# The power of the sub conscious mind

## Why should I know about this book?

"The Power of Your Subconscious Mind" by Joseph Murphy offers powerful insights into how your subconscious mind works and how you can harness its potential to improve various aspects of your life. It combines practical techniques with inspiring stories, making it an essential read for anyone looking to achieve better health, wealth, and happiness.

## The Summary

"The Power of Your Subconscious Mind" by Joseph Murphy explores the immense potential of the subconscious mind and how it influences every aspect of our lives. The book aims to teach you how to use our subconscious mind to achieve our goals, overcome obstacles, and improve our overall well-being.

Murphy explains that the subconscious mind is a powerful force that controls our habits, beliefs, and emotions. Unlike the conscious mind, which deals with logical thinking and decision-making, the subconscious mind operates below the surface, influencing our actions and reactions. By understanding how the subconscious mind works, we can harness its power to bring about positive change in our lives.

One of the key principles in the book is the law of belief. According to Murphy, whatever we believe with conviction becomes a reality in our life. Our subconscious mind accepts our beliefs and works to bring them into fruition, whether they are positive or negative. Therefore, it is crucial to cultivate positive beliefs and eliminate negative ones to achieve success and happiness.

Murphy emphasizes the importance of positive thinking and its impact on the subconscious mind. Positive thoughts and affirmations can reprogram the subconscious mind to attract favourable outcomes. By repeatedly focusing on positive statements and visualizations, we can create a mental blueprint that the subconscious mind will follow, leading to desired results.

Murphy provides several techniques to help readers tap into the power of their subconscious mind:

Affirmations: Repeating positive statements about oneself or one's goals can help implant these beliefs into the subconscious mind.

Visualization: Creating vivid mental images of desired outcomes can help the subconscious mind work towards achieving them.

Autosuggestion: Consciously suggesting positive ideas to oneself can influence the subconscious mind and bring about desired changes.

Prayer: Engaging in prayer or meditation can help align the conscious and subconscious minds, enhancing the power of positive thinking.

The book also addresses the importance of overcoming negative thoughts and emotions. Murphy explains that negative thoughts can sabotage our efforts and create obstacles in our lives. By recognizing and challenging these thoughts, we can replace them with positive ones and redirect our subconscious mind towards achieving our goals.

Throughout the book, Murphy shares numerous real-life examples of individuals who have successfully used the power of their subconscious mind to overcome challenges and achieve their dreams. These stories serve as inspiration and provide practical insights into how the techniques discussed in the book can be applied in various situations.

Murphy discusses the role of the subconscious mind in healing and maintaining good health. He explains that the subconscious mind can influence physical well-being and that positive thoughts and beliefs can promote healing. Techniques such as visualization and affirmations can be used to enhance physical health and overcome illnesses.

## Key Takeaways

1. Harness the Power of Belief: Your beliefs shape your reality. Cultivate positive beliefs to attract success and happiness.
2. Practice Positive Thinking: Use affirmations and visualization to reprogram your subconscious mind with positive thoughts.
3. Utilize Autosuggestion: Consciously suggest positive ideas to yourself to influence your subconscious mind.
4. Overcome Negative Thoughts: Recognize and challenge negative thoughts to replace them with positive ones.
5. Engage in Prayer and Meditation: Align your conscious and subconscious minds through prayer or meditation to enhance positive thinking.
6. Use Visualization Techniques: Create vivid mental images of your goals to help your subconscious mind work towards achieving them.
7. Promote Healing and Health: Utilize the power of your subconscious mind to enhance physical well-being and promote healing.
8. Learn from Real-Life Examples: Draw inspiration from real-life stories of individuals who have successfully used their subconscious mind to achieve their dreams.