

The Power of the Subconscious Mind

(and why it is important to know how to communicate with it)

Part 4: Using the power of your subconscious mind to succeed

Once you have learned how powerful the subconscious mind is, how it works and how to reprogram it, you are ready to use its power to find success in all areas of your life. You can use this power to overcome addictions of all kinds including: drug addiction, alcohol addiction, and pornography addiction. You can also use the power of the subconscious mind to control your weight, overcome anorexia or bulimia once and for all. You can use your newfound power to overcome sickness and diseases including various cancers (not intended as medical advice, please do not stop taking medications or stop treatments without your doctor's approval).

You can use the power to acquire great wealth and material riches such as houses, boats, cars, airplanes and properties. You can even use the power to make a difference in the world around you by working to end hunger in a small impoverished village or bringing health supplies and medical professionals to a third world country. The fact is that there is absolutely nothing that you can't do once you unleash this powerful principle and get your subconscious mind working for you instead of against you.

As was mentioned earlier, the first step towards using the power of your unconscious mind to create great success in any area of your life is to decide exactly what you want to achieve. Now, you may have heard professional "success coaches" tell you that you need to attach a date to that, but for the power of your subconscious mind to go to work, this is not necessary and may, in fact, hinder your progress. You want to do everything in your power to create the feelings and emotions of having the success and freedom you desire right now. By placing a future date on your desire, you are giving your mind permission to wait until that date to take action and make changes. When your mind waits until the date you have chosen to begin to change, your conscious mind will see that the goal has not been reached by the designated date and interpret that as a failure which will program your subconscious mind with negative thoughts and emotions again and put a hindrance on your forward progress.

Look for the signs of success

So, now you know the power of the subconscious mind and how it works, you have determined to reprogram it and get it working for you, set your goals and begun to visualize the goal as if it has already achieved, the next thing you have to do is be open

to the promptings and opportunities that become available to you. You will begin to receive all kinds of inspiration and find yourself “in the right place at the right time”. It is very important that you expect this. Look for it and prepared to act on the inspiration and information you are given. New ideas of things to do and say will pop into your mind when you least expect it, don’t ignore these even if they seem a little “out there”. In order to start having and achieving things you have never had before, you are going to have to do things differently than you have ever done before.

Seek out people who are the kind of person you want to be

In addition to making changes in the way both your conscious and unconscious mind work, the things you say and the things you do, you will also have to change the type of people you associate with. If you want to overcome drug addiction, you need to only associate with people who live a successful, drug-free lifestyle. If you want to be wealthy, you need to associate with wealthy people. If you want to be thinner, you need to hang out with thinner people. This is not to say that you don’t care for the other people who are a part of your life or that you should start to discriminate against anybody, but keep in mind that you are not only judged by the company you keep, you also have a tendency to **be** like them.

The more you spend time with people who are the type of people you want to become, the more you will be like them. Remember what you have learned about how the subconscious mind is programmed and this will instantly make sense to you. The experiences and emotions you have while spending time with healthy, wealthy, wise and happy people will program your subconscious mind with the thoughts and ideas that will help you become healthy, wealthy, wise and happy.

The really wonderful thing about the whole process of understanding and reprogramming the subconscious mind is that you don’t have to wait until the health, wealth and wisdom arrive to enjoy the good feelings these things will bring to your life. By practicing the principles needed to reprogram your mind for success, you will already be experiencing all of the good emotions that having success will bring into your life.

You can feel the satisfaction of accomplishing great things, experience the feeling of glowing good health and enjoy the warm tingling feelings of being in love before the actual manifestation of these things in your life. Not only will you be moving yourself closer to success by doing these exercises to reprogram your subconscious mind, but you will already begin to experience the rewards of being successful in every area of your life. Even if it takes you ten years to achieve all of the goals and desires you have for your life, it won’t matter because your life will be better from the very moment you begin to understand and harness the power of your subconscious mind.