
The Power of Your Subconscious Mind Summary PDF

Cheatsheet — GrowthSummary.com

? 1. Your Subconscious Mind: We all carry infinite inner power to change our lives, but it's usually blocked by our limited conscious mind

Our conscious mind is about seeing, thinking, and planning. It's what we are usually familiar with. But we also have a deeper subconscious mind that provides us with intuition, regulates our body, heals injuries, and even attracts conditions into our lives. We only need to learn how to stop blocking that inner power.

? 2. Have Faith: All religions claim credit for miraculous healings, that were actually caused by the person's own subconscious mind

Unexplainable medical healings have occurred from ancient history to modern times. Joseph Murphy says it was always the patient's faith that healed them, not the specific religious or scientific theory. Today scientists may label it "the placebo effect." We can also build powerful faith.

? 3. Grateful Suggestion: We program our subconscious mind by making statements that affirm what we want is already happening

With our repeated thoughts, we plant seeds (or suggestions) in our subconscious mind that grow into the circumstances of our lives. We can plant positive seeds by repeating statements that affirm with gratitude that what we want is already happening. We must also guard against negative suggestions that come from worry, resentment, or external sources.

? 4. Relaxed Visualization: We also program our subconscious mind through vivid mental imagination of our desires

The mental movies technique is visualizing what you want in vivid detail, 3 times per day, while remaining fully relaxed. Also be careful to avoid negative imagination—picturing or worrying about what you don't want to happen can accidentally program your subconscious mind the wrong way.

? 5. Faithful Repetition: These techniques work most as a daily habit and joyful ritual

For these techniques to work, we must turn repeat them daily as a habit or ritual. Guidelines are 2-3 times per day, 5 minutes per session, for at least several weeks. However, despite many mentions of "science" in this book, don't confuse it with evidence-based research.

? 6. Effortless Surrender: After praying, let go of your desire and let your subconscious do the work

One of the most important steps after a scientific prayer is letting go. That means forgetting all about your desire for a while and doing something else. It's trusting your subconscious mind to do the work in the background for you.

This is just a sample!

Learn faster and save time with Growth Summary, premium book summaries on business, self-help, and more. Listen to full-length audio summaries, take fun quizzes, and get personalized recommendations at GrowthSummary.com