

Subconscious Programming for Maximum Results

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Introduction

Every action starts with a thought. This is what guides us and helps us deal with life on its own terms. When we have to make decisions we use our faculty of the brain to think and reason about what we are facing so we can come to some positive conclusion that is most beneficial to ourselves and hopefully to those around us. It doesn't matter what our station in life may be, we all use the same avenue that allows us to make decisions by what we experience, see or hear. If we think bad thoughts, bad things happen to us. If we think good thoughts, good things happen to us.

This way of thinking we believe comes from our consciousness. It dictates the way we think and reason about what has happened in our life and has a direct influence on the outcome of whatever problem or issue we happen to face. This conscious level controls how we discern our surroundings at any given time. But did you know that the conscious level of the mind is only involved in what we perceive? That's right. The conscious level only takes in what the eyeballs and ears take in and initially deposit that information. However, the process does not end there, for another step is involved.

There is another level of the brain that has more control over our thoughts than the conscious level does. This is the subconscious. The subconscious is what really processes our thoughts that come into our conscious mind. The subconscious mind takes those thoughts and processes them for us to act on. The final process is delivered to our conscious mind in the form of feedback that we interpret as our thoughts. These thoughts also direct our emotions. As you can see the thought process is very powerful.

When these thoughts come to our conscious mind, they may or may not be in harmony with our programming - programming that was ingrained into us when we were little ones. This is programming we received starting at the day of our birth. And so we may reject some thoughts because of our limited beliefs.

But what exactly is the subconscious mind? You can think of the subconscious mind as something like a computer. When you first purchase a computer you have the hardware that allows it to function the way it was intended. You have the box the CPU is stored in, the monitor, keyboard, mouse, CD or DVD drive, and hard drive. Everything is there and in place. There is one problem, though. Without the operating system that computer is worthless. The operating system is a set of written code, or instructions if you will, that controls all the hardware on your system. As soon as the operating system is installed on your computer, suddenly it works and you can now use it for whatever your purpose was when you turned it on. Plus, you can add more programming to it so it can perform all sorts of different functions besides the basics it came with. When you perform a task, you are doing it without thinking about what the computer is doing. However, the computer is constantly sending electronic signals back and forth just so you can use that software. You are not conscious of it, but it works.

The mind works the same way. You have the conscious mind, which as stated before is our

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current state of awareness. This is where we receive images and hear sounds that are interpreted as thoughts in our consciousness. If you compare the conscious to the computer, the conscious would be a text editor. You bring it up on your screen and start typing a document. As we type the words on the screen, we are constantly making decisions as to what to say, if the format is right, the spelling is correct, etc. In our brain, our conscious is the decision maker to a degree. It takes in all our input and tells the subconscious when to go to work to process that input. After the subconscious mind does what it needs to do, the conscious mind reacts to the results the subconscious mind produces then decides what to do next and feeds that information to the subconscious for processing.

If you compare the subconscious mind to the computer, it is the operating system. It contains all our memory, habits, beliefs, personality, and more. The subconscious mind also controls the body. It will store information and act on it. The subconscious acts on whatever it is given by using predefined instructions (just as an operating system does) that basically tells it what to do and how to do it. Of course, the body itself is the output of the computer, or the screen. It responds to the programming by doing or reacting to what was intended by the subconscious mind. And what is awesome about this whole endeavor is that it does all this automatically.

Therefore, the mind has two areas or functions – the conscious and subconscious. Without these, we would be just like a computer without the operating system – a box of hardware that does absolutely nothing. This is why conditioning or feeding the subconscious mind the correct input is vital to our existence.

Think about it. If you have a bad experience at some point in your life, your conscious mind will take that in as input and send that input to your subconscious mind for processing. The result is that bad experience will stay locked up in your memory bank for later recall. So when you face that same or similar experience later, the subconscious automatically retrieves the memory so you can feel the same sensations you did previously.

Not everyone knows that there is a non-physical barrier that lies between our conscious and subconscious that works to prevent anything from reaching our subconscious mind that is not in harmony with what our previous programming was. This can be a good thing, for it protects us from any negative thoughts or prevents any unknown or unwanted thoughts from entering into our subconscious mind.

If this area of our brain is designed to prevent unwanted thoughts from entering our subconscious, how did we get programmed in the beginning? Let's take a look at this to see how this was possible. When we examine programming we find there are three types we go through in life. The first one, genetic, is part of our heritage. It is programming that comes from our genes. This includes how our body functions, our personality, the talents we develop, etc. The second type of programming involves our environment. This is what we learn as we grow up including our name, our sense of who we are and what we are about, how to read and write, how to dress, how to keep ourselves clean, eventually how to drive when we get old enough, how to get along with others around us, and more.

The programming receive from our environment also includes what we learned from our

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parents, TV, the movies, our peers, our teachers, what we read, what we are told from others, and commercials on TV and radio. Anything that originates in the environment has to do with this type of programming.

The third type of programming, is one you will normally not hear about or read about, because it is an area of our brain that scientists have kept secret because they are either scared by it, or don't fully understand it. This third level of programming has to do with what is referred to as mass mind. or "race mind" as certain people call it. Some call it human race consciousness. Some doctors also called it the collective unconscious.

This is the type of programming that we absorb without even knowing it and includes the beliefs and attitudes we have about our family, our country, our culture, our ethnic background, and our socio-economic status in life. The reason this type of programming is rarely discussed in psychiatry or even in medical journals is because we don't even realize this is programming. We think it is just a way we run our lives and we accept it that way.

We are programmed the same way a computer is programmed. We are fed thoughts just as a computer is fed thoughts, only our programming is done by actual words, while a computer is programmed by machine language or code. This code is in the form of numbers and is done in a logical sequence.

Subconscious programming is not done simply by thoughts that are repeated over and over on a consistent basis. Instead, it involves neurological patterns that occur within our cellular structure. And since our bodies are made up of millions of cells, whatever is in our subconscious mind can affect our health for good or bad. This is why if we are to try to change our lives, we need to do more than change our thoughts, we have to go deeper than that and change our programming.

Changing our programming involves many series of steps and processes that will be discussed in this ebook. The main point to remember here is that our cellular level has to change if we want our bodies and our lives to change.

There are two ways in which we can reprogram ourselves. The first way is what scientists call the "quantum leap" method. This is when you get a conscious awareness of some extreme event that literally changes your thoughts and attitudes. An example of a change like this could be when someone has been diagnosed with a fatal disease and knows he will die in a certain time, but suddenly a miracle occurs and the person is cured of the disease. The other way to reprogram our minds is through repetition and reinforcement

It is not just a matter of saying a word or phrase over and over again. You must perform some technique that will break that barrier that prevents certain thoughts or signals from gaining entry into the subconscious area. This area is very strong and impermeable. It is like using a hammer on a cement block. If you strike it enough times you will chip away at it; so too with the brain. You have to feed it a lot of continuous thoughts that basically repeat the same words or phrases over and over again.

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It is like learning a new skill. Unless you are a genius or extremely intelligent, you have to practice that skill for a time until you have it so ingrained in your mind that it becomes a part of you or becomes second nature, because the repetition has entered your subconscious mind and is now working from there.

If you ever bought subliminal tapes you will find they work because the signals or thoughts do not push into that barrier. Instead the signals go directly into the subconscious and plant themselves there. And as the thoughts are being directed to you, your subconscious mind collects these thoughts and retains them, and locks them away in your memory banks forever.

In the upcoming pages, you will learn techniques that will help you to change your mindset and alter your subconscious programming so that you can change your way of thinking and live life the way you intend. You will become educated on how the human mind works and you will see how much power the human mind has. This will help guide you in the right direction so you'll have a better understanding as to the proper way to alter your subconscious mind.

Every step in the process may seem intimidating to you at first because you have held your beliefs for so long that any change will seem scary if not downright terrifying. But it is at this time you have to put your blinders on and just go with the process, otherwise you will never see change occur in your life.

Anthony Robbins said it best when he mentioned in one of his audio recordings that people live in a comfort zone. Whether it is good or bad, they live in a zone that they are familiar with. What may seem to us as pain is pleasure to them. If this description fits you, the only way to turn your life around is to be convinced that your pain is not pleasure but pain. This will force you to want change. This can be done with subconscious programming. But the initial stage has to be set and that begins with you. You are the one who has to decide to change. No one else can make that decision for you. It really depends on how badly you want change. If you are tired of living in your pain but want to live in peace, joy, pleasure, and have a good life, you need to alter your thoughts and those altered thoughts will in turn lead you to change which will in the end change your feelings. Your life will actually take on a new meaning and you'll be grateful you took the step forward.

So if you are ready to take the plunge and begin the life-long process of change, you need to take that first step and that involves your mindset. But before we get into that you must understand the mind itself before you can learn about thoughts and how the mind uses and stores thoughts.

Without further ado, let's get started.

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The Powerful Human Mind

You may not realize it, but the mind is very powerful. It is unlimited in potential. You can create anything you desire just by letting the mind do what it was created by God to do. Once you begin to understand the power of the mind, and learn the laws of the universe, you can reprogram your subconscious so you can obtain anything you want in life and live life to the fullest.

If you think about one thing for a minute it is this: you do not need to struggle in life to make something of yourself. All you need to do is apply the principles set out in this ebook and the new programming you will receive will turn your life around.

Life does have a purpose for you and will give you abundance if you program your mind in that direction. Once you learn and apply the principles and techniques required to alter your programming, enhance your mind's functions, and improve the way your mind can develop, you can have anything you wish or desire. It just takes a single step and understanding of the mechanism to appreciate what it does.

The mind has a great deal of power as was stated above. It has the ability to heal all diseases. But yet, in the average person, only 10% of the mind is used, which results in 90% not being utilized. Imagine what we could do if we used the full capacity our mind can muster.

Every person on this planet has the same capacity in their brain but not everyone uses it. If we were to take a handful of people together and tap into their entire brain function, we could brighten a city for at least a week. This is how powerful the mind is. It is just the choices we make and the beliefs we were programmed with that separate us from successful individuals.

It is really the programming that we received from birth to the present that shapes who we are and what we do. We have the capability to do marvelous things, but it is our belief system and our faith that allows us to take part in some events in our lives or not.

Our belief system or programming is what sets us apart from other people. Everyone on this planet has a belief system in place that guides their thinking, reasoning, and functions. Whether these people take part in sports, have a trade, or are lifetime students, the origin is the same. They got to where they are because they knew the power of the human mind and they utilized it to its fullest.

You have the ability to have and do whatever you want if you satisfy all the conditions that will allow you to use your powerful mind to the greatest degree. You first have to be aware of what you want. The next step is to desire what you want. The next step involves your pre-processed programming – your beliefs. If your beliefs will allow the situation to occur, it will. But if your beliefs will not allow it to occur, you won't do it.

This is why the idea of subconscious programming is so important. It is the mechanism by which your old thought processes can be changed so you will have new beliefs. As a matter of fact, there have been studies done that showed people accomplishing great feats with the

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power of their mind. Acknowledging this power and using it beneficially is what will help you take the first step toward realizing your goal of obtaining whatever it is you want. You can prosper with no problem once you understand the power of your mind, and use it for the purpose it was created for: to give you everything and anything you want in life.

But before you can do anything you must be open to the world of your mind, and see the immense power your mind has. In order to do this we first tap into our subconscious. Many of these terms will be covered later in chapter two, but it would be good to summarize them here so as to give you a head start as it were.

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The Subconscious Mind

The subconscious mind acts as the translator to the conscious mind. It is given commands by the conscious mind and fulfills those commands with ease. The subconscious mind is also referred to as the go-between between the conscious and superconscious mind.

In order to program your mind to do what you want it to do, you first have to understand the subconscious mind and how it works, or you won't know how to program the mind. You must learn how to control the subconscious mind so you can learn how to reprogram it. Only then will you have the ability to achieve personal development and reach the empowerment that only your mind can give you. Once you reach this plateau, you will be able to command anyone and get anything you want. Only then will you have fulfilled your dreams of living your life to the fullest. And what is so special about the procedure is that it really does not take long to perform the exercises you need to gain control and reprogram the subconscious mind. Developing your understanding of the power of the mind starts with knowing two laws or principles. These two laws are The Law of Vibration and The Law of Attraction. If you are unfamiliar with these laws they will be covered briefly below. Just know before these two laws are discussed, that when you understand these two laws and how they apply to the subconscious mind, you will begin to see how powerful the mind really is.

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The Law of Vibration

The Law of Vibration seems easy to understand but can be complicated to those who do not know how it works. The one principle you will take away from this discussion is that The Law of Vibration will always be here among us and always works, whether we choose to believe it or not.

The Law of Vibration states that everything in the universe, no matter what it may be, is energy. Energy makes up the entire universe. You place a particle under a very powerful microscope and you will see molecules. These molecules are in a constant state of movement. If we looked inside a molecule we would see an atom. And inside this atom you will find a proton in the center with an electron circling around. This is energy vibrating. Everything vibrates at different rates or speeds. When the vibration is within our ability or frequency range, we can hear or see the vibrating source of energy.

Because we were created by God or by some infinite spirit or consciousness (as some like to call it), this higher power vibrates as well. And since we are a part of this creation or consciousness, we are also energy in the form of a body. We vibrate like anything else. Every part of us is a vibration including our thoughts and sounds. Light is also vibrating. Since we know our bodies vibrate and our thoughts also vibrate, then if we become aligned with the universe in vibration, we will be able to attract whatever the vibrations point to. But our thoughts, which go back to our conscious and subconscious, must vibrate in tune to the universe for us to achieve what we wish. This is why we must monitor our thoughts within our conscious and subconscious so as to make sure all input is in vibration or harmony with the universe.



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The Law of Attraction

Just as we have the Law of Vibration, we also have The Law of Attraction. The Law of Attraction is a universal law that states that there is a cause and effect to everything we think and do. If we think about a particular thing, we end up getting it. Just as it is important to learn about The Law of Vibration, you must also learn about The Law of Attraction. If you want to learn how to attract anything you desire you need to set up an attraction for it. To do this, you must make sure your thoughts within your subconscious mind are geared toward what you are trying to attract. If they aren't, you won't get it, instead you will get what you don't want, because your subconscious mind thought it.

The Law of Attraction is something that exists apart from you. It exists and therefore it is. The Law of Attraction is a universal law that never goes away. You can control it to some degree by what you vibrate to; by what your thoughts are geared to. The end result is simple, if you reprogram your subconscious mind to vibrate with the universe, you can get anything you want just by thinking it.

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The Function of the Subconscious Mind

Now that you know the two different laws that work with the subconscious mind to grant you what you want and to provide the effective programming you will need for prosperity, you would do well to focus on the subconscious mind itself. Knowing how the subconscious mind functions will be a stepping stone toward controlling it.

When you think of the subconscious mind you may think of it as the brain. If you did you would be wrong. The brain is not the mind, but the brain makes up a part of the mind. The mind uses the brain to carry out its functions as required.

The conscious mind is used to take in input through all five human senses and interprets this input. It then sends these interpretations to the subconscious mind for processing. The subconscious mind then manages these inputs by controlling what they do to the body or by what action the person takes. Your intuition or psychic powers arise from your subconscious mind.

If you want to focus on getting something, all you have to do is start the process by thinking about what you want, then that thought will proceed to your subconscious mind, which in turn will act on your thought, which will be in vibration with the universe, and the result – you will obtain what you thought about.

And what is amazing about the subconscious mind is the fact that it is always working. It never stops functioning. This is why you have dreams at night. The subconscious has processed all information and is ready to deliver the result to you, either through your dream, or by you obtaining what you thought about or wanted.

The main thing is that you, or we should say, your subconscious, must be in total vibration to the universe for you to get whatever it is you desire. This means your programming in your subconscious must be in line with what you desire for you to get it. If this programming is not in alignment, you will not be in vibration, which in turn will cause you not to get what you wanted or desired. This is why you must be in total alignment with the universe. And by having your thoughts vibrating this way, you will be in alignment.

To recap, you must understand how the The Law of Vibration, The Law of Attraction, and the subconscious mind work, in order to be able to get what you want in life and to live life abundantly in prosperity. The whole principle works simply by the conscious mind taking in the input, which can be from all five senses; it will then take this and interprets what it receives. The conscious mind then transmits this to the subconscious mind for processing and acting on. During this stage, if the subconscious mind has any programming held in memory that is in opposition to the thoughts being processed, there is no vibration and no alignment to the universe. And when that happens, the desire or want will fail to materialize.

To obtain anything you want in life, you must make sure your pre-programmed subconscious mind is right and in tune to the vibrations of the universe. If it is not in line with and vibrating to the universe, you'd better undergo changes in your mindset and alter the programming so you will be in tune and vibrating in harmony with what you want.

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Another way to look at how the mind works between the conscious and subconscious is to think of it from this point of view: when you develop a thought, it is analyzed by the conscious mind which then starts to send electro-chemicals within the brain. As the electro-chemicals travel through the brain, neural pathways are opened and the data passes through the brain. As the data travels, additional cells throughout the brain are imprinted with the data being processed. The conscious mind then attaches emotion to the thought based on its perceived interpretation of the data. This increases the vibration of the thought and at that time a belief is established. This belief is then stored in the subconscious mind. This belief could be based on truth, reality, or a lie. It depends on where the thought came from and how it was interpreted. This data can then be accessed and utilized in the future by the conscious mind to either support or deny any further thoughts that are inputted into the conscious mind.

When the conscious mind receives the same input again, it is the job of the subconscious mind to locate and provide that data which was stored previously, send it back to the conscious mind with an emotion of some type included, which was also stored previously with the data, which will create a vibration based on the frequency of the data presented. If this previously stored data matches the vibration of the universe, there is an alignment and the result is the creation or manifestation of what that thought was intended to provide.

This really is not a hard process to achieve. It just takes work and determination, and having faith doesn't hurt either. You must always remember that the subconscious mind does not know the difference between what is real or imagined. It only responds to what is fed to it. So for it to work correctly, you must be sure of what you are feeding it, and what has already been fed before, if you really want to succeed at the game of subconscious programming or mind control.

In the next chapter you will learn about the mind and what is in it, and how you can alter it so as to work in harmony with the subconscious to get what you want in life.

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It's All In Your Mind

There is no doubt that thoughts do direct your actions. And thoughts do have power and can help you accomplish many things. What you think is what you do and who you are. If you think poverty, you will always live in poverty. If you think of prosperity, you will always be prosperous. The secret is to the way you program your mind.

Some people have a sense of entitlement and actually depend on others to cater to their will. This is the mindset they have. It was programmed into them from the beginning. Because of this mindset, these people fail every time they seek to establish anything in life for themselves. Whether it involves going into business, making friends, or whatever else they do, if they have the mindset that the world should cater to them, they are doomed to everlasting misery and loneliness.

And there are people who are kindhearted but have been hurt so many times in their lives that they have been programmed to believe that relationships mean pain, so they avoid dating or getting into a relationship.

There are people who are good, hard working people, whose only goal in life is to make something of themselves and do so without hurting others. They put on the mentality that they can't get rich because the rich are bad people. That the rich are mean and will defraud others quickly to make lots of money. Because of this mentality, they never get rich, but only live from paycheck to paycheck.

As you can see there are many scenarios of people who function in life based on their core beliefs or programming, instilled into them since they were babies, or which they had learned at some point in their lives, which resulted in a shift in their thinking and awareness.

There are people who will actually commit self-sabotage because they don't know any better. They think they are doing the right thing but in fact they set themselves up for failure every time they try something. And if you try to reason with them about it, and explain to them what they are doing, they just look at you blankly and claim that everything that happens to them is based on other people, the economy, or other factors, but they will not look at themselves as the problem.

This is because they only look at things from the conscious level. What they see in front of them is what they believe. They only go by what input they receive in their conscious mind and this is the root of their problems. They can only see or think about what is in their conscious mind and that limits their abilities beyond all comprehension. If the eyes can play tricks on you, well, the conscious mind can also play tricks on you.

If you listen to your conscious mind, you won't get far because you will only perceive what you see in front of you. But if your subconscious mind has been programmed properly, you can experience untold amounts of prosperity. On the other hand, if your subconscious mind was program incorrectly you can end up believing wrong things such as:

Rich people are evil. This is how they get rich. They are pompous, arrogant, and dishonest in

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the way they deal with others. And in order to get rich you have to be just like them.

Poor people are special because they have no money to keep them tied down so they can go out there and do whatever comes to mind to make them happy. They are mainly nice people whose only goal in life is to make a living for their family and die penniless.

It is the right thing to be poor. It is a spiritual aspect of oneself to be in a poor state. This way you stay humble and worship God the way he wants you to without restrictions.

These are just some of the types of programming we often face. But these are not the only beliefs we had programmed in our subconscious. We also have other ideas and thoughts including reasons why we lack greatness and have no prosperity in life.

Everything we absorb in our everyday existence affects us not only consciously but subconsciously as well. Why? Because what gets fed into our conscious goes into our subconscious. If you read a good book you have happy thoughts. If you read a book on horror, nine times out of ten you will have a nightmare. If you focus on what the news presents, you will start absorbing this into your brain, which will have an effect on you either for good or for bad.

Remember, the way you act now is the way you were programmed from the past. This is an important concept you must understand and retain. The life you have right now, no matter what you have or don't have, the way you act or don't act, the attitudes you have or don't have; every part of your very being is the direct result of the way you were programmed from when you were born till your present moment.

Every single step you took, you were programmed to do. Every word you heard from someone, you took and placed into your conscious. And what happens to input that goes into the conscious? That's right, it goes into the subconscious for processing, which in turn creates a reaction, or what was processed is stored in memory for later retrieval.

Every day of your life, from the day you were born to the present, you were being programmed. But the question is: which type of programming did you receive? If you received good programming you'll end up being a good person with strong character and moral ethics, who will in turn be guided by the right principles. However, if you are programmed incorrectly, you could end up becoming a juvenile delinquent, a drug abuser, an alcoholic, or even a prisoner in a jail.

When you are programmed incorrectly, this programming may not be bad in itself. It may just be stated in a way that downplays who you really are. For example, if you are born into a particular race, and for years that race was downtrodden because of hatred and prejudice, this core belief or programming may be given to you at some point when you are young and that programming will go into your conscious mind then into your subconscious mind for processing. The end result is that when the child faces a situation where his ethnicity or race is challenged, he'll remember that programming and he'll take some kind of drastic step to relieve the pain or anguish he may feel based on what associations he had developed with

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that programming when it occurred the first time. Unfortunately, what often happens in this kind of situation the person ends up committing murder or suicide.

Another kind of scenario may be when a person is born with a silver spoon in his mouth. This means the person is born in a family that is richer than anyone else in the community. This child will have been programmed from infancy to believe that money is the most important concern in the world, that nothing else matters in life but to have money. This child is programmed to understand the laws around money and to learn to grasp money as if it was their god. They are told in their programming to respect money as a weapon to achieve greatness in life, and to look down on anyone who does not have money like the child's family does. This does occur in the homes of the filthy rich and is unfortunate because it leads the child to accept the notion that rich people are better than anyone else.

Of course, there is the other extreme. A child could be born from an unwed mother living in the ghetto. She may program her child to accept the fact he will be poor all of his life. And because of this he will grow up to be poor, or maybe get into trouble with the law.

Or imagine a person who has been conditioned about starting a business. He was programmed by his father who was also self-employed, but failed at his business, to accept the fact that once he starts a business he will fail within two years. Now he could go into this business venture he wants to get involved with without thinking about it or doing any research and end up losing his shirt because he wasn't careful enough. This is mainly the result of his programming. He thought he could get rich fast, but when he entered into the actual business, his previous programming intervened and caused him to sabotage his business to the point it where he failed and lost out.

On the other hand, the person described above could become so hesitant about starting a business, all because of his programming, that he misses a great opportunity to make it big in a business venture and get rich.

Unfortunately, these kinds of situations happen to many people every single day. It all stems from their programming. It has so much to do with your mindset and what was planted there from birth to the present day. And you may not even know it because it came in such a way that you didn't know you received it. It was like subliminal messages.

This is why it is so vital that you monitor your thoughts as you progress through the day. You don't want to focus your time and attention on aspects of any input that may disqualify you from getting the proper programming you need to overcome any previous programming that may have affected you in an adverse way.

That could be compared to a garden. If you plant a bunch of seeds you do not want to just leave them there to grow without taking care of them. If you leave the garden unattended, what will happen is that weeds will grow among the plants. The weeds will grow along with the plants and maybe even become a part of the plants or suffocate them by grabbing a lot of the soil's nutrients.

To overcome such a problem, the garden needs to be cultivated and cared for on a regular

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basis. A garden well cared for will produce an abundance of plants and vegetables to the delight of the grower.

This goes for the conscious and subconscious mind. If you continue to feed negative thoughts into your conscious mind, these thoughts will be processed in your subconscious mind. In turn they will be used to serve their purpose at the necessary time. But if you feed your conscious mind upbuilding or good thoughts, these will also get processed in the subconscious mind and stay in memory for use at a later time. Don't forget one principle here. The subconscious mind does not know what is right or wrong. It doesn't know what is good or bad. It only processes what it receives. And that is all it does. You have to be in control of what the subconscious mind processes. It is by your vigilance that you can prevent bad thoughts from getting into your mind and causing you pain and frustration later.

In some cases, you may have to completely alter your core beliefs in order to replace them with more productive beliefs. As you learn and grow in life and you realize what you need to do to become prosperous and wealthy, a lot of your previous programming will need to be replaced or you will need to reprogram your subconscious mind so you will have the right mindset to forge ahead and become the person you want to be.

The best way to overcome previous programming is to replace that programming with new programming. This means continued affirmations. You need to change your mindset with words and phrases that will up build you and help you develop a better personality.

There are many steps you can take to help you to change your previous programming so as to reflect the new programming. It will take time, patience, and perseverance, but the time involved will produce results. You just need to decide for yourself if you want to change. If you don't want to change, you won't. But if you do want to change, you will. It is control and will power that will determine whether you change or not.

Some people have to get so desperate that they are forced to change when they realize the present course they are facing will lead them nowhere or to disastrous results. But if you act right away, you won't have to hit rock bottom or face a calamity before you decide to change. You will have decided that change is required and will take the necessary steps to secure this change.

Just as with computers, subconscious programs can be changed. Operating systems have patches that alter the way the software works. When these patches are applied, they change the settings in the system so as to allow the new settings to take effect and work. Then the operating system has a new way of working. In some case, these changes may help the user tremendously. These changes can also provide more functionality and security. This is why upgrading or reprogramming is so important.

If computers go through this, what do you think about the human brain? In order for your brain to function properly and to provide with you everything you need to enjoy and envision life the way you want, you will need a patch job for your conscious and subconscious mind. You will need to download the program into your conscious, which will feed into the subconscious, and in turn the subconscious will process this new program, and hold it in memory for future use, and/or provide results immediately to the person who received the new programming.

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This is the primary way of change. By changing your programming, you can literally change your life and your core beliefs. This is what matters most in life and everyone has a chance to accomplish goodness in their lives if they undertake this challenge and replace old worn-out, self-defeating tapes, and replace them with upbuilding, thought-provoking tapes that will alter the programming for good.

By continuing with this ebook, you will learn every aspect of reprogramming the subconscious mind so you can change the way you think, feel, and act regarding everything in your life. So stay tuned and continue on because your ride will get more interesting as you go.

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Controlling Your Subconscious Mind

If you want to change your life and experience the fullness of life, you must change your programming. To change your programming you must control your subconscious mind so you can alter your old limiting beliefs. To do this you have to take certain steps or follow certain procedures that will guarantee you success if done correctly.

As you know, everything vibrates. Thoughts also vibrate. Thoughts are first established in the conscious and analyzed there. Then the thought is passed to the subconscious mind for processing, and to establish and store a belief. Since this is the case, you have the option as to what thoughts go into your conscious and pass through your subconscious.

You have the ability to take your old, limiting beliefs, and replace them with new ones. It simply takes your effort to control what you think or what thoughts you take into your conscious mind. The way to do this would be to take in or absorb new data, data that is conducive to what you need it to be. The data you take in and enter into your conscious mind has to be a new belief that will work in harmony with the universe and vibrate accordingly. Where can you get this data to replace? It can come from any source you choose. But that source must work in harmony with what you are trying to accomplish. If you read something that has encouraging information or upbuilding data that can help you achieve greatness in your life, obviously this is the data you want to read. Whatever you read, it must not be what you formerly read, or else you are defeating the purpose of reprogramming. The data has to be a new source that is in harmony with what you wish to accomplish in your life. An example would be a book on The Law of Attraction, or a book on meditation, or perhaps a book on how to get what you want in life. It has to be something that is upbuilding and will help you to progress forward to the point where you get what you set out for.

Think of it as being hypnotized and told to act a certain way that is contrary to the way you acted before. When the right command is given, you will respond accordingly. This is the way reprogramming works. You position yourself in a relaxed atmosphere and slowly take in the data you need, for example, through meditation. This will help shut down your conscious mind temporarily and allow your subconscious mind to awaken to be receptive to the information you are about to input into your brain.

Your goal is to allow those upbuilding thoughts to enter into your subconscious mind and let them resonate in there and vibrate to and become a match with the vibrating universe. If everything is in harmony, your new thoughts will be your new beliefs and these beliefs will work for you and not against you. You'll be able to accomplish more in your life now and in your future, when everything within you works together in harmony and is in perfect alignment with the universe.

These changes will not be easy at first. You may still resort back to your old beliefs. But those old beliefs will be replaced with new beliefs if you pick the right beliefs and meditate so as to have those beliefs go right into your subconscious mind immediately.

When you first replace your old beliefs with new beliefs, you will have to monitor your

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thoughts and what you read on a daily basis so you don't accidentally remove what you just replaced. You don't want to reverse the procedure.

After a while, you will get into the practice of reading and absorbing only what you need to build yourself up and to work in harmony with your new beliefs. You will only take in what you need to support your new beliefs; this way you won't be working against your new purpose.

Also remember, you must make sure all the thoughts you take in are vibrating to your inner core beliefs. If these new beliefs are in harmony and vibrate to the same frequency as the thoughts you are inputting into your conscious mind, along with the right emotions, and these thoughts go out to the universe, which is also vibrating to the same frequency, you will obtain exactly what it is you thought or wished for.

There is a word of caution here. The subconscious mind can comprehend only what data is fed to it. This was brought out earlier in the ebook. But this is so important, it is worth repeating again. Therefore, if you think bad thoughts or think about something you don't want, you will get exactly that because you will feed that data into your subconscious mind, which will in turn process it, and attach or vibrate to that part of the universe where the bad thing or what you don't want is located, and before you know it, you'll see it manifested right before your eyes. So be careful as to what you think about, for you may just end up getting what you don't want.

What you may not realize is that every thought you have that the subconscious processes, things you do or get involved in, that are even unconscious, these things have an effect on what is stored in your subconscious mind. Stuff like watching the news on TV, or reading the newspaper, or watching violent TV shows, or anything else that is negative, all have a role in what goes into your subconscious mind. But if you are aware of this, you can take immediate steps to correct it by not allowing all this negative information to enter your subconscious mind.

This is why it is imperative that you focus on just what it is you desire and not what you don't want. This means you must make sure your subconscious programming is right and works in your favor and not against you. After all, you don't want to attract what you don't want, right?

An example of a goal or desire you may have is to gain freedom by obtaining a lot of money. You focus on just what you need to do to gain all this money, not how you will find a lack of money from trying to get rich. The best way to show this is by an example. If you were to say to the universe, "I want a lot of money but I don't want to go broke doing it," you are telling the universe you don't want to go broke. You are emphasizing the word broke here and that will go out to the universe and the universe will see you are vibrating the word broke. Therefore, you will become broke and stay broke. This is why you must be careful how you say it. Instead, say something like, "I want \$100,000 within six months." This way you aren't talking about being broke. You are only saying you want \$100,000 in six months. The chance of your getting that money will increase proportionally to what you vibrate to.

When you take it upon yourself to attract what you want in life, you must first meditate and visualize whatever it is you want as being there in front of you. Picture it there. Visualize

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yourself holding it. Put emotion into it. Act as if you already own it. By doing this, all these sensations will go into your subconscious mind and will process your request. The next step will be conclusive. Your subconscious will contact the universe through vibration and when it connects to that same vibrating source, there will be a match. At that time your subconscious mind will be in alignment with the universe and the universe will respond in kind.

When applying the power of the subconscious mind, you must consider this point. It doesn't matter what your emotional state may be. You must learn to accept whatever thoughts or emotions you may be thinking or experiencing. After you have initially put in your request to the universe, don't worry about what your present situation is. You are where you are supposed to be. Even if you should have fearful or anxious thoughts come to you, do not resist them. Instead, acknowledge them in your conscious mind. Accept them and you will find they will melt away. It is only through resistance that they will stay and cause you more problems.

At the time you become fully conscious of and can control what you create with your thoughts, and become aware of the power of your subconscious mind to attract what you want, you have mastered your life and will begin to live life the way you were meant to live it, with peace, fulfillment, abundance, and of course, happiness.

If you really are serious about changing your life to make it better, you really have to take steps to change your beliefs. This involves subconscious programming. You can make this easy or hard for yourself. There are tools available you can use that will help make it easier to obtain these goals but you must practice them everyday. In the next chapter you will learn about the various tools available to help you to reprogram your subconscious mind so you can get rid of those old beliefs and replace them with new beliefs that will help you achieve what you are trying to shoot for. This will happen when you have removed all blocks from your mind. The universe is open to you. All you have to do is seek out what you want and ask for it. This all starts with a thought and goes from there.

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Tools You Can Use

In order for you to use subconscious programming the right way, there are tools that will help get you to the end of the line so you can win the game and reach the top of the mountain. The first of these tools is visualization.

Creative Visualization

Creative visualization allows you to consciously attract what you want. What you do is you visualize or see images in your conscious mind. This is a powerful way of programming thoughts into your subconscious mind. There are various ways of doing creative visualization. In fact, there are three ways to do it. These three ways include auditory, visual, and kinesthetic.

Auditory: This is one type of method used in visualization. It is based on visualizing with words and sounds. Instead of just seeing an image, the person uses sounds to depict the object. The sounds they generate will cause the right kind of emotion to surface.

Visual: With this method the person sees images in his mind. When a person uses this method, they see pictures and watch the whole event play out in their mind with each picture or image representing something.

Kinesthetic: With this method, the emotions plays a more dominant part. The person will imagine feeling the results. They will feel what it would be like to have whatever it is they want manifested.

People are different. One person will use one method while another will use another type. The bottom line is that you use the one that works for you and use it regularly. That is the primary important factor.

The purpose behind performing this routine everyday is to train your mind and exercise your mind muscle so you can get used to it. You will find it becomes easier to do every time you practice it. You should use one method first just to get the ball rolling, so to speak, and then after you have established the routine of doing it, you can add another method, and keep working this pattern until you have added all three methods. This way you get three times the power and your intentions will be reinforced more and more.

An example of creative visualization would be when you are sitting down in a comfortable chair and become completely relaxed. You clear your mind of wandering thoughts. Then you think about something you want and you either see the image in front of you, or you speak about the image, or you feel the image through your emotions. Whatever method you use, you have to focus it on what you want. One word of warning here. When you begin to visualize for the first time, and you see images come up in your mind, your previous subconscious programming may enter here and try to discourage you from continuing to see those images. This is to be expected. Just ignore these voices inside you and concentrate on the image only. With persistence you will eventually rid your subconscious of those thoughts completely and when you do your visualization in the future, you will not have any more

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negative thoughts to interrupt your session.

Creative visualization does work. It has worked for many people and it will work for you. You just have to trust the process and go with it. Keep at it. Doing it one time will not help. You have to practice it on a daily basis. And when you do start visualizing, do not visualize what you do not want because you will end up getting it. So only visualize what you do want.

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Having Gratitude

You may wonder why gratitude is listed here, and what having gratitude has to do with subconscious programming. The answer to that is: everything. Let me explain. When you are in a state of gratitude, you are vibrating with the universe in a harmonious way. By vibrating in this matter, you are resonating at such a high frequency that every event, condition, or circumstance, depending on what you want or are looking for, will appear. It is when you choose to fight against yourself or what is coming into your life that you will not attract what you want.

You may be wondering just how you can show gratitude or be in a state of gratitude? It is not as hard as you may think. You do have control over your thoughts and emotions. Whether you know it or not, your thoughts and emotions are what guide your perceptions of things around you. Remember this clearly. What you think or feel is only your perception, not the reality of what is. For example, you may see a person in front of you as being an obnoxious person. This is how you feel and think about him. So this is your perception. But in reality, he may be a sweet, kind person who would give you the shirt off his back. Do you see the picture here?

Your perceptions come from previous data that is stored in memory in your subconscious mind. This being the case, this data can easily be changed by replacing it with other kinds of data. You may look at that person as being obnoxious, but when you are told several times by someone else that he is a nice, kind man, now your thoughts are changed, and these new thoughts go into your memory bank in your subconscious mind and replace the old thoughts. So in the future, when you see that man again, your perception of him will be different.

Another example is when you are preparing for an event. Suppose you had been planning an outside activity for weeks. Finally that day came and you looked outside and saw it was raining. Now you think your whole day is ruined by the weather. You start wondering why these things always happen to you. You begin to question everything around you and in your life. Because of your perception of the weather and how you feel, you may think the whole day is ruined. And so for that whole day you attract bad things and events because this is what you focused on. But if you were to change your perception and look at it from another angle and think that, although it is raining outside, perhaps you can alter your plans and do some kind of indoor activity like decorating your home, or finishing that puzzle you always wanted to finish, or whatever it may be, you would put yourself into a better frame of mind and attract good things for yourself that day. In the end, your bad perception shows your ungratefulness.

On the other hand, let's look at an example of someone who has a good perception of things and see what happens. This guy planned a nice day of tennis with a partner. He had prepared this for weeks. When that day came he saw it was raining. The tennis court would be saturated, causing the ball to skid too much. Not good conditions to play in. Since he can't play tennis, he is somewhat disappointed, but he realizes he has some chores that really need to get done anyway, so he just chalks it off and realizes that at least he doesn't have to care for his lawn for a few days. The rain is doing that for him. And the rain will help cut down

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on his water bill since he won't have to use the sprinkler to water the lawn for any time soon. This man was disappointed by the rain, but he saw the good that would come from it and this allowed him to focus his thoughts in a good, positive way. This man showed gratitude. The man's subconscious programming allowed him to think in a more positive way. So his perception was different from the previous example.

We are back to the original question as to how we can show gratitude if we never practiced it before. There are ways you can learn to show gratitude. The main thing is the way you focus your thoughts and how you perceive things around you. When you focus on good things in your life this allows more good things to come into your life. Because if you are grateful for what you have, the universe will see that and provide you with more. By practicing gratitude on a regular basis, it will eventually put you into a mindset where you will realize that you have many good positive things happen to you on a daily basis. And by realizing this, a lot of your focus will be placed on these good things.

Another good aspect of focusing on gratitude is that it rewrites all the negative scripts you have accumulated in your subconscious mind throughout your life. This way, all previous negative thoughts will have been replaced with positive, refreshing thoughts. This is why gratitude is important to subconscious programming.

The techniques you can use to help you to learn the way to show gratitude can be done in two ways: develop a mental gratitude list or write out a gratitude list.

Mental gratitude list: If you don't like writing much, you can develop the discipline of showing gratitude by mentally going over what you are grateful for. When you meditate you can describe what you are grateful for as an image in your mind, or by hearing the words in your conscious mind. This in turn will quickly move into your subconscious mind for processing. By doing this you will find that thinking in terms of showing gratitude will come easier every time you do it.

Write out the gratitude list: Some people prefer to write out what they are grateful for. This way they have it in front of them to repeat instead of trying to do it from memory or by mentally recalling the list. As you write out the list, you will think deeply within yourself as to what you are grateful for. After you have compiled this list you will repeat it to yourself several times each day, adding more things to that list as you recall them. But when you write these thoughts down, you must do so from emotion or they won't work. Keep repeating this list to yourself and it will go into your subconscious mind and get processed and stored, replacing any bad tapes that were there before.

Meditation

There is no better way to reprogram your subconscious mind than by meditation. When you go into meditation, you are reaching your subconscious mind directly. By doing this any thoughts or input you receive will automatically go into your subconscious mind. Also, when you are in meditation, and you are utilizing the subconscious mind, any images you happen to bring up in your mind are immediately processed and stored for later use. This is why meditation is such a powerful tool and why many people who are successful use it every day. This is how they program their minds for success.

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Some of the benefits of meditation are that it can balance you emotionally, mentally, and even physically. Those who perform meditation find they have less stress, anxiety, depression and fewer mood-swings. Meditation has also been known to increase mental stamina so you can focus better and remember thoughts more easily. Meditation can also go into your subconscious, find those blocks, and replace them with non-blocking thoughts that will help to advance your career, instead of hindering it. Some people claim that meditation enhances their psychic ability as well. And meditation also allows you to have a more direct connection to God, which allows you to harmonize and vibrate to the same frequency.

It doesn't matter which of the above tools you use, the main objective for you is to use one that will give you repeated results. This is the way to have your subconscious mind reprogrammed. By continuing to receive positive input on a regular basis, you are in fact feeding your subconscious mind the right amount of positive affirmations that will replace any old tapes that may be inhibiting you and preventing you from becoming a success in life.

Directing thoughts into your subconscious mind on a long-term basis is what will bring you into the world of getting what you want out of life and allowing yourself to succeed. By vibrating to the source of all energy, you will be able to obtain anything that your heart desires. All it takes is a thought, the right subconscious programming, the faith to carry it out, and the willingness to be grateful when you do receive it. Everything matters in life and by constantly feeding it positive input, you will train your mind to reflect this type of input, and only good things will come from this type of stimulus.

Having a subconscious mind that is trained and exercised to process and store in its memory banks what is necessary to achieve the successful outcome you want, is the goal you want reach in your life no matter what. It is only then that you will be in tune with the universe and will become truly successful.

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Your Thoughts Are Powerful

The biggest factor for anyone to understand when it comes to subconscious programming is the realization that thoughts are powerful. Jesus said that if we had faith the size of a mustard seed we could tell the mountain to move and it would move. These words show that even the Son of God knows the power of our thoughts, since words are formed from thoughts. All we have to do is believe in what we think and allow those thoughts to come to fruition. Since this is the first step in any creative process, it would be fitting that we gear our thoughts to go in the right direction. If our thoughts are so powerful, the outcome of those thoughts will determine our final outcome. This means that what we think will in the end produce the result we thought about, whether it is good or bad.

In order to comprehend this even more, we have to examine our thoughts more extensively so as to make sure they are in alignment with the universe. Otherwise, we could be putting ourselves into a precarious situation.

Many great men on this planet invented great things to make our lives better. And what did every single person have in common? Their inventions came from one thought. That's right. It took a thought to create what we now take for granted in our everyday lives.

For example, if it weren't for one thought, Alexander Graham Bell would not have invented the telephone. And if he hadn't invented the telephone, today we might still be sending smoke signals or using the pony express.

Another example is that of Benjamin Franklin. If it weren't for his one thought, he would never have discovered electricity. What would have happened if he hadn't had that one thought or if he hadn't acted on that one thought? We probably would be using candles to see at night right now.

Another example is the Wright Brothers. If they hadn't thought about air travel, they wouldn't have developed the first airplane. Then where would we be today? Maybe we wouldn't be flying, unless someone else thought about it eventually.

You get the idea. The main principle here is that thoughts are powerful. A famous writer once said that thoughts create things. So if thoughts are so powerful that they create things, imagine what they can do if we use them in the right way.

Thoughts are very powerful for good or for bad. If you examine people around you and take a good look at the way they appear and what they do, you will more or less get an idea as to what they thought about. A homeless man only thought about being short of money so he could not pay his bills or his rent. He ended up losing his home and now he is living on the street.

How about someone living in poverty? This person may have thought they lacked money, so a persistent recognition of their lack resulted in the person living in poverty. On the other hand, how about the person who has much and always seems to make more money, almost effortlessly. How did this person become so affluent? Well perhaps he always thought good thoughts and constantly programmed his thinking toward making large amounts of money. This and the examples above are all provided here to show you how powerful thoughts can

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be. This is why it is important to monitor your thoughts so you do not put yourself in a bad situation.

If you notice, every circumstance the person was in was a direct result of what they were thinking. It happens every time. There is always a match no matter what. Your thoughts will always be in alignment with a part of the universe, whether it is for good or for bad. It will always connect. So if you were to think about having a toothache, you will develop a toothache.

Since thoughts are powerful, it is only fitting that the thoughts we have be conducive to what we want. If you think prosperity, you will receive prosperity. If you think poverty, you will reap poverty. No matter what your station in life may be, what you are right now is the way you thought previously. Always remember that. It is imperative that you keep this in your mind. What you think about you will manifest.

This is why the emphasis has been placed throughout this book on your thoughts and changing your thought patterns. It isn't merely a decision to alter what you allow into your conscious; you also have to change what is already in your subconscious. This is because your previous thoughts entered and were processed by your subconscious mind. Then these thoughts were stored in memory banks for later use, as was mentioned earlier.

Unfortunately, there are those who won't allow themselves to change because they only accept what they can see. If they can't see it, they won't accept it. Hopefully, you are not like these people, because if you are, you won't get very far in this world. You have to change your thinking from only believing when you see it to believing it can happen first, and then you will see the results. It works every time.

There are many people, who have taken on the responsibility for change, once they found out the truth about their thoughts and how thoughts make the person, and what the person experiences at that moment. They finally began to understand the power of the mind and of thoughts and now use thoughts to their advantage to produce what they desire.

Here is an example of the power of your thoughts. A woman was in poor health. A discussion with her brought out the fact that she continuously thought bad thoughts. Everything she said and did turned around bad things. She was always pessimistic about her life and those around her. When she went outside and saw a couple of clouds, she would claim it was going to rain and run inside to get her umbrella, in spite of the forecast of sunny weather for that day. At other times she would get in her car and if she saw a couple of cars in front of her, she would claim she was going to get into a horrible traffic jam and would be late for her appointment. Yet, there were only two cars in front of her. There was no one else in sight. She was so pessimistic about everything, that even if she sneezed she thought she was coming down with a major disease and would hide in her house to protect herself from germs. Well, because of her attitude and thought patterns, she did develop a major disease and was told she only had six months to live. She was even introduced to the power of positive thinking, but that didn't help because she was so convinced in her mind that she was sick that

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she actually created it.

On the other hand, here is an example of someone who knew the power of thought and focused on positive thinking. There was a man who was in perfect health. He had 20/20 eyesight, perfect cholesterol, and was in great shape. He had a great job where he made six figures. What did he do differently from the lady in the example above? Well, for starters, he knew the power of thought and used that to his advantage. He focused on good thoughts and attracted all the good things in life. He wanted a great job and focused on that. Most every thought he had was of a positive nature and allowed him to program his subconscious mind for positive thinking. This way when he thought about something, his subconscious mind automatically released to the universe good thoughts about what he wanted and within a short time he got it.

Having good things is not limited to health and money; people have also gotten into good relationships simply by what they thought. For instance, a man recently wanted to find someone to date and hopefully establish a relationship with. He focused his thoughts on finding a good woman. Soon he ran into this beautiful young lady. He asked her out and she accepted. Six months later they were married.

On the other hand, there was a lady who was married three times. Her current marriage was on the rocks and in danger of divorce. Why was this happening to her? Because when she was young, her parents divorced and she took it as a fact that two people cannot stay together. These thoughts went into her subconscious mind and stayed with her for years. Because of this negative programming, she could not hold a marriage for long. Her longest marriage was three years.

There is no doubt about it, what you think you will produce. What you conceive you will manifest. This is why you have to be cautious when you use your conscious mind to think. If you do not want something, do not think about it at all. If you do not want debt, don't think about debt at all. Instead, think about prosperity. If you have a firm belief that what you want will happen, and you have emotion behind it, you will be in vibration to your thoughts, which will be in frequency to the universe, and you will attract what you think about.

Another way to look at thought is by examining the process. This will help you see how it actually works. Christianity teaches that you reap what you sow. In this case, when you have a thought, you are in fact sowing your thought, which will result in an outcome, or what you will reap. Buddhist teaching, or the Law of Karma, states that for every event that you perform, another event will result. This result could be good or bad, pleasant or unpleasant.

How does this relate to thought? Well, the event could not have occurred if you didn't think about it first. So thought was involved from the beginning. If you planted a tomato seed, you would not get a banana. If you planted a pumpkin seed, you would not get a stalk of corn. This goes for your thoughts as well. If you think about getting a car, you will not get a horse. If you think about getting a house, you will not get an apartment. What you think about you will get.

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You have control over your thoughts. You are the one to decide whether you will get the job you want or not. You are the one to decide whether you will get your favorite car or not. You are the one that thinks. No one can think for you. No one can attract things in your life. Only you can do that. This is why if you are not getting what you want in life, you need to change your thoughts.

Remember what you learned in this chapter. Thoughts are powerful. You can accomplish so much with your thoughts. You can invent things. You can create things. You can do or be whatever you want. It only takes one thought. As long as you are in harmony with the universal laws of the universe, you shouldn't have any trouble obtaining what you want.

You may be a child, or an adult. You may be religious or not. You may be a leader or a follower. It doesn't matter who you are or what you do in life, every person on this planet has the ability to achieve greatness. Everyone has the ability to obtain what they want when they know how powerful thoughts are.

The only problem is that most people do not realize this. It is hard for them to accept this principle because they have been in the dark for too long. They have been brainwashed to believe otherwise. This subconscious programming is what limits them. The only way to turn this around would be for them to reprogram their subconscious mind for prosperity. It can happen but it takes time. The first part is believing it can work. Once these people see others' lives changing around them, they will follow suit.

It really is a matter of choice. Once they have become exposed to the reality of it, they will have the knowledge they need to make changes, if they want to. Anthony Robbins was right about one thing when he stated that people will often stay within their comfort zone because they are used to that lifestyle. Sometimes it takes a tragic event to change people's perceptions and force them to make changes. Because thoughts are powerful, these thoughts they have can affect them in many ways, both good and bad.

Another problem is that people do not always realize what they are thinking. Most people do or think things unconsciously. Because of this, they aren't even aware of what comes to them since they don't monitor their thoughts. Whatever happens to them is left to chance.

If you don't think that thoughts are powerful, just look around at other people and see exactly what conditions they live in. Whatever situations they are in is a direct result of what they thought. When you see this and remember this chapter, you will hopefully come to the conclusion that thoughts are powerful and will use thoughts more abundantly and productively for yourself. By doing this you will find out how great life can be for you. Life is great and can be great for you once you take in this concept, accept it, and apply it.

Subconscious Programming for Maximum Results

Summary

Subconscious programming starts with thoughts. These thoughts originate in the conscious mind and are then sent to the subconscious mind for processing. Once the subconscious mind processes these thoughts, it stores them for later retrieval. Thoughts that are held for later retrieval are known as beliefs.

Everything that is produced in a person's life is a result of what they thought. Thoughts are very powerful as you have seen in this book. All you have to do is look around you and see conditions of people and know they got there because of what they thought. This is why it is important to monitor what you think and focus on what comes into your conscious mind. By thinking about positive things, you will produce positive results.

There are many steps you can take to change your subconscious programming. You can perform meditation or creative visualization or both. The bottom line is to do what it takes to control and change what goes into your subconscious mind, and to alter what is already there.

When you meditate, you actually reach your subconscious mind directly. This is the best way to reprogram your subconscious mind. Just put good thoughts in there and you will find your previous programming will change. It is important to learn this principle. What you think about becomes your reality. If you want to attract good things in your life, you must think good thoughts.

In order to attract good things in your life you must vibrate in harmony with the universe. This entails different procedures to get there. You can reprogram your subconscious through meditation and visualization. But you also need to show gratitude for what you have. This way you will get more. When you show gratitude, you are vibrating in harmony with the universe and by doing this, those thoughts will get processed by the subconscious mind. What happens then is that those thoughts are filed in your memory banks as vibrating energy. So when the time comes to use them, they will respond exactly the same way they were stored. This way the energy you have from your subconscious mind is sent to your conscious mind and you will respond according to what the thoughts are.

Everything in the universe is energy. By acting in harmony with this energy, you can become intertwined as it were with the universal source. By coming together with it in this way, you will be attracting everything that the universe has to offer since you will be connected to it. Once your subconscious mind has been programmed properly to be in accord and connected to the universe, the results will be what you make them to be – goodness, happiness, and plenty of prosperity.

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