

*HOW TO UNLOCK AND USE*  
***THE POWER OF YOUR***  
***SUBCONSCIOUS MIND***



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## *THE TREASURE HOUSE WITHIN YOU*

You have infinite riches within your reach. To gain them, all you have to do is open your mental eyes and behold the treasure house of infinity within you. There is a storehouse within from which you can extract everything you need to live life gloriously, joyously, and abundantly.



Many people are closed off to their own potential because they do not know about this storehouse of infinite intelligence and boundless love within themselves. Whatever you want, you can draw forth. A magnitized piece of iron will lift about twelve times its own weight. But if you demagnitize this same piece of iron, it will not lift even a feather.

In the same way, there are two kinds of people. Those who are magnitized are full of confidence and faith. They know they are born to succeed and to win.

Others, so many others, are demagnitized. They are full of fears and doubts. When an opportunity comes, they say, "What if I fail? I might lose all my money. People will laugh at me." People of this sort will not get very far in life. Their fear to go forward makes them simply stay where they are.

You can become a magnitized person when you discover and put to use the master secret of the ages.

## *THE MASTER SECRET OF THE AGES*

Suppose someone asked you to name the master secret of the ages. What would you answer? Atomic energy? Interplanetary travel? Black holes? No, it is not any of these. Then what is the master secret? Where can one find it? How can it be understood and put into action?

The answer is extraordinarily simple. This secret is the marvelous, miracle-working power found in your own subconscious mind. This is the last place most people would look for it, which is the reason so few find it.



### *THE MARVELOUS POWER*

Once you learn to contact and release the hidden power of your subconscious mind, you can bring into your life more power, more wealth, more happiness, and more joy.

You do not need to acquire this power. You already possess it. But you will have to learn how to use it. You must understand it so that you can apply it in all departments of your life.

If you follow the simple techniques and processes explained in this handout - based on extracts from *THE POWER OF YOUR SUBCONSCIOUS MIND* by Dr Joseph Murphy - you can gain the necessary knowledge and understanding. You can be inspired by a new light, and you can generate a new force that enables you to realize your hopes and make all your dreams come true.

Within your subconscious depths lie infinite wisdom, infinite power, and infinite supply of all that is necessary. It is waiting there for you to give it development and expression. If you begin now to recognize these potentialities of your deeper mind, they will take form in the outside world.

3.

## *INFINITE INTELLIGENCE*

Provided you are open-minded and receptive, the Infinite Intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space. You can receive new thoughts and ideas, bring forth new inventions, make new discoveries, create new works of art. The Infinite Intelligence in your subconscious can give you access to wonderful new kinds of knowledge. Let it reveal itself to you and it will open the way to perfect expression and your true place in life.

Through the wisdom of your subconscious mind, you can attract the ideal companion, as well as the right business associate or partner. It can show you how to get all the money you need and give you the financial freedom to be, to do, and to go as your heart desires.

It is your right to discover this inner world of thought, feeling, and power, of light, love, and beauty. Though invisible, its forces are mighty. Within your subconscious mind you will find the solution for every problem and the cause of every effect. Once you learn to draw out these hidden powers, you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy and mastery.

There is a miraculous curative force in your subconscious that can heal the troubled mind and the broken heart. It can open the prison door of the mind and liberate you. It can free you from all kinds of material and physical bondage.



### *A WORKING BASIS*

If you want to make progress in any field of endeavor, there is an essential first step. You must discover a working basis that is universal in its application. Before you can become skilled in the operation of your subconscious mind, you must understand its principles. Once that is achieved, you can practice its powers knowing the results you will certainly obtain. You can apply these powers for the definite specific purposes and goals you want to accomplish.

The principles of chemistry, physics, and mathematics are no different in their workings from the principles of your subconscious mind. If you want to make use of the principles of the subconscious mind, you must first learn its principles.

Take the principle, *Matter expands when heated*. This is true anywhere, any time, and under all circumstances. If you heat a piece of steel, it will expand, whether the steel is found in China, England, India, or in an orbiting space station. *Matter expand when heated....* This is a universal truth. It is also a universal truth that whatever you impress on your subconscious mind is expressed on the screen of space as condition, experience, and event. Your prayer is answered because your subconscious mind is principle, and by principle I mean the way a thing works. For example, an important principle of electricity is that it works from a higher to a lower potential. You do not change the principle of electricity when you turn on a lamp or cook on an electric stove. No, you *use* the principle. By cooperating with nature, you can bring forth marvelous inventions and discoveries that bless humanity in countless ways.

## *THE LAW OF BELIEF*

Your subconscious mind is principle. It works according to the law of belief. You must know what belief is, and how it works. The Bible says it in a simple, clear, and beautiful way:

*Whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things he saith shall come to pass; he shall have whatever he saith. (MARK 11:23)*

*The law of your mind is the law of belief.* This means to believe in the way your mind works, to believe in belief itself. The belief of your mind is the thought in your mind, just that and nothing else.



All your experiences, events, conditions, and acts are produced by your subconscious mind in reaction to your thoughts. Remember, it is not so much the thing believed in, but the belief in your mind that brings about the result. Stop accepting the false beliefs, opinions, superstitions, and fears that plague humankind. Begin to believe in the eternal verities and truths of life that never change. At that point you will move onward, upward, Godward.

Your prayer is answered according to the universal law of *action and reaction*. Thought is incipient action. The reaction is the response from your subconscious mind that corresponds to the nature of your thought. Fill your mind with the concepts of harmony, health, peace, and goodwill, and wonders will happen in your life.

## *THE DUALITY OF MIND*

You have only one mind, but that one mind possesses two distinct and characteristic functional parts. The frontier that separates the two are well known to students of the mind. The functions of your two minds are essentially different from each other. Each has its own separate and distinct attributes and powers.

Many names have been used to distinguish the two functions of the mind. These include the objective and the subjective mind, the conscious and the subconscious mind, the waking and the sleeping mind, the surface and the deep self, the voluntary and the involuntary mind, the male and the female mind, and many others. All of these, whatever their implications, are recognitions of this essential duality.

A wonderful way to begin getting to know the two functions of your mind is to think of it as a garden. You are the gardener. You are planting seeds of thought in your subconscious mind all day long. Much of the time you are not even aware of doing so, because the seeds are based on your habitual thinking. As you sow in your subconscious mind, so shall you reap in your body and environment.



Imagine that your subconscious mind as a rich bed of soil that will help all kinds of seeds to sprout and flourish, whether good or bad. If you sow thorns, will you gather grapes? If you sow thistles, will you harvest figs? Every thought is a cause, and every condition is an effect. This is the reason it is so essential that you take charge of your thoughts. In that way, you can bring forth only desirable conditions.

Begin now to sow thoughts of peace, happiness, right action, goodwill, and prosperity. Think quietly and with conviction on these qualities. Accept them fully in your conscious reasoning mind. Continue to plant these wonderful seeds of thought in the garden of your mind and you will reap a glorious harvest.

## THE WORLD WITHIN

Look around you. Wherever you live, whatever circle of society you are part of, you will notice that the vast majority of people lives in the world without. Those who are more enlightened, however, are intensely involved with the world *within*. They realize - as you will, too - that the world within *creates* the world without. Your thoughts, feelings, and visualized imagery are the organizing principle of your experience. The world within is the only creative power. Everything you find in your world of expression has been created by you in the inner world of your mind, whether consciously or unconsciously.

If you want to change your external conditions, you must change their cause. Most people try to change conditions and circumstances by working on those conditions and circumstances. This is a terrible waste of time and effort. They fail to see that their conditions flow from a cause. To remove discord, confusion, lack, and limitation from your life, you must remove the cause. The cause is the way you use your conscious mind, the thoughts and images you encourage in it. Change the cause, and you change the effect. It is just that simple.



We live in an unfathomable sea of infinite riches. Your subconscious is very sensitive to your conscious thoughts. Those conscious thoughts form the matrix through which the infinite intelligence, wisdom, vital forces, and energies of your subconscious flow. Shape the matrix in a more positive direction and you redirect those infinite energies to your greater benefit.

Once Enrico Caruso, the great operatic tenor, was struck with stage fright. Spasms caused by intense fear constricted the muscles of his throat. His vocal cords felt paralyzed. He stood backstage while perspiration streamed down his face. Trembling, he said, "The Little Me is trying to strangle the Big Me within!"

He turned to go back to his dressing room. Then, suddenly, he turned toward the stage again and stood taller. "Get out of here," he commanded, addressing the Little Me. "The Big Me wants to sing through me." By the Big Me, he meant the limitless power and wisdom of his subconscious mind. He began to shout, "Get out, get out, the Big Me is going to sing!"

## THE MASTER OF YOUR SHIP

The captain is master of his ship, and his decrees are carried out. In the same way, your conscious mind is the captain and the master of your ship - your body, your environment, and all your affairs. Your subconscious mind takes the orders you give it, based upon what your conscious mind believes and accepts as true. It does not question the orders or the basis on which they are given.



You think with your conscious mind, and whatever you habitually think sinks down into your subconscious mind, which then creates according to the nature of your thoughts. Your subconscious mind is the seat of your emotions. It is the creative mind. If you think good, good will follow; if you think evil, evil will follow.

The most important point to remember is this: Once the subconscious mind accepts an idea, it begins to execute it. It is an astonishing and subtle truth that the law of the subconscious mind works for good and bad ideas alike. This law, when applied in a negative way, is the cause of failure, frustration, and unhappiness. When your habitual thinking is harmonious and constructive, however, you experience health, love, success, and prosperity.

When thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. As soon as your subconscious accepts an idea, it proceeds to put it into effect immediately. Working by association of ideas, it uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy, and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about immediate results, but at other times it may take days, weeks, or longer. *Its ways are past finding out.*

You must remember that the conscious and the subconscious are not two minds. They are merely two spheres of activity within one mind. Your conscious mind is your reasoning mind. It is the phase of mind that chooses. You make all your decisions with your conscious mind.



On the other hand, without any conscious choice on your part, your heart is kept functioning automatically, and the vital functions of digestion, circulation, and breathing are carried on by your subconscious mind through processes independent of your conscious control.

## *THE GARDEN OF YOUR THOUGHTS*

Your subconscious mind accepts what is impressed upon it or what you consciously believe. It does not reason things out as your conscious mind does, and it does not argue with you controversially. It is like a bed of soil that accepts any kind of seed, good or bad. Your thoughts are active; they are the seeds. Negative, destructive thoughts continue to work negatively in your subconscious mind. Sooner or later, they will emerge and take shape as an outer experience that corresponds to their content.



To illustrate how suggestible your subconscious mind is, if a practiced hypnotist suggests to one of her subjects that she is Napoleon Bonaparte, or even a cat or a dog, the subject will act out the part with inimitable accuracy. Her personality becomes changed for the time being. She believes herself to be whatever the operator tells her she is.

A skilled hypnotist may suggest to one his students in the hypnotic state that her back itches, to another that his nose is bleeding, to another that she is a marble statue, and to another that she is freezing and the temperature is below zero. Each one will follow out the line of his particular suggestion, totally oblivious to all those surroundings that do not pertain to the hypnotic suggestion.

This illustrates the impersonal, nonselective nature of the subconscious mind - it accepts whatever your conscious mind believes to be true. Hence the importance of selecting thoughts, ideas and premises that bless, heal, inspire, and fill your soul with joy.

## THE POWER OF AN ASSUMED MAJOR PREMISE

Since the days of ancient Greece, philosophers have studied the form of reasoning called a *syllogism*. Your mind reasons in syllogisms. In practical terms, this means that whatever major premises your conscious mind assumes to be true, that determines the conclusions your subconscious mind will come to, no matter what the particular problem or question might be. If the premises are true, the conclusions must be true.

For example:

Every virtue is praiseworthy;

Kindness is a virtue;

Therefore, kindness is praiseworthy.

You might have a major premise or core belief like, “Everything I touch turns out wrong,” “I am not good enough,” “Life is unfair,” “Nobody will ever love me,” “I just can’t win,” or “I am bipolar.” To change your life, you need to establish new major premises in your thinking. You need to accept as true the conviction that the infinite intelligence of your subconscious mind is guiding, directing, and prospering you spiritually, mentally, emotionally, and materially. Once you do this, your subconscious mind will automatically direct you wisely in all your decisions, heal your body, recreate your relationships, and restore your mind to peace and tranquility.



Formulate an overall picture of how you want your life to be. Learn it by heart and repeat it to yourself slowly, quietly, and lovingly several times a day - three to four times, for five to ten minutes at a time. Breathe deeply and visualize and feel that the words and the beautiful images you associate with them are sinking deep down into your subconscious mind. It is especially fruitful if you do this at night just as you drift off to sleep and again in the morning just after you wake up, and before you open your eyes. At these times, and whenever you are totally relaxed, the doorway between your conscious and subconscious minds is most open and the seeds you drop into it will find fertile ground.

## SLEEP IN PEACE AND WAKE IN JOY

You spend about eight out of every twenty-four hours, or one third of your life, in sleep. This is an inexorable law of life. Sleep is a divine law, and many answers to our problems come to us when we are sound asleep. In fact, *nothing* rests in sleep. Your heart, lungs, and all your vital organs function while you are asleep. Your subconscious mind never rests or sleeps. It is always active, controlling all your vital processes. The healing process takes place more rapidly while you are asleep, because there is no interference from your conscious mind. Remarkable answers are given to you while you are asleep.

The main reason why we sleep was formulated by John Bigelow as to enable “the nobler part of the soul to be united by abstraction to our higher nature and to become a participant in the wisdom and foreknowledge of the gods.”

Throughout the day, your conscious mind gets involved with vexations, strife, and contentions. It needs to withdraw periodically from sense evidence and the objective world and commune silently with the inner wisdom of your subconscious mind. By consciously consulting with and listening to the guidance, strength, and greater intelligence of your subconscious mind as it works for you in your dreams, you will be enabled to overcome all difficulties and solve all your daily problems.

Prayer or meditation can also be a form of sleep. This regular withdrawal from sense evidence and the noise and confusion of everyday living means that you become asleep to the world of the senses and alive to the wisdom and power of your subconscious mind. Your future is the result of your habitual thinking, it is already in your mind unless you change it through focused meditation, using healing affirmations, creative visualization, or prayer. Nothing is predetermined or foreordained. Your mental attitude - the way you think, feel, and believe - determines your destiny. You can, through the creative use of prayer, meditation, affirmations and /or visualization, mold, fashion, and create your own future.

The wisdom of your subconscious mind can instruct you and protect you, if you pray for healing, guidance, and right action as you go to sleep. Repeat a prayer or an affirmation coupled with a visualization over and over as a lullaby prior to sleep. In the morning, before you open your eyes, notice the dreams you can remember and / or any thoughts or images that come into your conscious mind. Remember that your subconscious mind is all-wise. It knows all things. Often it will speak to you, but in a voice that your conscious mind may not immediately understand. To understand the symbolic language of dreams, consult a good book like *THE DREAM DICTIONARY* by Theresa Cheung.



## *A BEAUTIFUL LIFE*

I still the wheels of my mind. I relax. I let go. I quietly affirm:

*Infinite Intelligence, Absolute Love and Supreme Goodness  
guide me in all my ways.*

*Perfect physical, emotional, and spiritual wellbeing is my natural state of being,  
and the Laws of Harmony and Balance*

*operate in my body, my mind, my consciousness, and my relationships.*

*Beauty, Love, Peace, and Abundance are mine.*

*The principles of right action and divine order govern my entire life.*

*I know my major premise is based on the eternal truths of life,  
and I know, feel, and believe that my subconscious mind responds  
according to the nature of my conscious mind's thinking.*



## *TO REALIZE YOUR DESIRES*

*The Infinite Intelligence that gave me this desire leads, guides, and reveals to me  
the perfect plan for the unfolding of my desire.*

*I know the deeper wisdom of my subconscious is now responding,  
and what I feel and claim within is expressed in the world.*

*There is balance, equilibrium, and peace within me,  
and so it is in every area of my life.*

12.

## *TO SOLVE A PROBLEM*

*The Higher Power in my subconscious mind knows the answer.*

*It is responding to me now.*

*I give thanks because I know the Infinite Intelligence  
that resides in my deepest mind knows all things,  
and is revealing the perfect answer to me now.*

*My real conviction is now setting free the majesty  
and the glory of the divine purpose for my life*

*I rejoice that it is so.*



## *HEALTH*

*My body and all its organs were created by Infinite Intelligence.*

*It knows how to heal me.*

*Its wisdom fashioned all my organs, tissues, muscles, and bones.*

*This Infinite Healing Presence within me is now transforming  
every cell of my being, making me whole and perfect.*

*I give thanks for the healing I know is taking place in this moment.*

*Wonderful are the works of the Creator within me.*

13.

## SUCCESS AND ABUNDANCE

*I am one with the Infinite Riches of my subconscious mind,  
and my subconscious mind is one with the Infinite Abundance of God  
It is my right to be rich, happy, and successful in every area of my life.*

*All forms of wealth flow to me freely, copiously, and endlessly.*

*I am forever conscious of my true worth.*

*I give of my talents freely, and I am wonderfully blessed  
financially, emotionally and spiritually.*

*It is wonderful.*



## FOR THE IDEAL COMPANION

*I now attract the ideal partner who is in perfect accord with me.*

*This is a spiritual union because it is Divine Love functioning  
through the personality of someone with whom I connect beautifully.*

*I know we can bring each other love, light, peace, and joy,  
as we grow together and become the fully mature beings  
we are created to become.*

*I feel and believe we can complement, complete and fulfill each other.*

*I now decree that he / she possesses the following qualities and attributes:*

*Spirituality, loyalty, faithfulness, and truth.*

*My perfect partner is harmonious, peaceful, wise and happy.*

*We are irresistibly attracted to each other.*

*Only that which belongs to Love, Truth, and Beauty can enter my experience.*

*I accept my ideal companion now.*

*PEACEFUL SLEEP*

*My toes are relaxed, my ankles are relaxed, my abdominal muscles are relaxed,  
my heart and lungs are relaxed, my hands and arms are relaxed, my neck is  
relaxed, my brain is relaxed, my eyes are relaxed, my whole mind and body are  
relaxed.*

*I fully and freely forgive everyone,  
and I sincerely wish for them Harmony, Health, Peace,  
and all the blessings of life.*

*I am at peace, I am poised, serene, and calm.*

*I rest in security and peace.*

*A great stillness steals over me, and a great calm quiets my whole being  
as I realize the Divine Presence within me.*

*I know that the realization of Life and Love heals me.*

*I wrap myself in the mantle of love and fall asleep,  
filled with goodwill for all.*

*Throughout the night Peace remains with me,  
and in the morning I shall be filled with Life, Light, and Love.*

*A circle of Love is drawn around me.*

*I will fear no evil, for Thou art with me.*

*I sleep in Peace, I wake in Joy, and in Him*

*I live, move, and have my being.*



## HAPPINESS

*Divine Order takes charge of my life today and every day.  
All things work together for good for me today.  
This is a wonderful day for me.  
I accept with gratitude and joy all the gifts and blessings of this day.  
I am divinely guided all day long, and whatever I do will prosper.  
Divine Love surrounds me, enfolds me, and enwraps me,  
and I go forth in peace.  
Whenever my attention wanders away from that which is  
good and constructive, I immediately bring it back to  
the contemplation of that which is lovely and good.  
I am a mental and spiritual magnet attracting to myself  
all things that bless and prosper me.  
All my thoughts and actions today are blessed  
as others are blessed by what I say and do.  
I am radiant and joyous, calm and tranquil.*



## A FULFILLED LIFE

*The Infinite Intelligence of my subconscious mind  
reveals to me my true place and purpose in life.*



## TO END WORK STRESS

*All those working in our corporation are honest, sincere, cooperative, faithful, and full of goodwill to all.  
They are mental and spiritual links in the chain of this corporation's Growth, Welfare, and Prosperity.  
I radiate Love, Peace, and Goodwill in my thoughts, words and deeds to my associates and all those in the company.  
The president and the vice president of our company are divinely guided in all their undertakings.  
The Infinite Intelligence of my subconscious mind makes all decisions through me.  
There is only right action in all our business transactions and in our relationships with each other.  
I send the messengers of Love, Peace and Goodwill before me to the office.  
Peace and Harmony reign supreme in the minds and hearts of all those in the company, including myself.  
I now go forth into a new day, full of faith, confidence, and trust.*



## WORK

*The Infinite Intelligence of my subconscious mind  
works through me in every area of my work.*

*I am blessed with the genius, intelligence, and inspiration to manifest  
my true place and purpose in life with conviction, confidence, and humility.*

*The service I render is extraordinary, efficient, excellent and creative.*

*There is plentiful demand for my work from all directions.*

*I offer creative design solutions of the highest standard,  
and my clients are satisfied and delighted by what I produce.*

*I am remunerated elegantly, sufficiently, and abundantly for my services,  
not only in money but also in work satisfaction and joy.*

*I am surrounded by clients and colleagues who are links in a chain  
of mutual authority, respect, empowerment, love, and reward.*

*I am honored, authorized, legitimated, and entitled to do this work  
by my professional colleagues, societies, and bodies.*

*I am gratified and fulfilled to the depths of my being  
by witnessing, performing, and receiving these daily wonders,  
easily, effortlessly, and beautifully.*

*Peace and harmony reign supreme in the minds and hearts  
of all those I work with and for, including myself.*

*I now go forth into a new day, full of faith, confidence, and trust.*



## *A BEAUTIFUL MARRIAGE*

*God is the Infinite Intelligence and the Perfect Love in my being.  
 Within me is the Love, the Light, and the Power of all Creation.  
 From this place in me I create all my relationships and my marriage.  
 I create love in the form of mutual nurturance, support, affection, and acceptance.  
 I focus on and gratefully receive these wonderful energies of love.  
 When I feel unloved, I use these opportunities to learn forgiveness.  
 I never use my painful emotions to hurt my partner to get something.  
 Rather I see these times as invitations to practise self-love, self-nurturance,  
 self-support, and self-acceptance.  
 I love my partner and I love myself as God loves us both,  
 freely, generously, and unconditionally,  
 knowing that love is not something I need, for Love is who I am.  
 Amen.*



## *BEAUTIFUL SEX*

*I enjoy a rich and fulfilling sexual relationship with  
 a trusted and loving companion,  
 who is generous and open-minded.  
 We share intimacy, pleasure, and ecstasy.  
 I can expose my vulnerability within trust and safety.  
 Our attraction is stimulated by our opposite polarities,  
 within a safe space of oneness and mutuality.  
 Our mutual exploration, pleasure and satisfaction express  
 our delight in life, love, ourselves and in one another.*

## AN ENLIGHTENED RELATIONSHIP

*Within me is the Love, the Light and the Power of Enlightenment.  
From this place in me I create my life and my intimate relationship.  
I create love in the form of equal and reciprocal validation, care, nurturance,  
support, affection, and liberation.*

*I focus on and give and receive these wonderful forms of love.  
I am now totally released from all my previous and childhood misperceptions of  
myself and the nature of love and relationships.*

*I celebrate the countless ways in which love is already within and all around me.  
I am loved as I love myself.*

*It is my true nature to love and be loved freely, generously, and unconditionally,  
knowing that love exists in the now  
and is not something I need, for Love is who I AM.*



## A SOULMATE

*I now attract the life partner who is the perfect support for me  
in my journey towards Enlightenment.*

*This is a spiritual union because it is Universal Love functioning  
through the personality of someone with whom I have a true soul connection.  
I know I am whole and loved as I am, and I acknowledge my human desire  
to share my life with a loving companion and kindred spirit.*

*We can give each other the space we both need to learn our life lessons.  
I now decree that he / she possesses the following qualities and attributes:*

*Spirituality, loyalty, faithfulness, and truth.*

*My perfect partner is kind, harmonious, peaceful, and wise.*

*We are irresistibly attracted to each other.*

*I accept my true life partner and companion now.*

*PRAYER FOR A SISTER*

*This prayer is for my sister Catherine.  
She is relaxed and at peace, poised, balanced, serene, and calm.  
The Healing Intelligence of her subconscious mind that created her body  
is now transforming every cell, nerve, tissue, muscle, and bone  
of her being according to the perfect pattern in her DNA.  
Silently, quietly, all distorted thought patterns in her subconscious mind  
are removed and dissolved, and the vitality, wholeness, and beauty  
of the Life Principle are made manifest in every atom of her being.  
She is now open and receptive to the healing currents  
that are flowing through her like a river,  
restoring her to perfect health, harmony and peace.  
All the distortions and ugly images are now washed away  
by the Infinite Ocean of Love and Peace  
flowing through her, and it is so.*



*TO RELEASE A PERSON*

*I release this person unto God.  
He is in his true place at all times.  
I am free, and he is free.*

*PERFECT MEMORY*

*I realize that my subconscious mind is a perfect storehouse of memory.  
It retains everything I read and hear from my teachers.  
I have a perfect memory at my disposal, if I choose to use it.  
The Infinite Intelligence of my subconscious mind constantly reveals to me  
everything I need to know in all my examinations.  
I radiate love and goodwill to all my teachers and fellow students.  
I sincerely wish for them success and all good things.*



*A NEW HOME*

*The Infinite Intelligence of my subconscious mind is all-wise.  
It reveals to me now the ideal home that meets all my needs and that I can afford.  
I am now turning this request over to my subconscious mind.  
I know it responds according to the nature of my request.  
I release this request with absolute faith and confidence  
in the same way that a farmer deposits a seed in the ground,  
trusting implicitly in the laws of growth.*

## *HOW TO RECEIVE GUIDANCE FROM YOUR SUBCONSCIOUS*

*Quiet the mind and still the body. Tell the body to relax; it has to obey you.  
It has no volition, initiative, or self-conscious intelligence.  
Your body is an emotional disc that records your beliefs.*

*Mobilize your attention; focus your thoughts on the solution to your problem.  
Try to solve it with your conscious mind.*

*Think how happy you would be about the perfect solution.  
Sense the feeling you would have if the perfect answer were yours now.  
Let your mind play with this mood of happiness and contentment  
in a relaxed way; then drop off to sleep.*

*When you awaken, if you do not have the answer, get busy with something else.  
While you are preoccupied with something else, it is possible  
that the answer will pop into your mind.*



## *ABOUT ANY PROBLEM*

*The Creative Intelligence of my subconscious mind knows what is best for me.  
Its tendency is always towards Life, Love, Harmony, and Perfection,  
and it reveals to me the right decision,  
which blesses me and all concerned.  
Infinite Intelligence within me knows all things.  
The right decision is revealed to me in divine order.  
I recognize the right answer when it comes.  
I give thanks for the answer that I know is already within me.*

## PHOBIA CURE

*I breathe freely, calmly, deeply and slowly.  
On each exhalation I say to myself in a calm and gentle voice,  
“Linda, relax....”  
After each exhalation, before inhaling again,  
I say to myself in a friendly, loving voice,  
“Linda, you can let go now....”  
Then I calmly and confidently affirm to myself:  
The perfect Peace of God is expressed through me.  
The perfect Love of God is expressed in all things around me.  
The idea of perfect Safety is now filling my subconscious mind.  
This elevator / airplane / room is a wonderful idea.  
It comes out of the Universal Mind.  
It is a gift and a blessing to all who use it / enter it.  
It gives wonderful service and it operates in divine order.  
I ride / fly / stay in it with Peace, Trust, and Joy.  
I remain silent now while the currents of Life, Love, and Understanding  
flow through the patterns of my thought.  
In my imagination I am now in the elevator / plane / room  
and I step out afterward safe and sound.  
The elevator / plane / room is full of calm and friendly people.  
I talk to them, and everyone - including me - is calm, joyous and free.  
It is a wonderful experience of Freedom Faith and Confidence.  
I give thanks to God.*





*REPLACING ANGER WITH FORGIVENESS*

*I fully and freely forgive (name of the offender).  
I release him (or her) mentally emotionally and spiritually.  
I completely forgive everything connected with the matter in question.  
I am free, and he (she) is free.  
It is a marvelous feeling.  
This is my day of general amnesty.  
I release anybody and everybody who has ever hurt me,  
and I wish for everyone Health, Wealth, Happiness, and Peace.  
I do this freely, joyously, and lovingly.  
Whenever I think of the person or persons who hurt me, I say,  
"I have released you, and all the blessings of life are yours."  
I am free and they are free.  
It is wonderful!*



*REPLACING ANXIETY WITH PEACE*

*My mind is filled with Peace, Poise, Balance, and Harmony.  
The Infinite Love of the universe lies stretched in smiling repose within me.  
I am not afraid of anything in the past, the present, or the future.  
The infinite Intelligence of God in my subconscious mind  
leads, guides, and protects me in all ways.*

*TRAUMA*

*As I survey the garden of my thoughts  
damaged and devastated by what has happened in my life,  
I now claim and reconnect to the Infinite Healing Power within me.  
Through the Grace of the Holy Spirit which is the Principle  
of re-creation and restoration residing in my subconscious mind,  
I now decree that the fearful thoughts in my mind  
are erased by the hand of God.*

*A now witness a miraculous seed of divine Light being planted  
in the rich and receptive soil of my garden.  
From this seed I see a strong and beautiful tree growing in a field of flowers,  
which represents my will, multiplied by the will of God,  
creating new, life-affirming thoughts and feelings.  
I now allow Life, Light, Love, Beauty, Safety, Goodness, and Peace  
to take root and flourish in the garden of my thoughts.*



## GRIEF

*I now relax and allow the currents of painful emotion to flow through me, knowing that the force of this pain is nothing other than the Healing Power of the divine Life Force within my deepest being that is moving me towards peaceful acceptance and the restoration of Comfort, Love, and Joy in my life.*

*I soften my body as I allow the stream of Life to push its way through the barriers that hold me captive in fear loss and sadness.*

*I soften my mind as I trust absolutely that the river of tears is carrying me gently forward and is returning me to the Infinite Ocean of Life, Love and Peace within me that is my true and eternal being.*



## LOSS

*I now affirm that the the Infinite Ocean of Life, which is the Source of my being and of the whole universe, is all-wise, totally loving and wonderfully abundant.*

*In its miraculous Grace it only removes what no longer serves me.*

*Nothing is ever lost, but only changes form.*

*As my eyes and mind are cleansed by tears, I see new doorways to Life, Love, Light, Joy and Peace opening up in every direction.*



*A NEW SELF*

*I know that within my subconscious mind is a far more magnificent, divine Self than my conscious ego, the little me, who feels helpless, and not good enough.*

*I now allow the Radiance, Beauty, Strength, Love, and Peace of my True Being to be fully born in the world, and to shine forth in every area of my life.*

*My True Self is created in the image and likeness of God.*

*I am guided by the Wisdom of God.*

*I am blessed by the Grace of God.*

*I am comforted by the Peace of God.*

*I am clothed in the glory of God.*

*I am enfolded in the love of God.*



## OCEAN OF LOVE

*Deep at the centre of my being there is an infinite Ocean of Love.*

*I now allow this Love to flow to the surface.*

*It fills my heart, my body, my mind, my consciousness, my very being,  
and radiates out from me in all directions, and returns to me multiplied.*

*The more Love I use and give, the more I have to give, the supply is endless.*

*The use of Love makes me feel good, it is an expression of my inner Joy.*

*I love myself, therefore I take loving care of my body.*

*I lovingly feed it nourishing food and beverages, I lovingly groom it and dress it,  
and my body lovingly responds to me with vibrant Health and Energy.*

*I love myself, therefore I provide for myself a comfortable, safe and beautiful home, one that fills  
all my needs, and is a pleasure to be in.*

*I fill the rooms with the vibrations of Love, so that all who enter, myself included,  
will feel this Love, and be nourished by it.*

*I love myself, therefore I work at a job that I truly enjoy doing, one that  
makes use of my creative talents and abilities, working with and for people  
that I love, and who love me, and earning a wonderful income.*

*I love myself, therefore I am in an intimate relationship with a person  
who loves, respects and cherishes me as I do them.*

*Our love is a haven for us and a blessing to our family and friends.*

*I love myself, therefore I behave and think in a loving way to all people,  
for I know that which I give out, returns to me multiplied.*

*I only attract loving people into my world, for they are a mirror of what I am.*

*I love myself, therefore I forgive and totally release the past,  
and all past experiences, and I am free.*

*I love myself, therefore I live totally in the Now, experiencing each moment as good,  
and knowing that my future is bright and joyous and secure,  
for I am a beloved Child of the Universe, and the Universe  
lovingly takes care of me, now and forevermore.*

*And so it is.*



BEAUTY LOVE  
PEACE AND HARMONY  
ARE THE SOURCE OF MY LIFE  
AND THE WELLSPRING OF  
MY VERY BEING



AS A MAN THINKETH IN HIS HEART SO IS HE

Mind is the Master power that moulds and makes,  
And man is Mind, and evermore he takes  
The tool of Thought, and, shaping what he wills,  
Brings forth a thousand joys, a thousand ills -  
He thinks in secret, and it comes to pass:  
Environment is but the looking-glass.

