

The Power Of Your Subconscious Mind
Joseph Murphy

Your conscious mind & subconscious mind	<p>Your conscious mind is the "watchman at the gate." Its chief function is to protect your subconscious mind from false impressions.</p> <p>You have the power to choose. Choose health and happiness. You can choose to be friendly, or you can choose to be unfriendly. Choose to be cooperative, joyous, friendly, lovable, and the whole world will respond. This is the best way to develop a wonderful personality.</p> <p>You are like a captain navigating a ship. He must give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind, which controls and governs all your experiences.</p> <p>Whatever your conscious mind assumes and believes to be true, your subconscious and all the blessings of life. mind will accept and bring to pass. Believe in good fortune, divine guidance, right action.</p> <p>Your subconscious mind controls all the vital processes of your body and knows the answer to all problems.</p> <p>Think good, and good follows. Think evil, and evil follows. You are what you think all day long.</p> <p>Whether the object of your faith is real or false, you will get results. Your subconscious mind responds to the thought in your mind. Look upon faith as a thought in your mind, and that will suffice.</p> <p>The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space provided you are open-minded and receptive.</p>
Programming Your subconscious mind	<p>Whatever you impress on your subconscious mind is expressed on the screen of space and thoughts entertained in your conscious mind, as conditions, experiences, and events. Therefore, you should carefully watch all ideas</p> <p>Change your thoughts, and you change your destiny.</p> <p>Watch what you say. You have to account for every idle word. Never say, "I will fail; I will lose my job; I can't pay the rent." Your subconscious cannot take a joke. It brings all these things to pass.</p> <p>Keep your conscious mind busy with the expectation of the best, and your subconscious will faithfully reproduce your habitual thinking.</p> <p>Never say, "I can't." Overcome that fear by substituting the following, "I can do all things through the power of my own subconscious mind."</p> <p>Your subconscious has the answer to all problems. If you suggest to your subconscious prior to sleep, "I want to get up at 6 A. M.," it will awaken you at that exact time.</p> <p>If you want to write a book, write a wonderful play, give a better talk to your audience, convey the idea lovingly and feelingly to your subconscious mind, and it will respond accordingly.</p> <p>Never use the terms, "I can't afford it" or "I can't do this." Your subconscious mind takes you at your word and sees to it that you do not have the money or the ability to do what you want to do. Affirm, "I can do all things through the power of my subconscious mind."</p> <p>Imagine the happy ending or solution to your problem, feel the thrill of accomplishment, and what you imagine and feel will be accepted by your subconscious mind and bring it to pass.</p> <p>Remind yourself frequently that the healing power is in your own subconscious mind.</p> <p>Develop a definite plan for turning over your requests or desires to your subconscious mind.</p> <p>Imagine the end desired and feel its reality. Follow it through, and you will get definite results.</p> <p>Feel the joy and restfulness in foreseeing the certain accomplishment of your desire. Any mental picture, which you have in your mind, is the substance of things hoped for and the evidence of things not seen.</p> <p>A mental picture is worth a thousand words. Your subconscious will bring to pass any picture held in the mind backed by faith.</p> <p>Remember that the thankful heart is always close to the riches of the universe.</p> <p>Mental coercion or too much effort shows anxiety and fear, which block your answer. Easy does it.</p> <p>When your mind is relaxed and you accept an idea, your subconscious goes to work to execute the idea.</p> <p>Think and plan independently of traditional methods. Know that there is always an answer and a solution to every problem.</p> <p>Imagination is your most powerful faculty. Imagine what is lovely and of good report. You are what you imagine yourself to be.</p>
Wealth	<p>Decide to be wealthy the easy way, with the infallible aid of your subconscious mind.</p> <p>The feeling of wealth produces wealth. Keep this in mind at all times.</p> <p>Your conscious and subconscious mind must agree. Your subconscious accepts what you really feel to be true. The dominant idea is always accepted by your subconscious dominant idea should be wealth, not poverty.</p> <p>What you consciously affirm, you must not mentally deny a few moments later. This will neutralize the good you have affirmed.</p> <p>Your true source of wealth consists of the ideas in your mind. You can have an idea worth millions of dollars. Your subconscious will give you the idea you seek.</p> <p>Envy and jealousy are stumbling blocks to the flow of wealth. Rejoice in the prosperity of others.</p> <p>The block to wealth is in your own mind. Destroy that block now by getting on good mental terms with everyone.</p> <p>Stop trying to get something for nothing. There is no such thing as a free lunch. You must give to receive. You must give mental attention to your goals, ideals, and enterprises, and your deeper mind will back you up. The key to wealth is application of the laws of the subconscious mind by impregnating it with the idea of wealth.</p> <p>One reason many people simply make ends meet and never have enough money is that they condemn money. What you condemn takes wings and flies away.</p>
Happiness	<p>Give thanks for all your blessings several times a day. Furthermore, pray for the peace, happiness, and prosperity of all members of your family, your associates, and all people everywhere.</p> <p>You must sincerely desire to be happy. Nothing is accomplished without desire. Desire is a wish with wings of imagination and faith. Imagine the fulfillment of your desire, and feel its reality, and it will come to pass. Happiness comes in answered prayer.</p> <p>There is no block to your happiness. External things are not causative; these are effects, not cause. Take your cue from the only creative principle within you. Your thought is cause, and a new cause produces a new effect. Choose happiness.</p>
Dealing with others	<p>You attract the right mate by dwelling on the qualities and characteristics you admire in a woman or a man, and then your subconscious mind will bring you together in divine order.</p> <p>Do not wonder how, why, or where you will meet the mate you are praying for. Trust implicitly the wisdom of your subconscious mind. It has the "knowhow," and you don't have to assist it.</p> <p>Your subconscious mind is a recording machine, which reproduces your habitual thinking. Think good of the other, and you are actually thinking good about yourself.</p> <p>A hateful or resentful thought is a mental poison. Do not think ill of another for to do so is to think ill of yourself. You are the only thinker in your universe, and your thoughts are creative.</p> <p>To cheat, rob, or defraud another brings lack, loss, and limitation to yourself. Your subconscious mind records your inner motivations, thoughts, and feelings. These being of a negative nature; loss, limitation, and trouble come to you in countless ways. Actually, what you do to the other, you are doing to yourself.</p> <p>You are the only thinker in your world. You are responsible for the way you think about the other. Remember, the other person is not responsible for the way you think about him. Your thoughts are reproduced. What are you thinking now about the other fellow?</p> <p>Become emotionally mature and permit other people to differ from you. They have a perfect right to disagree with you, and you have the same freedom to disagree with them. You can disagree without being disagreeable.</p> <p>Your inner speech, representing your silent thoughts and feelings, is experienced in the reactions of others toward you.</p> <p>Radiate love, peace, and good will to each other. These vibrations are picked up by the subconscious mind resulting in mutual trust, affection, and respect.</p> <p>Never yield to emotional scenes and tantrums of others. Appeasement never wins. Do not be a doormat. Adhere to that which is right. Stick to your ideal, knowing that the mental outlook, which gives you peace, happiness, and joy, is right, good, and true. What blesses you, blesses all.</p> <p>You cannot be hurt by criticism when you know that you are master of your thoughts, reactions, and emotions. This gives you the opportunity to pray and bless the other, thereby blessing yourself.</p>
	<p>The solution lies within the problem. The answer is in every question. Infinite intelligence responds to you as you call upon it with faith and confidence.</p> <p>Habit is the function of your subconscious mind. There is no greater evidence of the marvelous</p>

	<p>THINK IS THE MIGHTY OF YOUR SUBCONSCIOUS MIND. THERE IS NO GREATER CREATOR OF LIFE THAN YOUR power of your subconscious than the force and sway habit holds in your life. You are a creature of habit.</p> <p>You form habit patterns in your subconscious mind by repeating a thought and act over and over again until it establishes tracks in the subconscious mind and becomes automatic, such as swimming, dancing, typing, walking, driving your car, etc.</p>
Mental Blocks	<p>Whatever mental picture, backed by faith, you behold in your conscious mind, and your subconscious mind will bring to pass.</p> <p>The only obstacle to your success and achievement is your own thought or mental image.</p> <p>When your attention wanders, bring it back to the contemplation of your good or goal. Make a habit of this. This is called disciplining the mind.</p> <p>Your conscious mind is the camera, and your subconscious mind is the sensitive plate on which you register or impress the picture.</p>
	<p>Do the thing you are afraid to do, and the death of fear is certain. Say to yourself and mean it, "I am going to master this fear," and you will</p>
Fear	<p>If you are afraid of closed places, such as elevators, lecture halls, etc., mentally ride in an elevator blessing all its parts and functions. You will be amazed how quickly the fear will be dissipated.</p> <p>Nothing can disturb you but your own thought. The suggestions, statements, or threats of other persons have no power. The power is within you, and when your thoughts are focused on that which is good, then God's power is with your thoughts of good. There is only one Creative Power, and It moves as harmony. There are no divisions of quarrels in it. Its source is Love. This is why God's power is with your thoughts of good.</p>
	<p>Welcome the advancing years. It means you are moving higher on the path of life, which has no end.</p>
Youthfulness	<p>You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts.</p>