



## Shreveport/Bossier City Meetups

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### How to Program or Re-program Your Subconscious Mind **Go Within or Go Without!**

1. Deep feelings, strong desire, conscious interests, passion and a living faith are the only ways to program the subconscious mind. All of the above must be done harmoniously. Out of all the above, deep feelings/deep emotion is the most important.
2. The Conscious mind supplies the direction; The subconscious mind supplies the power and the mental material. The conscious mind must then take action and use that material.
3. You must control your emotions by controlling your environment. If you control your environment, you control your subconscious. If you control your subconscious, you control your life. If you control your subconscious, you also control your environment. **Proverbs 16:32** *He that is slow to anger is better than the mighty; and he that rules his spirit (subconscious) than he that takes a city.*
4. You cannot permit random acts and thoughts to enter your subconscious.
5. Good thoughts/emotions deeply felt is the key to health, happiness, and financial prosperity.
6. Wrong thoughts/emotions deeply felt will bring about the opposite. Never think about anything that you don't want!!!
7. To reprogram the subconscious, you must give it the right impression. Every wrong thing or negative situation in your life is a result of a wrong thing or negative impression in your subconscious, e.g. don't think of removing sickness... think of producing Health. Positive impressions will melt away negative impressions. Every negative condition in your life can be corrected with positive impressions and emotions.
8. Mental force via positive statements and affirmations will not work. You must speak the language of the subconscious, which is images, emotions, metaphors and allegories.
9. Think of health, not sickness; wealth, not poverty; and holiness, not wickedness.
10. You must practice, cultivate and develop faith, gratitude, and mental sunshine.
11. Forget and ignore all limitations of the past, present and future. Think only of the limitless present and boundless future.

12. Always create from the highest state of vibrational consciousness, i.e. Love, Joy, Faith and Certainty.
13. The conscious mind must be cultivated and the subconscious mind must be developed.
14. Give your future to your subconscious. Practice segment-intending (*Ask and It is Given, Process 11, pg. 217*). Prayer is also highly recommended. Keep your mind in perfect peace.
15. Impress the subconscious with high-quality conscious activity many times a day.
16. Use the subconscious to attain your best mood.
17. Human sweetness and mental sunshine should always be cultivated. Every mood comes from the subconscious.
18. Negative feelings will repel, not attract.
19. Make all your desires subconscious, and your subconscious will make you worthy of that desire. The subconscious will make you equal to what you desire.
20. For health, do not think of disease. Allow the conscious mind to form the perfect picture of health. Then impress that picture, thought, feeling/emotion and concept into the subconscious.
21. Program the subconscious before sleep by thinking and feeling very deeply on those things, thoughts, ideas, and goals that you want to accomplish. This will remove any negative thoughts you may have had during the day. Do some form of meditation before you direct your subconscious. You must be at perfect peace and at your highest vibration before you engage your subconscious. Do not eat late meals as this can interfere with the proper programming of your subconscious.
22. Never go to sleep experiencing anger, fear anxiety or worry! No negative thoughts! You don't want this to go into your subconscious. Always give your subconscious something positive to do before going to sleep.
23. Every dream is a partial memory from the day. Every good dream is a prophecy! Bad dreams must be countered immediately with positive impressions and directions. Bad dreams, or dreams that don't make sense, mean that you are creating chaos in your life.

Remember the Ant and the Elephant. The subconscious mind uses 400,000,000,000 neuron of information per second, while the conscious mind uses 2,000 neurons per second.

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By Vincent & Leslie Adams