



Your Inner Power

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Picture this – your mental energy is like water in a metal bucket. When your bucket's full, you can pour all your energy into what you're doing and get the job done. You know what that's like – it's like the way you get a load of things done the day before you go on holidays!

Then why does university research say that normal people use just 1% of their mental energy? Is the bucket almost dry? Is your energy being wasted? Because the same research says you could be 2000% more effective!

You can get everything done so much better, with so much less effort – all you have to do is make sure your bucket of energy is as full as can be when so that you can pour your energy into the life you really want.

And, even if you're already a success – you haven't even scratched the surface.

YOUR CONSCIOUS AND SUBCONSCIOUS MIND

Your mental energy, the water in that metal bucket, is just like the water in the greatest oceans – you can see the waves and hear them crash because they're on the surface. The waves that ripple across the top of your mental "depths" are your *conscious mind*. You're conscious that it's there – it's where you do your thinking, use logic, analyse problems – it's where you took in your education.

But there is a depth to you of which you are not normally conscious – your *subconscious mind*. A little thought confirms its presence – it's where you store your beliefs, the part of you that makes sure you continue breathing, without thinking about it!

To unlock the key to your extraordinary mental energy, so that you can use it to bring about the life you really, really want, you need to understand how these two separate parts of your mind work.

REALLY USELESS THOUGHTS

You think with your conscious mind. Thought is simply a tool – you can use to analyse your accounts or your bank statement or to decide what advice to give someone, if you're a solicitor or a doctor.

But you have 40,000 thoughts each day – and most of them are useless. Your mind wanders; you worry – about your finances, what others think of you, about the future; you think about how difficult something is to do – so you put it off; you compare yourself to others; you compare yourself to what you'd like to be; you compare your success to others'; you feel guilty about doing or not doing something.

Your thoughts stop you from just doing whatever it is you should be doing. Most of your thoughts, in your *conscious mind*, are useless – some of your thoughts are probably damaging you. All your thoughts use some of your mental energy.

AUTOMATIC REACTIONS

While your conscious mind is “all over the place”, your *subconscious mind* is running your life – automatically. It has *programs* for everything you do – you breathe, walk, get dressed, brush your teeth without thinking about it – you just do it and that's good. Imagine if you had to think about learning to walk every day?

But, some of your *programs* are not so good – *programs* that make you *react* to situations and people each day – someone cuts in front of you in traffic (ever heard of road rage?) – you don't like your boss (and he knows it!) – you don't like something about yourself, you feel awkward sometimes, you wish you were more intelligent, sporty, good-looking, you wish you were better than you *think* you are. And, you can't help feeling and *reacting* that way – it's automatic.

All the really important things you do each day are done like this, *automatically* – your subconscious mind running its little *programs*.

WHO'S RUNNING YOUR LIFE?

Your *subconscious mind* – that's who! – running its *automatic programs*. Those *programs* are your beliefs – what's good and bad, true and false, right and wrong, what you can and cannot achieve – your view of how the world works and your place in it.

Where did all these programs come from and how did they get there?

They're like snapshots you took – when you were a child. You walk, because you saw those around you walking (you weren't given an instruction manual!). You're “self-confident” because your parents or classmates told you you were great. You're stupid because your Dad told you that every time you tried to do your math homework. You're a winner, a loser, good-looking, fat, clumsy, a show-off, good with the girls or boys, a good or bad public speaker – the list is endless – write out your own. They are all the things you learned – about you and the world - when you were young.

Nowadays, your subconscious mind uses those snapshots to run the programs that run (or ruin) your life.

WHAT IS STANDING IN YOUR WAY?

In reality, nothing – just your own thoughts. But, as long as you let your conscious mind think loads of useless thoughts and let your subconscious mind run other people's programs – then you are standing in your own way.

Your own bad habits are standing in your way – the habit of useless thought, the habit of reacting automatically – the habits of a lifetime. How do you get out of your own way – to let the good times role? Stop the useless thinking that's creating so much noise in your head. Calm yourself down, start breaking little habits, bring yourself into the present moment.

Come to your senses – the five senses God gave you – see, feel, hear, smell and taste where you are and who you're with – not who you think you're with (that boss you don't like, your lover who you don't love as much as your first night out).

If you stop the noise in your conscious mind – you immediately get into your subconscious mind – where the real action is.

THE REAL YOU

You'll find the real you in your inner depths – deep in your subconscious mind – in the peace and quiet of a calm mind. The real you has given you the life you have by running other people's programs.

Why not give yourself the programs that you want – in the peace and quiet of your subconscious mind – to create the life your heart desires. Success – health, wealth, peace of mind, great relationships – without effort. Isn't that what we all really, really want.

The real you is fearless, decisive, attractive, impressive, powerful beyond normal belief – you just have to stop being normal.

The real you is beyond those programs that you've been running – underneath all the useless thoughts that have sapped your mental energy.

The real you is 100% pure mental energy – a full bucket, so that you can pour your energy, all of it, into what you want to achieve.

UNLEASHING YOUR INNER POWER

Your unlimited potential is unleashed by calming the waves – your conscious mind – on the surface, so that the power of your subconscious mind can rise to the surface.

Simple mental exercises to calm your mind and silence the noise will put all your mental energy at your disposal. Regular use of a range of techniques, built into your daily life – will change that life – immediately, beyond recognition.

By consciously deciding to pay attention to what you're doing – right here, right now – not letting your mind wander, you immediately become so much more effective just doing what you're actually supposed to be doing.

You can become 2000% more effective. But that is only that start.