

# Subconscious Magic



**Using Your  
Magical Mind  
Powers To Get  
Lasting Health  
Wealth And Love**

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## **Acknowledgement**

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**W**hy do so few people seem to have most of the world's resources and riches while the rest toil and struggle just to survive?

Have you ever wondered why some people just seem to **magically** attract and attain their dreams effortlessly, while others try so hard only to eventually fail?

Just what is this mysterious **magic** that they know?

It's not that they are smarter than the rest. Sure, there are people who are smart and successful, but there are also people who are smart and unsuccessful.

The truth is that you don't have to be talented or extraordinarily intelligent to succeed.

So what's the missing secret behind getting the life that you know you deserve?

Some people may say that luck has something to do with it. I'm sure you've heard people say "*He was at the right place at the right time*" or "*She was just lucky*".

Actually, **there is no such thing as luck.**

Luck is just the receiving of goodness in your life that you don't have an explanation for.

**The truth is that everything that you have in your life is because of your subconscious mind.**

The subconscious is the single most powerful part of the human mind.

Let's look an example of this.

Have you ever gone to bed at night wanting to wake up at a certain time? Perhaps you had to get up for an important job interview or run an errand?

Even if the time that you wanted to get up was totally different from your usual waking up time, you'll find - if you held your intention properly - that you generally awaken right on the dot.

Why does this happen?

It's an operation of the **subconscious mind**.

The subconscious mind knows everything including what time you wanted to wake up.

You may ask, "*Okay, if my subconscious mind knows everything why don't I know it too?*"

Good question.

You can imagine your subconscious mind like a never-ending filing cabinet.

Like any filing cabinet, in order for you to get to the file that you want, you first have to consciously direct yourself to the location of that file and then you can pull it out.

It's a similar process when you want to access your subconscious mind.

If you want to wake up at 6am instead of 10am for an important business meeting, you consciously give yourself a strong suggestion to wake up at that time. This suggestion speaks directly to your subconscious. As a result, you wake up at the right time.

That's quite impressive as it is. But it gets better. Think about this...

When you travel a long distance, your time zone changes. Imagine you go to sleep and tell yourself you want to wake up at 5am the next morning but this time you are on an airplane, and so you're traveling fast across the world while you sleep.

So let's say you go to bed in Eastern Time and you're traveling to Central Time, which is an hour behind.

The amazing thing is that you **still** wake up at 5am in the **new** time zone. Your subconscious has automatically compensated for you being in a new time zone. That's how marvelous your subconscious mind is.

This illustrates that the subconscious is very complex and all-knowing.

It is actually the divine part of you inside but it is under your control. It does not argue, it does not judge, **it just does.**

You can compare it to the old story of the magic Genie in the bottle. Most people remember the Genie granting three wishes. But what most people don't know is that in the original story of the Genie, there were an **unlimited** number of wishes. The Genie just said "*your wish is my command*".

The Genie is like your subconscious.

Because your subconscious does not argue or judge, it is very sensitive to your suggestions. If you give it suggestions such as fear, worry, doubt, sorrow, or thoughts of poverty then you are programming it to bring you more of that.

**Some people believe that life just randomly happens to them - this is simply not true.**

This entire Universe operates on absolute precision. This doesn't always mean that you and I are going to understand all the details of how it works, but it does mean there is exactitude behind everything that exists and happens.

The mistake many people make is giving up control of their lives to some external person or thing.

Too many people blame something outside of themselves for their problems. They blame a devil or a god, their mother-in-law, their spouse, their sister, their brother, their boss...the list goes on and on.

The truth is that if there is something in your life right now that you don't like, **you** are responsible for it.

Is that hard for you to hear?

This doesn't mean that you sat there and wished for it on purpose. Consciously many of us don't even have a clue that we are creating certain conditions in our lives.

This is because it is a subconscious (or unconscious) part of us that is responsible.

Having read this, you may now feel a little fearful of your subconscious. You may even find this information hard to believe.

That's okay...just read on for now with an open mind and you'll feel better when you understand a little more. You'll see that your subconscious (and therefore your entire life) is actually completely under your control.

There is a divine part in each of us that is much more powerful than we are consciously aware of.

In the Western World, a great symbol of that divinity in humans is the story of Jesus Christ of Nazareth. Now whether you believe in the Christian religion or the Bible is irrelevant. Perhaps you believe in a completely different religion such as Buddhism or perhaps you don't believe in any of it.

It doesn't matter to the point I am trying to make. It is worth looking at the symbology that this story of Jesus Christ represents on a subconscious basis.

The story of Jesus is that he was half man and half god. He was the mixture of humans and the Almighty God deity in the Universe. He performed the "impossible" throughout his life, healing the sick at the touch of a hand, raising the dead, and in the end he transcended even death itself.

In the Bible there are many passages where he is quoted as telling his followers that they would do greater things than he did.

Today many people get caught up in heated debates about whether or not Jesus existed. This is not relevant here, as I am more concerned with the idea than the person.

The story of Jesus gives us the understanding that we are more than just mere humans and that we have the power to do, be or have anything that we want.

The truth is that we are a mixture of flesh and "spirit". You could call it God spirit if it feels comfortable to you or you can call it the Universal Mind.

The label you use really doesn't matter at all. Whatever feels right to you, use that...we are speaking about the same thing.

## Your Subconscious And Your Body

Let's talk about the physical part of ourselves. Our bodies move through reality with five physical senses. These are taste, touch, smell, hearing, and seeing.

Our brain controls all of these senses and filters the signals according to our belief system. This is called the **objective mind**.

The **subjective mind**, on the other hand, is a distinct entity of its own. It encompasses your whole body, and when not opposed in any way, it has absolute and perfect control over all your internal functions such as heart beat, blood circulation, sensations, etc.

While your objective mind controls all your voluntary functions, your subjective mind controls all of the involuntary functions.

Involuntary functions are things that you cannot control, but that you still do, **unconsciously**.

You don't sit there and say "*I am making my hair grow now.*" And you don't say "*I am going to produce tears for my eyes*" do you? But yet, you are responsible for the production of the tears, the hair growth and more.

So now you are starting to understand a little clearer when I told you that you and I are responsible for everything in our lives, on a **subconscious** level.

The subconscious mind perceives differently than our physical body or our objective mind. It does not use the physical senses, but instead perceives on an **intuitive** level.

It even has the power to communicate directly with the minds of others.

There are actually **no limits** as to what it can do.

Doctors and psychologists know that the health of the body is influenced greatly by how we think and feel. There are countless cases around the world of people who have been able to cure themselves of major illnesses such as cancer through the power of their emotions, mind, visualization and inner subconscious.

This is not to say that you shouldn't seek professional medical attention if you are sick. Not at all.

But as you are seeking medical help for your physical ailments, you can also begin to explore the other side of you. You can explore the possibility of using your

subconscious to help bring about harmony to your body, and restore peace and love within yourself.

It's a known fact that if you are in a state of laughter, love and joy it is impossible to feel pain.

I experienced this first hand when I was having surgery a couple of years ago. The pain was mild to moderate and I decided not to take any pain-killers to see if I could help myself just by lifting my spirits. I figured that if the pain got too bad I could always page the nurse to bring me a pain-killing injection.

So I opened up one of my favorite books and started reading. I became engrossed in it and, before I knew it, a few hours had passed. I just couldn't believe it. I had not felt any pain because I had forgotten all about the pain. This proved to me that how I felt **inside** could affect how I felt on the **outside**.

Most physicians will tell you that if you give constant thought to any part of your body that you send an over-supply of blood to that particular part.

This illustrates that thoughts really can affect the body.

Your subconscious has the power to make any part of your body behave in a variety of ways.

Your subconscious is very sensitive to your predominant thoughts. All you need to do is to start worrying or becoming anxious about something and your body starts responding.

The medical profession has recognized for a long time that there is some kind of hidden power in the human body and that power can heal diseases much better than drugs or surgery.

A Dr. Mitchell Bruce wrote: *"We are compelled to acknowledge a power of natural recovery inherent in the body - a similar statement has been made by writers on the principle of medicine in all ages. The body **does** possess a means and mechanism for modifying or neutralizing influences which it cannot directly overcome."*

There is a natural power within each of us that can repair a stressed or diseased body. It has a real and active existence but many of us just don't know how to use it.

So how can your subconscious mind affect and change vital functions of your body?

It is a well known physiological law that your vasomotor nervous system is influenced by your emotions. The psychic centers of your mind govern your vasomotor nerves and as a result your circulation and secretions are affected.

Think about the times when you were nervous about, say, going on a date or going for a job interview. Your hands started to sweat and your heart started to beat faster.

Those were all physical changes that came in response to your emotions. This is the reason why pills that are made of sugar, breadcrumbs or other harmless substances taken along with certain suggestions have been able to cause diarrhea.

It also explains why disagreeable psychic sensations or depressing emotions have been able to stop the milk of a mother who is nursing. In some cases the milk even became poisonous.

This also explains why a tumor starts to grow rapidly if the patient is always preoccupied with worry and fear about it. Remember, as we said earlier, thoughts about a part of your body send an over-supply of blood to that area.

So where exactly is the subconscious mind?

The subconscious mind is everywhere.

It is in every corner and crevice. It is in all space and in all time. The subconscious mind is everywhere and it is the creative force of the entire universe.

You could also say it is the eternal energy of spirit or God spirit. It is in every cell, every molecule, and in every electron and atom. It is in the tiniest of the tiniest particles.

We are just now learning to harness the power of the subconscious. A hundred years or so ago, we had just as much electricity as we do today. But we did not know how to harness that electricity and use it. Now in our modern age we do know how to use it and we have been able to do some pretty amazing things with it.

The same thing is happening with the subconscious mind.

We are starting to understand and use the subconscious and develop our lives to the next level.

Your subconscious powers are largely latent forces. **Most of us are only using a small fraction of our power.**

So how do you begin to use this latent power that is inside you?

The key is **suggestion.**

When you start to use suggestion you can instruct the subconscious to act and do certain things without you having to consciously be aware of it.

So what is a suggestion?

A suggestion can be an idea, a thought, a visualization, an action, but most importantly it is something that generates **a strong feeling in the form of an intention.**

When you have that strong feeling of intention, you have an architectural blueprint that starts to build itself from your subconsciousness and starts to become part of your whole life framework.

Your subconscious controls the motions of every cell of your body so once you begin to make certain suggestions to it, you will be moving towards that particular goal without consciously thinking about it.

Your subconscious controls every organ in your body and every cell of those organs. This is the key to attaining more good health in your life if you are battling with disease, obesity, or chronic pain.

It starts in your mind.

But again, it must be stated that if you are sick you definitely need to seek the help of a doctor as well.

If you are overweight you definitely need to begin eating nutritious foods and exercising regularly. If you are suffering chronic pain, you may need to work through it with the assistance of pain-killers.

But as you do these things, begin to open to the possibility of healing yourself with your subconscious.

How do you do this?

You begin with the idea of already being healed.

What would it feel like if you were perfectly healthy?

If it is hard for you to imagine that right now, it's alright. Just keep playing with the idea and the image of it in your mind.

The more you work with that image the easier it becomes to put yourself into that image and feel it grow stronger and stronger.

In doing this, you are giving your subconscious a new suggestion. And it begins to affect your physical body.

If you are oriented towards images, then start to imagine how you would *look* if you were perfectly healthy. If you are more hearing oriented you could say an affirmation to yourself such as "*I'm perfectly healthy and happy.*" If you are more feeling-oriented, you could just imagine the feeling of perfect health.

If there is a favorite song that you like, turn it on while you do this.

If you have a favorite sweater or pair of jeans, put them on while you do it.

You want to use anything you can to help get you in the mood of happiness and well being.

If you like comedies, watch them to help lift your spirits.  
Laughter is often called the best medicine.

# Your Subconscious And Money

**Y**our subconscious also plays an important part in your financial life. Have you ever come across people who always had money no matter what?

Some may have been frugal people, but I'm sure you've seen those who were rich but were also big spenders. And then you've seen those who always worked hard but were still broke. Then there are people who hardly ever work and always have money.

What's going on here?

The truth is it has to do with their subconscious...their inner financial thermostat is set on a certain level.

A perfect example of this is Donald Trump. He has gone from riches to being bankrupt more than once. But each

time he created his riches all over again - and more than he had before. His inner financial thermostat (his subconscious mind) was set to rich.

How can you set your thermostat higher to attract more?

The answer may surprise you.

It is hard for most people to attract wealth because they have the **wrong attitude** about money.

Some religions teach people that there is something noble in being poor and struggling. Sayings like "*Money is the root of all evil*" makes people have negative feelings towards money.

At first you may say "*I don't believe any of these*" but again, these may be deep-seated unconscious triggers that you may not be aware of.

The first step is to changing your financial thermostat is to build a spiritual connection with money.

This may seem strange, especially if you are a deeply religious person. But the truth is that everything has a spiritual aspect to it. Whatever you connect a wholesome true love to, you attract more of.

You have to begin to love money in the same way you love your body, your parents, your spouse and your children. You have to begin to see that there is love in those things that you want, and understand that what you want is good for you because you say it is good for you.

The next step is to have an abundance of money in your focus.

This is not about worshipping money or being greedy. Far from it, but it is about having money in your awareness right now.

Imagine what it would feel like to have more than enough money. Exactly how does that feel?

That is a feeling you want to play with and immerse yourself in on a regular basis. I'd advise you to do it daily.

Next, educate yourself on how to set up a budget and methods of increasing your finances.

Think about the job you've wanted to get, or the business you've wanted to start.

Since you started with changing how you felt about money before drawing up plans to get it, money should now come easily to you.

It should come with joy and it will come through doing what you love to do.

A word of caution here...when the topic of attracting more money comes up, many people start to think about programming their subconscious to get money through gambling or winning the lottery. While that is a possibility, it's much easier to attract money through a more controlled process.

Others jump into businesses and end up being scammed.

The key here is **balance**.

Don't fool yourself into thinking you are going to make all kinds of changes overnight when for the past 5 to 10 years you've been living life at a totally different level.

Even if others have experienced overnight changes, there is often more to the story than what you're being told.

A prime example of this is when I was at a seminar once and the speakers there touted all their success stories.

One of them was an author and he was speaking about how after reading one particular book he got published and his work went on to become an Amazon.com best-seller.

I had known about this man for 3 years and I also knew that although he had become a best-selling author after reading that book, he had also spent 3 years prior to that working at becoming an author.

The point is that **everything in life requires a process.**

Whether that process takes 30 seconds or 30 years, it doesn't matter, you just can't get away without a process of some kind.

Sometimes the process happens faster if you're already predisposed to something.

For example, if you've already been an accomplished piano player, you may easily learn to play the guitar because you've already built a foundation in music. Someone else who is brand new to all of it may take a lot longer.

This is the same with money.

If you've always had problems with money, don't expect miracles overnight. Just work with yourself gently and the changes will come.

Be balanced and know that there is a process that has to happen. It can happen very fast or it can take a while. But the process is where your focus should be.

Make it a priority to educate yourself about money. There are many excellent tools and resource available.

Some books I personally recommend are *The Millionaire Mind* by T. Harv Eker, *Getting All You Can Out Of All You've Got* By Jay Abraham and any publication by Loral Langmeier.

If you are currently up to your eyeballs in debt and you've had money problems for several years or even all your life, don't expect overnight changes. But don't let this stop you making those inner changes either.

It's the same as going to a gym and trying to get in shape.

If you've never exercised before, you don't immediately try to pump 300 pounds. You could end up with an injury.

This is the same principle when it comes with money. It all starts in your mind. The way you think and feel about money goes deep.

When you program your subconscious you want to get into the feeling of having more than enough money, and **only then** do you want to act in a balanced way to bring that about.

Okay, so now you may understand the principles behind this, but you still don't know how to get unstuck.

So here are some simple practical guidelines you can use to get yourself unstuck from your current money situation.

Firstly, if you are in debt and have a lot of bills, **don't** focus on them.

No, I'm not telling you to just ignore them, but instead set up an automatic debt repayment system so your attention can go to accumulating more money and not constantly think about debt.

Remember, your subconscious does not argue. If you're constantly thinking about debt, you will attract more debt. Your subconscious will bring more of that to you through your daily reality.

If you've got credit cards, just set them up to be paid on automatic bank drafting. If you've got a house payment you can set it up the same way. In fact almost all of your monthly expenses can be set up on an automatic bank draft.

Just be sure to keep a budget and review your bank account frequently to be sure that the proper amounts are being deducted.

Next, you want to sit down and write out a plan to increase your cash flow.

The most obvious way is to work more hours or get an extra job. But that doesn't have to be the case.

You can also begin to cut back on unnecessary expenses. If you're eating out a lot, begin to eat out half as much. If you're spending a lot of money on clothes or a hobby, see if you can cut back for the time being.

Another way is to start maximizing on your time. Ask yourself how many other people can benefit from this particular action I am taking at this time.

The more people that benefit from you, the more you open up the opportunities for money to flow to you.

# Your Subconscious And Love

**M**any people want to know how they can program their subconscious to bring more love into their life and experience better relationships.

This may sound very strange to you and it may go against all reason, but experiencing better relationships and having more love in life is not about other people...it's about **you**.

If you're looking at your relationships and they are in desperate need of a makeover then **you are responsible** for them. This doesn't mean you've consciously wanted them to be unhappy relationships.

But you are still responsible.

So what can you do?

The first thing you can do is to feel as if your relationships are already loving and happy.

This may be difficult for you to do, especially if you have people in your life that you feel you cannot get along with, or who you believe have hurt you.

If you find it hard to feel the love at first, it's okay. Just keep working at it, and make sure you don't force yourself to feel something.

Force won't work with anyone else and it certainly won't work with you. Just ask yourself to be open-minded to the idea of experiencing love and then gently work with yourself.

Sometimes a pet will help or even a good friend. If you have a pet and you are trying to invoke the feeling of love, you can use your pet to help you get into that mood.

If you don't have a special pet you can think of a friend or a loved one that you already have a great relationship with.

Use whatever you can to help you get into that feeling.

See yourself with your dream soul mate. If you're already married, see your spouse as you would like them to be and get into the feeling of it. See them as already being what you want.

And then you just **detach yourself** from the outcome.

Remember, you are dealing with another human being. You don't want to force them to be what you want them to be.

Instead, you want to change **your perception** of them.

The truth is that it doesn't matter what the other person says or does.

What matters is how you see them and what you perceive them to be.

The key lies with **you**, not them.

# Putting It All Together

**N**ow that you've gotten some of the basics down, there is another key step you need to do, so that you can put it all together.

You see, your subconscious mind is responsible for everything in your life. How you think and feel about one area of your life can often affect another area of your life.

For example, if you are experiencing money problems, you may also have problems with your health or relationships.

This is not always the case, and there are many people who have good relationships but not as much money as they would like. Others have good health and a lot of money but their relationships are in turmoil.

The point is that you want to feel good in all areas of your life, and by **consistent and regular focus** on what you want, you automatically ignore what you **don't** want.

By focusing on what you do want, you program your subconscious to bring you more of what you are focusing on.

This happens because of a powerful universal law known as

## **The Law of Attraction.**

You can get lots more **free** information about the **Law Of Attraction** and how to work with your subconscious to bring you all the good things in life at

<http://www.psitek.net/FreeBooks>

Go take a look and continue your inner journey there – it's all completely free. See you there.