

Krishnaraj T
PAIS

Dr. Bruce Lipton - Reprogramming the Mind

The subconscious mind governs 95% of our thoughts and behaviors.

Early childhood experiences shape our subconscious programming.

Through repetition and belief, we can rewire our subconscious patterns.

Positive affirmations and mindfulness help in breaking limiting beliefs.

Our mindset directly impacts our health, success, and happiness.

Dr. Masaru Emoto - Water Molecule

Experiments

Thoughts and emotions influence physical reality.

Water exposed to positive words forms beautiful crystal patterns, while negative words create distorted shapes.

Human consciousness has a direct impact on the environment.

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Oprah and Jim Carrey - Power of Visualization

Visualization and belief can manifest goals into reality.

Jim Carrey wrote himself a \$10 million check before becoming successful.

The subconscious mind aligns actions with beliefs.

Success requires both faith and effort.

The Law of Attraction works when combined with persistence and preparation.

Application of Learnings in My Life

Rewiring My Subconscious Mind

I will use positive affirmations daily to overcome limiting beliefs.

Practicing mindfulness and meditation will help me control my thoughts.

Impact of Thoughts on Reality

I will focus on gratitude and positive thinking to improve my mindset.

Avoiding negativity will help me maintain mental peace and emotional stability.

Visualization and Goal Setting

I will set clear goals and visualize achieving them with confidence.

Writing down affirmations will help me stay motivated and focused.

Improving Relationships and Environment

Being mindful of my words and emotions will help me create a positive impact on people around me. Encouraging optimism in others can contribute to a more peaceful and productive life.

Taking Action for Success