

THE 24 DOMINANT LAWS OF THE SUBCONSCIOUS MIND

by Lloyd Dison

First Law:

All hypnosis is self-hypnosis and is any altered state of mind or focus. It is a dreamlike imaginary state between the awake state and the sleep state. Your eyes can be open or closed in each of the states of hypnosis. A hypnotist guides you into a dreamlike state, where the subconscious mind takes each suggestion as a reality.

Second Law:

Everyone goes in and out of hypnosis 100 to 200 times per day. It is said that each of us goes into the deep dream or REM (Rapid Eye Movement) state from 7 to 8 times per day on our own.

Third Law:

The subconscious mind represents about 90% of your mind power, the conscious mind, about 10%.

Fourth Law:

You are not your body. You are a perfect spirit child of God living within this physical body.

Fifth Law:

You are but a memory. 100% of everything you have ever thought, dreamed and experienced is stored in your *bodies* and *minds* as memories.

Sixth Law:

The subconscious mind is fully developed at birth to: (1) keep you alive – flight or fight, fear of loud noises, fear of falling; (2) keep you happy – to get attention, recognition or approval (positive or negative). These laws reverse immediately after birth. Keeping you happy, in its interpretation, is dominant and becomes more important than keeping you alive. Its interpretation of “happy” means happy or miserable.

Seventh Law:

Events and trials are stored in your bodies as living chemical memories at the moment they occurred. Each event is alive and well and ready to manifest in you physically, mentally, emotionally, and spiritually, from anything which can trigger these stored events. The subconscious mind can access all memories in the physical body as if they were it's own.

Eighth Law:

Your major problems were programmed into your memories in your first twelve years, like a series of dominoes. Any problems and trials after age twelve are simply triggers or symptoms of the first events.

Ninth Law:

All dominant thoughts become programs or habits. All habits are from the subconscious mind, including everything you think, say and do automatically from habit.

Tenth Law:

It takes 21 days to six weeks to consciously create a new habit or program. The subconscious can accept a new habit program instantly.

Eleventh Law:

When you fight a habit it will always win. Think about a pink elephant with green and black toenails. Then try to not think about a pink elephant with green and black toenails.

Twelfth Law:

All habits can become addictions. The level of addictions is equal to the level of low self-esteem in your first twelve years.

Thirteenth Law:

The subconscious mind knows no difference between reality and imagination. Only your conscious mind can see, hear, smell, taste and touch – your five senses. The subconscious mind can only use imagination for programming and response. Use your imagination and think about biting into a lemon or dill pickle, then notice the twinge in your jaw and perhaps saliva in your mouth.

Fourteenth Law:

The subconscious mind is programmed like a computer. You program your subconscious mind positively or negatively through self-hypnosis by 1) **visualization** (clear picture), 2) **affirmation**, and 3) **activation by dynamic emotions or experiences**.

Fifteenth Law:

What you see is what you get, or What you focus on, you create or recreate.

(Even if what you see is only in your imagination or mind.)

Sixteenth Law:

You create your tomorrows today (this moment – this second)
by what you see, hear, smell, taste, feel, think, say, do, and experience.

Seventeenth Law:

Your subconscious mind is like a robot and must, and always does, deliver your dominant thoughts, from birth to death (positive or negative). Dominant subconscious programs manifest in your conscious awake state physically, mentally, emotionally and spiritually.

Eighteenth Law:

Your subconscious mind always misinterprets, confuses or reverses a message unless your conscious mind or another person helps you translate it correctly. The program for addictions is set by eighteen months of age.

Nineteenth Law:

In order to obtain a new modality or reality in your life, you must **decide what you do want**, **let go** (forgive your past) and then **activate your faith** and **accept your future as a reality**, now in the present.

Twentieth Law:

Will power is weak and is strengthened by writing down your desires and affirmations. Will power can then help your conscious mind program and control the subconscious mind.*

Twenty-First Law:

You must change your thoughts and language in order to keep a new program, or you will re-hypnotize yourself back into the same old program you had before.*

Twenty-Second Law:

You **manifest** a positive desire by 4) **acceptance** of the desire as a reality — **release** and **act “as-if.”**

Twenty-Third Law:

The Subconscious mind is just a program and was designed to give you trials. The glory and kingdom of the next life will be determined by the way you handle your trials in this life.

Twenty-Fourth Law:

Your subconscious mind works all night on the last thought you have before sleep. Be sure of what you pray for and visualize before going to sleep.