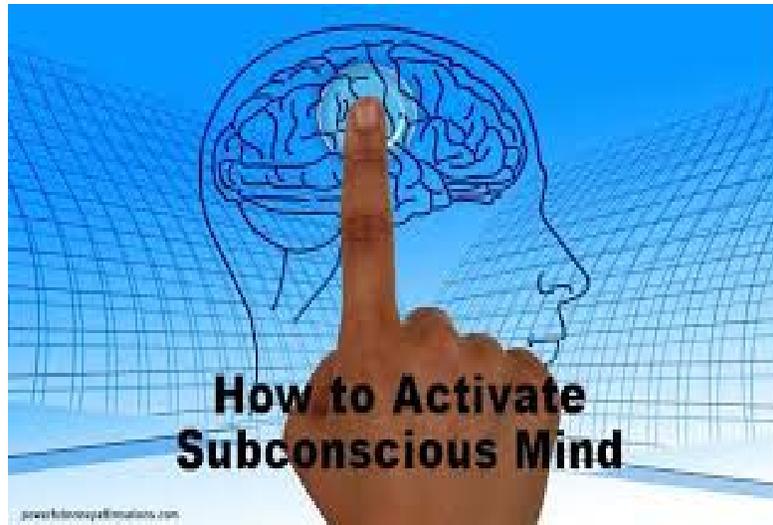
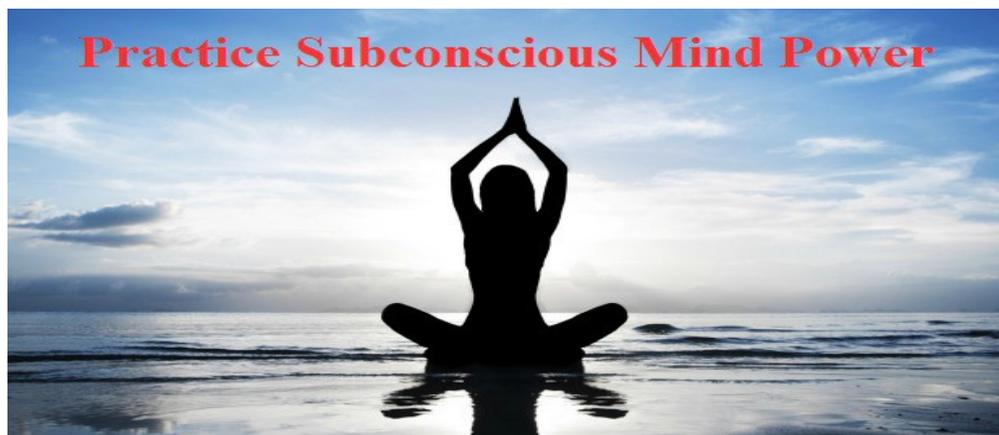


# How to Activate Subconscious Mind And Practice Subconscious Mind Power

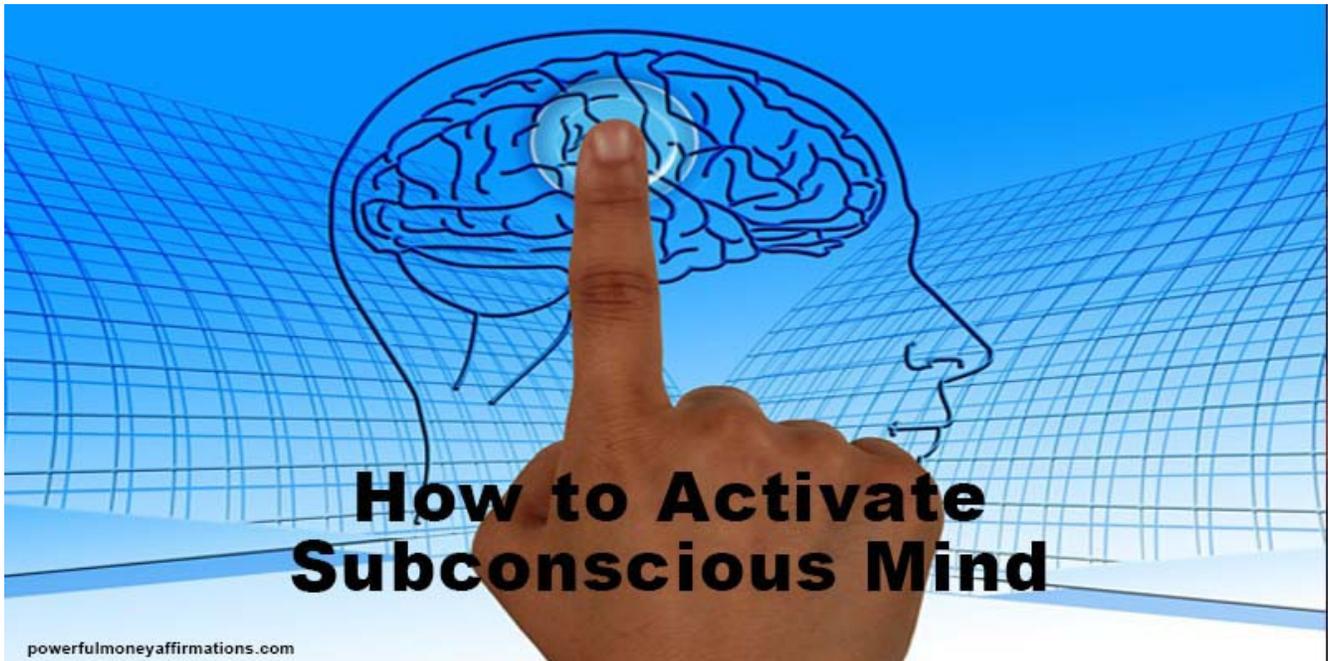


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# How to Activate Subconscious Mind



## Introduction:

These days we often get to hear or read about the term subconscious mind. It is now a frequently used generic term in the context of thoughts, mind power, healing etc. – but not very well understood. People also use and inter use sub conscious with another term super consciousness. While super consciousness is consciousness of a higher order, the job of the sub conscious mind is to obey your commands (often repeated thoughts) by bringing them into this physical world – called manifestation. The thoughts are a kind of energy and the subconscious mind that converts them into physical reality.

While volumes and volumes can be written on the subject of sub conscious mind and conscious mind, but for the sake of this blog, it is sufficient to remember that your sub conscious mind is an eager servant willing to obey your commands which are communicated to it through your often repeated thoughts and words,

patterns of thoughts and affirmations. Related reading: [How the subconscious mind works – Amazing facts and insights.](#)

## **Understand the power of your thoughts**

Are the thoughts so powerful? Yes, most definitely they are! The phenomenal success of the titles like

– “Think and Grow Rich”, “The Power of Positive Thinking” “The Secret” and many more such books are a living testimony to this phenomenon.

Hence almost every human being can and should use this immense mind power to manifest abundance, money, prosperity, unlimited wealth, good health, knowledge, power, position, a healthy body, right body weight or the desired weight loss, and satisfying relationship. Since time immemorial innumerable successful people have tapped into this amazing power by activating subconscious mind. They may have done knowingly or unknowingly, secretly or in the knowledge of others, but successful people do have certain habits, thought patterns which make them successful in achieving what they set out to achieve in life.

From getting into the college of their choice to becoming successful in their chosen field of profession to finding the right life partner people have successfully used the power of their sub conscious mind.

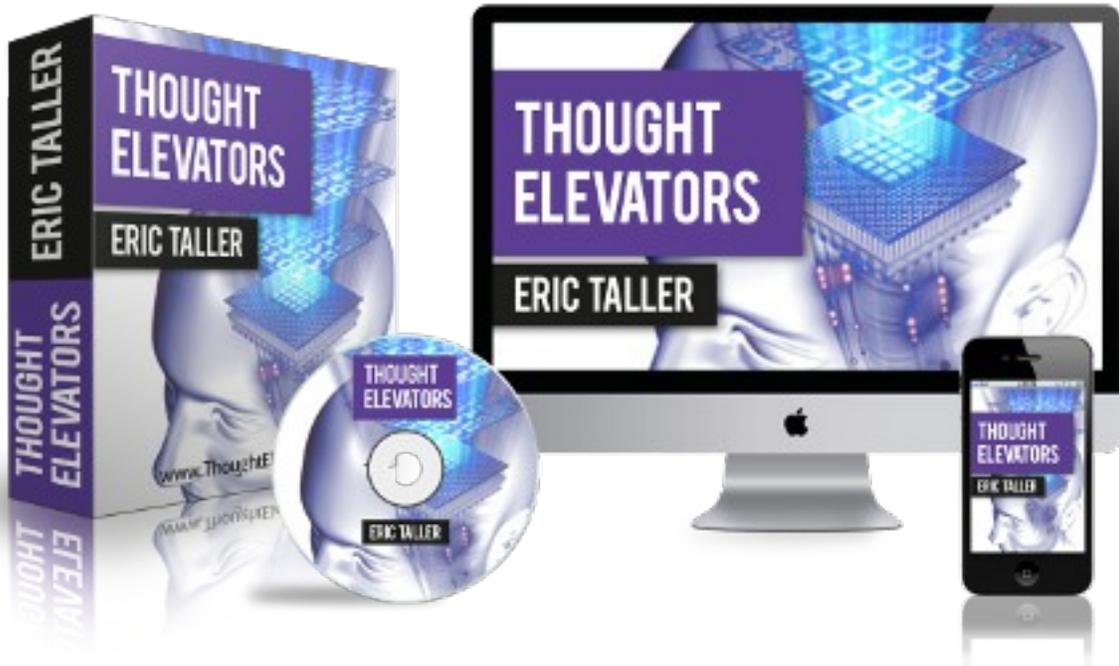
Authors like Louise Hay (You can Heal your Life), Brandon Bays (The Journey), Vianna Stibal (Theta Healing), have miraculously recovered from terminal illnesses or serious health problems by simply tapping the power of their subconscious minds. Now they are teaching the world through their books and courses.

Similarly authors and speakers like Napoleon Hill, Brian Tracy, Zig Ziglar, Jack Canfield, Brian Tracy, Wayne W. Dyer, Joe Vitale, Robert Kiyosaki, Oprah, Stephen Covey etc. have given out secrets to becoming rich and wealthy where the use of sub conscious mind, activation of sub conscious mind and tapping into the power of sub conscious mind is liberally discussed.

# How To Activate Subconscious Mind

From health to money; from education to life partner; from poverty to power – if the subconscious mind is so powerful in granting you your wishes then the million dollar question is **How to Activate Subconscious Mind**. This bellow will help.

Get the complete [Thought elevator](#) system for just \$47



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When you think a thought intensely, you issue a command to your subconscious mind. This obedient servant of yours manifests it in your physical world – in terms of tangible products / events / circumstances in your life. Thus where you are right now or whatever is your state of affairs or your set of circumstances – it is simply a mirror reflection of your thought patterns.

If you don't like this then for future, change your thought patterns, and you change what the life will bring for you now. In other words, you have exercised your choice in life.

Actually in theory it is quite simple to explain but not so easy to master in real life for many of us. Therefore, we bring to you a few very important and practical

methods and steps to activate subconscious mind. Practice them and get immensely benefited like thousands of others.

Relevant link: [How to Use Your Subconscious Mind to be Successful](#)

## **Mental House Cleaning**

Before one starts the process of tapping into the powers of subconscious mind, it is very necessary to start with an absolutely clean state. This means there has to be flushing out of all negative beliefs, thoughts, ideas including doubts about the powers of subconscious mind and the efficacy of this system.

Thinking negatively causes unspeakable harm to mind's productivity. If the person speaks or thinks negative repeatedly or even surrounds himself with negative people, he will attract more negative people, not so pleasant circumstances will take place in his life and positive growth in life could be a big question mark.

On the flip side, if you inculcate the habit of regularly feeding your subconscious mind with positive thoughts, positive affirmation and positive self talk, you will invite positive changes and favorable results.

Thus from this very moment onward feed your positive thoughts only and stop all negative thoughts.

Relevant link: [How to remove negativity about money](#)

## **Observe Your Thought like a Watchman**

Consciously watching your thoughts is the key to your personal advancement and success. The finest method of tapping into the unlimited power of your subconscious mind is to first become aware of what's genuinely going on inside your mind. Then like the dutiful watchman let the positive, constructive and healthy thoughts be there and multiply while all the negative thoughts should be thrown out and no new negative thoughts be allowed to enter the mind or the

system. Is it not a fact that people hardly bother about what they're thinking of during the course of a day.

Ordinarily successful or not successful individuals permit all kinds of thoughts to pass through their minds. Whereas, successful people or super charged with positive thinking and they are extremely careful in allowing what enters their mind by exercising tremendous control over their thoughts. This way you activate the Law of Attraction through your subconscious mind when you choose and control your thought patterns and self talk to attract what you want in life.

The difference between thinking of successful people and unsuccessful people is simple. Successful people think and talk about what they want, and unsuccessful people think and talk about what they don't want.

## **Set a Goal, to Activate Subconscious Mind**

Third, write your goal clearly and in every detail. A goal is merely a wish till it is not written down. When you write down your goal, you associate your brain in the activity ([Neuro Associated Programming](#)) telling your subconscious mind exactly what you really want to achieve or manifest through this particular objective.

While the subconscious mind is very powerful, it is also very simple. It does not have a "brain" of its own. Therefore, whatever you wish to manifest, you have to describe it to yourself what you want and that is the way of ordering your subconscious. Thus the secret or the trick in achieving whatever you desire is in first knowing precisely what you want.

For example, if you wish to have a luxury car, then you have to tell yourself the name of the car manufacturer, the model of the car, the variant, the color and other such related details. So rather than just saying a luxury car, say white Mercedes Mercedes Maybach S 600 with 6 L V – 12 Engine in Black Color and beige interiors.

**Later, you develop a game plan and go about implementing it.  
Without a clear-cut goal, you are like a kite flying aimlessly!**

## **Make a plan to achieve your goals**

Congratulate yourself now on setting up crystal clear goals. Next you have to decide on the plan of action to ensure that you work genuinely with a purpose to attain your goal. Doing something regularly causes it to become a habit. Divide your goal into smaller or short term goals and also make strategies to achieve them.

Let us understand this better with the help of an example. Suppose you wish to increase your income and earn more money thereby raising your standard of living and level of wealth. You are earning a modest income of say USD 20,000 per annum. Following the steps and suggestions given in this article, you are keen to activate your subconscious mind to tap into the infinite universal resource. As a result you decide to achieve an income level of USD 100,000 per annum within a period of 24 months.

This is great but it may not be always possible to simply leapfrog to the figure of \$100,000 from \$20,000 – which is 5 times increase in income. While it is not impossible either, but there has to be an element of faith and belief to let the Law of Attraction be triggered by your subconscious mind. It is a tall order. Hence what is suggested is that you do it in some stages to strengthen your belief system. For instance, you think of increasing your income in next six months by 50% (USD 30,000 pa), followed by another 50% increase in 4 months to \$ 45,000 pa ( now you have seen that the magic of mind works), the third sub goal could be reaching \$ 60,000 in again 4 months and so on.

Did you notice that you are actually working on the final goal through a series of smaller goals. It is easier to convince your mind that it is possible through a series of smaller realizable goals than just aiming to achieve the final goal in a single shot. With every success your entire system gets strengthened with confidence, faith and belief that you only can do it! Obviously, you will need a long term plan and several short term strategies to become successful every time.

Therefore as a fourth step, you should make a list of everything you think that you can do or should mobilize that will move you toward your goal. At such a point of time, writing down your plan and making a list will make your desires stronger and strengthen your belief that the attainment of the goal is possible for you.

**This easy to use software will help plan your goals like a pro**  
**[Goalsontrack - Smart Goal Setting Software](#)**

## **Review your Progress Frequently**

This is the fifth point in the series of steps to activate subconscious mind. Reviewing the progress made by you against your goals regularly helps you to remain focused specifically on what you intend to accomplish. Since you check your goals frequently, you automatically embed (and also reinforce) your goal in

your mind. You also plant the seeds deeply in your subconscious mind. Doing this empowers you to achieve literally anything you've ever wanted.

Another suggestion in this regard is that to drive still more mileage out of this tip, you should write down your daily goals in the present tense.

It also implies that you must take some concrete and specific action every day as per your original plan or the strategy. Doing something every day moves you toward your goal, so that you can maintain your drive.

## **Do Auto Suggestions**

If you have been interested in the fields of tapping into the powers of subconscious mind or The Secret or Law of Attraction, then there is a high probability that you already know about Auto Suggestion. The other synonyms of Auto Suggestion are Self Talk and Affirmations.

These are one of the very effective methods to make your subconscious mind fully and unconditionally understand the command being given so that it can kick start

the process of actualize your desires.

To help you appreciate this subject more, here are some useful links:

[Powerful Money Affirmations](#)

[Affirmations for Business Success](#)

[All about Affirmations](#)

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**[The Affirmation software - Sculptor3](#)**



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## **Do Visualizations to Activate Subconscious Mind**

Seventh, visualize your goals having been achieved repeatedly. See it in your mind's eye as though it were already a reality. When you relax with your eyes closed see vividly on your mental screen a clear picture where you have achieved what you wanted. The clearer the picture and more frequent this exercise, faster it will manifest into your life. For instance, visualize yourself standing next to the model of the car you intend to buy ( refer to our earlier example).

Visualization is similar to autosuggestion – a powerful subconscious mind exercise. You feed images you visualize to your subconscious mind. Nevertheless, visualization requires a lot more concentration, effort, and single-mindedness than autosuggestion.

For achieving best results in visualization, create “synthetic experiences” and involve other senses to feel sounds, touch feelings, seeing clear colorful shapes and smells.

It is important that you get the same feeling of pleasure and joy which you would have got if you were to actually achieve your goal. Create the emotions of happiness, satisfaction and pleasure that you would have if you really achieved your goal.

To give you more insights into the subject of Visualization, please refer to: Powerful Visualization Technique to achieve dream goals.

The more often and more intensity of emotions you apply to your visualisations the more unstoppable you become.

## **Create a Dream Board to Activate Subconscious Mind**

There are quite a few ways to alter or activate subconscious mind such as repetition (already discussed under affirmations), identification with someone (example parents or a role model), intense emotions and Guided Imagery. It is the most proactive and easiest method. It has been discussed under the step – Visualisation.

Here is one more useful and effective technique called Dream Board. This is nothing but creating a pictorial version of the goal that you want to achieve. All you have to do is cut out pictures of what you want to achieve or have from the newspaper, magazines or simply download from the internet and print them. Next paste them on a big board and paste it at a place where you can see every day.

You may also paste these pictures in an arts album and sift through the pages regularly.

For example, you may want to buy an expensive car or a big house in a posh neighborhood or reach your target body weight and drop your clothes size by 2. All you have to do is to select appropriate pictures. Scientists tell that this method works because of the R.A.S. (Reticular Activating System) in our brain, which is

our antenna or radar that attract things that we focus to us. As what Earl Nightingale said, “The mind moves in the direction of our currently dominant thoughts.” You start receiving a steady flow of ideas and energy for goal attainment.

That’s the power of the subconscious mind!

## **To Sum Up**

It is believed that your subconscious mind is 30,000 times more powerful than your conscious mind. Most of the successful people and the motivational speakers and gurus like Brian Tracy, Zig Ziglar, Jack Canfield, Wayne W. Dyer, Joe Vitale, Robert Kiyosaki, Oprah, etc. know how to unleash the hidden power of their subconscious mind power.

The subconscious mind is our source of energy. If there is insufficient power flowing into your life you need to begin with making changes at the subconscious level but it has to begin at the conscious level. To have permanent changes in our lives, we must change the thinking of our subconscious mind. Our subconscious mind acts like a programmed computer. Therefore, to change the output of the computer, we need to change the programming. Unless it is changed our habits will continue to dominate us as will power can only dent the surface.

Tony Robbins, once said, “All personal changes must take place at the subconscious level.”

The truth is that there is no Secret at all and to activate your subconscious mind power, you don’t have to use any special technique. All you need is a clear goal and a burning desire to achieve the goal. The intensity of the desire provides the energy to the subconscious which in turn will direct us along the path to its fulfillment.

**SO GO AHEAD, TOUCH THE SKY, with MASTERY OVER SELF through regular daily practice!**

**Introducing: [How to Practice Subconscious Mind Power](#)**

# How to Practice Subconscious Mind Power



This will be presented in three Parts: **Altering Your Conscious Mind**, **Changing Your Subconscious Mind** and **Making Changes in Your Life**.

The subconscious mind is the part of our brain where many of our unconscious ("autopilot") decisions and impressions are made.[1] Psychologists recognize the subconscious mind as a source of creativity, intuitive thoughts and feelings, inspiration, and spiritual awakening.[2] Many people believe that it is possible for an individual to use his conscious mind to make changes in his subconscious mind, which may translate into observable changes in the life of that individual. Simply put, if you want to have more (whether it's money, job prospects, or other opportunities) you have to become more. Learning how to change the way you think and tap into the power of your subconscious mind may help you live a happier and more successful life.

## **Part:1**

### **Altering Your Conscious Mind**

**1. Identify learned, self-doubting thinking.** Studies have shown that self-doubting or self-limiting thoughts affect your ability to perform well and achieve what you may already be capable of.[3] In other words, if you have learned to doubt yourself, your abilities, and your chances of succeeding, then you may be setting yourself up for failure. It's important to remember that thinking poorly of yourself is not an accurate reflection of who you are, even though these socially-learned behaviors and thought patterns begin to feel real over time.[4]

Any time you find yourself thinking something negative about yourself or your abilities, take a step back and question where that thinking comes from. Ask yourself what proof you have that you will fail at the task at hand, and you'll quickly see that self-doubting thoughts do not have any foundation in reality.

You'll never know if you can succeed or not unless you try. Think of it as an experiment - you cannot reach an accurate conclusion without first collecting data, and each situation requires its own set of data.[5]

**2. Think more positively.** Simply put, the more you believe in yourself and your abilities, the more likely you are to continue trying and succeeding. Once you've silenced your self-doubting thoughts, you'll need to replace them with more constructive, useful thoughts. You can do this by acknowledging your talents and abilities, and by learning to accept the positive compliments from others.[6]

Recognize that everyone has strengths, talents, and abilities, including you.[7]

Identify areas that you can change, rather than dwelling on your faults or perceived weaknesses.[8]

Exercise positive self-talk. A good way to start thinking more positively is to refrain from saying anything to yourself that you would not say to another person.  
[9]

Any time a negative thought enters your head, try to respond to it with an acknowledgment of something good about you.[10]

**The think and grow rich ebook will tell you more about positive thinking**  
[Read more...](#)

**3.Change the way you approach your goals.** Before you attempt to tap into your subconscious mind's abilities, it may be worth changing the way you consciously think about your goals and aspirations. Even if you dream big, it's important to be realistic by setting manageable, achievable goals.[11] The best goals are often

called S.M.A.R.T. goals: Specific, Measurable, Achievable, Results-focused, and Time-bound.[12]

Specific - be clear and unambiguous with yourself about what it is you hope to accomplish.[13]

Measurable - make sure that your goal's outcome can be quantified. You want to know by the end that you've accomplished your goal.[14]

Achievable - don't set yourself up for failure by desiring a goal that cannot possibly be accomplished. Make sure your goal is something that you can reasonably achieve, given your current or soon-to-be-acquired knowledge and skills.[15]

Results-focused - make sure your goal has an endpoint, and isn't just an endless series of activities. Again, it's important to know that you've accomplished your goal at the end.[16]

Time-bound - your goal should be structured within a realistic time-frame. Your time-frame should be realistic enough to allow for the necessary work you'll have to put in, but also have some sense of "urgency" (like a self-imposed deadline) to prevent endless procrastination.[17]

An example of a SMART goal would be to work towards finishing a manuscript and submitting it to publishers by a self-imposed deadline, rather than simply hoping to get a book published and never finding the time to finish writing it.

## **Part:2**

### **Changing Your Subconscious Mind**

**1.Change your mind to change your world.** Your unconscious mind can make a huge difference in your day-to-day happiness. If you started your day in a bad mood, there's a good chance your day went downhill pretty quickly. That's because your mind's unconscious thought patterns affected the way you interacted with the world, as well as the way you processed information and situations around you.  
[18]

Most daily events aren't explicitly good or bad, but if your unconscious mind has prompted you to be in a bad mood, you'll probably see those events as significant burdens. But the opposite is true, too: if your unconscious mind has set you up to be in a positive mood, you probably see even somewhat unpleasant events as mere inconveniences.[19]

**2.Break out of your old habits.** The unconscious mind works largely through recognized patterns and habits in your everyday life. It's what allows your brain to go into "autopilot" while you drive to work or walk to the subway. Sometimes autopilot is a good thing. But if you're trying to tap into your subconscious brain's power, you may need to change up your routine a little everyday. This may help prevent your subconscious mind from falling into the old ways of thinking that may have hampered your ability to succeed in the past.[20]

Even minor changes in your day-to-day routine can have a big impact in how you interact with the world around you. You'll force your subconscious mind to engage more with your environment, which is how you'll eventually train your mind to focus on and engage with your goals.[21]

Try taking a different route home once in a while, or changing up your at-home routine when you get home from work. Little changes like this can make a big difference in how your subconscious mind interacts with your surroundings.

**3.Open yourself to new ways of thinking.** Once you recognize how your subconscious mind affects the way you interact with the world, you'll eventually open yourself to new ways of thinking and feeling. It will take time and a lot of effort, but eventually you will be able to recognize when your brain is distorting a given situation and train yourself to stop forcing the world to fit your worldview. Once you can do this, you can continue to train your subconscious mind to affect real change in your life.[22]

As an example, perhaps you want to break into a new field of work but you can't make any connections with employers. Rather than allowing yourself to be too intimidated to network with others who might be able to help you achieve your dreams, force yourself to talk to people. Get out of the house and go to networking events. This may open up new opportunities for you, and at the very least it will change the way you think about networking and pursuing job opportunities.

**Warning! Before you continue make sure you check this out!**

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## Part:3

### Making Changes in Your Life

**1.Know what you want.** It's not enough to have a vague idea of what you hope to accomplish. If you really want to tap into your subconscious mind's power, it's important to know in clear, precise terms what it is that you want. Your desired outcome should be unambiguous and as concise as possible.[23]

Rather than just hoping to be a world-famous author, devote yourself to writing one book. Make it the best book you could write, and devote yourself to finishing that project.

It may help to make your desired outcome a sort of mantra that you can recite to yourself in order to stay on track. Any time you start to doubt yourself or your abilities, simply recite the mantra to turn your attention back to your goal.[24]

**2.Refocus your energy.** It's important to be aware of what you want, and it may be even more important to devote a significant portion of your emotional energy towards focusing on that goal. Once you know clearly what it is that you want, you'll need to imagine that goal and think about it as though it has already been achieved.[25]

Some experts suggest that your subconscious mind can only break out of problematic behaviors and thought patterns if you are passionate about your goal and devote a lot of time and energy thinking about your ability to achieve it.[26]

To continue with the example of publishing a book, imagine your book being in the hands of a reader, or picture your manuscript in the hands of an impressed publisher. Imagining your success may give you the confidence to perform better, no matter what field you're working in.

**3.Work toward your goal.** Changing your mind's way of thinking and focusing your energies on the outcome of your goal are both imperative steps, but they're only part of the equation. The other part requires you to work towards achieving your goal. Now that you've conquered your self doubt and changed the way you think and interact with the world, you'll likely be more confident and sure of yourself, but you'll still need to work towards accomplishing whatever it is you've

been dreaming of.[27]

As an example, instead of doubting that your book will ever get published, you've silenced your inner critic and developed a great deal of confidence. But now you need to actually write and revise your manuscript and submit it to a publisher. Without action, you're left with wishful thinking - which is important, but it's not enough unless it's combined with work and action.[28]

**Before we round up, know that!**

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### **Tips:**

hard, but also know what it is you're working towards. It's important to devote some time each day to thinking about what it is you want to accomplish, and imagining that outcome as a distinct reality.

Subconscious mind power is useful, but it does have its limits. You cannot "wish" yourself to be free from illness, for example, nor can you achieve your goals without actually working towards them. Subconscious mind power can help you accomplish your goals, but it is not a magical power.

**Thanks for reading, feel free to share and  
come back for more inspiring e-books.**