



The Power of Your Subconscious MIND



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JOSEPH MURPHY

The Power of Your Subconscious **MIND**

Dr Joseph Murphy, a proponent of the New Thought movement, was born on 20 May 1898, in a small town in the County of Cork, Ireland. He has authored more than 30 books. His most famous work, *The Power of Your Subconscious Mind*, which was first published in 1963, was acclaimed as one of the best self-help guides ever written. Dr Murphy died in December 1981.

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CONTENTS

[Title Page](#)

[Copyright Page](#)

[Contents](#)

[*How This Book Can Work Miracles In Your Life*](#)

[1. The Treasure within You](#)

[2. How Your Own Mind Works](#)

[3. The Miracle-working Power of Your Subconscious](#)

[4. Mental Healings in Ancient Times](#)

[5. Mental Healings in Modern Times](#)

[6. Practical Techniques in Mental Healing](#)

[7. The Tendency of the Subconscious Is Lifeward](#)

[8. How to Get the Results You Want](#)

[9. How to Use the Power of Your Subconscious for Wealth](#)

[10. Your Right to Be Rich](#)

[11. Your Subconscious Mind As a Partner in Success](#)

[12. Scientists Use the Subconscious Mind](#)

[13. Your Subconscious and the Wonders Of Sleep](#)

[14. Your Subconscious Mind and Marital Problems](#)

[15. Your Subconscious Mind and Your Happiness](#)

[16. Your Subconscious Mind and Harmonious Human Relations](#)

[17. How to Use Your Subconscious for Forgiveness](#)

[18. How Your Subconscious Removes Mental Blocks](#)

[19. How to Use Your Subconscious Mind to Remove Fear](#)

[20. How to Stay Young in Spirit Forever](#)

HOW THIS BOOK CAN WORK MIRACLES IN YOUR LIFE

I have seen miracles happen to men and women in all walks of life all over the world. Miracles will happen to you too when you begin using the magic power of your subconscious mind. This book is designed to teach you that your habitual thinking and imagery mold, fashion and create your destiny; for as a man thinketh in his subconscious mind, so is he.

Do you know the answers?

Why is one man sad and another man happy? Why is one man joyous and prosperous and another man poor and miserable? Why is one man fearful and anxious and another full of faith and confidence? Why does one man have a beautiful, luxurious home while another man lives out a meager existence in a slum? Why is one man a great success and another an abject failure? Why is one speaker outstanding and immensely popular and another mediocre and unpopular? Why is one man a genius in his work or profession while the other man toils and moils all his life without doing or accomplishing anything worthwhile? Why is one man healed of a so-called incurable disease and another isn't? Why is it that so many good, kind religious people suffer the tortures of the damned in their mind and body? Why is it that many immoral and irreligious people succeed and prosper and enjoy radiant health? Why is one woman happily married and her sister very unhappy and frustrated? Is there an answer to these questions in the workings of your conscious and subconscious minds? There most certainly is.

Reason for writing this book

It is for the express purpose of answering and clarifying the above questions and many others of a similar nature that motivated me to write this book. I have endeavoured to explain the great fundamental truths of your mind in the simplest language possible. I believe that it is perfectly possible to explain the basic, foundational and fundamental laws of life and of your mind in ordinary everyday language. You will find that the language of this book is that that used in your daily papers, current periodicals, in your business offices, in your home, and in the daily workshop. I urge you to study this book and apply the techniques outlined therein; and as you do, I feel absolutely convinced that you will lay hold of a miracle-working power that will lift you up from confusion, misery, melancholy and failure, and guide you to your true place, solve your difficulties, sever you from emotional and physical bondage, and place you on the royal road to freedom, happiness and peace of mind. This miracle-working power of your subconscious mind can heal you of your sickness, make you vital and strong again. In learning how to use your inner powers, you will open the prison door of fear and enter into a life described by Paul as the glorious liberty of the sons of god.

Releasing the miracle-working power

A personal healing will ever be the most convincing evidence of our subconscious powers. Over forty-two years ago, I resolved a malignancy; in medical terminology, it was called a sarcoma by using the healing power of my subconscious mind, which created me and still maintains and governs all my vital functions. The technique I applied is elaborated on in this book, and I feel sure that it will help others to trust the same Infinite Healing Presence lodged in the subconscious depths of all men. Through the kindly offices of my doctor friend, I suddenly realized that it was natural to assume that the Creative Intelligence, which made all my organs, fashioned my body and started my heart, could heal its own handiwork. The ancient proverb says, 'The doctor dresses the wound and god heals it.'

Wonders happen when you pray effectively

Scientific prayer is the harmonious interaction of the conscious and subconscious levels of mind scientifically directed for a specific

purpose. This book will teach you the scientific way to tap the realm of infinite power within you, enabling you to get what you really want in life. You desire a happier, fuller and richer life. Begin to use this miracle-working power and smooth your way in daily affairs, solve business problems, and bring harmony in family relationships. Be sure that you read this book several times. The many chapters will show you how this wonderful power works, and how you can draw out the hidden inspiration and wisdom that is within you. Learn the simple techniques of impressing the subconscious mind. Follow the new scientific way in tapping the infinite storehouse. Read this book carefully, earnestly and lovingly. Prove to yourself the amazing way it can help you. It could be and, I believe, it will be the turning point of your life.

Everybody prays

Do you know how to pray effectively? How long is it since you prayed as part of your everyday activities? In an emergency, in time of danger or trouble, in illness, and when death lurks, prayers pour forth your own and friends. Just read your daily newspaper. It is reported that prayers are being offered up all over the nation for a child stricken with a so-called incurable ailment, for peace among nations, for a group of miners trapped in a flooded mine. Later it is reported that when rescued, the miners said that they prayed while waiting for rescue; an airplane pilot says that he prayed as he made a successful emergency landing. Certainly, prayer is an ever-present help in time of trouble; but you do not have to wait for trouble to make prayer an integral and constructive part of your life. The dramatic answers to prayer make headlines and are the subject of testimonies to the effectiveness of prayer. What of the many humble prayers of children, the simple thanksgiving of grace at the table daily, the faithful devotions wherein the individual seeks only communion with god? My work with people has made it necessary for me to study the various approaches to prayer. I have experienced the power of prayer in my own life, and I have talked and worked with many people who also have enjoyed the help of prayer. The problem usually is how to tell others how to pray. People who are in trouble have difficulty in thinking and acting reasonably. They need an easy formula to follow, an obviously workable pattern that is simple and specific. Often, they must be led to approach the emergency.

Unique feature of this book

The unique feature of this book is its down-to-earth practicality. Here you are presented with simple, usable techniques and formulas, which you can easily apply in your workaday world. I have taught these simple processes to men and women all over the world, and recently, over a thousand men and women of all religious affiliations attended a special class in Los Angeles, where I presented the highlights of what is offered in the pages of this book. Many came from distances of two hundred miles for each class lesson. The special features of this book will appeal to you because they show you why oftentimes you get the opposite of what you prayed for and reveal to you the reasons why. People have asked me in all parts of the world and thousands of times, 'Why is it that I have prayed and prayed and got no answer?' In this book, you will find the reasons for this common complaint. The many ways of impressing the subconscious mind and getting the right answers make this an extraordinarily valuable book and an ever-present help in time of trouble.

What do you believe?

It is not the thing believed in that brings an answer to man's prayer; the answer to prayer results when the individual's subconscious mind responds to the mental picture or thought in his mind. This law of belief is operating in all religions of the world and is the reason why they are psychologically true. The Buddhist, the Christian, the Moslem and the Hebrew, all may get answers to their prayers, not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices or offerings, but solely because of belief or mental acceptance and receptivity about that for which they pray. The law of life is the law of belief, and belief could be summed up briefly as a thought in your mind. As a man thinks, feels and believes, so is the condition of his mind, body and circumstances. A technique, a methodology, based on an understanding of what you are doing and why you are doing it, will help you bring about a subconscious embodiment of all the good things of life. Essentially, answered prayer is the realization of your heart's desire.

Desire is prayer

Everyone desires health, happiness, security, peace of mind, true expression, but many fail to achieve clearly defined results. A university professor admitted to me recently, 'I know that if I changed my mental pattern and redirected my emotional life, my ulcers would not recur, but I do not have any technique, process, or modus operandi! My mind wanders back and forth on my many problems, and I feel frustrated, defeated, and unhappy.' This professor had a desire for perfect health; he needed knowledge of the way his mind worked, which would enable him to fulfill his desire. By practicing the healing methods outlined in this book, he became whole and perfect.

There is one mind common to all individual men (Emerson)

The miracle-working powers of your subconscious mind existed before you and I were born, before any church or world existed. The great eternal truths and principles of life antedate all religions. It is with these thoughts in mind that I urge you in the following chapters to lay hold of this wonderful, magical, transforming power, which will bind up mental and physical wounds, proclaim liberty to the fear-ridden mind, and liberate you completely from the limitations of poverty, failure, misery, lack and frustration. All you have to do is unite mentally and emotionally with the good you wish to embody, and the creative powers of your subconscious will respond accordingly. Begin now, today, let wonders happen in your life! Keep on, keeping on until the day breaks and the shadows flee away.

THE TREASURE WITHIN YOU

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously and abundantly. Many are sound asleep because they do not know about this gold mine of infinite intelligence and boundless love within themselves. Whatever you want, you can draw forth. A magnetized piece of steel will lift about twelve times its own weight, and if you demagnetize this same piece of steel, it will not even lift a feather. Similarly, there are two types of men. There is the magnetized man who is full of confidence and faith. He knows that he is born to win and to succeed. Then, there is the type of man who is demagnetized. He is full of fears and doubts. Opportunities come, and he says, 'I might fail; I might lose my money; people will laugh at me.' This type of man will not get very far in life because, if he is afraid to go forward, he will simply stay where he is. Become a magnetized man and discover the master secret of the ages.

The master secret of the ages

What, in your opinion, is the master secret of the ages? The secret of atomic energy? Thermonuclear energy? The neutron bomb? Interplanetary travel? No, not any of these. Then, what is this master secret? Where can one find it, and how can it be contacted and brought into action? The answer is extraordinarily simple. This secret is the marvelous, miracle-working power found in your own subconscious mind, the last place that most people would seek it.

The marvelous power of your subconscious

You can bring into your life more power, more wealth, more health, more happiness, and more joy by learning to contact and release the hidden power of your subconscious mind. You need not acquire this power; you already possess it. But, you want to learn how to use it; you want to understand it so that you can apply it in all departments of your life.

As you follow the simple techniques and processes set forth in this book, you can gain the necessary knowledge and understanding. You can be inspired by a new light, and you can generate a new force, enabling you to realize your hopes and make all your dreams come true. Decide now to make your life grander, greater, richer and nobler than ever before.

Within your subconscious depths lie infinite wisdom, infinite power, and infinite supply of all that is necessary, which is waiting for development and expression. Begin now to recognize these potentialities of your deeper mind, and they will take form in the world without.

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 provided you are open-minded and receptive. You can receive new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or write books and plays. Moreover, the infinite intelligence in your subconscious can impart to you wonderful kinds of knowledge of an original nature. It can reveal to you and open the way for perfect expression and true place in your 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 find the right buyer for your home, provide you with all the money you need, and 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 and feeling, and the 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 for every effect. Because you can draw out the hidden powers, you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy and dominion.

I have seen the power of the subconscious lift people up out of crippled states, making them whole, vital, and strong once more, and free to go out into the world to experience happiness, health and joyous expression. There is a miraculous healing power 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.

Necessity of a working basis

Substantial progress in any field of endeavour is impossible in the absence of a working basis, which is universal in its application. You can become skilled in the operation of your subconscious mind. You can practice its powers with a certainty of results in exact proportion to your knowledge of its principles and to your application of them for definite specific purposes and goals you wish to achieve.

Being a former chemist, I would like to point out that if you combine hydrogen and oxygen in the proportions of two atoms of the former to one of the latter, water will be the result. You are very familiar with the fact that one atom of oxygen and one atom of carbon will produce carbon monoxide, a poisonous gas. But, if you add another atom of oxygen, you will get carbon dioxide, a harmless gas, and so on throughout the vast realm of chemical compounds. You must not think that the principles of chemistry, physics and mathematics differ from the principles of your subconscious mind. Let us consider a generally accepted principle: 'Water seeks its own level.' This is a universal principle, which is applicable to water everywhere. Consider another principle: 'Matter expands when heated.' This is true anywhere, at any time, and under all circumstances. You can heat a piece of steel, and it will expand regardless whether the steel is found in China, England or India. It is a universal truth that matter expands when heated. 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, the principle of electricity is that it works from a higher to a lower potential. You do not change the principle of electricity when you use it, but by co-operating with nature, you can bring forth

marvelous inventions and discoveries, which bless humanity in countless ways.

Your subconscious mind is principle and works according to the law of belief. You must know what belief is, why it works, and how it works. Your Bible says 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 which he saith shall come to pass; he shall have whatsoever 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 of your mind that is simple just that and nothing else.

All your experiences, events, conditions and acts are the reactions of your subconscious mind to your thoughts. Remember, it is not the thing believed in, but the belief in your own mind, which brings about the result. Cease believing in the false beliefs, opinions, superstitions and fears of mankind. Begin to believe in the eternal verities and truths of life, which never change. Then, you will move onward, upward and godward. Whoever reads this book and applies the principles of the subconscious mind herein set forth, will be able to pray scientifically and effectively for himself and for others. 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, which corresponds with the nature of your thought. Busy your mind with the concepts of harmony, health, peace and good will, and wonders will happen in your life.

The duality of mind

You have only one mind, but your mind possesses two distinctive characteristics. The line of demarcation between the two is well known to all thinking men and women today. The two functions of your mind are essentially unlike. Each is endowed with separate and distinct attributes and powers. The nomenclature generally used to distinguish the two functions of your mind is as follows: the objective and subjective mind, the conscious and subconscious mind, the waking and sleeping mind, the surface self and the deep self, the voluntary mind and the involuntary mind, the male and the female, and many other terms. You will find the terms 'conscious' and

‘subconscious’ used to represent the dual nature of your mind throughout this book.

The conscious and subconscious minds

An excellent way to get acquainted with the two functions of your mind is to look upon your own mind as a garden. You are a gardener, and you are planting seeds (thoughts) in your subconscious mind all day long, based on your habitual thinking. As you sow in your subconscious mind, so shall you reap in your body and environment.

Begin now to sow thoughts of peace, happiness, right action, good will and prosperity. Think quietly and with interest on these qualities and accept them fully in your conscious reasoning mind. Continue to plant these wonderful seeds (thoughts) in the garden of your mind, and you will reap a glorious harvest. Your subconscious mind may be likened to the soil, which will grow all kinds of seeds, good or bad. Do men gather grapes of thorns or figs of thistles? Every thought is, therefore, a cause, and every condition is an effect. For this reason, it is essential that you take charge of your thoughts so as to bring forth only desirable conditions.

When your mind thinks correctly, when you understand the truth, when the thoughts deposited in your subconscious mind are constructive, harmonious and peaceful, the magic working power of your subconscious will respond and bring about harmonious conditions, agreeable surroundings, and the best of everything. When you begin to control your thought processes, you can apply the powers of your subconscious to any problem or difficulty. In other words, you will actually be consciously co-operating with the infinite power and omnipotent law that governs all things.

Look around you wherever you live, and you will notice that the vast majority of mankind lives in the world without the more enlightened men are intensely interested in the world within. Remember, it is the world within, namely, your thoughts, feelings and imagery that makes your world without. It is, therefore, the only creative power, and everything that you find in your world of expression has been created by you in the inner world of your mind consciously or unconsciously. Knowledge of the interaction of your conscious and subconscious minds will enable you to transform your whole life. In order to change external conditions, you must change the cause. Most men try to change conditions and circumstances by

working with conditions and circumstances. To remove discord, confusion, lack and limitation, you must reinove the cause, and the cause is the way you are using your conscious mind. In other words, the way you are thinking and picturing in your mind.

You are living in a fathomless sea of infinite riches. Your subconscious is very sensitive to your thoughts. Your thoughts form the mold or matrix through which the infinite intelligence, wisdom, vital forces, and energies of your subconscious flow. The practical application of the laws of your mind as illustrated in each chapter of this book will cause you to experience abundance for poverty, wisdom for superstition and ignorance, peace for pain, joy for sadness, light for darkness, harmony for discord, faith and confidence for fear, success for failure, and freedom from the law of averages. Certainly, there can be no more wonderful blessing than these from a mental, emotional and material standpoint.

Most of the great scientists, artists, poets, singers, writers and inventors have a deep understanding of the workings of the conscious and subconscious minds.

One time Caruso, the great operatic tenor, was struck with stage fright. He said his throat was paralyzed due to spasms caused by intense fear, which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed because in a few minutes, he had to go out on the stage, yet he was shaking with fear and trepidation. He said, 'They will laugh at me. I can't sing.' Then he shouted in the presence of those behind the stage, 'The Little Me wants to strangle the Big Me within.'

He said to the Little Me, 'Get out of here, the Big Me wants to sing through me.'

By the Big Me, he meant the limitless power and wisdom of his subconscious mind, and he began to shout, 'Get out, get out, the Big Me is going to sing!'

His subconscious mind responded releasing the vital forces within him. When the call came, he walked out on the stage and sang gloriously and majestically, enthralling the audience.

It is obvious to you now that Caruso must have understood the two levels of mind—the conscious or rational, and the subconscious or irrational level. Your subconscious mind is reactive and responds to the nature of your thoughts. When your conscious mind (the Little Me) is full of fear, worry and anxiety, the negative emotions engendered in your subconscious mind (the Big Me) are released and

flood the conscious mind with a sense of panic, foreboding and despair. When this happens, you can, like Caruso, speak affirmatively and with a deep sense of authority to the irrational emotions generated in your deeper mind as follows: 'Be still, be quiet, I am in control, you must obey me, you are subject to my command, you cannot intrude where you do not belong.'

It is fascinating and intensely interesting to observe how you can speak authoritatively and with conviction to the irrational movement of your deeper self-bringing silence, harmony and peace to your mind. The subconscious is subject to the conscious mind, and that is why it is called subconscious or subjective.

Outstanding differences and modes of operation

You will perceive the main differences by the following illustrations: The conscious mind is like the navigator or captain at the bridge of a ship. He directs the ship and signals orders to men in the engine room, who in turn control all the boilers, instruments, gauges, etc. The men in the engine room do not know where they are going; they follow orders. They would go on the rocks if the man at the bridge issued faulty or wrong instructions based on his findings with the compass, sextant or other instruments. The men in the engine room obey him because he is in charge and issues orders that are automatically obeyed. Members of the crew do not talk back to the captain; they simply carry out orders.

The captain is the master of his ship, and his decrees are carried out. Likewise, your conscious mind is the captain and the master of your ship, which represents your body, 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. When you repeatedly say to people, 'I can't afford it,' then your subconscious mind takes you at your word and sees to it that you will not be in a position to purchase what you want. As long as you persist in saying, 'I can't afford that car, that trip to Europe, that home, that fur coat or ermine wrap,' you can rest assured that your subconscious mind will follow your orders, and you will go through life experiencing the lack of all these things.

On a Christmas Eve, a beautiful young university student looked at an attractive and rather expensive travelling bag in a store window. She was going home to Buffalo, New York, for the holidays. She was

about to say, 'I can't afford that bag,' when she recalled something she had heard at one of my lectures which was, 'Never finish a negative statement; reverse it immediately, and wonders will happen in your life.'

She said, 'That bag is mine. It is for sale. I accept it mentally, and my subconscious sees to it that I receive it.'

At eight o'clock Christmas Eve, her fiancé presented her with a bag exactly the same as the one she had seen and mentally identified herself with at ten o'clock the same morning. She had filled her mind with the thought of expectancy and released the whole thing to her deeper mind, which has the 'know-how' of accomplishment.

This young girl, a student at the University of Southern California, said to me, 'I didn't have the money to buy that bag, but now I know where to find money and all the things I need, and that is in the treasure house of eternity within me.' Another simple illustration is this: When you say, 'I do not like mushrooms,' and the occasion subsequently comes that you are served mushrooms in sauces or salads, you will get indigestion because your subconscious mind says to you, 'The boss (your conscious mind) does not like mushrooms.' This is an amusing example of the outstanding differences and modes of operation of your conscious and subconscious minds. A woman may say, 'I wake up at three o'clock, if I drink coffee at night.' Whenever she drinks coffee, her subconscious mind nudges her, as if to say, 'The boss wants you to stay awake tonight.'

Your subconscious mind works twenty-four hours a day and makes provisions for your benefit, pouring all the fruit of your habitual thinking into your lap.

How her subconscious responded

A woman wrote me a few months ago as follows: 'I am seventy-five-years-old, a widow with a grown family. I was living alone and on a pension, I heard your lectures on the powers of the subconscious mind, wherein you said that ideas could be conveyed to the subconscious mind by repetition, faith and expectancy.

'I began to repeat frequently with feeling, "I am wanted. I am happily married to a kind, loving and spiritual-minded man. I am securer."'

'I kept on doing this many times a day for about two weeks, and one day, at the corner drugstore, I was introduced to a retired

pharmacist. I found him to be kind, understanding and very religious. He was a perfect answer to my prayer. Within a week, he proposed to me, and now we are on our honeymoon in Europe. I know that the intelligence within my subconscious mind brought both of us together in divine order.' This woman discovered that the treasure house was within her. Her prayer was felt as true in her heart, and her affirmation sank down by osmosis into her subconscious mind, which is the creative medium. The moment she succeeded in bringing about a subjective embodiment, her subconscious mind brought about the answer through the law of attraction. Her deeper mind, full of wisdom and intelligence, brought both of them together in divine order.

Be sure that you think on whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (PHIL 4:8)

Brief summary of ideas worth remembering

1. The treasure house is within you. Look within for the answer to your heart's desire.
2. The great secret possessed by the great men of all ages was their ability to contact and release the powers of their subconscious mind. You can do the same.
3. Your subconscious has the answer to all problems. If you suggest to your subconscious prior to sleep, 'I want to get up at 6 a.m.' It will awaken you at that exact time.
4. Your subconscious mind is the builder of your body and can heal you. Lull yourself to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.
5. Every thought is a cause, and every condition is an effect.
6. If you want to write a book, write a wonderful play, give a better talk to your audience, convey the idea lovingly and feelingly to your subconscious mind, and it will respond accordingly.
7. You are like a captain navigating a ship. He must give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind, which controls and governs all your experiences.

8. Never use the terms, 'I can't afford it' or 'I can't do this'. Your subconscious mind takes you at your word and sees to it that you do not have the money or the ability to do what you want to do. Affirm, 'I can do all things through the power of the subconscious mind.'
9. The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen and prosper you. According to your belief is done unto you.
10. Change your thoughts, and you change destiny.