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Dr. Bruce Lipton - Reprogramming the Mind

The subconscious mind controls most of our thoughts and behaviors.

Early experiences shape our mental patterns, but they can be rewired.

Positive affirmations and mindfulness help break limiting beliefs.

Mindset influences health, success, and happiness.

Dr. Masaru Emoto - Water Molecule Experiments

Thoughts and emotions impact physical reality.

Positive words create beautiful water crystals, while negativity distorts them.

Gratitude and positivity enhance well-being.

Human consciousness affects the world around us.

Oprah & Jim Carrey - Power of Visualization

Visualization and belief help manifest goals. Jim Carrey's success story shows the power of intention.

The subconscious aligns actions with beliefs. Success requires faith, effort, and persistence.

Applying These Learnings Reprogramming the Mind

1. Use positive affirmations and mindfulness to reshape thoughts.

Harnessing Positive Energy

2. Focus on gratitude and avoid negativity for mental peace.

Goal Setting & Visualization

Set clear goals, visualize success, and stay motivated.

Improving Relationships

Be mindful of words and emotions to create a positive impact.

Taking Action for Success

Combine hard work, belief, and consistency to achieve goals.