

## Disease Cure through Mind

**Power of the Subconscious and Super conscious Mind.** By Anadi Sahu, motivational speaker,

The most basic law of life is the law of belief. Belief can be briefly summed up as the thought in our mind. Take it this way, our mind is the garden and thoughts are seeds. Every thought is a cause and every condition is an effect. Change your thoughts and you can change your destiny. Believe in the power of your subconscious to heal, inspire, strengthen and prosper you and according to your belief it will be done unto you.

The reaction or response you get from your subconscious will be determined by the nature of your thought or idea you hold in your conscious mind... all we need is imagination (not will power as we are not forcing anything) so if your habitual thinking is harmonious and constructive you will experience perfect health, success and prosperity.

You need to accept and thank God that I'm happy and if there is no doubt in your conscious soon you will be the happiest person in the world

You need to be fearless and think only about positive outcomes and if you are able to mix this with a little focus and hard work you will see miracles happening.

Even when we die and our soul leaves the body, our sub-conscious mind is still alive and all the experiences of our life goes along with it.

we can use sub-conscious mind for visualisation. Visualization is like painting the picture of our success in advance which acts as a strong motivating factor to remain focussed to achieve our goals inspite of all the obstacles that come in our way. Visualisation reaffirms our belief that we can achieve success. It is that secret vault that, when unlocked, can turn an ordinary mind into an extra-ordinary mind and an ordinary life into an extra-ordinary life.

Have no doubt- the key to eternal and lasting success in this world is unlocking the powers of your sub-conscious mind. True potential of any individual can be unlocked only by discovering the sub-conscious mind. This is a highly personal journey.

What exactly is the Sub-Conscious mind?

Our Sub-conscious is the gateway to greater consciousness. . Our sub-conscious is that hidden channel in our mind which connects our body to the soul and is thus directly linked through the soul to the super-conscious. How do we get to tap into our sub-conscious mind? The answer is meditation. What is meditation? It is attuning your mind so that it is in synchronization with the Universal Energy.

When we meditate, we are consciously trying to match the frequency of our brain waves with that of the Universe. I mentioned Alpha waves before. Actually, our brain has five types of waves: 1. Alpha 2. Beta 3. Gamma 4. Theta 5. Delta The modern science can measure these waves. Just pick up any EEG (Electro Encephalography) Report to find out about them. When you are meditating , your brain generates Alpha, Theta or Delta waves depending upon the power and intensity of meditation.

According to the law of attraction, we attract into our lives whatever we wish for and think about, Rhonda Byrne "The Secret". Using the conscious mind will not activate the law of attraction in your life. You need to use the sub-conscious mind for unleashing the powerful forces of the law of attraction in your life. You need to reach at the core of your soul to set the law of attraction into motion

commonly used methods of first accessing and then activating our subconscious mind.

1. **Meditation:** meditation is an intensely personal experience and every human being on this earth has to create his or her own path as they progress forward.

2. **Dreams-** The visual and aural messages received by us while sleeping and which we call dreams are a powerful tool for getting in touch with the world beyond the Conscious mind. A practical way of remembering your dreams is through maintaining a Dream Logbook. Purchase a nice Diary and christen it your Dream logbook. Keep this logbook at all times near the place where you sleep. The dreams are a very effective medium of getting in touch with our source- the Superconscious Mind.

3. **Hypnotism-** This is perhaps the most misunderstood and also the least practiced methods of accessing the subconscious mind.

4. **TO IMPLEMENT:** The simplest technique to impregnate your minds with all the positive thoughts is to sit on a chair or sofa in a relaxed mood, close your eyes and get into a little sleepy or drowsy state. This helps because at this time your conscious mind will not argue much and accept your thoughts as truth.

5. **First analyze your thoughts and beliefs.** It is important to change negative thoughts and beliefs so as to alter your existing mind set. Positive thoughts and beliefs help to attract positive people towards you which will further help to achieve your goals.

6. **Affirmations:** The sub conscious mind should be conditioned with positive statements or affirmations. When the conscious mind repeats a thought or desire, the sub conscious mind accepts it to be the truth and acts upon these thoughts. Any repeated thought or desire that is seated in the sub conscious mind and manifests in the form of physical situations.

7. **Set a goal:** To achieve desired outcomes, it is quite pertinent to set a goal. The power of the sub conscious mind can be harnessed by repeating positive thoughts and setting a realistic goal.

8. **Positive Communication:** One of the best ways to alter negative mindset is to communicate positively. Negative statements create negative energy around you so

remember to communicate positively to people around you. Change negative statements to positive statements when you communicate with people.

**9. Positive encouragement:** Lend a helping hand to someone; speak encouraging words when they are in distress instead of criticizing them sharply. When you speak positive and encouraging words to others, the sub conscious mind is directed to create positive circumstances in life. You will face positive circumstances in your life.

**11. Smile:** Smiling is much easier than frowning. According to studies, human beings use only a few muscles to smile than to frown. Try to be funny and smile at others often. You will begin to feel the difference. Keep yourself busy with activities that you enjoy doing and you will feel happy and content with life.

**12. Positive thoughts and visualization:** To tap the power of the mind it is important to visualize the desired results. This will help the brain to attract what you require. Human beings have the power to choose their thoughts so it is necessary to think positively always. The sub conscious mind believes all your thoughts and feelings and accepts them as the truth. So it is pertinent to train the conscious mind to think and dwell upon positive thoughts such **as good health, love, prosperity, joy and so forth.** Once the sub conscious mind creates positive thoughts and beliefs, it becomes a habit to believe in optimism