

# The Power of Your Subconscious Mind

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**Abstract:** *Before we proceed to furnish the details of the power of your subconscious mind, we should know what is subconscious. We know that man has consciousness, unconsciousness and sub - consciousness the three stages, Sub conscious stage is when you dream.*

**Keywords:** Mind, conscious, sub - conscious, Miracles, Faith healing and shrines.

## Research Methods

Proper research methods have been undertaken in the article.

## Conscious and sub - conscious terms differentiated

You must remember that these are not two minds. They are merely two spheres of activity within one mind. Your conscious mind is the reasoning mind. It is that phase of mind, which chooses. For example, you choose your books, home and your partner in life. You make all your decisions with your conscious mind. On the other hand, without any conscious choice on your part, your heart is kept functioning automatically, and the process of digestion, circulation and breathing are carried on by your subconscious mind through processes independent of your conscious control. Your subconscious mind accepts what is impressed in it or what you consciously believe. It does not reason things out like your conscious mind and it does not argue with you controversially. Your subconscious mind is like the soil which accepts any kind of seeds good or bad. Your thoughts are active and might be likened unto seeds. Negative, destructive thoughts continue to work negatively in your subconscious mind, and in due time will come forth into outer experience which corresponds with them.

Remember your subconscious mind does not engage in proving whether your thoughts are good or bad, true or false, but it responds according to the nature of your thoughts and suggestions. For example, if you consciously assume something is true, even though it may be false, your subconscious mind will accept it as true and proceed to bring about results, which must necessarily follow, because you consciously assumed it to be true.

Collin's dictionary says your subconscious is that part of your mind that can influence you even though you are not aware of it. It is a psychic activity just below the level of awareness.

## Subconscious is your book of life

Whatever thoughts, beliefs, opinions, theories, or dogmas you write, engrave, or impress on your subconscious mind, you shall experience them as the objective manifestations of circumstances, conditions and events.

What you write on the inside you will experience on the outside. You have two sides of your life, objective and subjective, visible and invisible thought and its manifestations.

Your brain receives your thoughts, which is the organ of your conscious reasoning mind, where your conscious or objective mind accepts the thought completely. It is sent to the solar plexus, called the brain of your mind where it becomes flesh and is made manifest in your experience. Your subconscious mind cannot argue. It acts only from what you write on it. It accepts your verdict on the conclusions of your conscious mind as final. That is why you are always writing on the book of life, because your thoughts become your experiences. The American essayist Ralph Waldo Emerson said "Man is what he thinks all day long." <sup>1</sup>

## What is impressed in the subconscious is expressed

William James, the father of American psychology, said that the power to move the world is in your subconscious mind. Your subconscious mind is one with infinite intelligence and boundless wisdom. It is fed by hidden springs, and is called the law of life. Whatever you impress upon your subconscious mind the latter will move heaven and earth to bring it to pass.

You must therefore, impress it with right ideas and constructive thoughts. The reason is that there is so much chaos and misery in the world because people do not understand the interaction of their conscious and subconscious minds when these two principles work in accord, in concord, in peace, and synchronously together, you will have health, happiness, peace and joy. There is no sickness or discord when the conscious and the subconscious work together harmoniously and peacefully. In other words what is impressed in your subconscious mind is expressed on the screen of space. The same truth was proclaimed by Moses, Isaiah, Jesus, Buddha, Zoroaster, Lao-tze, and all illuminated seers of the ages. As (in your own mind) is heaven, so on earth (in your body and environment). This is the great law of life.

## Subconscious controls all functions of the body

While you are awake or sound asleep upon your bed, the ceaseless, tireless action of your subconscious mind controls all the vital functions of the body without the help of your conscious mind. For example, while you are asleep your heart continues to beat rhythmically, your lungs do not rest, and the process of inhalation and exhalation whereby your blood absorbs fresh air, goes on just the same as when you are awake. Your subconscious controls your digestive process and glandular secretions, as well as all other mysterious operations of your body. The hair of your face continues to grow whether you are asleep or awake. Scientists tell us that the skin secretes much more perspiration during sleep than during sleep than during the

waking hours. Your eyes, ears and other senses are active during sleep. For instance, many of our great scientists have received answers to perplexing problems while they were asleep. They saw the answers in a dream.

Remember just as water takes the shape of the pipe it flows through the life principle in you flows through you according the nature of your thoughts. Claim that the healing presence in your subconscious is flowing through you as harmony, health, peace, joy and abundance. Think of it as a living intelligence a lovely companion on the way, firmly believe it is continually flowing though you verifying inspiring, and prospering you. It will respond exactly this way. It is done unto you as you believe.

### **Miracles at various shrines throughout the world.2**

It is an established fact that crimes have taken place at various shrines throughout the world such as in Japan, India, Europe and America. The writer of the Book has visited several of the famous shrines in Japan. At the world-famous shrine called Diabutsu is a gigantic divinity of bronze where Buddha is seated with folded hands, and the head is inclined in an attitude of profound contemplative ecstasy. It is 42 feet in height and is called the great Buddha.

Here, it was seen that the young and old making offerings at its feet. Money, fruit, rice and oranges were offered. Candles were lit, incense burned, and prayers of petition recited.

The guide explained the chant of a young girl as she murmured a prayer, bowed low, and placed two oranges as an offering. She also lit a candle. He said she had lost her voice, and it was restored at the shrine. She was thanking Buddha for restoring her voice. She had the simple faith that Buddha would give her back her singing voice if she followed a certain ritual, fasted and made certain offerings. All this helped to kindle faith and expectancy, resulting in a conditioning of her mind to the point of belief. Her subconscious mind responded to her belief.

### **Bernheitn's experiments 3**

Hippolyte Bernheitns, professor of Medicine at Nancy, France 1910 - 1919 was the expounder of the fact that the suggestion of the physician to the physician to the patient was exerted through the subconscious mind.

Bernheitns in his suggestive therapeutics tongue which had yielded to no form of treatment. His doctor told the patient that he had a new instrument with which he promised to heal him. He introduced a pocket thermometer into the patient's mouth. The patients imagined it to be the instrument which was to save him in a few moments he cried out joyfully that he could once more move his tongue freely.

"Among other cases" continues Bernheitns, "facts of the same sort will be found. A young girl came into my office, having suffered from complete loss of speech for nearly four weeks. After making of the diagnosis, he told his students that the loss of speech sometimes yielded instantly to electricity which might act simply by its suggestive influence. I sent for the induction apparatus. I applied my hand over the larynx and moved a little, and spoke. Now you can speak aloud: In an instant I made her say 'a' then 'b'

then Maria. She continued to speak distinctly; the loss of voice had disappeared". Here Bernheitns is showing the power of faith and expectancy on the part of the patient, which acts as a powerful suggestion to the subconscious mind.

### **Faith Healing 4**

What is popularly termed faith healing not the faith mentioned in the Bible, which means knowledge of the interaction on the conscious and subconscious mind. A faith healer is one who heals without any real scientific understanding of the powers and forces involved. He may claim that he has a special gift of healing, and the sick persons blind belief in him of his powers and bring results. The voodoo doctor in South Africa and other parts of the world may heal by incantations, or touching the so-called bones of saints or anything else may heal a person which cause the patients to honestly believe in the method or process. Any method which causes you to move from fear and worry to faith and expectancy will heal. There are many persons each of whom claims that because his personal theory produces results it is, therefore, the correct one. This, as already explained cannot be true. Many such cases have been mentioned in the book.

### **The Science and art of True Prayer 5**

The term "Science" means knowledge which is coordinated, arranged and systemized. Let us think of the science and art of true prayer as it deals with the fundamental principles of life and the techniques and processes by which they can be demonstrated in your life, as well as in the life of every human being when he applies them faithfully. The art is your technique or process, and the science behind it is its definite response of creative mind to your mental picture or thought. Ask, and it shall be given you, seek and ye shall find, knock and it shall be opened to you, MATTHEW 7: 7.

### **The Sleeping Technique 6**

By entering into a sleepy, drowsy state, is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of out cropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts which tend to neutralize your desire and so prevent a acceptance by your subconscious mind, are no longer present suppose you want to get rid of a destructive habit. Assume a comfortable posture, relax your body and be still. Get into a sleepy state, and in that sleepy state say quietly, over and over again as a lullaby, "I am completely free from the habit, harmony and peace of mind reign supreme". Repeat the above slowly, quietly and lovingly for five- or ten-minutes night and morning. Each time you repeat the words the emotional value becomes greater. When the urge comes to repeat the negative habit, repeat the above formula out loud by yourself. By this means you induce the subconscious to accept the idea, and a healing follows.

### **The subconscious mind works continually for the common good**

The subjective self within you works continuously for the general good reflecting an innate principle of harmony behind all things. Your subconscious mind has its own will and it is a very real something in itself. It acts night and day

whether you act upon it or not. It is the builder of the body, but you cannot see, hear, or feel it building as all this is a silent process. Your subconscious has a life of its own which is always moving towards harmony, health and peace. This is the divine norm within it seeking expression through you at all times.

### The three steps to success in Prayer

The usual procedure is as follows:

- 1) Take a look at the problem
- 2) Turn to the solution or way out known only to the subconscious mind.
- 3) Rest in a sense of deep conviction that it is done.

Do not weaken your prayer by saying, "I wish I might be healed". "I hope so", You're feeling about the work to be done is "the boss". Harmony is yours. Know that health is yours. Become intelligent by becoming a vehicle for the infinite healing of the subconscious mind to the point of conviction, then relax. Get yourself off your hands. Say to the condition and circumstance, "This too shall pass". Through relaxation you impress your subconscious mind enabling the kinetic energy behind the idea to take over and bring it into concrete realisation.

### Your right to be Rich

It is your right to be rich. You are here to lead the abundant life and be happy radiant and free. You should therefore have all the money your need to have a happy, and prosperous life.

### Money is a symbol

Money is a symbol of exchange. It means to you not only freedom from want, but beauty, luxury, abundance and refinement. It is merely a symbol of the economic health of the nation. When your blood is circulating freely in your body, you are healthy. When money is circulating freely in your life, you are economically healthy. When people begin to hoard money, to put it away in tin boxes, and become charged with fear, there is economic illness. Money has taken many forms as a medium of exchange down through the centuries such as salts, heads and tinkles of various kinds. In early times a man's wealth was determined by the number of sheep and oxen he had. Now we use currency and other negotiable instruments, as it is much more convenient to write a check than carry some sleep around you to pay bills.

### Poverty is a mental disease 7

There is no virtue in poverty, it is a disease like any other mental disease. If you were physically ill, you would think there was something wrong with you. You would seek help and do something about the condition at once. Likewise, if you do not have money constantly circulating in your life, there is something radically wrong with you.

The urge of the life principle in you is toward growth, to live in a hovel, dress in rags, and go hungry. You should be happy prosperous and successful.

### How to attract the money you need

Many years ago, the book writer met a young boy in Australia who wanted to become a physician and surgeon,

but he had no money. The book writer explained to him how a seed deposited in the soil attracts to itself everything for its unfolding, and that all he had was to take a lesson from the seed and deposit the required idea in his subconscious mind. For expenses this young boy used to clean out doctor offices wash windows and do repair jobs. That very night as he went to sleep, he used to picture in his mind's eye a medical diploma on a wall with its name on it in a big, bold letter. He used to clean and shine the framed diplomas in the medical building, where he worked. It was not hard for him to engrave the image of a diploma in his mind and develop it there. Definite results followed as he persisted with his mental picture every night for about four months.

One of the doctors took a great liking to this young boy and after training him in the art of sterilizing instruments, giving hypodermic injections and other miscellaneous field work, he employed him as a technical assistant in his office. The doctor later sent him to a medical school at his own expense. Today this young man is a prominent medical doctor in Montreal, Canada. He discovered the law of attraction by using his subconscious mind the right way. He operated an age-old law, which says, "Having seen the end, you have willed the means to the realization of the end" The end in this case was to become a medical doctor.

### Secret of youth 8

To recapture the days of your youth, you feel the miraculous healing, self-renewing power of your self - renewing power of your subconscious mind moving through your whole being. Know and feel that you are inspired lifted up, rejuvenated, revitalized and recharged spirituality. You can bible over with enthusiasm and joy, as in the days of your youth, for the simple reason that you can always mentally and emotionally recapture the joyous state.

### Get a vision

Instead of saying, "I am old" say, "I am wise in the way of Divine Life. Don't let the corporation, newspapers, or stastics hold a picture before you of old age, declining years, decrepitude, senility, and uselessness. Reject it, for it is a he. Refuse to be hypnotized by such propaganda. Affirm life not death. Get a vision of yourself as happy, radiant successful, serene and powerful.

### Your mind does not grow old

Former President Herbert Hoover, now 88 years old is very active and is performing monumental work. We have several men of 95 years old who come to my lectures and they tell me they are in better health now than they were at 20.

### Abstract

Whatever has been referred to above in this article it is abundantly clear that the subconscious mind is a treasure house within you. Look within for the answer to your heart's disease. Your subconscious mind is the builder of your body and can heal you. Think good and good follows. Think evil and evil follows. Your subconscious mind is your book of life your subconscious mind controls all the vital processes of your body and knows the answers to all your problems. Try to remove all the obstacles and impediments on the pathway to riches. Follow the three steps to success. To find

out the thing you love to do it, then do it. Success is in loving your work. It may be true of the subconscious mind what the writer of the book says but whatever it maybe it is not scientific. And Science fails to prove it.

## 1. Summary

Facts which have been given in the article have confirmed that the great secret possessed by the great men of all ages was their ability to contact and release the powers of their subconscious mind which can be done by you. Your subconscious mind is the builder of your body and can heal you. It says "Think good and good follows. Think evil and evil follows". Faith healing is important and you know how being faith works. The prayer technique does work and also miracles do the same whether you believe it or not, sleep is essential but how it brings richness is not known and poverty is a mental disease but you can overcome it if your mental will is strong. Always be happy and disaster will never touch you. It is absolutely not richness to be happy but you can be happy even if you are happy. Saints and seers are always happy though they have nothing to keep but they always help the needy because their wants are limited. The essential ingredient is the art of forgiveness and the willingness to forgive. If you forgive others, God will also forgive you. Your mind is forever young. It never grows old patience, kindness, love, good will, joy and happiness, wisdom, and understanding are qualities, which never grow old. Cultivate them and express them, and remain young in mind and body.

## 2. Conclusion

In the end it can be concluded that the power of your subconscious mind is one of the most popular inspirational guides of all times. It shows how changing your thought patterns can produce dramatic improvements in your life. One can improve his relationships, finances and physical well-being by following it. Once a person has learned how to use it this unbelievably powerful force, there is nothing they will not be able to accomplish.

## References

- [1] What he thinks, he thinks all day long – Ralph Waldo Emerson
- [2] Miracles at various shrines throughout the world.
- [3] Bernheims Experiments, Professor of Medicine of Nancy, France 1910 – 1919.
- [4] Faith Healing.
- [5] The Science and Art of Prayer.
- [6] The sleeping technique.
- [7] Poverty is a mental disease.
- [8] Secret of youth.