



Believing in the Power of Your Subconscious Mind

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Whether you like it or not, ***your subconscious mind is the boss of you.*** Even when you make a conscious decision to go after something you want, it's your *subconscious* that determines whether you'll take consistent action to get it!

Once you understand how your subconscious works, you can be in touch with yourself on a deep level. You'll have the keys to living an abundant, fulfilling life, and all you'll need to do is unlock that door.

What is the Subconscious Mind?

Your mind is similar to an iceberg. The conscious mind is like the part of the iceberg that you can see above the surface. But the bulk of the mind - the *subconscious* - is below the surface where you can't see.

There are certain thoughts and processes that go on inside your mind that you may not be aware of on a conscious level, such as beliefs, instincts, and memories. Everything you've ever seen or heard is sitting somewhere in your subconscious, affecting your current thoughts, decisions, and actions.

Communicating with the subconscious mind is a popular topic in the realms of self-help and psychoanalysis. This is because getting to the core of your beliefs by ***tapping into the subconscious is the fastest way to implement desired changes in your life.***

The Power of Beliefs

Your subconscious mind contains a vast amount of information. It's more than your conscious mind could ever handle. Sometimes you might just have a "feeling" about something and then find out that the "feeling" was right on target. In many cases, it's your subconscious mind that sends you such signals.

Surely you've heard, *"If you believe it, you can do it."* This truism is a fact because of the great power of your subconscious. A belief can light a fire under you and enable you to do things that you never consciously thought were possible.

This is why ***just believing in the power of the subconscious mind can allow you to better communicate with it.***

The alternative is to continue following base instincts. Following your instincts can be a good thing, but what if one of your instincts is a fear of public places? It would be in your best interest to learn how to communicate with yourself.

Beyond Belief

Believing in the power of your subconscious is the first step to living the life you desire. When you do, you can move on with your self-help ventures and personal development plans. Surely you have talents you'd like to further develop, positive qualities you'd like to strengthen, and challenges you'd like to overcome. ***You can do all these things by tapping into your subconscious.***

You can even use your communications with the subconscious mind to correct larger issues, like fears, or eliminate negative habits, like smoking or emotional eating. When you get to the core of an issue in your subconscious, you can change it. The possibilities are endless!

How Do You Communicate With Your Subconscious Mind?

There are several techniques you can use to effectively communicate with your subconscious mind and enable the changes you desire.

One popular method is the use of hypnosis. You can either employ the services of a counselor trained in hypnosis or use self-hypnosis techniques. You can even find CDs and videos that will guide you completely through a hypnosis session.

Under hypnosis, rather than being asleep, you're in a state of heightened awareness. Many of the inhibitions of your conscious mind will subside while the subconscious comes to the forefront. When you're in this state, ***you're open to suggestions.*** If you give yourself positive suggestions, you'll make positive progress.

You can also communicate with the subconscious by consistently reading, listening to recordings of positive mantras, and repeating affirmations. Not only can you use these positive statements to affirm and bring out the best in you, but you can also replace negative thinking and doubt with positive images and beliefs. Check your local bookstore and online for a plethora of affirmation resources.

Just remain aware of your innermost thoughts and you'll be better able to keep in touch with your subconscious. Always be truthful with yourself, follow your heart, and most important of all, have a firm belief in yourself!



Do You Have a Prosperity Mindset?

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If you don't already have a prosperity mindset, it might be a hard thing to imagine. There are certain ways you can ***chase your dreams while keeping wealth and prosperity in mind at the same time.***

A prosperity mindset encourages you to take action each day to improve your life on numerous levels, such as health, wealth, love or anything else you deem important.

Study The Actions Of Successful People

Perhaps this is the most important suggestion. Learn by example. ***Find someone successful whom you admire and do what they do.*** These individuals serve as proof that your dreams can come true.

- Find someone who has had the same kind of success that you desire.
- Study what they've done right as well as their mistakes.

It's always easier when we have an example to follow. Find a way to ask successful people questions. You might be surprised to know that successful people love to inspire others to find success as well. They know that there's plenty of success to go around. That's the prosperity mindset in action!

It's All About Being Positive

If you believe in yourself, you can achieve your dreams. The moment you think you *can't* do something, you can't. You know that negative feelings arise from time to time and that's okay. However, you need to keep a positive image of the big picture in your mind at all times.

- Picture yourself reaching your goals and imagine how it feels.
- Surround yourself with positive people.
- Write prosperity affirmations.
- Be an open person.

When you open up to new opportunities, you open up to prosperity. Stay motivated and don't be afraid of change.

Setting Goals And Action Plans

You can dream all day about where you'd like your life to go, but without a goal or an action plan nothing will happen. Take time to think about the big picture and then draw in the lines of how you're going to get there.

- Break down your goals into smaller steps.
- Set manageable and achievable goals.
- Stick to your plan whenever possible.

Don't Give Up

You have to have the dedicated motivation and drive to tell yourself that you'll ***stop at nothing before you reach success.*** When you talk to or study the actions of someone who is successful, they'll likely tell you tales of their many failures. There were probably times when they felt like giving up, but they were able to push through defeat.

- Realize that everyone feels like giving up, but we can't give in to these feelings.
- Keep the image of your goal in your mind.
- Make changes if you need to, but continue taking action toward your goal.

Get A Life Coach

People with prosperity mindsets are all different. They have different approaches to getting what they want and they have different definitions of what prosperity is for them.

There are certain things they do have in common though. They all have a ***hungry enthusiasm for life and a positive attitude*** that they'll continue to use on the journey forward.

If you feel that you lack any of the core beliefs and are still unsure about whether or not you can adopt a prosperity mindset, you could always look into getting advice from a life coach. They'll be able to break down your problems and concerns and tailor a plan that will work for you personally.

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How to Create a Wealth Mindset

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Wealth creation all starts with the mind. If you have an abundance attitude and wealth mindset, you'll be able to attract the financial success you deserve!

While there are many paths to wealth, once you discover the abundance mindset, you've set yourself up for *actually* achieving your dreams. But how do you create this mindset in the first place?

Here are some techniques that will help you develop a wealth mindset:

- 1. Visualize your goal.** It's not enough to just say you want to "be rich." You have to make the *conscious decision* to create a clear goal and visualize all the details. It's best to ***focus all of your energy on one thing*** rather than spreading yourself too thin.
- 2. Be specific.** Break down your goal into minute details and start thinking about the exact steps you need to take in order to get there.
- 3. Break up the plan.** The goal seems huge at first, but once broken down into smaller, more manageable steps, it doesn't seem so bad. Focus on each individual task that you need to complete, and then ***congratulate yourself once you achieve each step***.
- 4. Take action.** It's easy to get caught up in the daydreaming and planning phases of your goals, but ***action is what it takes to get you there***. Your dreams become realities with action; otherwise they'll just remain dreams forever.
- 5. Seek a mentor.** Sometimes people are tempted to go at it alone, but you're *not* alone in this world! There are many out there that would like to see you succeed and it's your responsibility to find these like-minded people. Perhaps a business mentor or life coach may be just what you need to give you that extra push.

6. Focus on your thoughts. If you're experiencing confidence issues, it's important to take time to focus on your thoughts. Do you *really* believe that you can achieve wealth? Are negative thoughts holding you back? If necessary, remind yourself that wealth *is* possible and that success is a *very* real possibility for you as well.

7. Believe you deserve it. Believe that you are worthy of achieving wealth. If you don't think that you deserve it, you may unconsciously set yourself up for failure. In turn, you may actually become the roadblock that prevents you from the wealth you deserve.

Believe In Yourself

Do you *truly* want wealth? Then be willing to follow through on your action plan while maintaining a positive attitude.

In life there are plenty of snags in the road and your path to wealth won't always be easy. If you maintain the perseverance to achieve, you'll be more willing to seek solutions and find success.

Remember that you have to start somewhere. Take the time to truly appreciate your progress. So for example, if you've doubled your salary, that's a huge feat to be celebrated! While you may not be rich yet, you've made progress on the way to wealth. Keep focused on your goal and you'll continue to build an unstoppable momentum.



How To Achieve An Abundance of Wealth

How to Achieve an Abundance of Wealth

Do you truly believe that it's possible to achieve the financial prosperity you deserve? There's no one set way to achieve an abundance of wealth; ***all you must do is find your personal path.*** Every path to personal wealth, however, begins with the right frame of mind.

A Wealthy Mindset

A positive mindset is the most vital part of any plan for financial success. Before you can succeed in the world, you must see the success you seek in your mind's eye and believe you can achieve it.

One way to develop this mindset is to ***study what other wealthy people do.*** If possible, set up a meeting with someone you look up to. Ask about the steps they took to get to where they are today. You'll likely find that they're an ordinary person who took some specific actions that led to their success. If you take those steps, you can enjoy the same success.

Plan For Success

If you have no idea where to begin, start by brainstorming ideas about practical ways to increase your income. Read books about inspiring entrepreneurs. Find business people in your community who can mentor you. Learn from those who have gone before you and found the success you seek.

If you have an idea about a business venture or additional income stream, brainstorm the next small steps you can take that will lead you in the direction of your dreams. What small step could you take today that will move you closer to your goal? How about tomorrow, and the next day?

Set clear goals and write them down. Plan out each small step and set a realistic timeframe to accomplish it. Get moving toward your goal by achieving something small each day. If you do, you'll create unstoppable momentum that almost guarantees your success.

Be Flexible When Things Go Wrong

Things aren't always going to go according to plan. Things *will* go wrong, but your response to the obstacles you face will determine your level of financial success. If you miss a deadline you've set or your results disappoint you, ***simply notice what's working and what isn't.*** Change your approach until you get what you want.

Grow Your Wealth

As your income begins to grow, alter your plans so you can experience greater financial prosperity. As you near the completion of each goal on your list, set a more exciting goal to replace it. This approach will help you to grow both financially and mentally.

Continue to challenge yourself. Celebrate each success along the way, but keep moving forward. Set goals for promotion in your career, sales in your business, and money in your bank account. Remember to set personal goals, too. Financial prosperity is worth little without a balanced life that allows you to enjoy that prosperity.

Listen to the Right People

Have you ever notice how people are quick to give advice about everything? ***Only listen to people who are experiencing more financial prosperity than you are.*** Why would you trust the advice of someone who's broke? This is true in every area of life. Why take parenting advice from people without kids? Or job advice from someone who's perpetually unemployed?

The people with the wisest advice are the ones who have practical experience that has led to success. If you can imitate what they've done, you'll likely achieve similar results.

Most importantly, keep pursuing your financial dreams no matter what. If you set effective goals, envision your success, find wise mentors, and keep taking action, you'll experience the financial independence you deserve.



How to Attract Money Into Your Life

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Recently there has been an explosion of discussion regarding the Law of Attraction. If you're not familiar with the concept, it's actually quite simple. Positive attracts positive and negative attracts negative. In other words, you'll receive good things or bad according to what you focus on.

If you focus on the positive in your life, then more positive things will come your way. If you spend your time and energy focusing on the negative, then you'll attract more negative things.

You can use these principles to harness the power of the Law of Attraction to attract more money into your life.

Follow these strategies to attract money:

- 1. Express gratitude.** If you want more of something, like money, you must first express gratitude for what you have presently. ***Gratitude is a powerful positive emotion.*** Be thankful for all that your Creator has provided you this far.
 - ***You must be sincere in your thanks.*** If you don't honestly *feel* the gratitude, then you won't be able to attract more of what you want.
 - Stay focused on what you *do* have. Remember, if what you feel and focus on is actually your *lack* of money, it will only attract more *lack* back to you.
- 2. Picture yourself with the money.** Visualize it in depth, as if you already have it. You want to see yourself holding the money, touching it, and feeling how happy you are with it in your life.

- Imagine sitting down paying all your bills and buying expensive gifts for those that you love. This will send a positive message out that is to be returned to you.
 - ***Be consistent*** with sending out these strong positive thoughts and feelings. Mixing it up with negative ones about money sends a conflicting message.
- 3. Rid yourself of negative thoughts.** It's imperative that you eliminate as many negative feelings as possible. Make a conscious effort to find the positive in everything because your negativity won't be rewarded with positive results.
- Are there others out there who are positive? You bet! Do your best to find and emulate these people.
 - When life hands you a bunch of lemons, it's time to make lemonade. Find the silver lining or take action to make something positive out of the situation.
- 4. Have Faith.** There are countless documented cases of people who received their heart's desire by using the principles found in the Law of Attraction. Those people are no different from you!
- Faith is a positive feeling. If you truly want to attract more money into your life, then faith is a must. You have to believe deep down that something like this can *and will* happen to you.
- ***It's time to truly believe that you're deserving of anything you desire.***

The Law of Attraction has helped many people live their dreams. By following its simple principles, it can happen to you as well. Profess an open mind, a willing heart, and a joyful spirit and, in return, you will be rewarded with whatever you request!



Using the Law of Attraction to Boost Your Income

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We've all heard about how positive thinking can benefit you in many ways, but did you know that positive thinking and the Law of Attraction can help boost your income as well?

These days we all could use some extra income! This article will give you an understanding of how positive thinking and the Law of Attraction are interrelated, as well as explain how you can use these principals for your financial benefit.

Positive Thinking

Positive thinking is more than just being upbeat all the time. The term "*optimistic*" comes to mind; however, positive thinking is much more than just being hopeful, also. ***Positive thinking is the opposite of negative thinking.***

Sounds simple right? Well it's easier said than done!

Why It's Important to Think Positively

I'm sure you know someone who's a negative thinker. They're usually down most of the time, get depressed easily, and have negative things happen to them recurrently.

Have you ever wondered why this happens? It's because the negative thinker surrounds himself with negative energy, which attracts more negative things. His thoughts are in harmony with negativity, so that's what he gets - more of the same!

Positive thinkers, on the other hand, think about encouraging things and surround themselves with positive energy. Their thoughts are in harmony with good things, so they attract more positive opportunities.

Whether you're aware of it or not, you gravitate toward the outcome of situations because of your thought processes.

Therefore, when you think positively, you'll make decisions based on that type of outcome, consciously or unconsciously. The same goes if you think negatively.

How to Use the Law of Attraction to Attract More Money

If you dwell on the negative - such as how *bad* the economy is or how *tragic* situations are - your thoughts, and therefore your decisions, take you down a path to negative outcomes.

However, when you think positively, you now have a fresh start to do something you really enjoy and your thoughts and decisions move you toward those goals.

Now is the time to start thinking positively in this financial downfall.

What are some skills you already have that you could use to bring in some extra cash? How can you take advantage of current trends to boost your income?

Here are some suggestions to help get your thoughts moving in the right direction:

- 1. Are you artistic or do you enjoy making things with your hands?** You might enjoy graphic arts. Now is the opportune time to start your own online business selling graphics, covers, designs, and page layouts.
- 2. Are you social and do you love interacting with people?** Social networking is HUGE and growing by leaps and bounds!
 - Social networking platforms like Twitter, Facebook, Digg, Stumble Upon and De.lic.ious are changing the way businesses of all types market their products and services. Many companies are hiring people to market their business on these and other social networks.
- 3. Do you like to write?** Blogs are fast becoming the way to update a website consistently, driving more and more traffic to it. Companies are looking for writers to fill their sites with content.
 - Posting blogs, article writing, and copywriting are just a few of the ways you can earn money online using skills you already have and a pastime you enjoy.

4. **Boost your income at your current job.** When you think positive things about your job, you tend to perform better. And when you excel at your work, your boss is more likely to recognize you as a valuable, or even indispensable, team member!

Positive thinking will help lead you in the right direction toward a positive outcome. If you're naturally a negative thinker, turning those thoughts into positive ones may be a little more difficult, but it can be done.

When you start to have negative thoughts, try to catch them before you're already on the path to destruction in your head. Then, turn them around and focus on positive outcomes.

Over time and with practice, positive thinking can become natural to you. Even better, you'll be attracting positive outcomes as well. Through positive thinking, the Law of Attraction can bring you many things to be happy about, including financial freedom!



Nine Ways to Speed up Your Law of Attraction Results

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You probably already know that the law of attraction holds a lot of power. Your intentions and core beliefs play a vital role in determining the outcomes of your life. ***If you want to achieve success now, you can!***

When you concentrate on the positive, your life will be positive. It sounds simple enough, but many times people let negative emotions get the better of them. You have the power within you to break those negative habits. Once the negativity is gone, you can speed up the whole process of dream achievement.

Try using the following ways to speed up your law of attraction results:

- 1. Feel strong emotions in your visualizations.** When you visualize the results you want, put your whole heart into the process. If you go after something half-heartedly, whether physically or through visualizations, your results are half-hearted also.
 - Feel the happiness in living the life you dream, the pride in your achievements that got you there, and the pure joy of success.
- 2. Focus on the present.** See yourself successful in the *present* rather than the future. If you keep thinking about the good things that are coming tomorrow, they'll never be here today! Take full advantage of *today* to do what you can to achieve your dreams. Even small steps add up to big achievements.
- 3. Use vision boards effectively.** Whenever you see these pictures, let the positive emotions of your meditations sweep over you. Thoroughly enjoy them in the present moment. Take time to *feel* your emotions without holding anything back.

4. **Exhibit the qualities of your dream life.** Determine the qualities of your dream life and exemplify them today. For example, in your dreams, you may be confident and generous toward others. Show confidence and generosity now instead of waiting until after you're successful, because showing them will, in fact, make them arrive sooner.
5. **Keep your thoughts positive.** Thinking positively allows you to *bring on a mindset of gratitude and abundance*. Recognize when your mind starts to shift to negative thoughts and do whatever it takes to correct the problem.
 - Focus on positive affirmations or self-talk to replace the negative thoughts as soon as they occur.
6. **Avoid dwelling on any negative situation.** The power of thought can alter any situation. Focusing on the negative attracts more negative back to you. Alternatively, focusing on the positive is more likely to result in positive outcomes. So whenever a challenge arises, seek a solution and take action to overcome it rather than wallowing in self-pity.
7. **Be as clear as you can.** Strive for the utmost clarity when focusing on your dreams, as every detail makes it more real to you. This will allow you to give all of your positive energy to your thoughts as you visualize.
8. **Believe in the process.** Your belief in the process of the law of attraction is vital to your success. You might strive for complete positivity, but if you have doubts about the outcome deep down, then you'll still allow negative thoughts to influence you. *You have to believe in the process* because anything that's possible can happen for you with the right mindset.
9. **Be open to receive.** Are you ready to receive the results you desire? For example, if you wish for a new love, do you have room for them in your life? If you remain open to the universe, it will send back what you desire most in the world.

The law of attraction entails a lot more than just sitting around thinking about what you want. *The key element is inspired action.* When you believe you can achieve, you'll naturally take action to get what you want. And this is where it all comes together. When your mind and your actions are in harmony, nothing can stop you!



How to Meditate for Success

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You can achieve great things through meditation. But what exactly are these things? The truth is that *you* get to create the definition. If you're after success, meditation can help get you there.

Meditation has been around for ages and it's a great, relaxing activity to engage in everyday. Also, it's ***available to everyone in every moment***. Plus, it's completely free!

Ultimately, there are no excuses for not being able to meditate. Some will say that they simply don't have enough time. But are you not worth a few minutes a day? Of course you are! You should be able to allot yourself at least 15 minutes per day, just to focus on your own success.

How Meditation Can Help

Meditation is an art that has many opinions associated with it and there are also many ways to meditate. A consensus remains around the fact that it's about ***clearing your mind and remaining in the present moment***. With regular practice you'll gain the necessary clarity and discover truths about your life.

Meditation is a great way for you to discover something you may already know deep down. You operate on many levels and you already know how to achieve the success you desire. Problems arise when you spend too much time dealing with day-to-day activities and too little time exploring your *depth*.

Feel Your Emotions

Getting in touch with your emotions is an important thing. It's not only reserved for females, nor is it something that will make you vulnerable. It's an important step on your way to discovering success.

When you meditate and really feel your emotions on any subject, you'll begin to tap into the truth. What is it that you're really after? What is your *true* definition of success?

You'll often hear of the actor that achieves fame but still doesn't feel fulfilled. You may have also heard about the successful business mogul who reaches career and financial success but still feels incomplete at the end of the day. These people haven't *truly* determined their own definition of success and, instead, have chased someone else's dreams.

Enjoy the Process

You must stay present and enjoy the process. An actor will remain happy with his or her success if they truly love the art of acting. If they were only after fame and later discovered that it wasn't all it's cracked up to be, then they may have followed the wrong path and should reevaluate their path to success.

If you spent too much time on your business plans, make sure you take a step back and remember where you're going. In this case, you can practice "*walking meditation*," which is when you go through the steps of your day-to-day life completely aware of what you're doing in each moment. This may sound easy, but it can be difficult to master!

Your Focus Can Shift

Once you've decided where you'd truly like your life to go, you can take the steps to get yourself there. However, remember that ***you can't get back lost time***. There's always a life lesson to be learned by the path you've chosen.

Remember that each moment brings incredible transformations. You need to allow this to happen and resist the urge to fight change. This also means that your life goals may change, as well. And that's okay! It helps to go with the flow and be willing to adapt as you go.

Practice Affirmations

Affirmations are excellent statements to meditate on while you're achieving your focus. ***If you remind yourself that you've already achieved success, you'll get there.***

Really spend some time envisioning your success. Think about what it feels like to achieve. In the same way that you would picture yourself in a safe place when you're scared, picture yourself in a successful place when you have doubts.

When you believe in the power of meditation, you believe in your true self, and then success will be yours!