

The Power of Your Subconscious mind - Dr. Joseph Murphy

Summary by [Inscripta](#).

Introduction -

The book 'The Power of Your Subconscious Mind' describes how we can access the untapped potential of our subconscious mind. Accessing our subconscious mind can make us happier and wiser. And also, it has the potential to lower mortality rates, help us make money, and help us in finding the love of our life.

Summary -

- **Author Dr Murphy states in his book that we can get literally get whatever we want in our life by accessing The Power of Our Subconscious mind.**
- **When we constantly recite something in our conscious mind, our subconscious mind tends to believe it and send it to the infinite intelligence, which afterwards makes it a reality for us.**
- **As always, positivity and visualization, are the two main factors in this process. If we constantly visualize something in a positive way, we will get exactly that and of course, the vice-versa is also true.**
- **We should sleep over things when we cannot decide i.e think about what we are not able to decide and the chances are high that the next day we are gonna be getting the answer right from our subconscious mind.**

- **The book also claims that we can heal ourselves from any disease if we convince our subconscious mind by continuous affirmation that we are already healed.**
- **The more negative thoughts we will have, are most likely we are welcoming a destructive life, therefore we should let go of all negativity with a positive smile.**
- **Fear is the most destructive thought we can have. Therefore, one solution the author suggests in his book to remove fear is - to do exactly the thing that makes us fearful and the fear will eventually leave us.**
- **Happiness is something that we cannot achieve because it is a choice of ours. If we want to be happy we have to choose it. If from now onwards we choose to be happy, we will receive happiness in our life.**
- **The Author mentioned three steps to success in the book. They are -**
 - **We must always Love the work we are doing or will be doing in the future and it is a must for success.**
 - **We must be trying to be specialized in any one particular work for which the world will remember us.**
 - **Working selflessly is a must if we want success in our personal life or business. We should try to add value to others' lives through our work.**

Conclusion & Opinion -

'The power of your subconscious mind' book just amazed me and (I guess) everyone's mind reading the book as it makes us aware of the amazing power of the subconscious mind, the infinite intelligence. So, what the book is about in short is that a positive mind and a smile on our face are kind enough to change our lives and give us success.

This summary is just a short brief about the book but of course, the whole book cannot be covered as it is just a summary and that's why I would like to request you to buy the book from the link down below. Hope you like it!

Summary by- **Bastav Kakoty**

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