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HOW TO
REPROGRAM
YOUR
SUBCONSCIOUS
MIND



How To Reprogram Your Subconscious Mind

By Joann Abrahamsen

Many people go through their lives without understanding why they make the same mistakes, follow the same patterns, and live in the same ruts. They aren't happy with their present situation, but they seem to be unable to make any lasting changes. Are you one of these people? Perhaps you've attend seminars, read books, and taken courses, but, in the end, fallen back into the same dysfunctional patterns you've always followed! Why does it always turn out this way? We struggle to make permanent changes in our lives because we input information only into our conscious mind. Here's the problem: your conscious mind is not what directs your behaviors and belief system.

To change your behaviors, you must first reprogram the hard-wired center of your mind: the subconscious mind.

How Does Your Subconscious Mind Work?

The subconscious is the largest part of our mind. It contains all the messages we've received throughout our lives. It holds millions and millions of thoughts grouped into clusters that form beliefs, mindsets and character traits.

The relationship between the conscious and subconscious minds is like an iceberg. The conscious mind is represented by the visible tip of the iceberg, while the subconscious is represented by the gigantic lower portion of the iceberg hidden from view.



You can't see the subconscious in action, but it certainly has a major impact on the voyage you take in your life.



The subconscious is the place where all of your learned behaviors reside. Once you learn to walk, you don't need to consider how to lift and place each foot to take the next step, do you? Of course not! Your subconscious mind automatically controls your steps.

Your subconscious learns behavior through repetition and practice. Just as it learned to control your footsteps when you learned to walk, it also controls your footsteps in your life's journey based on what you've reinforced throughout your life.

The good news is you can reprogram your subconscious mind by inputting and reinforcing new thoughts and actions! There are several different techniques you can use to tap into the subconscious mind and reprogram how it works.

Here Are Some Strategies You Can Use To Change Your Mind And Change Your Life:

1. Affirmations. Affirmations work to change your subconscious mind by using positive, personal, present tense statements to override the embedded negative thinking. By repeating these positive thoughts, you can create new pathways in your subconscious, giving it new attitudes.

Then your subconscious causes you to act in new ways that agree with these new attitudes. For example, repeating: "I choose healthy foods at each meal" can change your mindset about what you eat and why!

2. Visualization. Visualization is the act of creating detailed mental pictures that depict a desired outcome so you can see success for yourself. These images stimulate the subconscious into accepting them as reality, which then directs behavior accordingly. Top athletes around the world use this technique during game-time. Visualization is often used with hypnosis for maximum effect.

3. Hypnosis. Some types of therapy work with the subconscious mind, including hypnosis. Hypnosis works by easing you into a state of extreme relaxation. Once you're in this state, the conscious mind releases its grip, and the subconscious mind is easier to access. As a professional hypnotist, I have helped hundreds of people tap into the power of change.

While experiencing hypnosis, it's much easier to reprogram the subconscious into accepting new thoughts as reality.

4. Subliminal Audios. You can use subliminal audios while you sleep. The conscious mind listens to music or someone speaking on one level, but the subconscious mind hears another layer of information recorded underneath the audible portion.

When awake, the conscious mind is distracted with the audible portion of the audio, making it harder to tap into the subconscious mind.



Using techniques like these can help you reprogram your subconscious mind and remove the burden of the negative thoughts buried there.

Imagine the freedom of living your life without the automatic dysfunctional behaviors you've had driving you for years!

When you transform your negative outlook into a positive one, you can accomplish so much more. In doing so, your mind will be released from negative programming, allowing you to excel and succeed throughout your life.

Joann Abrahamsen



Joann Abrahamsen is a certified consultant in hypnosis. In 1992 she was named "Person of the Year" by the Association to Advance Ethical Hypnosis and later became Executive Director of that organization. Well known for her lively and entertaining seminars and workshops, she has presented at conventions, resort hotels, colleges, universities and at educational workshops for teachers.

Joann teaches courses in hypnosis and presents hypnosis stage shows and demonstrations. She has appeared on cable TV to promote her free Great American Smoke-Out Workshop held at area hospitals.

In her private hypnosis practice, Abrahamsen has helped many people achieve their goals by combining her award-winning hypnotic techniques with behavior modification. She is a freelance writer and has written and published many hypnosis booklets as well as other hypnosis and self-help articles that have appeared in magazines, newsletters and convention manuals. Ms. Abrahamsen is also a certified practitioner of HypnoBirthing™ techniques.

Joann has received numerous awards and certificates from such notable organizations as the Association to Advance Ethical Hypnosis, the National Guild of Hypnotists, the International Society of Professional Hypnosis and the International Association of Counselors and Therapists.

As recipient of the behaviorist "Selah Award " she was inducted into the Hypnosis Hall of Fame in 1990. In 2009 Joann was named to the Order of Braid of the National Guild of Hypnotists. This award, NGH's highest, recognizes "a lifetime of outstanding achievement, dedication and service."

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