



10 Rules of the Subconscious Mind – Source Unknown

The subconscious influences our lives constantly. It organizes and stores memories, emotions and energy, and controls our perceptions. Most of what we feel, think, say and do comes from subconscious beliefs that don't always serve our needs. But we CAN consciously direct its power. Here are 10 rules of the subconscious mind:

1. It is a servant of the conscious mind. It follows orders, doing as it's told, and cannot distinguish between what's real and what's imagined. It has no sense of humor and takes everything literally. Your conscious mind controls what's allowed into the subconscious.
2. It responds instinctively so thinking and behavior can become hard-to-change habits.
3. It is programmed by repetition, authority and emotion. Affirm and visualize what you desire often and with passion. Be strong, willful and commanding. Emotions have a strong impact on the subconscious mind.
4. It does not process negatives. If you say "I will not overeat," the subconscious hears "I will overeat." "Not" doesn't register, so state affirmations in positive terms: "I eat wisely."
5. It represses memories with unresolved negative emotions, like guilt, resentment, fear and anger. When you feel those emotions, you have an opportunity to consciously own and release the beliefs associated with those memories that control your reactions.
6. It works with symbols and metaphors. Watch your dreams closely for clues to unresolved issues.
7. It records everything and takes it all personally. Whenever you criticize, resent, judge, and project negative thoughts and feelings onto others, you're the one experiencing the negativity.
8. It works on the principle of least effort by following the path of least resistance, which can be a negative path of engrained habits. Your *conscious* mind gives purposeful direction along the *best* path, not just the easiest.
9. It has a need to be moral and is the source of your higher self (your spirituality, or whatever you want to call it) that supports your evolution. Consciously working with your subconscious opens you to higher levels of wisdom, love, unity, beauty and truth.
10. It knows no past or future, only the present. It stores and replays all experiences as NOW, so affirm in the now, not the future: not "I will be confident," but "I AM confident!" Use your power to re-program your subconscious and claim your future.

The best way to make a dream come true is to wake up.