

Rules of the Mind -Did you know that our mind operates under some very specific rules?

Rule 1 –Every Thought or Idea causes a Physical Reaction-the power of your emotions and imagination-think Blood pressure

Rule 2 –REASON IS EASILY OVERRULED BY IMAGINATION.

Rule 3 –Opposing ideas cannot be held at one and the same time –‘should’ ‘try’

Rule 4 –Once an idea has been accepted by the subconscious mind, it remains until another replaces it

Rule 5 –An emotionally induced symptom tends to cause organic change if persisted in long enough. Physical ailments are 70% the result of emotion

Rule 6 –Each Suggestion acted upon creates less opposition to successive suggestions –think Brand names

Rule 7 –When dealing with the subconscious mind and its functions -the greater the conscious effort, the less the subconscious response.

This is why “will power “ is not effective in change