

## Use The Incredible Power Of Your Subconscious Mind

Of course it's safe to say that everybody is aware of the fact that they have a subconscious mind. In fact, many people are quick to place the blame on their subconscious mind when they've done something which they later end up regretting. Ironically, not many people seem to realize just how powerful the subconscious mind can be, and even fewer people realize that while the subconscious mind can be your greatest friend, it can also be a deadly enemy. Either way, it's one of the most powerful tools you have at your disposal because it is to your subconscious mind which actually controls the way you live.

by GeoffVincent

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Practically everyone acknowledges the fact that they have a subconscious mind, despite numerous attempts by professionals to convince us otherwise. Essentially, the subconscious mind could be compared to a game controller, in that it's responsible for our actions and our thoughts. It's that little whisper in the back of our mind which speaks to us whenever we find ourselves in a challenging situation. Of course, the manner in which your subconscious mind communicates with you will differ from one person to the next, and no two people will have the same subconscious mind. Irrespective of whether or not people are raised under the exact same circumstances, each one's subconscious mind will communicate with them differently.

If you take a minute to think about it, you'll realize that you've often heard your inner mind communicating with you. For example, you could have been on the brink of making an extremely important decision when something in your mind told you to back off. Hopefully, if you did back off, it was the right thing to do. Unfortunately though, that self same inner voice can also be a hindrance, in that it can often tell you that you cannot do something, when in fact there's no reason why you shouldn't be able to. It could for example manage to convince you that you're simply not good enough, or that you're not very attractive. As such, we can see that the subconscious mind is in essence what you think of yourself deep down.

Of course if those thoughts emanating from your subconscious mind are filled with negativity, then there's every chance you'll lead an unhappy life. Fortunately however, you don't need to resign yourself to a negative subconscious mind because it is possible to change the way you think about yourself.

One common practice which many people use nowadays is a method known as 'affirmations', in which you repeat positive statements to yourself throughout the course of the day. The good thing about this method is that it's not necessary for you to spend a load of money on subliminal messaging scripts because it is something you can do at home by yourself.

If for example you would like to get fit, then instead of focusing on the fact that you're out of shape, you should focus on how good it feels to be in shape. You need to write something along these lines down on a piece of paper which you can carry around with you in case you start doubting yourself. In order for this method to have maximum affect, you should even go as far as pasting a note of it in various parts of your home so that you see it as often as possible. The aim is for you to repeat this to yourself as much as possible each day so that your subconscious eventually comes around to your way of thinking.

In this sort of scenario, you would soon begin smoking less and less until you reached that point where you were able to kick the habit altogether. Of course, this is just one example but the same approach can be applied to any aspect of your

life.

If you're still not sure then let's take a look at a different scenario, and one which you more than likely experienced before yourself. You wake up in the morning and realize you're going to be late for work, and the first thing that comes to mind, is that you say to yourself you can't believe it's going to be another one of those days. After getting out of the shower you get dressed only to realize that you can't remember where you put your keys. Yes, it's definitely going to be one of those days. After some frantic searching you find your keys and head out to your car but unfortunately your dog has messed right in the center of the pathway and now you have it all over the underneath of your shoe. Even when you do eventually get to work, you're faced with one problem after another. In fact it gets steadily worse until it reaches a point where you firmly believe it cannot get worse than what it already is, only to discover it gets significantly worse.

While many people would blame this on coincidence, saying that if they had remembered to set the alarm, they would not have woken up late, and if they had looked where they were going, they would not have stepped in the dog's mess. However, there is no such thing as coincidence, in that everything happens for a reason, and in most cases, your subconscious mind is the reason.

In recent times books such as 'The Secret' have tried extremely hard to explain this phenomena in scientific terms which is why it is now known as the 'Law of Attraction', which states that a person's subconscious mind not only responds and reacts to real life situations, but that it actually plays a part in creating such situations.

Even though this may all sound a bit far out, the theory has been proven at a subatomic level by means of quantum physics. Interestingly enough, it has been proven beyond all doubt that there is a definite link between matter and a person's mind. Now we can see why so many religions have believed this to be the case for thousands of years already.

What you need to bear in mind is that because you can create your own reality with your subconscious mind, it is possible to create a reality of your choice. In fact, some of the wealthiest people in history have become wealthy simply because they have consistently believed and visualized themselves acquiring a vast amount of wealth.

About the Author:

The author Geoff Vincent writes for the <http://www.mindpower-info.com> website. You can enjoy the incredible experience of subconscious mind power and you can try it yourself when you find out the real undisclosed secrets of subconscious mind when you visit here and get 29 Free mp3 audio recordings.