

MIND SECRETS EXPOSED 2.0

THE ART & SCIENCE OF
GETTING WHAT YOU WANT



Greg & Alvin

MIND SECRETS EXPOSED 2.0

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Introduction

What do you want out of your life? Money? Fame? Power? Happiness? Health? Love?

All these and more can be yours if you simply follow a few rules and put to work the techniques laid forth in this book.

Success is just around the corner. There is little difference between you and the great men of history. Most of them achieved their greatness and power, not because they were more intelligent, but because they used the latent power within them to drive themselves to the top. And this is a power that you can unlock and use too!

How successful you will be in any of your desires, is simply a matter of having a positive mental attitude and using the easy-to-follow strategies, techniques and tricks in this book. After years of research, testing, trial and error, and coaching well over thousands of successful students round the world, we will be sharing with you an amazing new concept of attaining success easily; while failure becomes a thing of the past.

The fact that you've purchased this book and read this far shows us that you're keen and hungry for success. Fret not... it will come soon.

As you read this book, you will gain new knowledge, gain wonderful experiences and become inspired. Soon, life will not hold its riches back from you, as you enjoy the sweet taste of success.

Let your journey begin.

Greg & Alvin

Chapter 1: The Secret Within



Deep within you, lays an incredible secret that has the miraculous power to shape your very destiny and grant all your heart's desires. Wealth, health, happiness, success, power...anything and everything you have ever desired in your life can be yours once you have full possession of this power.

Unfortunately, only an elite few seem to have access to this incredible secret, because many “average Joes” are unaware of its very existence. You are probably well aware of these elite few. You might have seen them on television. You may have heard of them on the radio. You may have read about them in the newspapers. These are the movers and shakers of the world; celebrities, business moguls, even world leaders that seem to have everything going for them.

At some point in your life, you might wonder why you have not found just a fraction of the success that these people have enjoyed over the years. You wonder what it is that these people have that you do not. You wonder if you are destined for a life of mediocrity, of

never breaking past that glass ceiling that has kept you from achieving everything you have ever desired in life.

Fret not. You can be successful beyond your wildest imagination. You merely need to discover the secret to tapping into the power that will unleash limitless potential for success. This is the secret that has the power to change the course of your destiny forever.

The Limitless Potential

Just where can you find this limitless potential? Why, within yourself, of course! You see, your subconscious mind is a veritable source of untapped potential just waiting to be unleashed. You merely need to learn how to break through the mental barriers that have been keeping you from accessing this limitless potential.

Don't worry; there is absolutely no need for you to be a genius in order for you to access the limitless potential within yourself. The techniques you are about to learn in this book are simple and concise enough for you to understand and master. Once you have a full grasp of the techniques needed to harness the power of your subconscious mind, you will have the ability to live your life with an abundance of wealth, health, happiness, success, and everything you have ever desired.

It is this incredible power that sets apart the successful elite from the average Joes of the world. Possessing this power enables you to attract anything your heart desires, be that business opportunities, wealth, health, or even relationships you have only ever dreamed of.

With this power, you will enjoy life as it was meant to be lived.

The Fundamentals

Like anything in life, before you can learn to tap into this incredible power, you must first have a clear understanding of the basic fundamentals.

For example, a Formula One champion's job is simply to win every race, by driving at the fastest speed possible. But before he can win races, he needs to learn the intricacies of driving at such breakneck speeds. He has to have some knowledge of the mechanics behind the car, such as how different gear ratios affect the acceleration of the



car, or how adjustments to the suspension settings can affect the car's handling around corners, etc. Once he has a full understanding of the theories and mechanics of his own car, he will be able to use this knowledge to improve his performance every time he goes on the race track.

Another example that stresses the importance of fundamentals is the fact that matter expands when heated, and contracts when cooled. Knowledge of this law of physics is essential for engineers, as inventions, such as thermometers, railways and bridges would not have been possible without it.

Anything bound to the fundamental laws of nature rarely deviates from the natural outcomes of any circumstance. Drop a ball at waist-height and it will fall in accordance to the laws of gravity. Throw the ball up high and it will fall in accordance to the laws of gravity. Fill a pot to the brim, before the soup can boil, and you will be sure to have an overflowing pot once the soup comes to a boil, no matter the design of the pot or where the soup is boiled. This is crucial knowledge, because once you have a full grasp of the law that governs the one thing you seek to control, the better your chances of achieving your desired outcome.

In a nutshell, having a clear understanding of the fundamentals that govern your subconscious mind is essential before you can access it in its entirety. Your mind is just as subject to the laws of nature, as any other asset in existence, and the laws governing it are valid under all conditions. You should thus learn to work within the boundaries of these laws, instead of attempting to challenge or bend them.

The Level Of Consciousness

However, before you proceed to educate yourself in the natural laws governing your subconscious mind, it is important that we establish the terms to be used in the rest of this book. The definition of the term “subconscious” refers to the level of consciousness that may or may not affect our conscious behavior without us being aware of it.

An example that better illustrates this would be your choice of food. For instance, you may feel like eating fish for lunch. Often, there can be no logical explanation as to why you would have the craving for fish, as the desire exists within your subconscious mind. However, your conscious mind may override your subconscious desire, resulting in your decision to have something other than fish. The fact remains, however, that your subconscious formed your innate desire for fish, for seemingly no apparent reason.

Or did it?

One plausible cause for the innate desire for fish could be an advertisement you might have seen prior to you having that desire. You may have had a fleeting thought about trying out the new seafood restaurant being advertised, but the core message of the advertisement may have been relegated to the back of your mind, as it may not have been as important as what you were doing at the time. The thought is stored in your subconscious mind, until a point of time when your subconscious brings it up through some distantly related idea.

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Almost every conscious decision you make is influenced in some way, shape or form by your subconscious mind.

One other relevant example is a child's mental development. Imagine, if you will, a mother who exposes her newborn son to classical music, even prior to his birth. During the time of her pregnancy, she places headphones against her belly, playing classical music for her unborn child. She continues this practice even after having given birth to her son; constantly exposing him to classical music, by playing Bach, Beethoven or Chopin in his room. The constant exposure to classical music would eventually manifest in some shape or form as he grows older. He could develop a deep appreciation for the genre, or he could be exceptionally talented in the arts, all due to the exposure to classical music his subconscious received throughout his life.

Whatever input you expose your subconscious to will have some effect on your conscious experience. Your behavior, your personality, your preferences, they were influenced by whatever your subconscious mind was exposed to at some point of your life. Your subconscious is, in fact, a massive collection of past inputs and history. It does not merely consist of one experience, but rather it is a substantial repository of all your past experiences.

If you introduce change to your experiences, you introduce change to your subconscious, and, if the change is significant enough, it may alter the way you behave or react to certain situations. This is one of the laws of the subconscious mind that will always hold true.

For example, if you experience a horrible auto accident, you may develop a phobia toward cars, or even roads, depending on the circumstances of your accident. The auto accident may cause you to stop driving altogether, or it may cause you to drive very cautiously for some time.

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This will remain true until another change is introduced to counteract the shift in your subconscious that was caused by the accident. This change could be in the form of input from a variety of sources.

It could come from you, as you reassure yourself that you have driven for a number of years without incident, and that the accident was merely an oversight on your part, or that you were a victim of circumstance. You could mentally tell yourself to take the necessary precautions in future.



Reassurance could also come from your loved ones. Encouragement and support may well influence your subconscious into thinking that everything will be all right, and that you should not be held back, because of just one isolated incident.

This change in your behavior could be permanent, in that your driving style/habit may never be the same again, or the change could be temporary. Those who may have driven with an aggressive style might return to such reckless behavior after some time, and it won't be till another life-threatening change is introduced to their psyche that they become more cautious on the road.

This is a common occurrence in a lot of cases, as the change in behavior is entirely dependent on how deeply the subconscious is programmed with specific patterns of thought.

I have a friend, who was once a local figure skating champion. There was a time long ago when she was invited to perform for the crowd to commemorate the opening of a new skating rink. Ten minutes before she was slated to perform, she experienced muscle cramps

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on her calves. She let nervousness get the better of her, and she doubted she could perform at all, much less at her best.

However, in the next few minutes that followed, she made a rapid recovery and, right when she was scheduled to make her appearance, she skated on into the rink and pulled off one of her best performances ever. With the grace and finesse she displayed, no one would have believed that she had suffered an injury just minutes before her performance.



So how did she make a complete recovery in just a short period of time?

After the performance, she told me that she knew instinctively that the cramp in her calves was a trivial one, and that it was her self-doubt that amplified the pain. She pulled herself together and took control of her own subconscious mind, and focused on putting on the best performance she could muster. The thought – or affirmation – that went through her mind had been, “I want to perform and I am going to make it a wonderful performance!”

This forced all self-doubt and fear from her subconscious, and while she may not have realized it, her desire to put on the best performance she could triggered a physiological reaction that allowed her to overcome the pain of her cramped muscles, with the help of adrenaline, all thanks to her subconscious mind.

Just Who Exactly Is In Charge?

With the conscious and subconscious mind operating as two seemingly separate entities, who would prevail in the event of a “disagreement” or conflict? In the example of a family squabble, the one with the loudest voice usually wins. In the courtroom on the other hand, the one with the most sound argument and evidence wins.

Where your conscious and subconscious mind is concerned, control lies with the conscious mind.

Consider your conscious mind as the Chief Executive Officer (CEO) of a large company, that company being your body. Whatever input your body receives goes through your subconscious mind, and then your conscious mind decides the next course of action to be taken.

Visual information captured by the eyes is received by the subconscious mind and processed as images; auditory information registered by the ears is similarly processed as sound by the subconscious mind. This sensory information is then communicated to your conscious mind in order for you to determine what needs to be done.

For example, your eyes receive the visual information of a car in the distance speeding toward you. Your ears hear the honking of the car’s horn as it nears. Your subconscious mind processes these two pieces of information it receives automatically, then a reaction – which is based on past experiences and/ or lessons taught – is triggered within your subconscious that is then relayed to your conscious mind.

Your subconscious would communicate to your conscious mind, “I see the car, I hear the car, it is coming closer,” and the conscious mind would make the self-preserving decision to try to avoid the oncoming collision.

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You wouldn't be aware of the processes involved in having this information pass through each of these layers. You wouldn't be aware of sound traveling as vibrations through the ear canal and to the ear drum. You wouldn't be aware of the electrical impulses passing through your nerves as these vibrations are interpreted as data that your brain can then analyze.

You wouldn't be aware of how your retina actually receives an image that is upside down and in reverse. You wouldn't be aware of how your brain interprets this reversed image and presents the data to you in a way you are familiar with.

These processes and various other natural functions of the human body all go through your subconscious mind without you being aware of any of them. Yet you perceive the world around you as it is, because your subconscious mind interprets the raw data it receives and presents it to your conscious mind, so that you are able to understand what it is that you see, hear or feel.

While it may be true that certain bodily functions – such as the closing of your eyes when you lie down to rest – are often determined by your conscious mind, routine functions that do not require further instruction to ensure the smooth operation of your body are done at a subconscious level.

For example, breathing is a critical bodily function, as your body requires oxygen for cellular respiration. Yet you do not have to consciously instruct your body to breathe; it comes naturally, because your subconscious is fully aware of the fact that, should you cease to breathe for longer than necessary, all bodily functions will cease.

Your subconscious is responsible for these critical functions and requires no intervention by your conscious mind, except in times when allowing such functions to continue will inevitably harm your body rather than preserve it (e.g. breathing while underwater).

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So, we've discussed the fundamentals of both the conscious and subconscious mind. But how exactly do they work in tandem? Read on, and learn the fascinating truth in the next chapter.

Chapter 2: Two Sides Of The Same Coin



The human brain is truly the most magnificent and invaluable asset that you will ever own. It is the only thing that sets you apart from the next person. It has the power to shape your future, your very destiny. Having already taken an “inside glimpse” into the brain, you now know that you have the conscious mind, which is responsible for the decisions that you ultimately make, and you have the subconscious mind, which is akin to a computer that analyzes and interprets every bit of data you receive so that the conscious mind can act upon the interpreted data.

The subconscious is the true power center of your very existence, as it regulates your heart, determines the necessary biochemical processes in your body, and analyzes input from your sensory experiences and makes sense of the world around you.

The remarkable thing about both the conscious and subconscious mind is that everything comes full circle. The conscious and subconscious mind is, in reality, two sides of the same coin. A function or task that may require the conscious mind may eventually become “automated” as the subconscious mind gets “programmed” with it, through repetitive action/training.

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For example, when you first learn the nuances of driving a car, you are constantly reminding yourself to be aware of the traffic, the gear shifts, when to use the high beams, etc. But over time, as driving becomes a familiar routine, it would seem like a natural act, as your subconscious has been “programmed” with everything that you will need to do while driving.

Certain tasks can be done without conscious thought or critical thinking. When subjected to repetitive conditioning, the subconscious mind accepts the constantly repeated information as something that the body is required to perform on a regular basis, and thus the subconscious encodes the necessary information into the brain. This is merely one example of how an action or process that is done consciously can eventually become an automated, subconscious act that we may not even be aware of.

Similarly, your thoughts and habits are subjected to the same laws of conditioning. Repeat a certain habit long enough and you will find yourself subconsciously adapting it to your daily routine. For example, you might make the conscious decision one day to start wearing your watch on your right hand instead of your left. Eventually, as that conscious decision is repeated long enough, it becomes ingrained within your subconscious as something that needs to be done automatically, and you will end up wearing your watch on your right hand without even thinking about it.

But one critical point you have to keep in mind is that your subconscious absorbs not only positive actions, thoughts, and habits, but negative ones as well. This is especially true of mindsets that may impede your progress toward success in any endeavor that you may wish to accomplish. Fear, failure, frustration, anger, despair, stress, unhappiness... these may be ingrained into your subconscious given enough exposure and time. It is important for you to be aware of this, as you may end up attracting these negative emotions and outcomes into your life.

On the other hand, those who fill their minds with positive, heartwarming thoughts may attract an abundance of prosperity, happiness, and success into their lives. This may be part of the answer (albeit a rather simplistic one) to the age-old question of why some people seem to have all the luck in the world. This book will examine this further in subsequent chapters.



Two Departments, Not Two Companies

One common misconception about the human mind is that the conscious and subconscious minds are two separate entities, two separate minds. The fact is simply this: You do not have two minds. Think of the mind as two departments within the same company. Both departments work toward achieving the company's goals, sometimes in tandem, sometimes independently.

The conscious mind is the top brass, the top management from which all decisions are made, with appropriate reasoning and argument.

The subconscious mind works independently for the majority of the time, and is akin to the middle to lower level employees in a company that run processes such as production, manufacturing, and operations going automatically.

Body functions such as breathing, temperature maintenance, blood circulation, and food digestion are performed without conscious thought. You do not have to constantly remind yourself to breathe, or will for your heart to pump blood. The subconscious mind takes care

of such routine processes for you, so that you may divert your full attention to your conscious mind in making the more important decisions in your day-to-day living.

As mentioned earlier, the subconscious mind accepts any information it receives and does not evaluate the information. Any information or experience received is stored in the subconscious, which does not distinguish between positive and negative. You have to learn to be more aware of such occurrences, as it is prudent for you to fill your mind with positive thoughts once you realize that negative ones may have an adverse effect on your daily habits.

Believe It: Illusion Or Reality?

Throughout history, there have been numerous studies conducted, with evidence pointing to the fact that the subconscious mind merely accepts information it comes into contact with, without reasoning or analysis. Although generally unsubstantiated, the underlying principle of hypnosis is that, because the subconscious mind does not reason with any information presented to it, it is possible to embed instructions into the mind that would, under normal circumstances, be rejected by the conscious mind.

This can be achieved by bringing the subconscious mind to the fore, where it is most susceptible to suggestions and instructions, without the conscious mind getting in the way and rationalizing every piece of information that it receives.

For example, once a person enters a hypnotic state, an experienced hypnotist may be able to embed into the person's subconscious mind the suggestion that he or she is in a large freezer, and experiencing subzero temperatures. The subconscious, without the conscious mind rationalizing the truth behind the hypnotist's words, accepts the information presented to it, and the person may shiver in reaction to the mind's belief that he or she is, in fact, in a subzero environment.

Alternatively, the hypnotist might implant into the person's subconscious the suggestion that a spoon – at room temperature – is red hot, and when the person holds it in his hand he may recoil in pain at the suggested heat that the mind perceives as real. What is more amazing is that in some cases, the mind may even fully convince the body that the sensation is so real that the skin where the spoon comes into contact with develops burns, even though the spoon is, in reality, cold to the touch.

The Protector

Because the subconscious mind is incapable of reasoning or analysis, it has to be “protected” by the conscious mind. The conscious mind acts as a gatekeeper, evaluating the information presented to it and determining whether the information is of any use or benefit to a person as a whole.

As such, if the conscious mind rejects a message or suggestion that is meant for the subconscious, then the message will never reach the subconscious to be recorded or ingrained as a habit or automated process.



Ironically, what the conscious mind accepts or rejects depends on whatever messages or suggestion that the subconscious has previously registered. For instance, if a man was raised with the negative mentality that breeds negative habits, then it would be hard for a positive message to reach the man's subconscious. If the man wholeheartedly believes that he is not meant to succeed all his life, then he would have great difficulty generating positive ideas and inculcating the positive values or habits required to succeed in his endeavors.

Alternatively, a man, who is considered positive and “open-minded” enough to consider approaching a particular issue at every angle, may find little trouble in succeeding in anything he sets his mind to.

The Destructive Statements

You may not be aware of this, but you are constantly exposed to negative, destructive statements on a daily basis. If you have ever doubted your own ability in accomplishing a particular task, it may have been the result of your subconscious unwittingly accepting a negative message as “truth”.

Some examples of a negative message that your mind may have perceived as “truth” include:

- You won't be able to do this
- I think you will need help
- You have got it all wrong!
- You are getting old
- Life is hard
- It isn't easy getting a good job
- You will never score an A in that test, it is too hard!
- Be realistic!

Being exposed to such messages and not consciously rejecting them, will allow these messages to infiltrate your subconscious mind easily and work their evil. You will soon find yourself resenting your own inability to find success, you will age quicker, you will constantly make mistakes, you will lead a hard life, etc.

The majority of people who struggle to find success in life, often had such negative affirmations instilled within them during their formative years, when both their conscious and subconscious mind were susceptible to such influences.

Chances are, you might have gone through something similar. Your conscious mind may not have been aware of the dangers of such affirmations, so you unwittingly allowed them into your subconscious, eventually forming your beliefs and personality around these negative ideas. Compounded by more negative affirmations/influences from friends, family, relatives and others around you, you end up lacking the positive traits that are required for success.

It doesn't help that modern media (such as television and the newspapers) tends to perpetuate the gloom and doom plaguing the world, either.

Eliminating Destructive Beliefs

Right now, as an adult, you are more than capable of making decisions for yourself. This ability to distinguish between right and wrong, good and bad, is essential in not only discerning new negative messages, but also to eliminate these messages and beliefs from your subconscious mind, messages that have been embedded deep into your psyche since your formative years.

Eliminating destructive beliefs is, by principle, easy. You merely have to first recognize the negative beliefs for what they are, and then replace them with more positive ideas or habits that will get you accomplishing what you need to accomplish.

For example, when someone tells you that you won't be able to meet the deadline for a particular task, reject their statement and replace it with the belief that yes, you CAN meet the deadline.

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You are constantly exposed to all sorts of affirmations, influences, and messages in your daily life. It is extremely important for you to be able to identify this plethora of mixed messages and distinguish between what is useful and what is destructive to you.

Once you are able to do this, you will realize that replacing the negative thoughts (that you would now be aware of) with more positive ones is a relatively easy feat.

Apply this technique to your daily routine and you will find success in absolutely no time at all.



TRY THIS!

Your thought is the most powerful force in all existence. Your subconscious responds to any thought it receives from the conscious mind. As such, the prevalent thought in your mind will influence your subconscious to turn it into reality.

Keen on attracting good health and wealth into your life? Then try the following:

1. Form, in your mind, the thought that you wish to achieve. If you wish for better health, envision yourself being fit, active, and healthy. If you wish for better wealth, envision yourself enjoying the amenities that come from being financially free. Be certain of your desire.
2. Focus, and hold your desire within your mind, until your subconscious believes it to be true.
3. Think of words or statements associated with your desired outcome and repeat them verbally, as an affirmation of what you wish to achieve. If you wish to achieve a better life overall, you could verbally repeat the words, “Joy. Love. Health. Wealth.” Do this for at least 10 minutes. Alternatively, you can also repeat the affirmations mentally from time to time, in order to embed them into your subconscious.

You are the sum of your thoughts. Your life thus far – good or bad – is the result of how you have applied your thoughts and actions in the past AND present.

Always keep in mind that the thoughts you harvest within your mind will manifest into your life, be they good or bad. Just as you would banish darkness with light, so too must you banish negativity with positivity.

Chapter 3: The Miracle Of The Mind

The human brain, as a whole, may be a truly fascinating specimen, but the real “star” of the show is perhaps the subconscious mind. The subconscious mind is responsible for a myriad of bodily processes that, truthfully, would boggle your mind if you had to consciously ensure that each of these processes was not neglected.

Whether it is regulating your heartbeat, or blinking to constantly moisten your eyes, or to play chemist to your digestive system, your subconscious mind runs like an ultra-sophisticated computer that perpetually ensures all vital functions run as smoothly, and as seamlessly, as possible.



But apart from being the “maintenance man” to your body, your subconscious mind also works as a data repository, storing away memories and experiences and processes that your conscious mind deems important. It works around the clock, even as you sleep, and automates certain tasks for you, so you don’t have to consciously manage them, like waking up every morning at a specific time so you are not left waking up at random hours.

My grandfather was a perfect example. Every morning, before his passing years ago, he would wake at exactly 4.30 am without fail, before embarking on his morning exercises. And he achieved this incredible feat without using alarm clocks of any kind. I remember asking him how he managed to wake up on time every single day, no matter how little sleep he had the night before. I remember him being amused by my question, and he tapped the side of his head and said that it was, “all in the mind.”

What he meant was that he had found a way to train his mind, through his subconscious, to automatically awaken at exactly 4.30 am. The irony of it is that he was never aware of such a thing as “the subconscious mind”. He merely referred to the instrument of his fascinating feat as his mind. The truth behind his feat was simple: over the years he had repetitively conditioned himself to awaken at that specific time every single day. He had started out with alarm clocks, and then, as his mind grew accustomed to waking up at such hours, eventually he had little need for alarm clocks.

The Miracle Of Inspiration

The subconscious mind can be more than just an internal alarm clock, believe it not. Have you ever had a particular dilemma, only to have someone tell you that perhaps you should “sleep on it?” And then somehow when you wake the next morning, you are struck with an idea or inspiration that would resolve the dilemma which had troubled you the night before? This is the subconscious at work.



Although the subconscious is not capable of rational decisions, remember that the subconscious mind also serves as a repository of information. The subconscious may try and match relevant information that it has stored over the years, and upon your awakening, it relays the information it has to your conscious mind, which then engages in the analysis and rationalization of the information it receives, resulting in a “Eureka” moment when the answer to the dilemma is found.

Feel free to try it for yourself. Give your subconscious a problem to solve before you go to bed. Ponder over the issue at hand, focus on it, and then go to sleep. Chances are you will be able to “stumble upon” an answer in the morning.

Even though you require sleep to ensure a healthy mind and body, your subconscious never sleeps. Instead, it is constantly providing you with a treasure trove of inspiration, aspirations, ideas, solutions and motivation. Not a lot of people are aware of this fact, but the world renowned painting ‘Mona Lisa’ by Renaissance artist Leonardo Da Vinci, was the result of the famous painter’s subconscious.

It was through the subconscious that Beethoven managed to produce masterful symphonies, despite being completely deaf. Numerous other artists throughout history have also created masterpieces thanks to their subconscious minds.

Mesmer’s Miracle

Perhaps one amazing phenomenon that illustrates the power of the subconscious mind has to be Mesmer’s “Miracle Healing.”

Franz Anton Mesmer (May 23rd, 1734 – March 5, 1815), an Austrian physician, was known to have “healed” countless people using what he dubbed “animal magnetism.” He discovered that any ailment could be cured by having magnets pass over the part of the body that was diseased, and came up with the theory of “magnetisme animal” or “animal magnetism.”

Mesmer demonstrated his theory in 1774, when he had a patient swallow a preparation containing iron, and then proceeded to apply magnets to parts of her body that she claimed to have problems with. While undergoing this process, the patient reported strange sensations of fluid flowing through her body, and within minutes, her symptoms alleviated.

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Even though he found success with this method, Mesmer soon abandoned the use of magnets altogether, as he did not believe that the magnets could have cured the woman all on their own. He was convinced that he had, in some inexplicable way, contributed to the woman's healing. Mesmer theorized that a mysterious, magnetic substance flowed from healer to patient, and the transference of such a substance was the key to curing an ailment.

A commission was set up, in 1784, to investigate the practice of animal magnetism, and it was found that while Mesmer's method did yield results, there was no evidence for the existence of the substance theorized by Mesmer.

Scottish surgeon Dr. James Esdaile is regarded by many as a pioneer of hypnotic anesthesia. Practicing medicine in Bengal, India during the 1840s, Esdaile was known to have used Mesmer's methods to induce anesthetic effects in surgical procedures. Esdaile achieved this feat by using positive affirmations while his patients were in a relaxed state of mind.

Hundreds of surgical procedures were performed in such a manner, with exceptionally low mortality rates. He soon gained a considerable reputation among the European and local communities for his painless surgical procedures, and was even appointed Presidency Surgeon in 1848 by the Governor-General of India, and Marine Surgeon in 1850.

There have been many other cases involving similar methods. A French neurologist named Jean Charcot cured ailments, such as blindness and paralysis. There exists a well-documented case of a "miracle healing" in southwestern France, involving a woman who had been suffering from blindness. Madam Bire, whose optic nerves had atrophied, was cured after a visit to a healing shrine in Lourdes. Several examinations by doctors a month later revealed that her optic nerves had been fully restored to perfect condition.

These miracles of the mind can be achieved by anyone. You can use the power of your subconscious to relieve yourself of pain, to improve your health, or even to create

masterpieces such as Mozart's Eine kleine Nachtmusik, Beethoven's Ninth Symphony, or even Da Vinci's Mona Lisa.

The Miracle Of You

As mentioned in the previous chapter, you are the collective sum of your thoughts. Every experience, every thought, every habit you have ever developed in your life thus far has been ingrained into your very subconscious. Every bit of information, everything that your subconscious comes into contact with forms your memories and thinking pattern, shaping you into the person that you are today. There is simply no wrong or right information; your subconscious simply accepts everything that is presented to it.

Because the stored information is not “filtered” by the subconscious, you need to make a conscious effort to protect and guard your subconscious mind against any negative influences or suggestions that may be detrimental to your development.

For example, many succumb to age-related conditions, such as Alzheimer's and memory loss, because they were convinced by the idea that it is natural for them to lose their cognitive abilities as they age. While it may be true that such conditions manifest at the later stages of life, it is not necessarily something that is set in stone. What makes the idea of deteriorating mental health “true” is the belief that it is something inevitable that every single person would experience sooner or later.

There is the fascinating story of one Major James Nesmeth, a seven-year Vietnam prisoner of war, who loved to play golf in his free time before the Vietnam War. During his imprisonment, he would imagine playing an 18-hole course, just to keep himself sane between all the long stretches of torture and solitary confinement he had to endure. Nesmeth envisioned the course, giving it life inside his very mind, and practiced his swings all in perfect form in his psyche.

MIND SECRETS EXPOSED 2.0

Positive thought became the sole motivating factor in his visualization of the perfect shot with every imagined swing of the club. After seven long years of imaginary golf, he scored a mind-boggling score of 74 on an actual golf course upon release from his imprisonment.

This illustrates the wonder that the subconscious mind can achieve when one truly learns to utilize the best of its abilities. The subconscious mind is akin to a personal supercomputer that not only automates our vital functions, but is also capable of extraordinary, phenomenal feats that in any other circumstance would be deemed impossible.

It builds a treasure trove of information and solutions, even when we are not aware of it doing so, and we only need to tap into this vast reservoir of knowledge when we need it. It influences our actions whether we realize it or not, and it grants us the power to change our very lives and heal our body once we are aware of its presence and know how to communicate with it.



TRY THIS!

Your subconscious mind has the power to make anything possible. It holds the solution to practically any question; any problem that you may have. This power only needs to be tapped into once you are made aware of its existence. Once you truly understand the magnitude of the power that lies within, you only need to give it the attention it needs to manifest into reality all that you desire.

Here's how you can begin manifesting the deepest desires in your life.

- Calm your mind and eliminate all negativity from your body. Simply instruct your body to release all tension, all manner of stress, and tell it to relax fully. The removal of such tensions will clear the path of communication to your subconscious, so that you may better relay your desires to it. The absence of negativity will make it easier for your subconscious to obey your will. Do this twice every day to ensure maximum effectiveness.
- While in such a receptive state, focus on one specific desire in mind. Know with utter certainty that that specific desire is what you wish to manifest into reality. Put all your faith and belief into it; convince yourself that it must come to pass, because you have willed it to be so. Fully visualize your life as if you have already manifested that desire into your reality. Envision the joy you would feel, the feeling of contentment that comes with the realization of your desires. If you desire a beautiful home, picture yourself in that very home, walking through the expanse of your dream home, enjoying the gardens and raising a wonderful family there. Make that mental picture as vivid as you possibly can.
- Once you have a clear picture of your desire, turn it to your subconscious mind. Form it as a request to the Divine, to the Infinite Wisdom of your subconscious, so that it may reveal to you the means of how you can manifest your desire into reality. Release the mental picture of your desire with the same faith and confidence that a farmer would have when he sows his seed into the ground. Just as he trusts the principle of life and growth, so too should you trust the laws of the mind, which will manifest your thoughts into reality.

Chapter 4: Early Healing Techniques



Throughout the history of man, there have been documented cases of “miracle healings” across a number of different cultures. It was believed that there was a supernatural element to these healings that allowed people to perform miraculous feats of instantaneous healing, no matter what the ailment. These healings were often performed by religious luminaries, such as priests or “medicine men”, who are highly regarded for their connection with God or a “higher, Divine being.” Such healing rituals usually involve the burning of offerings, the wearing of protective talismans, and, most importantly, a strong belief in the healing power being summoned.

Such rituals may seem strange, and perhaps even absurd, but surprisingly there has been a significant number of successful healings documented, all without conventional medical intervention. This very phenomenon gives hope to those whom medical professionals have deemed incurable or terminal.

Just how have these religious miracle workers achieved such a feat? Considering the varied methodologies involved throughout different cultures, it seems as though there isn’t a specific formula that can be replicated to achieve the same healing miracle. Yet, nearly every culture in the world documents the occurrence of such miracles.

The truth perhaps lays in the patients themselves, rather than the miracle healers. The power to instantaneously eradicate all manner of ailment from their bodies comes from within the patients. It is believed that ancient miracle healers merely made use of their patient’s beliefs in the healings to evoke the power of their subconscious minds. The fervent

rituals conducted by the miracle healers rouse the patient's faith and instill in them a strong conviction that they would indeed be healed.

Because the message of healing and faith penetrated deep into the patient's subconscious, the body reacts accordingly and begins to aggressively heal itself of the ailment. Remember that the subconscious regulates bodily processes, and it is through the subconscious that the body may be commanded to produce a particular hormone, enzyme or antibody necessary for the patient's recovery.

Thus, your subconscious mind should be considered the most powerful source of your biology. But it is also protected by the conscious mind, whose rationalizations tend to hamper the phenomenal healing potential of the subconscious mind. This is perhaps why strange rituals are necessary, for the messages of healing to get past this barrier, by convincing the conscious mind of their effectiveness.

Consider this story of a man who had miraculously regained his ability to hear after being deaf for over fifty years. He had lost his hearing after a particularly nasty fall from a tree when he was very young. He had fallen unconscious, and when he woke days later, he woke to a silent world. Physicians who tried to treat his deafness told his family that he would never hear again.

Years would pass, and the man had long learned to cope without his hearing. One day, a monk arrived in his village, seeking a place to stay for the night. Out of the kindness of his own heart, the deaf man offered to share his home with the monk for however long he required boarding. The monk, touched by the man's generosity despite his situation, offered a precious stone in return for the man's kindness. The monk claimed that the stone held supernatural healing powers, and instructed the deaf man to hold onto the stone and place it under his left ear every night as he slept for forty whole nights.

MIND SECRETS EXPOSED 2.0

On the morning after the fortieth night, long after the monk had left the village, the deaf man awoke no longer deaf. He was startled awake by the crowing of the rooster, and he cried when he realized that the stone had indeed restored his hearing, just as the monk had claimed it would.

But this story is not without irony or controversy. You see, the stone held no supernatural power. It was simply an ordinary stone that the monk had acquired in his travels, and, because he had no means to repay the deaf man's kindness, the monk thought to give the man the most precious commodity any man in a dire situation could ask for: Faith. One might argue that it was wrong of the monk to do what he did; giving "false hope" to the deaf man that he might have his hearing restored. But that did not happen, for the deaf man's faith in the stone's ability and his unwavering desire to have his hearing restored empowered his subconscious mind into manifesting that which he desired. The power of faith, even through a conduit, such as the stone, is all that one would need to spur the subconscious into action.

There exists a "miracle healer" in all of us, and in the following chapter you will learn how to tap into the incredible healing powers that the subconscious will afford you once you fully master the ability to communicate with your subconscious mind.



TRY THIS!

All “miracle healing” begins with faith. An unwavering belief in the Infinite Healing of your subconscious will grant you the power to heal any ailment that you suffer from. Miracle workers of centuries past merely tapped into the Infinite Healing of their subconscious minds to accelerate the body’s healing process.

Here are a few principles that you need to keep in mind when calling upon faith and the Infinite Healing of your subconscious.

- Realize that your faith has the power to manifest anything that you put your mind to. This applies for both positive and negative outcomes.
- Logic and reason may contradict your faith, but understand that the Infinite Wisdom in your mind only steers toward truth, even if your reasoning and senses deny the very possibility of the truth.
- Faith is nothing more than a concrete state of the mind that achieves results.
- You have within you a vast reservoir of faith. You do not require more of it, only the means to apply it constructively. Your faith needs a purpose; a direction, before it can prove to be effective. Putting faith in health, peace, happiness, and success will bring you all the joys that you rightfully deserve in life.
- Understand that your life, as you know it, has been the result of your faith in things around you. Your subconscious mind has manifested your current reality according to your faith in yourself, your abilities, and even the people that surround you. If you wish to change the direction of your life you must first direct your faith toward your desired life.
- Prayer empowers your faith. Make it a habit to pray every night before bed to reaffirm all that you believe in and all that you put your faith in. Prayer and affirmations will embed the necessary instructions and messages into your subconscious, giving it purposeful direction in manifesting all that you desire.

Chapter 5: Modern Subconscious Mind Healings



As we have already established, our subconscious mind holds limitless healing power. It is an integral aspect of our selves, and it will forever work, as long as we remember to get rid of all the psychological and emotional limits that stop it from functioning properly.

The ancient gurus of times long passed worked their "magic" by simply removing these so-called barriers. Afterwards, the subconscious mind takes care of everything else.

Belief Is In Itself Powerful

Think about the main basis for all of the world's religions, and you will see that they are all founded on one's belief and faith. Belief is the universal law of life that we all observe, and your belief is also a determining factor in your ultimate destiny. It is what we believe in that tells our subconscious mind to concentrate and aim our efforts and energies in accordance to the patterns of our thoughts. Even our dreams are somewhat shaped by our belief system. We are what we believe in or we are, at least, defined by our beliefs.

Practically everything about ourselves as individuals is determined by our belief system. How we live our lives is but a reflection of the thoughts contained within our mind. If we choose to believe in living positively for the future, we will more than likely lead a happy and successful life full of achievement and zero regrets. If we instead choose to focus on negativity and the bleakness of reality, we would lead a life defined by melancholy and despair. Ergo, it is foolish to have a negative belief system, or at least one that will affect our lives in a self-destructive manner.

Combining The Functions Of The Subconscious And Conscious Mind Together

By combining the conscious and subconscious mind's functions as one, so that they can function in harmony and coordination together, we can now perform what is typically called a technical prayer, also known as prayer therapy or a scientific prayer. In a manner of speaking, the technical prayer is a method to realize our objectives, by deliberating them carefully in our mind; first through mental actions before physically making it into a reality.

A technical prayer works like this: It enables you to voluntarily or consciously concentrate on a particular outcome or desired idea, which allows it to be communicated to your subconscious mind. By getting in touch with the reality of the desired outcome or selected idea, or at least focusing on its many aspects and facets, so that it is the only thing in our mind, we can express the notion to our subconscious better and clearer.



Do Not Underestimate The Power Of Blind Faith

For some people, the term "blind faith" is an insult to those extreme believers who are seemingly enemies of common sense and reason, because they lay everything on the line in order to believe something for the sake of believing. However, these people tend to miss out what blind faith truly entails with that oversimplification of the concept.

A person who uses his faith in order to heal, typically, has no scientific understanding of the healing process or the operations needed in order for it to work. He will naturally assert that he has been gifted with healing powers, and he requires the patient's "blind faith" in his abilities as a faith healer to bring about a cure to an ailment through the subconscious mind. The faith healer is nothing more than a medium through which the healing occurs, and it is the patient's subconscious mind that truly does all the work.

In ancient times, priests and other holy men have offered healing by performing special, oftentimes outlandish, rituals that guide the patient into concentrating on and believing that they would be healed by them. As long as the psychological barriers of disbelief, fear, and skepticism are suspended or outright removed, the subconscious mind will be receptive to positive healing energy that can be used to nurse and revitalize the ailing body.

For example, let us return to the Franz Anton Mesmer case mentioned in a previous chapter. If you recall, Mesmer was an Austrian physician who was able to cure a multitude of his patients by simply stroking magnets on their bodies. Later on, he began doing the same strokes without magnets and with only his bare hands and the healing effects of his ministrations remained the same. He claimed that the healings remained consistent throughout, as he elucidated his theory about animal magnetism.

Up until now, there is no solid scientific proof of his theory of animal magnetism, even though the fact remained that he was still able to cure so many of his patients regardless. Once Mesmer died, a Manchester doctor named James Braid demonstrated that he was

able to reproduce most of Mesmer's extraordinary healing effects, while giving patients instructions in a hypnotic state. On a side note, the term "mesmerism" (to fixate, enthrall, or spellbind) owes its roots to Mesmer's name.

Here lies the power of blind faith, suggestion, and whatever else that allows us to gain access to the subconscious mind and shut off its mental blocks of sorts. James's work illustrates how powerful the subconscious mind is, which, in turn, is mostly accessed through the faith of an individual to a given idea or notion. We have the ability to unleash the subconscious mind's enormous potential, by providing instructions below our level of awareness; for example, while in a state of hypnosis.

The belief that you need to call to mind the subconscious' healing powers are mostly found at the subconscious level. In order for the subconscious to work its wonders, it has to believe in its own abilities, before any sort of healing can take place. However, the ideal scenario for healing entails a receptive conscious mind that is open to the overriding, all-consuming belief too. The one thing that blocks the power of the subconscious mind – its biggest obstacle, arguably – is the conscious mind itself. All your doubts, misgivings, and indecisions stem from the conscious mind, and it is the part of your mind that keeps your subconscious in check, including its incredible healing powers.

Everything You Need To Know About Remote Healing

For the sake of example, let us assume that one fine day, you are away on a business trip abroad when your father back home contracts a grave illness and is required to stay in the hospital to keep his condition stabilized. The doctors say that he is hanging between life and death, and you are too far away to make it back to him in time. Is there any way you can help your parent out while you are away, other than hope for the best and wish that his illness is cured?

MIND SECRETS EXPOSED 2.0

Because the situation is literally out of your hands, the best way you can help him is through the power of prayer, especially if you are a person of faith or religion. However, in terms of subconscious healing, the power of prayer can go a long way, because time and distance are not huge obstacles when it comes to the law of the mind.

By having faith and a strong conviction, you can help activate your father's subconscious mind and healing powers, by first working on accessing your own subconscious and its abilities.

By concentrating on protecting your father's wellbeing in your own mind, you will see firsthand the meaning behind the words, "What the mind can perceive, the body can achieve." After your positive thoughts of protection and healing start to flow within your mind, these thoughts will reach your father's subconscious mind too, in a resurgent manner, such that his subconscious will then use its healing abilities to help him survive the onslaught of his illness. This "telepathic" healing technique is possible through an unwavering faith in the Divine.

Bringing The Subconscious Mind To Motion

As you may already know, the subconscious mind is continually at work, and does not ever rest or sleep. It can even help you throughout the night to help bring an answer to whatever problems or issues you need to address in your everyday life. Aside from problem solving, the subconscious is also capable of working on other matters you might be facing, such as psychological self-improvement or healing your body of major diseases.

Louis Buckman is a good example of a case of subconscious healing. Buckman was a cancer patient whose oncologist suggested a series of procedures to treat the cancerous cells that were detected in his body. But the treatments involved a certain amount of risk, not to mention pain, so prior to agreeing to the procedure, Buckman tried an alternative treatment: subconscious healing.

He brought his subconscious mind to motion, by giving himself strong positive affirmations for good health nightly before going to sleep. He, for lack of a better term, prayed to his subconscious that his tissues, nerves, and cells would be rejuvenated, so that they would come out perfect and healthy before every night was through.

The end result of his nightly prayers proved so powerful that after nearly a month of his “alternative treatment”, Buckman was healed of his cancer and all traces of the cancerous cells were removed from his body. He was, as his doctors put it, “miraculously healed.”

Seemingly godly and extraordinary, self-healing can be undertaken by activating the powers of the subconscious mind, as seen in the case of Louis Buckman, cancer survivor. It seems that on an instinctual level, the subconscious can be awakened to work miracles, so to speak. However, the reverse can also be true, and the subconscious can spell doom and downfall as well, if one is not careful.

MIND SECRETS EXPOSED 2.0

Try to recall the pessimists in your life, or at least the hypochondriacs, who are often convinced that there is something wrong with them. More often than not, their sicknesses are a result of their convincing themselves that they have medical issues of any kind. What they have actually done is that they activated the powers of their subconscious, and it readily obliged them and their inadvertent wishes, by giving them exactly what they feared most, or at least what they believed they had.

By telling themselves and others again and again that their health is failing them, it would only be a matter of time before their subconscious makes their beliefs into a reality, while they grow weaker and weaker each passing moment. If they have the death wish of believing their illness is terminal, then their subconscious mind can realize that fear as well. For good or for bad, never underestimate the power of belief and its effect on the subconscious.

If you yourself have been thinking or talking about your sicknesses to the point of obsession, it is advised that you halt your alarmist ways, because it will only harm you in the end. Every time you focus on your disease, your subconscious will be programmed to stop your body's healing process, so the fears that you have been excessively obsessing on will come to fruition. Thinking positively is not lip service: It may mean the difference between life and death.



Never underestimate the power of the subconscious. If you desire to be healthy, then think about being healthy. That way, your body will find the drive and motivation to do its best in staving off whatever ails you.

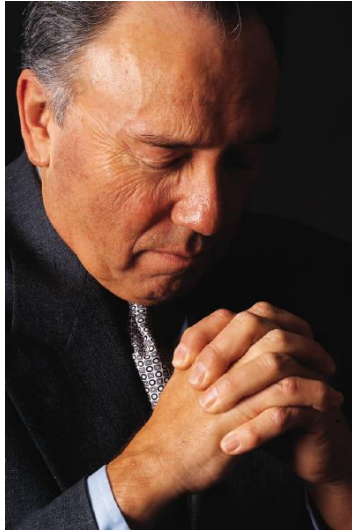
Do not focus on your illness; focus on how you may cure it and how lovely your life is going to be without it. Have faith in your subconscious and your ability to heal yourself.

TRY THIS!

Keep in mind the following crucial principles when attempting to remotely heal a loved one (or yourself) through the Infinite Healing of your subconscious mind.

- Believe that Infinite Healing exists in every individual. It is a power that resides in every single person's subconscious mind, and needs only activation in order to begin healing an afflicted body. Faith is essential; belief in the Infinite Healing will only serve to empower its effectiveness on the body.
- Disease has no ultimate reality in anyone's life. Give it power through negativity and it will become "incurable" in accordance to one's belief. No one can be healed of any illness should disease have an ultimate reality.
- Trust that those who come into contact with the afflicted body are guided by the Divine; the hands of medical professionals attending to the treatment of the afflicted person are compelled by Infinite Wisdom to do the right thing in order to heal that afflicted person.
- Thoughts such as "I wish I could be healed" or "I hope to be healed" may seem positive, but in actuality it allows the possibility of failure. Realize that health is your birthright. Instead of wishing to be healed, know that you are well on your way to perfect health.
- Communicate to your subconscious mind a perfect picture of health as you envision it. Imagine all that you will do once you attain your desired health. Empower these thoughts and command your subconscious mind to manifest them into reality.
- The most effective way of tapping into the power of Infinite Healing is to eliminate all thought of your symptoms and condition. Do not give any of it attention. Instead of dwelling on your illness, turn your mind to the Divine. Trust in the power of the one Healing Presence, God, and know that your faith in Him, and the Infinite Healing within you, will bring you the health that you desire.

Chapter 6: Praying Is a Science



An architect does his job by rummaging through his experience or creativity and tempering his ideas with a series of known processes and techniques, as well as a familiar set of design procedures. Each new project, whether it is designing a building, home, or any other structure, requires him to learn first the processes, techniques, and design procedures before committing anything to his blueprints.

No human is born with such knowledge. Such knowledge would have to be acquired through learning first, before they can be applied to anything practical. By the same token, there is actually a proven and recognized set of procedures and techniques for setting and dictating the path of a fulfilling life. This knowledge should be accessed by everyone, to say the least.

Before designing and constructing a new building, an architect first needs to gain a vast repository of architectural information, as well as data on the property itself, such as the density and stability of the surrounding and underlying soil. Engineers then come into play in order to test the ground to provide the architect the aforementioned data.

Architects need to work side-by-side with engineers, who are adept at constructing buildings, before a feasible design blueprint can be made and agreed upon. From there, the construction of the building itself cannot commence until the administrative work is complete and all the contractors are engaged in their tasks.

So what does this have to do with prayers? The thing is, prayers work the same way as

making blueprints for a building; it is less of an art and more of a science. If you are unaware of the proper procedures and techniques, your prayers will be nothing but stabs in the dark.

This chapter will cover all the praying techniques available to you, which can be used to access and develop your subconscious for a better life. Prayers should not be for naught and should instead be focused on attaining our lifetime goals and desires.

On the topic of prayer, we will concentrate on prayers to oneself or personal prayers that can be included into our daily lives to eliminate any weaknesses and sicknesses, as well as to strengthen and improve ourselves as individuals. Proper prayer is composed of generating and concentrating on a concept born out of a desired outcome or particular goal that we want the most. In essence, prayers are the result of our innermost wishes or desires.

Subconscious Mind Infiltration System

There is no need for any complex or difficult techniques when it comes to prayer. In fact, it can be done correctly in merely ten minutes.



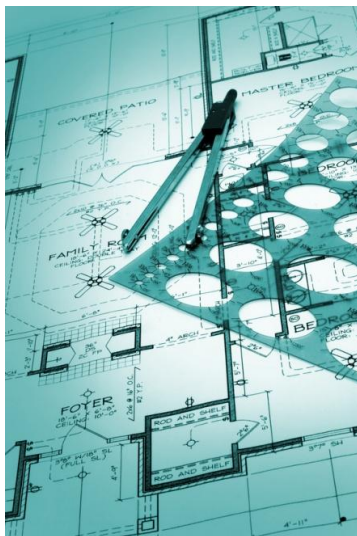
By now, you should be aware that the main reason for prayer is to simply give our subconscious mind, and its limitless potential, a target for it to work its amazing abilities on. It is a method of programming our subconscious mind toward attaining what we want most in life or even what we deem a necessity at the present moment. With that said, the bypassing method is the easiest method

available to program your subconscious to do what you want it to accomplish, and the most helpful when you are in a low level state of consciousness.

It works like so:

Focus on your goal and be fully confident with your subconscious' limitless talents and capabilities, as your conscious thoughts penetrate through it. Visualize your objectives or goals. Let them take form and see them realized mentally. Remember the example of the young man who had diarrhea and how he used and repeated the mantra "My diarrhea is going away now," as his affirmation. Let your prayers serve as your, "There is no spoon," epiphany, such that reality is limited to what you can perceive, and you can alter it by altering your perception.

Wealth And Happiness Actually Has A Blueprint



Just as a building has a blueprint, so does a wealthy, happy, and fulfilling life. Envision that you have bought a new house and home for your loving family, and you have even acquired a world-renowned interior designer to help spruce the place up, so to speak.

You love what your interior designer has come up with and decide to follow his instructions exactly as outlined by his blue prints. You oversee the entire renovation procedure, up to the point that you check each and every material that's bought to ensure that they are topnotch through and through, so that your renovated home will last you a long, long time.

MIND SECRETS EXPOSED 2.0

With that said and done, isn't it only reasonable or commonsensical to pay the same level of meticulousness to your thought generation and prayers; following your life's blueprint to the letter to make sure you will live wealthy and happy for the rest of your life?

Your subconscious records every experience as a memory of sorts, so your past experiences tend to serve as your mental framework or the foundation of who you are and what type of mindset you have. If your mindset is filled with trauma, poverty, anxiety, troubles, and fears or you yourself are a pessimistic individual, you will quickly discover that you are building a mental framework that is destined for either failure or mediocrity, because your past worries and stress remain as blockades that limit your potential as a human being. This is especially true if you have restrictive beliefs and negatively reinforced convictions.

What you slip into your subconscious mind through your conscious thoughts determines how many positive outcomes and maximum payoffs you will get in your life. In fact, that is the most straightforward and easy way to have a happier life.

An optimist is a person who realizes his full potential as a human being by providing his subconscious with his "Never give up" attitude and a motivated mind that's always searching for opportunities for improvement instead of resigning itself to a limited and constrained "reality".

Your conscious thoughts are not audible or visible, but these are the blueprints your subconscious mind follows, regardless of how constructive or detrimental they are to your person.

Luckily, the activation and reprogramming of your subconscious mind happens all the time. In fact, your conscious mind determines your mindset and mental framework, thanks to what is contained inside it. Every minute of every day is an opportunity for you to add

positive thoughts and motivating concepts to your head, so that it could go straight to your subconscious mind, which will then help you make your aspirations become a reality.

Revise your blueprint by changing your perspective and mindset if things are not going your way. In order to bring success back in your life, you should have the proper mindset for it. Do not underestimate the power of positive thinking, because every action or dream starts from a mere thought or concept, and having negative thoughts merely destroys your motivation to improve your lot in life.

What You See Is What You Get

Just as the old adage goes, “Ask and you will receive,” so too is it true, “What you see is what you get.” Keep in mind those two common sayings, so that you too will know the secret behind getting what you want and knowing what you want.

The connection between your subconscious and conscious mind does exist. The pathway that you need to follow will appear before you and, if you were to ask for bread, you will not be given rocks. Faith goes a long way in achieving what you most desire, and believing in getting what you want to achieve will pave the way to achieving it, one way or the other.

Unless you believe in the power of your subconscious mind, all the thoughts that your conscious mind generates will have little or no effect in your life. Belief in your subconscious is the key to realizing its potential, and your conscious mind is but a key to unlock and grant access to your body's most powerful asset. This belief should be the starting point from which your subconscious moves towards fulfilling whatever desires, wishes, or goals you wish to realize.

The Moving Pictures Method

A picture may be worth a thousand words, so a moving picture should be worth more than that, perhaps even a million words. "Action speaks louder than words," is also somewhat an applicable saying in this instance. Suggestions, affirmations, thoughts, and prayers are okay, but in order to truly burn into your subconscious the image of your achievements, successes, and happiness, you must also find a way to visualize your mental images into imaginary movies or self-constructed memories-to-be. That is the key term here, though: Visualization.

Besides which, a moving picture visualization has a greater impact than a picture, because it is much closer to reality and what we observe every day. In order for your subconscious to lay out the foundations of your happiness, it needs a "video" of what you need, not just "text" and "images". Your subconscious mind, like your conscious mind, is a lot more receptive to moving pictures and a clear visualization of what will happen once you get what your heart most desires.

What you see is what you get, even if that vision is found within your mind. By envisioning what you want, you will get it as well, especially when you have the power of your subconscious backing you up. You can even "fake it till you make it", to solve some of your problems.



For example, if you are having trouble talking to strangers, you can envision yourself as a person who can talk to strangers, then, as time passes by, you will eventually become what you have envisioned yourself to be. As long as you can envision your goals, they are always within your reach, because you have a better idea of how to achieve them, what you will gain once you achieve them, and whatever other details need to be resolved, your subconscious will take care of anyway.

The Automatic Recurring Method

As for the automatic recurring method, it takes advantage of the fact that the subconscious mind does not sleep and keeps on working all day and all night. It can work while you slumber and assist you with whatever tasks or goals you have to accomplish. Therefore, we can use the automatic recurring method to send it instructions just before we hit the sack.

Aside from concentrating on our dreams real hard during the daytime, we can set our subconscious on autopilot and let it fix tasks ahead, during the night as well; setting it in motion to achieve our goals.

The automatic recurring method is effective because sleep stops the conscious mind from hampering and intervening with the subconscious mind's capabilities. Without the conscious mind serving as a blockage, the subconscious can do its job in a greatly improved manner. Counterproductive ideas and negative thoughts are less likely to occur without the conscious mind's interference to boot or, at least, they will be a lot more subdued.

Let your positive thoughts permeate to your brain as you start to disengage your consciousness and let your drowsiness take over your awareness for the night. Slip these constructive notions and let your subconscious sort out the details.

The Reasoning Technique

Reasoning can also allow you to harness the unlimited potential of the subconscious mind. By giving your subconscious valid and worthy reasons – logical ones that make sense – that justify and prove the worth of your goals and desired outcomes, the more likely your subconscious mind will accomplish them.

Just as we regularly seek justification for our conscious actions and carefully planned schemes, so too does our subconscious. If you want to be healthy, justify to your

subconscious that healthiness will ensure greater financial success and a solid work schedule with no absences.

An action or an objective should be justifiable or else our gut feeling, which many attribute to the subconscious mind as well, will make us feel guilty or wrong for undertaking it. What's more, our goals should be consistent with our mindset, beliefs, and morals.

At the very least, the reasoning technique is a good way to lay all your cards on the table for your subconscious to see the pros and cons of what you want to acquire. Just be honest with yourself, apply the techniques listed here, and let nature take its course, so that the maximum amount of growth within the shortest period of time can be achieved.

TRY THIS!

When vexed with a problem, always keep in mind that prayer is the answer to any problem. When praying, you must be at peace with everyone and everything before your prayers can come to fruition.

The power of faith empowers every prayer, so be sure to cultivate habits that will strengthen your belief and faith, such as giving thanks for everything you receive, or trusting implicitly in the Infinite Wisdom that exists in your subconscious.

Remember that prayer is a science, and there is a specific technique to ensure maximum effectiveness of any prayer that you put forth into the world. The following will teach you how to reap the best benefits of prayer.

- The first step is to have complete faith in the Divine. Surrender yourself to God and the Infinite Wisdom that exists within you, and realize that, in doing so, you empower the spark of the Divine within you to bring into reality all that you desire from the prayer.
- Secondly, turn your thoughts away from everything but God. Do not give power to anything that will not help in realizing your desires. Know that only God has the power to bring all that you desire into reality.
- Thirdly, affirm that God has granted you the Infinite Wisdom that will give you the means to find the answers that you seek, and that His healing presence is flowing through you, energizing you in your quest for answers or whatever favorable outcomes you desire.
- Lastly, give thanks when you come upon the desired answer. Thank God for having provided the answer, and for granting you the ability to get in touch with the Infinite Wisdom of your subconscious.

Remember that prayer is not about beseeching God for a desired outcome. To do so only affirms that you lack that which you ask for. Know that what you ask for is already in your destiny, and you merely need to ask the Infinite Wisdom of your subconscious, the Divine knowledge that God has granted you, to reveal it to you.

Chapter 7: The Subconscious Nature Of Self-Development



Despite the wonders that the human brain is capable of, the simple truth is that the brain's potential is not fully harnessed. The subconscious mind holds the majority (as in ninety percent) of the brain's capabilities. Obviously, this is not a mere fraction of your mind's potential, so it is definitely something you should not ignore.

Accessing and harnessing the vast amounts of capability and unrealized potential found within your subconscious is truly in your best interests, to say the least. Indeed, humans are the type of creatures that are forever evolving for the sake of further betterment and development.

Subconscious thoughts are different from conscious ones in that they have a self-developing nature that is predisposed towards keeping our body, particularly our involuntary bodily functions, in optimal condition. The subconscious mind's self-development nature is available to you every second of every day, not only when you are slumbering, and it is always looking for areas or issues where it can prevent damage or provide assistance to your body. The subconscious is always in harmony with limitless motivations, inspirations, and ideas that are easily accessible for you to tap into and use for your own purposes.

The subconscious mind does not only receive messages, but also communicates with us through our presentiments, intuitions, hunches, feelings, and instincts. It is forever showing us the way to achieve advancement, growth, and transcendence, in order for us to realize greater successes. Humans are also known for their helpfulness towards others in need, which is, in turn, a reflection of our subconscious in action. One example of this subconscious influence on us all happened way back in 1906, after the Great San Francisco Earthquake.

After the great disaster struck, a multitude of disabled, crippled, and bedridden patients left their hospital beds and came to the rescue, executing unbelievable acts of valor and bravery. Despite the danger surrounding them and their physical handicaps, their subconscious mind's influence came through, compelling them to save lives, even though they themselves were at a disadvantage.

Such is the power of the subconscious and its well-meaning instinct to help, turning the crippled into heroes in the process, by ultimately making them take such courageous steps they couldn't have accomplished without its assistance.

Highly renowned and world-class authors, composers, singers, and artists also tap onto the vast and unlimited powers of the subconscious mind to provide them the inspiration to create, innovate, and change the world with their groundbreaking works and ideas committed to paper, canvas, or song. Inspiration and ideas do come from within, and that wellspring of motivation and encouragement – the so-called muses of Ancient Greek Mythology – is nothing more than subconscious influence at work.

For instance, Mark Twain mentioned many times that he did not have to do much work in order to put his timeless stories and characters to life with his pen, ink, and paper. His boundless and immeasurable data warehouse of inspiration is contained right in his subconscious, which, in turn, provided him with a readily constructed world brimming with wittiness and realism. All he needed to do was observe and write about the moving pictures in his head, chronicling their adventures in his famous writings for everyone's enjoyment.

Insight Into The Two Departments Of Your Mind

Nerves interlink your two minds – the conscious and subconscious – together, so that they are not only mentally connected, but physically as well. The subconscious is not just a state of mind, but also a part of your brain directly linked to your consciousness. It is claimed that

the subconscious mind is found within your autonomic nervous system or ANS, while the conscious mind's organ is the cerebrospinal system itself. Conscious awareness is imparted to us via our control over our physical senses (the five traditional ones plus many others not covered in primary school biology).

Meanwhile, the central nervous system's control center lies in the cerebral cortex. The subconscious and conscious departments of our brain are both linked to all the major bodily organs, so they are responsible for keeping and maintaining them in peak condition without voluntary awareness or control of the conscious mind. They are all on autopilot, thanks, in part, to the multitasking nature of the subconscious mind.



The subconscious and conscious parts of your brain can work together or independent of each other, depending on the situation. For instance, in times of great peril, the signals sent to the brain pass through both the subconscious and conscious systems, so that they can work in perfect harmony to keep you away from harm. The subconscious mind will take care of your bodily instincts before your conscious mind is even aware that you are in danger, thus putting you in a defensive state, before you even realize what has happened.

The Regenerating Human Body

According to scientists, the bloodstream is replaced every three months. As for cells, they are regenerated every eleven months, while every two years, a new bone structure is developed as well. In a manner of speaking, we are completely reborn approximately every three years, because so much about us is automatically replaced, from bones to blood. In a sense, time does heal all wounds.

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However, the body's regenerative properties have nothing to do with any rebuilt resentment, hatred, anxiety, and other destructive thoughts or negative feelings. That is all you and your own consciousness dragging around past emotional baggage you cannot let go of.

It would be such a shame for a person that is “reborn” every three years to still cling onto the unchangeable past, while ignoring the immediate present. As such, it is your duty to act and think like you have been reborn by suppressing these lingering negative thoughts with constructive and positive ones. Let the light of positive thinking swallow and overcome the darkness of negativity, its heat removing its coldness. Inundate your mind with positive thoughts, and you will be able to feel refreshed and reborn in mind and body.

The majority of humans are born with bodies that function perfectly fine and are free of abnormalities and defects. This normal setting is the default condition that many of us who were born into this planet acquire, and it is our responsibility to maintain this level of functionality, strength, and health throughout our lives. This belief is found within every baby's subconscious. We were born without defects, so we should keep it that way.

With that said, it is our subconscious mind that is in charge of protecting our bodies from birth onwards. As infants, whenever we feel cold or hungry, it is our subconscious that alerts our infantile selves of this fact, even though our consciousness is not well developed enough, and many of us have brains too small, at the time, to recall what happened during our infancy. As such, it is our subconscious that carries the burden of ensuring our survival until our conscious minds develops well enough to shoulder that responsibility as well.

Therefore, sickness is an abnormality that should be remedied, because it is not proper for bodies, which were born without defects, to fall sick, weaken, and die. Our bodies are developed to work without illnesses or ailments, and our subconscious is there to guarantee that we have a body that is free of any sort of maladies. If we do end up with some sort of

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disease or adverse condition, it is typically a result of a break within our subconscious that enables negative thoughts to make our body more susceptible to infection or bad health in general.

A subconscious mind that is free of negativity will do whatever it takes, by instinct or by signals to your conscious mind, to keep you safe from harm or possible outbreaks of disease. Even if a virus were to enter your body, a subconscious filled with positive energy will be able to treat that ailment before it can take hold and break down your body's defenses altogether.

A Case Of Treating the Tuberculosis of the Spine

The case of Frederick Elias Andrews was a curious one. As a child, he fell victim to Pott's disease, otherwise known as spinal tuberculosis. Because of this devastating incident, he had to move around using his hands and knees, as he became a physically twisted cripple whose condition was declared incurable by his physician. Andrews had no intention of letting such bad news get him down, though.



Instead of accepting his fate, Andrews outright rejected his doctor's diagnosis and opted to pray every day and night religiously. His every prayer affirmed that he was a warm, caring, flawless, happy, and mighty individual, who could get through his struggles just fine. Every fiber of his being believed that he would somehow undo the horrors that his spinal tuberculosis had put him through. Eventually, his “blind faith” and unwavering belief in himself and his fate paid off.

His prayers and affirmations not only warded off any destructive or negative thoughts; they also reached right through his subconscious mind, which reacted accordingly and helped his body heal from the devastating effects of his tuberculosis. He did not need to crawl on his hands and knees in order to get around. The twisted cripple that he used to be gave way to a well-built and sturdy young man, who could walk on two legs without assistance or crutches.

Because of his constant constructive affirmations to himself, Andrews managed to contact his subconscious and make it help him subdue his negative thoughts. This provided his body with the much-needed motivation to defeat the illness that caused him to become handicapped and distorted in the first place. The absence of destructive thoughts ensured

that his subconscious could help heal his battered body unimpeded, because of its receptiveness to his powerful, affirmative beliefs.

The restoration of Andrews' body is just one of many stories and examples of how we can set in motion the subconscious healing mechanisms that we all possess. No disease or condition is impossible to treat, terminal, or incurable as long as you have true faith and simple techniques within your arsenal. With the power of your subconscious and your steadfast belief, anything is possible.

TRY THIS!

If you feel as though your belief in the power of your subconscious is not as it should be, then you may want to cultivate habits that will give your belief unwavering strength. Maintain a positive outlook by constantly affirming the following:

“I choose to be happy today. I choose to be healthy. I choose to be successful. I choose to be at peace with myself and everything around me. Every choice I make is guided by my Infinite Wisdom, and all will be right.”

The key to all that you desire in life is your ability to choose. You choose to be healthy, you choose to be successful, you choose to have abundance. Remember that your thoughts have a part in shaping your reality, so all that you have received in life is in actuality the sum of your choices, whether you have consciously made them or otherwise.

You have the power to choose, thanks to the spark of the Divine within you. That very spark affords you Infinite Intelligence to bring forth into reality all that you choose to be real. Believe in the Infinite Intelligence when making your choices and the knowledge of your subconscious will grant you the assurance of shaping your life as you desire it.

Do not refuse or resist the idea of your ability to choose. To do so is to reject the spark of the Divine that holds the power to bring into existence all that you choose to manifest into reality.

Chapter 8: Achieving Results And Positive Outcomes



Cynics tend to take the failure of prayer to produce results as proof that they are ineffective beyond reasonable doubt. These skeptics and disbelievers do not realize the working principle behind effective praying at all, so they collectively wave off failed prayers as proof and successful prayers as coincidence; the so-called placebo effect (if it is a cured disease), and some other explanation unrelated to prayer. The working principles of prayer must be understood first and foremost before effective praying methods could be made.

Ironically, the main factor that makes prayer effective – blind faith – is something no self-respecting critic, cynic, or skeptic would ever accept. Unsuccessful prayers typically happen because of insufficient faith, while putting up too much wasted effort. You should never ignore the working principles of effective prayers outlined in previous chapters. You should always remember how your mind works and the importance of having complete and utter confidence in what you are doing in order to make better use of your prayers or your subconscious. If you are not going to pray properly, then you might as well not pray at all. This cannot be emphasized enough: Halfhearted prayers are wasted effort.

The subconscious will go about implementing an idea once it is accepted: That is the main working principle behind prayers. However, if your doubts overcome your hope, then that automatically sabotages your subconscious' ability to tell what you want to happen, because you are basically giving it mixed signals. Only after you have dedicated yourself to a principle or idea will your subconscious, and its unlimited resources, work to make it come true. This happens to both good and bad ideas, so you should be careful about what you are feeding your subconscious. Implementing negative ideas can result in frustration, anger, and stress.

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Implementing positive ideas, on the other hand, will result in happiness, a sense of purpose, and peacefulness. Whatever idea you dedicate your whole being to, that will come to be.

Strong faith and belief in the idea is required in order to program it directly into your subconscious; your ideas will not be accepted otherwise. Halfhearted ideas will not even reach your subconscious or, worse, be overwhelmed by a stronger, opposite doubt or negative thought. The stronger your desire, the likelier your subconscious mind will heed that wish. "Brute force" attacks by constant prayers filled with doubt and desperation will not work on your subconscious. Do not force your subconscious to accept ideas you yourself cannot accept consciously, deeming them impossible. You need to accept the idea first, before your subconscious can do the same with true faith and belief.

By making statements like the following, you are surely sabotaging your desire to succeed:

- Things won't get better.
- It is pointless to go on.
- It cannot be helped at all.
- I'm at a dead-end and there's no way out for me.
- I have no idea what I'm supposed to do.
- There is no answer to my problems.
- It is what it is, there's nothing that can be done about it.

Halfhearted prayers are akin to sitting on a rocking chair or riding a stationary bike: No matter how hard you rock your chair or pump those pedals, you will still remain where you are. Only by applying the proper principles of prayer and removing all negative thoughts, like the statements listed above, can you make things happen and fulfill your innermost desires.

Having both a strong desire and strong doubts at the same time, while you are programming your subconscious, is like giving your cab driver unsure directions. Just as the cab driver

would end up taking ages to get you to your destination, because you cannot decide on how you want to get there, your subconscious will have a hard time telling what you want to happen if you have equally powerful negative and positive thoughts running in your head. Do not confuse your subconscious. When you give it a message, offer one that is clear, concise, and to the point. You need to offer it one strong message, so that it will do exactly what you want it to do, no questions asked.

The Subconscious Knows Where To “Knock”

Consider the story of a housewife who needed her broken washing machine fixed. The machine was functioning as it should the night before, but she discovered it to be broken in the morning. She called for a handyman, who took one look at the machine, and simply gave it two knocks on the side. Amazingly, the washing machine rumbled back to life, and was once again operational.

The housewife was happy, but then became indignant when the handyman charged her a hundred dollars for his services. She reasoned that she could have done the knocking herself, so his price was outrageous to her. The handyman then replied that although he charged her only two dollars for the knocks, the ninety-eight dollars was for knowing where on the machine to knock.

Contrary to what you may believe, the washing machine does not represent the subconscious mind in the story. Instead, the subconscious mind is represented by the handyman. Our subconscious mind knows (and has always known) exactly where to “knock” when our body is sick or not feeling particularly well. It will lend a hand whenever we ask it to (because it is in its best interest to help its owner out), but only if we do not force it to do what we want. No matter how bad your illness and disease may ravage your body, a couple of “knocks” from your subconscious will make it feel all better and return it to the state of healthiness it had before you got sick.

The Secrets Of Directed Visualization

Using the ability of your subconscious mind is unlike moving a heavy object. Merely working harder will not cause you to get better results. Instead, imagining yourself in the eventual outcome you desire and feeling the sensation that comes along with it will enable you to outline how you will realize your dream before you even lift a finger towards achieving it. It is your conscious mind, and its limited perception, that is stopping you from realizing what could be and providing you all the justifications why your future potential is impossible to reach and acquire.

The conscious mind was specifically developed to work within the parameters of reality, knowing its harshness and restrictions firsthand. It is the part of your brain that blocks your dreams and refuses to think about them, deeming these flights of fancy illogical, impractical, and outright dangerous. It is just doing its job, and for the most part, it stops you from doing reckless things by keeping your impulsiveness in check.

However, your consciousness is also the part of your brain that limits your subconscious. Override this "wet blanket" mentality, by continuing to visualize the future possibility you desire and daring to dream. It costs next to nothing to dream, and letting your head float above the clouds should give your strong desires time to permeate into your subconscious as you believe in them more and more.

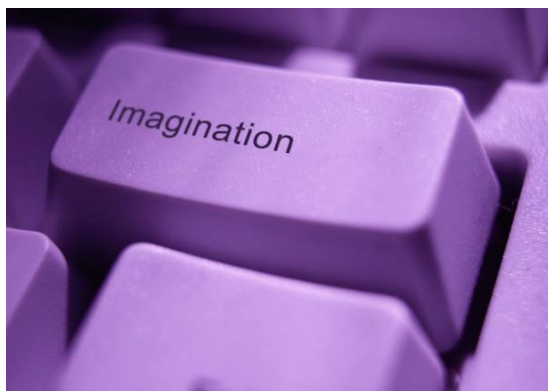
This is where directed or focused visualizations come into play; they are the type of visualizations that improve your chances of accomplishing your work. Because concentration remains one of the key components of making prayer work, we can achieve better results in contacting and programming our subconscious by concentrating on our visualization efforts to the point that our whole being makes them real. In short, a concept becomes real, because we believe in it. The more we believe in it, the more real it will become.

Focusing on our visualized objectives by taking into account its pros and cons, as well as how we can go about realizing it through a real-world scenario, makes it more believable, authentic, and realistic, because we are basically helping our subconscious make the blueprints necessary to make our goals a reality. Analysis on how we can make our goals happen, acknowledgement of the problems we are going to face to make it into reality, and briefly going into the root of your problems is basically your subconscious and conscious mind working in tandem in order to realize your goals and your preferred future outcome.

Conflict Of Desire And The Imagination

Emile Coue, a French psychologist once stated that whenever your imagination and desires conflict with each other, your imagination always "gains the day". The meaning behind his words requires an in-depth understanding of how the conflict of desire and imagination works.

To get a better idea of this concept, let us suppose you were asked to ride a bicycle through a narrow piece of timber that is lying flat across the road. It would be an easy feat, wouldn't it? Unless you do not know how to cycle, it should be a piece of cake.



However, if the same piece of wood were to be placed fifty feet, a hundred feet, or so forth above the ground across two buildings, it would not feel as easy anymore, because of the element of risk involved. It is the same piece of wood, it is the same bicycle, and it is the same action you were able to do without fail on the flat ground, but just because it is now up in the air and there is significant risk of injury to your person, you are, without doubt, feeling a bit of pressure over accomplishing that task.

To be more specific, worst-case scenarios of you bungling up or “choking” in the middle of your ride are creeping into your conscious and subconscious mind. There are also the thoughts of the wood breaking, the bicycle chain unhinging, and all other sorts of issues that were not present when the idea of risk was not involved. Your vivid imagination has conquered your desire to cycle over the wood. Even suppressing your imagination will only result in them becoming stronger.

Merely thinking about "not falling" will give power to your belief that you will fall, which will then lead to thoughts of self-defeat. The idea of "not falling" makes the possibility of falling more likely in your head. Your subconscious mind itself will sabotage your conscious attempts of riding the plank of wood, because the more assertive thought, "falling", always wins in the end.

At the present, you are probably thinking:

- Despite all my hard work, why am I not improving?
- Why aren't my prayers being answered in regards to healing myself?
- I should persevere and be more determined.
- I must visualize my success harder.

Over-determination can cause you to not get the results you want. Forcing your subconscious to do what you want gives credence to your doubts of it working. More to the point, you are forcing your subconscious to help you, because you are desperate and you really do not have much faith in your objective otherwise. The only way to make your subconscious work for you is to totally believe in your desire with your whole being instead of using compulsion or brute force.

Resolving Conflict Imagination And Desire

Thinking that you should not fall creates the impression that you will fall. This is a self-destructive affirmation, because you are no longer thinking about your desired outcome or objective, you are instead focusing on your fear by (ironically) denying it would happen. Your conscious and subconscious minds are now at an impasse that you must fix before you can move on with your life or, at least, your next objective.

Reprogram your subconscious and eliminate your bad thoughts at the lowest level of consciousness. This low point lies between slumber and awareness. Any lower, you would fall asleep and, any higher, and you would be too aware of your surroundings and yourself for it to work. It is almost impossible to reach this lowest point by yourself, but it will help to strive to get to that point and make a concerted effort to reach your subconscious through meditation and prayer.



This point is the closest you can get to consciously communicating with your subconscious, and it is also the point where it is most receptive to positive thoughts, ideas, and constructive notions. In time, your subconscious mind will erase that fear of falling, so that when the time comes where

you have to cross that proverbial wood plank between two buildings, you will be able to cross it with your bicycle with no problems and with no thoughts regarding failure.

TRY THIS!

The German scholar and author Johann Wolfgang Von Goethe was known to have used the power of imagination in the most ingenious of ways. Some may think his methods to be unorthodox, but because of his “strange” habits of imagining everything he needed to know, he became one of the most fascinating minds in history.

Goethe would imagine his friends sitting across from him and having conversations with him whenever he had any problems that required solutions. He visualized the entire conversation in his mind, how his friend would give him the answers he needed, complete with gesticulations and tonalities of voice that he was familiar with. He made the scene in his mind as real and as vivid as humanly possible, and it was thanks to his uncanny ability to visualize entire conversations that he was able to receive wisdom that made him a renowned scholar.

You can attain a fraction of Goethe’s wisdom by simply adhering to the following simple ritual:

- Before going to bed every night, practice creating a mental picture as vividly as you can. Create within the expanse of your mind a movie reel showing all your desires, and dramatize it the best that you can. Understand that your subconscious mind will imprint this conscious imagery into itself, and the clarity of your desires, as displayed by your mental movie, would go a long way in giving your subconscious mind a clear idea of what you wish to achieve.
- You must temper your imagination with discipline, so that it will not wander from what you intend on bringing into reality. A lot of people tend to have the problem of letting their minds wander from what they wish to achieve, and this confuses the subconscious mind and causes it to become directionless. Eliminate all negative thought that may affect your mind’s ability to focus on the desire which you wish to manifest. Clear your thoughts of all envy, fear, worry, and jealousy that you may feel when thinking of those desires that others have already realized into their lives.

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- Understand that whatever you picture in your mind will eventually come into reality, even if they are thoughts of failure, entertained only briefly. Remember that you have a choice in bringing your thoughts to reality, and if you choose to indulge thoughts of failure, then you will surely manifest failure.
- Have a clear picture of success; envision the joy and contentment you would feel once you have achieved all that you desire. Live your desired reality in your mind and have faith that your subconscious mind will soon translate it into reality through the Infinite Intelligence, which will grant you the means to make your imagined success a reality.

Chapter 9: Programming Your Subconscious For Wealth Creation

The state of your finances, believe it or not, has a lot to do with the state of your mind. If your subconscious believes that you are poor, then it is more than likely that you will face endless financial problems. Unless you change your state of mind, you will have trouble making ends meet. Remember that thought is power, and your subconscious has the power to manifest all that you believe.



The most common problem that people have is the belief that wealth and fortune can only come from tireless hard work. It is more than likely that you were raised with ideals that strongly suggest the idea that in order for you to be rich, you have to toil and suffer through hard work, and that nothing comes easy.

Even though you may have heard about ingenious entrepreneurs who have freed themselves from the “rat race” and are making a ton of money working just a few hours a day, you might think that you could never accomplish such a feat. So it shouldn’t be a surprise when you find yourself having to struggle to get by financially.

This idea of how the only road to wealth has to be a long, laborious, painstaking one has been so deeply ingrained into the subconscious that it becomes near impossible to change the way you think about your own fortune. You would be surprised to know that there are many paths to wealth, and they are not necessarily inaccessible to the common man.

I have a friend in California who earns a six-figure salary. He makes it a point to go on frequent trips around the world via cruises or first class flights. He truly believes that he is a person of high net worth, and deserves every bit of his six-figure salary. He admits that there may be employees in his company who probably know more about the business than he does, but he is also of the mind that they earn one-tenth of what he earns, because that is what they believe they are worth. They have never taken steps to improve their finances in any way, and they lack the creative drive and ambition necessary to change their fortune.

Wealth Is An Idea

The important thing to keep in mind is that the concept of wealth is an idea, a belief, a seedling that is subject to the laws of manifestation. It is your belief that will set your subconscious mind to work in bringing into reality your idea of what wealth should be. Through subtle conscious awareness, your mind manifests the kind of wealth that you have envisioned for yourself.



If you believe that you are meant to not have the kind of wealth that you have envied others for having, you will never attain such wealth. Fill your thoughts with poverty and hardship, and so shall your life be filled with poverty and hardship. Remember that your subconscious lacks the ability to reason and rationalize; it merely takes your conscious mind's direction and records the necessary information. Persisting with beliefs of financial inadequacy will only result in despair.

But when you force your subconscious to believe in the idea that you are a person of high financial worth and abundance, you will gain access to a treasure trove of inspiration and intuition that will aid you in your desire to attain your ideal wealth.

Epitome Of Wealth Generation

As you read these words, the thought that runs through your mind should be, “I shall be wealthy and successful.” Repeat this phrase, as you focus on your ideal wealth. Alternatively, you may use other similar words or phrases that would better affirm your idea of wealth, such as “success” or “wealth.” Repeat your chosen affirmations for approximately five minutes at a time, for four or five times every day. It is recommended that you do this when you first wake up, and right before you go to bed.

Words such as “success” and “wealth” are extremely powerful. Embedding them deep into your subconscious will trigger a dynamic change in your life where your finances are concerned.

Troubleshooting Affirmations

I have to be frank with you. I have met dozens of people who claim to have applied affirmations of wealth into their lives, but to no avail. There was even a man who claimed that he became poorer, saying, “I have repeated to myself that I am wealthy, to the point that I have become weary of it. I knew right from the start that the statement was a complete lie.”

While he had the right idea of repeating the affirmations of his desired wealth, what ultimately betrayed him was his conscious thought of his affirmations being a lie. Always remember, your conscious mind gives power to your subconscious, and any conscious thought of doubt and uncertainty will surely sabotage your subconscious’ efforts to manifest what it is that you truly desire.

MIND SECRETS EXPOSED 2.0

Many who attempt to embed affirmations into their subconscious end up telling themselves that the affirmations are just “trials”; that they may not work. They do not stay true to their beliefs and convictions, and they regard the affirmations with a blasé (indifferent) attitude.

“If the affirmations work, they work, and I’ll succeed. If not, oh well, I didn’t have anything to lose anyway.” Having such mentality is akin to sowing your seed and expecting a full harvest overnight. Good things come to those who wait, and affirmations are subject to this rule.

Affirmations work hand-in-hand with what you believe, but if your belief is that you will fail, no matter how powerful the affirmation may be, you will manifest into your life – via your subconscious mind – nothing more than the failure in which you believe.

If you experience conflicting beliefs in your mind, it is best to begin with subtle affirmations, which both your conscious and your subconscious mind may have an easier time accepting.

I have a friend in the real estate business, who not long ago expressed his distress about how he wasn’t meeting his targets that his sales figures were in the red. His mind was initially resistant of the target-specific affirmation of, “I will close deals totaling at least 3 million dollars by the end of the month,” because he did not truly believe that he could achieve such an ambitious target. I advised him that he should repeat the following affirmation instead, at least five times a day, for at least five minutes each time:



“I am becoming more prosperous every single day. My sales figures are improving.”

MIND SECRETS EXPOSED 2.0

He repeated this affirmation with firm conviction and true faith, believing that his sales would improve as the days went by, and that he was indeed becoming more prosperous as a result. This statement, combined with the power of his unwavering belief, set his subconscious mind into motion, compelling it to work with his conscious mind to generate ideas and strategies that eventually resulted in his sales figures skyrocketing.

One plausible reason for an affirmation failing to manifest your desired outcome is due to external influences that may neutralize the empowering message of your chosen affirmation. It is bad enough that you have your own thoughts to deal with, but allowing others to influence your thought process may very well destroy any effort you put into embedding affirmations into your subconscious.

For example, have you come across anyone who may have been more successful than you, and looked upon them in envy? It could be anyone. It could be a work colleague, or a close friend, or even a character you have seen in a movie or a television series.

You could have seen them and thought, “Man, that guy is just plain lucky,” or “He can’t possibly have earned his fortune legitimately,” or “His lucky streak will end soon enough.” These are the kind of thoughts that won’t do you any favors in getting your affirmations to manifest your desired outcomes. There is nothing worse than criticizing those whose fortunes you wish you could have, because in criticizing them, you are essentially sabotaging your own effort of manifesting such fortunes for yourself.

Envious thoughts are detrimental to your positive affirmations. If you envy a person’s wealth, then wealth flows away from you and toward those you envy. To counter this problem, quickly and immediately reaffirm your thoughts with positive affirmations and beliefs to counter the thoughts of envy.

The Treasure Trove In Your Mind

Within your subconscious exists a limitless treasure trove of ideas and inspiration, ready for your conscious mind to use to inspire countless ways of generating wealth into your life. Once you embed the affirmations that will allow you access to this treasure trove, you will find that ideas will come to you with ease, flowing with such rapid fluidity from your subconscious that you will not be short of inspiration.

Whether you dabble in the stock market, equities or any other form of investments, you will find your mind seeking out the necessary information for you to make the best decisions for your wealth generation needs. As long as you engage your subconscious mind through true faith and firm belief, your subconscious mind will work its magic to bring you a constant flow of ideas and suggestions.

Chapter 10: To Be Rich



No one has the right to deprive you of your right to be rich and successful. Nowhere is it written that you are to live a life of hardship and suffering. There is nothing stopping you from living a life of abundance, wealth, and happiness, for it is your birthright. You are meant to grow into the best person that you envision yourself to be.

Why should you settle for less than what others enjoy? As mentioned in the previous chapter, you have within you a limitless treasure trove of ideas and inspiration that can aid you in your wealth creation efforts. So many people underestimate their own ability to manifest wealth into their lives, and this infinite power of wealth creation is often underutilized.

This chapter will explore how you can further tap into the powers of your subconscious mind, so that you may live a fuller, more comfortable life filled with abundance.

Money And Wealth

Being wealthy doesn't necessarily mean having a lot of money, but it does help lead you to becoming wealthy. With money as a medium of exchange, you will be economically healthy if you have money circulating freely in your life, just as you require blood to circulate freely in your body to remain healthy. People who experience blood circulation problems often have a variety of health issues. This concept applies with wealth. You need to have the right balance, the right "flow" where your money is concerned. Most financial problems are caused by cash flow issues; either the outflow of money is too high, or their money inflow is too low.

Wealth shouldn't be constrained to just monetary value, but rather true wealth entails being rich financially, intellectually, spiritually, and a whole host of other ways. Once you have a full understanding of the abilities of your subconscious mind, you will be well on your way to creating wealth in every aspect of your life. A strong faith and belief that money is circulating smoothly in your life are crucial if you desire abundance, because without a strong belief in your own ability to attract abundance, then you lack the foundation upon which your wealth will be built.

Money: The Root Of All Evil?

If you are like a lot of people looking for better wealth in your life, you might be thinking, "I am worth more than the amount of money I'm receiving now, and I deserve more." Yes, you do deserve more! Yet even though people *think* they deserve more, they probably would never attain more than what they are already receiving.

One of the key reasons why these people do not earn a bigger paycheck is that they believe – either consciously or subconsciously – that money is a negative thing. As mentioned before, belief is a crucial factor in attaining more abundance in terms of wealth, and if you believe receiving a lot of money is a bad thing, then you won't receive more in your life.

A lot of people tend to have the subconscious belief that an abundance of money is negative, that they should live within their means and should never aspire to have more than they are already receiving, thanks to the old adage of, "Money is the root of all evil." Believe it or not, it is this wrongful interpretation of the original saying that has caused so many people to develop a negative belief about money.

The actual saying can be found in Timothy 6:10, which states,

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“For the love of money is the root of all evil, which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.”

Nowhere does that sentence say money is evil. Having money does not make one evil, but rather the “love” or obsession with money may make men stray from having faith in the Provider of wealth.

The truth is, money does not change a person’s belief or attitude towards wealth. Belief is inherent in every individual, and if a man abuses his wealth and becomes “evil”, then it isn’t due to him having money, but it is because somewhere inside of him there is a belief or attitude that compels him to abuse his wealth and be “evil.” Because belief is such a powerful tool, you must be careful what you choose to believe in, and it is crucial for you to adjust your belief or attitude accordingly before you can receive the wealth you believe you deserve.

Some years ago, I encountered a young woman who believed that money was indeed the root of all evil, and it was the reason why she disliked money. Her thoughts had been so skewed against having money that she ultimately lost control of her finances and had to be declared a bankrupt. Because she believed that money would make her evil, she ended up losing the ability to even live within her means.

On the other hand, you might have come across people who have been determined to amass great wealth for themselves, and while they might have succeeded in doing so, you may also have noticed that they lack joy, contentment, peace, and perhaps even direction in their lives. They may have neglected their families and friends, or they may be surrounded by people who seek their company only for their wealth. This is why the LOVE of money is the root of all evil, because such an obsession with wealth makes one forget the more important things in life.

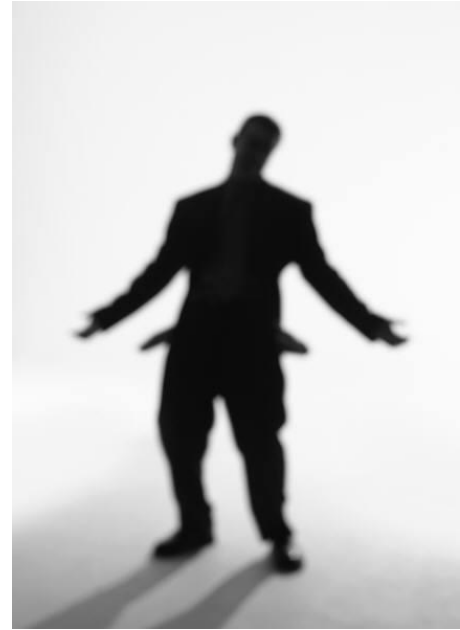
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The lesson you should take away from this is that while you deserve abundance in your life, your belief and actions regarding said abundance will determine the quality of your life. Many equate abundance with wealth, and this is far from the truth. Money does not define wealth, and wealth does not define abundance. To have abundance in one's life is to have an abundance of the means to live a fulfilling and balanced life; one abundant with happiness, peace, harmony, health, and wealth.

The Poverty Disease

Some may think that poverty is a virtue, largely due to the fact that “money is the root of all evil.” Poverty is NOT a virtue; it is a disease suffered by those who aspire to be wealthy, but in reality are not. It is a disease that hinders your ability to access the infinite wealth found deep within your subconscious.

As mentioned earlier in this text, wealth is akin to your body’s blood circulation. If not enough wealth is circulating throughout your life, then it is a sign that you are financially (as opposed to physically) “ill”, and that something must be done to rectify this problem.



No one in their right minds would set out to live a life of hardship, ill health, or poverty. No matter your circumstances, you have been provided the means and ability to live a life free of poverty. You have been provided with a mind; a consciousness that has, within it, the incredible power to grant you a life of happiness, prosperity, and success. You merely need to free your mind of the negative beliefs that keep you from achieving such a life.

Do not view money as “dirty” or “evil” if you wish to amass an abundance of it in your life. Remember that the subconscious mind works by attracting things, which we deem good, in our lives and rejecting that which we consider detrimental to us.

Drawing The Money You Need

I had the privilege of meeting a young woman in the Philippines once long ago, who shared with me her dreams of becoming a doctor, because she wanted to help her sickly grandmother to be well again. She had excelled in her studies, but she could not afford to go to medical school, as the income earned by her sickly grandmother was insufficient. Most of their household income went to expenses for bare necessities and medication. During some months, they would be lucky to have three meals a day. To make ends meet, the young woman worked at the local hospital as a cleaner and her responsibilities were mainly to clean the medical faculty offices.

One opportune Sunday, I was there visiting one of my friends, who was a surgeon at the hospital, and it was by pure chance that I encountered the young woman after a particularly amusing accident.

We talked over coffee during her break, and she shared her story of hardship with me. In return I shared with her affirmations that would not only alleviate her financial hardships, but would grant her the wealth she needed to achieve all the good things she intended and aspired to achieve.

She was told to do the following: Before she went to sleep, she was to envision herself walking up the stage of her chosen medical school. She was to see herself receiving the medical degree, having graduated medical school with top honors. She was to repeat the affirmation, “I have the means to achieve my dreams and become a doctor. All will be provided by the grace of the Divine.”

She followed my advice to the letter.

The next time we met, she recounted how that very affirmation led her onto the path of her medical career. She spoke about how she would visualize her medical degree in detail,

thanks in part to her daily task of having to clean the offices of the doctors in the medical faculty. She would gaze at the medical degrees on display on the walls of each doctor's office, and she would imagine her name on the degrees. She memorized each degree's design, the stroke of every letter, and she would take that imagery home with her and hold it within her mind, as she repeated her affirmations every night. She did this faithfully for three whole months.

Then one fateful day, she was asked by one of the doctors she had become acquainted with if she was interested in becoming a medical assistant. Of course she said yes, and related to the generous doctor why she dreamed of becoming a medical professional someday. The doctor, touched by her story, decided to help fund her through a training course that would equip her with a range of medical skills.

Throughout the course, her exceptional skills and attention to detail made quite the impression with the doctor that had arranged for a sponsorship for her medical degree through the hospital's management. Thanks to the woman's determination and the doctor's generosity, she is today one of the most well respected doctors in Western Australia.

Her determination to make the Law of Attraction work for her, coupled with her unwavering faith and conviction, was responsible in manifesting her desire to be a doctor. The constant affirmations and visualizations aided her in communicating to her subconscious mind the most important message: That she would, by the grace of the Divine, achieve her desire of going to medical school and becoming a doctor.

How To Not Get A Promotion Or Pay Raise



For those of you who have always been waiting for that long coveted promotion or pay raise, here's a cautionary tale that you might want to keep in mind. Joe used to work in a multinational company. He was convinced that he was underpaid and unappreciated by his superiors. He resented his job, he resented his coworkers (whom he believed were paid better than he was), and he resented how no one seemed to treat him with the respect he thought he deserved. Joe eventually isolated himself from practically the entire company.

Joe had no idea that by harboring all the resentment in his mind, he was effectively telling his subconscious that he wanted no part of the company he was working for. Ironically enough, a week later he was called into his manager's office, and he was passed his final paycheck.

The irony here is that it wasn't his manager who left him without a job; Joe himself accomplished that all on his own. His subconscious had set him on the path out of the company once he welcomed thoughts of resentment and bitterness into his mind, and it was only a matter of time before his subconscious ultimately manifested his secret desire to not work for a company that wouldn't appreciate his efforts.

Have Faith In The Infinite

If you dabble in investments such as stocks or bonds, and you are apprehensive about their performance, affirm your belief that the infinite knowledge of your subconscious mind will present itself when needed, and that you will continually prosper in whatever investments

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you have your hand in. True faith and belief in the Infinite Wisdom will direct you towards sound financial decisions and protect you from catastrophic financial losses.

Affirm to yourself daily that you will live a life of abundance, you will be financially free, and you will be wealthy. You will attract all the prosperity and opportunities that will create wealth for you. Money will be circulated through you, keeping you and your life healthy and wealthy. Claim your right to live a life of wealth and comfort, and they will surround you for life.

TRY THIS!

Just as there exists Infinite Healing, Infinite Intelligence, and Infinite Wisdom, there is Infinite Wealth to be had in the world. Believe that God provides all that you need, and you merely need to tap into the spark of the Divine within you to receive all that you desire in life.

To program your subconscious for an abundance of wealth, simply adhere to the following technique:

- Understand and appreciate the fact that everything in existence is the result of the Divine, the invisible mind of God, or Life. Every invention you come into contact with is the result of the Infinite Wisdom of that particular inventor. Every creation is the result of a creative mind. Realize that thoughts are things, and thoughts are creative.
- Accept the fact that the source of the Infinite Wisdom, which exists in your subconscious, belongs to God and that His Mind and yours are one. There is one Universal Mind in existence, and it is through this Mind that all manner of creation may exist. This is the Universal Mind that, through creative means, enables wealth to manifest into your life.
- Instill within your subconscious mind the idea that wealth comes about through ideas conveyed to the subconscious, and this is done through repetition and expectancy. Repeating a thought, an idea or an act constantly, until it becomes automatic effective and compels your subconscious – which is compulsive by nature – into expressing it and bringing it into reality.
- Understand that belief is key to manifesting your ideas of wealth. Faith empowers your thoughts, and every thought is given power by your belief. If you believe you cannot afford a trip or you cannot pay the monthly bills, then your subconscious mind will make it so. When you encounter such negative thoughts, immediately banish them from your mind and replace them with unwavering belief in the possible.

Believe that the Divine, God, is the Everlasting Source of all that you need, all that you desire. If you desire a new house, affirm to yourself, “The house is for sale, and it is a Divine idea. I accept it in Divine Order.” Believe that God will provide all that you need, and soon your subconscious will be conditioned toward the manifestation of the wealth that you desire.

- Last, but most importantly, express gratitude for the wealth that will be revealed to you. Speak the following before bed every night: “I am grateful for all of God’s riches. They are ever present, unchanging and eternal, and I give thanks for the opportunity to have received it.”

Chapter 11: The Subconscious – Your Companion For Success



“Success is the achievement of something planned, attempted or desired.”

The irony about success is that it is most often intangible; happiness, peace, joy, contentment are just some examples of how success is defined. Yet all these intangibles represent the innermost, deepest desires of all human beings. When you focus your thoughts on these intangibles, you can manifest them into your life in the ways that you desire.

Happiness may manifest in the form of a loving family. Wealth may manifest itself as a lucrative job, or financial abundance. Success may manifest as a promotion further up the career ladder, or a highly profitable business opportunity. Whatever intangibles you desire, manifesting them merely takes the help of your subconscious mind.

The first crucial step to success is to discover passion. The most successful people in history achieved all that they did thanks to passion. Having passion for something you do helps a long way in getting you to go the extra mile to ensure you see your endeavor through to completion.

One good philosophy to live by is, “When you have passion, work feels like play.” Consider the concept of hobbies; think about a particular hobby that you might have. You find pleasure in indulging in the activity, you are passionate about it. On the other hand, someone else may think that the activity is pointless, or even a chore, because they have absolutely no passion for it.

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Those who find success in what they do tend to develop passion for their work, and this aids them in getting themselves motivated to accomplish what they need to accomplish.

For example, if someone aspires to be a doctor, it wouldn't do for them to simply acquire a medical degree, display it in their office and call it a day. They would have to continuously keep themselves up to date with the latest medical procedures, technological advancements in medicine, speak to other medical professionals... simply put, anyone who aspires to be a doctor will have to have the passion to improve the knowledge of their chosen field in order to make people's lives better.

However, it is understandable that developing passion isn't always the easiest thing. If you find difficulty in developing a passion for what you do, then try asking your subconscious for an answer in the following manner:

“The Infinite Wisdom within my subconscious mind will help me discover the passion I am missing in life.”

Repeat the above affirmation with conviction and faith, an answer will reveal itself to you as an idea, thought or feeling. When it does reveal itself to you, it will be with clarity and certainty.

The next step would be to focus your efforts toward where your passion lies: concentrating on your forte. In the instance of a student pursuing an education in engineering, he could specialize in one or two areas of expertise, such as computer engineering, micro-electronics, or telecommunications engineering. Choosing to focus on what you can strive for excellence in helps in instilling confidence, so you are motivated to develop a healthy attitude toward further betterment of your forte.

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Do not simply pursue an education in a particular field when you lack the passion for it. Most people make this mistake for purely financial reasons, and, ultimately, resent the jobs and lives that they end up with. They end up lacking passion in not only their careers, but in their personal lives as well, as frustration and resentment build up within themselves.

And because they harbor such negative thoughts in their lives, success will never really come to them. Sure, they may get by with their chosen professions, perhaps they might even be very well off from the job they resent, but true success – that of happiness, contentment, and peace – will remain out of their reach.



In order to achieve true success, selflessness is key. One must look beyond simply “getting by” in life, and aspire to be noble, great, and selfless.

The last step that you will need to undertake is to determine the nature of your desires. Ideally, the nature of your desires should be one that not only benefits yourself or your loved ones, but one that touches the lives of many. If your desires benefit the lives of many, it is more likely that they will manifest into your life quicker. Desires that aim to benefit humanity are favored by Divine Grace and, as such, you will receive blessings aplenty.

If your desires are selfish and aim to benefit only yourself, then it would be highly unlikely that Divine Grace will manifest them into your life. In fact, if your desires and intents are less than noble you may even end up receiving the opposite of what you desired in the first place. Even when it seems as though your desires have manifested into your life, they would not last very long.

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You may have heard of stories about unscrupulous men who seek success, and seek to profit through questionable means. Be it embezzlement, robbery or cons, they would eventually attract trouble into their lives, no matter how successful they appear to be.

A perfect example would be the recent, near collapse of Wall Street, as a result of questionable dealings by those in the financial sector. They desired for wealth that would mostly benefit themselves and, when the truth was unraveled, many fell out of favor with Divine Grace and lost their fortunes.

Money that is acquired through questionable or illegal means often disappears quickly. Even if it doesn't disappear completely, the very act of undertaking questionable means to bring the desire for wealth into reality robs them of vitality, creates limitations, and manifests trouble in their lives in a variety of ways, either through relationships with family, friends, loved ones, or through health. Peace and tranquility will elude them.

I once had an acquaintance – a friend of a former colleague – who misappropriated a large sum of money from the company he worked for. He used his ill-gotten gains to purchase an extravagant house and a fleet of luxury cars. Though he lived in splendor with his family, he had no peace of mind. He suffered insomnia, and terrible nightmares about the consequences of his actions. There was the constant fear of his misdeeds finally coming to light, and eventually it was too much for him to bear.

Almost a year after he committed the crime, he turned himself in to the authorities and was subsequently found guilty. He was sentenced to prison for embezzlement. While there, he was fortunate enough to receive spiritual counseling, which thoroughly transformed his mindset.

Upon his release, years later, he was a changed man; law-abiding, ethical, honest. It took a while for him to find a job, because of his criminal history, but eventually he found one which

he loved. Though the pay was a far cry from what he had received from his previous job, he was content and grateful with what he received.

He had his family – who accepted him back into their lives despite what he had put them through with his imprisonment – and, thanks to the spiritual counseling he received while in prison, he understood now that no amount of money could give him the joy his family gave him.

You see, true success is more than just amassing wealth and living a life of luxury. True success is measured not necessarily by material wealth, but also spiritual wealth. Most of the wealthiest and enduring success stories in the world are often those who have found balance between wealth and the spiritual aspect of life.

Aim to achieve the same harmony. Once the subconscious mind is at peace with what you do, it is able to work in harmony with the conscious mind to manifest into reality the successes that you desire in life. Remember, the subconscious mind is a limitless source of motivation and energy, and should not be overlooked by anyone who desires great success.

Janice's Success Story

Some years back, I resided in a pleasant suburban neighborhood, and I lived next to a nice family. Unfortunately, I didn't see much of them, as I was always off to work much earlier and returning home much later than anyone else in the neighborhood. On occasion, I would catch a glimpse of the neighbor's children playing in the yard, but I never really managed to talk to any of them.



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Then, on one of my rare days off work, I noticed one of the children, Janice, sitting on the front porch of their house seemingly troubled. I asked if she was all right, and she related to me how she felt as though there was something missing in her. She felt stupid, because her grades were bad, and she didn't understand most of what was taught in her class. She believed that her teachers had given up on her.

As the conversation went on, I realized that this girl was not at all stupid. She was smart, quick-witted, and had a wicked sense of humor. The problem, I discovered, was her mindset toward school. When she was young, she had seen how her brother had been punished for bringing home poor grades and, since then, she developed a fear and resentment toward school in general.

Her situation compelled me to explain to her how powerful the subconscious mind was. I gave her the Cliff Notes on how the subconscious and conscious mind worked, and how, if she achieved complete harmony between the two, she could accomplish practically anything she set her mind to.

I taught her several positive affirmations she could use, and asked that she use them at least three times a day. She was highly receptive to the idea, and said that she would do as I had asked.

Six months would pass before I got the opportunity to speak to her again, and she excitedly recounted the experience of her success. Ever since she was taught the affirmations, she learned basic meditation techniques and incorporated the affirmations into her meditations. She kept to the suggested routine of repeating the affirmations thrice a day; once upon awakening, once after lunch, and once before bed. Soon enough, her



grades improved tremendously and she was the top of almost every class. Her teachers were amazed by her remarkable improvement, and admired her determination to excel in any class she was in.

Janice's success is merely one of countless examples of people who found success through their subconscious mind. Great success can be achieved. Whether it is in business or relationships, work or play, your subconscious mind is the one companion you must work with in complete harmony if you desire success.

TRY THIS!

If you seek to achieve success, but have no idea where to begin, the following technique may help you get started on your road to success:

Step 1: Decide on what you are passionate about. Passion in what you do is the first key to success. If you have trouble deciding what you are passionate about, then seek guidance in prayer (as shown in previous chapters). Remember that within your subconscious lies Infinite Intelligence, which holds the answer to all that you seek.

Step 2: Think about providing your services to those who require them. You have to be selfless in your motives, and you must make serving others a priority over serving your own needs.

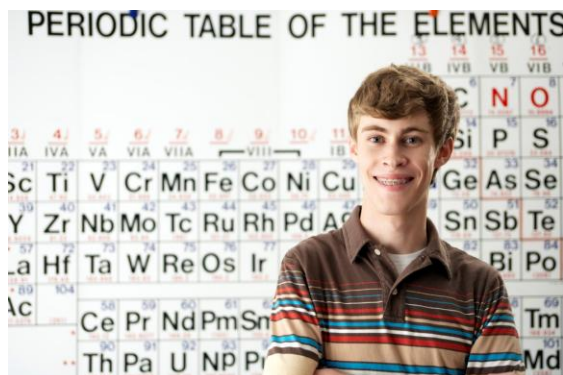
Step 3: Decide on a niche that you can be the best at. Be more knowledgeable of this specialized niche, so that others will seek you out for it.

Step 4: Do not embark on your journey toward success with wholly selfish means. Your motive for success must be unselfish, and must benefit not only yourself, but others as well. If you seek only to benefit yourself, then you will not receive the blessing of the Divine in abundance.

You may even draw limitations to yourself, such as ill health or unfortunate circumstance.

Step 5: Always remember that your subconscious mind contains all the creative forces you require to make your success into reality. Knowing that you possess such Infinite Intelligence within you will give you the confidence and peace of mind that you need to accomplish all that you desire in life.

Chapter 12: The Genius And The Subconscious Mind



The subconscious mind is responsible for practically every innovation ever dreamed up by Man. Modern innovations such as telecommunications, computers, cellphones, or even the combustion engine wouldn't have been possible, if not for the wonders of the subconscious mind.

It is through the Infinite Wisdom, the Infinite Intelligence of the subconscious mind, that scientists and innovators have been able to make discoveries of a lifetime. The subconscious mind gives them inspiration that, in turn, leads to great accomplishments. What sets geniuses apart from the average Joe is the ability to harness the Infinite knowledge and power within the subconscious mind.

Theory Of Chemical Structure

Friedrich August Kekulé von Stradonitz was one such genius. A German organic chemist, Stradonitz was considered one of the most prominent chemists in Europe, but he wouldn't have attained such prominence had he not formulated the theory of chemical structure. Yet even a man such as Stradonitz could be led to a dead-end in his work. Stradonitz had struggled, for a long time, to understand the chemical structure of benzene, a hydrocarbon compound containing six atoms of carbon and six of hydrogen. He worked tirelessly to understand its highly unsaturated structure, but his efforts seemed to be in vain. After a lengthy attempt to solve the seemingly impossible riddle, he decided to turn the matter over to his subconscious mind.

His moment of triumph would come quite out of the blue, as he himself recounted. A vision had come upon him during a moment of reverie, a vision of an Ouroboros – a snake biting its own tail, and he theorized that the structure of benzene was shaped in a similar fashion. His theory of the structure of benzene – now commonly referred to as the benzene ring – and, subsequently, of all aromatic compounds, turned out to be such a groundbreaking discovery for pure and applied chemistry that the German Chemical Society honored Stradonitz's work by organizing an elaborate appreciation in 1890, celebrating the 25th anniversary of his first benzene paper.

The Discovery Of Insulin

Dr. Frederick Banting was a Canadian medical scientist and Nobel laureate, credited as one of the main discoverers of insulin. But if it hadn't been for the subconscious mind, he would not have been able to formulate the treatment for diabetes.

In the 1920s, there was very little one could do to treat diabetes. There were no effective ways of stopping the progression of the disease, and Dr. Banting had spent years trying to discover a cure; experimenting and learning from a variety of literature from all over the world. Yet for all his efforts, he made very little progress in his endeavor.



Then one evening, overwhelmed by exhaustion from a long day of seemingly pointless work, he fell asleep. While asleep, he came upon the idea of extracting the residue from a deteriorating pancreatic duct of dogs, thanks to his subconscious mind. He had put so much thought into a cure for so long, that his subconscious mind took over from his conscious mind and provided the long sought-after solution.

The Infinite Wisdom within the subconscious gave him the inspiration, the idea that he needed and, as a result, he discovered insulin, a Polypeptide hormone that has since helped millions of people suffering from diabetes around the world.

Having understood Dr. Banting's struggles in finding a solution to his problem, you would realize that solutions rarely come overnight. It takes time and effort for the conscious mind to explore all manner of possibilities, based on what knowledge it holds, before the subconscious takes over.

The Father Of Modern Conveniences

One particularly brilliant individual, who we all should give thanks to, must be Nikola Tesla. Without his brilliance, it is highly unlikely that we would be able to enjoy most of the modern conveniences that we have today. From tazers to remote control, to spark plugs, to wireless communications, none of these would have been possible, had it not been for Tesla's revolutionary mind.

He was an astute user of the subconscious mind; often dreaming up countless innovations, building them up in his imagination, and then allowing his subconscious mind to work on the details. Tesla believed that his subconscious would provide his conscious mind all the working parts needed to manifest his ideas into concrete form. Once, during an interview, he was quoted as saying, "Invariably, my device works as I imagined it should. In twenty years there has not been a single exception."

The Subconscious Mind As A Faithful Guide

Decision-making can sometimes seem like an impossible challenge. The answers may elude you for what seems like forever, and you are never quite sure if they will come to you. In such instances, you must rid yourself of thoughts of despair and helplessness, and instead fill

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your mind with positive thoughts. Negativity clouds your mind and is detrimental to your judgment and decision-making. Solutions will come to you only when your mind is clear of fear and worry.

When seeking the answers you need most, try these simple yet effective steps that invoke the Infinite Wisdom of your subconscious mind:

- Calm both your body and mind. Clear your mind, and instruct your body to relax.
- Will your mind to focus on a solution to the problem you face.
- With your conscious mind, attempt to solve the problem.
- Imagine the state of contentment you would feel once you find the perfect solution to your problem.
- Immerse yourself in this feeling of contentment, just as you drift off to sleep.
- The answer may come to you when you wake, but, if still the answer eludes you, occupy yourself with something else. Give your subconscious a little more time to work on the problem. It may just come to you right out of the blue, while you are keeping yourself busy.

Just as it is best to keep most tasks simple, so should the process of allowing your subconscious mind to guide you.

For example, I used to have the bad habit of misplacing my keys, my motorcycle key in particular. I no longer ride it, because I drive a car these days, but the motorcycle has a dear sentimental value to me, because it reminds me of the time I courted my wife back in high school.

One night, I misplaced the key and became frustrated I couldn't find it anywhere in the house. I went to bed that night, and told myself that my subconscious knew the answer to my problem, and that upon awakening it would tell me how, if not where, to find the key.



The next morning I woke with a start, because as if from a dream I heard the words, “Ask Melissa.” I was confused at first; Melissa was my neighbor’s eight year old daughter. Why would she know where my key was? Nevertheless, I walked out of the house, and over the fence that separated our houses, there was Melissa playing on her front yard. I asked her, “Hi Melissa. I seem to have lost a key that has a red metal key chain attached to it. Have you seen it anywhere by any chance?”

She replied, “Yes! I found it outside our gate the other day. I asked mom, but she said it doesn’t belong to us, so I just kept it in my drawer not knowing what to do with it.”

Remember, having faith in your subconscious mind will give you all the answers that you seek, for any problem you may face.

The Missing Will

I remember meeting a young man by the name of Raymond J, who recounted his own remarkable experience with the subconscious mind. His father had died just months before and, while he had suspected his father made a will, no one could find it.

The young man was concerned that if his father passed on without a will, the family would lose the house that held so many memories for them. The family was convinced that perhaps there was no will, until a close family friend came by and recalled a will had indeed been made some time ago.

Raymond and his brother searched the house again, ensuring that their search was thorough. They searched through every single one of their father’s belongings, but still to no

avail. Exhausted from the day-long search, Raymond fell asleep on the couch in his father's study, repeating the urgency of his need to find the will in his mind.

When he awoke an hour later, he had an overwhelming urge to stop by a bank in Coral Springs. He had no idea why, he had no recollection of ever visiting that particular bank, but deep down he somehow knew that he was being sent there for a reason.

Sure enough, the bank officer that attended to him confirmed his father had indeed kept a safe deposit box with them. Having retrieved the safe deposit box, Raymond was relieved to find the will tucked within it.

As you can see, Raymond had evoked the power of his subconscious mind just before drifting off to sleep. He had made the urgency known and, through the Infinite Wisdom of the subconscious mind, he found the answer he so desperately sought. This is further proof that the subconscious mind may serve as a faithful guide, and you need only tap into the Infinite Intelligence and Wisdom that the subconscious mind readily provides. You can do this by simply focusing on the right answer – whatever it may be – until your subconscious mind responds. Once the answer reveals itself to you, act on it immediately, trust the answer to be true, and you will not fail.

TRY THIS!

The subconscious mind is a powerful tool that can provide you guidance when you need it, especially when it comes to making crucial life decisions. For example, if you need to advance and move forward in life in any situation or circumstance, all you need to do is utilize the laws of the mind.

The key to doing so lies in using your mind to form a clear picture of what you desire, and believing that the Infinite Intelligence of your subconscious will find the means for you to realize your desires. Always ensure that your belief in the Infinite Intelligence is unwavering, that your faith in what will manifest is doubtless. Desire guidance and you will receive the guidance you seek.

When seeking guidance, focus on the right actions you need to undertake. The Infinite Intelligence of your subconscious will point you in the right direction, so long as you put your faith wholly into it. You will find yourself taken over by this Infinite Intelligence, and your actions will be controlled by the Infinite Wisdom in your subconscious, which knows everything you need to know. If your thoughts and motivations are positive in nature, then you will be subconsciously compelled to do all that is required to manifest the reality that you desire.

If you encounter a problem whose solution eludes you, speak to your subconscious before going to bed. Tell it, “Focus on this problem and present to me the answer when I wake.” You can either speak the affirmation out loud, or you can repeat it silently in your mind as you drift off to sleep. You may find the answer upon awakening, but if you have not, then have faith that it will come to you in Divine Order. It may come to you right out of the blue, as it has with many luminaries in history.

Chapter 13: Sleep



Medical professionals advocate the importance of sleep, often recommending eight hours of sleep a day. We have twenty-four hours every single day, so this works out to approximately a third of our life. Yet even as you sleep, you might be surprised to learn that the subconscious mind never rests. It is constantly working to keep our body's vital functions operating continually.

It is during sleep that our subconscious is able to work to find the answers that we seek, unhindered by the conscious mind with which it works in tandem when we're awake. Apart from working to retrieve the answers that elude us, our subconscious mind also constantly works to keep our body's vital functions operating continually. Your subconscious mind is at work twenty-four hours of every day.

It is thanks to the subconscious mind that our hearts don't cease to beat and our lungs don't cease to breathe while we sleep. The food consumed before going to bed is digested; hair and nails continue to grow regardless of you being blissfully asleep.

The body heals much more rapidly in sleep, because the subconscious mind is free of interference from the conscious mind, and can thus work much more efficiently to speed up the process.

Reasons For Sleeping

While it is true that the subconscious mind is always at work, the human brain and body, as a whole, requires sleep as a means for the conscious mind to detach itself from the subconscious mind, so that the latter may perform its tasks of regulating the body's vital functions much more efficiently.

Dr. John Bigelow, author of "The Mystery Of Sleep" and renowned authority on the subject of sleep, explained that even while sleeping, our sensory faculties (e.g. eyes, nose, ears, etc.) are constantly active, receiving impressions and relaying it to our brain through the body's neural network, which further proves that the brain – or more specifically the subconscious – is never at rest.

A majority of the energy our body produces is used by the conscious mind, while we're awake, to process our everyday experiences.

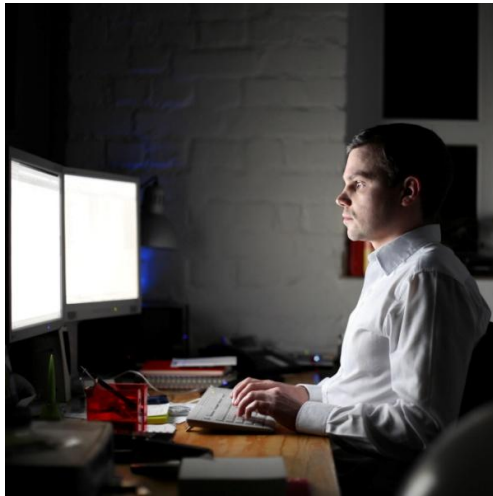
This is akin to how a computer works; in the day while we're working on the computer, a lot of its resources (RAM memory) are dedicated to various work applications; word processor, internet browser, media player, spreadsheet programs, email clients, etc. In the evening, we tend to use less of the computer's resources; perhaps at the very most we would have an internet browser open, a media player, and maybe a chat client.

It is the same with our subconscious mind. In order for our inner "computer" to function at its best, we need to ensure that no other programs are hogging the resources that it needs to perform the tasks required of it.

Sleep gives the subconscious mind the opportune time to use the body's resources for itself, because the conscious mind no longer needs the resources to process the sensory data it

receives. The subconscious may then go to work in searching for the answers that have been eluding you while you were awake.

Sleep Deprivation



The official documented record for the longest time a human being has ever intentionally gone without sleep is held by one Randy Gardner. Gardner, a 17-year-old high school student when the feat was performed in 1964, beat the previous record of 260 hours (held by Tom Rounds from Honolulu) by 4 hours.

That's eleven straight days without sleep!

While there were no lasting adverse effects from the extreme sleep deprivation, it was reported that during the later stages of the eleven day feat, Gardner experienced severe cognitive and behavioral changes, namely mood swings, short term memory loss, inability to concentrate, paranoia and even hallucinations.

On his final day however, at a press conference, he seemed unaffected by the feat, appearing to be in an excellent state of health and stating – without noticeable changes to his speech pattern – that he, “wanted to prove that bad things didn’t happen if you went without sleep” and that he didn’t think it would be a negative experience.

While Gardner may have achieved such a feat, it is not recommended for anyone to go without sleep for more than 48 hours consecutively. Those who push their limit, often suffer serious side effects, as documented by Gardner’s own record-breaking experience.

The National Highway Traffic Safety Administration state that about two hundred thousand accidents on the road each year are caused by drivers who may have fallen asleep at the wheel. At least one out of every five drivers is prone to doze off while driving. This explains why auto accidents are five to ten times more likely to occur at night compared with the day.

Experiments conducted on more than a hundred volunteers have proven that a tired brain may find ways to get the sleep it needs, even if only for brief moments of time. Subjects in the experiment were made to stay awake for as long as four days and it was found that mere hours after sleep loss, the brain slips into several fleeting moments of “micro sleep” – brief intervals in time, during which each sleep deprived subject was found to have napped for several seconds at a time. These periods of “micro sleep” may occur as often as three or four times an hour.

During these moments of “micro sleep”, some subjects claimed to have experienced nothing, “blankness” during the very brief lapse of consciousness, while others reported seeing images and fragments of dreams. But in perhaps one of the more startling outcomes from the experiment, it was found that sleep deprivation had a significant effect on memory and perception. Numerous subjects were found to have been unable to hold onto information necessary for a given task. They exhibited signs of confusion, as they struggled to first comprehend the information given to them and then relate them to the tasks at hand.

Finding Guidance Through Sleep

Years ago, I received a letter from Robbins J., a young man residing in San Francisco, expressing his gratitude after having read a number of articles I had written for a prominent self-help magazine. In the letter, he related to me the story of how he desired a job in Los Angeles that paid twice his current salary. He could not decide if he should accept the new

position or stay at his current job. Eventually, he recounted, he sought guidance from his subconscious mind, as he had read in one of my articles:

“The infinite intelligence within my subconscious mind will lead me towards a good decision. It knows what choice is for me and I will thank it for the decision that I know will be revealed to me.”

The young man repeated the above affirmation while lying in bed, waiting to drift off to sleep. When he woke the next morning, he felt a strong inclination to reject the job offer. This proved wise, as mere months after rejecting the job offer, the company in question filed for bankruptcy.

The conscious mind may be responsible for making analytical, logical decisions, but the subconscious mind holds the more important intuitive abilities that often prove crucial in making critical final decisions. You may be well familiar with such abilities; people often attribute these intuitive abilities as a “gut feeling.”

This is why sleep is crucial for anyone looking to make a critical decision; sleep allows the subconscious mind to focus on the problem and, upon awakening, present the conscious mind with a solution based on these intuitive abilities that oftentimes prove more effective than any “logical” decision the conscious mind may come up with.

Your Subconscious Mind Holds Your Future



Many are of the mind that the future is uncertain, that no man is meant to know what has yet to occur. But the truth is that the future is as certain as the thoughts in your mind.

An unambitious man, who harbors thoughts of procrastination and laziness, is most certainly destined for a bleak future with very little achievements. A man who fills his mind with determination and aspirations for success will surely live the future he desires, if he sets his mind to achieving it.

Your habitual thinking shapes your future. Just as the subconscious thoughts of a nation's citizens determine the future of the nation, so too would your subconscious thoughts determine your future. Your subconscious thoughts will not change, unless you intentionally change them, through prayer, meditation, or repeated affirmations.

You may have heard of people who seem to have astounding powers of clairvoyance, or the ability to predict events before they occur. There is nothing strange or bizarre about these people; the events they predicted have already occurred within their subconscious minds, and by Divine Grace these events are then manifested in accordance to the future that they shaped within their subconscious minds.

Joyous Awakenings

If you have ever had trouble sleeping, or worse still, suffered from chronic insomnia, this will benefit you greatly. Allow your body to relax, and repeat the following to yourself slowly:

My toes are at ease, my ankles are at ease, my calves are at ease, my thighs are at ease, my abdominal muscles are at ease and my heart, lungs, and chest are at ease. My neck is at ease, my face is at ease, my eyes are at ease, my brain is at ease and my whole body and mind are at ease.

I freely and wholly forgive everyone and I truly hope for them to be in perfect peace, harmony and health. I am at ease, in peace, calmness and serenity.

I completely relax myself and wrap myself in the blanket of love as I fall asleep. All through the night, I will experience peace and when dawn arrives, I will wake up filled with energy and love. I will sleep peacefully and wake up in happiness.

If you have difficulty waking up early, tell your subconscious mind the exact time you need to wake the next morning before you drift off to sleep. Repeat the command as you would any affirmation and, in due time, as you firmly embed the command to wake into your subconscious, you will soon find that it will wake you at the desired time. No alarm clocks necessary.



Sleep can bring healing if you allow it. As you drift to sleep, calm your mind and forgive those around you, including yourself, and allow your subconscious mind to heal your body and soul as you sleep. Allow the healing waves from your subconscious mind to wash over you and through your body, and you will awaken refreshed and revitalized.

MIND SECRETS EXPOSED 2.0

As mentioned before, sleep may also bring guidance. If you face a problem that needs a resolution, turn it over to your subconscious as you sleep. Speak to it as though you were speaking to an advisor and then sleep with the knowledge and faith that your subconscious mind will present the solution when you wake.

The importance of sleep cannot be overemphasized. Do not even think of sleeping less than the recommended hours, as insufficient sleep may lead to irritation, depression, deteriorating memory, confusion and a whole host of other cognitive impairment. Sleep recharges the body and revitalizes the mind, bringing a perfect balance to your mind and body.

Remember that in your quest for success and abundance, you have to first achieve harmony between your mind and body. Take good care of those two, and abundance will come easily.

TRY THIS!

Here are some tips on how you can benefit from the subconscious messages your mind receives during sleep:

- Before drifting off to sleep, affirm the notion that your Infinite Intelligence will grant the answers you seek to whatever questions or problems that you might have, and that all will be revealed in your dreams.
- Your conscious and subconscious are not in conflicting states while you drift off to sleep. This is the perfect time for you to envision the fulfillment of your desires and affirm all that you wish to manifest into reality.
- Your subconscious may present symbolic messages in your dreams. If you wish for greater understanding of what your subconscious is trying to tell you, simply suggest to your subconscious for it to present its messages in a more literal and concise manner. In time, your subconscious may speak to you in a much clearer manner that you will easily understand.
- Keep a pencil or tape recorder near your bed when you go to sleep, in case you need to record the fleeting idea or dreams you experienced while asleep.

Chapter 14: The Subconscious Mind And Relationships



A marriage is often referred to as a “union of two souls.” It is also said that true love is found between two “soulmates.” So, how is it that the union of such divine elements often ends up in heartbreak?

Simple: Lack of communication.

It is a known fact that communication is crucial for any relationship to work. Believe it or not, the same thing applies for the subconscious mind and any relationship you seek to foster or maintain. Just as the lack of communication between the conscious and subconscious mind may cause problems for one particular individual, lack of communication between two distinct individuals may cause problems in their relationship.

Finding Marital Bliss

As mentioned, a marriage is the union of two souls and the very concept of marriage is based on positive and spiritual fundamentals. The union involves the heart, which is the chalice of love. Love consists of sincerity, compassion and honesty. Both husband and wife must go wholeheartedly into the marriage with truth, sincerity and honesty. If a man marries a woman for the wrong reasons – such as for her fortune or to boost his ego – then you can expect the marriage to be one destined to fail. A marriage based on lies and deception; one where true love, honesty and integrity are absent, can only end in disaster.

In the same vein, a woman who marries only for security may soon dread her married life. Her perception of marriage would be completely wrong. Security is not necessarily found in a rich husband or even married life in the first place. Imagine marrying a rich man hoping for

a financially secure future, only for his riches to disappear as his company goes bankrupt months after the marriage. What reason would the wife have to stay in the marriage? If the sole purpose of the marriage is gone, what else is left?

The idea of security should not be based on finances or material wealth, but rather that of the peace and contentment attained by the union of the two souls in the marriage; the feeling of safety that a wife should feel when in the presence of her husband and vice versa. It is through mastering the conscious and subconscious mind that will ensure the kind of security that should exist in a blissful marriage.

Health and wealth can come to a person regardless of whether he or she is married, attached or single. Serenity, delight, love, direction, security and all other emotions, that a woman receives, do not depend on her husband or boyfriend, but rather, from her awareness of the Infinite Intelligence within her and a correct mindset.

Attracting The Woman Of Your Dreams

If you have a decent understanding of the lessons prior to this chapter, you would understand how the subconscious mind is so incredibly powerful that it can bring into reality our very thoughts and desires.



So, if you desire to meet the woman of your dreams, then pay very close attention to this lesson, for you are about to learn the secrets of attracting the love of your life.

Begin by first sitting down in a comfortable chair. Keep your eyes closed. Relax and set your body at ease. Speak to your subconscious mind, as you would to any other person. Say to it:

I shall attract the attention of my ideal woman, who will be in absolute harmony with me. Our personalities will unify in perfection. She is someone whose life I will fill with love and happiness. The woman of my dreams will be one who is devoted and true to me. We will be strongly attracted to one another and I will accept her as my perfect companion.

As you meditate and visualize in absolute detail on the qualities that you find attractive in the woman of your dreams, your subconscious mind will form a mental image of your ideal partner and, ultimately, bring you closer to your ideal partner in perfect order.

Attracting The Ideal Husband



If you are looking to find the ideal husband, then the following affirmation will help your subconscious to attract the man of your dreams into your life.

Begin in the same manner as stated before. Sit in a comfortable chair. Keep your eyes closed. Relax and set your body at ease. Speak to your subconscious mind as you

would to any other person. Say to it:

I am now seeking to attract a man who is faithful, devoted, truthful and successful. All these qualities that I seek are being absorbed by my subconscious mind now. As I focus on these qualities, they will blend into me and come to life.

Based on my true feelings and belief in my subconscious mind, I will activate the irresistible law of attraction and bring the ideal man towards me. I shall provide him with happiness and support. He loves me and I love him. There will be mutual respect, passionate love and freedom.

MIND SECRETS EXPOSED 2.0

As you embed the message deep into your subconscious mind, feel the power behind the message. Your subconscious mind will begin to manifest that which you desire, as you focus on your ideal partner and, in time, the perfect opportunity will be presented to you, leading you to your ideal partner. Focus on the perfect relationship for the perfect partner that you desire, and you will receive the love and attention that you rightfully deserve.

Avoiding Mistakes In Relationships

I know of a man by the name of Jeffrey Woodard, who once worked as a Human Resource Manager at a reputable corporation. He had been married three times, and none of his marriages had ever worked in his favor. He once confided to me, “I had three wives, and all of them have been very domineering and assertive. All three of them wanted to be in control and insisted on making every single decision there was to make. Why do I attract such women?”

I asked him if he knew before his second marriage that his fiancée had a domineering and assertive demeanor. “Of course not!” he replied emphatically. “If I had known that she had to control every single aspect of my life, I would not have wanted to be with her in the first place. Same with my third wife.”

What Jeffrey failed to understand was the fact that his problems did not stem from the women he married. The root of his problems actually lay in his own character. He was what many would consider as an easy-going individual, often relenting to other people’s demands. In the office, he would easily give in to requests from his colleagues and subordinates. In married life, he often gave in to the demands of his wife, all three of them, because he thought that by doing so he would make them happy.

Yet he often did this at the price of his own happiness and each time he gave in to the demands of his wife, he grew resentful of her. As a result, he was never truly happy with his marriages and ended in divorce. In his heart of hearts, Jeffrey desired for a wife who would support him and respect him, instead of one who was domineering and demanding.

One day, he was presented the opportunity to introduce himself to his idea of the perfect woman, but because he had expectations of her becoming the domineering woman he feared, he failed to act on the opportunity. The lesson you should take away from Jeffrey’s

MIND SECRETS EXPOSED 2.0

experiences is that in order for you to seize the opportunities presented to you by your subconscious, you must first break free from the negative conditioning that holds you back from making the right decisions in any relationship. You can do so through prayer, positive affirmations or subconscious reprogramming.

Divorce



Many relationship experts advise against divorce and often advocate reconciliation. But when is divorce more appropriate than methods of reconciliation, such as trial separation or counseling? Is divorce ever an appropriate decision? There is no right or wrong when considering divorce as an option for a relationship. At some point in a relationship, some may second-guess their decision of getting married in the first place, and others may take the whole “till death do

us part” vow very seriously. Hollywood actor and celebrity Will Smith has famously been quoted as saying, “Divorce is not an option.”

The simple truth is that divorce, like any decision in life, is up to every individual. Those who dissolve a marriage through divorce may be more truthful and dignified than those who try to salvage whatever is left of their relationship by living a lie at the cost of their emotional well-being.

Some years back, I knew of a woman whose husband was often abusive toward her. She would endure physical assaults nearly every day and her husband would steal from her to support his gambling habit. He had no job of his own and, even since before their marriage, the unfortunate young woman had been working to support both of them. Yet despite the beatings and abuse, the woman refused to file for divorce, as she was brought up to respect the sanctity of marriage; that it was holy in the eyes of God and she should not be the one to go against what God had meant for her. I advised her to listen to her heart, for surely God did not mean for marriage to be a life full of abuse. Marriage is the harmonious union of two

hearts, based on truth and devotion, not pain and abuse. The young woman listened to my advice with an open heart, and soon realized that the marriage had become something that God never meant for her to be in. She soon filed for divorce and left the man who had never loved her.

Years later, I would hear of yet another case. Curiously, this was about a young man whose fears became a self-fulfilling prophecy. He was an insecure man, who often doubted his own ability to keep his newly wedded wife happy. He had spent nearly a year courting what he thought was the perfect woman for him and, despite everything going his way, he would often worry that someday everything would go wrong, and it would be his own doing. This insecurity haunted him even after his wedding and he believed that his wife would not stay with him forever. He feared that, despite the vows they had taken, she would be unfaithful to him and she would leave him for another man. This constant fear of a broken marriage made him paranoid and he questioned her every move, every decision, every thought. She soon grew tired of his paranoid ways and, even though she tried her best to maintain her demeanor with him, the young man convinced himself that she had grown emotionally distant. Soon after, she had had enough and filed for a divorce.

Who Should You Turn To?

Many people make the mistake of seeking advice from friends and relatives whenever they find their marriage on the rocks. This is the worst thing one could ever do in an attempt to salvage their marriage. For example, a husband might tell his friend that his wife does nothing but nag at him, even after a long day at work. What he is doing is in fact degrading and disrespecting his wife in the minds of those he talks to. He may think that he is letting off steam and



finding an outlet to voice his frustrations, but all he is doing is enforcing the negativity already ingrained into his subconscious. The biased validation that he might receive from his friends would further empower the negativity, making it harder for him to free himself from it.

One common “wish” that I have heard couples bring up is how they wish their partner could be more like them and how, if both parties shared the same traits and characteristics, there would be no conflicts. This is of course an absurd notion.

Not everyone is cut from the same cloth and wishing for anyone to be different than what they truly are is demeaning and disrespectful to them. It makes them feel as though they are not worthy of being their own person, it destroys their self-esteem and pride, and makes them believe that they are the cause of the relationship failing. This is unfair, because no one is perfect, and no one should be forced into changing who they are just for the benefit of the other party. While some minor adjustments and compromises may be needed for a relationship to work, a person should not change their entire personality to suit another person's whims.

Instead of asking others to change, one should look to one's self. Most failed relationships are the result of mismanaged expectations, lack of understanding and realization of one's own limitations. People are often quick to blame others when things go wrong, and rarely do they accept responsibility for their own actions. When you constantly seek to blame others for their perceived shortcomings, you are in actuality building up resentment and negativity within your subconscious, which could ultimately lead to a divorce.

The Secret Of “Till Death Do Us Part”

For those of you keen on upholding your marital vows, especially that of, “till death do us part,” you may want to consider the following. The most crucial element in any relationship worth preserving is forgiveness. You need to forgive one another for any trespass that may have occurred in the relationship. It does not matter if it happened in the past, prior to the marriage, during the marriage or even in the future. If you are unable to forgive your loved one, then it is a problem that you may want to resolve quickly, before things get out of hand.

A sense of forgiveness can be cultivated through prayer. You can do this every night before going to bed. Pray for patience and the ability to forgive those who hurt you. Send out thoughts of love, peace and harmony to not only your better half, but also to your family, to your loved ones and to the rest of the world. Give thanks before every meal for the bounty you receive, for the abundance of food at your table.

Be thankful for all you receive, and let your spouse know how much you appreciate them being in your life. Remind one another never to take each other for granted. Doing these small things will ensure that you build a harmonious and peaceful marriage that will last a lifetime.

TRY THIS!

If you seek to build or strengthen an intimate (or romantic) relationship such as that of a marriage, here are several strategies that you may wish to apply:

#1: COMMUNICATION

Remember, the key to any successful relationship is communication. Be it expressing your love, appreciation, affection, expectations, or even disappointments, the communication of ideas and thoughts are crucial for any relationship to work. But be careful of what you choose to communicate.

Over two decades of research done on marriages have revealed that the best, lasting relationships have a specific ratio of five to one when it comes to the communication of positives and negatives. This means that for every negative communication (such as criticisms or “lectures”) there are five positive communications. Therefore you should first evaluate your current positive-to-negative ratio to see if it is lacking compared to the “ideal” ratio.

Then consider making the weekly goal of increasing your positive communications. This could be done by simply increasing the number of times you show affection to your partner. You can do so through verbal means by saying, emailing or even texting the words, “I love you” more often. You could express yourself physically through intimacy. But one of the best methods of expressing affection is small, spontaneous acts such as a kiss or a hug. A family expert claims that “a spontaneous kiss during a household chore does wonders for any husband-and-wife relationship.”

#2: SETTING ASIDE TIME

One of the more challenging strategies, especially for the modern working couple, is setting aside time for each other. In order to communicate, you must first make the effort to find time for your partner. Even if you set aside time to sit and enjoy each other’s company in silence, watching television or snuggling up by the fire, any effort to spend time with your partner goes a long way.

You can set aside time through creative time management. Try carpooling, reshuffling work hours, or hiring a babysitter for the kids, so you can schedule some time together with your partner once or twice every week.

Make dedicating time to your partner a ritual that you both enjoy. Take some time on Thursday or Friday evenings for a nice dinner date, or Sunday mornings for a walk about town after breakfast. The point here is simply to indulge in one another's company, through a shared experience, one where you may be free to communicate with each other.

#3: PLAY THE SUPPORTING ROLE

This may seem obvious enough at first glance, but many couples these days, who get swept up in the rigors of modern everyday life, end up forgetting this fundamental strategy to making a relationship thrive. Even if you have set aside time for your loved one and made constant effort to communicate with them, it may not be enough if you do not play a supporting role to their hopes and dreams.

Remember, being in a relationship with someone means to share every aspect of that person's life, and to support them in whatever they do, or hope to do. A marriage is a union of two souls and in this union a singular life is often formed, where every experience, every direction, every challenge, every responsibility should be undertaken together.

On top of spending time together, try to engage your partner once every week, by doing at least one thing that supports their roles (this could be their role at home as a parent or at work as a manager, a chef, or whatever their occupation may be) or aspirations (ascending up the corporate ladder, traveling the world, etc.) The key to this strategy is to honor and respect your partner by giving them the support that they need every now and then, be it at home or at the office.

Chapter 15: The Key To Everlasting Happiness



As mentioned in previous chapters, the subconscious mind holds infinite potential that can be used to overcome practically any obstacle we may face in life. It provides us with Infinite Wisdom when we need it the most and, as noted by renowned American psychologist and philosopher William James, this makes the subconscious mind, “the greatest discovery of the nineteenth century.”

Because the subconscious mind gives us the power to overcome any difficulty, would it be wrong to say that the subconscious mind also holds the key to everlasting happiness? After all, if the subconscious mind is able to eliminate that which vexes us, surely it must be considered a crucial ingredient to happiness?

The answer is a simple and emphatic, “Yes.” Everlasting happiness comes when you are at peace with yourself and the people around you, when you are in touch with your subconscious mind and all its abilities to heal your body, bring prosperity and abundance into your life, and manifest the kind of life you have always desired for yourself and your loved ones.

Happiness is not as elusive as you think. You may have experienced little moments of happiness in life that were taken for granted. For example, you might remember graduating from college and the jubilant feeling of triumph during that particular moment in your life. Or perhaps the time your partner accepted your proposal of marriage, or when you welcomed your firstborn into the world, or when you received that long overdue promotion

at work. Yet not many people are content with these short-lived moments of happiness, and understandably so.

Choose To Be Happy

A lot of people tend to forget that they have the choice of whether they want to be miserable or they want to be happy in life. Happiness is not something physical that you can buy or hold in your hands. It is a purely mental state, one that is definitely attainable if you so desire it. Like so many things in life, attaining happiness is about how much desire it and how much effort you put in, in order to manifest it into your life. And again, like other things you wish to attain, you can achieve happiness by way of prayer and affirmations.

Start each day with the following prayer:

- Today – and each day of my life – is taken charge by heavenly order.
- This is a brand new day for me, and everything will work in harmony for me.
- I am in control, and I will prosper in whatever I seek to do.
- I am surrounded by love and I will move forth in life in peace.
- I attract everything that gives me an abundance of prosperity and blessings.
- I will be protected from distractions and negative thoughts.
- I will be happy throughout my entire day.



Each time you evoke such prayers or affirmations, you will essentially build a strong foundation of love, acceptance, peace, and most importantly happiness.

Cultivate Happy Habits

Years ago, I was fortunate enough to experience life through the eyes of a farmer on the coast of Ireland, for all of two weeks. Despite his simple life, this man radiated happiness. He did not possess the riches that so many of his peers seemed to covet; his house was Spartan at best, and he once mentioned that he did not have enough in his bank account to properly fix the leaking roof of his house. Yet he was always in high spirits, often with a smile on his face. It was not uncommon to hear him whistling a tune or singing, while working in the fields.

I was curious how someone living such a simple, almost austere, life could be so happy. His reply was as simple as the life he led, “It has become a habit! Each day, before I go to bed, I give thanks and show my appreciation for my family and for everything that has been provided. I thank my family, the cattle and the crops. Each time I do this, I feel a sense of happiness flowing through me and, over time, this becomes a habit. Now I feel happy all the time.”

If someone who owned so little in ways of material wealth could find happiness, why then does happiness elude so many who have been blessed with a more-than-decent life? Why have YOU not found happiness?

It's simple. Most of us live in a society that emphasizes the pursuit of excellence and material gain. We scratch and claw to get to the top, with thoughts of riches and success in our minds. The one thing that is at the forefront of our minds is not happiness, but something else that we believe would lead to happiness; things such as a successful career or a life of abundant wealth. While there is absolutely nothing wrong in aspiring to be at the top of the corporate ladder or earning a six-figure income, in order for you to attain the everlasting happiness that you desire, you have to be explicitly clear that happiness is what you really desire.

Another thing that keeps you from being truly happy is resignation. A lot of people are used to the idea that happiness is so elusive, so unattainable, that it is mere fantasy and that they should not waste time pursuing such trivial matters. It is this mentality that prevents the majority of people, who are not happy, from being happy.

Many of these people are so used to being sad and unhappy that even if they are blessed with wonderful news, they react cynically; consciously or subconsciously rejecting the sense of happiness that they should be receiving. Just as the happy-go-lucky farmer earlier had made a habit of cultivating happiness in his life, these people have made a habit of cultivating unhappiness in theirs. Even though happiness is a state of mind and a choice, these people have chosen to be unhappy, whether they realize it or not.

Why Choose To Be Unhappy?

You may or may not be aware of this, but the state of unhappiness you may find yourself in could very well be your own doing. A lot of people inadvertently choose to be unhappy by affirming their happiness by entertaining thoughts such as:

- Something isn't right; I'm just sure nothing is going to go right for me.
- I'm going to fail.
- This business is going to go from bad to worse.
- I don't get the respect I deserve.
- I'm always treated unfairly.
- Nobody agrees with me and supports my view.
- I'm going to be late! I'm always late!



That type of mentality serves to only bring you a sense of dread. Remember, the subconscious mind is so powerful that it can manifest your thoughts, so if you harbor such negative thoughts in your mind at the very start of your day, you should only blame yourself when your fears of doom and gloom end up manifesting themselves.

Roman Emperor Marcus Aurelius said it best, “A man’s life is what his thoughts make of it.” This simply means that negative thoughts make one’s life unhappy, while positive thoughts make one’s life happy. The thoughts that you bring to mind, work hand-in-hand with the Law of Attraction to bring you the very things which you desire or focus on. Thus, if you seek happiness, you must always engage in positive and happy thoughts and banish from your mind everything that is negative; everything that acts as a barrier between you and happiness.

Not All That Glitters Is Gold

As mentioned earlier, a lot of people make the mistake of thinking that happiness has to be preceded by something. Most are convinced that happiness can only be found through a successful career, or a ridiculously large bank account, which is why the majority of people slave away at jobs they resent, hoping beyond hope that by the time they reach the top of their careers, they will find the happiness that has been eluding them all this while.

Also, there are those who firmly believe that happiness can be found in the latest, greatest, most expensive pieces of technology like a high definition television, or a six-figure luxury car, or designer clothes, or a ridiculously large and expensive property with hired help. But while it is true that such luxuries may create enjoyable experiences that might even provide brief moments of joy, always, always remember that true, everlasting happiness can never be bought or represented in any material fashion. It is a state of mind that has no physical representation of any kind.

Can't Or Won't?

The problem with most people who are unhappy is that they are convinced that happiness simply cannot be found. This has a lot to do with the earlier section about choosing to be unhappy, in the fact that their mentality of, “I simply cannot find happiness” is their choice of being helpless. They have been conditioned all their lives with the notion that happiness can never be found and, as such, they find difficulty in reversing that conditioning.

Consider the example of circus elephants. Young elephants, when first trained, are tied to a small stake fixed into the ground. They are leashed to this stake using a rope that is about 5 feet long. On instinct, the young elephant, tethered to this stake, will initially try to free themselves, but most infant elephants will not have the strength to do so. Because of the survival instinct ingrained in them, they continue to try and free themselves.

But there comes a point in time when the elephant stops trying altogether, as it realizes that any attempt to free itself is futile. It is convinced that it has not the strength to do so, even though it is now an adult elephant, fully capable of ripping out the stake from the ground and freeing itself from captivity. Its mind has been conditioned by time and the circumstances that it has been subjected to for years, and the sad truth is that now what stands between the elephant and freedom is simply its belief that it cannot free itself.

Just like the elephant, many of us are “tethered” to our past. It does not even have to be a past that we personally experienced, it could be a cautionary tale we might have heard about someone’s failed attempt at trying to find happiness. It could be something we might have read or seen on television that instills in us the fear of reaching for the stars. More often than not, it is the influence of our parents that hold us back from pursuing our dreams, as they tell us that we need education, a good job,



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money and other “practical” means to find happiness. Personal failures, or even fears of such, serve as the strongest obstacle in our bid to break free and seize happiness for ourselves.

To attain true everlasting happiness, you must believe that you CAN and that you WILL achieve such a feat. You have within you the means to attain true happiness, and it is called the subconscious mind. You need nothing else other than the desire, the decision to be happy. Nothing in this world can sway you from happiness if it is the one thing that you truly desire, above all else.

TRY THIS!

The most important thing you have to remember is that your subconscious mind cannot manifest happiness if you yourself are conflicted about what makes you happy. You will not find happiness if you do not believe that everlasting happiness can and will be yours. You have to really, sincerely desire for happiness, in order to receive lasting happiness.

Here are the three fundamental principles to happiness that you need to follow in order to manifest everlasting happiness in your life.

POSITIVITY

Even if you have a considerable amount of material wealth, you may not necessarily find happiness. You may live in a large mansion, own a fleet of luxury cars, earn a disposable income enough to feed a small nation for ten years, but if your mental state of mind is anything but positive, you will find that nothing material you have in the world would matter one single bit.

Many mistake material success as something that would eventually lead to happiness and, while in some cases that may prove to be true, the sad truth is that not everyone finds happiness despite having “success” in their life. Happiness is a state of mind and it is not something that can be bought or owned.

The very definition of happiness comes from a variety of positive emotions, such as serenity, contentment, enthusiasm, thrill, pride, vigor, joy and even curiosity. It goes without saying that these emotions come from the creation of happy moments, brought about by positive, happy experiences.

Barbara Fredrickson, Kenan Distinguished Professor of Psychology at University of North Carolina at Chapel Hill, has stated that momentary experiences of pleasure and happiness – though often dismissed by most as trivial – serve to broaden horizons and strengthen various attributes of self, such as social, physical and intellectual traits.

For example, if you enjoy exercise, you may feel invigorated after a particularly vigorous workout, which, in turn, may enhance your creativity. That, in turn, leads to new ideas of how to keep your relationship with your partner interesting, leading to a strengthening of said relationship, giving you boundless satisfaction and making you a more committed person, which, in turn, makes you more optimistic toward anything life throws at you, and so on and so forth.

TIME AND VARIETY

Knowing what makes you happy is all well and good, but the key to making happiness last is time. You may have a list of every single activity that makes you happy, but what will you do once you complete every single activity on that list within, say a month? Time is essential in the maintenance of happiness. You need to consider the frequency and duration of each activity, so that you will be able to derive the greatest satisfaction and maximum pleasure from each activity you engage in.

Different periods in your life, which require different strategies to create happiness, may also be something to consider. There could be times when you may be desperate to form happy thoughts or emotions to cope with what you might deem as an unpleasant situation, so you need to set aside time to engage in an activity that brings you a happier, more serene state of mind.

Try keeping a list of various activities or strategies that you can engage in for such difficult times. For example, if you dread receiving the in-laws for company, one of your strategies could be to set aside an hour-long session of meditation that would reinforce the emotions of happiness, gratitude or even just tolerance, so you are able to endure the visit. The key here is to figure out what activity or strategy works best for a particular situation, and then engaging in that particular strategy.

SUPPORT

A lot of us have a network of social connections, which act as a form of support when we need it. No matter how we look at it, humans are by nature social creatures that depend on each other in some way, shape or form to realize many of our aspirations. So it should be no surprise that the third most important key to finding happiness is to have support from your network of friends and family.

Strong, meaningful relationships are crucial in fostering happiness in your life. George W. Brown, a renowned British psychologist and author of *Social Origins Of Depression: A Study Of Psychiatric Disorder In Women*, stated that women who have at least one friend are, “better able to cope with problems than those without friends.” Even the most introverted person would need to confide in someone every now and again.

When trying to change your mindset toward happiness, it is important for you to surround yourself with the kind of people who can provide you with the necessary support that you need. Be friends with people who have a positive attitude towards life if you wish to instill more positivity in yourself. Seek the company of those who seem to have found happiness if you wish to learn how to attain it for yourself. Establishing relationships with these people will provide you not only the positive support and encouragement that you need, but invaluable insight on what can be done for you to finally achieve the happiness you seek.

Chapter 16: Developing Harmonious Human Relationships

Think of your subconscious mind as a tape recorder that records everything you have been doing and accurately reproduces them. Every thought, action, mannerism, stutter and so forth will be recorded for posterity by your subconscious, and it will never run out of tape, so most every action you have committed,



mistakes and all, will be stored inside it from the cradle to the grave. This idea, together with the law of attraction, is crucial in starting and maintaining friendly relationships with other people. Below are some of the principles behind human relationships that you must keep in mind at all times:

- Do unto others as you would want them to do unto you.
- Think about people the same manner that you want them to think about you.
- Feel about others the same way you want them to feel about you.

For instance, if you do not want to have people – be they neighbors or coworkers – talk behind your back, while having a “plastic smile” on their faces when they are in front of you, then you should not act in such a manner to them. The last thing you want in your life is resentment and criticism. Putting up facades and pretending to be friends with people for the sake of saving face will only spell doom in your life, because people can tell when you are not being true to yourself and to others. By doing such things, you are actually empowering whatever feelings of hatred you have over these people.

Do not let negative thoughts and feelings take root into your mind, because they will only serve to rob you of your motivation, strength, goodwill, and happiness in the long run. Stop

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entertaining such negative thoughts because no one is ever worth the aggravation. It is certainly not in your best interests to bring all sorts of trouble in your life by earning the resentment of others and feeding the fuel of hatred within yourself.



Do not judge others, because none of the thoughts you have while judgmental are constructive in the least. Do not use your creative mind to give yourself ideas about how you should feel about your fellow man. The standards you impose unto others you will also indirectly apply to yourself and vice-versa. The

way you feel, act and think about others will reflect back on the way you feel, act and think about yourself. In effect, thinking negatively about others, and mistrusting their motives, means you are thinking negatively about yourself and mistrusting yourself as well.

Yes, even thinking negatively about others will result in you thinking negatively about yourself because in the end, we are all human, and if others are susceptible to horrible misdeeds, then you should be, too. The way we act around people will also have a reciprocal effect on ourselves as well as others. Lying and cheating to others is tantamount to lying and cheating to your own self. Even if you come out guiltless in regards to your actions, you will forever mistrust people, their words and their actions, because you yourself are untrustworthy.

If you live life as a negative individual, you will perpetuate the belief that all mankind is composed of untrustworthy people or naive people, who can be victimized at your behest. In contrast, if you do good things to others and believe in their goodness, you will be repaid with kindness, you will earn their trust and gain confidence in return for your deeds. Do evil, and expect retribution from others or even from yourself in the form of karmic self-sabotage.

Dealing With The Negativity Of Others

For the sake of example, I would like to recount the story of an acquaintance, Alicia Jennifer. Alicia worked as a personal secretary in a large multi-national corporation. She felt resentment toward the women at her job, because she felt that they were spreading horrible gossip and rumors about her. She had a hard time getting along with her female co-workers and, as a result, she could only talk to the men at her workplace.

Naturally, this led to further speculation about her, because the only people she could seemingly get along with were men.

Alicia was in quite a dilemma, but speaking to her once would reveal the reason why most people had a hard time warming up to her or even dealing with her. She had an arrogant and condescending tone of voice whenever she spoke to people. Most of the men could tolerate her domineering personality, but the way she "lorded" over her female co-workers ruffled more than a few feathers, so to speak.

If she had been more conscious of how her tone and attitude came across to others, then she would have been able to make the necessary adjustments, and make her life a whole lot easier. If she had enough empathy to know that a domineering and authoritative attitude made her hard to deal with, then she could have done something more constructive than harbor resentment for people she did not really know or care for. Because her only thoughts were that her subordinates were being insubordinate, she would soon even alienate the men she got along with. Even if she was not able to win the women in her office over, she could at the very least stop their negativity from being a detriment to her.

Was her attitude the reason why women found it difficult to work with her? Or did their actions against her make her that way? This attitude was all subconscious on her part and, the fact is, it does not really matter how it first started. The fact of the matter is simply this:

regardless of who started what, she harbored resentment that was eating her up inside, affecting her work and ruining her career prospects. Either she find a solution for this or leave the company altogether, because she just cannot get along with the people in her workplace.

What mattered was how she was going to stop appearing like a bossy busybody. Most living creatures are reactive; they react according to whatever stimulus is presented to them. For example, a dog reacts the way the people around it react, for good or for ill. Be friendly with the dog, and it will return your kindness with kindness. Show hostility and it will be hostile in return. A dog is not above biting the hand that feeds it, if that very same hand punishes it excessively for its mistakes.

Similarly, we have the ability to sense the mood and feelings of others and we react in accordance to them. At any rate, the solution to Alicia's problems was awareness and self-control.

I had the chance to speak to Alicia about her issues and I made it known to her that by becoming aware of how her subconscious reacts to the feelings of others and calming her body and mind through daily prayers, she should be able to overcome all the negativity that her workplace presented to her on an everyday basis.

I imparted upon her an affirmation she could use, as a mantra or daily prayer of sorts, which would stir her subconscious mind to alter her negative mentality and instill in her a more positive attitude toward the people she came in contact with. The affirmation that she was to recite daily before bed and after she woke was as follows:

“I am at peace now and I will forgive everyone who has spread rumors or gossips about me. I radiate love, peace and harmony. I speak in a loving and gentle tone, and I inspire others.”

Whenever she got the urge to react uncompromisingly, she would calm herself and react in a peaceful and calm manner. She reminded herself that there was no need for her to get swept up by the negativity of those around her. She vowed to become a wellspring of happiness, warmth and harmony, instead of a sponge that absorbs all the hate and resentment of those around her. Eventually, her prayers were answered, and resulted in a better work life.

The environment around Alicia has since improved. Her love and energy was able to penetrate through the wall of bitterness of her female coworkers, and soon the rumors and gossips ceased, and friendships were formed with her colleagues without her needing to relocate or change jobs at all. Her change of perspective and her determination to not let the hatred of others affect her was what made all of this possible.

How To Deal With Difficult Or Toxic People

There will always be that one man or woman, who can be difficult for you to handle or makes things hard for those around him or her. Conflicts of personalities and interests will happen, and not even the unlimited power of the subconscious mind can eliminate these incidents from happening.

You might as well will the sun to stop rising or setting or stop the planet from rotating with your mind. More to the point, there are difficult people out there who have distorted mindsets and are programmed to be as negative, unconstructive and uncooperative towards life as possible. It just can't be helped, but there are at least ways to deal with them.

Not only are these negative, sometimes outright toxic, people filled with destructive energy and negative thoughts; they also have the ability to affect those around them, as though they are vampires who suck the life of everyone who comes into contact with them. Because we are all only human, the natural reaction towards negativity is negativity. Hate begets hate, detest begets detest. However, you should not do that, because you are only dragging yourself to their level. One of the best ways to deal with toxic people is to not deal with them.



Ignore them and push them out of your life, because they will only drag you down with their emotional baggage, their traumatic past and their ability to turn any environment into a negative one, because of their self-destructive mindset. If you have no choice but to be around these poisonous individuals, then you can always repay their evil with goodness. Kindness and positive thinking are your best defense against those unavoidable toxic people and their negative influence on you and your mindset.

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Your turning of the other cheek and taking the high road will also help them change their attitudes too, although whether they do change for the better or not is wholly up to them. Instead of being a sponge or a mirror of their hatred, counteract their destructiveness with creativity and a constructive attitude. You should also avoid being victimized by those who seek to take advantage of your kindness as well.

Being kind does not mean you should be naive as well. When they start manipulating you through guilt, temper tantrums and other emotional threats, cut your ties with them and avoid them as much as possible.

They are not worth the time or energy any longer, and you already gave them the benefit of the doubt anyway. Do not ever allow people to use you to their ends, because that robs you of your individuality and control over your life.

Let your mindset be filled with thoughts of success and motivation to better yourself instead. Become a good example to those around you and surround yourself with successful people as well. Stay true to yourself and keep these difficult people from ruining your chances of happiness, health and peace.

TRY THIS!

The following is the secret to building healthy relationships that will benefit you for life:

- All your thoughts of the relationship in question should be full of peace and harmony. Any harbored hostility will hinder the creation of a healthy relationship that is mutually beneficial to all parties involved in the relationship.
- Effective prayer of positivity will dissolve all negative feelings between the minds and hearts of you and the other person in the relationship.
- Pray for those you come into contact with, whether at work or in your personal life. Wish for them to be blessed with what you wish to have in life: Good health, abundance, joy, etc. Remember, what you focus on, what you selflessly wish for others, you will attract into your life.
- Understand that no one purposefully acts in a hateful, antagonistic manner. If you come across such people, realize that there is an internal conflict within them; a lacking of positive energy, which affects their judgment and reactions toward those around them. Do not harbor ill will against such people. Instead, radiate love and goodwill to them; pray that they receive the blessings of the Divine to alleviate the conflict within them.
- When you have to deal with such antagonistic people, affirm that the difficult moment will pass and that there is a harmonious solution to be found from the Infinite Wisdom of your subconscious.

Chapter 17: Learning The Art Of Forgiveness



All humans were born to be ambassadors of peace, balance, harmony and joy. No one person was born with the purpose of spreading chaos and discord throughout the world. The nature of life demands it so. Any divergence to this natural plan is unintended from humanity's original design to promote peacefulness, joy and harmony

in the world; it is also indicative of an imbalance in your subconscious that will influence you and others around you negatively.

This eventuality, typically, takes place whenever someone starts having damaging or caustic beliefs or ideas about other individuals. Human nature is naturally good, nurturing and helpful of others, but, because of the mind's abilities to equally create and destroy, there are those of us who are constantly planning schemes that deviate from what we are naturally inclined to do. They blame their fellow man for accidents, loss of loved ones, sickness, pain and suffering.

As long as these nature-deviant plans are in their heads, there will be dire consequences in store for these people, their victims and their subconscious as a whole. They are blind to the fact that their path of revenge will actually lead to their own suffering, because they are denying their humanity and blaming others for whatever suffering they are currently facing. No human was born with a negative or destructive nature; such traits are only instilled later in life, due to circumstances that may have swayed the individual from the natural path of goodness that humanity is destined for.

The Principle Of Life is Forgiveness

Forgiveness is key in this imperfect world where humans can, and will, commit mistakes that will negatively affect their fellow man. Fortunately, a limitless source of forgiveness in each and every one of us is readily available in the form of the principle of life. Unlike our conscious, sentient minds that harbor resentment for every mistake or trespass others do unto us, our body forgives our failings right away.

When we fall and injure ourselves, our body does not begrudge us and make things worse for us for not paying attention. Our body merely uses pain to alert us that something is wrong with us and does everything it can to heal the wound right away (from clotting blood to scabbing wounds to minimize infection) without demanding retribution or punishment against us (or at least the conscious part of us) for getting wounded in the first place.

Meanwhile, the subconscious mind remains behind the scenes, supervising the work of repairing cells and tissue regeneration. Our body does not begrudge us for our limitations or mistakes, because that, in itself, is an exercise in futility. Why then should we begrudge others for their lapses in judgment? As long as we act the way nature intended us to act and remove any feelings of resentment over the horrible acts done to us (surely, it is a task easier said than done), we can achieve vitality, health, peace and harmony during our lifetimes.

Letting Go Of Our Sense Of Guilt

I know of an acquaintance by the name of Carol L., having met her once a long time ago. This young woman was obsessed with work. This workaholic would stay at her office past midnight almost daily. She felt entitled to the compliments or recognition she craved from her superiors and coworkers thanks to her outstanding efforts above and beyond the call of duty, but few, if any, seemed to notice her late-night work schedule and excessive overtime. Hardly anyone knew, much less appreciated, how much of herself she gave to her work or

even how hard she had been working, so aside from overtime pay, she was never really compensated for her extra labor.

As a result of her unmet expectations and her crazy work schedule, she began experiencing an imbalance in her life. For example, her family life was in peril, because she had forgotten to be a good wife to her husband and mother to their children, which caused her spouse to leave and divorce her due to her neglect. Meanwhile, because no good deed goes unpunished, the constant stress she put herself under caused her to develop high-blood pressure. She had been working so hard, with not so much as a thank you from her employers, that she had inevitably compromised her health.



When she was asked by those in the know why she had spent so much time on the job, she gave the initial reply that she was merely trying to keep up with her work. Further probing eventually uncovered the real reason why she had become a workaholic: She was punishing herself for something. Sure, she denied this seemingly baseless accusation at first, but eventually, she confessed to having a deep sense of regret that pushed her to work, even though she was not required to put in excessive hours. Being a workaholic was her way of coping with her deep-seated issues.

When her father passed away years ago, she was appointed as the executor of the estate. While taking advantage of her position, she intentionally hid a large sum of money that was supposed to go to her elder brother. Her intentions were pure: Her brother was, in fact, a drug addict, and she withheld the money for his sake, so that he would not waste away their father's fortune on drugs. She promised herself that she would give him his share of the inheritance once he cleaned up his act and checked himself into rehab.

Unfortunately, her brother committed suicide at a mere twenty-eight years of age. Carol grieved over his death and blamed herself, particularly due to the fact that she had withheld her sibling's inheritance. If she had trusted him more, maybe he would have used the money for something positive. Had he gotten the money, he might have been able to enroll himself into a drug rehabilitation program. He could have used the money to start a new life.

Because of the unchangeable past and what she perceived as bad decision-making on her part, Carol felt immensely guilty over condemning her brother for being a drug addict without giving him a chance to change. She blamed herself for not putting enough of an effort to save her brother and cure him of his problems. She was convinced that she had made a terrible mistake in not giving her brother his share of the inheritance, a mistake that eventually cost his life. She felt that she deserved all the punishment in the world for what she had done and that she should not be forgiven for that one mistake.

Carol had to learn the hard way that she was not doing anyone any favors with her self-destructive habits. She needed to understand that she did not deserve to be punished for her well-meaning gesture. Her negative attitude toward her circumstances was against what nature had intended her to be. Contrary to what she believed, she was not being a contributing member of society through her self-imposed long hours. Her spouse deserved better than a wife who was unable to forgive herself for a well-intended decision and an unchangeable past.

Just as it is not in the nature of electricity to do harm, it is a known fact that it will harm you in certain circumstances. Humans too are subject to this fact. Electricity was meant to be harnessed as a source of energy for homes, heating and other modern conveniences, yet it can prove to be dangerous if improperly handled, and may even cause death. Despite it not being in their nature to do so, humans, at times, do harm themselves and others, even if it is unintentional.

Carol's deep-seated guilt over her brother's death prevented her from living up to her full potential as an individual and, because she blamed herself, she was convinced that she did not deserve whatever happiness came her way. Her self-condemnation made her subconscious mind passive-aggressively ruin her life for her, because she felt she was guilty of a terrible sin and should be punished by karma or by herself in any possible way.

The body holds no grudges when we are injured, yet our conscious mind is capable of holding grudges over things we have no control over. Carol went against her body's nature and created a mindset designed to punish her and stop her from forgiving herself.

Once she realized the errors of her ways, Carol gradually learned to forgive herself for what she did, removed all regret, and started looking forward to the future. This allowed her to salvage what was left of her marriage, lower her blood pressure, balance her work and home life, and stop herself from going further down the path of self-destruction.

The Essence Of Forgiveness

The means to obtaining vitality, harmony, peace and health is found in your willingness to forgive yourself and others. If you want to be healthy and happy, you need to learn how to forgive, because one of the most unavoidable things about human nature is the tendency to err and hurt each other. By learning to let go of guilt; of resentment, by forgiving everyone who has harmed, bullied, or hurt us in the past, we can look forward to a brighter future with a clear conscience and visions of greatness. In order to forgive ourselves, we must learn to forgive others too.

Experts in the field of medicine agree that negative emotions can cause stress and other adverse effects on our health, as well as our body's immune system. Our wellbeing, in essence, depends on how adept we are at letting go of our destructive ideas. We must remove the memories of hurt and pain, by forgiving those who sinned against us and forgiving ourselves for sinning against others, even if they themselves are not ready to forgive us quite yet. In a sense, guilt and bitterness are anchors that hold us down and keep us from surfacing from the bottom of an ocean of our own bile.



How To Test Forgiveness

Scientists and researchers always run tests in order to make sure that their findings are true and reproducible. When it comes to determining whether or not we have forgiven someone for what they did to us in the past, we can also run a test for that. If you find your blood pressure rising whenever you see the person you need to forgive succeed in what he's doing or has done wonderful deeds for others, then that means you have not forgiven that person and you still wish him harm or punishment for all the misdeeds he has done to you.

The roots of hatred are still firmly wedged inside your subconscious. If they had been removed, you would not really care about what happens to the person you have forgiven, remembering him the same way, like any other person, who has not done anything bad to you. After you have consistently achieved the state of forgiveness to the point of not being emotional about what happens to the person you hate any longer, then you have mastered this sacred art and you are on your way to achieving your own goals and aspirations with no anchors of regret standing in your way.

TRY THIS!

Many people make the mistake of harboring resentment, even against themselves. They find it hard to forgive others, because they believe that they deserve retribution, and forgiving them would hinder the meeting of said retribution. They find it hard to forgive themselves in the same light, believing that penance involves them suffering for an indeterminate period of time.

But what you need to remember is that the principle of the mind holds no definition of time or space. The subconscious mind has no way of determining the appropriate length of time one should hold a grudge against someone or when self-imposed penance should end. As such, if one is determined to not forgive, then they would live with such negativity their entire lives.

Remember the old adage: To err is human, to forgive is divine.

Within you exists a spark of the Divine, a spark that affords you the Infinite Wisdom to forgive and fill your life with truth, love, abundance, joy; everything that is good comes from your ability to tap into the Infinite Wisdom within your subconscious.

Here are a few things to remember when invoking this Infinite Wisdom:

- Learn to forgive sincerely. When you have truly forgiven those who have wronged you, you would harbor no ill intent or resentment, even as you bring this person to your mind's eye.
- When you truly forgive someone, you are sincerely wishing for those who you are forgiving the same things you would wish for yourself: peace, harmony, good health, etc.
- If you feel as though you have done wrong against someone (even if they have passed on from this existence) forgive yourself. Know that forgiveness is universal and has no boundary between this life and the next.

The Divine exists through you and that person; realize that His light, truth, and love flow through you.

- Healing, whether physical or emotional, can only happen when you apply the Life principle, which consists of forgiveness.
- Negativity such as criticism, hostility and resentment hinders the Infinite Healing Presence. As such, open your heart and allow the Healing to occur by forgiving everyone you feel who has ever wronged you.

Chapter 18: Conquering Mental Obstacles



Often, when faced with problems or difficulty of any kind, you need to be able to have a clear view of various possible options before you can even think of coming up with the solutions that you seek.

Always keep in mind that within every problem is the solution. That means the problem itself will give you the means to solve it. Fortunately, we have within our subconscious mind the Infinite Intelligence and Wisdom that gives us the means to recognize this and the solutions that we seek.

In order to discover the solutions to your problems, you must first learn to listen, very carefully, to what our subconscious mind tells us. It manifests itself through our instincts and intuition, so more often than not, we can find a way out of any given dilemma by trusting the messages that our subconscious sends to our consciousness.

After all, our body is able to function well thanks to how our subconscious works nonstop in handling our involuntary functions. It needs to be stated again: Never underestimate the power of your subconscious.

The Subconscious As An Operations Manager

Habits and routines tend to rule our lives and govern how it is run. Yet again, these habits and routines (good or bad) are all under the control of our subconscious. We learn to drive, swim, cycle, run, walk and crawl, using our conscious mind, by performing the same actions over and over again over a long period of time, until they are internalized.

Internalization in the context of this guide always refers to subconscious programming. After we have internalized these skills or whatever habits we have, they will be handled on the subconscious level and they turn into a habit you can do without even thinking.

The term "muscle memory" is nothing more than your subconscious recognizing the pattern of what you are doing and replicating the feeling that your muscles "felt" while doing it by instinct. Meanwhile, the term "second nature" is nothing more than a strong habit that has stayed in the subconscious level for a long time, such that we can summon them even after a long period of disuse.

There is a reason why once you learn how to ride a bike, you never forget how, and that reason is your subconscious. Every instinct, every skill and every repeated drill is recorded in the subconscious.

Because we are the ones responsible for the creation of habits, it is not much of a stretch of the imagination to suggest that we're also responsible in regards to the kind of habits we want to form. If you want to form bad habits and vices, instead of good habits of self-improvement, then you only have yourself to blame.

The decision to have good or bad habits is within our hands. If you never learn your lesson and keep doing things that will ultimately harm you in the long run, then you are obviously forming bad habits.

MIND SECRETS EXPOSED 2.0

Our subconscious is not responsible for moral decisions, so it won't be able to differentiate between a bad or good habit. The only thing it recognizes are actions done frequently and thoughts repeated so often that they take a life of their own. It will accept whatever habit you form and indiscriminately start working on it like any other habits, good or bad.

The one who should be responsible in sifting through vice from virtue is you and your sentient, conscious mind. If you don't care what kind of habits you pick up, neither will your subconscious.

A Vicious Cycle Of Self-Sabotage

This is the story of yet another acquaintance I had the privilege of meeting years ago. Emerson was the founder and CEO of a then up-and-coming Internet marketing company. He was a curious man, because he believed, deep in his heart, that he was doomed to failure, plagued with accidents and cursed to never succeed, which made me wonder how he became a CEO in the first place with that kind of attitude.

Perhaps if he had not been self-sabotaging his efforts to succeed, he would have ended up becoming an even bigger success than he was. At any rate, he claimed that he had the devil's luck, because practically every golden opportunity he had ever come across seemed to vanish just as suddenly as he chanced upon them.



Every time, it was the same scenario: He had the chance to make it big, things seemed to be looking up and then, poof, his chance at success was gone. He feared that his CEO position and his entire company, which he built from the ground up, may be the next thing to disappear on him.

All the clients and partnerships he needed in order to keep his company afloat always seemed to back out of negotiations at the last minute, even though they appeared initially enthusiastic. Whenever the written contract was presented to these prospects, they chickened out, which, understandably, left Emerson confused, bothered and bewildered, to say the least.

He was convinced that his streak of misfortune began about six months before. If one were to scrutinize his failed negotiations carefully, one would see the fatal pattern, as he continued to talk animatedly about how each and every one of them fell through.

MIND SECRETS EXPOSED 2.0

The first prospective client who backed out on him was a reputable supplier from the pharmaceutical industry, and the client was willing to deal with him in exchange for new contacts and a lucrative contract. Emerson had made his pitch, showed the client his plans and helped him visualize the potential profits they could make once their new venture paid off. Although his prospect was clearly motivated at the possibilities of their partnership, he backed out of the deal altogether after hesitating for a bit, citing that he was not prepared to take the risk of becoming part of an online-based company that had yet to establish itself.

Ever since that day, the pattern of initial interest, hesitation, and outright denial has haunted Emerson and his startup company. Every time he presented a contract, his partners-to-be would all back out, losing confidence in his initial proposals and what he believed was a lucrative deal that would benefit all.

He was entirely convinced that his company would fail, his first (and probably last stint) as a CEO was a big mistake, and he should be resigned to his fate as yet another doomed Dot Com bust.

I explained to him that his failings were attributed to his belief that he was doomed to fail, and his subconscious mind was merely manifesting the problems he was inadvertently focusing on, instead of the solutions that would resolve all that vexed him.

It was his fears and doubts that prevented him from moving forward in his dealings. The vicious cycle he had found himself in was created by none other than himself, and no one else but he could help himself out of the cycle. We are the architects of our own fate, and we shape our own future. His “prophesized” future of failure was simply a self-fulfilling one.

I went on to explain further that his prospective clients would have been more receptive to deal with him, had he shown the same motivation when presenting his proposals, instead of subconsciously communicating his uncertainty about his own chances of success to his

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prospects' minds, causing them to develop a negative "gut feeling" about the deals presented to them.

Because Emerson expected his prospects to back out of the deals, that was exactly what they did. His subconscious mind radiated his expectations through subtle nuances in his expression, his demeanor, his tone of voice, his body language, and his prospects shared the same sentiments; the same uncertainty, that he had.

The lesson that I tried to convey to Emerson was simple: If he himself did not believe in the potential success of the ventures proposed, why should those who sought to do business with him believe in him?



Once he understood this very fundamental principle, it became clear to Emerson what he needed to do.

He was aware of the need to change his defeatist attitude; he knew he had to stop the negative reinforcement of his uncertainties and fears. Instead, he would have to replace them with more constructive ideas and more positive expectations. He had to believe in his heart of hearts that his

prospects would be more than happy to sign on the dotted line, and that his ventures would indeed be a success for all involved.

He had to reaffirm his desire for his ventures to succeed, so he resolved to remove all negativity from his mind, by focusing on affirmations of success every single day. He learned how to speak to his subconscious and program it to his benefit, instead of his detriment. Soon afterwards, he was able to secure one partner. And then two. Eventually his company

became the most sought-after business in the industry and he no longer had to find people to work with, because they were looking for him.

Seek And Ye Shall Find

Emerson could not have broken the vicious cycle of failure had he not realized his subconscious desire to manifest worst-case scenarios every single time. He needed to be reminded of the fact that the subconscious merely brings to fruition what he focused on, regardless of whether they were of benefit or detriment to him. As long as he held in his mind a future of failure; that was the only reality he could expect to manifest.

I am reminded of an old tale I heard once, of a young boy, who ventured into the mountains in search of an old man, who was known throughout the village for his wisdom. When the boy finally found the old man and told the elder of his desire to obtain wisdom, the old man simply smiled and nodded. “Come with me,” he said, beckoning the boy to hold his hand. The old man led the boy to a lake, hand-in-hand, and together they walked into the lake. Deeper and deeper they went, until the boy nearly drowned, having been completely submerged underwater.

Before the young boy could drown however, the old man brought him out of the lake and asked the young boy, “What was it you wanted the most when your head was under the water?” The boy, angry at the elderly man for seemingly trying to drown him, replied, “I wanted to breathe, of course!” To this, the old man simply smiled and said, “Young man, if you seek wisdom with as much desire as you seek to breathe, you will receive it.”

A strong desire or want for anything, even wisdom, will make it possible for you to attain it. Even pessimism, which has nothing to do with desire, provides the pessimist with exactly what he expects, because of his strong expectations of failure and disappointment.

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You can either be self-defeating or self-motivated: Regardless of your state of mind, what you think about the most; what you believe in the most and what you expect to happen, will happen.

Having a strong desire to remove a mental block will remove it. Habits both good and bad are formed whenever we repeat something and give power to it by thinking about it constantly. This repetition of thoughts and actions is the best way to penetrate and program your subconscious to do what you want or desire the most in life.

TRY THIS!

One effective technique that you can use to overcome mental obstacles is to apply the Law of Substitution. Mental obstacles are nothing but negative thoughts that hold you back from achieving your desired outcome.

So in order to overcome these negative thoughts, you must be aware of and identify such thoughts first, and then replace them with more positive, constructive thoughts that are of benefit to you.

Here are a few pointers to keep in mind when trying to overcome your mental obstacles:

- When you experience negative or angry thoughts, do not allow them to come to fruition. Instead, immediately reverse and replace them with more positive, spiritual thoughts, such as “Peace fills my soul.”
- Keep in mind that negative thoughts will never have power over you unless you allow them to. Negative thoughts are nothing more than suggestions, and suggestions have no power against the Divine that brings your thoughts into reality.
- If thoughts of worry and insecurity threaten your peace of mind, remember that your subconscious mind will have the power to manifest your fears. As such, devote your thoughts to that of more confident, positive thoughts that will bring about the outcome that you desire, rather than ones that you fear.
- Do not think of others in a negative light, for such thoughts may be more reflective of your own shortcomings than they are of those you criticize. They are not responsible for what you think of them. You are the master of your own thoughts, even if they are of others.
- When the negative influence of others around you threaten the purity of your thoughts, remember that you have within you the Infinite Intelligence to overcome such influence. Remember that the underlying principles of the Infinite Intelligence are that of harmony, love and peace, not negativity.

Final Word

As you would have learned by now, you have within you the incredible power to make everything that you desire come true. Your subconscious mind holds the Infinite Intelligence, which reveals to you the solutions to practically any question, any problem and any dilemma that you may encounter in life. You merely need to quiet your mind of all negativity and noise that prevents you from truly receiving all that you seek.

The subconscious mind is truly a wonderful thing to behold, for nothing in the known universe has the ability to shape your very destiny, to transform thought into reality, none, except the subconscious mind. Master the secrets of the subconscious mind and you will bring into reality all your worldly desires.

To Your Success!

Greg & Alvin