# A Beginner's Guide



Dot Campbell

# YOU'RE NOT THE BOSS OF ME!

Take CONTROL of Your Subconscious Mind

# A Beginner's Guide

### WARNING!!!

Do **NOT** read this book if you do not want to change your life for the **BETTER**.

Understanding the subconscious mind process and putting into practice the methods in this book to become a more positive person will lead to amazing improvements in your life on all levels.

Programming the subconscious mind to Positive thoughts, feelings and perceptions will draw into your life Positive abundance of all types.

Consider yourself warned and if you proceed, please do it with an open mind and an accepting heart.

### Prepare to be AMAZED!!

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### Published by Positive Press



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Additional copies may be purchased at:

www.dotcampbell.com

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Printed in the United States

ISBN 0-9658996-8-3

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With Gratitude - -

To all my clients and students over the years that allowed me to share my methods and techniques.

They helped confirm, through their many successes, that the methods and techniques contained in this guide are easy-to-learn and of great assistance in creating the life they desire.

Thank You Thank You Thank You

To:

Dale for always believing in me and helping me believe in myself.

Tom C. for his grammar and continuity editing.

Kate H. - Dan K. - Joan M. - Lisa T. - John M. for valuable constructive feedback, very helpful suggestions and their supportive enthusiasm that encouraged me to forge ahead.

My constant gratitude to my Guides who are a loving source of insight and enlightenment.

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### A WORD FROM THE AUTHOR

I do not proclaim this book to be a magic wand or a silver bullet. Just reading it will not make your life perfect – whatever your definition of perfect may be.

I do, however, offer you practical, easy-to-learn techniques to help you become the YOU, that you truly want to be and that will bring Balance, Harmony, Good Health, and Success into your life.

As with all knowledge – it is power <u>ONLY</u> if you use it.

The process is simple  $-\underline{\text{doing}}$  it is the **KEY**!!!

I spent a lot of time and money on books, recordings, and workshops to improve my life. Somehow I thought that by just accepting and paying for this knowledge my life would change for the better.

My life began to change for the better <u>ONLY</u> after I defined the basics of how the subconscious mind processes and then put the principles I learned into practice.

In this guide I share the most powerful processes I have found to bring consistent positive, lasting changes. This guide is based on my beliefs, theories and positive results experienced by my clients, students and myself.

I offer you this Beginner's Guide to take Control of your Subconscious Mind and truly become the Boss of You!!



First think what you would like to be, Then concentrate on these thoughts, positively

Before you know, you'll look and see You've become the who you wish to be

All your hopes and dreams are real
If you keep that voice of doubt within you still

With all your goals in life be firm Settle for no less on any terms

Your potential for success lies deep inside The untapped will you've tried to hide

Be the master of your own mind And all will love the you, you find

With positive thoughts to lead the way You'll become the you, you seek, more each day



### **INTRODUCTION**

I wrote this book for both personal and educational reasons. I became a student of the Subconscious Mind at a very young age. My first love was solving mysteries. My favorite books to read were *Sherlock Holmes*, *Nancy Drew*, the *Hardy Boys* and any other stories that required me to gather the information to solve a mystery. When my fourth grade teacher labeled me "slow", while both of my cousins were considered very bright, that became a huge mystery for me to solve. I began to look at the differences between us. The difference boiled down to our thought processes, whether or not we believed we could do something, how we looked at ourselves, our capabilities, shortcomings, strengths and weaknesses.

The more I denied the label of "slow", the more I achieved what I set out to do. I became *The Little Engine That Could* – the more I told myself I could, the more I did. The more I told myself, "I'll show them I can do it," when those around me thought otherwise, the more I showed them I could do it. This process was not an easy one. It took focus and dedication on my part, mostly because I didn't know much about the part of me that was helping with this process – my *subconscious mind*.

From my teen years on into adulthood, I read many books and studied hard to identify the processes I used to override the "slow" label. There in lies my need to write this book – to demystify the "subconscious mind". This is an amazing gift we all possess from birth, but know or are taught little about. Within the pages of this book is a simple explanation of the subconscious mind process, along with easy-to-learn techniques to use this powerful gift to bring success, happiness, good health and positive energy into your life.

At age 42 I was diagnosed as dyslexic which explained the "slow" label in childhood. When I was in grade school dyslexia had not yet been identified. The professional who arrived at this diagnoses was amazed, as I had already completed my associate and bachelor degrees in Management and was an Officer in a very prestigious financial corporation. Since the processes I used had worked so well when I had no idea I was dyslexic, I continued utilizing them to achieve all of my goals both personally and professionally.

Throughout my corporate career I was continually promoted to the highest position a woman could attain, at that point in time, in each company. When I concluded that I could go no higher, I started my own consulting company and am pleased to state that the corporation that I left was one of my major clients.

On a personal level, I received my Masters in Education 2 months before my 50th birthday. A goal I set to dispel the myth that I had ever been "slow". I was determined to share with others the techniques I had established that were so successful for me.

These techniques helped me create; numerous Self-Power and Life Balancing classes and presentations, a successful consulting business, the Self-Power Center and the Life Balancing Mentoring Programs.

I have lived many different lives in this lifetime and I owe it to the mindset that I established through the techniques in this guide. I accepted early on that part of my purpose in this life is to assist others in creating a life filled with peace, joy and love. Thanks to the amazing gift of the subconscious mind I am happily fulfilling that purpose each and every day.

The information in this guide is based on my understanding of how, why, what, and when the subconscious mind processes. I believe, and have seen with my clients and students, that we all have the capability of utilizing our subconscious mind to achieve our goals on all levels.

The statements and processes documented are related to the positive results achieved by myself, my clients and my students.

ENJOY!!

I wish you much

Good Health, Happiness, Love and Positive Energy, Always!

Dot



Begin Your Day With a Heart Full of Gratitude for All the Love, Joy, Peace & Prosperity Flowing into Your Life Each and Every Day

Believe & Trust That All That You Desire Will Be Delivered to You By Each Word You Say, Each Thought You Think & Every Deed You Do

With This in Mind, Choose Carefully the Energy That You Send into the World for It Will Return to You Multiplied Many Times Over

Send Only Positive, Loving Energy for the Highest Good of All Concerned

And Reap Amazing Rewards Into Your Life

Thank you - Thank you - Thank you

\_D C. Campbell © 7/22/2017

### HOW TO USE THIS GUIDE

- Read Chapters 1 through 6 to completely understand the basics of the Subconscious Mind process.
- Read Chapter 7 and select the techniques that resonate with you. Practice each one that you have selected until you feel at ease with it.
- Establish a daily routine to incorporate the techniques that you have chosen, easily into your life. Enter them on your phone, Ipad, tablet, calendar - write them on sticky notes and place them in plain view.

### REPEAT - REPEAT - REPEAT

#### ICONS USED IN THIS GUIDE



The book is at the beginning of the stories I have included so you can better relate to the process in the chapter.

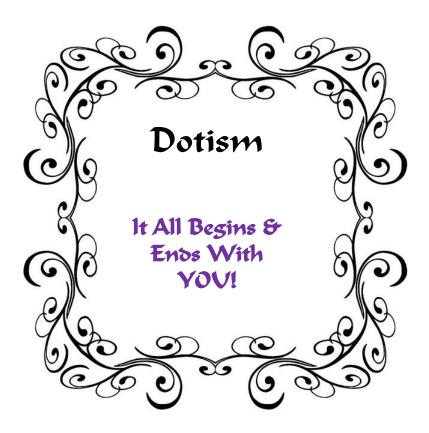


The Note identifies additional information and/or examples that relate to the material.



The stop watch is on the page at the end of a chapter where you can find a summary of that chapter.

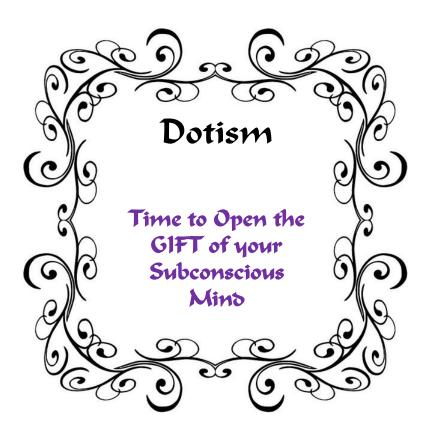
You will find note pages and plenty of blank space throughout this guide to write your thoughts and document ALL YOUR Success stories.



# CHAPTER ONE

The Subconscious Mind

What is it?



### **CHAPTER ONE**

### The Subconscious Mind – What is it?

You can research and read volumes of information about the subconscious mind, unconscious mind, super conscious mind whatever you want to accept as the title for that place inside you that is always on, never shuts up, never shuts off. I choose to use the title 'subconscious mind' in this guide, for this personal gift that we can use to create who and what we are now or who we plan on becoming.

#### The Subconscious Mind:

- Works like a huge computer just keeps accumulating and storing information all the time
- Never turns off not even when you are under anesthesia still accumulating and storing
- Is on the job 24/7 your entire life
- Doesn't know the difference between fantasy and reality
   only knows what you tell it
- Does not judge what you tell it, just believes you
- Responds on Auto-Pilot most of the time
- Is like a small child who wants to make you happy
- Acts as your protector in some situations
- Works with emotions and feelings

### CONSCIOUS MIND vs SUBCONSCIOUS MIND



The basic difference between the Conscious and the Subconscious mind is that the Conscious mind is always analyzing, making judgments, and looking for a rational answer.

The subconscious mind just keeps recording everything you see, sense, feel, and experience each and every day. It makes no judgments as to what is truth or fiction. It believes as true everything you accept into your thoughts.

CONSCIOUS MIND: NOW-PRESENT

SUBCONSCIOUS MIND: PAST REMEMBRANCES - EMOTIONS

Time for a quick review of Chapter 1 - What is the Subconscious Mind?

- ♦ Works like a huge computer
- Never turns off
- On the job 24/7
- ♦ Doesn't know difference between fantasy & reality
- ♦ No judgments
- Responds on Auto-Pilot most of the time
- Works with emotions & feelings

Conscious mind is about Now, the Present Subconscious mind is about Past Remembrances - Emotions

### The 4 Steps to Being the Boss of You!

- 1. Understand the subconscious mind process
- 2. Become consciously AWARE of what is being processed
- 3. Accept responsibility for taking control of the process to create positive results
- 4. Consistently repeat the techniques to establish the new programming and new file folders for positive results

Step 1 includes Chapters 1, 2 & 3.

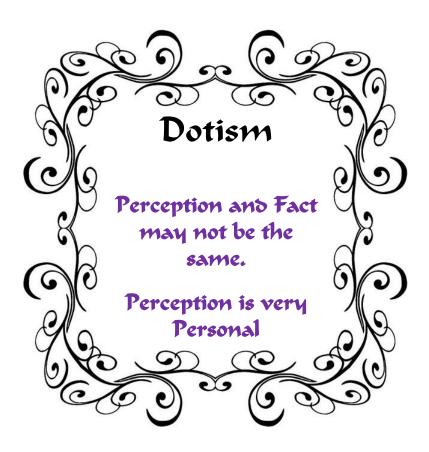
This is the end of Chapter 1, where you learned What the Subconscious Mind is. Now on to Chapter 2 to learn How the Subconscious Mind Works.

# Notes

# CHAPTER TWO

The Subconscious Mind

How does it work?



### **CHAPTER TWO**

### The Subconscious Mind – How does it work?

### Good news / Bad news

The good news is that the subconscious mind never forgets anything – the bad news is the subconscious mind never forgets anything.

Since the subconscious mind never forgets anything, it can bring back feelings and sensations related to long past experiences. However, it does not always let you know whether these feelings and sensations are related to the past or are a part of your present situation.

#### Ever wonder:

- Why you reacted or responded to a particular situation or person without a thought as to what you were doing, then regretted your actions
- Why you keep repeating the same behavior when it consistently results in the same negative, uncomfortable outcome
- Why some people bring out the worst in you
- Why you are immediately drawn to a new acquaintance and feel totally comfortable with them even though you know very little about them
- Why you immediately feel uncomfortable with a new acquaintance everyone else seems to like

Enough Already! We could go on forever wondering – let's get to the reason behind the WHY.

I believe that it all hinges on the word *PERCEPTION* - a word I am totally fascinated with. What does *PERCEPTION* mean to you? OK, stop struggling – the dictionary definition of Perceive means: to observe – take note of – become aware of - Perception means: – an impression.

I believe that it is the function of the subconscious mind to evaluate each and every person or situation we encounter.

It then starts up its search engine, goes into the data bank of accumulated information and begins searching all the files and folders to find a similar person or situation previously encountered to access the related knowledge. It takes a quick look at how you felt about you at that particular moment in time and comes up with the

## **Perception**

of that person or situation.

Perception is what you 'think' is happening. Your perception of what is happening is a very personal thing; it belongs to you alone. Each person has their own perception of any given situation or individual. If we are all perceiving on our own, then where lies the truth of what is happening?

Okay here it is – the *Fact* is something happened – your *Perception* of what it is that happened is your own personal definition created through your subconscious mind process, taking into consideration all the information it has accumulated for, with and about you.

Looking at the chart in Chapter 3, will help you better understanding how the subconscious mind impacts your attitudes, reactions, and responses by creating your

## **Perception**

Time for a quick review of Chapter 2 - How does the Subconscious Mind Work?

- ♦ Good news it remembers everything
- ♦ Bad news it remembers everything
- Creates your Perceptions from all accumulated information
- Includes Present feelings into creating your Perception
- ♦ Perception is a very personal thing
- Perception and Fact may not always be the same

Conscious mind is about Now, the Present Subconscious mind is about Past Remembrances -Emotions

### The 4 Steps to Being the Boss of You!

- 1. Understand the subconscious mind process
- 2. Become consciously AWARE of what is being processed
- 3. Accept responsibility for taking control of the process to create positive results
- 4. Consistently repeat the techniques to establish the new programming and new file folders for positive results

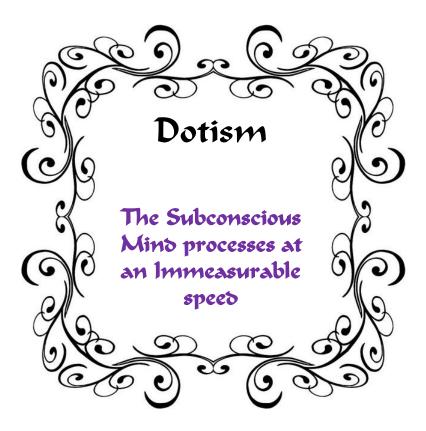
Step 1 includes Chapters 1, 2 & 3.

This is the end of Chapter 2, where you learned How the Subconscious Mind Works. Now on to Chapter 3 to learn the entire Subconscious Mind Process.

# Notes

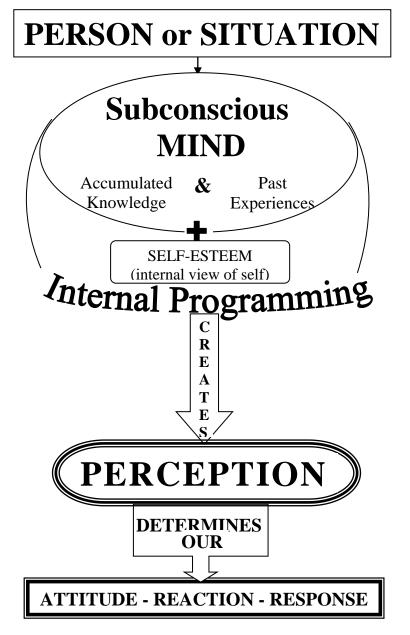
# CHAPTER THREE

The Process

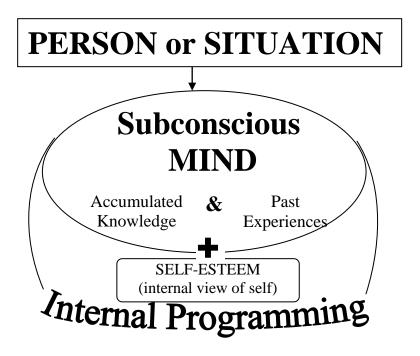


### CHAPTER THREE

### **The Process**



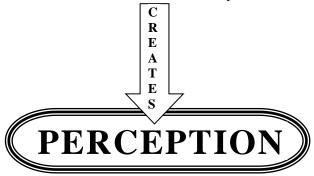
Let's break the process down by looking at each section. In this first section you can see how your *Internal Programming* is established in the process.



When you encounter a person or situation, your Subconscious Mind immediately engages its amazing search engine and pulls up all the stored knowledge and past experiences that relate. It then looks at how you feel about you at that point in time. Your internal view of yourself - your self-esteem - is added to the process. This all adds up to establish your

### **Internal Programming.**

When your Internal Programming is complete, it creates your Perception of the Person or Situation that you encountered.



Your subconscious mind completes this entire process so quickly that there is probably no method to measure its speed.

So bottom line is your Perception is being created by your Subconscious mind from your Internal Programming or if you prefer, from all the data that has been accumulated and stored by your subconscious mind, plus the emotions you are feeling about you at that moment. So your self-esteem plays the final role in creating your perception at that point in time. Your self-esteem is your conversation with yourself. This conversation can change minute by minute. So unless you take control of the process, your perception of the same situation can be altered by how you feel about you at that moment in time.

Remember the Subconscious Mind stores everything that you have accepted, whether true or false. Everything that you have accepted and internalized expressed by you or others is now in a file folder in your Subconscious Mind data base.

This includes your conversations with yourself, about yourself which constitutes your Self-Esteem. You are in control of whether you accept or reject a statement as true or false.

Here is a small part of a conversation I have with my first-time clients while I am introducing them to the concept of internalizing information. I ask them to sense how they feel when I make some comments about them. I start by saying "what made you decide to dye your hair that shade of green"? They of course do NOT have green hair so their internal response is one of "what is she talking about" or "is this woman totally color blind". They smile - some of them will chuckle or laugh. Then I make a comment on something I sense they may be uncomfortable or questioning themselves about. Usually it is about a piece of clothing that they are wearing.

It is just an off handed comment about color or style and why they chose to wear it to our session today. They usually take some time to explain their choice while probably processing in their thoughts - "I knew this was the wrong thing to wear" - "she's right, I hate this color on me" - "what was I thinking, another bad choice" - "she must think I'm totally clueless". During their conversation with themselves they will admonish themselves and accept that their choice was unacceptable.

We then discuss the fact that it was not their choice that was the issue, but their acceptance of my comments about their choice that defines how they were feeling about themselves. My green hair comment was not valid for them, so they did not internalize it and the subconscious mind did not accept it as a negative into their data base. However, if my other comment was something that they were concerned about, the subconscious mind searched the data base and filed their feelings in the appropriate folder - usually a negative one.

No one can make you feel good or bad - it is your acceptance or rejection of what they say that creates your feelings. Katlen had an important meeting at work this morning and was feeling very optimistic about the outcome. These were new clients that could bring the company a large increase in their revenue and she had been chosen to do the fee structure presentation for them. This was her chance to show the upper management staff just how valuable she was to the increase of the customer base.

Katlen had chosen her outfit the night before and had it hanging all pressed and ready for her big day. She was feeling very proud of herself – she had come a long way since her first day at the company. She had reviewed every piece of company literature available so that her knowledge of the company would be thorough and exact. Katlen couldn't wipe the smile from her face as she applied her makeup and smoothed her hair into a sophisticated, yet modern style. This was it, this was the day she would make her mark in the company. Everyone at the meeting would be listening to her every word as she explained the fee structure clearly.

Katlen slipped on her polished shoes with just the right size heel, so that she looked a little taller, but not imposing. She slide into the seat of her car which she had filled with gas yesterday, so as not to have to deal with lines at the station this morning. All was in the ready, she had thought of everything and was very happy to openly admit her pride to herself.

As she sat at her desk, organizing her papers for the meeting, her friend and co-worker Fran popped her head in and commented in a half joking, half serious voice, "Well don't you look like the queen bee today". Katlen chuckled at Fran's remark and responded with a very pleasant "Thanks, that's who I am today". Fran had been helpful to Katlen when she began with the company and they had become lunch pals and rather good friends.

Katlen was now driving home and still could not get the grin to leave her face. The meeting with the new clients had gone very well, so well in fact that the client had stated that they would sign on if Katlen would attend all their meetings. What an amazing day she had – she loved how she was feeling about herself.

A few days later Katlen was getting ready for work and realized that she had neglected to pick up her dry cleaning and the outfit that she had laid out the night before was missing a clean blouse. She slid hangers of blouses back and forth impatiently in an attempt to locate one that would somehow match what she planned on wearing. She finally grabbed at the blouse that would serve the purpose, but certainly was not what she would normally select. She couldn't waste any more time on her fashion sense – it was getting late and she had to get gas on the way to the office. Katlen sat on the edge of the bed and pulled on what she realized was her last pair of stockings. She would have to make a shopping trip to the mall on her way home today. As she slipped her foot into the most comfortable pair of shoes that she owned, something on the edge of her right shoe snagged at her stockings and started a path of open stocking thread across her foot and traveled to her ankle. Katlen let out a loud sigh of disbelief, it was going to be one of 'those' days. What was she thinking, where was her mind, she was usually so organized why had she let things go. As Katlen drove to work, she had a very serious and reprimanding talk with herself. She needed to get her act together - stop being such a scatter-brain.

As Katlen sat at her desk, attempting to hide the run in her stockings which was now snaking up her calf. Her friend and co-worker Fran popped her head in and once again commented in a half joking, half serious voice, "Well don't you look like the queen bee today". Katlen did not chuckle at Fran's remark today, instead she responded with a frown and words to the effect that 'what right did Fran have to judge her appearance she was no fashion plate'. Fran fled from the office not understanding what she had done wrong.

#### **SUBCONSCIOUS MIND PROCESS:**

Fran said the exact same phrase to Katlen on both occasions. However, Katlen's view of herself – her self esteem - was not at the same place both days. So when Katlen's subconscious mind took a look at how she was feeling about herself, her Internal Programming created a completely different Perception of what was happening and why Fran had made a comment about her appearance. The creation of this negative perception had Katlen respond in a defensive manner, instead of the chuckle and pleasant response she had offered Fran on the day Katlen felt good about herself.

Internal Programming begins early on as you start to understand language and accept or reject what others say to you and about you. At an early age children will not accept that they cannot do something that may be impossible for them. They try and try until they either get hurt or an adult tells them to stop. Their Internal Programming did not include the idea of failure, so they tried without fear.

You are not born with all the fears, acceptance of lack, and insecurities that you eventually accept as truth. You create these concepts by either accepting or rejecting information into your subconscious mind.

Unfortunately, we are programmed mostly negatively through what we experience in our lives. What are the first words you hear as a child? NO - DON'T - STOP.

Although these words were repeated for your safety and protection, it began the programming of the subconscious mind to easily accept negative input. The result is that people accept most negatives as true and are cautious or suspicious of positives.

Why is it difficult to accept a compliment? We make a remark or excuse to override the compliment; "this old thing" - "I got this on sale" - "really?" We are so used to the negative input, that the positive implication of a compliment makes one wonder; "What is this about?" - What do they want from me?" - "What am I missing?"

When you are in control of the process, a correct response is; "Thank you!" - "Thanks for noticing" - "Thanks, I appreciate the compliment!" - "Thanks, you made my day". Any of these responses will make both of you feel good.

What this guide for the Subconscious Mind has created for my clients and students is that they become completely comfortable with positives. They are surprised when a negative comes through and respond with, "What was that? Oh I can deal with that", and change their perception into a totally positive one.

My purpose for sharing this process is for you to accept the

# Negative Input as Unusual/Unacceptable and the

## Positive Input to be the Norm.

As you grow, your subconscious mind continues to accept the input that creates your programming. Your beliefs, fears, strengths and weaknesses find their file folders and keep adding information to each folder every day.

Your subconscious mind is the original, biggest, best computer ever created. The technology of today has come a long way. Believe me I know, I still have my old Royal manual typewriter. But technology will never surpass the capabilities of the subconscious mind when you take control of how it processes.

Imagine, if you will, the speed at which your subconscious mind processes information to evaluate, retrieve, create a perception and then produce the attitude, reaction and response for you to act out.

Since this Perception is being created from what your subconscious mind has stored from your accumulated knowledge and all past experiences, it may be influenced by unreal conclusions. What negative statements did you hear while growing up from adults, authority figures, peers? They are all stored in your data base even though you are not consciously aware of them. The subconscious mind will retrieve the feelings from them if they relate to your present situation.

Sue was meeting several of her book club friends at a book signing by one of their favorite authors. She attempted to control the excitement that was building inside her, taking deep breaths as she maneuvered her way through the rush hour traffic. It was a long drive, especially at this time of day, but Sue comforted herself with the knowledge that she would at last meet the very person whose writing style she so admired. She had packed this author's books into the biggest tote that she had with the hope they would be signed tonight by the brilliant woman who wrote them.

Sue arrived before her friends and occupied herself by browsing at the table displaying a collection of the well-know author's books. She placed herself where she had a clear view of the door to keep a close eye out for her book buddies.

While throwing periodic glances toward the doorway, she found herself chatting with a well-dressed, very pleasant woman. Sue complemented the woman on the classic outfit that she wore while thinking to herself – 'why had this obviously style-wise woman chosen to wear the small wire-framed glasses that had gone out of style years ago'.

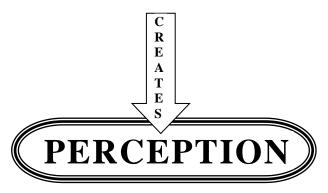
After a few minutes, Sue felt an uneasiness flowing through her body. She could not focus on what the woman was saying, in fact her words were not making any sense. Sue was overcome with the urgent need to end the conversation rather abruptly. Using the excuse that she thought she saw her friends arriving, she made her exit with the woman in mid-sentence.

As she searched the now packed room, she saw her friends headed toward her, their faces lit with excited expressions. One friend could not contain her enthusiasm and shouted, "You lucky duck, how did you end up in a conversation with THE author of the night"? Sue's face went pale as she realized that she had just thrown away the chance of a lifetime to have a very personal discussion, with the author she admired so greatly and whose books she had been reading and living with for years. Sue had no explanation to her friends or herself as to why she had left, in mid conversation, the very person she had driven two hours to meet.

### **SUBCONSCIOUS MIND PROCESS:**

Sue's subconscious mind went into its protective mode due to the famous author wearing the same type of wire frame glasses as her fifth grade teacher. The teacher who told Sue that she was

stupid and would never amount to anything. That encounter was the most painful experience of Sue's early school years. In an effort to protect Sue from the same hurt she felt from her fifth grade teacher, her subconscious mind created uncomfortable feelings that made Sue feel the need to end the conversation and move away from the author.



Sometimes feelings are created with no identifiable rationale.

The subconscious mind may retrieve feelings and emotions from past experiences for you to sense in the present. However, it seldom communicates to you that is what it is processing or why. It just does its job of searching for like information and revives the sensations that will produce what seems the appropriate outcome. The same outcome that was produced the last time the same data was accessed. Once again resulting in the "same old, same old" outcome.

This is where you need to take control of the process that creates your Perception and determines where it is coming from and how appropriate it is for the present situation.

The Perception that is created can be a help or a hindrance. A great deal of our Internal Programming comes from past experiences and our accumulated knowledge. What we have accepted as fact, in the past, will create our perception of a person or situation in the present.

Since perception is such a personal assessment, it can be shaded or enlightened by our beliefs, environment, and almost anything we have been exposed to during our life.

### **SUBCONSCIOUS MIND PROCESS:**

There is a car accident that four people have witnessed. How many different explanations of the accident might you get? Depending on the personal perception of each witness, you could get as many as four slightly different accounts of the accident. If the accident was between a Volkswagen and a BMW, the views may differ according to the witness's belief systems with regard to money - i.e: someone who has heard throughout their life that people with money have no regard for those with less, may have a tendency to side with the Volkswagen, no matter what the facts.

Fred and several of his friends from work meet at the local pub for a quick liquid refresher before boarding the commuter train for their journey home to start a relaxed weekend. As they sit waiting for their drinks to arrive, the volume of the music emanating from speakers hanging from every corner of the establishment begin to blast in a volume that makes it almost impossible to have a conversation. They have to hold onto their words until there is a break between songs and then rush to form a complete sentence before the next ear-piercing song begins. As the words of a familiar song reach Fred's ears, he is aware of pleasant feelings flowing through him and begins to smile. When questioned by one of his colleges as to why he is all of a sudden sporting a silly grin on his face, Fred's only explanation is that this song makes him feel good. Sam, a usually mild mannered co-worker, raises his voice above the volume of the music and vehemently states that this is one of the worst pieces of music ever recorded and should be banned.

### **SUBCONSCIOUS MIND PROCESS:**

At some point in time, Fred heard the song while experiencing good feelings. Perhaps with a loved one or while doing something that was a very comfortable and happy time in his life. Sam, hearing the very same song, had a reaction of disgust and even some anger. Hearing the song evoked in Sam a very unpleasant experience, perhaps related to a situation in his past that transpired while that very song was playing.

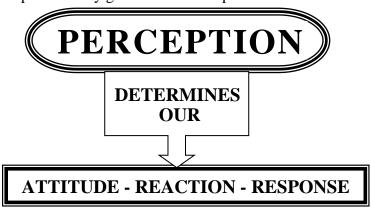
Again, the Subconscious Mind may not always disclose the circumstances that are evoking these responses. It just does its job, searches the data base and brings back the retrieved emotions related to the person or situation at hand and you respond to those emotions.

The facts? The song played and everyone could hear it. Each person's perception of the experience of hearing the song was created from the retrieved information in the subconscious mind.

The perception of what we experience, sights, sounds, smells, etc., - will bring back good or bad feelings according to what the subconscious mind associates with that perception.

Since at least some of your perception is created by the subconscious mind from past remembered information, is it possible that your perception of what is transpiring at the present moment could be a slightly shaded picture of the facts? **Oh yeah!** 

The perception created will determine your attitude, reaction and response to any given situation or person.



If you don't take control of the Perception Process, you will be on auto-pilot and respond and react with the same attitude as you always have.

Which means you will get the "same old, same old".

One of the definitions of insanity is doing the same thing over and over again and expecting a different outcome. Something has to change in the process to create a different, more acceptable outcome.

If you want your life to be more positive, you have to take control of the Internal Programming to create a more positive Perception. This will lead you to more and more positive outcomes in your life on all levels.

If you continue to do what you've always done, then vou'll continue to get what you always got.

### You're NOT the BOSS of ME

Time for a quick review of Chapter 3 - the Subconscious Mind Process.

- ♦ Encounter Person or Situation
- Subconscious mind makes quick assessment by looking at stored information & our self-esteem
- ♦ Internal Programming Takes Over
- Creates PERCEPTION
- ♦ Goes into Auto-Pilot to respond to that PERCEPTION

Now that you know how, why, what, and when the subconscious mind processes, it's time to look at making changes in the process to create more positive outcomes.

### The 4 Steps to Being the Boss of You!

- 1. Understand the subconscious mind process
- 2. Become consciously AWARE of what is being processed
- 3. Accept responsibility for taking control of the process to create positive results
- 4. Consistently repeat the techniques to establish the new programming and new file folders for positive results

Step 1 includes Chapters 1, 2 & 3.

You are at the end of Chapter 3 which completes Step 1.

On to Chapter 4 – become consciously AWARE of what is being processed.

Is the processing about NOW in your life?

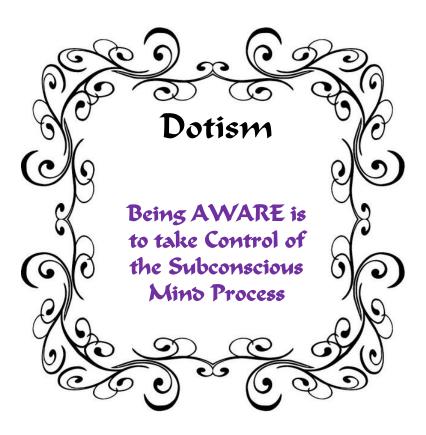
OR

Is it about your PAST?

### **Notes**

# CHAPTER FOUR

AWARE
A New Process Begins



### CHAPTER FOUR

### **AWARE – A New Process Begins**

Ah, another word that fascinates me – AWARE

A lways

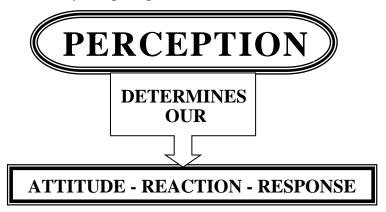
W atch

A ttitude &

R eaction

E volve (evolving)

Once the Perception is established, then the actions determined by that perception follow.



But unless you become AWARE during this process – you will always get the "same old, same old" - you will be on auto-pilot - running the same old internal programming pulling up the same old file folders - even if you do not want the same old outcome!

If you are not AWARE enough to take control of the subconscious mind process, then you go right back to the auto-pilot scenario. When the subconscious mind learns something, it will repeat the same learned attitude, reaction and response, until you change the learned pattern.

Becoming *consciously* AWARE of the process – before you allow the auto-pilot programs to determine your attitude, reaction and response. It will let you look at the choices available to you. Your awareness of the process permits you to make the decision that will produce the most positive results.

This may sound confusing, but it's not really. What it boils down to is a choice between being consciously aware of what and why we are doing things and taking control of the subconscious mind process before it creates your perception. Or letting the auto-pilot programs engage and producing the same old results that are unacceptable.

The *auto-pilot* can be yet another good or bad thing that is established in the subconscious mind! The really good thing is that YOU established all your auto-pilot programs, you own them – therefore YOU can change and/or erase them.

### AWARE - CONSCIOUS MIND

### **AUTO-PILOT** - SUBCONSCIOUS MIND

Brings to mind the word *Habit*, another good thing or a bad thing. Since your subconscious mind makes no judgment as to good or bad, it creates a habit from the learned, repeated behavior. So a *Habit* is what you create when you allow your subconscious mind to go into its *auto-pilot* program.

The more you give your subconscious mind permission to process on auto-pilot, the more you establish habits – good or bad.

### HABIT - SUBCONSCIOUS MIND

At an early age you learn the alphabet, how to add and subtract numbers, ride a bike and so on. It took time and repetition to complete these learning processes. But now you do

each of these with not much thought. They went from learned repeated behaviors to an auto-pilot program in your subconscious mind. When asked the total of 1 and 1, our auto-pilot response is 2. If for some reason our mathematical system changed and 1 and 1 now total 3 – just how long would it take for our auto-pilot to respond with the number 3? It would take a conscious effort to change the auto-pilot program that responds to add 1 and 1. You would have to become AWARE of the process. You would have to repeat the sum of 1 and 1 totaling 3 until you established a new auto-pilot program. After that new autopilot program is established in your subconscious mind, you no longer need to be consciously aware of the auto-pilot process to come up with the total of 3. Because you were AWARE of the process, you established a new auto-pilot program.

It usually takes a lot less time, through focused repetition, to replace an auto-pilot program than it did to create the original one.

Steve had just celebrated his 40<sup>th</sup> birthday, not that he had accepted that number as one to celebrate. But his family and friends had seen this banner number as an excuse to throw him a huge surprise party this past weekend. Steve had put on his best happy face and joined all the people who were so much a part of his life. 40 years of his life were gone, over, past. What did that mean? Where did that time go? Was he where he had planned on being at 40?

It was now Monday and Steve was driving the same route to his job that he had for the past 10 years.

All the questions that he asked himself the day after his big surprise party were once again surfacing during what seemed a never-ending-journey to and from the office. The office, another question — what was he doing in the same office for 10 years? What happened to his plan to have his own business, be a free spirit, do his own thing?

Not that Steve regretted his life as it was – well not all of it. He had a good job – not the one he thought he would have at 40 years of age – a wife that he loved and loved him back even more – 2 healthy, very active kids. What was his problem? Where was this feeling of lack, not enough, who am I, coming from. The swish of a car flying by him at a not-so-legal speed brought him back from his interrogation of his life. His eyes fixed on the bright red sport coupe ahead of him that was weaving in and out of lanes of heavy traffic with such ease that it seemed to be making space for itself where there was none.

Steve found his gaze focused on the red sport coupe until it was no longer in sight. Then it came to him – that was one of the things that was missing in his life – the sport coupe that was a part of his plan – the plan that he didn't complete. He decided at that very moment that he would have his sport coupe – he deserved it – he had earned it. That very day instead of heading out for lunch with the usual work group, he visited the nearest car dealership to begin his search for his new toy. After all he was 40, he was all grown up and should have a grown up toy and he couldn't think of a more grown up toy for a man of 40, than a sport coupe.

The salesman was very accommodating and handed over the keys to a sport coupe that mimicked the exact red car that Steve had admired on the drive in that morning. As Steve slid down into the soft welcoming leather of the driver's seat, the salesman asked if he had ever driven a stick shift before.

With a slight hint of apprehension in his voice, Steve stated that he had not, but was confident that he could handle it. As the salesman clicked his seatbelt into the passenger's side of the car, he began to give Steve instructions as how to engage the clutch in order to use the stick shift and have the gears engage smoothly. Steve listened intently and thought he followed the instructions to the letter, but as the car lurched forward and then stalled to dead stop, he realized that this would take some getting used to. The salesman began the instructions again, assuring Steve that everyone had some difficulty converting from an transmission to a stick shift. This time Steve made it from first gear into second gear without stalling the car. But when he shifted into the normal driving gear, he forgot to engage the clutch and the car jarred him and the salesman to a complete stop once again. Steve went back to the office, after obtaining a promise from the salesman that he could return tomorrow to once again attempt a test drive of the car.

Back in his office, Steve thought about how much he enjoyed driving. He was always the driver, whether for company business trips or family vacations. He was a very responsible driver and had never been stopped for a moving violation all these years. Although parking tickets were a different issue. He would conquer this stick shift thing, all he needed was some practice. He would go to the dealership and keep doing test drives until he could make a smooth transition through all the gears. He didn't care how many lunches he missed, he would do this.

After three consecutive lunch hours spent at the wheel of the sport coupe, Steve had reached his goal. He shifted gears like he had been driving the sport coupe for years. He had focused on the instructions of the salesman and become aware of the actions that he needed to process and create a smooth transition from gear to gear. At the end of the third lunch session, he went over the paperwork with the salesman and committed to making a final decision, after talking with his wife that evening.

Steve was not only excited about the purchase of his new car, but of the fact that he had learned to drive it in a very short period of time.

### **SUBCONSCIOUS MIND PROCESS:**

Since Steve had been driving automatic shift cars all of his adult life, his auto-pilot program was well established and ran smoothly each time he turned the key in the ignition and shifted into drive.

Switching now to a new function to drive a car smoothly, he had to change, write over, install a new auto-pilot program. Steve's awareness of the new process that was required to make the sport coupe perform smoothly and his repeated, consecutive test drives using the new process, established an auto-pilot program for driving the stick shift car. Steve's strong desire to drive the new car, along with his awareness of the process required and his repetition of that process – achieved his goal of safely and responsibly driving his new sport coupe.

Steve made a conscious decision that he wanted the sport coupe even though he initially did not know how to drive a stick shift. He focused and became aware of the new process that he needed to establish and accepted the responsibility to repeat the new process until it became a very natural 'autopilot' function.

Your subconscious mind will help you do what you want to do, IF you make it clear what you want by consistent repetition. It is like a small child who wants to make you happy and like a small child it needs to be told clearly and repeatedly before it truly "gets it"!

### OR

If you have ever house-broken a puppy, you can relate it to how many times you had to pick up the puppy, put it outside and clean up the mess. Thankfully, at some point the puppy "got it" and went to the door to do what you were programming it to do - through repetition.

### OR

Think about the programs in the computer that you probably work with each day. If the software programs, file folders or the report that you are working with are not producing what you want, you replace them or write over them.

I have always found it interesting that people will try a number of different methods, coaches and spend lots of money until they produce the results they require. But will not spend the lesser amount of time that it takes to reprogram their subconscious mind for great results. And the subconscious mind doesn't request any money, a credit card or check your credit rating.

### Time for a quick review of Chapter Four

- ♦ AWARE A New Process Begins
- Become consciously AWARE of Your Internal Programming
- Auto-pilot Programs / Habits are established through repetition
- Auto-pilot Programs / Habits reside in your subconscious mind
- Auto-pilot Programs / Habits can be Good or Bad
- You can change, erase, or establish new Auto-pilot Programs / Habits through repetition
- ◆ CARE = **C** onscious decision to become

A WARE of Your Internal Programming

**R** epetition for permanent change will

**E** stablish programs that deliver the positive results you want

### The 4 Steps to Being the Boss of You!

- 1. Understand the subconscious mind process
- 2. Become consciously AWARE of what is being processed
- 3. Accept responsibility for taking control of the process to create positive results
- 4. Consistently repeat the techniques to establish the new programming and new file folders for positive results

You are at the end of Chapter 4 which completes Step 2.

Now on to Chapter 5 - Change is **GOOD**.

# CHAPTER FIVE

Change is Uncomfortable But Sooooooooo Good



### **CHAPTER FIVE**

### Change is Uncomfortable - But Soooooooo Good

Most of us are not comfortable with change, even when we know it is for the better.

It is difficult to change – we're not sure why, but it seems like the 'same old, same old' is more comfortable. Even if that 'same old, same old' is not giving you the positive results you seek.

This comes back again to the processing in the subconscious mind – easier to go with the auto-pilot program than make a conscious effort to install a new one or perhaps change the instructions in the existing auto-pilot.

# COMMUNICATION BETWEEN CONSCIOUS & SUBCONSCIOUS MIND.

Ever ask yourself why you are doing what

you are doing, but just keep on doing it? The focus of your conscious mind is not strong enough to override the subconscious mind program. There is a much larger percentage of processing that goes on in the subconscious mind than in the conscious mind. Remember your subconscious mind is the computer that has been processing data for and about you since you took your first breath. Its data banks and file folders contain everything that you have heard, seen and experienced since birth.

When you make a conscious decision about how you want a certain program in your subconscious mind to process, that is the beginning of creating the reality that you truly want.

You have total control over the programming of that computer inside you. No degree in Data Processing required. Just a focus on awareness and strong desire for positive change.

This conscious decision can then be carried out by using the techniques offered in this guide. These are the techniques that have assisted my clients and students to succeed on many levels. They are explained in detail in Chapter 7.

Consciously deciding to change, reprogram, refresh files, accept a new auto-pilot program for a particular situation, person or issue is an absolute before the subconscious mind will accept the new information for processing. Then comes the repetition part; the subconscious mind abhors a vacuum – it is in constant communication with you – if you don't give it something new and productive to process, it will just keep focusing on the last thing that you internalized. OR what it associates with what you internalized. So since it is going to continue talking to you no matter what, why not have it focus on only positives? Remember, your subconscious mind makes no judgments as to good, bad, fact or fiction – it only knows how to repeat back what you have established with your personal thoughts and what you have accepted as truth from others. It believes you totally without question.

So it goes into the files and brings back the same reactions and responses of like situations without selecting good or bad. It does not determine if your actions will result in a positive or negative outcome..

Heard any of the following:

"You become what you think"

"Your thoughts become things"

"Be careful what you wish for (think about) as it may come true"

"You create your reality"
"What you focus on is what you get"

Once you make the decision to change a part of your internal programming, the work begins. Time to let the subconscious mind know exactly what it is you want to process for the situation, person, or issue that you want to change for more positive results.

You are in total control of what your subconscious mind processes. Well, maybe not quite yet, but very soon – before you finish reading this book, you WILL be in control. First you must **want** to *change*. The word "*change*" seems to almost strike fear in us – maybe it's because we associate *change* with hard work, difficult, time-consuming.

Perhaps we need to look at the programming in your subconscious mind that already exists with regard to *change*. If you grew up with any of the following phrases being repeated around you, it will explain your resistance to change.

"Change is never good"

"Stay with the status quo"

"The devil you know is better than the devil
you don't know"

"You'll never change"

"Be satisfied with what you are / have"

I'm sure you can add more to this list. Since our subconscious mind programming began at a very early age, as children we had no filter to judge the truth or value of what we heard. We mostly accepted what the adults and some friends around us stated as truth.

We are no longer children and the time has come to establish filters that will identify the negatives coming at us and not allow them to become a part of our *Internal Programming*.

This may sound uncomfortable, but only because you may be hearing it for the first time. It may sound like a lot of focus and concentration, but it is well worth it when amazing positive life changes are your reward.

Let me ask you this: how long has your subconscious mind been using the same old programs that you installed that are not producing the positive results that you want? How long have those folders been holding the same old processes? Some of them are probably turning yellow around the edges.

More GOOD news, it doesn't take as long to do the reprogramming in the subconscious mind as it took to establish the original negative programming. Because you are now *Aware* of how, when, and why your subconscious mind is processing, you can now take control over the *What* it is going to process from this point on for the situation, person, or issue you are working on.

Press a certain button on a piece of equipment, the process begins. Most equipment has a stop/cancel button, or a pause button so that you can evaluate what it is producing. This is

what you are going to do to change the processing of the subconscious mind. You are going to push a pause button, a cancel button — you're going to reject the program that the subconscious mind begins to process that will not give you the positive results that you want. You are going to select the program you want the subconscious mind to process — the program that will give you the positive results that you want.

Marlene found herself being barraged with negative comments each day in the office by a coworker named Carol. This storm of negative judgments began to affect Marlene's self-esteem and had her questioning her ability to do her job effectively.

Even though Marlene and Carol were peers, it seemed that Carol felt part of her job description was to make Marlene feel inept and unintelligent. Marlene dreaded going to work each day and was seriously considering resigning. Even though she liked the work she was doing and her other co-workers, the deterioration of how she felt about herself was creating more stress than she could handle.

I taught Marlene my Emotional CPR technique and she began using it consistently each time either she or Carol accosted her with negative comments about her capabilities. (Yes, I said when Marlene said negative things to herself—when we accept and internalize other's negative comments about us, we begin to echo them to ourselves). Emotional CPR is a process that cancels the negative comment and allows you to replace it with a very positive statement about you. Marlene chose the statement "I am a very intelligent person who completes all assignments perfectly and on time." This statement gave Marlene a good feeling about herself when she repeated it.

Each and every time that Carol voiced a negative comment with reference to Marlene's abilities – Marlene would silently repeat to herself "Cancel - I am a very intelligent person who completes all assignments perfectly and on time." Within a very short period of time, Marlene found when she had a negative thought or an encounter with Carol, all she had to do was repeat the word "Cancel" to herself and a comforting feeling of confidence immediately flowed through her before she even repeated her positive statement. Marlene's reactions to Carol's judgmental comments were no longer an issue for her. Her subconscious mind processing was now creating a positive perception of her capabilities and good feelings due to her repeated reinforcement of her positive statement.

Marlene went on to use the Emotional CPR technique in other areas of her life since it had worked very well for her and she was comfortable with the process. Establishing this change did not take long and the results were very rewarding.

### **SUBCONSCIOUS MIND PROCESS:**

Marlene's consistent use of the Emotional CPR technique - canceling out the negative words and thoughts and replacing them with a very positive statement about herself that made her feel good – resulted in her changing the program that had been established by Carol's initial repeated judgmental statements. When Marlene repeatedly processed the positive statement about how intelligent and capable she was, her subconscious mind focused on her positive statement about her.

It went into the data base and brought back to her all the good positive feelings stored there. Which increased Marlene's confidence and self-esteem.

A more detailed explanation of the Emotional CPR technique can be found in Chapter 7.

The Emotional CPR booklet is available on my website:

### www.dotcampbell.com

Start looking at the word *Change*, not as uncomfortable, but as an opportunity to become the YOU, you truly want to be.

Once you *Change* the programs and file folders in your subconscious mind to produce positive results, you will enjoy the life that you truly want to live.

You will view the word **CHANGE** as **S000000000000 GOOD!** 

Time for a quick review of Chapter 5 - Change

- Change can be uncomfortable or an Opportunity - your choice
- ♦ Must want to Change
- ♦ Consciously decide to Change
- More processing in the subconscious mind than in the conscious mind
- Doesn't take as long to reprogram as the original programming took

### The 4 Steps to Being the Boss of You!

- 1. Understand the subconscious mind process
- 2. Become consciously AWARE of what is being processed
- 3. Accept responsibility for taking control of the process to create positive results
- 4. Consistently repeat the techniques to establish the new programming and new file folders for positive results

Now that you know how, why, what, and when the subconscious mind processes, it's time to look at making changes in the process to create more positive outcomes.

So on to Chapter 6 - Taking Control

## Notes

# CHAPTER SIX

Taking Control
Easier than it Sounds



### **CHAPTER SIX**

### **Taking Control – Easier than it Sounds**

You will choose what the outcome will be - a positive, happy, healthy YOU

This chapter is about YOU taking control. Now that you understand how the subconscious mind processes and accept that you need to make a conscious decision to make changes (no longer a scary word) for the better. It's now time to take control over the subconscious mind process. That's right you are taking control – you are going to determine your attitude and how you react and respond to situations and people. Because you are about to go into the subconscious mind and replace all the old programs that you no longer want to process – clean out all those old file folders that are not serving a positive purpose for you and the life that you now want to live.

Taking control in most cases sounds like a tough thing to do. But remember, you are taking control over your subconscious mind, that part of you that is all about you – it holds onto everything for you – it makes NO judgments, it doesn't analyze what you accept as true – it just takes it as true. Your subconscious mind believes everything that you accept as valid input and creates the files, folders and programs according to that input.

So guess what? You can have total control of the programs that your subconscious mind processes each and every day. How great is that – you get to determine the positive outcome of every situation and personal encounter that you experience. I promise that once your subconscious mind realizes what you truly want, it will deliver it. But YOU need to be clear and repetitive about what you want

What it comes down to is you taking Control of the subconscious mind process by being consciously aware of your Internal Programming (refer to chart in Chapter 3).

Decide whether it is using old, negative programs that you need to Cancel and Positively replace - so you don't get the "same old" "same old" negative results. Or if it is now retrieving the new Positive programs that you have installed through your positive repetition processes.

### The 3 A's of Reprogramming

**Aware** - be conscious of the subconscious mind process **Acknowledge** - define what is processing in the subconscious

mind

**Act** - use techniques to program the subconscious mind to Positive processing

It's all about YOU - everything begins & ends with you

Time for you to take Control – take over this amazing gift that is uniquely yours - this wonderful tool that you have had since birth - your subconscious mind. Unwrap your gift and use it to create a life of Balance, Good Health, Love and Prosperity on all levels.

It's never too late to take over the processing of your subconscious mind. We would have all done it much earlier in our lives if we had just known that it existed and how to use it to make all of our growing up years much easier and more comfortable.

No looking back allowed – for the book that you are now holding contains the knowledge and instructions to create into reality all that you truly want and deserve in this life.

All the basics that you need to know are in this book that is **A Beginner's Guide to Take Control of Your Subconscious Mind.** 

### Become the Boss of YOU!!!

Time for a quick review of Chapter Six - Taking Control

- ♦ You take Control
- ♦ Easier than it sounds
- Now understand the Subconscious Mind processes
- ♦ Replace Negatives with Positives
- ♦ The 3 A's of Reprogramming
- ♦ Begins and Ends with You
- ♦ Use the Amazing Gift of your Subconscious Mind
- ♦ Create the life you want and deserve
- ◆ Repetition is KEY

### The 4 Steps to Being the Boss of You!

- 1. Understand the subconscious mind process
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- 3. Accept responsibility for taking control of the process to create positive results
- 4. Consistently repeat the techniques to establish the new programming and new file folders for positive results

You have now completed Chapters 1 through 6 and are TOTALLY READY to begin using the Techniques in Chapter 7.



# Notes

# CHAPTER SEVEN Techniques



#### CHAPTER SEVEN

#### **Techniques**

This chapter identifies some of the techniques that I have created, adapted and used myself and with my clients and students.

There are a number of them because I believe that there is not just one that works for everyone. All are capable of assisting in reprogramming the subconscious mind. Read through them and use the ones that feel right to you. There is an explanation of each of them. Chapter 8 identifies some of the benefits of using these techniques.

Please be patient with yourself as you use each technique. Remember that the programming in your subconscious mind has been there for some time.

I promise you that once your subconscious mind realizes what you truly want, it will deliver it. But YOU need to be clear and repetitive about what you want.

Give yourself time to become proficient with whatever processes are most comfortable for you. You may want to work with each of them and then make a decision. Whether you use one or all of them – the KEY is to use them repeatedly.

Knowing how the subconscious mind works and that you can take over its programming process is of little value unless you make a CONSCIOUS decision to actually do it. Then take the ACTIONS that will produce the **positive** results that you want.

Knowledge is Power ONLY if you Use it.

# **TECHNIQUES**

**Emotional CPR** 

Pen to Paper

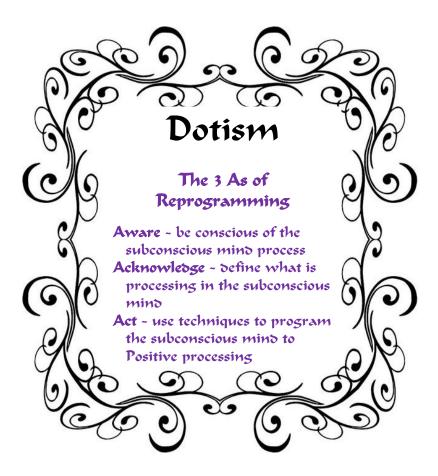
**Guided Imagery/Visualization** 

**Hot Air Balloon Example** 

**Self-Hypnosis** 

**Good Starting Exercise** 

**Basic Relaxation Process** 



# **Emotional CPR**



#### **Emotional CPR**

Emotional CPR is the title of a book I wrote in 1989 and use consistently with my clients and students.

CPR (cardiopulmonary resuscitation) is used to breathe life back into your Body. **Emotional CPR** is used to breathe life back into your **SPIRIT** (feelings) by changing the programming in your subconscious mind.

It is natural to respond to the discomfort of our body and seek healing to bring it back to feelings of well being.

But we are sometimes hesitant to respond to the needs of our Spirit (feelings) to be healed and become whole.

The C stands for the word Cancel, the P and the R represent Positively Replace -- so when you use Emotional CPR what you're actually doing is training your subconscious mind process to cancel out any negative information and replace it with something positive that makes you feel good about

#### YOU.

I know it sounds too simple to truly work, but my clients and students are proof that in this case, simple is definitely best. Everyone who has used this process has had very positive results.

Don't get me wrong, it's a simple process, but it takes concentration and dedication on your part for it to become an automatic process. But when you use Emotional CPR consistently to take control of your Perception Process, you find that you become a calmer, happier, healthier YOU.

A lot of my clients and students start out with the statement "I am a loving, caring person" for their first positive replacement statement. Simple enough, however, some of us have a difficult time saying nice things about ourselves, even if it is only to ourselves.

We are brought up with the phrases; Don't brag about you - Don't be an egotist - No one will like you if you talk about how great you are - and on and on. Those statements still reside in your subconscious mind and are at the ready to keep you from feeling good about you, even when you accomplish something you set out to do. Our perception is that even if we are only talking to ourselves we are becoming an egotist.

There is a huge difference between being an egotist and having good self-esteem. Egotists are very insecure people who need to tell everyone how great they are because they have to confirm it to themselves. Self-esteem is your conversations with yourself. Someone who has good self-esteem does not need to brag to others. They feel good about themselves and people notice how great they are without them verbally confirming it.

You need to begin saying nice things to YOU. Become your own best friend. Before you internalize a negative comment about you - ask yourself "would I say this to a good friend"?

If we said some of the negative things that we repeat to ourselves to a friend, that friendship would be short lived.

Here are the 6 Steps for creating positive statements to Positively Replace the negatives.

- 1. Must always start with the word "I"(always about you)
- 2. Must be stated in a very positive way
- 3. Must be stated in the present tense
- 4. Must be short, easy to understand and remember
- 5. Must be as specific as possible
- 6. Must contain at least one action word

You may want to start out with the basic "I am a loving, caring person" and then go on to create other positive statements that relate to specific people or situations.

Again, this may take some practice as it is not the norm for us to say nice things to ourselves. My clients and students call or email me with the statements that they have created for me to review. Sometimes I just need to change a word or two. Other times they are exactly right. Practice makes perfect.

Each time that you create and use your positive replacement statements, you are reinforcing to your subconscious mind the positive person that you are now and want to continue to be. It immediately files that information in your data base and is at the ready to retrieve it when needed.

Always keep in mind that your subconscious mind makes no judgments and will retrieve all the feelings and processing that you are focusing on at that point in time. By focusing on the Positive, it will find all the positive file folders and flood you with all the good, positive feelings that it has stored for you over the years.

So the next time that you or someone else says something negative to you or about you use your Emotional CPR to create a positive mind-set for yourself.

The complete Emotional CPR booklet can be found at: www.dotcampbell.com

#### **Emotional**

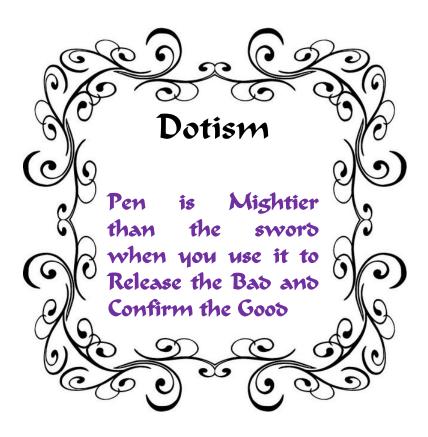
Cancel &
Positively
Replace

#### Take CONTROL of Your Subconscious Mind

Make notes here about how and when you used this technique.

Plenty of room for your SUCCESS stories.

# Pen to Paper



#### Pen to Paper

Pen to Paper is not a new tool but the way I have my clients and students use it may be new to you. It is the easiest and cheapest therapy and reprogramming technique available.

#### **Journaling**

You have all heard of Journaling. Well this technique relates to that process with some additional uses. If you are using Journaling - good for you. There is however, a final step that I suggest you use with this practice. If you document everthing - good and bad, then be sure that you end your journaling by writing the Good things last.

Since your subconscious mind continues to process the last thing that you focused on, you want that to be the Good things you want to remember. This is especially important if you journal before going to sleep as your subconscious mind will repeat numerous times the last information that you were focused on.

#### **Conflict / Confrontation**

If you are not comfortable with confrontation and know that there is one coming your way - then once again Pen to Paper is your friend. Find a quiet place and write down what you would really like to say to the other person. Let all your frustration, disappointment and even anger spill onto the paper. Use all the "unpolite" words that you would never utter outloud. Pay no attention to spelling, grammar or sentence structure - just let it all out. No one is ever going to see this so just do it!

Once you have exhausted all the words, comments, complaints that you have held inside - take the sheet (or sheets) of paper and tear them up into tiny pieces and throw them into the trash. Better yet, if you can burn them.

As you see them becoming trash, allow yourself to release the emotions that they were tied to. Feel the calm come over you as your subconscious mind accepts that what was on those peieces of paper is no longer important. It will then search for the folders that hold the calm that letting go of conflict brings you.

#### Forgiveness of Others and Youself

There are times when we can't find the courage to forgive a wrong that has been done to us face to face. Even though we feel that we are justified in our feelings of dissappointment and betrayal. We are not comfortable telling others that we forgive them. This may come from knowing that your expression of foregiveness may result in them becoming defensive because they don't feel that they have done anything that requires forgiveness.

Grab that pen and paper again and begin writing. Again, no one is going to see this so let it all out. "How dare they do that to you" - "how could they say such an unkind thing about you" - and on and on. Release it all onto the paper and when you have exhausted all the words in your vocabulary that you could use, begin the same process of tearing the sheets into tiny peieces and destroy them. Releasing all the feelings of disappointment and betrayal - just letting them go. Allow the calm and love to overtake your being. Your subconscious mind will do its job and retreive multiple feelings of peace and love from your data base.

This process is especially beneficial to use to foregive ourselves. I know this may be a really, really new process for you to accept. But we tend to be so very judgemental of our actions. Since the subconscious mind makes no judgements, it takes the judgement that you are making of yourself at this time and goes into the file folders and gets the feelings of all the "wrong doings" you have internalized over the years. Not a happy thought.

The up side is that with the pen to paper technique you can reprogram your subconsious mind to focus on the calm, peace and love that you allow to flow through you when you destroy the peieces of paper and release the bad feelings they contain.

#### **Unresolvead Issues with Someone Who Has Passed**

My final comment on the Pen to Paper process (at least in this guide) is for the resolution of issues left unresolved with those that have passed.

Writing your feelings about things not resolved or not expressed with someone that has passed can bring such a wonderful sense of peace. Whether you are angry that they were taken from you, that you have questions that never got answered or if there are things you regret not saying.

Use the same writing process as with the other examples. You may find that in this process you may want to keep some pages that give you comfort.

I wrote a letter to my Father when he passed because there were questions he never answered for me when he was alive. As I wrote to him, I realized that I had asked my Father to be someone he was not. I knew that he loved me but it was not in his upbringing or makeup to express that love in words, although he delivered the message in his actions. Once I allowed my good feelings about my relationship with my father to be filed by my subconscious mind, the frustration of my original negative feelings from the unanswered questions was released. Now when I have thoughts about my Father, they are rememberances of pleasant times together and how much he showed his love for me.

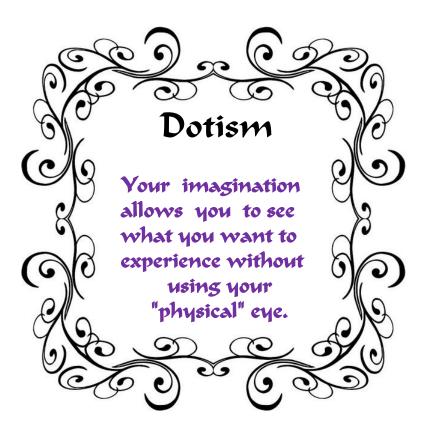
Do this technique as often as necessary to release anything that gives you feelings of discomfort. I acknowledge that in this time of technology, writing with a Pen and Paper may not be the norm. However, I promise that the sensation of feeling the pen in your hand and seeing the words appear on the paper is part of this great release process.

#### Take CONTROL of Your Subconscious Mind

Make notes here about how and when you used this technique.

Plenty of room for your SUCCESS stories.

# Guided Imagery Visualization



#### **Guided Imagery / Visualization**

There is a slight difference between Guided Imagery and Visualization. I only mention it here so as to let you know that they are both wonderful techniques for reprogramming.

Guided Imagery relates more to listening to someone or reading something that assists your imagination by leading you through the process. Visualization is a process that you usually do on your own. I train my clients and students on how to visualize and assist them to identify what will be the most helpful for them to visualize for a particular situation. Eventually they do it on their own with little help from me. Your imagination is a great help with both of these techniques. Imagination and the subconscious mind are a great team together they can help you create your best ever reality.

I find both of these processes very successful in my healing work. Our bodies want to be well and our subconscious mind can be a huge asset in assisting our bodies to attain wellness. It is particularly helpful with pain control as our pain level is established in our data base at a very young age. I have been very fortunate to see many instances where clients and students have taken control of the pain programming in their subconscious mind resulting in a level of comfort even medications did not deliver.

There is extensive research on the use of the subconscious mind through either of these techniques documenting the results of pain control, tumor shrinking, skill improvement, stress management and many more issues.

Finding the technique that is most comfortable for you is a very personal process. There are many recorded options that can be purchased that may fit your requirements. I share with my clients and students the recordings that I have already created. In some situations I have created a personal recording for them for a very specific issue.

There are a number of Guided Imagery recordings on my web site at: www.dotcampbell.com

Here are some steps to follow when doing either Guided Imagery or Visualization.

- 1. Find a quite place, without distractions or interruptions.
- 2. Sit comfortably, with your feet flat on the floor (if you lay down you may fall asleep).
- 3. Play some soothing music, if it helps with distractions and concentration
  - 4. Close your eyes.
- 5. Take a deep breath, exhale slowly, take another deep breath and exhale slowly concentrate on your breathing and relax.
- 6. Use your imagination to create a clear, detailed picture of what you want to experience:
  - A special place where you always feel safe, relaxed and happy
  - A process that releases the stress from your body and mind
    - The recording that you may be listening to
- 7. When the process is complete and you feel relaxed, take a deep breath and exhale slowly.
- 8. Bring your imagination back to where you are sitting and slowly open your eyes.
- 9. Take a few minutes to enjoy the new relaxed you.
- 10. Schedule time to repeat this process as often as possible.

**NOTE**: Whichever technique you choose, please keep in mind that you do not need to actually "see" what you want to experience. Just let your imagination create the picture for you. Focus on seeing with your "imagination" not your "physical eyes".

#### **Hot Air Balloon Visualization Example**

This is a visualization that I teach all of my clients and students. Once I go through it with them, they find it very easy to recreate it on their own. It is a technique that allows the release of anything that is creating stress in your life by putting it into the basket of a Hot Air Balloon. Allow me to explain that you can put people into the basket. You will not be harming them, you are putting the stress that they create for you into the basket. At times it is the people that are closest to us that create our stress in their effort to protect us.

This is a good technique to use before bed so that you release the stress of the day and are relaxed and focused on positive thoughts and feelings as you fall asleep. Since your subconscious mind never sleeps, it will keep repeating what you have experienced before you fall asleep. So having it repeat relaxed feelings instead of the stress of the day is a GOOD THING.

So follow the steps on the previous page for when you are doing a Visualization. When you get to number 6 - let your imagination create a clear, detailed picture of the following:

Imagine you are outdoors - the temperature is just the way you like it - there is a beautiful blue sky with fluffy white clouds drifting along

as you watch the clouds you see a beautiful Hot Air Balloon with a large wicker basket drifting along with the clouds

as you watch the beautiful Hot Air Balloon with its large wicker basket - it begins to drift toward the ground - and lands on the ground a few feet in front of you

a sign inside the basket says "give me all your stress" - on the ground there are pieces of paper with the names of the people, places and situations that create stress in your life (can include any discomfort you may be feeling in your body).

put each piece of paper into the Balloon's large whicker basket - it is a very large basket and can hold all of the stress you need to release

be honest with yourself - you are the only one that can see what you are putting into the basket - step back and let the beautiful Balloon with its large whicker basket drift off into the clouds and as it goes higher & higher it disappears into the clouds - taking all of your stress along with it - leaving you with a light, calm, relaxed feeling

Now go through steps 7 through 10 (page 90) and just be there and continue to relax.

As a gift to you I will personally take you through a longer version of this technique on a FREE phone session. Just email me: dot@dotcampbell.com and put into the Subject line: Schedule a Hot Air Balloon.

Put your name, best email address, your phone number and the best time of day for you to go through this technique. I will respond with several dates and times I have available.

#### **Excellent For Children**

This Hot Air Balloon visualization can be changed to a Guided Imagery technique for children. Guide them through the process and have them put into the Balloon's basket all the things that happened during the day that made them feel uncomfortable. They can then let all that discomfort drift away in the Balloon's basket. They will fall asleep feeling calm and peaceful.

Be sure to finish the process with very positive phrases like:

- ~ you feel very calm and relaxed
- ~ you are happy and very loved
- each morning you wake up feeling calm and happy
- ~ you are smart

Create positive statements for the feelings you want your child's subconscious mind to process throughout the night.

Use words the child understands and can relate to when you take them through the process.

Remember their subconscious mind will be repeating those phrases while they sleep. So program their data base for a positive future.

Even if they fall asleep during the process, their subconscious mind is still awake collecting and storing your words for future use.

Children's imaginations are just amazing and they are using them every day. This is the time to put their wonderful imagination to work creating the positive outcomes that you and they want.

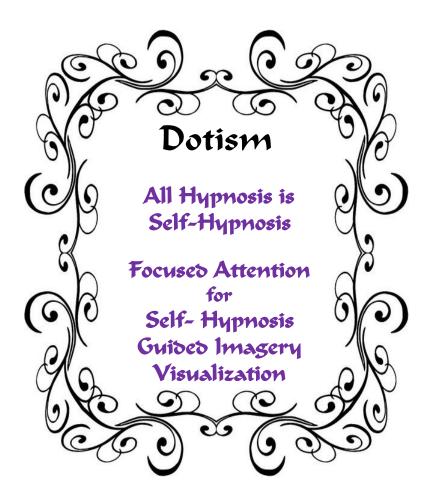
I have taught this technique to teachers to use in the classroom to relax children. It is an easy process and the children love to imagine the Hot Air Balloon.

#### Take CONTROL of Your Subconscious Mind

Make notes here about how and when you used this technique.

Plenty of room for your SUCCESS stories.

# Self-Hypnosis



#### **Self Hypnosis**

All hypnosis is Self-Hypnosis - we are in total control of the process. Even if you have been hypnotized by a hypnotist, you have control through the programming that exists in your subconscious mind. It is said that you will not do under hypnosis anything that you would not choose to do. However, if what you are asked to do is something that the subconscious mind has established in the file folders in your data base - you could be surprised at what you may act out.

If you read the previous chapters in this guide then you know what I'm talking about. The subconscious mind makes no judgments as to what we decide to internalize. It just keeps filling up those folders and filing them in our data base for future access.

Through Self-Hypnosis we distract that analytical, judgmental conscious mind and get in touch with the subconscious mind where the majority of our processing occurs.

That being said, here is the simple definition that I share with my clients and students - Hypnosis is focused attention. Since we tend to focus on different issues, situations, processes, during the day - we go in & out of the hypnosis state throughout each day.

A few questions for you to ponder:

Ever read a book and lose track of time?

Ever so into a TV show or sports program and know people are talking to you but have no idea what they said or even if you answered them?

Ever drive home and not remember which route you took? Ever listen to music and find yourself being emotionally transported to another place on the planet? If you can relate to any or all of those questions then you have experienced the "focused attention" of hypnosis. When your attention is so completely focused on what you are involved with, whether it be a good book, an intriguing movie, a sports event, meditation or daydreaming about a comforting past or future experience – you became hypnotized by the process.

I like to think of Self-Hypnosis as "<u>Daydreaming with a Purpose</u>".

#### **Basic Relaxation Process**

Once again, dedication, consistency and repetition are the keys to success with this process.

Self-Hypnosis, Guided Imagery and Visualization are all about "focused attention". Going through a process to relax your body prior to using these techniques will assist in distracting your conscious mind and putting you into a state of calm and peace.

When you consciously focus on relaxing your physical body, your subconscious mind will retrieve from your data base all the feelings of relaxation that it has stored over the years.

#### Some suggestions:

- first get your body in a comfortable position
- take a few deep breathes and exhale slowly
- now focus your attention at either your head or your feet
- focus on that area and sense/imagine the muscles in that area relaxing (some people find it helpful to tense & then release the muscles for better focus)
- move on to the next section of your body and focus there until that area relaxes
- continue this process up or down your body until all your muscles feel relaxed

Please be patient with yourself. There are those who have never experienced total relaxation on a conscious level in their adult lives. It may take your subconscious mind's search engine a little time to locate the file folders with the feelings of relaxation that you are asking it to retrieve.

The more you do this basic relaxation process, the more it will become one of your auto-pilot processes.

Then you will be able to recall it for use before any technique that you decide to process or to just RELAX whenever you want.

I recall a 64 year old, first time client getting off of my Reiki table and making the statement "so that is what peaceful feels like". It had been many years since he had connected with the feelings of calm and peace that resided somewhere deep in his subconscious mind. We were both delighted that he made the connection. After a few more sessions, he is now able to bring those wonderful peaceful feelings back into his being on his own.

#### **Good Starting Exercise**

The following is a good technique to use at bed time. I give a copy of it to my hypnosis clients at their first visit so they can begin the programming process for their subconscious mind. We usually establish their special place and their positive affirmation during that session also. This technique was part of my training as a Certified Instructor with the National Guild of Hypnotists.

#### **Pre-Sleep Imagery Technique**

- 1. When you go to bed, starting tonight and continuing for the next 7 days, just before you are ready to fall asleep, relax and imagine your special place. Bring back all the good feelings that you have there, the confidence, the peacefulness, the happiness.
- 2. When you are at your special place, then repeat the following positive affirmation 10 times:

I am		
	(review page 78 to create your positive affirmation)	

- 3. In order not to fall asleep or lose count, every time you say the affirmation press down with each finger of your right hand. Then continue with each finger of your left hand until you've completed the positive affirmation 10 times.
- 4. If this is your first attempt at learning to reprogram your subconscious mind with positive affirmations, it is very important to do this exercise every night without falling asleep until you've completed the 10 repetitions.
- 5. You are beginning to establish a habit pattern of programming yourself with positive affirmations before going to sleep. You will find you are carrying out the positive affirmation that you programmed into your subconscious.

Once again, remember your subconscious mind does not sleep. So while your conscious mind is distracted by sleep, this is a perfect time for your subconscious mind to process. Give your subconscious mind the most positive words, thoughts and experiences to repeat throughout the night.

There is a state of mind called "Alpha" that occurs just before sleep. It is that wonderful space when your physical body and conscious mind let go and you drift into a sense of bliss.

When you reach that calm, relaxed state is when your subconscious mind is open and accepting of what you want to program.

That is why it is so important that you choose only positive words, thoughts and experiences to focus on at that time.

Let your imagination take over. Imagine the most positive things that you want in your life. Talk to yourself about how amazing you are and what a wonderful life you have. Remember what you experience at that moment will be repeated by your subconscious mind numerous times while you are asleep.

Your imagination is the language of your subconscious mind.

So imagine the best, most positive You and Life.

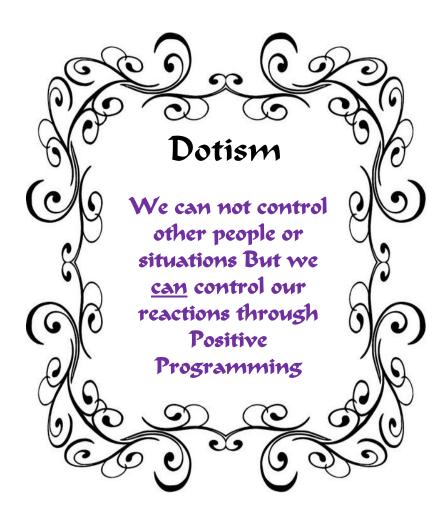
#### Take CONTROL of Your Subconscious Mind

Make notes here about how and when you used this technique.

Plenty of room for your SUCCESS stories.

# CHAPTER EIGHT

BENEFITS of Programming Your Subconscious Mind for Positive Processing



#### CHAPTER EIGHT

# **BENEFITS of Programming Your Subconscious Mind for Positive Processing**

Listing ALL the benefits of Programming your Subconscious Mind for Positive Processing would take another entire book. So I'm going to list a few of them that are most common. You can add more as you utilize the techniques in this Guide and become proficient in creating Positive Outcomes in all the levels of your life.

All of the techniques listed in Chapter 7 of this Guide can be used to assist in the positive programming of your subconscious mind. Pick the one or ones that resonate with you and put them into practice REPEATEDLY.

Again, I want to remind you that like any new skill, it requires consistent repetition to become the norm in your programming.

The more dedicated you are to the positive programming of your subconscious mind, the more you will establish positive programs, good habits and positive auto-pilot responses.

With new positive programming you take control of your subconscious mind processing and

#### **Become the Boss of YOU!**

Go for it! Stick to it! Its Never too late!

You can do it!! I know you can!!

The rewards are AMAZING!!!

#### All Skills

Taking control of your subconscious mind process can produce positive results in the skills that you want to improve. Whatever area of skills you want to focus on, establishing the positive programs in your data base will result in increased proficiency in that skill. My clients and students have increased their skills in a number of areas in their lives, including: studying, athletic ability, test taking, writing and more.

#### **Communication**

At times when we communicate the subconscious mind brings up responses from old conversations that create a negative outcome. Control of the subconscious mind process will produce a positive outcome by creating: Positive perception of others, Positive perception of self, Positive perception of topic.

When we are in control of the Perception process in our subconscious mind - we determine the outcome of all communication

#### **Goal Setting / Manifesting**

Every word you say - every thought you think is either rejected or internalized into the subconscious mind and resides in the programs in your data base. What you internalize creates an attitude of "I am achieving all of my goals and creating the life I want" or "I can't do this - I will never have what I truly want".

Control of the subconscious mind process will produce the positive programs that bring into your life the reality that you want to live, on all levels. Replacing the old negative programs that were established in childhood and by your environment with new positive file folders that contain "I can do this" - "I deserve all the good that life has to offer", statements will reap amazing rewards into your life.

#### **Health and Pain Control**

Control of the subconscious mind process will produce new positive programs to control pain levels, establish healthy habits, and create positive auto-pilot programs. Whether you are working on your physical or mental well-being, establishing positive programs for your subconscious mind to access will reward you with a life of better health.

Establish positive programs for eating and exercising.

#### **Meditation / Spiritual Connection**

The more you use the relaxation and programming techniques in this guide, the easier it is to meditate. Remember - it's all about "Focused Attention" The relaxation programs that you establish when you take control of your subconscious mind, will assist you to more easily meditate without distraction.

The more you use meditation, the stronger your spiritual connection becomes. The more you establish your meditation program in your subconscious mind, the more likely it will become one of your very positive auto-pilot programs.

Part of my belief system says that you can connect with your higher self through the positive programs in your subconscious mind. That connection will allow guidance and insight to flow to you.

#### Self-Esteem

Remember that self-esteem is your conversation with yourself. Take control of the subconscious mind process and produce only positive statements about you and your life. Establish those positive programs that confirm how amazing you are. You are not an egotist when you are talking to you. Say and think only positives about you to you.

Be your own best friend when talking to yourself - no judgments - only loving, caring words and thoughts. The positive programming you establish in your data base will result in high self-esteem, confidence, a good self image, motivation and SUCCESS.

#### **Stress Management**

Taking control of your subconscious mind process with reference to stress is not just an option but a necessity with our busy lives today. Positive programming of release and relaxation processes to create calm and peaceful feelings are cheaper than medications and the side effects are all positive. There is good and bad stress in our lives. The perception created by the subconscious mind process determines which one results. When you are in control of the perception process with positive programming, your stress will either be good or non-existent - both good things.

The impact of stress is what brings a lot of my clients to me. Bad stress is not only an emotional, mental issue but can affect our health and well-being. Research shows that a large number of our health issues today are the result of stress. So taking control and establishing positive folders and positive auto-pilot programs will not just bring calm into our lives but improve our health.

#### **AUTHOR'S NOTE:**

Reminder: this is "A Beginner's Guide", there is more to come.

This guide is to introduce you to the incredible processing that goes on in your subconscious mind every single moment. Along with some basic techniques to get you started on the road to Positive Programming and become

"The Boss of YOU"

# You're **NOT** the **BOSS** Of **ME!**

Do you feel like you're on auto-pilot, getting the same disappointing results but can't seem to change direction?

Do you ask yourself: "Is this all there is?"

Do you sometimes feel NOT in control of your life or who you are?

Want to take control of the part of you that is processing 24/7 and creating your life and who you are - your Subconscious Mind.

This Beginner's Guide will demystify the What, How, Why, & When of the **Subconscious Mind** process. It offers practical, easy-to-learn techniques to help you become the YOU that you truly want to be and bring Balance, Harmony, Good Health, and Success into your life.

#### If you're looking to:

- Increase Self-Esteem
- Release / Manage Stress
- Easily Achieve Goals
- Improve Health / Manage Pain
- Replace Bad Habits with Positive Auto-Pilot Programs

I offer you this life changing Beginner's Guide to take control of your Subconscious Mind and become

#### The Boss of YOU!!

Dot Campbell has been teaching and mentoring students and clients to take control of their Subconscious Mind for over 25 years. She created Self-Power and Life Balancing programs to share the techniques that have brought her success. Dot has a Masters in Education, is a Reiki Master Teacher, Intuitive Dowser, Certified Hypnosis Instructor with the National Guild of Hypnotists, Holistic Coach and an International Public Speaker.

www.dotcampbell.com

