

Making Your Subconscious Work For You

By Al Spinks, a Silver Fox Advisor

In my last post I discussed the power of your subconscious mind and how scientists have stated that it controls over 90% of our bodily functions. I stated it has no discerning power and merely accepts what is presented to it. It is your conscious mind that discerns right from wrong, good from evil and reality from imagination.

Scientists say that human beings begin to understand logical and rational thought anywhere from 7 to 12 years of age. Any beliefs formed in your subconscious prior to that age will continue to influence how you respond to life and the world unless changed by you.

And again, as stated in the last post, your subconscious mind controls all of your body's vital functions. It even takes control over new skills learned by the conscious mind (no matter how difficult they may seem to be). For example, do you remember how difficult it was for you to first learn to drive an automobile?

Do you remember being instructed to put your hands at 10 and 2 o'clock on the steering wheel? And if you learned on a stick shift, you really had to work at placing your foot on the clutch. Then placing your foot on the gas without jerking to a stop. And Lord help you if you had to start and stop on an incline.

Remember how difficult it was to pay keen attention to the road and everyone around you while learning? **Now**, how many times while daydreaming have you passed your exit on the highway? Believe it or not, your subconscious mind now controls that difficult function with no effort at all. The subconscious works for you 24 hours a day/7 days a week. Wouldn't it be nice if you could program it to help you become and do whatever you choose? Well, you can!

All you have to do is first work out what you want (This is true in your business as well as your personal life). Then work out why you want it. Next you must feed this information (as often as possible) to your subconscious until it becomes a belief. Once your beliefs are fixed in your subconscious mind, life will bend to make them a reality. After that point, it takes no effort to maintain your beliefs. The subconscious does it automatically.

The great boxing champion, **Muhammad Ali**, once said: *"It's the repetition of affirmations that lead to belief. And once that belief becomes a conviction, things begin to happen."* Your age, health, circumstance, or situations DO NOT MATTER!

I hope you enjoyed this post and until next time here's hoping that you live *today* and *every day* passionately and with purpose. Thank you and god bless! ♦

