

What is expected tends to be realized.

As the Greek Philosopher, Aristotle, stated "We become what we think about."

That's why it is so important that we maintain a positive state of mind.

The brain and the nervous system respond only to the images accepted by the subconscious mind, whether they are self-induced or those that get our attention from the external world.

These mental images, once formed, become part of the blueprint which the subconscious mind consistently follows.

The subconscious mind has its own language.

The language, or processing system of the subconscious mind is emotions, images and sensations. Anything we experience through our senses internally – in our minds eye and imagination – that is visual, auditory, kinesthetic or feeling in our body, as well as emotionally, is taken by our SC in story form, and the stories are as complete, full and real as anything you experience externally.

Just as you experience any time you vividly remember a dream. You realize that the dream seemed every bit as real as your waking life. All the sights, sounds, tastes, smells, and feeling sensations were there.

Once a belief or idea has been accepted by the subconscious mind, it remains until it is replaced by another belief or idea.

The longer a belief is held, the more it tends to become a fixed habit, belief or thought pattern.

This is how habits of action are formed, both good and bad. An ingrained habit forms a pattern that acts like a printed circuit which is followed faithfully whenever the pattern gets triggered.

The subconscious mind is illogical.

Unlike our analytical, critical, logical conscious mind, the subconscious mind does not try to make sense of things. Rather than making comparisons to see if they logically fit, the subconscious mind simply connects seemingly related data.

As a result, it comes up with some pretty convoluted associations.

The crazy idea that death equals happiness, which is the process that leads to suicide, is an

example of this.

Or the continued application of messages such as “You're too little to do that by yourself” “Good girls don't try that” or “don't talk to strangers” long after we have the awareness and abilities that would make dismissing these messages reasonable.

The subconscious mind does not differentiate between what is real and imagined.

This can be easily demonstrated in the often used exercise of imagining sucking on a lemon. Although there is no lemon in sight, the body still reacts to the thought just as it would if you were actually sucking on a lemon.

The mouth begins to salivate and, if you don't like the taste of lemons, your face contorts as though you had just put something very sour into your mouth.

The response is the same with or without the lemon. The same is true with fears or anything else we can imagine.

Imagination is more powerful than knowledge when dealing with the mind.

Any thought or idea accompanied by a strong emotion such as anger, hatred, love, or political or religious beliefs usually cannot be modified through the use of reason.

That's why you cannot reason with people who hold a strong belief no matter how crazy the belief might be or how much logical evidence you can produce to disprove it.

The subconscious mind has the mental capacity of a young child between the age of 2 and 8, and runs 95% of your daily life.

This is valuable to keep in mind. For as we're changing habits and beliefs, our SC mind may continue to hold onto old, unproductive habits, actions or reactions.

The SC Mind is programmed primarily in three ways: Trauma, Authority Figure and Repetition. This is why repeated self-hypnosis can easily change our SC programming.

Every thought or idea causes a physiological reaction.

The subconscious mind rules your emotions. It can make you feel happy or it can make you feel sad. It can increase your energy and motivate you to great heights or it can suppress your energy and keep you depressed and miserable. And since emotions directly affect your physical functioning, your subconscious mind can make you sick or it can keep you well.

Thoughts with strong emotional content always reach the subconscious mind and make an impression (or imprint).

Once accepted, the thoughts generate ideas and the ideas continue to produce the same bodily reactions over and over again. When those reactions are not pleasing or beneficial to us, conflict arises in the form of mental, emotional and/or physical disorders.

In order to eliminate or change chronic, negative reactions, we must connect with the subconscious mind and change the pattern responsible for the reaction.

An emotionally induced symptom tends to create organic change if persisted in long enough.

We are a mind in a body and the two cannot be separated so what the mind dwells upon, the body responds to.

Therefore, if you continue to dwell on or fear ill health, in time organic changes that fit your concept will occur.

Once the subconscious mind updates a file to a desirable state (happiness or survival), the file remains in the updated state permanently.

The only way the new pattern would change is by presenting sufficient evidence that the updated file is no longer effective at producing conceptual happiness or survival.

The subconscious mind knows only NOW.

It is not concerned with the future or the past. This rule is why so many people fail to achieve the goals they set and why many forms of therapy are not effective.

Goals are not met when we set a future goal date and don't claim the outcome in the now. To the subconscious mind, nothing has any importance until it moves into the present moment. So, as the goal date draws near and we begin to own the outcome (go into panic mode), the subconscious mind goes into action. The panic creates discomfort in the moment and the subconscious mind goes to work in the moment to find ways to ease the discomfort. This is the pattern of the crisis worker.

Therapies that dwell on the past too much are ineffective for the very same reason. They are focused on a place that the subconscious mind does not deal with. The subconscious mind does not project into the future or delve back into the past. It can call up any event from the past if that event gets triggered by something in the moment, but it does not itself go seeking things from the past.

So unless a line of questioning activates a trigger, all that occurs in the therapy session is that

the conscious mind tries to make sense of the event; a process that has no effect on the cause, which is held in the subconscious mind.

The subconscious mind works only for your benefit and does it 24/7

Unlike the conscious mind, **the subconscious mind is unbiased and does not filter information**; it records and stores everything that ever happens to you. No matter if you're awake or asleep, the tape is running.

Changes made at a subconscious level express automatically and are effortless to maintain.

Each suggestion acted upon creates less opposition to successive suggestions.

You've heard the adage, "success breeds success." We see it and we know it. Small commitments that are successfully carried out, lead to larger commitments and larger successes.

Failure breeds failure too, and for the same reasons.

The rule in physics that says an object in motion tends to stay in motion is true on every level, whether it's a baseball speeding through the air, or an emotion, habit, or belief traveling the neural pathways of the brain.

The subconscious mind seeks to maintain the conceptual self above all else, including the survival of the physical self

The subconscious mind sees conceptual survival as emotional well-being or happiness

The subconscious mind can distort what we see and perceive, as per our subconscious programming.

That's because our mind sees before our eyes do, especially when fear is involved.

The subconscious mind has no verbal language.

It stores all your memories and experiences in the form of mental images and metaphors. A metaphor is a symbolic image meant as an analogy or substitute for something else such as broken heart, raining cats and dogs, etc.

This is why #visualization is so powerful!

When it knows what you need to survive and be happy, **the subconscious mind provides that immediately** (since it knows only NOW).