ORIGINAL RESEARCH PAPER

Volume-7 | Issue-9 | September-2018 | PRINT ISSN No 2277 - 8179

INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH

THE POWER OF SUBCONSCIOUS MIND

Psychology

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KEYWORDS

All that we are is the result of what we have thought. The mind is everything. What we think we become.

The conscious mind sends order to subconscious mind based on the information it gets from either higher self or the chatter box, the subconscious mind does not question or judge. We can train it to choose from either higher self or the chatter box. We must realise that we do have a chatter box within, and more including the higher self. Neither one is right or wrong. Each simply gives a different experience of life. If we listen to the chatter box experience of life is fear-producing, and we stop ourselves from expanding. If we listen to the higher self, experience of life is joyful and abundant and devoid of fear.

Like everyone else are an expert at listening to our chatter box. Our task is now to become an expert at listening to higher self.

We can bring into our life more power more health, more happiness and more joy by learning to contact and realise the hidden power of subconscious mind, need not acquire this power, already possess it.

1. Identify the negative self-talk and beliefs

Do this in handwriting, not with computer connecting physical self with neurons is important here. What our body does, our subconscious learns from.

Fold a piece of lined paper in half lengthwise, and then unfold it. Down the left side, write the list of self- limiting statements that have been thinking and saying it can be anything. Add every negative self-talk statements in the list. Like "I can't afford a vacation." Or "It is hard to lose weight." Or I will never meet the right guy/ women in life.

Don't think just spontaneous and real. It needs to be a stream-of-consciousness set of statements.

After you have written them all, wait. More will come. As you empty out the top layer in your mind, the next layer will be revealed and released.

2. Create some affirmations out of those beliefs.

Again write some new statements. May feel huge resistance do it. Maybe won't believe a thing you write. Perhaps you feel discouraged. Probably think it's weird, but humour me, just like a students did.

Down the right side of your paper, across from each left side statement, write a new statements that transforms that negative statements to positive statements.

Examples,

- "I can't afford a vacation" becomes "I can afford to take a nice vacation."
- "It is hard to lose weight" becomes "losing weight is easy."
- "I will never meet the right guy/ women in life" could become "I'm open to new relationships" Or "I'm ready to meet my perfect mate."

The new statement must be in the present tense. Like "I'm rather than I will be avoid using the word "try" because "I'm trying is a self-perpetuating statement.

3. Begin using the new affirmation statements

Fold the paper in half again. Never again read the left side. Ignore it forever.

Post the folded paper, positive statements on top, somewhere you will see it often. Read your affirmation from time to time. It is simply an occasional reminder that you are transforming your thinking.

If you catch yourself thinking or saying negative any of your old (negative) beliefs, stop yourself. Transform it into the positive, right then and there.

4. See the "magic" gradually unfold

The magic will happen, if you do the first three task. Truly. I've done this I learned how, and I promise it absolutely works.

Soon you will not only say you're good at handling money (or whatever you're issue is), but you will also begin to believe it and here's the magic-one day you will notice that you're good at it.

The negative statements will gradually disappear from your mind.

- When you write it, the magic begins.
- After you write it, you can start reading it.
- When you start reading it, you will be able to saying it.
- When you start saying it, you start hearing it.
- When you start hearing it, you start to believe it.
- When you believe it, things begin to change.
- When things begin to change, you will understand. And believe.

Higher self- Is a source of positive thoughts and positive energy.
Chatter box-Is the part of us that tries to drive us crazy.

One of my favourite quotes is by Richard Bach "To bring anything into your life imagine that it's already there."