

7 SIMPLE SECRETS FOR CREATING AND ATTRACTING EVERYTHING YOU WANT IN LIFE!



A GUIDE TO REPROGRAMMING THE SUBCONSCIOUS
MIND FOR A MORE FULFILLING LIFE

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What are the Forces That Shape Your Current Reality?

The Role of Your Subconscious Mind & Self-Image

Many people do not give much attention to the thoughts that go through their mind and yet these thoughts are what form their life. You create and attract into your life according to the thoughts you hold, especially those thoughts that are in your subconscious mind. In this report you will learn a lot about how opportunities are created, and how you can master your destiny with 7 simple secrets to creating and attracting everything you want in life!

Your inner thoughts are composed of your inner beliefs, desires, and intentions. Maybe you haven't realized it before but you have thoughts about everything in your life and it is likely you had thoughts about most of the things in your life *before* they became your reality. For instance, you thought about where you live such as whether to buy or rent, what part of town to live in, how much to spend, what kind of person you'd like to have a relationship with, etc. These thoughts are what move your life in the various directions you find yourself heading.

It is common knowledge that most of the issues adults struggle with have their roots in childhood. That is where attitudes, outlooks, expectations, limitations, and beliefs were born. **So your self-identity or self-image which shapes your inner thoughts, beliefs, and outlooks began to form through the experiences and viewpoints you had as a child.** The surprising fact about this is that it doesn't matter if the ideas, opinions, and beliefs are true or not, the subconscious mind operates with whatever it has accepted from what other people told you or you repeated to yourself. This self-image becomes the foundation and operating system for a person's entire life unless something significant comes along to change it.

The programming most people have is a combination of positive, supportive, and loving ideals along with limiting, self-doubting, and negative points of view. In some cases a small amount of negativity or doubt can undermine a

mountain of positive hopes and dreams. Thankfully, you can override most of the negative programming. So it doesn't matter what you have believed in the past or how traumatic the circumstances may have been. You can regain positive control of your life.

Your Present is the Manifestation of Your Deep Subconscious Beliefs

Most often, people do not think about what they want in their lives, but they do give thought to what they don't want. In fact, they usually have very strong opinions about what they don't want. This can include health issues, relationship issues, financial concerns, and just about every other area of life. The problem this creates is the subconscious mind focuses on what a person doesn't want and then orients a person's life to conform with it. *Life gives you what you expect, not necessarily what you want.* This is why there are so many people living lives they are not happy about. **The subconscious mind tends to fixate on whatever negative beliefs and opinions a person has, and it works to bring about the manifestation of whatever it is fixated on whether it is positive or negative.**

The subconscious mind naturally orients your life to attract and create what you don't want if that is what you have put the most energy into and what you feel the strongest about. Most people have a strong aversion or fear of certain circumstances and these feelings are what serve to energize the subconscious mind to create or attract it. This is because the subconscious mind fixates its attention on what you feel the strongest about and fear is one of the strongest of all emotions. The good news is that you can make this subconscious mind trait work for you by energizing your thoughts about what you do want. More on this in the 7 steps to follow...

Is Your Inner Dialogue Reinforcing Constructive or Destructive Ideas and Opinions?

Everyone has inner dialogs. It is called self-talk. **We tell ourselves things all day long.** Sometimes there is more self-talk than a person would like. This is known as the "monkey mind." The mind jumps from one idea to another whether you want it to or not. It can be in the form of actual words, analysis, worries, projections, judgments, feelings, preferences, impressions, images, or urges. From the time we were children we have been absorbing input from the people around us and forming conclusions about what is true and what isn't. We take on or reject the opinions of others, analyze outcomes, and judge and store all of these outlooks, which then become the operating systems we base our lives on. This is how our inner thoughts, opinions, and beliefs are formed.

Most of the time this happens without our paying much attention to the process, but none-the-less it goes on almost non-stop. Sometimes it comes in twinges in our gut, or a weight on our shoulders, or tightness in our neck or chest, and at other times it can be a forceful opinion or an emotional reaction.

Every time you hear or see something happening you automatically form an opinion about it and store it in your memories. Similar memories tend to cluster together as we formulate our ideas and pictures of how we see life.

Over time we have a pretty big storehouse of self-concepts and projections of how we think the world operates, and we tend to attract more and more similar ideas that agree with our own. We are then convinced what we think is truth. The longer you have believed something to be true, the more true it seems to be.

The vast storehouse of everything that's ever happened in your life, everything you've ever felt – failures and successes, happiness and unhappiness – as well as every idea and conclusion about yourself you've grown up with – has influenced the formation of how you see yourself and what is stored in your subconscious mind.

If you heard or thought some negative things about yourself when you were young those beliefs become what you believe to be true now. You then look for facts to validate your truth which reinforces the belief and embeds it more strongly in the subconscious. **Normally your conscious mind screens**

what is going into your subconscious mind. It edits the input to make sure that what is going in matches up with what is already there.

For example, suppose you hear the statement, "You are so smart." Your conscious mind responds by saying, "Are you kidding me? Me--smart? I don't think so. I didn't get straight A's in school." With responses like this your subconscious rejects the new input that you are smart. **If you own negative ideas about yourself and your life then your subconscious mind directs your life to conform to the negative person you believe yourself to be!**

You Have Probably Heard Similar Negative Opinions Expressed Before:

- There is something wrong with me.
- No matter what I try, it doesn't work.
- I seem to have bad luck.
- I'm not talented.
- I'm just like my father/mother.
- What next?
- I'm shy around people.
- When it comes to my eating habits I can't help myself.
- I never get a break.
- I'm in over my head.
- If only I were taller, smarter, had more money, etc.
- What's the use in trying?
- If I get it, I'll just lose it.
- Life is so unfair.

- Life is such a struggle.
- I'm not good enough.

These statements about ourselves accumulate over time forming strong beliefs which become ingrained in the subconscious mind.

Your Self-Image Must be Altered at the Subconscious Level

You act and behave exactly in accordance with how you see yourself and consequently bring things into your reality to mirror your inner beliefs. This is your self-image – your mental picture of yourself. But it is important to understand that your self-image is far, far more than the conscious perceptions and beliefs you have about yourself.

Otherwise, change and success would be as easy as saying, "Starting right now I'm going to have only positive words and a positive picture of myself being healthy, wealthy, and wise." More is required than merely stating a desire out loud. If it were that simple, no one would have any problems.

However, because the ideas housed in your subconscious mind exert the most influence over your life, to change yourself you must change your subconscious beliefs.

We Manifest the Fixations of Our Subconscious Minds

There is something very powerful about how your mind works that can make a profound difference between your success and happiness or a life of struggling and being disappointed. This is a really important subject to understand as it affects virtually every experience you have whether you are looking for financial success, relationships, or good health.

When you feel bad do you have a discussion in your mind with negative thoughts such as: "I just received this terrible unexpected news so I have to decide how I should feel about this. Since this is not good news that means my reactions need to be angry and depressed. So I'll work up my emotions and get really mad."

No, your feelings don't seem to stem from a logical, conscious process do they? Whether you realize it or not, neither are they determined by events or even other people. **They come directly and automatically from your subconscious evaluations, attitudes, and beliefs.**

In other words, you feel bad if you perceive and evaluate an event as bad or sad on a subconscious level--which explains why many people have a hard time fully understanding how emotions work. It's because most people are unaware of their own deepest subconscious beliefs, which often were established many years ago. And the often surprising discovery is that your subconscious mind may have beliefs that are completely the opposite of what you believe consciously.

The problem with this is that the subconscious mind tends to fixate on whatever negative thoughts and opinions a person has, and it works to bring about the manifestation of the fixation. **There is a commonly recognized reality to how the subconscious mind works and it states that whatever we resist persists.**

Is Your Subconscious Autopilot Set on the Right Course?

Think of your subconscious as an internal guidance system like an automatic pilot. As you may know, an autopilot is an instrument on an airplane that keeps it flying at a certain altitude, a specific speed and a predetermined direction. After programming it for the correct speed, altitude, and direction, the pilot can release active control of the plane. The autopilot takes over and keeps the plane on course. If the plane should stray a few degrees, the autopilot steers it back to the intended direction.

Your subconscious works in much the same way. It is programmed by the beliefs and attitudes you have about yourself. **If those beliefs are composed of positive words structured for your happiness and success, then your subconscious, like an autopilot, will steer you in that direction.** If you drift off course, it will take over and get you back in the right direction. On the other hand, if your subconscious has been programmed with negative thoughts and beliefs, then it will direct you along that path.

There are a few things you should know about the way the subconscious mind operates that will help you get it on your side and support you in your goals. The first is that it will hold onto its beliefs and points of view until they are replaced by a new belief. **Once an idea has been accepted it tends to remain in the subconscious even if your conscious opinions change.** In other words, you can actually believe something consciously that is in opposition to what the subconscious mind holds onto.

What this means is that if you formed a conclusion when you were younger that "I am not very good at math, so I'll always be this way," even if you try to get good at math, your subconscious mind, like an auto-pilot, will tend to bring you back into alignment with your inner belief. **You might think of it as having a mental block.** When the conscious mind and subconscious mind are in opposition, the subconscious usually wins. This is how habits are formed and why they are so hard to change. Thankfully, no matter how fixed ideas are or how long they have been present, they can be changed with simple techniques that access the subconscious mind.

Your Beliefs Either Support or Undermine Your Success

Beliefs are what underlie emotions. Your feelings may seem to arise out of nowhere, but in fact, there are always beliefs that cause the reactions. **It's just that some beliefs are completely unconscious and may be the opposite of what you believe consciously.** I remember a woman I counseled once whom I told this to and she said, "So that's why I feel guilty

every time I have a glass of wine." I asked her, "What do you mean?" And she said, "Well, when I was young I grew up in a household that taught me that alcoholic beverages are a sin. I no longer believe that, but every time I have an alcoholic drink I feel guilty." That is precisely what I'm talking about. It's what is in your subconscious mind that drives your life.

Your beliefs color your outlook and create your feelings which either support you or undermine your efforts to be a success. **You see a belief only means you believe something to be true. It may not be true at all, but people have died clinging to false beliefs.** Now since what you believe about yourself greatly influences how you live your life and what degree of success you experience, you can easily see how important it is to have positive beliefs. Essentially everything you say and do arises out of your beliefs.

Think of it this Way:

1. Your Experiences create your Conclusions
2. Your Conclusions create your Beliefs
3. Your Beliefs create your Feelings
4. Your Feelings create your Behaviors
5. Your Behaviors create your Results

That's how it works, so if you want better results you have to go to your experiences and change your conclusions and beliefs about yourself.

You CAN Reprogram Your Subconscious Mind with Positive Affirmations!

It is important to develop a positive relationship with yourself and this includes respecting yourself and being positively oriented toward life. Your self-talk has strongly influenced your life. **That's why it's been said that**

we create our own self-fulfilling prophecies. Fortunately, we can reprogram the beliefs running in our subconscious mind by utilizing some of the same techniques that put the programs there in the first place.

Now, if your conscious mind filters what goes into the control center of your subconscious mind, how do you reprogram your subconscious with the beliefs and instructions you want it to have? **One big key is through positive affirmations.**

Affirmation means "to make firm." An affirmation is a simple, present tense positive statement such as "Everyday and in every way I am more and more happy and successful." Positive affirmations can be about your health, success, or relationship goals or anything else. Affirmations can be spoken aloud, said silently, or written down. They are particularly valuable when used in conjunction with visualizations for the outcome you want. Affirmations are a way of strengthening or "making firm" what you are imagining in your mind's eye.

It is just as easy to make positive self-statements as it is to hold negative thoughts. **The subconscious will react just as readily to life-enhancing messages that bring happiness and fulfillment as it will to those that prevent you from having the kind of life you really want.**

Remember, the patterns and beliefs in your subconscious mind have been there for years, so it is likely to take weeks or months to re-pattern your subconscious programming. Be assured, however, if you persist you will succeed. **The affirmation process forms the basis for new beliefs, qualities, behaviors, or experiences you want to manifest in your life.**

Repetition of Your Affirmations is Critical for Achieving Powerful Results

A big secret to making affirmations work is repetition. It's important to remember that a single affirmation, said or written once or twice is not going to immediately manifest in your life. Repetition is the key. **Through repetition the ideal image of yourself gets embedded deeper and**

deeper, throughout all levels of your consciousness. In this way you can be your own success coach.

Combining creative imagination with positive affirmations gives you a penetrating combination of techniques that take advantage of one of the major keys to the mind—its responsiveness to repetition--that's usually how the negative, self-defeating messages and program got in there in the first place! Now, with visualizations and affirmations you can counteract the negative effects of your past.

It is repetition that impresses the subconscious mind. The constant flooding of your mind with positive affirmations and thoughts will cause any negative ideas to lose their power and completely dissolve.

Just as water can wear away the hardest stone, repetition of your positive affirmations will dissolve away negative thoughts and eventually work dramatic changes in your life. **However, there are ways to make them a hundred times more effective than just repeating them.** Below is my 7 step system for boosting the effectiveness of your affirmations through the roof!

So without further ado...

7 Simple Secrets to CREATING *and* ATTRACTING Everything You Want in Life through the Power of Affirmations

STEP 1 - Determine, very specifically, what you want and write it down.

This brings focus to all you do. What you expect is what tends to manifest. If you worry or are anxious that is your mental expectancy that something you don't want to happen might happen. On the other hand, you probably have seen some people who are like a cat and always land on their feet. They seem to be blessed by a lucky star because good things seem to keep happening to them. This results from an inner belief that they deserve to be successful. **We**

tend to become what we think about. Make a list of all that you want in your life.

STEP 2 - Put your desires into a short positive phrases or sentences written in the present tense.

The mind cannot hold two opposing beliefs at the same time. If a person tries to do this they end up in conflict which undermines their overall goals.

Eliminate all negative words from your affirmations. For instance, you would not want to say, "I am not nervous and I don't worry." You don't want to create a negative word picture for the subconscious mind to fixate on, so you would say, "I am calm, relaxed, and confident." You wouldn't want to say, "I am not tired all the time." You would say, "I am energized and filled with vitality." A general affirmation could be: "Everyday and in every way I am happy, healthy, and prosperous."

Be sure to word your desires in the present tense. You want your affirmations to be presented as if they are already accomplished facts. For example, you can utilize affirmations like the ones below to solidify a positive attitude toward yourself.

- I am calm and relaxed.
- I feel good about myself.
- I respect and value myself.
- I appreciate my body.
- Every day I am becoming more positive and healthy.

The only exception to this rule is if you are dealing with a physical condition such as a broken leg. In those cases you would use the progressive form of the present tense to by-pass the mind rejecting the affirmation. So if you were to say, "My arm is strong and healthy" your conscious mind would reject the statement as being untrue as evidenced by the fact that you are wearing a cast. So you could say, "Each day my arm is becoming more and more strong and healthy."

Even suggestions for future events need to be worded in the present tense such as, "Next Saturday I am automatically focused and energized as I play tennis."

Correct: I am... it is... I feel.

Incorrect: I will... It will be... I am going to...

STEP 3 - Empower & energize your affirmations by repeating them with positive feelings.

Repetition with feeling is what embeds the positive directives into the subconscious mind which in turn works like an autopilot to align your life with your beliefs.

One way to energize your affirmations with positive feelings is to include words that trigger positive feelings. For example, wonderful, powerful, radiant, exciting, beautiful, abundant, generous, vibrant, sparkling, thrilling, happy, fulfilling, etc.

Another way to put positive feelings into your affirmations is to center yourself in your heart as you repeat them. To help you with this rest the palm of one of your hands on the center of your chest. Leave it there as you repeat your affirmations. As you do this you will notice it is easier to sense joyfulness, beauty, peacefulness, happiness, and positive expectancy.

Here's another big secret. By repeating your intentions in the form of positive affirmations slowly, softly, and silently you connect with and become one with what the words and phrases represent. This deep connection with the words multiplies the effectiveness of the affirmations.

STEP 4 - Spend at least 10 uninterrupted minutes at a time repeating your affirmations.

If you only repeat your affirmations a few times a day, you are not likely to achieve the results you want. Of course, it is helpful to repeat your affirmations at odd moments throughout the day, but to maximize the effectiveness of your program you need to be focused on your affirmations for

an uninterrupted minimum of ten minutes each day. If you can do it for ten minutes more than once a day so much the better.

STEP 5 - Repeat the affirmations slowly with your eyes closed while you are in a relaxed state, at least some of the time.

When you are deeply relaxed, the subconscious is most receptive and the door is open for you to remove old negative mental patterns and replace them with new positive beliefs that can permanently change any area of your life affected by your beliefs.

There are two times of the day that this occurs naturally and automatically--when you are going to sleep and when you are waking up. For instance, you have probably noticed that when you awaken from a deep, restful sleep and are lying in bed with your eyes closed; your mind is quiet. You are there in bed, fully aware and awake, but your conscious brain activity hasn't gotten into full swing yet. It is during the times that you can most easily access your subconscious mind.

To help you get the most out of your positive affirmations repeat them out loud or sub-vocally. That means to form the words with your lips and tongue even if no one hears what you are saying. It is similar to a whisper. Formulating your intentions and desires into specific word phrases increases the level of focus to most effectively reach the subconscious mind. Then when you repeat the statements over and over the subconscious mind will eventually accept the new programming.

STEP 6 - Find pictures that represent what you want in your life and put a positive affirmation on the picture.

Put it where you will see it every day, such as on your bathroom mirror or your refrigerator. The subconscious mind responds well to symbols so pictures are a good way to embed the outcomes you want in your subconscious.

Another way to do this is to find a word or phrase which symbolizes the feeling and content of what you want to have in your life. For instance, if you are having trouble sleeping, some good symbols would be an image of a baby peacefully sleeping while you say to yourself, "sleep like a baby." Another

image you could use is a "peaceful lake." These are called *trigger words*. If you want to lose weight, you can have a picture in mind of the weight and size that is your goal and couple it with trigger words such as "size 10," or "slender and attractive."

STEP 7 - After you are finished repeating your affirmations, remain in a peaceful state, and let the affirmations integrate.

This is also a good time to bring an inquiry to mind. Speak into the stillness and ask for clarification or elaboration on the subject of your positive affirmation practice. Such questions as, "Is there anything important for me to know at this time?" Then be receptive to see or hear what arises. Periodically ask, "Is there anything else I need to know," or "tell me more." Allow the insights to bubble to the surface. They may come as flashes or glimpses. Sometimes they come as single words, sometimes as feelings, and at other times deeper insights unfold. Use whatever arises as springboards to formulate more positive affirmations for your next session.

In Summary

Practicing repeating positive statements utilizing the seven steps above can erase negative thoughts and replace them with positive beliefs. You can even record them and listen to them while you exercise or get ready in the morning.

Breakthroughs can be experienced differently by different people. For some there is a sudden, dramatic shift. The shift can occur on a physical, mental, or emotional level. **In reality, as you consistently fill your mind with positive words and phrases, change occurs all along on a subconscious level.** If you were to put the rosebud in a vase on a table and position yourself at the table until the bud had fully flowered, you would probably not actually see the movement of the rose opening its petals. The same is true for your self-improvement program. Changes take place over time. Even if you just feel better, you are experiencing change, which means you *are* progressing.

Since words are what make up how we describe our lives, they are powerful determiners of what directions our lives take. If the words we say to ourselves are positive they strongly guide our lives into positive directions.

The use of positive words or phrases in the form of positive affirmations have been used for thousands of years as a part of spiritual practices in prayers, mantras, and affirmations to facilitate transformation and realizations. This is testimony to the power of the practice of repeating words as a means of attaining the positive outcomes wanted. Many have found that repeating specific words can help open and integrate a person with their deepest inner connections as well as lead to the positive outcomes desired.

I hope you have enjoyed this report and I do hope you put it to use and practice your affirmation program daily with intention. If you know someone who might benefit from this report please pass it along to them. I wish you much success on your inner journey!

From the Heart,



About Jonathan Parker

For over thirty years, Jonathan Parker has been a counselor, author, and creator of one of the largest libraries of audio recordings for personal enrichment and self-directed growth in the world. To date people in more than 75 countries around the world have benefited from his audio programs, meditation retreats, classes and workshops. To download [FREE positive affirmations, meditations and subliminal programs](http://www.jonathanparker.org) visit <http://www.jonathanparker.org>

Your FREE Gift

==> If you haven't already downloaded my "**How to Manifest What You Want**" MP3, [please download it here](#)

This 28-minute guided visualization-meditation was recorded live before 111 people in Des Moines, Iowa on March 15, 2008. The subject is *Your Power of Manifestation or How to Get What You Want*.

How to Get What You Want... in an Enlightened Way is the subject of the Audio program ***The Laws of Creation, Attraction & Manifestation*** which discusses the movie *The Secret* which has been seen by millions, but which has left a lot of unanswered questions as well as limited results for most. Manifestation is about far more than watching a movie, positive thinking or even doing visualizations. The full audio program takes you in-depth on this subject. [For the Laws of Creation & Attraction Click Here](#)

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