# The power of subconscious mind by Joseph Murray

## Why should I read it?

Reading "The Power of Your Subconscious Mind" by Joseph Murphy equips you with the knowledge to leverage your subconscious thoughts for personal growth. It unveils the profound impact of positive thinking and visualization on achieving success, health, and happiness. By mastering the techniques Murphy outlines, you can transform your life, overcome barriers, and fulfil your deepest desires. This book is a guide to realizing your potential and living a more empowered and intentional life.

## Let us get to the summary of the book

"The Power of Your Subconscious Mind" by Joseph Murphy is a transformative work that explores the untapped potential within every individual. Murphy's thesis is built around the idea that the subconscious mind holds the key to a vast array of healing, self-improvement, and success in life. He asserts that by understanding and influencing our subconscious thoughts, we can improve our health, wealth, and happiness.

Murphy begins by explaining the relationship between the conscious and subconscious mind. He illustrates how the conscious mind is the gatekeeper to the subconscious, with the power to influence the latter through habitual thinking. This relationship is crucial because the subconscious mind operates in the realm of belief and accepts as true whatever the conscious mind decrees.

Throughout the book, Murphy provides numerous anecdotes and examples demonstrating how individuals have tapped into their subconscious to achieve remarkable outcomes. These range from healing illnesses to overcoming financial difficulties and achieving personal goals. He emphasizes the importance of positive thinking and belief in one's ability to cause change through the subconscious mind.

One of the key strategies Murphy advocates for influencing the subconscious mind is through autosuggestion or self-hypnosis. This involves repeating positive affirmations and visualizations to instil new beliefs and dismantle negative thought patterns. He also highlights the power of prayer as a form of communicating with the subconscious, aligning it with a higher power for guidance and support.

Murphy delves into the scientific and spiritual aspects of the subconscious mind, suggesting that it connects individuals to a universal consciousness or divine intelligence. This connection, he argues, is the source of intuition and creative inspiration, enabling individuals to solve problems and achieve greatness beyond their conscious capabilities.

The book also covers practical techniques for harnessing the power of the subconscious in various areas of life, including health, wealth, relationships, and career success. Murphy stresses the importance of a harmonious relationship between the conscious and subconscious minds, advocating for a life lived in accordance with positive, life-affirming beliefs.

Murphy's work is a testament to the incredible potential that lies within each person. By mastering the power of our subconscious mind, we can open doors to a life of greater fulfillment and achievement.

## Key Takeaways

The subconscious mind plays a crucial role in shaping our health, happiness, and success.

1. Positive thinking and belief in the power of the subconscious can lead to remarkable life changes.
2. Autosuggestion and prayer are effective tools for communicating with and influencing the subconscious.
3. A harmonious relationship between the conscious and subconscious minds is essential for achieving one's goals.
4. Connecting with the universal consciousness through the subconscious can unlock intuition and creative potential.