

# **The Power Of Your Subconscious Mind Book Summary, by Joseph Murphy**

by Allen Cheng

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[https://www.youtube.com/watch?v=QCMmUmIkq\\_o](https://www.youtube.com/watch?v=QCMmUmIkq_o)

<https://www.youtube.com/watch?v=L6v7us25uY8>

## **1-Page Summary of The Power Of Your Subconscious Mind**

### **Your Mind**

You have only one mind, but it has two parts with different functions. One part is your conscious mind. That's your "objective mind," or the part that you can be aware of in your waking life. It makes choices and reasons. The other part is your subconscious mind. This is like a garden where seeds are planted by the gardener (your conscious self). Then those seeds grow into what they were planted to become (the things you want to achieve).

### **Principles of the Conscious and Subconscious Mind**

To be happy and successful, you need to understand how your mind works. The conscious mind does the thinking, but it influences the subconscious. It accepts thoughts from the conscious mind and acts on them. Whatever your thoughts are, they produce a similar result in the subconscious. If you think positive things, good things will appear in your life; if you think negative things, bad things will happen to you. Your subconscious faithfully and immediately accepts instruction from your conscious mind. Therefore, whatever goes through your head has an immediate effect on what happens in real life because of what's going on in your subconscious mind at that time.

People respond differently to suggestions depending on their experience or temperament. Your subconscious controls your body and what you feel, so it can affect your health in various ways. If you suggest negativity to yourself, then that's what will happen; however, if you use positive suggestions instead of negative ones, then those are the results you'll get. Your subconscious works with logic like a syllogism: If you accept a major premise as true, then whatever conclusions follow from it are also true no matter how absurd they may seem. For instance, if I tell myself that I can't do something because I'm not strong enough or smart enough for it even though I know deep down inside that this is not true at all (and actually there's no logical reason why it should be), my subconscious mind will believe me and make sure that proves to be a self-fulfilling prophecy by making me weaker and dumber than ever before!

Your subconscious mind is responsible for 90% of your thoughts. It tends to be positive and works toward achieving goals. It also helps you stay healthy by being in a state of harmony, where being strong and healthy is normal. You get sick when you think negatively about yourself or others, which goes against life's natural currents.

To get your subconscious and conscious to work together, the nerves that correspond with each must engage. The subconscious is an intelligence responsible for taking care of your body. When you think positive thoughts, it provides the answers you need. If you try too hard to force yourself into finding an answer, then you'll fail. "The principle reasons for failure are lack of confidence and too much effort." You can't coerce your subconscious; instead, believe in what it can do for you and ask it questions confidently through prayer or meditation.

## **Emotions, Relationships and the Subconscious Mind**

Your subconscious plays a powerful role in your happiness, how you deal with emotion and your relationships with other people. You will be happy once you choose happiness and to the extent that you have faith. Start today. Trust in the divine order to manifest in your life. Trust yourself to overcome weakness and obstacles. Make happiness a habit. Be grateful for all the universe provides (including wealth). Don't make your happiness contingent on outside factors like being rich or famous because they won't last forever, but it's important to be grateful for what you do have now rather than focusing on what's missing from your life right now.

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