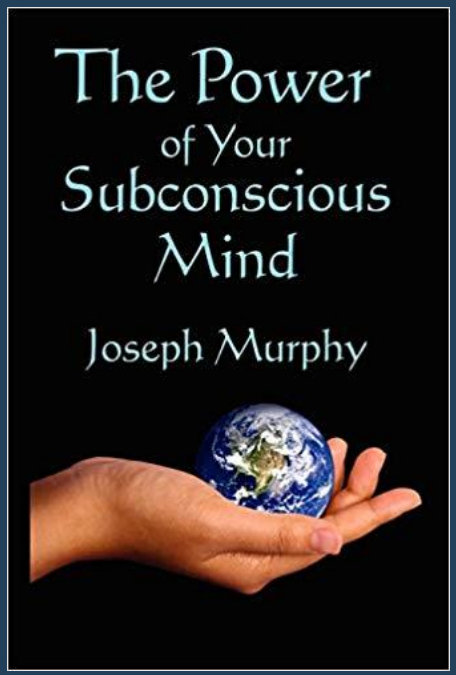

The Power of Your Subconscious Mind

O Poder do Subconsciente
Year of publication: 2007
Author: Joseph Murphy
140 pages
Link for purchase: https://amzn.to/2ww6mRM

Published in 1962, author Joseph Murphy's book, The Power of Your Subconscious Mind, seeks to teach simple techniques to develop the full potential of your mind.
The goal is to understand how your conscious and subconscious mind relates and how they can help you. For this, the author presents activities and real success stories of how the way of thinking determines our trajectory.

Score

9

9 Aplicability
9 Inspiration
8 Innovation
9 Impact on results
9 Structure

Main ideias of the book

- 90% of your mind is formed by the subconscious;
- The subconscious is the most powerful and responsible for the realization of your dreams;
- Eliminate negative thoughts and energies such as anxiety, pessimism, fear, worries, among others;
- Practice positive affirmations;
- Be in the habit of visualizing your wishes as if they were already completed;
- Sleep is essential to putting the subconscious in order.

For whom is this book suitable?

The practices suggested by the author are useful for those who wish to eliminate all fears and addictions caused by the mind.

In addition, the content is for those looking to improve their love life, finances, health issues and want to achieve success, all through thinking.

Overview of the book

How the mind works

The author tells us that the mind is divided into two areas, with different functions: the conscious mind and the subconscious mind;
The conscious mind is the objective part, responsible for making choices, planning, and storing short-term memories;
But most of your mind is formed by the subconscious, about 90%, where you find long-term memories, habits, behaviors and our beliefs;
According to the author, the part of the subconscious is the one with the most power that we cannot use. "You have only one mind, but your mind has two distinct characteristics.";
To make clear the distinction of our mind, Joseph makes an analogy of the garden and the gardener. The conscious is the gardener and the subconscious is the garden. So it is you who chooses what to sow, what to grow and sow, after all, you reap what you sow. If you plant negative seeds, you will probably reap rotten fruits.

> *The subconscious mind is open to the power of suggestion, so if you think of good things, they will come true in your life. If you think about bad things, they happen too*

The power of the subconscious

According to the author, the subconscious mind is open to the power of suggestion, so if you think of good things, they will come true in your life. If you think about bad things, they happen too. That is, here the law of action and reaction is used.
Also, your subconscious doesn't argue with you, you just program it and you're done. Therefore, it is essential to have constructive and positive suggestions, feeding on thoughts of harmony, health, peace and a happy solution to the problem. All of this will be accepted by the subconscious, turning it into reality.
Your subconscious mind takes care of your entire body and knows how to solve problems, so eliminate all those negative thoughts and energies such as anxiety, pessimism, fear, and worry.

Mental Healing Techniques

Joseph afirma que o subconsciente não sabe diferenciar o que é verdadeiro e o que é falso. Portanto, ele sugere que você faça afirmações de tudo que for positivo e utilize técnicas para desenvolver um subconsciente fundamentado em resultados.

Stay away from all negativity

Have you ever wondered how many bad things you put in your mind daily?
There are numerous news programs on TV and social networks that foster fear, anger, worry, and many other negativities. Is it possible to have an abundant and positive life in the face of all this?
The answer is no! Ponder this and eliminate these negative patterns from your life. Also, do the same for toxic people around you, as they may be preventing you from living positive energies and achieving good results.

Reverse the negative thoughts

Whenever a negative thought comes up, such as "I can't," "I'm not fine," "I'm not smart," reverse it at once.
Replace these affirmations with something positive that does not poison you.

Affirmations

Since the subconscious mind cannot differentiate between what is true and what is false, we can positively abuse it.
The best time for you to practice affirmations is before bed and when you wake up. Put good energy and self-confidence, stating as if you have already earned your wish.

Views

Another technique is to visualize the life you wish to have. Whenever you have a goal, visualize the situation in which it is already achieved. So, think about how you would do it and what results you want with that goal completed.

The power to be rich is in the mind

True wealth begins with the reproduction of the idea of wealth in the subconscious. Therefore, promote ideas of success, abundance, wealth and ensure that they are not denied at all.
The author suggests that you imagine the desired outcome and rely heavily on your subconscious to make it happen. So the subconscious will work in search of the idea that will bring you wealth.
The author Paulo Vieira, in his book Enrichment Factor, defines the 5 main conducts for wealth, among them are the desire to want to be rich and to feel rich. They are totally related to your subconscious.
In the enrichment process, it is crucial that you eliminate all envy and jealousy, as this will strengthen your inner self. Also, when you want more wealth for others, your subconscious will understand that you deserve the same.
Lastly, never forget that money is just a symbol and we should not live by it. Remember to consider all feelings of happiness, love, joy, kindness, peace, doing what you like; This is a successful life.

The wonder of sleep for the subconscious

During sleep, the subconscious works without interruption in the recovery process and searching for answers.
According to the author, sleep is fundamental for inner peace, body health and spiritual recharge. Lack of it makes us angry, depressed and causes mental disorders. Given this, the author states that we need 8 hours of sleep.
The sleepy state causes the mind to be reduced to a minimum, leading to the absence of positive thoughts. Therefore, use words of confidence and positivity to increase emotional value.
To have a peaceful sleep you need to calm down and relax. One tip is always to think of questions for which answers lead you to your goals.
The moment you wake up, don't have negative thoughts and worries. Wake up with all the positivity you lay with.

> *Always have good thoughts about the people you live with.*

Always have good thoughts about the people you live with. Do not keep hurt feelings, grudges, and bad feelings, because what you feed is what you get.
The author tells you to mature emotionally and allow your opinion to disagree. After all, they have this right, just as it is possible to disagree with them, but without being unpleasant.
According to the book, it can be said that the fundamental principle of human relations is to wish others what they desire themselves.
Of all the content presented, the main advice and tips for rewarding relationships and a strengthened subconscious are:

- Do not judge;
- Forgive the immature and yourself;
- Do not think badly of others;
- Think and feel about others as you would like them to be for you;
- Do not react with bad feelings towards others;
- Happiness is a habit one must think about often;
- What you think about the other is bringing to yourself;
- Thoughts of hatred and resentment are mental poisons;
- The kindness, love, and good you do to others will be multiplied for you;
- Fear is a negative thought;
- Do what you are afraid of doing and the death of fear is certain.

What other authors say about it?

In “Atomic Habits”, James Clear explains how small changes can yield big results. According to him, habits are the compound interest in personal improvement. Improving 1% each day generates a giant change at the end of the journey.

In the book “Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical & Financial Destiny!”, author Tony Robbins suggests that if you want to break a particular habit, an effective method of doing so is to associate this behavior that you want to exterminate with some form of pain. You can, for example, create a rule that says that every time you eat chocolate, you should sing a song you hate. Soon your brain will associate the act of eating chocolate with the uncomfortable feeling of having to sing that song.

Finally, in “The Power of Habit”, Charles Duhigg says that anyone who wants to change behavior needs the ability to believe things will get better.

Okay, but how can I apply this in my life?

Analyze well what goes into your subconscious, making it work toward your goals. Remember to visualize success and eliminate all negative thoughts.

Keep applying the teachings of the book day after day, as in some cases the subconscious responds quickly, and in others, it takes some time.

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