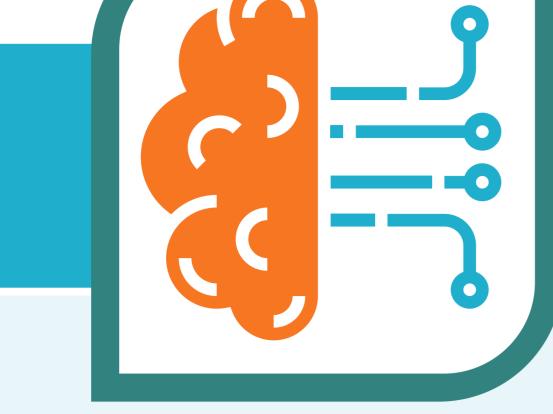
THE POWER OF YOUR SUBCONSCIOUS MIND

Joseph Murphy

Know Your 2 Minds: Conscious vs Subconscious



How Your Mind Works



External inputs

The mind receives inputs via our 5 senses



Conscious Mind

The objective mind can accept or rejects ideas based on logic

Subconscious Mind

The subjective mind accepts all inputs rom the conscious mind, and translates them into reality.

Infinite Intelligence

The Power of Your

Subconscious

Mind

This divine force governs the cosmos, and is accessible via the subconscious mind.

By aligning your mind with Infinite Intelligence, you can tap into its unlimited potential for creativity, wisdom, and personal growth.

Access the Subconscious via the Conscious Mind



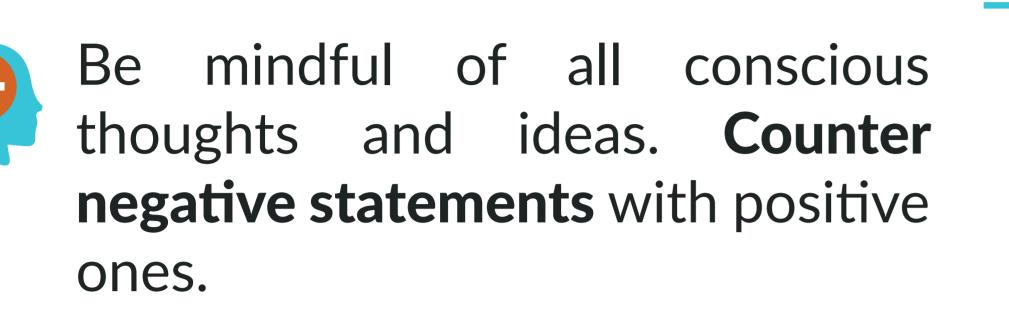
Flood your mind with **positive**, constructive thoughts.



Bypass the Conscious Mind to **Directly Reach the Subconscious**



During **hypnosis**, the subconscious may accept any idea, true or false.



Habitual thinking \rightarrow Key Outcomes



Your regular thoughts & feelings sink into the subconscious to shape your deepest beliefs. And, what you believe most will manifest in your life.



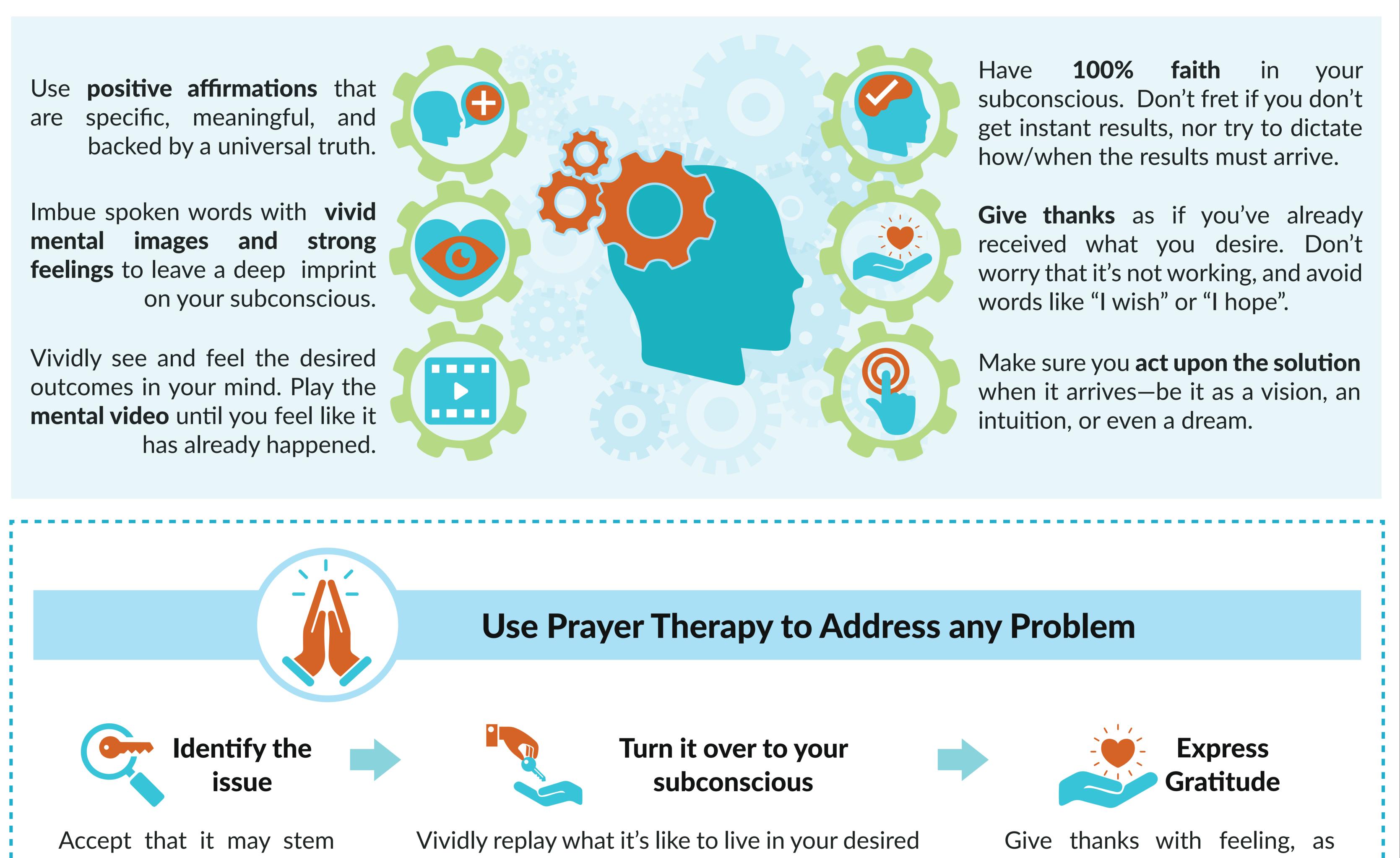
It is also more receptive to ideas when you're calm and drowsy, and free from the conscious mind's interference.

Plant ideas \rightarrow Nurture with Positive Expectancy



In a sleep-like state (when falling asleep or waking up), repeatedly use affirmations, visualizations, or prayers to embed ideas deep in the subconscious.

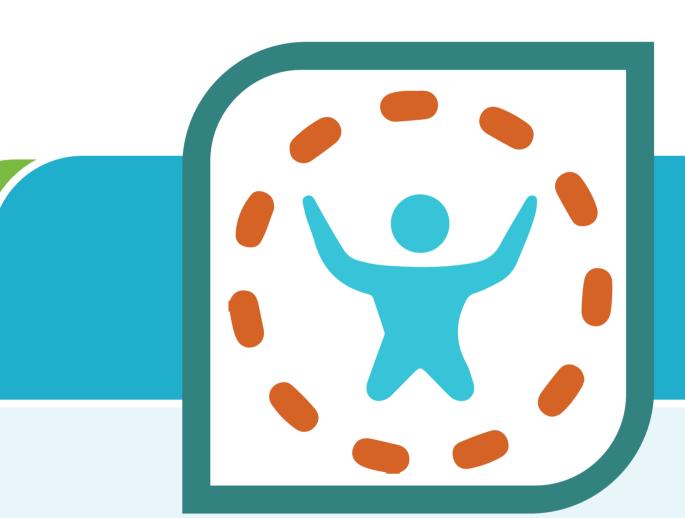
Harness The Power of Your Subconscious Mind



from negative, fear-based thoughts.

reality, as if it's already happening. Do this for 5 min, 3-4x a day (including just before bed).

you've already received the end-results.

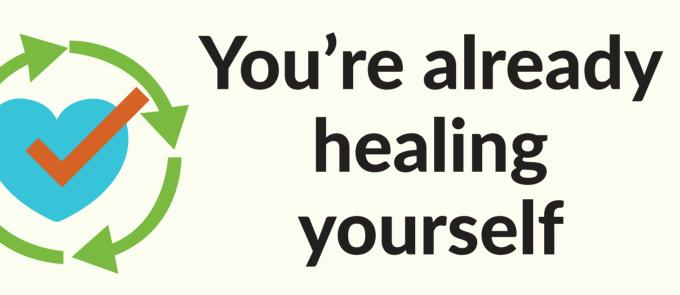


Applications in Different Aspects of Life

You can leverage the subconscious to solve any problem, or achieve any goal or dream.

Health & Healing





subconscious mind The works 24/7 to keep your body functioning. Your cells are regenerated so quickly that you have a new body in \approx 11 months.



The body is naturally healthy when you feel harmonious and peaceful. Fear, doubt, hate, envy, and limiting beliefs block healing and lead to ailments.



Don't dwell on ailments. See and feel your body as perfectly whole and healthy, and have 100% faith that the subconscious will make it so.

The 3 Keys to Success

Real success comes from joy, peace, and self-expression.



Do what you love



- Be an expert in your niche
- Seek to benefit others

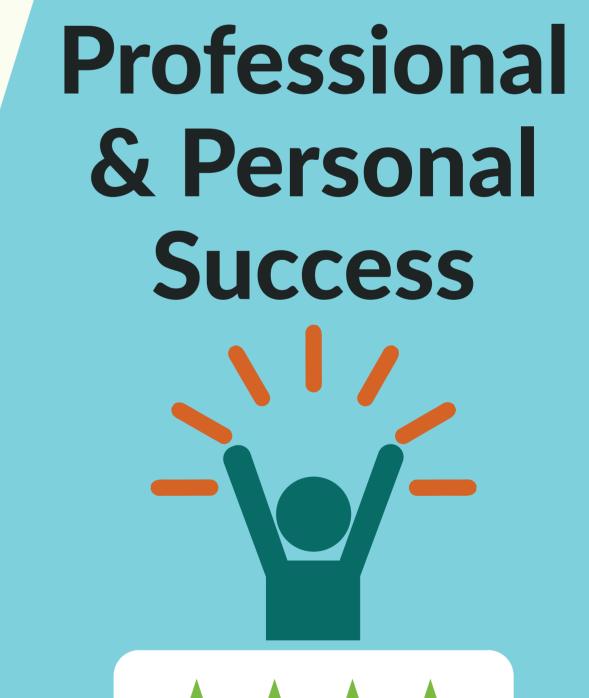


Use the subconscious to find an answer, invent something, break a bad habit, find an ideal buyer, something, recall gain wisdom, etc.



How to Find **Answers &** Solutions

what Do you can to research/solve a problem. If the answer doesn't emerge, pass the issue to your subconscious just before bed. Focus on the feeling of having the perfect answer.











Often, we reject riches through our own beliefs and actions, such as:

Condemning money, e.g. criticizing rich people, or saying "money is evil".

Believing success = hard work.



How to Develop Wealth Consciousness

True wealth comes from an abundance mindset.

- Embrace money without focusing solely on it.
- Be glad for others' success & wealth.



Let money circulate freely in your life. Give first, in order to receive.

Worrying about not having enough; trying to hoard money.

\$

Affirm the words "Wealth" and "Success", focusing on the feelings and images.

Lasting Marriage

To attract the right partner, define the desired qualities and seek to embody those traits.

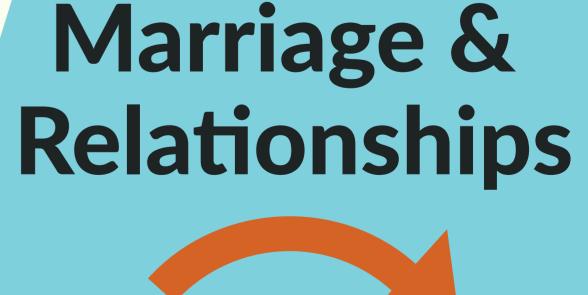
Build a Loving,

Stay united as a couple: radiate love, goodwill, and harmony (not fear, suspicion, or hostility). Mentally visualize your partner as happy, healthy, attractive, kind, and loving.



The Golden Rule in Relationships

Think, feel, and act toward others in the way you'd like them to think, feel, and act toward you. Choose to spread love, harmony, goodwill, and kindness (not criticism, deceit, or ill will).





Mental-Emotional Well-Being

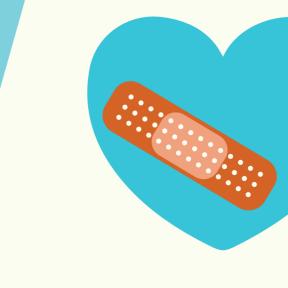


Tap the Healing Power of Sleep

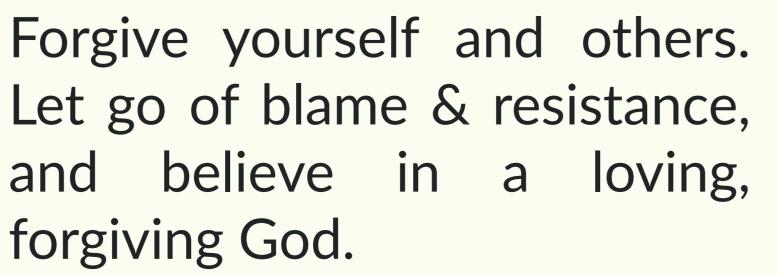
Get enough sleep for physical, mental, and emotional health. Accelerate healing by focusing on love, peace and harmony before bed.



True happiness is an inner state of mind. Choose thoughts/actions that bring joy, success, love and goodwill. Express gratitude regularly and pray for others.



Choose Forgiveness



Fear

Imagine yourself joyously doing what you fear. Let the positive emotions cast out the fear.

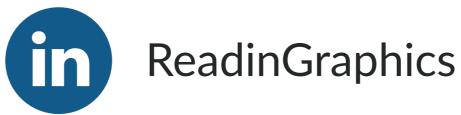


Keep dreaming, learning, and contributing to stay young at heart and mind.



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