

**USE EXTRAORDINARY POWER OF SUBCONSCIOUS MIND TO  
GET EXTRAORDINARY RESULTS IN ALL AREAS**

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**WHATEVER WE PLANT IN  
OUR SUBCONSCIOUS MIND  
AND NOURISH WITH  
REPETITION AND EMOTION  
WILL ONE DAY BECOME A  
REALITY.**

**ONCE THE  
SUBCONSCIOUS  
MIND ACCEPTS  
AN IDEA. IT  
BEGINS TO  
EXECUTE IT.**

## **Introduction**

Everyone in this world have some dream, desire or goal (whatever you may call it) to be fulfilled. Without dream there is no life. Your day starts with setting up some goal to be achieved by the end of the day. So, it comes with your mind what you want to achieve in your life. Everything starts with your thought process. What you think, believe you become. When you want to achieve something in life, the most important thing to achieve anything or everything in your life is your state of mind. Your subconscious mind has the extraordinary power to get extraordinary results in your life. Only one small change of using extraordinary power of subconscious mind can bring success in your life. You can't even imagine what miracle your subconscious can do.

## **The world of mind. How it works?**

The dictionary meaning of mind is the part of your brain that thinks and remembers; your thoughts, feelings and intelligence.

In psychology, mind has been defined as aspects of intellect and consciousness manifested as combinations of thought, perception, memory, emotion, will and imagination, including all of the brain's conscious and unconscious cognitive processes.

As per American Psychological Association Dictionary of Psychology, mind means all intellectual and psychological phenomena of an organism, encompassing motivational, affective, behavioral, perceptual, and cognitive systems; that is, the organized totality of an

organism's mental and psychic processes and the structural and functional cognitive components on which they depend.

Your mind is everything. If you want to become rich, you can become rich. If you want to become poor, you can become poor. If you want to become scientist you can become scientist. When we talk of the mind, you must think of the brain, the organs of the body.

In a human body there are 78 organs out of which five main organs of the body for survival i.e. heart, brain, kidneys, liver, and lungs. The brain is the control centre of the nervous system and is located within the skull.

### **What is brain? How it is different from mind?**

The ordinary meaning of brain is-

the organ inside the head that controls thought, memory, feelings, and activity.

It is important here to know how brain functions. Some studies say that the left brain is more logical, verbal, analytical, and orderly than the right brain whereas the right brain is more visual, creative and intuitive.

Perhaps mind is different from brain. Brain is a physical thing, made up of blood vessels and nerve cells whereas mind is a mental thing, not made up of any cells and is hypothetical.

### **The conscious and subconscious mind**

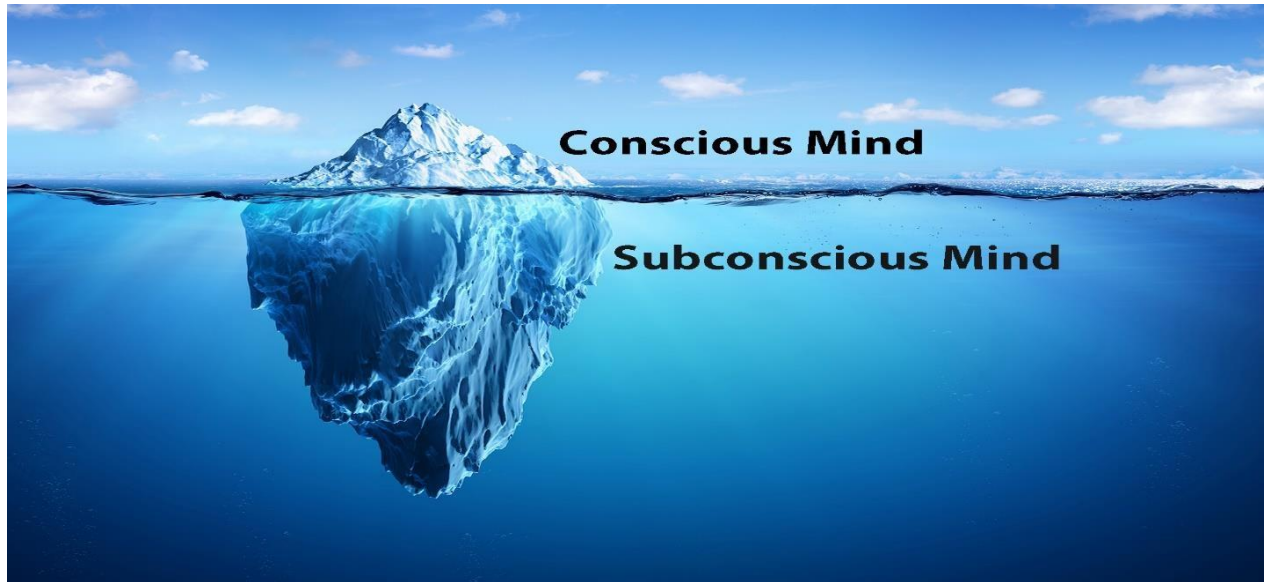
Mind is further divided into conscious and subconscious categories. The conscious mind is approx. 10% of our mind and approx. 90% of our mind is subconscious. The subconscious mind consists of:

- memory
- emotions and feelings
- habit and behaviour patterns
- involuntary body functions
- creativity
- imagination
- developmental stages
- intuition
- beliefs

Your conscious mind has the power to choose. While your subconscious will accept whatever your conscious mind assumes and believes to be true. Conscious mind is objective while subconscious mind is subjective. The subconscious mind takes order and functions on the

suggestion of conscious mind. It is the subconscious who knows the answers to all your problems. It controls all the vital processes and functions of your body.

The function of your subconscious mind is to *store and retrieve data*. For example- If someone beats you, is your thought of that person negative? If so, you have not yet forgiven. The roots of hatred are still in your subconscious mind, playing chaos with you and your good. The only way to decline those roots is with love.



### **Power of subconscious mind**

Are you aware of your subconscious mind? Most of us not fully aware about our subconscious mind. Very few people are fully aware of how much of an impact the Subconscious mind has on their day-to-day life. But it does exist and playing a vital function in achieving our goals. Think positive, positive follows. Think negative, negative follows. Subconscious mind is very powerful. Subconscious mind is always on duty even at night while we fall asleep. We can do miracles by consciously using the power of subconscious mind.

“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.” - Buddha, in the Dhammapada

## **Mental Blocks/Obstacles in getting results**

- Disbelief
- Negative thinking
- Fear
- Creativity
- Overthinking
- Mental disorders

## **Law of Attraction**

This law suggests that when we attract positive thoughts, we will get positive results, while negative thoughts bring negative result. When positive energy is released, the positivity will be received.

'Like attracts like' is the basic premise of the law of attraction. It is based on the principle which says that we will attract into our life whatever we focus on. Our minds are like magnets that attract whatever we desire for.

For example- Suppose you wake up in the morning, start thinking "Today I am feeling sick, everything is going to go wrong, nobody loves me. If you have this kind of thought, you will attract all these experiences to you, you will feel sick, unhappy.

It is based on the concept that what we give out to the world (be it anger or happiness, hate or love) is ultimately what can return to our own life in the end. It is called as karma.

We must use this law wisely. Always focus on positive thoughts and have goals that you aim to achieve you will find a way to achieve them with massive action. As we know the Law of Attraction contains the 6 alphabets "ACTION" in itself. So, it will be effective only with massive action.

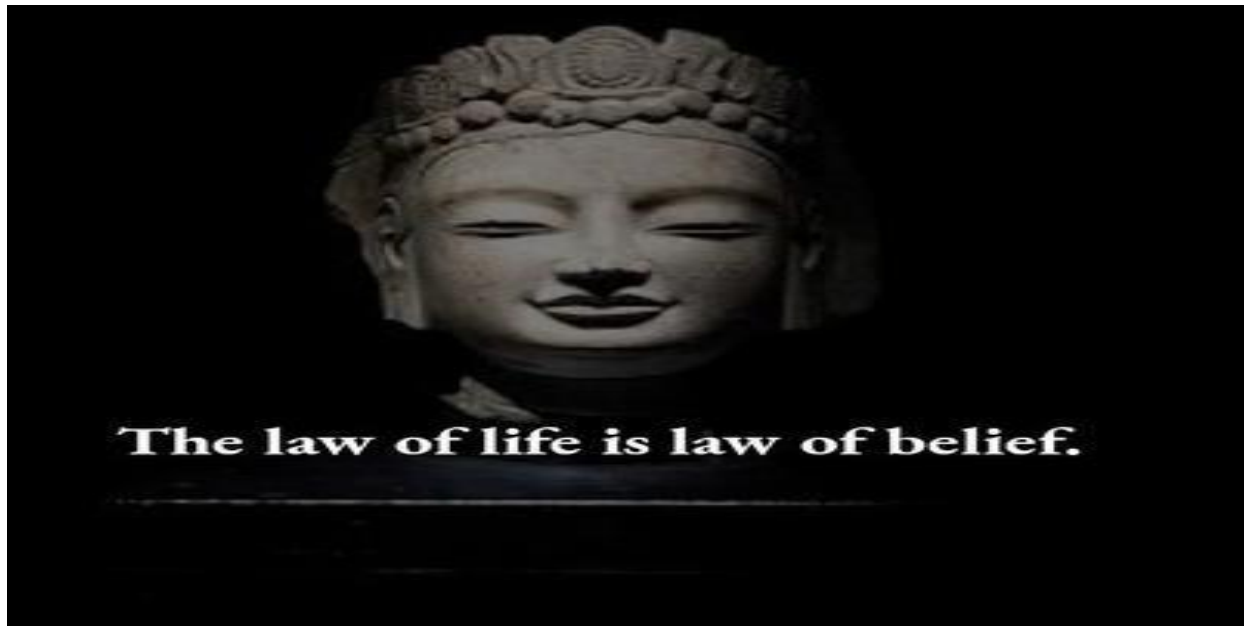
## **Law of belief and how it works**

First, we need to understand the law of belief. This law says that it is not necessary to believe what is actually happening. Instead we need to see what we have already decided to believe. Whatever we believe becomes our reality. When the thoughts become negative, the going becomes negative. We create what we think. We think anger, and we create angry situations around us.

There is saying:

"Great things happen to those who don't stop believing, trying, learning, and being grateful."  
— Roy T. Bennett,

Start believe in yourself. There is a tremendous power within you. You just need to have faith, belief and an opened eye, the magic will happen. You need to believe; a solution is possible. Strong belief activates the mind to thinking ways and means and how-to. Whenyou believe youcan succeed it builds confidence in you. So always believe you can succeed and you will definitely succeed.



### **How to train your subconscious mind (steps and techniques)**

These are the steps or techniques to train your Subconscious mind-

1. **Permission to be successful:** If you want to be successful, you need to give yourself a permission to be successful.
2. Positivity
3. Present fact
4. Willingness
5. Vision
6. Gratitude
7. Asking to universe

### **How it improves health, wealth, relationship, riches, success and happiness**

#### **Health**

Our state of mind is closely related with our health. Negative thinking has a bad effect on our health. For example, if someday you have a bad mood, you will automatically feel sick and tired. Our thinking reflects on our health. Subconscious mind has something called a homeostatic

impulse, which regulates functions like body temperature, heartbeat and breathing. A disturbance in the mind will create disturbance in the body also. So, it is very necessary to train our subconscious mind and always be healthy.

A healthy mind possesses a healthy body and vice versa. A healthy mind means a mind surrounded with positivity, creativity, gratitude etc. Our subconscious mind has a power to heal illness. Everyone has the ability to build mental strength.

Always focus on the purpose of your life. It will make our life healthier and more meaningful. We must have a reason to get out of bed every day, which brings happiness and creates longevity.

The techniques to practice everyday in order have a good health is to repeat the sentence that "I am healthy, I have a best health." Imagine yourself as a healthiest person in the world.

One of the best techniques to build a healthier heart is laughter. As we all know laughter is the best medicine. Use this technique in your day to day life. Once we start executing the things in our life, then only we get the results. Most of us knows the medicine but don't feed our self with that medicine. By practical application of these techniques, we get a miraculous result in our life.

## **Wealth**

Everyone in this world wants to be wealthy. Some of them makes a lot of efforts also. But not all of them become wealthy. Also, you will not become a millionaire by saying "I am a millionaire, I am a millionaire. "You will grow into a wealth consciousness by building into your mentality the idea of wealth and abundance.

The best way or technique to create wealth is to first, create thoughts that have immense value in the world. Then, just add action to your thoughts so you can turn those valuable thoughts into reality.

Repeat the word, "Wealth," quietly, easily, and feelingly. Do this over and over again. Wealth should flow to you in avalanches of abundance.

But this affirmation sometimes fails due to some conflict or doubt in your mind. You should be very specific. Your subconscious mind is full of infinite ideas ready to flow into your conscious mind and appear as cash in your pocketbook in countless ways.

You may find some hurdles which restrict you to become wealthy. For example, if you see a Chartered Accountant having 1000 of clients and making more and more money, and you have a few clients, does it make you envious? The way to overcome this emotion is to say to yourself, "Isn't it wonderful! I rejoice in that man's prosperity. I wish for him greater and greater wealth and success."

## **Relationship with Spouse**

A true marriage is based on honesty, sincerity, kindness, and integrity. It is very essential to attract the ideal partner. You must have a strong, clear intent to attract your ideal partner.

In order to attract an ideal partner, one must follow the following technique: Sit down quietly, close your eyes, let go, relax the body, become very quiet, passive, and receptive. Talk to your subconscious mind and say to it, " I am now attracting a partner into my experience who is honest, sincere, loyal, faithful, peaceful, happy and prosperous. Never use any negative words or statements like "I can't" or "I don't"; rather, use only positive words because your subconscious mind never differentiates between positive and negative.

Practice this process again and again and you will the partner of your choice.

There are various reasons of divorce. It differs from person to person. Marital problems sometimes arise due to lack of attention, honesty, sincerity and love. One of the major mistakes we usually do is to discuss our marital problems or difficulties with neighbours and relatives. In spite, always use the technique "Pray together and stay together".

## **Riches**

You have all the right to be rich, to enjoy wealth, happiness, health, love—a life full of luxuries. You should, therefore, have all the money you need to lead a full, happy and prosperous life.

Money buys you everything, all your luxuries and comforts in your life. Even you can make friends with money. One must have a balanced life. In spite of regarding the money as evil or filthy, always have the right attitude towards the money. The technique to have the right attitude is to repeat the following statements several times a day, "I like money, I love it, I use it wisely, constructively and judiciously.

## **Success**

What really success is? Success means successful living. When you are peaceful, happy, joyous, and doing what you love to do, you are successful. True success comes with peace of mind.

Ladders to success

- It starts with finding out what you love to do, and then do it. If you don't know your true expression, ask for guidance, and the lead will come.
- Then get specialization in that field and try to know more about it than anyone else.
- And then last but not the least step is to ensure that your desire in life is to serve humanity.

We should always step forward from our comfort zone. Only when we get out of our comfort zone, we can produce new ideas, provide better solutions to life's biggest problems. Our



comfort zone makes us lazy, least creative. We should look forward to learn new things, explore the world, instead of becoming home sick.

Always surround yourself with positivity. First relax your mind, then convey your desire. Then imagine the reality of what you desire. Repeat the term "Success" again and again, four times in a day with full faith and believe. Success will definitely come to you. Your dream comes true.

For example:

If you are seeking for job, imagine your employer, supervisor, or loved one congratulating you on your job. Make the picture vivid and real. Hear the voice, see the gestures, and feel the reality of it all. Continue to do this frequently, and through frequent occupancy of your mind, you will experience the joy of the answered prayer.

There is a saying:

"Success is to wake up each morning and consciously decide that today will be the best day of your life."



## Happiness

If I am happy, I can make whole world happy!!!! Some of us become happy with small things, some are not happy with big ones. You might be very happy when you become Chartered Accountant, when you find a job in Multinational companies, when you made 1000 clients, etc, etc. You have the freedom to choose happiness. All these are transitory. They do not give real lasting happiness.

Happiness is just a state of mind. When you desire for happiness you become happy. Begin your day by choosing happiness. When you open your eyes in the morning, say to yourself, "Divine takes charge of my life today and every day. All things work together for good for me. This is

new and wonderful day.” Repeat it every day and makes it a habit. Make your habit to be always happy whatever the situation is.

Positive affirmation is very essential. Never give your subconscious mind a negative thought. Happiness is not dependent on certain circumstances. You can't buy happiness through the purchase of luxurious items. Instead the kingdom of happiness is in your thought and feeling.

The happiest man is he who constantly brings forth and practices what is best in him.

### **Making it a habit**

What is habit? A habit is something that you do often or regularly which comes from practice. The more we practice something, becomes a habit. As we all know practice makes a man perfect. Everyday we listen, read everywhere practice makes a man perfect. But, do we really apply it in our life?

Continuous effort or practicing something will become habit. Developing a good habit may took some time but it is long lasting and gives us a fruitful result. Make success your habit

### **Dream comes true**

By applying each and every technique discussed above, one must get his/her dreams comes true. In every field, we must apply these rules. Our subconscious mind is a powerful tool, which can be used for getting any type of success in our life. Suppose, A student pursuing chartered accountant course, his dream must be of clearing the exams and becoming member of ICAI. In such case, he has to train his subconscious mind in the right direction. He should follow the techniques and repeat everyday “I am a Chartered Accountant”. One day he will definitely qualify the course and become a Chartered Accountant. Belief is must. He must have 100% belief that he will become a Chartered Accountant.

But if he gets nervous and will say negative words like this course is very tough, I can't clear the exam. Such negative thinking will create hurdle in passing the exam and there is a possibility that he may fail.

All this is based on the thinking and training your mind likewise. When you feed positivity in your mind, you will get the positive outcome. You will definitely see the wonders will happen in your life.



### **Sayings-**

“The sub-conscious mind is like a bank - a universal bank; it magnifies whatever you deposit or impress upon it” — Joseph Murphy (Dr.)

“The only path by which another person can upset you is through your own thought.”  
— Joseph Murphy, *The Power of Your Subconscious Mind*