

# **Control Your Sub-Conscious** **Mind** **Know your Inner Self**

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**<http://knowyourinnerself.com>**

## **Learning to defeat those negative thoughts.**

You have probably suffered from sub-conscious negative thoughts affecting your life and are looking for a way to improve your outlook on life. This article will detail how you can move forward and eliminate those worrisome thoughts.

The system will help you to boost your confidence and eliminate any worry you have about what people think of you.

Implement what this course teaches you and enjoy the change in your life.

You need to understand the affect negative thoughts can have on your life. They can affect you in so many ways.

They can hold you back, make you miserable and get you into the habit of thinking how bad life is. IF you accept this thought as being true you become habitually miserable and anxious.

In effect you won't be able to be the REAL you.

You may not be aware that our sub conscious runs our entire body. You could think of it as your autopilot governing your engine room.

Anything that is accepted into one's subconscious mind is reflected in one's physiology, i.e. the way we feel and act. An example being "if you tell yourself you are feel self conscious at a public function then that is the way you will feel. Acting on what you will read shortly will change that.

The subconscious mind has a strong effect on the way we act, voluntarily and involuntarily.

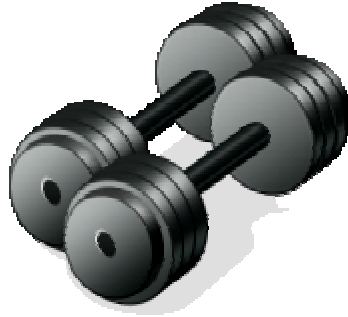
A plastic surgeon who had a deep understanding of psycho cybernetics found that patients who had operated on to improve their appearance varied greatly in how they perceived the outcome. Many were confident others despondent.

One of his “experiments” saw a lady who had been hypnotised develop a red mark on her forehead merely by placed a room temperature ball pen against her head. Mr Maltz had talked to the lady’s sub-conscious telling it that the pen was a piece of hot metal. The body reacted as if this were true. The sub-conscious had accepted the suggestion as being true.

A well-documented example of the sub-conscious mind taking over is the story of a man becoming trapped in a freezer in America. He kept telling himself that he was getting colder and colder until he, in effect, thought himself to death. He was found in the morning in the non-operating freezer. You may have heard this story before. Yes it is an extreme example but it does show just how much control the sub-conscious mind can have on your well being.

What you believe to be true and you accept into your sub-conscious runs your life. If you do not control this your life will be up and down rather like a yoyo.

We exercise our bodies to keep them fit so let us use what you are reading to keep your mind fit as well.



We now need to learn how to control our thought patterns. We need to become consciously aware that all day and every day we are engaging in “inner talk” with our self-conscious mind.

We need to be aware of negative thoughts reaching our subconscious mind. If for example you decide that you are the world’s worst driver then that’s what you’ll be. This is known as feeding yourself with negative thoughts.

The next task is to reason with the facts and become consciously aware of them. We need to decide if a thought is negative or positive. If you decide that a presentation you are due to give will be no good then that is what it will be.

This we need to change.

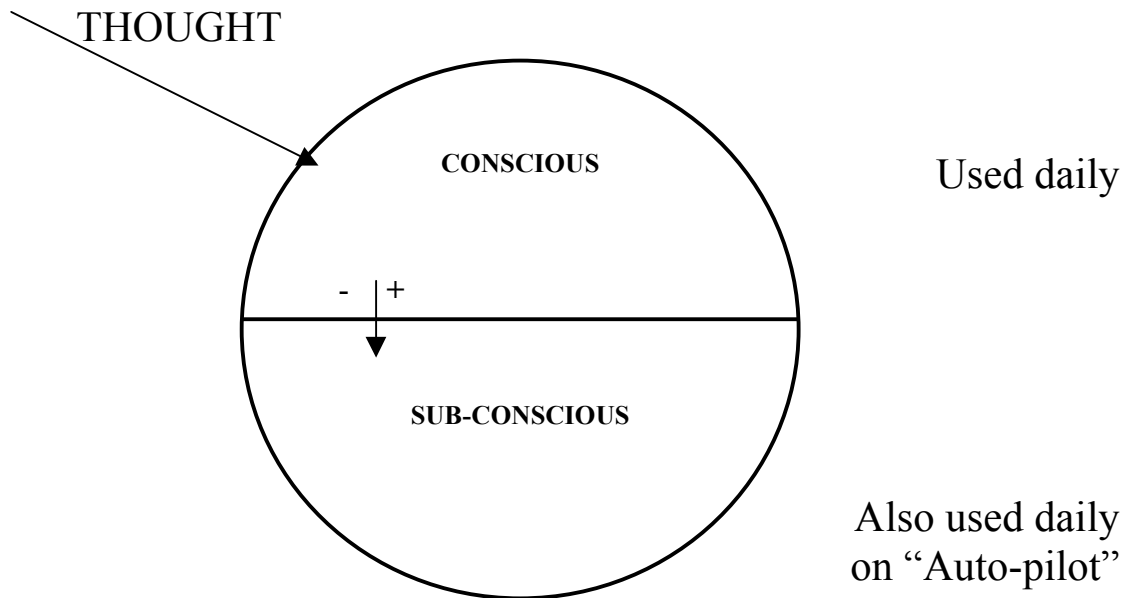
I expect that the concept of rejecting negative thoughts is not new to you. Knowing *HOW* to reject negative thoughts is the **HARD** part.

When you think about your mind what do you think about? Just take a few moments to consider that question.

I expect that you in all probability thought about your brain.

Doing this makes it almost impossible to reject negative thoughts.

## ACCEPTANCE



This diagram will begin to change your life.

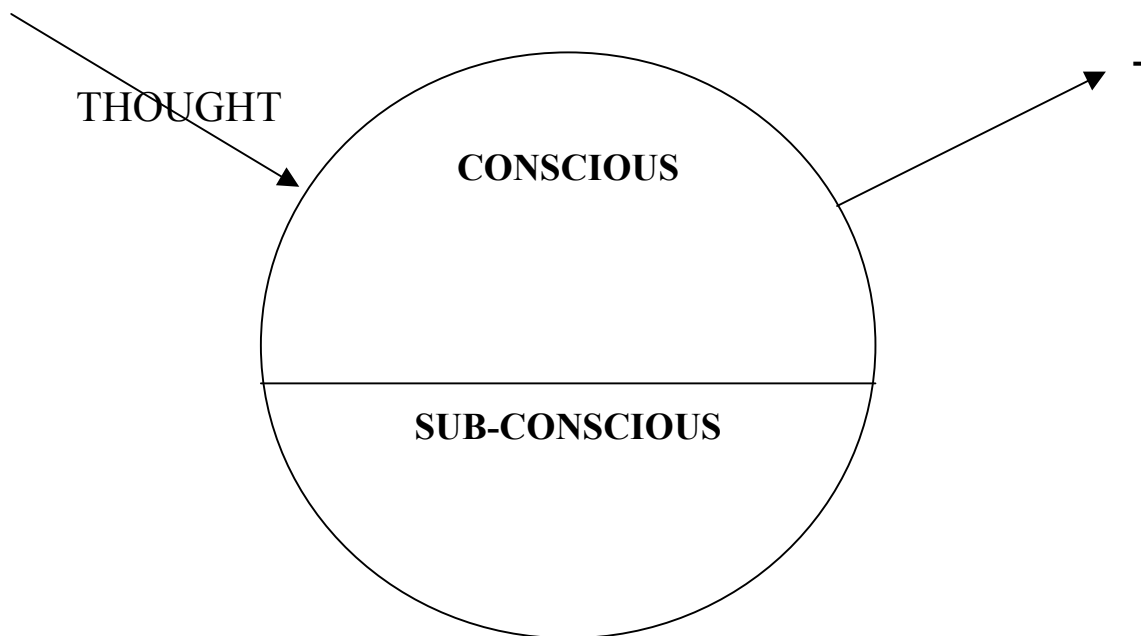
Thoughts that we accept into our sub-conscious drive our lives. Most people accept thoughts, be they negative or positive, as being true. If you decide you will feel anxious tomorrow then that negative thought is sent to the negative side of your sub-conscious as indicated by the downward arrow above.

This will affect how you feel. Conversely if you tell your self that you will feel great tomorrow then you will this being a positive thought heading to your sub-conscious. As mentioned earlier about the man in the freezer what you accept as being true runs your life.

This acceptance of the Positive and the rejection of the Negative sound easy but it will take effort to reinforce this course of action.

**Be Consciously Aware**  
If the thought is Negative

### **The Brush Off**



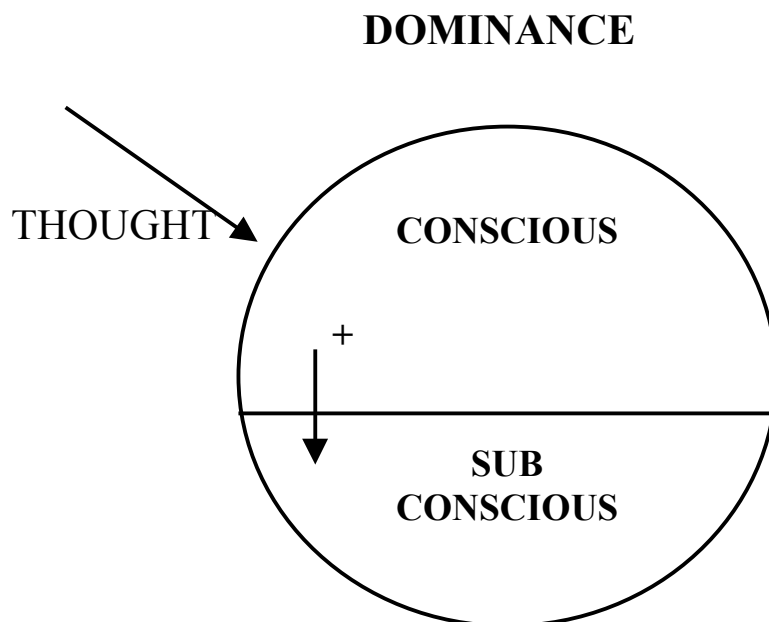
We need to be consciously aware of thoughts we are having. Usually we don't do this and we just accept every thought that comes our way be they negative or positive. We need to reject any negative thought that we may have to prevent them from reaching our sub-conscious. This will not happen overnight but take time to reinforce these patterns and see the change in your self. A change in a habit typically takes 30 days to reinforce in our minds.

I suggest making the most of these ideas that you carry these diagrams around with you and consulting them regularly during your day.

When you have a thought, notice it and see what it is saying. Picture the “Brush Off” diagram and treat the thought accordingly and imagine the negative thought leaving your mind.

Do this and you will notice a great change in your life. We do need an occasional negative thought when something warns us of danger. Most of our negative thoughts are irrational. It is these that we need to conquer.

As mentioned earlier it takes approximately thirty days to create a habit. If you reinforce what you have just read daily and carry the mind maps around with you as a reminder you will virtually automate the whole process. This will lead to you, automatically, rejecting negative thoughts.



You could call this your “Mind Weapon” dealing with positive and negative thoughts. You will have to reason with the facts and replace the negative thought with positive ones.

Examples being replacing “ I will be anxious” with “I’m going to be just fine” another being “I just cannot lose weight” with “I will lose weight”. You replace this negative thought and like in the Dominance diagram with a positive one and imagine it being accepted into your sub-conscious mind and just watch the change. It can be huge.

I am not a psychologist and make no claim to be one. The diagrams are a pictorial representation of thoughts moving into our conscious and sub-conscious. They are not meant as a medical representation of what actually happens. That’s for another paper. I just know it works.

Do this and you will notice a great change in your life. We do need an occasional negative thought when something warns us of danger. Most of our negative thoughts are irrational. It is these that we need to conquer.

I trust that you are beginning to see how this can help you. Some people think “Self Help” is a waste of time. A colleague who lacked self confidence before discovering this process now calls it his route to “Social Freedom” He now thinks “Cool” people are confident, calm and collected and don’t care what others think of them. “Lame” people think the opposite. There is nothing sad about being the best person you can be. What other people think of you is an irrational thought.

Following these ideas will let you become the self-assured and confident person that you deserve to be.

I wish you well in your future “Self Improvement” and lastly ask that should you have friends, family or colleagues who are in similar need that you pass this on to them. You may have an email list to which you send helpful articles please feel free to pass it to them as well.

You may wish to view a free video available at the link below which explains in more detail how to improve the real YOU.

<http://knowyourinnerself.com>