

Chapter 1 : Re-Program Your Subconscious Mind To Get What You Want

Subconscious Mind Programming. It's extremely important to understand this fact: in order to make a deep long-term change in the patterns you have, ideas, perceptions, worldviews, customs, and beliefs - you must change the paradigms you have in your subconscious mind.

The Physiology of Lasting Change Understanding the science behind subconscious mind programming is useful for making meaningful changes in your life. Sometimes it is hard to grasp that our life experience is a result of what we believe to be true. And more often than not, those beliefs are just notions we THINK are true-- but in fact they are just perceptions. Once we "get that," the hard part of changing our "programming" begins. With the right tools, reprogramming your mind is very doable. Understanding the science behind subconscious mind programming makes the process easier. A bit about brain functioning Your brain functions rhythmically in much the same way your heart beats. The average brain vibration for an adult --when awake and alert - is about 21cycles per second. Scientists call this Beta brainwave activity. This activity slows down when you sleep or daydream. Right Brain functioning develops first Children have slower brain wave frequencies than adults. When a baby is born their brain rhythm is only a couple of beats per second. As they grow up and their brains develop, brain rhythm increases. In children what is considered right brain functioning, develops first. These subjective senses can be developed to sharpen memory, problem-solving ability and decision-making. It is here that many of our core beliefs about the world are stored. How Subconscious Mind Programming Naturally occurs in children The left brain is the critical thinking part of our intelligence involved with logic, language and physical activity. It develops more slowly. Some people I have worked with who suffered chronic health problems as adults, had early childhood associations of getting much wanted attention when they were sick as young children. That is why I teach self-hypnosis and other mind power techniques. Hypnosis, self hypnosis and some of the other mind power exercises I offer, lower your brain rhythm functioning through deep relaxation and visualization techniques. Affirmations at that deep level of mind, along with targeted visualization processes and NLP techniques can rewrite your subconscious mind programming so you that you can more easily make the changes you want in your life. More On Subconscious Mind Power.

Chapter 2 : How to Block Microwave Mind-Programming Signals | Humans Are Free

Subconscious Mind Programming Introduction. Every action starts with a thought. This is what guides us and helps us deal with life on its own terms.

When that happens you gradually start to think, behave and act in an improved manner, and then you have improved results in your experience. The thing is that any technique you may use needs patient perseverance. You should never quit, no matter what happens, as a motivation speaker would say. Mindful breaths force you to be present in the moment and return to the power within. With every inhale you are able to take in the energy and with every exhale you are able to release it, along with all that does not serve you. I think whenever we are doing work on the subconscious mind, whether it is a clearing or a healing or a strengthening, focusing on the breath will always take you deeper and more consciously into the work.

Michael Craig What is the most powerful "subconscious mind power technique" in existence? You are saturated with this power! So-called mind power is usually associated with those people who, like a Tony Robbins or Oprah Winfrey, have the intensity of purpose and sustained focus to not only help themselves complete any given task, but to burn ever so brightly while doing it. The fact is, everyone has this capability. But very few allow themselves to get clear enough about their purpose, or have a good enough reason to focus. Consider this thing we call "light. Light, however, has very different qualities in different circumstances. A candle is a very inefficient form of light; a laser is very efficient. Both sources of light, however, consists of the same photons. Want to know what makes the laser so powerful? Massive coherence that can burn a hole in steel! This is the same coherence that is also present in other materials and states, such as in high-intensity sound waves, super-fluid helium, and your own brain waves during meditation! The problem lies in the fact that, subconsciously, we have different priorities and hidden agendas and survival decisions than we do consciously. Hidden decisions are usually beyond conscious access, and are based on influences ranging from childhood traumas to something called "epigenetics," the study of inherited thoughts and behaviors. These hidden decisions often act contrary to your conscious, expressed desires, creating a mind fog that clouds your ability to see the world in an orderly manner. And no orderliness means no power. The most powerful techniques, therefore, would be ones that naturally align subconscious decisions and priorities with conscious ones. Coming at this from a conscious mindset, however, like in hypnosis, affirmations, tapping, or some other alignment technology, does not usually satisfy the needs of both the subconscious and conscious minds simultaneously. True subconscious alignment requires relaxation, consistent listening, feedback, access, communication and resolution. Meditation does this, but can often take years to bring about tangible results other than relaxation. The only effective method to open the pathways to subconscious power is to therefore establish instant feedback between the conscious and subconscious, integrate this with conscious understanding, and request the subconscious change the hidden decisions that conflict with conscious decisions. The Logical Soul R does this, usually within minutes, has a proven track record, and can be learned. Your subconscious power is there, waiting for a simple alignment. Rather, it is a passive entity. Something that you just have to let happen. As the harder you try and force it, the less effectively you will harness what the subconscious is capable of doing for you. One technique that I find helpful is the "Subconscious Twitch". This occurs when you are thinking about something and then suddenly your leg or arm twitches. Or, you might notice a muscle somewhere else in your body suddenly twitch, as though something was trying to communicate with you. When you notice a subconscious twitch, pay attention to what you were just thinking about. As this often signals some important information, such as a confirmation of a direction you should follow. The trick when using this technique is to be aware that this can happen, and then instantly recognise it when it does. As often, you can get a subconscious twitch and then forget what you were just thinking about as you are momentarily distracted by the twitch. This is too much conscious involvement and thus subject to contamination i. And the more you pay attention to it, the more frequently these twitches will occur. Finally, the strength of a twitch can indicate the significance or strength of an answer. A very obvious and strong twitch, for example, usually means that what you were just thinking about is important in some way or

another. And when that happens, you will intuitively another subconscious power know the answer or direction you should follow.

Chapter 3 : Subconscious Mind Programming: The Physiology of Lasting Change

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View Full Size Try saying the colors of each word out loud as you read left to right, top to bottom, as rapidly as possible. As you can see, there is substantial interference between the spelling of the word and the color of the type. What should be a simple task becomes quite difficult. Echofone Feed the Brain and the Body through the Ear. Echofone ensures that the healing effect of music reaches the psychological level of human hearing in the body. The Echofone Ultrasonic Listening System reproduces the fine structural information which is contained in these overtones, and has a direct effect on the emotions of the listener. Echofone provides a micro-massage to the middle ear and stimulation to the inner ear, enhancing alertness in the temporal lobe of the human brain. This produces an immediate, neurological effect in many areas of the body as well as on the psychological level of human hearing due to the particular organic specification of the ear and brain What is the 7th word in the first paragraph of Chapter 11? Emotional Quotient Evaluation Errata At the bottom of page in Mind Programming, a suggested emotional quotient quiz is introduced. This is an error. The actual quiz, which follows on the next three pages, is in fact an experimental instrument designed to provide some feedback to the test taker on their SQ as developed in the book. There are a number of emotional quotient tests on the Internet and here is a link to many: Indeed, the questions themselves have been designed to evaluate four premises more than anything else. Those four premises are: How much self-responsibility are you willing to take for everything in your life? How much value do you assign to the importance of all life? Do you contribute to the improvement of life? How willing are you to be a genuine peacemaker? It is recognized that not all religious people find these four elements to be priorities and as such, this quiz does not represent fairly divergent views. You will have to number your answers according to the order of the questions to begin. The scoring for the SQ quiz is as follows: Do not score questions 22, 28, 29, 42, 64, 68, and The total possible is points. A score of or more is considered high while a score of is considered spiritually interested for the spiritual seeker as defined in the book.

Echofone. Feed the Brain and the Body through the Ear. Echofone ensures that the healing effect of music reaches the psychological level of human hearing in the body.

However, the program was never carried out. It refers to the study of an assortment of mind-altering substances described as follows: Substances which increase the efficiency of mentation and perception. Materials which will promote the intoxicating effect of alcohol. Materials which will produce the signs and symptoms of recognized diseases in a reversible way so they may be used for malingering, etc. Substances which will enhance the ability of individuals to withstand privation, torture, and coercion during interrogation and so-called "brain-washing". Materials and physical methods which will produce amnesia for events preceding and during their use. Physical methods of producing shock and confusion over extended periods of time and capable of surreptitious use. Substances which produce physical disablement such as paralysis of the legs, acute anemia, etc. Substances which will produce a chemical that can cause blisters. Substances which alter personality structure in such a way the tendency of the recipient to become dependent upon another person is enhanced. A material which will cause mental confusion of such a type the individual under its influence will find it difficult to maintain a fabrication under questioning. Substances which will lower the ambition and general working efficiency of men when administered in undetectable amounts. Substances which promote weakness or distortion of the eyesight or hearing faculties, preferably without permanent effects. A knockout pill which can be surreptitiously administered in drinks, food, cigarettes, as an aerosol, etc. A material which can be surreptitiously administered by the above routes and which in very small amounts will make it impossible for a person to perform physical activity. The men were dosed with LSD, the brothels were equipped with one-way mirrors, and the sessions were filmed for later viewing and study. They told subjects they would extend their "trips" if they refused to reveal their secrets. The people under this interrogation were CIA employees, U. Long-term debilitation and several deaths resulted from this. Sidney Gottlieb, the chemist who directed MKUltra, had other ideas; he thought it could be used in covert operations. Since its effects were temporary, he believed one could give it to high-ranking officials and in this way affect the course of important meetings, speeches etc. Since he realized there was a difference in testing the drug in a laboratory and using it in clandestine operations, he initiated a series of experiments where LSD was given to people in "normal" settings without warning. At first, everyone in Technical Services tried it; a typical experiment involved two people in a room where they observed each other for hours and took notes. As the experimentation progressed, a point arrived where outsiders were drugged with no explanation whatsoever and surprise acid trips became something of an occupational hazard among CIA operatives. Adverse reactions often occurred, such as an operative who received the drug in his morning coffee, became psychotic and ran across Washington, seeing a monster in every car passing him. The experiments continued even after Dr. Frank Olson, an Army scientist who had not taken LSD before, went into deep depression after a surprise trip and later fell from a thirteenth story window. In one case, seven volunteers in Kentucky were given LSD for seventy-seven consecutive days. However, by the CIA and the army developed a series of superhallucinogens such as the highly touted BZ, which was thought to hold greater promise as a mind control weapon. This resulted in the withdrawal of support by many academics and private researchers, and LSD research became less of a priority altogether. The person would begin babbling incoherently, and it was sometimes possible to ask questions and get useful answers. Hypnosis[edit] Declassified MKUltra documents indicate they studied hypnosis in the early s. Canadian experiments[edit] Donald Ewen Cameron c. Cameron had been hoping to correct schizophrenia by erasing existing memories and reprogramming the psyche. These research funds were sent to Dr. His "driving" experiments consisted of putting subjects into drug-induced comas for weeks at a time up to three months in one case while playing tape loops of noise or simple repetitive statements. His experiments were often carried on patients who entered the institute for minor problems such as anxiety disorders and postpartum depression, many of whom suffered permanent effects from his actions. Cameron was also a member of the Nuremberg medical tribunal in 1947. McCoy writes "Stripped of its bizarre excesses,

Dr. These documents were fully investigated during the Senate Hearings of That report prompted investigations by the U. Congress , in the form of the Church Committee , and by a commission known as the Rockefeller Commission that looked into the illegal domestic activities of the CIA, the FBI , and intelligence-related agencies of the military. In the summer of , congressional Church Committee reports and the presidential Rockefeller Commission report revealed to the public for the first time that the CIA and the Department of Defense had conducted experiments on both unwitting and cognizant human subjects as part of an extensive program to find out how to influence and control human behavior through the use of psychoactive drugs such as LSD and mescaline and other chemical, biological, and psychological means. Sidney Gottlieb, who had retired from the CIA two years previously, was interviewed by the committee but claimed to have very little recollection of the activities of MKUltra. The committee noted that the "experiments sponsored by these researchers [Subsequent orders by Presidents Carter and Reagan expanded the directive to apply to any human experimentation. On the Senate floor in , Senator Ted Kennedy said: The Deputy Director of the CIA revealed that over thirty universities and institutions were involved in an "extensive testing and experimentation" program which included covert drug tests on unwitting citizens "at all social levels, high and low, native Americans and foreign. At least one death, the result of the defenestration of Dr. The CIA itself subsequently acknowledged that these tests had little scientific rationale. The agents conducting the monitoring were not qualified scientific observers. It was learned that not only had the CIA funded Dr. This revelation largely derailed efforts by the victims to sue the CIA as their U. Cameron died on September 8, after suffering a heart attack while he and his son were mountain climbing. General Accounting Office report[edit] The U. General Accounting Office issued a report on September 28, , which stated that between and , DOD and other national security agencies studied thousands of human subjects in tests and experiments involving hazardous substances. The quote from the study: Olson, a United States Army biochemist and biological weapons researcher, was given LSD without his knowledge or consent in November, , as part of a CIA experiment and committed suicide by jumping out of a window a week later. A CIA doctor assigned to monitor Olson claimed to have been asleep in another bed in a New York City hotel room when Olson exited the window and fell thirteen stories to his death. They maintain that Frank Olson was murdered because, especially in the aftermath of his LSD experience, he had become a security risk who might divulge state secrets associated with highly classified CIA programs, about many of which he had direct personal knowledge. Although the government aggressively, and sometimes successfully, sought to avoid legal liability, several plaintiffs did receive compensation through court order, out-of-court settlement, or acts of Congress. Previously, the CIA and the Army had actively and successfully sought to withhold incriminating information, even as they secretly provided compensation to the families. One subject of Army drug experimentation, James Stanley, an Army sergeant, brought an important, albeit unsuccessful, suit. The government argued that Stanley was barred from suing under a legal doctrineâ€”known as the Feres doctrine , after a Supreme Court case, Feres v. United States â€”that prohibits members of the Armed Forces from suing the government for any harms that were inflicted "incident to service. The medical trials at Nuremberg in deeply impressed upon the world that experimentation with unknowing human subjects is morally and legally unacceptable. The United States Military Tribunal established the Nuremberg Code as a standard against which to judge German scientists who experimented with human subjects No judicially crafted rule should insulate from liability the involuntary and unknowing human experimentation alleged to have occurred in this case. While the government admitted it was, at that time, drugging people without their consent, U.

Subconscious Mind Programming: The Physiology of Lasting Change Understanding the science behind subconscious mind programming is useful for making meaningful changes in your life. Sometimes it is hard to grasp that our life experience is a result of what we believe to be true.

These top-ten tips on how to program your Subconscious Mind can give you a general understanding of the power of the subconscious mind. Think in ways that will not set up a conflict between the thoughts and your feelings about the thoughts. For example, see yourself looking down at a scale that shows you are 10 or 15 pounds lighter or wearing clothes 2 sizes smaller. You may want to experiment with both ways to see or hear what feels right to you. Your subconscious mind cannot process a negation. A negation is where you present an idea and append the sentence to imply the opposite of the idea. Negations are processed by the higher regions of the cortical or thinking brain, i. Practicing, listening, or programming regularly provides the repetition. What the thinker conscious mind thinks, the prover unconscious mind proves. Beliefs are taken as instructions to the subconscious mind, especially when accompanied by congruent feelings. This is why changing beliefs does not involve removing or erasing old beliefs. The Seven Laws of the Subconscious Mind: Fox maintained that these Laws must be followed in order to program your subconscious mind. The Law of Substitution: This law points out that one cannot make themselves stop thinking of something. For example, try to not think of the statue of liberty “ what happens? Refer to the Law of Growth below to see why this is important. The Law of Relaxation: In this law, Fox states that getting into a quiet, relaxed, meditative state is important in order to program your subconscious mind. This is supported by the very nature of hypnosis: The Law of Subconscious Mind Activity: Once the subconscious mind accepts an idea or suggestion it begins using all of its vast resources to create and activate a subconscious routine to make it happen. The Law of Practice Repetition: Every fifteen minutes that we devote to learning something new we are growing new dendrite connections neural networks or we are shifting established connections in order to accommodate the new learning. When the chronic stress is relieved the brain can shift into self-actualization growth mode. So, the relaxation effect of listening to self-hypnosis CDs is in itself a very important thing “ even if you get nothing more than that from the time you invest in yourself by listening. According to Fox and the Bible Forgiveness is a Spiritual Law that must be followed in order for prayer and meditation to be more effective. The Law of Duality of Thought: Affirmations, auto-suggestions, and visualizations 2. If one repeats an affirmation over and over while feeling discouraged and hopeless the signal will not get through. The Law of Growth: What we are learning about the mind bears out the truth of this principle see the Law of practice above. This page was originally published on www. We are merging all of our website properties together with our new headquarters here at SerenityCreationsOnline.

Chapter 6 : The Most Effective Subconscious Mind Power Technique in the World

Course Ratings are calculated from individual students' ratings and a variety of other signals, like age of rating and reliability, to ensure that they reflect course quality fairly and accurately.

Atlanta is believed to have several underground installations in its area, one to the north at Kennesaw Mtn. This is SW Georgia in area of tunnels. The worst of the federal prisoners are placed in this underground prison which has 7, cells which are filled with about 2, federal inmates. A track runs through the middle of the eerie underground facility. Food and showers are on the tracks, and the men are allowed showers once a week. The minimum of lighting is used and the men are beaten senseless if they talk at all. Camp David--just north of the camp is an underground facility important to the intelligence agencies. Olney, actually the facility is between Olney and Laytonville, on Riggs Rd. Suitland, MD- Classified archives of U. Vaults have extensive amounts of documents which are not indexed. Restricted access with a coded security card. High level intelligence groups operate in the area also. An AFB is also nearby. Francis Mountains, MO between St. Two large underground facilities close to but separate from Groom Lake but controlled by the demonic beings are Papoose Range and Cockeyed Ridge S-4 underground bases. Also biological work is done, including the biological raising of small greys. Many levels have been built at these three complexes, and a 7 mile long run way which is actually 39 miles has been built over Groom Lake, a dry lake. There is an S-2, an S-4, an S-6, and an S underground installations. All the rest of the states have too. The Primary Underground facilities in New Mexico consist of: Carlsbad Cavern which had underground activity, which is reported discontinued, and another base to east of Carlsbad. One goes to the 4-corners area and then to Groom Lake Area The southern bases connect to Texas and Mexico. The Los Alamos facility dates at least back to Visitors to the deeper levels report humans kept in glass cylinders, plus many other strange things. I have had the opportunity to debrief some people who have been in the lower reaches of some of these facilities. There are special badges, special uniforms, tube elevators etc. Serves as a UFO base, biological experiments, production center for small-grey drones. Wackenhut provides some of the security on the ground. Plattsburgh near Canada and St. Hood, and very close to Larch Mtn. Park of the Columbia Gorge. Coos Bay area has had three separate but coordinating underground facilities built for UFOs. The facility farthest east, about 20 miles inland in the wilderness near Hwy 42, has been shut down. It is now an old abandoned facility well camouflaged. The coast facility is probably still operational. Klamath Falls, OR--since Sept. An underground concentration camp exists here. Blue Ridge Summit, near Ft. The NOD installation is involved with psychic demonic and satellite control over slaves. This underground complex is to allow the government of the United States to escape a nuclear attack. The enormous complex radiates under Wash. The tunnel system is used to move some of the mind-control sex slaves. The walls and ceilings of the tunnels are ceramic tile with fluorescent lighting recessed into the ceilings. These connections have been exposed in other writings by this author. The mine is receiving a heavy volume of big trucks after 11 p. One is Station A the other Station B. One eye-witness, went to level 17 via an elevator and stated that he believes that deeper levels exist. White Sulphur Springs, under the Greenbriar Hotel, a mini-city large enough for people equipped with its own crematorium, if there are any other purposes other than listening to U.

Chapter 7 : Subconscious Mind Programming – MIND-SETS

Mind Programming is a riveting expose on the plethora of research that has been carried out simply to discover ways to control your every thought and desire. What you will learn will both shock and horrify you.

Subconscious Mind Programming Introduction Every action starts with a thought. This is what guides us and helps us deal with life on its own terms. When we have to make decisions we use our faculty of the brain to think and reason about what we are facing so we can come to some positive conclusion that is most beneficial to ourselves and hopefully to those around us. If we think bad thoughts, bad things happen to us. If we think good thoughts, good things happen to us. This way of thinking we believe comes from our consciousness. It dictates the way we think and reason about what has happened in our life and has a direct influence on the outcome of whatever problem or issue we happen to face. This conscious level controls how we discern our surroundings at any given time. But did you know that the conscious level of the mind is only involved in what we perceive? The conscious level only takes in what the eyeballs and ears take in and initially deposit that information. However, the process does not end there, for another step is involved. There is another level of the brain that has more control over our thoughts than the conscious level does. This is the subconscious. The subconscious is what really processes our thoughts that come into our conscious mind. The subconscious mind takes those thoughts and processes them for us to act on. The final process is delivered to our conscious mind in the form of feedback that we interpret as our thoughts. These thoughts also direct our emotions. As you can see the thought process is very powerful. When these thoughts come to our conscious mind, they may or may not be in harmony with our programming – programming that was ingrained into us when we were little ones. This is programming we received starting at the day of our birth. And so we may reject some thoughts because of our limited beliefs. But what exactly is the subconscious mind? You can think of the subconscious mind as something like a computer. When you first purchase a computer you have the hardware that allows it to function the way it was intended. Everything is there and in place. There is one problem, though. Without the operating system that computer is worthless. The operating system is a set of written code, or instructions if you will, that controls all the hardware on your system. As soon as the operating system is installed on your computer, suddenly it works and you can now use it for whatever your purpose was when you turned it on. Plus, you can add more programming to it so it can perform all sorts of different functions besides the basics it came with. When you perform a task, you are doing it without thinking about what the computer is doing. However, the computer is constantly sending electronic signals back and forth just so you can use that software. You are not conscious of it, but it works. The mind works the same way. You have the conscious mind, which as stated before is our current state of awareness. This is where we receive images and hear sounds that are interpreted as thoughts in our consciousness. If you compare the conscious to the computer, the conscious would be a text editor. You bring it up on your screen and start typing a document. As we type the words on the screen, we are constantly making decisions as to what to say, if the format is right, the spelling is correct, etc. In our brain, our conscious is the decision maker to a degree. It takes in all our input and tells the subconscious when to go to work to process that input. After the subconscious mind does what it needs to do, the conscious mind reacts to the results the subconscious mind produces then decides what to do next and feeds that information to the subconscious for processing. If you compare the subconscious mind to the computer, it is the operating system. It contains all our memory, habits, beliefs, personality, and more. The subconscious mind also controls the body. It will store information and act on it. The subconscious acts on whatever it is given by using predefined instructions just as an operating system does that basically tells it what to do and how to do it. Of course, the body itself is the output of the computer, or the screen. It responds to the programming by doing or reacting to what was intended by the subconscious mind. And what is awesome about this whole endeavor is that it does all this automatically. Therefore, the mind has two areas or functions – the conscious and subconscious. Without these, we would be just like a computer without the operating system – a box of hardware that does absolutely nothing. This is why conditioning or feeding the subconscious mind the correct input is vital to our existence. If you have a

bad experience at some point in your life, your conscious mind will take that in as input and send that input to your subconscious mind for processing. The result is that bad experience will stay locked up in your memory bank for later recall. So when you face that same or similar experience later, the subconscious automatically retrieves the memory so you can feel the same sensations you did previously. Not everyone knows that there is a non-physical barrier that lies between our conscious and subconscious that works to prevent anything from reaching our subconscious mind that is not in harmony with what our previous programming was. This can be a good thing, for it protects us from any negative thoughts or prevents any unknown or unwanted thoughts from entering into our subconscious mind. If this area of our brain is designed to prevent unwanted thoughts from entering our subconscious, how did we get programmed in the beginning? When we examine programming we find there are three types we go through in life. The first one, genetic, is part of our heritage. It is programming that comes from our genes. This includes how our body functions, our personality, the talents we develop, etc. The second type of programming involves our environment. This is what we learn as we grow up including our name, our sense of who we are and what we are about, how to read and write, how to dress, how to keep ourselves clean, eventually how to drive when we get old enough, how to get along with others around us, and more. The programming we receive from our environment also includes what we learned from our parents, TV, the movies, our peers, our teachers, what we read, what we are told from others, commercials on TV and the radio, all these signals can be considered subliminal messages. Anything that originates in the environment has to do with this type of programming. This third level of programming has to do with what is referred to as mass mind. Some call it human race consciousness. Some doctors also called it the collective unconscious. This is the type of programming that we absorb without even knowing it and includes the beliefs and attitudes we have about our family, our country, our culture, our ethnic background, and our socio-economic status in life. We think it is just a way we run our lives and we accept it that way. We are programmed the same way a computer is programmed. We are fed thoughts just as a computer is fed thoughts, only our programming is done by actual words, while a computer is programmed by machine language or code. This code is in the form of numbers and is done in a logical sequence. Subconscious programming is not done simply by thoughts that are repeated over and over on a consistent basis. Instead, it involves neurological patterns that occur within our cellular structure. And since our bodies are made up of millions of cells, whatever is in our subconscious mind can affect our health for good or bad. This is why if we are to try to change our lives, we need to do more than change our thoughts, we have to go deeper than that and change our programming. Changing our programming involves many series of steps and processes that will be discussed. The main point to remember here is that our cellular level has to change if we want our bodies and our lives to change. There are two ways in which we can reprogram ourselves. This is when you get a conscious awareness of some extreme event that literally changes your thoughts and attitudes. An example of a change like this could be when someone has been diagnosed with a fatal disease and knows he will die in a certain time, but suddenly a miracle occurs and the person is cured of the disease. The other way to reprogram our minds is through repetition and reinforcement. It is not just a matter of saying a word or phrase over and over again. You must perform some technique that will break that barrier that prevents certain thoughts or signals from gaining entry into the subconscious area. This area is very strong and impermeable. It is like using a hammer on a cement block. If you strike it enough times you will chip away at it; so too with the brain. You have to feed it a lot of continuous thoughts that basically repeat the same words or phrases over and over again. It is like learning a new skill. Unless you are a genius or extremely intelligent, you have to practice that skill for a time until you have it so ingrained in your mind that it becomes a part of you or becomes second nature, because the repetition has entered your subconscious mind and is now working from there. If you have ever bought subliminal audio you will find it works because the signals or thoughts do not push into that barrier. Instead the signals go directly into the subconscious and plant themselves there. And as the thoughts are being directed to you, your subconscious mind collects these thoughts and retains them, and locks them away in your memory banks forever. In the upcoming pages, you will learn techniques that will help you to change your mindset and alter your subconscious programming so that you can change your way of thinking and live life the way you intend. You will become educated on how the human mind works and

you will see how much power the human mind has. Every step in the process may seem intimidating to you at first because you have held your beliefs for so long that any change will seem scary if not downright terrifying. But it is at this time you have to put your blinders on and just go with the process, otherwise you will never see change occur in your life.

Chapter 8 : Program Your Subconscious Mind | Serenity Creations Online

Activate Your Higher Mind Subconscious Programming | Success | Happiness | Abundance | Prosperity is a POWERFUL guided meditation / Positive affirmations for you who are SERIOUS about wanting to.

At this point, virtually anything seems possible. However, along with the positive developments are ominous collaborations designed to deprive us of an inherent birthright—the power of a free mind. Mind Programming is a riveting expose on the plethora of research that has been carried out simply to discover ways to control your every thought and desire. What you will learn will both shock and horrify you. Tweaking your psyche has become big business. Never again will you be able to ignore the truth—your very thoughts are not your own. Mind Programming provides the tools to take back control and reprogram your own mind. Eldon Taylor provides the insight, information, and easy-to-use methods that will empower you to realize the life of your dreams. Order Now What Reviewers Are Saying Mind Programming provides perhaps the most dynamic perspective of how our minds really work and Eldon Taylor is presenting this insightful information at a critical point in time when great changes are upon us. Human psychology is an ever-changing and ever-adapting evolutionary process. Eldon Taylor captures a snap-shot glance of our mental-evolution in "Mind Programming". Eldon will raise your awareness regarding how we form our thoughts and beliefs. I believe that Mind Programming is a powerful self-improvement tool that can help you gain a higher creative potential through self-understanding that goes far beyond any approach that you may have taken in the past. In summary, Mind Programming is a powerful development tool to help you gain control of your own Mind in a very positive and enlightening way. Eldon Taylor is brilliant! This book is a must-read! Brainwashing and marketing are big business; and your precious mind is a coveted commodity. In this book Eldon Taylor exposes all and tells you how to take your power back and be free to become your own best self. Eldon is really a master! This book will challenge you on many levels, but the truth of it is undeniable. Understanding how we can choose to use our minds will result in a powerful transformative experience for those willing to take it on - and Eldon Taylor shows you how. He bravely demystifies mental manipulation so you take charge of your thoughts and actions. I highly recommend it. As a musician, producer, and researcher myself, always been impressed with his professionalism, production skills and personal integrity. By also offering techniques and strategies to empower the individual and our society, Dr. It is through such revelation by Eldon and others we have the opportunity to be liberated from all forms of control and manipulation, both intentional and unintentional as well. Read this book to take control of your mind and all aspects of your life, and to create your compelling future on purpose. Eldon Taylor exposes and explodes the old worldview of fear and lack that has generated direct and indirect manipulation of our minds without our awareness or permission. With Well-earned insight, he offers proven pathways of self-empowerment that entrain our consciousness toward the model of unity and abundance that negates the survival paradigm. In a period when fear has reached a frenzied pitch, Taylor shines a brilliant spotlight to dispel the darkness! How Come You Are Not Boss It might sound to be a difficult task to diagnose and repair the physical brain, but it is not. The complex part of the human body is something that Dr. Eldon Taylor knows well - the mind. In his great book, Mind Programming, Dr. To break free, read Mind Programming. From Persuasion and Brainwashing to Self-Help and Practical Metaphysics, I embarked upon a journey beginning at Psych and ending deep into postgraduate Metaphysics; a reading experience that delivers a near-visceral adventure that begins with imagination and ends in near-manifestation. Eldon reveals the extraordinary reality of a virtually unrecognized dimension where each of us live every day but are completely unaware--the subliminal realm. I recently produced a motion picture featuring 23 Living Luminaries, each of whom shares pearls of wisdom and enlightened insights as to how we can all achieve true happiness and our purpose in life. Although it was an extraordinary cast, in retrospect I wish there had been Eldon Taylor brings an invaluable teaching to seekers of wisdom and understanding. Obadiah Harris, and many extraordinary masters of conscious disciplines Dr. He then provides strategies and solutions to free your mind from these tactics and rise to a new level of consciousness. Mind programming can be used to control your mind for good or bad. Mind Programming presents tools to give you

the power to program your own mind to empower you to realize your goals and desires. Book One deals with the dark side of persuasion methods, while Book Two gives you tools to train your own mind in the ways you want it to be trained. I especially appreciate his emphasis on forgiveness in healing and his serenity affirmations.

Chapter 9 : How to reprogram your mind

The MIND program is an experiment in career development and exploration, funded by an NIH Broadening Experiences in Scientific Training (BEST) award. We hope to provide better resources for students and postdocs who wish to explore the wide range of possible career outcomes that are available to biomedical trainees, and better support for the.

Mind Programming Our Minds are Suggestible Our level of suggestibility to outside influence is highest at times when our conscious attention is minimised. This would include periods of extreme tiredness, being out of our comfort zones, the whole of infancy, or living in today's confusing and fearful world. You could think of your mind as being like a computer, installed with software by everyone and everything except you! Suggestions can often be felt in exactly the same way as they were learned, whether positive or negative. The analogy of computers may seem a little corny, but you get the idea. To continue with it, you could think about your conscious awareness as being like a computer screen, only showing what is running at any one time. Everything else runs in the background. Hypnotherapy is like going into the system, analysing what is there, and doing a clean up by carrying out particular actions that the user wants. It can be extremely rewarding to be aware of the programming that controls and influences most of our behaviours. When I first started to experience hypnosis in training, I was amazed at the things that came to mind. Not unless we choose to choose them. Then, you get to choose who you are, instead of the outside world choosing for you. Hypnotic Learning Hypnosis could be defined as something that enters the subconscious, without conscious intervention or awareness. For example, you could consciously learn a phone number. The fact that the phone number went into your subconscious without you even realising is a process like hypnosis. If that can happen with a phone number, what do you think will happen with the comments or suggestions that people make? It is no surprise that people who surround themselves with grumpy, negative and self-centred people end up being the same way. Again the same system of suggestion can be used for positive ends. Being positive around friends could easily lift them out of a slump. If you have a friend who is feeling a bit down or bluesy, try this little suggestion. Ask them to remind you of something that you know they enjoy a lot, whether it is something they do regularly, or something recent like a holiday. In telling you about it, they will likely summon all of the feelings and associations that go with the thought or memory, and these will gradually flood out the negative self-talk. But if you find people are constantly bringing you down with negative talk, useless cynical comments about other people, the weather, the boss, or themselves, be careful how you respond. Always agreeing with such things can seriously affect your own attitudes, feelings and beliefs. The things we believe about each other are incredibly powerful in shaping behaviour. They are like self-fulfilling prophecies. If you think about it, this could also be used to work for you instead of against. Beliefs A lot of our behaviour is shaped by what we believe. Beliefs can come from all sorts of places, whether people's attitudes, hypnotic learnings or ways to justify certain behaviours etc. Whilst essential in life, it is also important to recognise the limitations of beliefs. Every belief by nature assumes something, which then limits the possibilities of the opposite. For example, a depressed person who believes there is no good in the world, limits themselves to the possibility that there is. Someone who believes that all people in suits are trustworthy limit their vigilance in recognising the shrewd door-to-door salesman. Believing anything limits the possibility of the opposite. When people have personal limitations, whether it is lack of patience or understanding in relationships, aggressive tendencies at work, or self-doubt, there is usually an underlying belief that makes it so. But they are extremely powerful. Of course, you may argue that all of this nonsense is my belief, and that I am limiting myself to the possibility that we are all actually very consciously aware and have a lot of self control. So who are you, really? But are any of these really who you are? Have you ever stopped to think about why you do the things you do or have gotten to where you are right now? For example, how much are you influenced by: Your individual experiences and the behaviour patterns they gave you "events that made you feel good, bad, powerful, scared or ashamed? The associations that people taught you "that may not have even been right etc. Be seen and not heard? You should obey authority? The expectations of others "shaping you into being what they want you to be, and not how you feel you are? When you feel like you are developing as a person,

do you find no one notices and you slip back to old habits? The suggestions and associations that surround you – adverts, media, trends, soaps, all telling you what to do, wear, buy, believe, even how to argue or talk? Your own attitudes – do they really belong to you, or did you learn them from friends, family, the media, or even isolated incidents that were really one-offs? You may then start to wonder – who would you be if those experiences were different? Would you really be exactly the same? Positive change Most underlying attitudes, beliefs, expectations or assumptions can be explored and identified through self-awareness training or hypnotherapy. It is amazing how often a personal limitation can be reduced to a simple expectation about something that was sat deep down in the subconscious. The simple, powerful moments in hypnotherapy of self-awareness and realisation can change beliefs, attitudes or expectations very rapidly.