repeat positive, harmonious thoughts. Through this effort, your subconscious mind will take in these thoughts creating new, healthy habits of thinking and living.

The habitual, or most frequent, thoughts of your mind will create deep grooves within your subconscious, which is extremely favorable for you if those recurring thoughts are peaceful, harmonious, and constructive. However, if you have been a victim of fear, anxiety, and other negative thoughts,

the solution is to realize the power of your unconscious mind. You can declare happiness, freedom, and total health. The subconscious, which is inventive and in tune with the divine source, will begin to bring about the joy and freedom you have proclaimed.

THE TREMENDOUS POWER OF SUGGESTION

Your conscious brain acts as a critically important "watchman at the gate," and its main job is to shield your mind's subconscious against false perceptions. You now know one of the most fundamental rules of the mind: your subconscious mind can accept suggestions. You now also know that your subconscious mind does not create comparisons or even contrasts, nor does it think or reason on its own as your conscious brain performs this function. Instead, it reacts only to perceptions presented to your mind by the conscious. It does not display opinions about one course of action over another.

The following is an excellent example of the incredible potential of the power suggestion. Imagine approaching a shy-looking passenger aboard a ship and telling the passenger, "You look extremely ill. What a pale face! You look like you are about to be ill right here. I will help you reach your cabin." The person immediately becomes pale and sickly looking. The suggestion of seasickness alone ties into his fears and trepidations. Your negative direction is realized. He becomes seasick, spending the next several hours feeling ill.

DIFFERENT REACTIONS TO THE SAME SUGGESTION

People react in various ways to the same idea due to their unconscious beliefs or conditioning. For instance, if you visit a

sailor on a ship and sympathetically inform him, "My dear fellow, you're looking ill. Are you feeling sick? You look as if you are seasick," the sailor will probably laugh at you. Or, perhaps he will express mild irritation over the suggestion that one who spends a lifetime at sea could potentially be seasick. Your comment about seasickness did not go over well, in this case, because in his mind, he was immune to it. To the sailer, your suggestion was laughable and brought up feelings of self-confidence instead of fear, leading to a very different type of response.

According to the dictionary, an act of suggestion is putting something in one's mind, or the mental process that takes place when the thought or concept that is suggested is accepted, entertained and then implemented. Remember that a suggestion cannot be imposed on the subconscious mind against the wishes of the conscious mind. That is, your conscious mind can deny requests. In the scenario of the seaman, the sailor was not worried about seasickness. He was convinced of his health, and therefore any negative thought could not incite anxiety. However, the idea of seasickness being mentioned to the passenger triggered an underlying fear that he always had. Everyone has their thoughts, fears, and beliefs and these assumptions guide our lives. The power of a suggestion is not inherently going to affect someone, except when that person believes it. Your subconscious powers are triggered to operate in a restricted and limited manner based on a particular idea.

HOW HE LOST HIS ARM

A friend of mine presents a series of talks at the London Truth Forum in Caxton Hall. He established this forum several years ago. It was co-founded by Dr. Evelyn Fleet, the director

of the Forum. She once informed him of an article in English newspapers that focused on how powerful suggestion can be. The article discussed a request that a man created in his mind over two years. "I would give my right arm to see my daughter cured," he had once said. It seemed that his daughter was suffering from a severe form of arthritis and incurable skin disease. Many medical treatments failed to treat the problem, and the father had felt an intense desire for his daughter to experience a full recovery. He expressed this desire by speaking those words.

Sometime after, the family was driving in their car when their vehicle collided with another. Dr. Fleet indicated that the father's left arm was cut off at the shoulder. Almost immediately after, the daughter's skin issues and arthritis completely disappeared. With this in mind, you should always be sure to provide your subconscious with only suggestions that help, bless, lift, and encourage you in all ways. Your subconscious is not able to make jokes. It will take your words at face value.

HOW AUTOSUGGESTION BANISHES FEAR

In its various forms, autosuggestion is the act of expressing something specific to oneself. In an excellent guide to autosuggestion, Herbert Parkyn documents an incident. It is funny, which is why one can so easily remember it.

A New York visitor in Chicago is looking at his watch, set to New York time, one hour in advance of a Chicago clock. He informs a Chicago acquaintance that it is noon. Unaware of the time difference between Chicago and New York, the Chicago friend tells the New Yorker that he is suddenly ravenous and needs to take lunch.

Autosuggestion can be used to alleviate various anxieties and other negative circumstances. Here is an example. A young singer was asked to audition for a role. She was excited about the audition; however, she had failed three times previously, likely because she was afraid of failing. This girl had an incredible voice; however, she kept telling herself, "When it comes time for me to perform, what if they don't enjoy my voice? I am overwhelmed by anxiety and fear." The unconscious mind accepted these autosuggestions as a demand and began to manifest them, bringing them into her life. The root of the problem was not her voice but involuntary autosuggestion that occurred when unconscious fears became emotionalized and subjectified.

The story has a happy ending. The singer overcame the autosuggestions by using the following method three times per day. She confined herself to an area, settled down in an armchair, relaxed her body, and shut her eyes. She slowed her body and mind as best as she could. Physical inertia can increase mental vigilance and make the mind more open to suggestions. She responded to the suggestion of fear by telling herself, "I perform beautifully. I am poised, confident, calm, and relaxed." Then, she repeated this mantra slowly, calmly, and with a sense of purpose five to ten times every session. She attended three "sittings" every day and another before bed. After one week, she was at ease and felt confident. When the opportunity to audition came again, she gave an amazing, incredible audition.

HOW SHE RESTORED HER MEMORY

A seventy-five-year-old woman was habitually declaring to herself, "I am losing my memory." She reverted the practice

when she realized it and used an autosuggestion that she induced several times per day. She stated, "My memory today has improved in all aspects. I will always remember everything I must know at any given time and at every point of space. The impressions I receive will be more specific. They will be retained automatically and effortlessly. What I need to remember will instantly appear in the proper form in my brain. I am getting better every day, and shortly, the memory of my brain will become sharper than ever before." After three weeks, her memory returned to normal, and she was thrilled.

HOW HE OVERCAME A NASTY TEMPER

Many people who complain of anger issues and bad tempers turn out to be extremely vulnerable to autosuggestion, which is impacting their lives negatively. They can achieve excellent results simply by using these statements at least three times per day—at noon, morning, and before going to sleep—for about one month. "Henceforth, I will become more jovial. Joy, happiness, and cheeriness are becoming my normal mind. Each day, I am becoming more loved and more understanding. I am now the epicenter of happiness and goodwill to everyone around me and am transforming them into a source of positive humor. This joyful, happy, and positive state of mind is becoming my usual, default mental state. I am grateful." It is quite effective.

THE CONSTRUCTIVE AND DESTRUCTIVE POWER OF SUGGESTION

Now, for a few illustrations and remarks on heterosuggestion. Heterosuggestions are suggestions made by another person. The ability to suggest has played an integral role in the lives

and thoughts of mankind throughout history and across the globe. In many regions, it is the dominant force in religion. The suggestion provides a method to control and discipline us, but it could also be employed to gain control over those who are not aware of the rules of the mind. In its positive form, it is amazing and beautiful. However, in its negative aspect, it is among the most damaging of response patterns of the mind. It results in repeated patterns of suffering, sickness, and catastrophe.

HAVE YOU ACCEPTED ANY OF THESE?

From the beginning, humans receive a great deal of harmful advice. We unknowingly took them as gospel without any real and effective way to combat these suggestions.

Here are a few negative thoughts that seem to surface in our lives repeatedly: "You cannot." "You will never make a difference." "You must not." "You will fall short." "You will never have the opportunity." "You are incorrect." "It is useless." "It is not about what you know, but who you know." "The world is going to the dogs." "What's the point? Is there any value? Nobody cares." "It is not worth trying to do it all over again." "You"re way too old for this now." "Things only continue to get more dire." "Life is a never-ending struggle." "You just cannot beat them." "You will be in debt." "You will get the virus." "You cannot trust any heart."

Unless you are an adult who employs constructive auto-suggestion as a reconditioning treatment, the impressions you received in the past may cause patterns that lead to problems in your personal and social life. Autosuggestion helps to free

your mind from the burden of negative mental habits that could otherwise alter your behavior patterns, hindering the development of positive habits.

YOU CAN COUNTERACT NEGATIVE SUGGESTIONS

Go through the newspaper on any day, and you are sure to come across various articles that can plant seeds of insanity, fear, anxiety, or that indicate the imminent end-of-the-world. If you allow these ideas to be accepted by your mind, the fear could lead to a loss of motivation to live. Be aware that you can reject any negative suggestion by offering your subconscious mind positive auto-suggestions in its place. You can thwart destructive thoughts. Make sure you are aware of any negative advice people offer to you. The burden of being influenced by harmful heterosuggestion is not necessary. It can be avoided, even though everyone has experienced it in one way or another during youth and adolescence. If you think back, you will be able to recall how your parents, family members, teachers, and others contributed to the ongoing campaign of negative advice. Examine the messages they gave to you, and you will find that much of it was an attempt to spread propaganda. Of course, the primary purpose behind much of what was spoken was to manipulate or instill fear about the people around you. The heterosuggestion process is a constant throughout every office, home, factory, and club. Many of these suggestions create a mindset that makes you think, feel, and behave according to what others want and in ways that work to benefit them—rather than you.

HOW SUGGESTION KILLED A MAN

Here is an example of a dangerous heterosuggestion: A friend of mine visited a crystal gazer in India who informed him that

he had a weak heart and would die at the next moon. He began to tell his entire family about the prediction and arranged his will. This thought-provoking suggestion sank deep into his subconscious, and the man accepted it with complete confidence. My friend also informed me that the crystal gazer was believed to have mysterious powers of the occult and could do good or harm to someone. He was a dead man by the next moon, but did not realize that he had been the cause of his own demise. Most of us have been told similar ridiculous, stupid tales of superstition.

Let us examine what happened in light of how the subconscious mind functions. Whatever the rational man's mind thinks, the subconscious mind accepts. My friend was content and active, healthy and strong when visiting the fortune-teller. She made a highly negative prediction that he accepted. He was terrified and would often think about the reality that he would die during the next moon. He then began to inform everybody that he would die soon and even made preparations for the day of his death. The event had already taken place in his mind because of his thoughts. Essentially, he caused his own"death," or at least the destruction of his physical body due to his trepidation and expectation of finality. His demise was "predicted" based on nothing more than sticks and stones laid on the ground. The fortune teller's idea was not powerful enough to bring about the outcome she predicted. If he had been aware of the laws of his mind, then he would have dismissed the suggestion as a negative and refused to pay her ideas any consideration. He would have known that he was controlled and guided only by his own thoughts and emotions. Like tin-based arrows directed at a warship, the prophecy of

this crystal gazer could have been removed and neutralized without causing any harm.

The moral of this story is that other people's ideas do not have any authority over you other than the power you grant them through your thinking. You must signify your thoughts; you must entertain positive thoughts. They will soon turn into your habitual thoughts, and you will think about these good things more. Remember that you have the power to decide. Choose life! Choose love! Choose health!

THE POWER OF AN ASSUMED MAJOR PREMISE

Your mind functions as a syllogism, which means that whatever idea your conscious mind believes to be true determines the conclusion your subconscious comes to regarding a specific question or issue. If the premise you believe in is true, the conclusion must be valid. For example, each virtue is worthy of praise. Kindness is a virtue. Thus, kindness is a laudable attribute. Another example is the notion that everything is formed, changes, and eventually dies. The Pyramids of Egypt were formed; therefore, the Pyramids will disappear one day. The first sentence is called the main premise, and the correct conclusion must be based on the correct premise.

A college professor who attended a few of mind-science lectures in 1962 at Town Hall in New York once told, "Everything about my existence is a mess. I have lost my health, wealth, and even friends. Everything I do turns out wrong." He was advised to make a central premise of the thoughts that the inexhaustible intelligence of his subconscious mind directed and empowered both mentally and physically. In the future,

his subconscious mind would automatically guide him with wisdom in connection with his investments and decision-making. It would also recover his body and restore his mind to peace and harmony.

The professor followed the advice and came up with an overall vision of how he would like his life to go. This was the primary premise of his work: "Infinite intelligence guides and leads me through all my paths. My perfect health is mine, as my body is healthy, and the Law of Harmony operates in my body and mind. Peace, beauty, love, and prosperity are my own. The concept of righteous action and divine law govern my life. I am aware that my main base is on the timeless facts of life. I feel, know, and trust that the subconscious brain acts out my conscious mind's thoughts."

He wrote to me as follows: "I repeated the above statements slowly and with love several times throughout the day, knowing that they were sinking deeper into my subconscious mind and that results would follow. Thanks to the opportunity you provided by guiding me, all areas of my life have changed for the better. It is working!"

THE SUBCONSCIOUS DOES NOT ARGUE

Your mind's subconscious is intelligent and has answers to every question. It will not disagree with you or speak in your direction. As an example, if you tell yourself, "I cannot do this," or, "I am too old," or, "I cannot fulfill these obligations," or, "I do not know the right person," you are infusing your mind with these negative thoughts, and it will respond in kind. This prevents you from doing your best and creates a lack of control

and a sense of anger in your life. If you create obstacles or delays in your mind, you deny the wisdom and insight that reside within the subconscious brain. You are, in essence, telling yourself that the subconscious cannot solve the problem. It can lead to emotional and mental congestion, illness, and even psychotic tendencies. To fulfill your dreams and to overcome your anger, recite this powerful affirmation at least once a day:

"The infinite intelligence that gave me this desire directs, guides, and then reveals the best method for achieving my dream. I recognize the greater intuition in my unconscious reacting. I know that what I experience and believe within is manifested by the outside. There is balance in equilibrium and peace."

If you tell yourself, "There is no way out; I am lost; there is no way out of this dilemma; I am stymied and blocked," you will get no response or answer from your unconscious mind. If you would like your subconscious to help you, send it the proper request to obtain its cooperation. It is continually working to your benefit. It controls the pace of your heart right now as well as your breathing. It can heal a wound on your finger. Moreover, it constantly looks after your health and keeps you safe and well. However, your subconscious mind has an individual mind connected; it will accept your thoughts and images.

When seeking an answer to a query, the subconscious mind will react. However, it expects you to first make an accurate judgment within your mind's eye. It is essential to acknowledge that the answer lies in the subconscious of your mind. If you

think, "I do not think there is a way out. I am confused. Why do not I receive answers?" then you will still the wheels of your mind. Instead, let them go and let it go. Simply remain quiet and declare, "My subconscious knows the answer. It is now responding to me. Thank you for the fact that the inexhaustible wisdom of my subconscious is aware of everything and is providing the right answer for me right now. My true conviction is liberating the power and splendor of my unconscious mind. I am glad that it is that way."

REVIEW OF HIGHLIGHTS

Think of the good, and good will follow. Consider wrong, and then, evil will be the result. What do you think about throughout the day? Your subconscious mind does not fight with you. It follows what your conscious mind dictates. If you think, "I cannot afford it," it may be accurate, but do not declare it. Find a more positive thought and decide, "I'll buy it soon. I will accept the idea in my mind." You are in control of your own choices. Pick happiness and health. You can choose to be a friendly person or to be unfriendly. If you choose to be joyful, cooperative, and lovable, the world will react positively. This is the most effective way to create a beautiful personality.

The conscious part of your mind acts as your "watchman at the gate." Its primary job is to guard the subconscious against false beliefs. You can choose to believe that something wonderful will happen and is taking place right now. Your greatest strength is the ability to make choices. Choose to be happy and abundant. The words and opinions of others are not able to harm you. Only you have the power to think for yourself. You can choose to disapprove of the words or

opinions of others and believe in that which is good. You are in control of the way you respond. Be careful what you say. You are accountable for every idle sentence. Do not ever declare, "I will fail," or, "I will lose my job," or, "I cannot pay my rent." Your subconscious cannot accept an opportunity to laugh. It, instead, brings everything to fruition.

Your mind is not an evil thing. The forces of nature are not hostile. It is all about how you utilize the power of nature. Use your mind to heal, bless, and motivate all those around you.

Never say, "I cannot." You must be able to overcome your fear by substituting the following statement: "I can do anything with the help of my own mind's subconscious." Consider thinking from the perspective of timeless wisdom and fundamentals of the world rather than from the viewpoint of ignorance, fear, and structured belief systems. Do not let others control your thinking. Instead, pick your ideas and make your own choices. You are the master of your soul (subconscious brain) and the one who decides your destiny. Remember that you have the power to make a choice. Choose life! Choose love! Choose health! Choose happiness! Whatever your conscious mind believes to be real, your subconscious mind will take as fact and manifest it. Believe in luck, God's guidance, divine wisdom, completing the right actions, and all blessings that come with life.

MENTAL HEALING IN MODERN TIMES

These days, everyone is concerned about effectively treating ailments in the physical body and those that impact mental health. What exactly is healing, though? Where does the power

to heal come from? This is the ever-present question that has long been asked by humankind. Answer: healing power comes from the subconscious brain of every person. A change in the mental attitude of the person suffering can activate this healing power, even if no religious figure, psychiatrist, psychologist, scientist, or medical professional has ever treated the patient.

The doctor dresses the wound. The psychologist or psychiatrist then proceeds to eliminate the mental blockages within the patient to release the healing principle and restore the patient to health. The surgeon removes the physical obstruction, allowing healing energy to function as it should. The surgeon, doctor, or cognitive science professional will claim that they each healed the patient. However, they only played a minor role. The truest healing power is identified by various names, such as nature, life, God, creative intelligence, and subconscious power. As previously mentioned, there are multiple ways to eliminate the emotional, mental, and physical barriers that block the flow of healing life-principle that runs through every one of us. The healing principle within your subconscious mind can and will cleanse your body and mind of all diseases if directed by you or another person. The healing principle works across all human beings, regardless of religion or color. It is not necessary to be a member of a particular church to participate in the healing process. Your subconscious will be able to heal the wound or burn on your hand, even if you claim to be an atheist or an agnostic.

Current psychotherapy procedures rely on the inexhaustible ability and wisdom within the subconscious brain and, often, its connection to a person's faith. The practitioner of

mental sciences or minister adheres to the instruction from the training or the Bible, i.e., entering the room and closing the door, enabling a strong focus of mind and a deep state of relaxation. Then, they allow the individual to speak while thinking about the infinite healing power within the person. The practitioner closes the doors to his mind from any external distractions and the world around him, then silently and with a smile, turns over the issue or thought to his subconscious mind, realizing that the mind will respond to his particular needs. The most amazing thing you can learn is to imagine a goal you want to achieve and feel its realness. Then, the eternal life force will react to your request, and it will be granted. This is the process a modern-day mental scientist undergoes when practicing prayer therapy.

ONE PROCESS OF HEALING

The universal principle of healing runs deep within all things. It is the unifying power between everything: the cat, dog, tree, grass, wind, and earth, for everything is alive. This principle of life is operative through the vegetable, animal, and mineral kingdoms through an instinct and the principle of development. Humanity is conscious of this principle of life and can influence it to consciously benefit in many ways. There are numerous methods and approaches to harnessing the power of all beings. However, there is only one method of healing: faith. According to your faith, this healing will be performed on you.

THE LAW OF BELIEF

The world's religions provide a wide variety of beliefs, explained in various ways. The very basis of life is the belief system. A belief system includes your own particular answers to questions

such as: What do you think about yourself, your life, or the entire universe? What happens to you is in part based on what you believe. Belief is made up of thoughts, and as you think about them, it creates the power of your subconscious, which is spread throughout all aspects of your life.

Realize that when we refer to faith, it is not the faith the Bible speaks about in terms of ceremony, ritual, form, institution, or any specific formula for religion. Faith is, instead, about the concept of belief. Your own belief is truly as simple as the thoughts that occupy your mind. If you believe that everything is possible for him who believes (MARK 9:23), then the wrong thing to do is trust that something will cause harm. Keep in mind that it is not the thing you believe in that has the power to harm or hurt you, but the thought that you have in your head that causes the effect. Your experiences, actions, and every event and circumstance you encounter reflect and react to the thoughts within your mind.