

SAMPLE VERSION



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1. INTRODUCTION

It is my mission in life to get people excited again about life. The majority of people are so focussed on limitations that they forget to enjoy life. They have lost their passion for life and the constant worries caused them not to believe in miracles and magical occurrences. They will tell you life is hard and that is just the way it is. Are you one of those people who had lost their joy?

Join the journey of discovery and have fun doing it. There is no point in having deep theoretical discussions that few will have interest in reading. The aim of this book is to keep the material as clear and easy as possible.

Apply the information and the results will speak for themselves.

The title of the book indicates a discussion of the subconscious mind and the effect of limiting beliefs on your life. Be ready to be blown away. Beliefs have a much bigger influence in your life, than you can imagine. Beliefs are the culprits keeping you from achieving your success and living your dreams.

The average person may feel that life produces more questions than answers. Time goes by and the nature of the modern man has become one of procrastination. It seems as if every body is waiting for things to get better. If I get more money, I'll be happy. If I meet the man or girl of my dreams, I'll be happy. The average day has the same routine and life seems to go by with all its ups and downs.... and while life goes on, people are searching for that secret information that will transform their life.

The good news is that you have obtained much more success than you are willing to give credit to yourself. The problem with people is that they tend to be very critical on themselves and in the process they focus more on what is missing, than what they have already achieved.

I can proof this with a quick exercise. Add up all your possessions and valuables. If you would sell your house, how much profit will you make? Do you have a car? Look at your furniture, your more personal stuff, like clothing. Do you have any investments? Add them all together and look at the total. Most people will be very surprised to see how much value they already have. I'm not even referring to your personal talents and attributes!

Do you have a bed to sleep in, a roof over your head and the next meal? If so, you are in a better position than thousands of people who don't have that luxury. Unfortunately, people tend to focus on what they don't have. In this book you'll find out why, when we discuss the role of the ego in your life.

Well, we are not here to look at other people and the possible sorrows they have. We want to focus on abundance and the fact that it can be a normal state of being. Once you achieved this state, then, and only then can you focus to help others to achieve the same.

I have used these examples, not to focus on the material things in life, but just to get your attention. Let's forget for a moment about your material possessions. You, as a person, are such a valuable creature that no price can be put on your head. You are a perfect part of the creation and there is no one like you. There never was, there never will be. Think for a moment how the value of something increases if it has limited availability. You are the one and only person with your special characteristics in the universe! How is that for value?

Now that we have established that you are much more worth than you think and that there is a lot to be thankful for, we can have a look at your problems. In order to help you solve your problems, you need to understand how your life works. Why do things happen the way it happens?

John Harricharan says "It is not God who sends us dark times, but we ourselves who bring them to us, for purposes even we do not know. Whenever there are shadows in front of us, it must be that we have our backs to the light."

He also provides the answer, "To make the shadows disappear, we have but to turn and face the light."

God works through mysterious ways and this book can be your light to help you change. No matter what the problem is you are experiencing now, remember that you will not solve your problems with the same mindset that had created them. In order to solve any problem, you need to change your mindset. If you keep on doing the same things over and over, you are going to keep on getting the same results.

The familiar saying goes: "Don't try to change the world, change yourself and the world will change with you." The question I want to ask you now, is whether you are willing to change?

Tony de Mello is of the opinion that people don't really want to change or to grow up. To change, means to experience discomfort and people just want to stick with the safe and familiar ways. He puts it in his book, *Awareness*, as follows: "Don't try to teach a pig to sing, it wastes your time and it irritates the pig."

Life doesn't have to be complicated and a struggle. If it is, then you are probably doing something wrong. Life works if you just let it work.

The good news is that with the right information, you can completely turn your life around! You are at the right place and at the right time. Let us explore the answers together. This book is the blueprint for your success. The choice is yours to use it or not.

2. REQUIREMENTS

In his section of the book I want to set out a few requirements you must take to heart. You need to to apply this if you really want to do your part in your change to success.

Remember this is all about YOU. It's not about your parents or your girlfriend/boyfriend or employer or who ever. YOU are alone in this....

Only YOU can achieve success.

Only YOU can think for yourself.

Only YOU know what you really want.

Only YOU can decide.

In the world we grow up in, we are taught that you must have respect for others (which is perfect), but somewhere along the line we allow others to manipulate us. It is easier for you to leave the decision-making in the hands of your parents or your husband. It is easier if they sometimes decide for us...

We begin to lack self-respect without knowing it and just assume that others know better than you do. Slowly, but certainly, we fall into the trap of a bad self-image, accepting that we can do nothing right. One of the major problems in the modern age is lack of self-belief.

This is unacceptable. You came into this world alone and you are going to leave it alone. This book needs to read ALONE, do the exercises ALONE and for once in your life, just care about YOURSELF.

The only way to change your life for the best is if you do the things explained in this book alone and for yourself. You are welcome to tell somebody about the book afterwards, and they can read it and do the exercises themselves alone as well.

Why do you need to do this alone?

END OF CHAPTER SAMPLE

3. THE BIRTH OF BELIEFS

A belief is rule of life you have created for yourself after experiencing some evidence. It started of as an idea and if it is repetitive, it ends up as a belief. Nobody creates these beliefs for you. You are the one responsible for your beliefs even if you decide to take somebody else's belief and make it your own. You have created these beliefs for a specific reason. It is to help protect you and to give you a sense of security.

It is very important to remember that you have created these beliefs out of a certain perception you have about something. Your perception will also not turn into a belief, unless you are very certain about it. Obviously the perceptions of people differ and therefore the beliefs of people will also be different.

Let me use an example – you believe in gravity here on earth. You are pretty sure that if you jump off a building that you will not fly away. You'll be pulled back to earth, because of the gravity of the earth.

END OF CHAPTER SAMPLE

5. CHARACTERISTICS OF THE SUBCONSCIOUS MIND

People think rationally by using the conscious part of the brain that filters out all the non-relevant information it receives. The subconscious has the most important function of looking after the human body.

The subconscious trust the conscious to think on its behalf and he totally trusts the opinion of the conscious mind. The subconscious already has too many things "on his mind," so he trusts that the conscious will do its part. The subconscious, by just looking at some of its functions, is obviously the main cannon in your arsenal.

The human brain is said to be so powerful that it can contain all the information on all computers all over the world, and then it still will be left with space for more information. The sad truth is, that we don't use it as we are supposed to do. We are like a big truck being used to transport only a small piece of soap. Very few know

how to use this tremendous resource, the brain, and most people's brains are running on autopilot.

Despite the powerful brain, there is also the even more powerful mind. How does the mind function?

END OF CHAPTER SAMPLE

6. THE SUBSTANCE OF LIFE

The way life works is that everything is in a state of vibrating energy. Our senses are responsible to take this vibratory energy waves and to interpret them so that it makes sense to you as a person.

Think about a TV set. It appears as if there are people in the TV, but actually you know that it is only a combination of different pixels and colours. The same way your senses is responsible to interpret the world for you. Your senses are actually doing such a good job, that you don't believe me when I'm telling you that everything is energy waves.

You must also remember that your senses are also limited. You cannot see infrared light for example or you don't have the ability to hear as good as a cat or to smell like a dog. This indicates that we are not seeing or sensing everything that is out there to sense or to see. We are missing a lot of the big picture. Only about 15%

of reality is interpreted by our senses. This issue was already discussed in an earlier chapter.

If you add the fact that your conscious mind is being used as a filter as well, it isn't surprising that we sense only about 5% of all the available stimuli outside in the world. Yes, we miss about 95% of all the energy coming to your side!

The conscious mind serves as a gateway and only let certain information that it sees fit and important, through to the subconscious mind. Remember your beliefs are the actual filter itself, the mind uses to search through the incoming information. You will therefore always see what you believe!

Luckily we all have a sixth sense. Yes, it is not only the ladies!

The sixth sense is actually located in your solar plexus (the shakra area near the stomach). It is also known as your emotional centre.

We can therefore say that the sixth sense is your emotions.

Did you ever have that "feeling" in your stomach before that something is not right? Now you know why.

The emotions can actually interpret circumstances even better than your other five senses! If you ever had that FEELING of true knowing, then you did experience your sixth sense. Normal senses gives you temporary feedback, but the emotional sense, gives you feedback from your higher self/spirit.

END OF CHAPTER SAMPLE

7. BELIEF SYSTEMS

One cannot help, but to mention beliefs from early on in the book. It's now time to investigate beliefs in more detail. A belief is rule of life you have created for yourself after perceiving some evidence. It's created by nobody else than you and you have created these beliefs for a specific reason. Beliefs give you a sense of security and it help to protect you.

Beliefs are created from the day you are born. Your subconscious mind creates these beliefs, because your safety is the no.1 priority of the subconscious mind.

Here is a very important fact. You belief 100% in your beliefs! You never questioned them before and you never will... that is until today!

The beliefs are generally formed out of your life experiences and what others are telling and teaching you. Every day you adding to the beliefs you already have.

Beliefs also have the tendency to build on one another. Some authors like to refer to beliefs as an onion. As you take away one belief, you go to the next layer of the onion and find the next belief. You need to keep on taking away layers of the onion (or beliefs) to get to the centre (the main belief).

I like the example of Tony Robbins a bit better. He explains beliefs as a table. The main belief is the surface of the table and the legs of the table support it, which are other sub-beliefs that support the main belief. Should you take away the sub-beliefs, the main belief will collapse and not exist anymore.

At this stage it is sufficient to know that there are a lot of beliefs in your subconscious. Most of your beliefs are hidden in the subconscious mind, which means that you are not aware of these beliefs. You may even have subconscious beliefs that you will never agree with consciously!

Unfortunately there will be beliefs hidden that will not serve you very well. These beliefs are called limiting beliefs, because they are limiting your potential. How to deal with them will be discussed later on.

It is very important to remember that you have created these beliefs out of a certain perception you had about something... and you are very certain about your perception.

Let me use an example – you believe in gravity here on earth. You are pretty sure that if you jump off a building that you will not fly away. You'll be pulled back to earth, because of the gravity of the earth. Well, that is a belief.

Is it a good belief?

Yes. It will prevent you from jumping off things that is very high! It is now a rule of life for you and you are pretty sure about it. You accept it and your mind goes on with other stuff.

You don't have to think about the belief again. The time however has arrived to look at those beliefs again. We are going to go on a journey of self-discovery and we are going to make some easy changes in your life.

END OF SAMPLE CHAPTER

8. HABITS

Habits are also created and stored in the subconscious mind. A habit is something you keep on doing, because you are getting some form of benefit out of it. Sometimes people don't even know that they are doing it. The definition then can sound something like - a habit is something you do that you don't know you are doing.

It is obvious that there must be some form of benefit you are getting from this habitual action, or you won't be doing it! What is the reason for your habit?

Let's use smoking as an example. Why do you keep on smoking? What benefit do you get out of the smoking?

Once you identify the habit, people have the believe that it is difficult to change a habit. You have evidence from all over that people just can't stop smoking, so you are now using that to reinforce your belief to not change your habit.

END OF SAMPLE CHAPTER

The world is what you believe it to be.

What do you believe?

FINAL NOTE

I hope you get an idea of what the book will be like. The amount of valuable information you can take from it, depends on the level of your consciousness.

If you want to learn more, my new book was just released!

“Subconscious Beliefs – The blueprint for change.”

Available at <http://www.subconsciousbeliefs.com>.

Other recommendations

If you want to loose weight and not your mind, I have just the place for you to go to. No diets, strange exercise techniques and funny stuff like that. Your body is

overweight, because it wants to be overweight. Did you get that? SOLUTION?

Just change your body's mind!

Have a look at the [Gabriel Method](#). Definitely a recommendation from my side.

ALSO AVAILABLE @ <http://SubconsciousBeliefs.com/products>

"A Poor Man's Journey"

