



Believing in the Power of Your Subconscious Mind

Believing in the Power of Your Subconscious Mind

Whether you like it or not, ***your subconscious mind is the boss of you.*** Even when you make a conscious decision to go after something you want, it's your *subconscious* that determines whether you'll take consistent action to get it!

Once you understand how your subconscious works, you can be in touch with yourself on a deep level. You'll have the keys to living an abundant, fulfilling life, and all you'll need to do is unlock that door.

What is the Subconscious Mind?

Your mind is similar to an iceberg. The conscious mind is like the part of the iceberg that you can see above the surface. But the bulk of the mind - the *subconscious* - is below the surface where you can't see.

There are certain thoughts and processes that go on inside your mind that you may not be aware of on a conscious level, such as beliefs, instincts, and memories. Everything you've ever seen or heard is sitting somewhere in your subconscious, affecting your current thoughts, decisions, and actions.

Communicating with the subconscious mind is a popular topic in the realms of self-help and psychoanalysis. This is because getting to the core of your beliefs by ***tapping into the subconscious is the fastest way to implement desired changes in your life.***

The Power of Beliefs

Your subconscious mind contains a vast amount of information. It's more than your conscious mind could ever handle. Sometimes you might just have a "feeling" about something and then find out that the "feeling" was right on target. In many cases, it's your subconscious mind that sends you such signals.

Surely you've heard, *"If you believe it, you can do it."* This truism is a fact because of the great power of your subconscious. A belief can light a fire under you and enable you to do things that you never consciously thought were possible.

This is why ***just believing in the power of the subconscious mind can allow you to better communicate with it.***

The alternative is to continue following base instincts. Following your instincts can be a good thing, but what if one of your instincts is a fear of public places? It would be in your best interest to learn how to communicate with yourself.

Beyond Belief

Believing in the power of your subconscious is the first step to living the life you desire. When you do, you can move on with your self-help ventures and personal development plans. Surely you have talents you'd like to further develop, positive qualities you'd like to strengthen, and challenges you'd like to overcome. ***You can do all these things by tapping into your subconscious.***

You can even use your communications with the subconscious mind to correct larger issues, like fears, or eliminate negative habits, like smoking or emotional eating. When you get to the core of an issue in your subconscious, you can change it. The possibilities are endless!

How Do You Communicate With Your Subconscious Mind?

There are several techniques you can use to effectively communicate with your subconscious mind and enable the changes you desire.

One popular method is the use of hypnosis. You can either employ the services of a counselor trained in hypnosis or use self-hypnosis techniques. You can even find CDs and videos that will guide you completely through a hypnosis session.

Under hypnosis, rather than being asleep, you're in a state of heightened awareness. Many of the inhibitions of your conscious mind will subside while the subconscious comes to the forefront. When you're in this state, ***you're open to suggestions.*** If you give yourself positive suggestions, you'll make positive progress.

You can also communicate with the subconscious by consistently reading, listening to recordings of positive mantras, and repeating affirmations. Not only can you use these positive statements to affirm and bring out the best in you, but you can also replace negative thinking and doubt with positive images and beliefs. Check your local bookstore and online for a plethora of affirmation resources.

Just remain aware of your innermost thoughts and you'll be better able to keep in touch with your subconscious. Always be truthful with yourself, follow your heart, and most important of all, have a firm belief in yourself!