

Your Subconscious Mind

Your subconscious mind is not as mysterious or as inaccessible as you might think... do you know that same old running dialog you keep going over and over in your head? What are you thinking about when you wake up in the morning? What are the things you keep telling yourself? What are the thoughts you find disturbing, or annoying, and push away, and try to ignore? The thoughts that form the constant “background noise” in your head? These are the thoughts that you might need to address and change, in your subconscious mind.

I am going to outline a very simple project that will help you get in touch with what is really going on in your head, and hopefully make the changes that you desire in your life.

All you will need is a small pocket size day book calendar, or a simple small notebook. Draw a line down the center of each page, to create two columns.

This is very simple- Every day, you will-

#1- Keep track of what you are thinking about that is NOT helpful towards your goals. You will probably need to create a sort of short hand or abbreviated notation of what you are thinking about- guaranteed, it will more than fill a page, so try and create a symbol for different types of thoughts, like a heart for relationships, dollar sign for money, the letter F for family, the letter W for work, etc, etc. These are the thoughts that say, I’m not good enough, I don’t have enough, I’m not doing enough, blaming others for your problems, dwelling on and worrying about things you can’t change, etc. You know what I am talking about! Remember, you are to “fill your leisure hours, contemplating your vision”. How can you do this, when you are filling your leisure hours (or minutes, or days and weeks) contemplating your stupid, low paying job, your mean boss, your disadvantaged childhood, the aggravation your family causes you, etc, etc. You will be AMAZED at how many little symbols you mark down, one after another! But this will lessen, the more you listen to the self hypnosis program, and are mindful of your thoughts.

#2- In a separate column, keep track of every positive thought you give towards your goals, to “contemplating your vision”, and give yourself a symbolic \$10. There is nothing that motivates like a little green stuff! This will get your mind used to the idea that positive thoughts will create positive results. And you can create a symbol for the positive thoughts you seem to nurture the most; this will point you in the direction of your "next step", the goals and desires that have the strongest pull forward along your path.

#3- Give the negative thoughts a value of \$1, and subtract them from the positive thoughts. Keep track of this "ledger style" like an accountant. By the time you are "making a profit" from your positive thoughts, you will definitely be well on your way to success!

[Dr. Jane Ma'ati Smith C.Hyp. Msc.D.](#) is a certified graduate of the Hypnosis Motivation Institute, a Sound Energy Practitioner, a Vibrational Reiki Master, and a qualified mental health professional. I am a member of American MENSA, a qualified mental health professional, and I bring to my self-hypnosis programs more than 15 years of professional work in the mental health and counseling fields, helping people to help themselves, and a lifetime's worth of in depth psychological, spiritual and Quantum knowledge. I thank the web for giving me the unique opportunity to use my gifts to work at home, doing something that benefits both myself and others!

Her unique Vibrational Reiki enhanced, Therapeutic Sound subliminal and self hypnosis programs are available at [Mind Body Soul Technologies](#).

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