



Chamber University

The Subconscious Mind

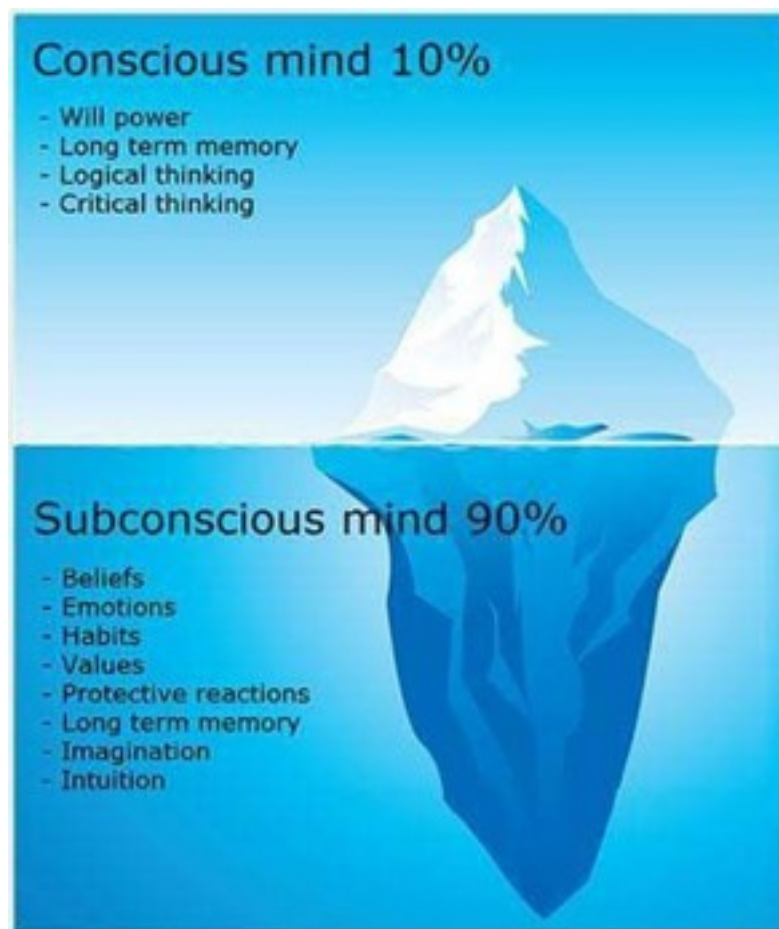


WORKBOOK

K E Y P O I N T

WHAT IS IT?

- **Unquestioning Servant**
 - Does not think or reason
- **Preserver of Balance**
 - Regulates body temperature and heart rate
- **Comfort Zone**
 - Keeps you here just by knowing your habits



Applying these subconscious mind techniques takes time, practice and persistence. **DON'T EXPECT INSTANT GRATIFICATION!** Instead, appreciate the gradual stages you will go through on your way to unleash the power of your subconscious mind

HOW TO USE



1 KNOW WHAT YOU WANT

- Visualize what you want or a goal. (This can be losing a bad habit)
- This can be anything, big or small.
- If you don't define what you want, you don't know how to get there.
- Focus on that ONE thing; too many at one time can be confusing
- It's great to have multiple goals, but set priorities

2 REVEAL SUBCONSCIOUS PATTERNS THAT STOP YOU

- Take off the mask and be honest with yourself
- What has been holding you back?
- What has been preventing me from getting _____?
- If you want to reprogram your subconscious mind, you need to know what you are dealing with

3 APPLY METHODS BEFORE GOING TO SLEEP OR 1ST THING IN THE MORNING

- In the 15 minutes between wakefulness and sleep, the brain slows and produces 7-14 electrical waves each second—Alpha Waves
- During this time. The subconscious mind is “open for business” more than any other time
- Playing positive relaxing music. There is Alpha Brain Wave Music.

4 WRITE IT DOWN

- Make what you want a visual cue
- Hang it up, this way you are reminded everyday of where you are going

LEARNING BY APPLICATION

An illustration of an open book with a bookmark, set against a blue background with faint icons of a hand holding a pen and a target.

ENRICHMENT ACTIVITIES

Recommended Reading:

**The Power of Your Subconscious
Mind**