

BELIEVING IN THE POWER OF YOUR

subconscious mind



A Butterfly's Touch Wellness

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?

To get an idea of how the mind works, visualize 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, feelings, habits, and memories. Everything you've ever seen, heard, or experienced is sitting somewhere in your subconscious, affecting your current thoughts, decisions, and actions.

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 overcome a fear like that.

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 work with a hypnotist or use hypnosis recording. You can even find CDs and videos on YouTube that will guide you completely through a hypnosis session.

The difference between working with a hypnotist and a recording (video or audio) is that your hypnosis session can be tailored exactly to your needs. Everyone is different. Your experiences will have been different from another person's experiences. This is why working with a hypnotist is a better option than just listening to a generic recording.



In hypnosis, rather than being asleep, you're in a state of heightened awareness where unwanted inner programming can be changed. When you're in this state, *you're open to suggestions, if the change is something you WANT to make.*

You can also communicate with the subconscious by 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!

