

Controlling the Subconscious Mind

by Ali Shakur

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What is the Subconscious Mind?

There are a few book definitions of what the subconscious is and please, I insist that you go read them, but here I will be interpreting what the subconscious or subconscious mind is from my own experience and studies.

I'd like to first clarify this word MIND. In old esoteric texts it sometimes refers to mind as a **spiritual essence**. When I speak of it, I too am referring to a spiritual or divine essence. Sometimes MIND is confused with the physical brain, its functions, and objective consciousness but that is not the definition of mind referenced here.

The subconscious is you when you are not in control of you. In my opinion, it is the **REAL** you. It is the autopilot of human

consciousness. The subconscious mind never sleeps and is aware of everything within its proximity or radius. It is a memory database than never forgets. It is, psychological, physiological and spiritual.

The subconscious mind controls all functions of the body via the autonomic nervous system, which regulates heart rate, breathing, digestion etc. Even when we get up to simply walk, it is the consciousness that communicates the desire to the subconscious, which then allocates nervous energy for the action. Without the subconscious, we could not function or even live. Chaos in the subconscious will result in dysfunction and possibly premature death.

Since no action or desire is executed without the power of the subconscious mind, it behooves us to nurture it like a child and protect it like the Essenes protected the Virgin Mary. It is imperative that we train ourselves to seek harmony with it, in it and around it.

On the physiological level, the subconscious mind sits in the hypothalamus, which is located in the brain. It works in conjunction with the pineal and pituitary glands. If you've done any decent spiritual research at all, then you know that this system somewhat refers to the term, "*the third eye*". The subconscious mind is in fact a portal to the spiritual realm. The psychic, mental and physical powers we seek will be sought through the power of the subconscious mind.

"See no evil, hear no evil, speak no evil", is an ancient quote that alludes to a mysterious riddle about the vulnerability of the subconscious mind. Be selective of what you allow your mind to "see". Nothing is possible without the subconscious mind and the conscious mind is the gatekeeper or guardian of the subconscious mind.

We are, whatever we tell ourselves we are. This is one of the many purposes of meditation. The subconscious mind is like a vacuum and runs off of everything it sucks in. There is nothing you can hide from it. Whatever you put in front of it, it will absorb. Movies, TV shows, music etc. will incubate inside your mind and eventually take over.

We've all heard of the term brainwashing and one simple example is radio music. You hear a song over and over again you eventually start to like it. This has been backed up by a [2011 fMRI study](#), which confirmed that repeated music play lights up the reward centers in the brain. People like what is familiar. This is basic human psychology as well.

Corporations spend trillions of dollars each year to penetrate your conscious mind and embed themselves in your subconscious.

Wouldn't it make sense to take an equal or more prominent interest in brainwashing you? You can literally brainwash yourself into being whatever it is that you want to be simply by surrounding yourself and your subconscious mind with the elements that make up the desire.

If you wanted to be a dancer, wouldn't it make sense to hang out around dancers and at the dance studio? If you wanted to be a music-recording engineer, wouldn't it make sense to hang out at the music studio with an engineer? If you wanted to be a businessperson, wouldn't it make sense to hang out with business people?

An old saying goes, *"you are the sum of your five closest friends"*. Your environment is just as important. When scientists use stem cells to create a human ear or heart, they start off with the same exact kind of stem cells. The only difference in the processes are the environment

and what they “feed” those stem cells. You’ve heard the phrase, “*You are what you eat*”, right?

Simply by surrounding ourselves with the elements of our goals, we become what we desire. The higher the intensity and passion the faster the acquisition of said desires.

We waste so much time during the day and then become hypocrites when we say, “*There isn’t enough time in the day.*” There is always time for what we make time for. Take time away from the things and people that don’t serve your own good and give it to the things and people that do. Surround yourself with the elements of success.

-Habits-

Since the subconscious mind is manipulated by repetition we must talk about habits. Success is the sum of what we do over and over again, day in and day out. What do you do over and over again, day in and day out? Take this moment and do a little bit of introspection.

My bad habit was cigarette smoking. I quit through perseverance and will. I really wanted it. And THAT is where mental change begins. We REALLY have to WANT to do something to actually execute.

When we take away the cigarette (or habit), it is sort of like shock to the subconscious mind. It is looking for the action that is not being executed so this unfamiliarity leads to discomfort.

Whenever we want to quit an old habit we must replace it with a new one. This will alleviate the discomfort, as the subconscious mind will learn to stop looking for that action but instead execute the constructive one. When I craved a cigarette, instead of smoking I did push-ups. My new habit was weight training. Cigarettes suppress appetite so at the time I was 130lbs. After quitting cigarettes and beginning weight training I bulked up to 170lbs in about four months.

I replaced the bad with the good. The chemical addiction of nicotine is physiological but that was irrelevant. Our problems are not so much biological as they are psychological. We have to kill the disease in the mind before we can kill it in the body. Remember, the body does what the subconscious mind tells it to do.

The cigarette smoking was like a Trojan horse to my subconscious, brutally hijacking it with deconstructive habits.

Nothing can be manifested physically without first being manifested mentally. My addiction was in the subconscious MIND.

Make the decision to change, **RIGHT NOW**. Close your eyes and visualize who you want to be. Visualize your clothing and the destinations you travel to. Surround yourself with the elements and make them good habits. The rest is in the hands of the Most High.

-Negative nuances-

Before we get into the details of programming the subconscious mind, we have to be aware of our tongue unleashing negative nuances when our intentions are otherwise. We confuse the subconscious mind with our words on occasion with negative nuances.

For example, in communication with our mind we may say:

“Subconscious mind, please don’t let me be late for work.”

This is a negative nuance. The intention is positive but the delivery is negative. The word “DON’T” implies the possibility of a mistake. The subconscious mind makes no mistakes so this causes confusion and miscommunication between the conscious and subconscious mind.

Instead say:

“Subconscious mind, help me to go to work on time.”

We also need to be mindful of our every day speech as our words are like magic spells for our reality. What you speak shall be.

Another example:

“I hope I don’t have a bad day today.”

Instead:

“I’m going to have a great day today.”

One of these implies the possibility of failure and the other one doesn’t even invite it to the conversation. The only things we want to invite into our lives are love and constructive opportunities.

“Abracadabra!” says the magician. A Hebrew phrase which means *“I create what I speak”* or better yet, *“what I speak, I create”*. Be mindful of your tongue. It can either nourish or destroy your subconscious.

-Third Parties-

On the topic of third parties, what I'm referring to are the elements we use to help us hone and develop focus and concentration. For example: candles, incense, essential oils, crystals, tarot cards, etc. These are what I call third parties. There is nothing mystical about them other than their innate natural and spiritual energy which creates them and holds their atomic structure together. The power is in YOU.

Are these helpful? Yes. All of these are helpful but we must stay away from the dangerous mental traps of the third dimension. Often we get caught up on matter, material things and become materialistic. It is important that we always possess the ability to detach. Attachment can be a dangerous thing.

It is also important to remember that, the third parties don't empower us, we empower each other. Without us to perceive them, they are nothing. It is our mind that gives power to matter. Like quartz can stay in a cave or they can serve a purpose inside your smartphone. It is the advanced consciousness of the human mind that imbues power upon matter.

Some will tell of arcane and mystical powers promised to the wielder of these third-parties, like spiritual protection from psychic attacks, attract money, love or other magical guarantee. I'd like to respectfully and politely excuse their naivety on these claims to clarify and taper expectations of third parties.

Third parties like flowers, essential oils, and incense do play a role in altering and manipulating the human consciousness, however.

Let's take for example, "smelling salts" which was a common thing in boxing before it was banned. When a boxer became dazed or unconscious, they used the smelling salts to bring them to full consciousness.

The ammonia in the smelling salts agitates the mucous membranes of the nose and lungs, which activates the sympathetic nervous system. The scent jolts the body into a state of heightened awareness or consciousness. This is just one example of how third parties can affect the mind. I encourage you to research the psychological and physiological effects of essential oils and implement into your daily life. For example, a few drops of lavender in your bath to relax the mind and body are helpful before bed.

I don't want to provide too many examples, for the sake of brevity, but I did want to provide one extreme case so that you can

use it to speculate how other scents in our world can manipulate our mind and consciousness. Think about scents that secret agencies can use to suppress consciousness, if you want to dive into the realm of a conspiracy “theorist” or, as I like to say, conspiracy “realist”.

Let’s now take a look at how third parties empower us. First we must understand that in order to clear the mind we do so via the five senses. The mind cannot focus on more than one thing at a time. You cannot enjoy food and think a thought at the same exact time. One thought will dominate the other. By focusing on one of the five senses with deep concentration, we will by default clear the mind. For those that wish NOT to think or clear the mind, this is how.

With the incense and/or candles, the aroma will assist via the sense of smell. The flame of the candle can assist via the sense of sight.

There are exercises one can conduct with the element of fire, but I will not disclose here. Feel free to do your own research on this.

Crystals are quite popular amongst aspiring spiritualists and the “*New Age*”. I admire their fervor and would like to help them develop themselves with the use of crystals here.

As stated previously, third parties are used to develop focus, concentration and clear the mind. So, here is one exercise you can try:

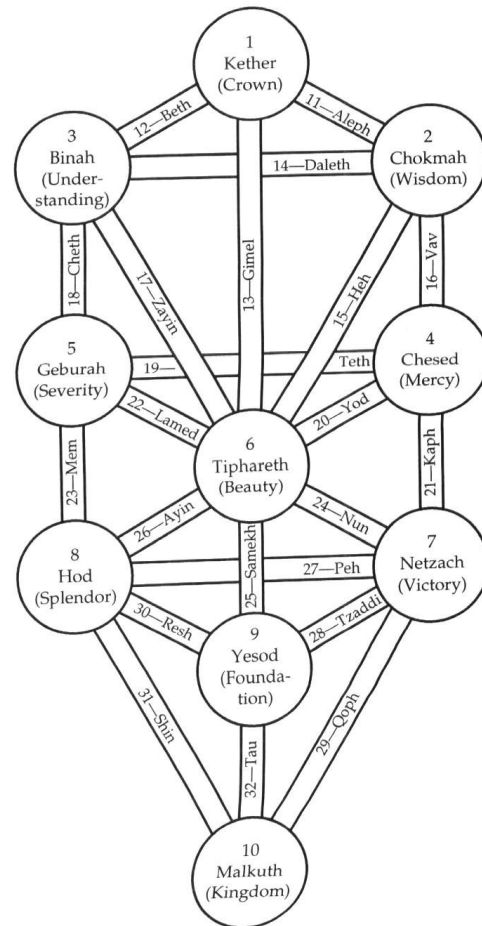
Close your eyes and pick up a crystal. Feel the crystal and in your mind try to visualize the crystal. Can you see the color? Can you see the bumps and imprints? Pick up another crystal and try again. Use this concept and start to move in this world without a dependency on sight.



On the subject of tarot, we must first understand that it is **not a psychic apparatus** for fortune/future telling. It is a card game like any other and nothing more. They however, just like any deck of cards, can be used to heighten focus and concentration. (Pictured here is the Rider-Waite tarot deck)

Take a card and stare at it for a few minutes. Take in every detail that you can. Have a partner take the card from you then ask questions about the card. What is the dominant color on the card? What's on the table? By now, you get the point (You may need to keep your eyes closed to block out distractions while performing this exercise). Try this exercise on your own as well.

We know that what we concentrate on manifests. So, in addition to the previous exercises, one can select an attribute they'd like to amplify within them or manifest and concentrate on that card. So, if one wanted to imbue oneself with strength, they can concentrate on the strength card.



The same can be done with the sephiroth on The Tree of Life or otherwise known as Hebrew Kabbalah. (Research: Sepher Yetzirah)

On the Tree of Life, each sephiroth carries meaning. For example, the number 2 would be Chokmah (pronounced hoke-mah), which means wisdom. One can focus on the Hebrew symbol for this or even the number 2 to imbue their being with this attribute.

Many use numerology and that is fine. But do not take anyone else as authority for meaning of the numbers. Of course numbers have objective meanings like: 0 is the unmanifested, 1 is the first emanation, 2 is duality, 3 is the law of the triangle, 4 is this plane of existence (NSEW, four elements) etc.,

It is important that we seek to create our own personal numerology based upon the impressions we receive from the numbers and how they resonate with us.

I will stop here on the subject of numerology as this topic deserves it's own volume, which I'm sure I will cover in future literature.

-Reprogramming through ritual-

The more a subconscious mind is defunct or programmed with detrimental behavior, the more it needs to be reprogrammed with productive behavior. Some may need more repetition than others but here we will cover a very basic routine that can help anyone at any level.

The best time to set intention is at night right before we sleep. The thoughts on our mind before sleep are usually the ones we wake up with. And it is vital to get a great start to each day. As I like to think, your day is usually only as good as it starts.

Lie on your back flat and breathe normally. Clear your mind of your worries of the day and forgive yourself for any mistakes or wrongdoing. Do not take any negative thoughts with you into the dream space. (I'll cover this with more depth in future volumes)

Think of a goal or habit you'd like to form and repeat it in your mind with the negative nuance rule in mind. Say it over and over again and really form a picture in your mind of the actualization and manifesting of said desire.

For example, at the current moment, I'm forming the habit of working out my abdominal muscles. So, I consistently train my subconscious mind by impressing it with thoughts of the ab work out. I'll lie in my bed and say to myself over and over again about five times or more, "*subconscious, please remind me to do my ab workout*". In addition, I'll visualize myself doing the ab workout routine to reinforce the impression on the subconscious with a clear visual. Then I say, "If my subconscious pleases, let it become", after which I completely dismiss the thought from my mind.

As stated earlier, it is paramount that we begin our day in a positive thought process. This spark in the morning will create momentum and carry us through the day, maybe with a little reinforcement. So, here's a morning meditation ritual I'd suggest you add to your routine. (Feel free to use your crystals, tarot, candles, incense and other third parties to assist you in concentration and focus.)

You will need a comfortable chair, glass of cool (not cold) water and a teaspoon of honey.

Before we begin our meditation, cleanse your hands with soap and water to symbolize purity before opening a communication pathway with your higher self, the universe and subconscious.

Drink the glass of water and imagine it purifying your body as it flows through your digestive system and into your blood stream. This too is symbolic of purity. Also, we always want to begin our day with a glass of water for biological reasons. I'll let you do your own researches on this for the sake of brevity here.

In Ancient Kemet (Egypt) the Djed pillar was a symbol of the kundalini or spinal column (amongst other things), which is the main highway of the central nervous system. Throughout our meditation, we want to keep our back as straight as possible to allow our inner electrical impulses to flow freely and unrestricted.

Sit comfortably in your chair with your back straight and feet flat on the floor. Breathe normal a few times to calm the body and clear the mind. Now, take the honey into your mouth and focus as much as possible on the taste and texture. As previously stated,

focusing on the five senses will clear our mind. The powerful taste of honey will hijack the mind and move it away from those distracting thoughts. There is an added physiological benefit with the honey as it contains the majority of the essential minerals the body needs like magnesium, phosphorus, iron, calcium, potassium copper and manganese.

Now, with the mind clear, we can insert or embed our goals, and desires into the subconscious mind. Just like our nighttime meditation, we repeat those desires in which we want to empower ourselves with over and over again then dismiss them from the mind. It is important that we also, visualize our desires and live out the experiences we would like virtually in our minds. Before anything becomes earthly, it first begins in the mind.

Please also, take time during this meditation to send love and light to everyone around the world as well as your own personal loved ones. If you know someone who is down or going through tough times, picture him or her inside a glowing Merkaba with a smile on their face. Intentions travel vast distances instantaneously especially when focus and concentration are at their peak.

Once you have completed your meditation go on about your day in a normal fashion but I guarantee you will feel rejuvenated, excited or even just a divine calmness within your being. You may feel like you are hovering through time and space. Your senses will be heightened and everything may appear MORE “real” or vibrant and clear.

Please, if needed, do a mini version of this exercise throughout the day to reinforce those intentions with the subconscious but try to

keep at least an hour between each so as the desires do not conflict and take their time to settle upon the subconscious mind.

Before we part, I'd like to leave you with this phrase, "Ora et Labora" which is Latin for, "*work and pray*". Many think that they can manifest particular desires and goals simply through meditation or prayer alone but this is not true. Work must also be done as well. By not working toward our desires, we tell the universe that our desires are not important to us; therefore it should not assist us in manifesting those desires. Work hard, pray hard and you will be rewarded.

-End-



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