



# Mind Hack #3 Your Thoughts

Your thoughts are powerful & your words are spells

A belief is a thought you keep thinking

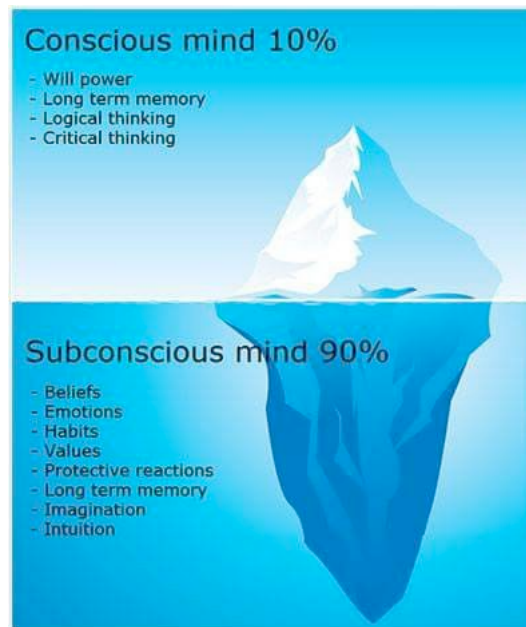
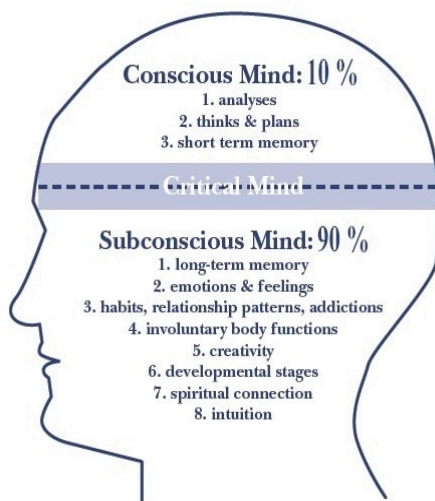
Our thoughts create us

We have about 60,000 thoughts per day and most are the same as yesterday or fearful or negative thoughts

Most of our thoughts linger in our subconscious mind

The subconscious mind is more powerful than a computer

The subconscious mind is like a storage room of everything that is currently not in your conscious mind; it stores ALL YOUR PREVIOUS life experiences, your BELIEFS, your skills, your memories, all you have seen, felt, heard or tasted.



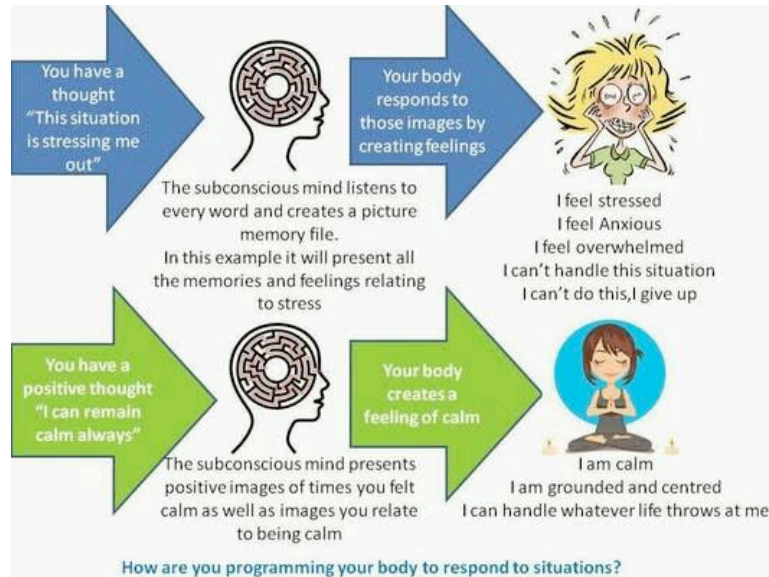
Your mind controls your body

96-98 % of the time your body is on autopilot and controlled by the subconscious mind

Whatever we hold predominately in the back of our subconscious mind we are attracted to, that's why it's sometimes hard to break a habit

Your subconscious mind cannot distinguish between what is real and what is not. Think about when you are having a nightmare and you wake up sweating, crying or tensed up. The nightmare was real in your mind. You were not in any danger at all but your mind did not know that. Your thoughts can weaken your immune system because it releases cortisol, known as the stressor hormone and can even contribute to weight gain.

Your thoughts can elicit a physiological response (virtual reality does a great job with this)



Almost everything your smell, see, hear, touch or taste impacts your subconscious mind. What's scary is that by the time a child completes elementary school a child has seen 8,000 simulated murders on television (cartoons)

Every thought and word has a vibrational frequency, positive words have a higher vibrational frequency and negative words have a lower vibrational frequency

If you are speaking positive words to someone you are sharing high vibrational energy and if you are complaining, gossiping or speaking words with low vibrational energy you share that energy with some one too.

**Bottom line:**

Guard your thoughts, be aware & be mindful

One of the most effective ways to reprogram your subconscious mind is through hypnosis & meditation