



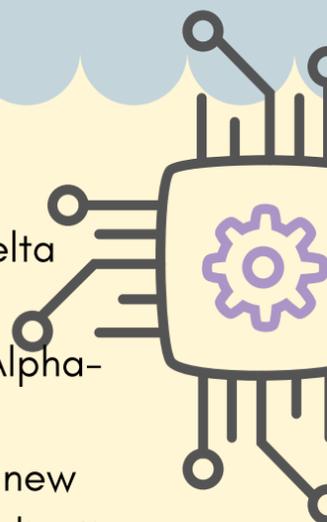
TAPPING INTO THE SYSTEM OF YOUR SUBCONSCIOUS MIND

Get to know the formula behind your reality creating machine.

OPERATING SYSTEM

1

Although our subconscious mind operates in the realm of delta frequency which occurs in a deep sleep or transcendental meditation, outside of our conscious awareness -It is at the Alpha-Theta border, from 7Hz to 8Hz, where the ideal range for re-programming of the subconscious mind and the inception of new ideas can occur. We can use techniques such as guided visualization, leveraging our emotion to create our reality from this state of awareness while influencing our subconscious.



2

PRIMARY COMMUNICATION



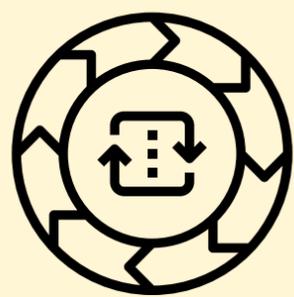
The subconscious mind does not configure language, rather it processes information most strongly by imagery and symbols rather than directly from the words we speak. It creates pictures with the meanings we associate through our words, it correlates with emotion.

3

HOW TO RE-WIRE ITS INTERNAL PROCESSING

Repetition. Repetition. Reputation.

It takes time, persistence, intention and momentum. The same as creating a habit, we have to condition ourselves with new actions, pruning away from old neural networks that have formed pathways in our brain.... and carving a new path. Stay vigilant with the process, it isn't an overnight transformation.



WARNING: DON'T TAKE ITS BELIEFS FOR ABSOLUTE TRUTHS.

4

Your subconscious is biased to seek out evidence that supports out any beliefs that you hold on a deep seated level of awareness. These beliefs may or may not come from you, and may or may not be the absolute 'truth' - so be cautious. Make a practice to always question your beliefs, and the roots of the belief. Is it aligned to serve you today to your highest good?

If you have a strong resistance (friction in pursuing a goal) in an area of your life - you can be sure that a limiting belief exists there energetically blocking it. There will be a belief supporting the opposite of that in which you seek to pursue. Write down any areas of your life where you find resistance. The first step is awareness.

5



KEEP A DREAM JOURNAL

The subconscious mind is more of an archive and system processor than a 'thinking' mind. To get to know your subconscious mind you need to study it. Look for any themes, any patterns and correlations in your waking life and messages you receive from your dreams.