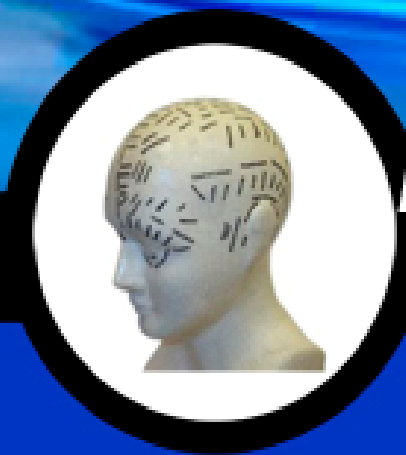


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The Power, Peace & Prosperity Of Your

Subconscious Mind



How To Use Your Mind

To Get What You Want In Life!

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The Power, Peace & Prosperity of Your Subconscious Mind

How to Use Your Mind to Get What You Want In Life!

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Introduction

We have all heard, time and time again, how our thoughts somehow shape the world around us. That positive thought has the power to influence positive circumstances and negative thought has the power to bring about negative circumstances.

However, if it works so well, then why isn't everyone who attends these workshops and reads the books and courses, rich, successful and happy?

The fact is, millions of us attend seminars and buy self-help books each year, yet very few of us attain and retain any real lasting benefits from them.

If all you have to do is simply think positive thoughts, then you should easily be able to create a positive world for yourself almost overnight, shouldn't you?

Well, when it comes to self-help and development this would seem to be one of the biggest problems most of us face, and this book sets out to solve that problem.

Much of what this book will teach you may seem simple in concept, *as the best ideas usually always are!* But we ask you to not let this discourage you in anyway.

Studies show that most of us never really read a new book at all. Sure, we may read a few pages here and there, but after that, the book is often closed, never to be open again. Any information or benefits that would have been received from the material is never really put to use.

We want you to be different!

We want you to use the information in this book, to practice it, and to live it. It takes dedication and commitment to make positive change occur in your life.

The only thing we must learn to overcome is ourselves, as the subconscious mind will try everything in its power to prevent change. It may come up with excuses for not reading the book or applying the principles, even if they may be beneficial or good for you.

Why will your *subconscious mind* do this to you?

Your subconscious will do this because your mind is comfortable with your life as it already is, and you have a built-in-survival mechanism which guards and protects you. This is the main reason why change is often so difficult for us.

Now, it is not that all the self-help seminars, workshops, books and courses don't work, because they do! It's just that the motivational stories, positive thinking, mind tools and materials etc., only deal with your conscious mind, and your conscious mind is not the thing which controls your life.

Rather it is your “subconscious mind” which is the real controller of your life.

As Sigmund Freud once said...

*“The **conscious** mind may be compared to a fountain playing in the sun and falling back into the great subterranean pool of **subconscious** from which it rises.”*

We must begin at once to realize that our subconscious mind holds the key not only to the law of action, but also to the law of attraction. Your subconscious always expresses what the conscious mind has impressed on it.

Simply put, what we regularly entertain in our mind creates a concept of who we are. And what we conceive ourselves to be is what we ultimately become.

Our subconscious mind does not possess the power to reason. It does not judge whether the information sent to it is right or wrong, it has no sense of humor and cannot tell the difference between reality and an imagined thought or image. So the thoughts we hold and what we continually think about eventually will manifest in our lives.

It is only with a limitless supply of energy, self-confidence and belief that our real goals and desires in life can be focused on, concentrated on, and reached!

We must mentally concentrate our energy on the object of our desire - when we are concentrating, enthusiastic and focused, we are impressing our subconscious.

This is by no means the only way, but it’s probably the most simple and effective way, *and the most direct way.*

It is the method by which every great inventor, every great leader, every great discoverer and every great sports person has been empowered and able to convert the refined and invisible force of belief, desire and will power into actual, material, concrete facts and evidence in the world we see around us.

This is the one secret possessed by all great people: their ability to focus, concentrate and then release the hidden powers of their subconscious mind. You can also learn to do the same.

For to change your thoughts, is to change your destination!

*All the best
Dale Odeyemi*

Part 1

The Path of Power

Decide Where You Want To Go

You can easily bring into your life more power, more success, more health, and more happiness by simply learning how to focus, concentrate and then released the hidden powers of your subconscious mind. As you follow the easy-to-use techniques set forth in this book, you will gain the necessary knowledge and understanding to do so.

You will find yourself inspired as you generate a new force within, which will enable you to realize your real goals and desires. It is said that your subconscious mind can free you from all kinds of physical and material bondage.

Whatever you impress on your subconscious mind is expressed as condition, experience and event. Your subconscious mind works according to the law of belief. So in order to use your subconscious effectively you must know what belief is, why it works, and most importantly, how it works.

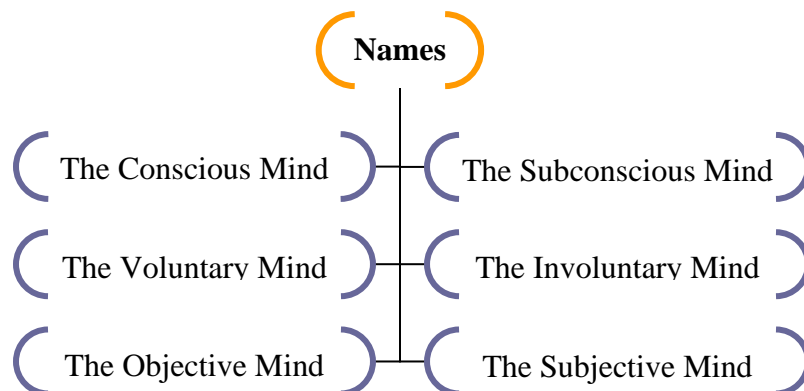
This simply means you must believe in yourself and believe in belief itself. As what is belief except a thought of your mind? All your experiences, conditions and acts are said to be the reactions of your subconscious mind to your thoughts.

It is not the thing believed in, but the belief in your own mind, abilities and power which brings about the results and goals you desire to attain.

One Mind, Two Functions

If we want to learn the true art of mind power then it's of the greatest importance that we understand two functions of our mind and also how they interact with each other.

You may only possess one mind, but it has two totally different functions. The names generally used to distinguish these two different functions are as follows:



There are many other terms used. However, the ones listed above are the ones used most to represent the two main functions of your mind. You will also find that the names we use most throughout this book are “conscious mind” and “subconscious mind.”

We could well-define the conscious as the **upper side** of the mentality, and the subconscious as the **under side**. The subconscious may also be defined as a vast mental field spread through the entire conscious personality, thereby filling every atom of our personality through-and-through.

How Dose Your Conscious and Subconscious Work?

To help us better understand the conscious and subconscious mind, they may be compared to a tree and its roots.

Your conscious mind is the tree, which helps you with daily situations like, decision-making, rational thinking, or just simply figuring out what to do and how best to do it.

When we think of ‘me,’ we think of our conscious mind, the mind of which we are fully aware. This part of the mind makes decisions for us and directs our activities; it also analyzes, criticises and even commands us.

You’re subconscious mind is the root. It deals mostly with the repetitions of learned behaviour. This can be very helpful for you, as it enables you to deal with situations much more easily the next time they arise.

Whatever we see, hear, smell, taste, touch or feel passes through the conscious mind and reaches the subconscious mind where it is stored.

Once you have learned how best to deal with the situation, you find it much easier the next time around. This is because you are using information which is already stored.

For instance, once you have learned to ride a bike, you don’t have to consciously think about it anymore. This is because the stored information will come to you automatically, the next time you get on your bike to ride it.

Just as if you were to learn where each letter on your keyboard is, you can now type without looking because you have formed a mental picture in your subconscious mind of what the keyboard actually looks like.

The above are only two instances of how the subconscious mind stores up relations of learned behaviour. We are sure you would be able to find many more examples of this in your everyday life!

Information from the conscious mind gets past into the subconscious mind, and there is a very strong link between the two. It is said that everything you have ever seen, heard or

experienced is perceived by your conscious mind, and then stored away into your subconscious mind as a memory.

Not only is this memory stored as the incident itself, but also any feelings that went with it at the time are also stored.

Your subconscious mind does not only store your memories and feelings. It is the maker of all the great ideas you have ever had, and is also the seat of your intuition and creativity.

“The possibilities of creative effort connected with the subconscious mind are stupendous and imponderable. They inspire one with awe.”

- Napoleon Hill

It has been said that our conscious mind only takes in 16 bits of information a second, compared to our subconscious mind which can absorb 11 million bits per second.

A different study shows that we are only aware of 2,000 bits of information out of the 400 BILLION bits of info we are processing EACH SECOND. Either way, there seems to be a very large gap in what we actually process to what the mind ends up perceiving!

This is also another big reason why we hate to do stuff consciously – it requires effort and often discipline. Therefore, for the most part our conscious mind only processes and perceives a tiny fragment of the true world around us.

Our subconscious mind, on the other hand, helps to keep us going, without us even being aware of it. It takes care of your bodily functions – your heart beat, and automatically runs such activities as, movement, language, visual perception and a whole host of other processes of your mind and body.

It scans your mind for conflict and distress, assesses your environment for danger and threats, and relays and interprets perceptions, sensations, and feeling. Last but not least, it is also the storehouse of all your experience and decisions – *everything which makes you the person you are.*

Look Upon Your Mind as A Garden

As the great Earl Nightingale once said, “Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.”

With this being said, let us try and see our mind as a garden: you are the gardener and are planting seeds (in this case, thought) in your subconscious mind all day long, and the type of seeds you plant will always be based on your thinking.

Your subconscious mind is the soil in which will grow the seeds (thoughts) you plant, whether *good* or *bad*. What you plant and sow in your subconscious mind is what you shall reap in your world and environment.

“You are your best friend - and also your worst enemy”

This simply refers to your subconscious mind functions.

We must begin at once to only plant seeds of acceptance, peace, happiness, good will and prosperity. Always remember every thought you have is a cause, and every condition you meet along the way is simply an effect of that thought.

In order for us to change external conditions, we must first change the cause.

For this reason, then, it is of critical importance that we take full charge of our conscious thoughts to only bring forth the conditions we desire in our life.

When you do begin to control your conscious thought processes, you will find that you can apply the *powers of your subconscious* towards any problem or difficulty you may come across.

Just by having a basic knowledge and understanding of how you're conscious and subconscious mind work, and also how they interact with each other, you will be able to transform your whole life.

“Nothing is impossible to a person who holds a strong belief”

This simply refers to your subconscious mind powers.

Most of the great artists, poets, writers, scientists, inventors and discoverers have had or have a deep understanding of how their conscious and subconscious mind work. The ones that do not unknowingly set their genius to work for them when they tapped into their *subconscious mind power* by instinct.

You see, the Einsteins and Edisons were not that much smarter than the average person, writes psychology professor Dean Simonton.

After conducting many studies of intelligence and creativity, Professor Simonton has found that there is no real relationship between our IQ and creativity. Most of the celebrated minds of history, Simonton believes, simply made better use of their *subconscious mind power*.

*“The definition of genius is that it acts unconsciously; and those who have produced immortal works, have done so without knowing how or why.
The greatest power operates unseen”*

- William Hazlitt

All geniuses, says psychologist Ernest Rossi, get their ideas from the same place everyone else gets them – the subconscious. “It is well established that the subconscious mind is the well-spring of all human creativity,” he posits.

Rossi goes on to say, “We all have moments when creative ideas and insights bubble up into consciousness from their source in the subconscious, when we grasp the solution to a problem, suddenly have a new perspective, or are hit with a flash of inspiration.”

Try Not To Under or Over Estimate

Nowadays there seems to be a large *over*-estimation of the achievements of the rational mind, which as you may remember, only make up a small part of our overall mind power (the conscious part).

There is also an equally large *under*-estimation of the kind of power our subconscious mind holds. We have a tendency to believe in only the things that we can see and touch, mainly because we are trained always to look outside ourselves. We often see knowledge as something in the outside world, something to be tracked down and explained.

We seem to believe in things that can be measurable and that are accompanied by tables filled with experimental data and figures. Intuition, instinct, creativity and ideas tend to rank fairly low because they cannot be measured and therefore do not exist to us.

What’s wrong with this?

If we think about it, we will see that everything great that has ever been achieved started out with just one simple creative idea.

By this we can see that REAL knowledge lies inside of us. To reach an understanding of our *subconscious mind powers*, we must simply learn to look inward, not outward.

“I know when I have a problem and have done all I can to figure it, I keep listening in a sort of inside silence ‘til something clicks and I feel a right answer.”

- Conrad Hilton

Your direction of thought and aspiration can indeed be trained.

You can create and chart your own course and be the person you really want to be, the person you are meant to be. Learn to first seek approval from yourself and to adore and respect the **true you**. When you learn to look inward using mind-power techniques - accepting whatever you discover about yourself without judgment – you learn to act in ways that are right for you, creating and holding yourself to high standards.

The true and lasting happiness you long for lies within you. Each one of us has been given a body, senses, and intelligence, so that we may learn this lesson. If we go in search of external pleasures only, we will find it hard to attain real peace in life. We must look inward, for real success, power and happiness are to be found within!

As we surrender to the fullness of this very moment, leaving all our problems to the *infinite subconscious mind*, our conscious-mind may then be freed from worry, fear and stress. Simple mental discipline and thought-control is necessary after this inward change has taken place, for we must all set our own limits of perseverance, **but the essential thing is that this inward thought surrender in love and trust.**

For so long as we hold hate towards other people (no matter the reason), or fear what tomorrow may bring, or worry about the problems of our life, we can never really be truly happy.

However, when we have become attuned to our inward path, and have learned to control our thoughts and emotions and to translate our wishes and material desires into loving service, a state of oneness and beneficial improvement is the inevitable result. Your old deeply-seeded fears, habits and discouragements fade away, and a steady improvement in your state of health and mind take their place.

When we come to realize this truth, it is necessary to live in the consciousness of it, and to think and act and praise our main goals and desires, as though we had already attained them. We have to remember that this change must take place first in our subconscious and become well established in mind before its effects can be manifested in the outside world.

The secret of supply then is to realize that there is unlimited abundance and to live in the consciousness of it. At the same time, we must give the world something that it wants, or otherwise serve in some useful way, form or capacity. It is hopeless to expect success, happiness and abundance to simply be there; *it must be brought about by simple dedicated service.*

*“To give real service you must add something
which cannot be bought or measured with money,
and that is sincerity and integrity”*

- Douglas Adams

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