



Summary:-

1. The Power Of Your Subconscious Mind is a spiritual self-help classic, which teaches you how to use visualization and other suggestion techniques to adapt your unconscious behavior in positive ways.
2. Keep your conscious mind busy with expectation of the best.
3. Use visualization as a way to exploit the placebo effect in your favor.
4. If you can't decide between several options, give yourself a night to sleep over it.
5. Make a sincere effort to wish well for others, because

envy only gets in your own way.

6. Here are 3 steps that you can do everyday for successful prayer:

- a. Acknowledge or admit a problem
- b. Turn the problem to subconscious mind which alone knows the most efficient solution or way out.
- c. Rest with a sense of deep conviction that it is done.

7. You receive answers to prayer because of mental acceptance about what you pray.

8. Your subconscious mind has answer to all your problems.

9. Faith is the only universal healing principle operating through everybody.

10. The world you live in is determined by what goes in your mind.

11. The subconscious mind is susceptible to suggestions, which can be used to your advantage.

12. Stop your “small me,” or conscious mind, to interfere with your “big me,” or subconscious mind.

13. Allow your subconscious to advise your choices in order to attract the kind of romantic partner you want.

14. Lose the negative thoughts that are blocking your way to happiness.

15. Overcome your obstacles and stay young by replacing your fears with positive thinking.