HACKING THE MIND CODE

MARY HENDERSON
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Like everything in life, it takes practice, commitment and further inner work. We recommend you do your own research and derive your own conclusion. The information presented in this eBook is information that can be found in public domains. References are provided at the end of this eBook if you would like to pursue your own research.
Mary Henderson is a Successful Corporate entrepreneur, known in the IT industry for building businesses and making it possible for people to change their lives for real, as effectively and as easily as possible. The Mysticpreneur has developed a number of online tools to help people reprogram their subconscious minds and find triggering emotions that cause limiting beliefs and behaviors.

Raised full of fixed paradigms that were never challenged or broken, Mary always questioned Who she WAS. Unable to make ends meet, the two words she remembered most from childhood were 'YOU CAN'T'. This created a massive frustration and a sense of not being able to express herself, which the Melbourne mother of two did not wish to continue. The hard-working transformational speaker, teacher, author and entrepreneur took a 2 year sabbatical and, after thousands of hours of research, attempted to try understanding Who she was in a way far beyond self help, delving into the scientific information related to the subjects of Science and Ancient Mysticism, specifically as it related to the mind / body connection and the belief that we are much more than our bodies.

Combining this with her more than two decades of knowledge from the digital and online world, she has created a sophisticated online program and resource that provides a methodology that works. Transforming her childhood mantra from 'YOU CAN'T' to 'I CAN', the woman who's biggest success was building Belkin Ltd Australia & NZ from small $5 million dollar company into a $54 million business within 4 years is now being recognized by experts all over the world.

The sales guru, who understands how to use the mind to create results, is giving back by serving as an advocate for female entrepreneurs.
“Among the many success coaches and Internet marketing consultants I have known, Mary Henderson beats them all for knowledge, integrity, outstanding communications, commitment to continuing education and human service, and overall benefit from the relationship. I think the main reason Mary is so successful, and a joy to work with, is that she most sincerely cares about contributing more than she receives. She is the best of the best, and it has been an honor and blessing to witness her in action.”

- Internationally known consumer health activist, researcher, educator, author and filmmaker, Dr. Leonard G. Horowitz.

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Introduction

Have you ever wanted something so bad, you could almost taste it? Have you made the assumption that you will never get it because you are simply not good enough, not smart enough, not qualified enough, or come up with some other reason not to get it? Join the club!

Society has led us into a series of lies. We are lied to about what makes us who we are. We are often told that we cannot be who we want to be because of our DNA. Our genes are standing in the way of us being who we really want to be. This is not accurate. Science has proven that it’s not accurate, and there are tools that are available in order to help us overcome the lies.

It is actually possible to hack the mind. When you hack the mind, it allows you to move past the boundaries that have previously been in place. You can identify your true self, and reprogram your brain in order to show yourself a new reality. From there, there are all sorts of possibilities that exist – possibilities that you wouldn’t have expected to be able to reach prior to now.

Hacking the mind code sounds impossible, doesn’t it? It almost sounds illegal because we learn that “hacking” is bad. However, it’s your mind and therefore you can hack into it if you choose to do so.

Now, you have to ask yourself: why would I want to hack into my mind’s coding?

Simple. You want to achieve more out of life. More happiness, more wealth, more love, and simply more. Abundance is out there for the taking. The problem is that your mind has been programmed to not think like that. Our mind is constantly looking for excuses to not complete things. We have become lazy. Our mind and our brain are not talking about things like they should and therefore we become a victim of our surroundings and our experiences.

This is not the way it has to be. You can actually HACK your MIND CODE in order to achieve your deepest desires in life. When you can achieve your deepest desires, you achieve happiness. You can stop looking at yourself in a negative way and you can learn more about the subconscious, the conscious, the ego, and various other aspects of the mind that may have been standing in your way in the past.

Too many people read self-help books and don’t actually get the help that they need. This is because most self-help books don’t understand the science of the mind. They simply tell you some of the cheap tricks and tips and help you to learn more about who you are and what you want out of life. However, if you are not learning how to actually get what you
want out of life, it only becomes more frustrating. It’s like having a carrot dangled in front of your face that you will never be able to grasp.

It’s time to finally grasp that carrot! What you are going to learn in this e-book is going to go beyond any kind of self-help book. We are going to show you that it is entirely possible to become the person you want to be. You can learn your true identity and take over that identity easily, and it all starts by hacking the mind code in order to move past all of the negative programming that has taken place throughout your life.

Every experience, every conversation, and every environmental factor has impacted who you are and what you believe. Now it’s time to change all of that.

There are some questions you need to understand. Throughout this e-book, you will learn more about your self, your brain, and the science behind how your mind works and how the mind can be hacked so that you can achieve more of what you want in life.
Who Am I?

The question of who am I has been asked for thousands of years. This goes back to the question of why humankind even exists. What is my purpose in life? Why am I here? Who am I? You can go as deep as you want, but it is important to understand the physical self.

If you look at the composition of the human body, you are made up almost 57% of water. This means that the majority of mass of the human body is oxygen because hydrogen and oxygen are what goes into water. When you look at the number of atoms in the human body, we’re comprised mostly of hydrogen atoms. When we look at the human body, and our physical self, body composition can be analyzed with molecular types, breaking down water, connective tissue, fats, protein, and apatite (bones), DNA, and carbohydrates. We can also look at it more simply as water, muscle, bone, fat, and other details. We have hundreds of different types of cells, and there are more than 70 trillion in total that make up the body.

Each of the cells are capable of something different. We are who we are because of the different cells and how they interact with one another. All of the cells are imperative to our survival, and as we introduce new things into our body, like food, we are also introducing more cells, which can result in more connections, more reactions, and even more problems. For example, free radicals can enter into our body as a result of chemical exposure, foods that we eat, and more. The free radicals have the ability to change our cell composition, which can lead to cancer and various other problems within the body.

Within our cells, we have receptors. These can be likened to TV antennae that search for signals within our environment. The receptors are capable of finding glucose, toxins, and much more. The cell can change behaviors in order to match the environment that they are in. Effectors are like the messengers found within the cell. They are responsible for taking information from the receptor and telling the cell what has been found. Cells will either grow or go into a protection mode. To put it simply, a receptor is the awareness of the environment while the effector is the behavior or physical sensation. When you understand the actual physiology of your body, you realize that DNA is not in control. It is the actual cell structure that is in control.

Here is the really important part to know. Our environment is what controls the behavior of our cells. How we perceive our environment therefore affects how our cells respond. We may perceive that we are in a hostile environment, which could lead to our cells responding in a protective manner. The cells could prepare themselves for battle as opposed to maturing and growing as they should. Perception is of the utmost importance, and can cloud reality. Perception is all about awareness of our environment through the physical sensations, which our cells are responsible for.
Our cells have gone through a lot since birth, and some of it has gone on before birth. We are who we are based upon what our cells have been exposed to and what they have responded to as a result of our environment. Hostile environments and loving environments can change the way the cells grow and thrive. This means that what went on in the womb of our mother has impacted who we are and everything that we have been exposed to has helped to mold who we are now.

People who live in smoggy areas are going to be exposed to different chemicals in the air than people who live out in the country. People who smoke are exposed to different chemicals than people who don’t smoke. People who are loved more than hated are exposed to different things. There are plenty of factors that affect the way that our cells respond. Some are going to help and some are going to hinder.

Every single person has different environmental factors going into them. It has to do with what we eat, what we are surrounded with, and how we respond to different situations. Every one of us is unique. This means that it is impossible to truly identify who you are because you don’t even know all of what you have been exposed to. You don’t know what is going into your body that is helping your cells grow and what is studying their growth. If you knew, you would be doing everything you could in order to keep your cells healthy and alive.

It is true that some cells die off and new cells are born. However, this is not the case with all cells. Some cells stay with us forever, and this is where it is important to understand as they are a large part of who we are, and are responsible for how we are capable of change.

Cells can turn on and off just like a light. If they are suddenly exposed to something that they like, it is possible for them to begin thriving, even when they were just barely holding on to survival. Scientists have already proven that many cells are capable of regeneration, regrowth, and making improvements. This is also proof that we are capable of change. If our cells can change, so can we. This is where the mind hack can come in to place.

If you want to achieve happiness, it is possible. You simply have to understand more about who you are, understand that change is possible, and then learn how to make those changes. You also need to understand what it is that you want to change about yourself or your mindset in order to achieve happiness. This is where many people fail. They think that having more money will bring them happiness. They think that having a significant other in their life will bring them happiness. This is not always the case. You need to look beyond the simple answer and truly develop an idea as to what will make you happy at the deepest level.

From there, you can determine more about who you are. There are many things that are going on inside the mind, the brain, and various states of consciousness that are going to
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impact who you are, who you can become, and what your potential is. Understanding all of these will help you to identify who your true self is as well – and then you can be more successful with the mind hack.
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My Brain

It is important to understand how the brain works and how it creates your version of reality. Everyone’s version of reality is a little different and that is because of the connections that are made within the brain. Some of this has to do with actual neurotransmitters, and some of it has to do with previous experiences that have been learned through life.

The eye is one of the most important aspects because it allows the brain to pay attention. The brain is then capable of controlling your body, your speech, and everything else. Medical researchers and doctors have the ability to turn a part of the brain up, down, or even off temporarily.

Brains can be altered in order to change the way a person thinks, and brains are often considered like fingerprints because they are different in every single one of us.

There are hundreds of billions of neurons within the brain. Everything we do and we think is being produced within the human brain. How it operates is still one of the largest unsolved mysteries in human history. Even as scientists continue to probe, there are more surprises and more mysteries.

It is also impressive that no matter how smart the human brain is, it can be fooled by simple magic tricks, which is something to remember when we discuss hacking the mind code later on.

Have you ever seen a magic trick, and there was a slight of hand that you didn’t see? While neuroscientists are still trying to figure out how the brain works, there is still a lot that they know about, including what the brain decides to pay attention to. Jeffrey Lichtman, a professor at Harvard University explains this. There are visual centers as well as auditory center is. This means that there are always senses that the brain is going to pay attention to.

Vision is a very complicated process because it is coordinated between the eyes and the brain. When we see an object with our eyes, it has taken place because light reflects from the surface and travels to the retina, where it is then transformed into neural signals. These signals are what is so important because it’s what goes into the portion of the brain that is dedicated to vision. This is when an image is formed. The brain controls what we do and we do not focus on. Since we don’t pay attention to everything, we are not going to see everything.

There are multiple types of brain cells. One cell is detecting motion while another is suppressing background. There is a lot going on within your brain in order to create an image, including suppressing parts of the visual scene that you are not paying any attention.
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to. This is how magicians are often able to provide you with the sleight of hand. They understand the power of the mind and what you are and are not going to focus on.

It’s all about creating an illusion. The brain is sensitive, particularly to motion. This is because it’s a survival mechanism. Magicians use this to their advantage in order for the mind to see something that doesn’t actually see. Motion detection is a useful skill, but the brain doesn’t comprehend it to the level that it should. It’s why so many people are stumped by magic tricks.

This does not mean that all magicians completely understand how the brain works. Even Penn and Teller aren’t able to explain the full science of why a trick works. In many instances, magicians are talking to neuroscientists in order to have a trick explained to them.

The brain will often get in the way of people being able to change. They understand that perception is associated with the brain, and they don’t think that they can get something “out of their brain”.

If you have believed something your entire life, you likely believe that you cannot change. This may cause you to do absolutely nothing and wallow in your self-induced agony. Is this really what you want out of life? Of course not. This is why you need to understand more about the mind and how it communicates to the brain, the cells, and what you can do about it.

The brain is very complex, and there are algorithmic and non-algorithmic principles that the brain uses on a regular basis. The brain takes data, runs the data, and then tells us how we need to act, feel, and behave.

While we know a lot about how the brain works, we do not know how all of the information is processed, stored, or even recollected. We understand some motor commands, but not others. We understand some of how the sensory world is experienced, and not others.

There are so many aspects of analysis that make it impossible to fully understand the brain. There are cellular and molecular levels, synaptic and circuit systems, psychological and computational levels, and much more. Information integrates across all of these levels and disciplines, leads to one of the most compelling questions out there – how does the brain work? Neuroscientists have been trying to answer this for many years.

The reality is that there are millions of theories about the brain, and there are millions of neurons within the brain, forming new connections all the time. With so many connections being made every day, it is impossible to fully understand what is going on. There have been many technological advances in recent years, allowing neuroscientists to understand more about the brain, and take research to a new level.
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The human brain has been mapped, and it is still in the process of being mapped. Many people believe that mapping is something that has taken place in recent years. However, Santiago Ramon y Cajal is known as the father of neuroscience, and has been arguing about the brain’s structure since the turn of the 20th century.

The truth is that if we want to understand the mind, we need to understand the physical functions of the brain. The brain maps need to be fully understood in terms of how the brain is able to integrate anatomy, function, and neural activity. Until all of those maps are available, it will be impossible to comprehend at the fullest level. Just as the human genome has been working on being mapped, so has the human brain. Circuit analysis has been going on for more than four decades, and it has started with invertebrates and organisms much less complex than the human brain.

That is not to say that science has not made any discoveries. We have learned a lot about being able to define behaviors, understand the neurons that are involved within behaviors, and the connectivity that happens between neurons.

Scientists have a hard enough time mapping invertebrates. Imagine how complex it is to map the human brain. It is infinitely more challenging because there are larger circuits, more neurons, and various neurons that are even in isolation.

The good news is that there have been technological and medical breakthroughs in order to help us learn more about the brain. The neurons and the connections make sense, and we are learning that cells within the body can evolve and communicate to the brain in different ways.

This means that the communication to the brain can change the way that we perceive environment, and can impact the way the cells grow and evolve as well. As neuroscientist’s have learned more about the brain, we have been able to learn more about the neurons and their connections.

One such breakthrough is known as the brainbow. This is discussed in detail by research at Harvard University. The “Golgi Stain” was developed in 1873, allowing individual neurons to be stained. Researchers have improved upon the stain, and different neurons have been able to be “I” in order to naturally produce fluorescent colors. This allows certain neurons to glow blue, yellow, or red. This medical advancement has allowed researchers to study different neurons all at the same time.

The way that neurosciences have mature has allowed for more scientific knowledge to enter the world. We are learning more about the different neurons, and how they are able to produce the different colors. This shows that they are capable of doing different things, and how they have an impact on behavior.
With all of this in mind, you need to look back at the true purpose of this e-book – hacking the mind. Now that we know more about how neurons respond and how they are able to impact how we think and our overall behavior, it’s possible to hack into the mind in order to take control over the various neurons and connections. We have learned about a way to control the brain so that it does more of what we want it to. We force certain connections to be made – and this is a true breakthrough that you won’t be able to deny once you learn a little bit more.

Think about electronic circuitry. The brain works very much like a computer. Brain functions are encoded in a network that is distributed throughout the brain, according to a professor of biomedical engineering at the University of Minnesota, Bin He. This means that the brain function because of the network of neurotransmitters. There is blood flow and oxygen that helps with brain activity. There is also a circuit that helps with the overall communication.

When you can tap into the circuit, you tap into the communication. As such, if you can send a signal that are sent by the neurotransmitters, you have the ability to communicate with the brain in a more effective way – and that is where the Mind Conductor Desktop App can be useful. Cutting-edge science allows us to send messages to the brain that bypasses the conscious mind. Essentially, we have figured out a way to communicate with the brain in order to provide a hack.

The Massachusetts Institute of Technology has been working with various learning departments in order to help with the mind mapping. Computer science can be used to provide computational methods that will link neural activity to various psychological states. Computational methods can include looking at the way neural activity lights up in response to certain words or pictures.

There are computer algorithms that are decoded and researchers are then able to study neural representations within the brain. There is a direct link between the neural activity biology and abstract mental states when an object is thought about.

As a result, it’s not just about text or just about a photo. It’s the combination of the two that helps with the overall decoding of the brain. A combination of words and pictures will work as a mind hack.

Research articles have been published regarding repetition and the brain, including that by Gregg Henriques in Psychology Today. When there is repetition, there is more neural activity. However, it is important not to repeat the stimuli so much so that neural activity becomes reduced. There is always this fear, which is why repetition has to be short, sweet, and effective… all principles that are used within the desktop app.

Initially, there is heightened interest when there is repetition. When it intensifies, it helps with the overall processing, and it is used behaviorally in many instances. It can help with
overall spatial resolution and allow for the neurons to fire at a more effective response time.

There are two things that can occur with repetition. Either priming takes place that will increase activity, or reduction takes place because the incorrect part of the brain is being stimulated.

Understanding this can help with the overall repetition. Have you ever felt that you were no longer learning once something has been repeated over and over again? This is when you need to know better and say that you have learned in order to move on to something new. It’s the same thing that happens in schools. Kids who are more intelligent will often learn faster. If they continue to be subjected to the same things as the other students in their class, they may become bored because they are not learning anything anymore. They have already learned and their mind has moved on.

This means that there is a healthy balance that needs to be achieved between the brain and the external stimuli. Otherwise, repetition is not doing what it should be doing. The degree of repetition will depend upon many things, including the region of the brain that is being focused upon. Repetition of the same stimulus can ultimately decreased function. This is why again, it is important to use not only words, but also photos. The added stimuli will help to increase function as opposed to decrease it.

The brain is complex and scientists continue to map. However, it’s not just about mapping the brain that will teach you how it works. There is also much to be said about how the mind works in conjunction with the brain. As you learn more about the mind, you will learn that the brain is impacted by everything that the mind has experienced.
What is the Mind?

Many people believe that the mind and the brain is the same thing. It is not. Some people believe it is the soul that is communicating to the brain and to the cells of the body. This is closer to the truth.

The mind is a person’s intellect. It is also the element of a person that allows for more awareness of the world and is a compilation of all their experiences. The mind is what allows a person to feel, think and facilitate consciousness.

The mind-brain problem is one that has plagued people and psychologists alike for many years. There is no consensual resolution that allows for the mind-brain (MB) problem to go away and therefore it remains at the heart of psychology lectures.

In recent years, the unified theory of psychology (UT) has helped to resolve the MB problem.

Many people see the mind as a form of consciousness and the “I” thinking-feeling is present. Many people believe that life after death is possible because mental life seems very different from our bodily life. This can lead to dualism, and why there are so many different religious worldviews.

UT explains that there are semantic problems with the mind being the conscious system. They are not synonymous. It is important to understand that the mind and consciousness needs to be separated in terms of how we think about them. This is similar to how we need to differentiate the mind from the brain. They are not the same. While there is a relationship between the two, they are not the same.

This leads to the question... What is the relationship between consciousness and the mind?

There has been a cognitive revolution that has occurred as a result of artificial intelligence and computers. There is a computational theory of the mind that lets us understand the nervous system as an information processing system, similar to a computer. All of the changes within the body, at the cellular level, can be translated into neural impulses, becoming its very own language. This computational theory has been a major breakthrough, and has allowed us to separate the idea of the mind from the brain, and from the body.

The conception is suddenly possible because of how we have been able to identify the flow of information throughout the body via the nervous system, and how the flow of information eventually makes its way into the brain. Much of this is also being adapted by the mind, but does not have to do with consciousness. This means that there is definitely a
difference between mind and consciousness. We are not always conscious of what is going on with our mind or body, but it still happens.

There is the flow of information between the mind and the body. However, consciousness steps in and being the experienced information flow. It’s all based upon what we have experienced throughout our life. This conscious experience needs to be a consideration because it adds to that duality that many of us have. There are many things that we do in order to survive, that we do unconsciously. However, there is that conscious awareness that exists only within humans. It’s a second level of consciousness. It is what helps us to justify all of our actions. Other mammals act without having to censor themselves. It’s what makes them animals. We have evolved with the second level of consciousness that allows us to determine whether an action is justifiable or not – and this gets into the discussion from the next chapter about the ego helping us to control our id.

Our understanding of the mind is ever evolving. Every psychologist has their own way of looking at the mind, the state of consciousness, and how they interact. There are different perceptions and motives and actions that guide us towards who we are and what we do. While the unified theory is a mainframe that many psychologists and sciences subscribe to, there are still many people who believe that there are other experiences that need to be considered as well that can affect awareness, which is why science can never seem to come to a complete agreement in terms of what the mind is and how it works.
What Is the Conscious, Sub and Super Conscious Minds?

There are so many parts of the mind...and each one has their own role. There’s the conscious, subconscious, and super conscious mind. Understanding them all can help you to figure out what is going on in your mind and how it can communicate with your brain and the rest of your body. Without knowing about the different components of the mind, it would be impossible to hack.

Think about it like a computer hacker. If you were going to hack into a computer, you would need to know all of the different components to a computer. You would also need to know exactly what you want to access in order to make it the most successful for you. You want to get in and out before anyone has a chance to know that you are there. The same goes for a mind hack. You want to know what you are trying to access, and you need to know a little bit about the mind in order to be successful.

Every psychologist and neuroscientist has their own opinion about the connection between the mind and the brain. Freud believes that there is a conscious, preconscious, and unconscious. Additionally, there is the super ego, ego, and id. Others believe that there is a conscious, subconscious, and super conscious. Everyone is aware of the conscious activity because we are conscious of it. Some of the subconscious activities that occur in dreams, and can mingle periodically when we are conscious because of the way our mind can drift. Most of what takes place within subconscious activities will never rise to the plane of consciousness. This means that you are never truly aware of everything that is going on within your mind.

Super conscious activities are what takes place within dreams and visions. If they appear consciously, it is as a special illumination. The super conscious expresses everything in a symbolic way. Without understanding the symbols, it is not possible to intelligibly understand or describe what goes on in the super conscious.

One of the easiest ways to explain this is your dream interpretation. This is an entire subset of psychology. People have dreams that mean things, but the dreams don’t specifically say what is going on in a person’s life or what is going to happen in a person’s life. Instead, there are symbolic items within the dream that go on to mean something different. Psychologists have begun to study the symbol, and dream dictionaries have been published in order to help someone understand what is going on in their dreams more effectively – and essentially tap into some of their super conscious activity.

Physical stimuli is often what the conscious mind is aware of. We are aware of our surroundings and that is our consciousness at work. However, we can have ideas and
experiences, and they leave small impressions on our life. This is not being recalled through conscious effort. Instead, it is our subconscious being triggered in one way or another.

We hear and we see every day, which are all conscious actions. However, there are certain things that are being heard and seen, that are flowing into the subconscious. They remain dormant within the unconscious part of our mind, and eventually make themselves known within other aspects of our consciousness. For example, we may not consciously remember the lyrics to a song. However, when we hear the beat, we suddenly know all of the words. This is not a conscious effort, it happens subconsciously. Much of this has to do with repetition. There is that word again. “Repetition”.

It is possible for the conscious mind and the subconscious mind to work simultaneously, but not necessarily always together. As you go along through life, the conscious mind is picking up certain things and the subconscious mind is picking up everything else. We can do a task automatically without giving it any other thought, and that is what proves that the conscious and subconscious mind work separately from each other. How you act is proof of the conscious and subconscious mind working together. The way you act is based upon emotions that are part of your subconscious. Every action that you do is based upon a subconscious emotion. If two people are given the same stimuli, the action may be different because of the emotions, which are a result of past experiences.

The study of dreams can be one of the best ways to understand the conscious and the subconscious in terms of what they are both responsible for and how the communication takes place between the two. It also can show a lot about how the subconscious mind is responsible for coding.

As for the super conscious mind, it is the least of the known parts to the mind. It is often lumped together with the subconscious mind, but it is different. There is an underlying psychology within the mind, responsible for senses and impressions. It is something that everyone has, yet you cannot actually tap into it.

Here is the best way to explain what the super conscious is responsible for. Have you ever experienced something or listen to something that has touched you on a very deep level? When you have been affected like this, you are tapping into the super conscious. It is the root of who you are and what makes you unique. The super conscious mind is what all great artists, writers, and inventors tap into in order to expose their creativity.

When you are talking about hacking the mind, understanding the super conscious and its role within programming the mind, you need to know what is going on. This will enable you to understand more of the science behind it and realize that it is possible to tap into the super conscious mind.
Hacking The Mind Code

All three parts of the mind work together on one level or another, and are responsible for feeding the brain. How our body moves and how we react in society is a result of what the brain is being told by the mind. When we can control the different levels of the mind, we can control the brain, our actions, and our reactions.
What is the Ego?

Many people hear the word “ego” as a way of describing someone in a negative way, such as, “wow does he have a big ego.” You will want to understand what the ego is…and you may be asking yourself, why does it want to create destruction in my life?

The ego is a false construction of our identity. It is artificial because it is built upon the beliefs of our self, rather than our actual talents. We are dynamic individuals, yet our ego is usually going to disagree about that. This is why you may experience a certain outlook of your self-image. It is your ego that tells you to say things like “I’m ugly” or “no one likes me”. Your ego may also have you going to the other end of the spectrum with comments like “I am smart” or “I’m the prettiest one here”. When we agree with the statements like this, we are building and reinforcing the ego.

We are kids when we first have these kinds of thoughts that involve “I” or “me”. Our parents or teachers may praise us and our schoolmates and neighbors may knock us down. Our self-image is built up and torn downs many times. Through all that we experience growing up, most people’s self-image is not the reality by the time adulthood hits.

The ego is one of the most difficult areas to define. The beliefs that a person builds throughout life are often contradictory to reality. And everyone’s ego is different. Some people have healthy egos while others are inflated or deflated too much. Our culture isn’t one where we are rewarded for looking inward and therefore becoming aware of what your own unique ego looks like is close to impossible. Kendray Cherry explains the ego within her published article on about.com.

The ego can be very evil because it is what is truly the destructive force in our lives. The ego is responsible for leaving a trail of emotions in its path. This can include feelings of jealousy, the need to be right, and anger at a spouse. You may feel the need to impress someone, a lingering feeling of insecurity, or something else. The emotions that are created by the ego go on and on. They are often attributed to false beliefs.

The ego is responsible for generating powerful emotional reactions, and then it blames us for how we are made to feel. We feel angry because the ego is based upon beliefs that we know better than someone else and that we are right. There may be all sorts of different levels to the anger as a result of feeling betrayal or injustice. We will often overreact and this is because the ego will shift to a righteous self. It then berates us for overreacting, even though it was responsible for why we overreacted in the first place.

For someone who is completely unaware of their self, it’s nearly impossible to determine the difference between ego and reality. They simply wonder, what came over me? Even
post emotional analysis does not show the differences because people are not aware of the ego. They assume that it is truly a characteristic of themselves, which is why there is often blame, shame, and various other negative feelings. These negative feelings all go into the coding of the brain, making it hard to get on the path towards happiness.

Most people, when they make a comment about someone’s ego, it is associated with arrogance. However, it is only one side of the ego. It is the most common one that people identify with, but there are two sides to every coin. There are negative beliefs that lead to negative self-esteem, and this is the other side of the ego. If someone is very down on themselves, they have an ego as well, though it is the insecure aspect.

It is possible to be confident without being arrogant about it. Confidence does not come from the ego. Arrogance does. A person who works hard and is confident in their ability will not be considered arrogant unless they let it “go to their head”. It will then impact interactions that they have with other people. Humility is the difference. Humility doesn’t have anything to do with being insecure or five. Humility is actually a sign that a person is at peace and is aware of themselves and their surroundings. These are actually characteristics of a person’s true personality that has nothing to do with the ego.

The ego is responsible for so much, so it’s not something that can be dissolved. It is easy to compare the ego to a large bust. It may become overgrown, but it just needs to be snipped, it doesn’t need to be thrown out entirely. The same approach needs to be taken with the ego. It has a place, but it needs to not be fed so much that it grows out of control.

If you want to be successful at hacking the mind, you will need to understand the difference between your true self and the false beliefs that have been fed into your mind from the ego. This may take a while, and this is where it can be beneficial to use affirmations. The affirmations will help you to identify your true self and move past all of the false beliefs. Whether it has to do with your weight, your confidence level, your intelligence, your ability to speak in public, or anything else, you can remind yourself who you really are and force the false beliefs out of your mind.

It’s also important to look at the ego as part of the personality that helps to mediate between all of the other aspects of the mind. The ego is something that exists within the conscious as well as the unconscious mind. You have several things going on. You have an id, the superego, and reality. The ego is actually necessary because it will prevent us from acting on some of the most basic urges, which has been created by the id.

According to Sigmund Freud, the ego is responsible for helping you to maintain reality. This is why it can be so confusing. The ego likes to be fed so that it is difficult to differentiate between reality and the self-image that you have created. However, the ego allows you to act in a manner that is realistic and appropriate in social situations. Imagine this. You are
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driving down the road and someone cuts you off. The id is responsible for all of your deepest desires. You may have the desire to chase down the car and attack the driver that cut you off. The ego is what keeps you from doing this. It understands the difference between socially acceptable and unacceptable, and ensures that you vent your frustration in a more appropriate manner.

While the ego may seem like the root of all evil and is responsible for your lower self-esteem, it is necessary so that you can maintain socially acceptable behaviors.

It’s a good idea to keep in mind a quote that Sigmund Freud used at one point, which is where he said the ego is not the master and its own house. This is important to know that because even though the ego lives in the mind, he is not the master. Reality still needs to maintain being the master of the house, otherwise you have lost your true identity entirely.

Here’s the good news. Your true identity is not lost forever. This is one of the primary reasons why you want to learn how to hack the mind. You can regain your true self – and this is the key to your deepest desires and your quest for happiness.
Throughout this e-book, you may be looking at validating what is being said. If there actually scientific proof regarding the brain, the mind, and how the ego and various parts of the mind work? Absolutely!

Throughout history, there are people who believe that they are someone else, that people are out to get them, or that they have unique powers. These people are not crazy. When their brain is scanned, they have each experience some kind of damage that has caused their brain to reevaluate the way that they think. Small connections are lost and new connections are made. Neuroscientists have been doing this research for decades, and the results have been absolutely astonishing.

Neuroscientists from around the globe have been identified as an “architect of the mind”. They are creating a blueprint for the human brain in order to determine exactly how it works and what it is capable of. Jeffrey Lichtman is a professor at Harvard University and has been vocal about mind mapping.

There are plenty of research papers that show how it has been proven that the brain will work in one way when given particular stimuli. It is possible through science to turn off one part of the brain and therefore turn off certain functions.

Mind mapping is no longer science fiction. It is happening with more and more frequency. There are things that can go on in the brain that are understood. It’s all based upon brain cells, stimuli, sensory connections, and more.

All of this can be understood relatively easily. You can pick up any science book and learn how biology works. What brain surgeons do every day is based upon science and based upon fact. They are able to tell you how the body works in conjunction with the brain. The brain is critical for our survival. However, there has yet to be a brain transplant, and this is because of all that the brain is responsible for. It’s also that the brain potentially houses the mind, and the mind is individual for every individual person.

Case studies are some of the best ways to show that there is scientific proof behind a connection between the brain and the mind. If you were to take twins at birth who came from the same parents, and raised them differently, they would turn out to be two different people. However, they still have shared experiences, though this took place in the womb. This connection still has an impact on their minds and therefore how their brains will process certain information. Twins who have been switched at birth or been raised apart from each other can come together after 10, 20, or even 30 years and have similarities. They can bond quickly and it is because of the experiences that took place within the womb.
Sometimes, the case studies are the only way to prove anything. If you look solely at the science and how neurotransmitters fire information to the brain, there would be explanations in black and white for everything. Much of life is in grayscale. You can spend your entire life looking at the science to explain the connections between the mind and the brain and the body. It is simply not possible. There is much to be said about ancient wisdom, the soul, and experiences.

Everyone has different experiences and senses things differently and therefore there is always going to be differences with how the brain reacts to all of this information. It is the mind and brain connection that makes it impossible for one person to be grouped with another person. It is what allows us to be unique. It is also likely why brain transplants have yet to work. **It’s not just the brain, but also the mind that helps the body to move and grow.** Then, you can also throw in the state of consciousness, and there is a third factor to consider.

Is there scientific proof about the brain and the mind working together? Yes. There is plenty of scientific proof that shows that the brain and the mind are separate and that they work in conjunction with each other. If there scientific proof that repetition is effective? Yes. You can go into any school and see that kids are learning as a result of repetition. Gregg Henriques has explained some of the case studies he has seen in Psychology Today.

You have to decide what kind of scientific proof you are in search of – and then you will find it. In some instances, you have to take a leap of faith. You have to trust that there is ancient wisdom that science has yet to explain. There have been plenty of “odd” cases where science simply cannot explain what is happening. They can explain that there has been damage to a particular part of the brain, but they cannot explain the behavior that results from it. A video from PBS.org can be a great way to understand how the brain can work and be affected by damage.

The brain is complex as is the mind, as is consciousness. Additionally, there are many scientists, including those at Stanford University, that are looking at animals as a way of explaining humans. Humans are different. We have a second state of consciousness that complicates everything. While we may have a better idea as to how the brain works in conjunction with the rest of the body by studying animals, humans are more complex because we have a different state of awareness and we have experiences that affect how we look at ourselves and how we identify reality.

Some of the scientific proof is out there. Some of the scientific proof is not. Take the leap of faith and learn how to hack the mind. It can be one of the best ways to reclaim your power and get back to your true self. The studies being done at Stanford University and Harvard University are proof that the mind can be hacked.
**How Do I Use My Mind to Reclaim My Power and Get Back To My True Self?**

With all this talk about the mind and the power that is within your brain to reach your way, love, and abundance in life, it’s only natural for you to want to learn how to reclaim this power. Imagine being able to achieve all of your goals in life! You have the ability to do this, and without reading constantly within the pages of self-help books. Self-help books are only going to get you so far in life. Eventually, you have to stop remembering all of the different affirmations and give your brain a different way to look at things.

The Mind Conductor Desktop App is one of the most unique tools available to you. It combines ancient wisdom with cutting edge science in order to provide you with the ability to reclaim your power and get back to your true self. Once you are able to get what you want in life, you can see joy, love, and abundance whenever you desire.

Within the desktop app, you are able to create an album for every deep desire that you want to manifest. This can include health, wealth, love, and anything else. If you have ever struggled with organization, smoking, or anything else, this can be a deep desire that you manifest.

You will create an album for each of the desires. From there, you will have text affirmations and include images to each of the affirmations. The software will then automatically convert the text affirmations to coded affirmations. This is done in order to bypass the conscious mind.

You then have the ability to add music to the album. The settings within the Mind Conductor Desktop App is what makes this app so unique. You will have the ability to control all aspects, including the size of the images, what you want to display, the time that each affirmation shows, and much more. You can then choose where the outcome will display on your computer. As you work, the images and texts will appear, allowing you to tap into the power of your mind so that you can reach your true potential.

Forget all about the confusing self-help books out there that want you to read from cover to cover. Forget about remembering and reciting affirmations over and over again. These may provide you with a little bit of help, but they are not getting you back to your true self. You need to tap into your unconscious mind where all of the power can finally be released.

You know more about what is going on inside your mind. You know that there is the conscious mind based upon all of the senses that you experience going through life. You also know that there is the subconscious mind that communicates in a different language than your conscious mind. Finally, you know about the super conscious mind that is where your creativity sits and where some of your most intimate experiences are located.
If you plan on using your mind to reclaim who you are and who your true self is, you are going to need to tap into all levels of consciousness. It’s not enough to connect on just the conscious or the subconscious level. This is because there is communication on all three levels. Back to the self-help books. If you read those, you are engaging solely on the conscious level. Your subconscious level is not being engaged. Nor is your super conscious level. This means that you are essentially wasting your time. You need to tap into all three levels, and do so simultaneously and repetitiously. This is the only way to achieve success.

Your mind is complicated. As you have read through this book, you should have learned by now that the mind is more complex than you may have ever given it credit for. Scientists can map the brain, and they can suggest how the mind works, but it still is a mystery. However, you do know how to tap into it now because of what science has shown us. The brain controls the body, the mind controls the brain. This means that you need to tap into your mind if you are going to regain who you are.

Science, your ego, and many other aspects in life have been lying to you. You know the truth now. Your experiences have shaped who you are. Until you figure out how to reshape those experiences and reformat the beliefs that are within your conscious state, you are not going to be able to achieve any kind of deep desires. Those deep desires can manifest themselves into reality, but you have to change your current beliefs because they are working against you. You can blame your ego, science, your doctor, or anyone else. You have been lied to over and over again. It’s time to regain your self and take action. You can put the lies behind you and move forward. You can search for all of the deepest desires that will bring you happiness in life. Those can then be manifested by using the various tools that we know are necessary for hacking into the mind – repetition, and communication that is understood by all levels of consciousness.
**How Do I Reprogram My Mind to Start Directing My Brain to Show Me a New Reality?**

Imagine having the ability to reprogram your mind. How many times have you made the same mistakes over and over again? It’s likely because your mind has gone through a reprogramming, even when you were not aware of it. The mind is very strong, and very mysterious. While neuroscientists are working hard in order to map the mind, there is still a significant amount of work to be done.

Here is the incredible part. When you want to reprogram your mind in order to start directing your brain to show you a new reality, it is possible. This is not science fiction. There have been many people who have learned how to reprogram their mind in order to make their lives better. Think about being able to achieve all of the happiness that you could ever want in life.

**Why is Repetition so Important in Words and Visuals?**

You have likely heard it before. Repetition is vital. **Repetition needs to occur within words and visuals.** There is a lot going on within the mind, and repetition is what will communicate with it. Within your brain, it needs to be programmed, and this requires a significant amount of repetition of not only words, but also visuals – and this is why the Mind Conductor Desktop App has been so popular with people who are trying to get some reprogramming done.

Just look at what happens in schools. Repetition is important in the classroom, just as it is in any other capacity. You need to create a memory, and that means forging a pathway between the brain cells. Every time you hear the same thing, the pathway becomes stronger. Think about it as if you were walking through the woods. The first time you do it, you have to fight through bushes, vines, and much more. The next time you do it, it will be a little bit easier because you have already had to do a lot of the fighting. The more and more you go through on the same path, it will be easier and easier because there is finally a path that allows you to take your journey.

The same thing goes on within the brain. You need to make sure that your brain cells can make the connection in order to create a memory. Repetition is important to achieve long-term memory.

Think about this. If someone calls you ugly, you can move past it and say that they are wrong. If they say it to you over and over again, and they get other people to say it to you, it becomes a part of who you are. You have heard it so many times, that you begin to believe it. This is where your ego can rear its ugly head. You develop self-esteem issues because of
the repetition. That repetition that called you ugly, even if it not the closest thing from being reality, has forced its way into your mind. Therefore you have low self-esteem as a result of hearing the same negativity over and over again.

Understanding the mind-brain level is important. The mind and the brain are very well connected. Your mind is a result of experiences, while your brain is the science of everything. Your brain operates as a result of sensory connections. When you hear, smell, see, talk, and taste, there are sensory connections being made that tells your brain what it needs to do and what it needs to tell you. Your mind will also weigh in on these, using experiences from your past that will actually alter some of the senses. This is why everyone can have a very different experience even though they are sensing the same exact things. It's because everyone has had different past experiences that weigh in on those sensory connections.

Reprogramming your mind can be easier than you think, as long as you understand some of the science behind it. Look at the way people learn. It is done through repetition. Look at the way hypnosis works. It is done through repetition. As a result, reprogramming the mind is done through repetition as well. The subconscious mind hold onto beliefs that are repeated over and over again. It's what allows us to believe what we believe.

There are examples all throughout life that guide us to believe that repetition works. Religion is based upon repeating the same beliefs over and over again. If you go to church, you likely repeat the same prayers each and every time that you are there. It allows you to gain a sense of security and you learn to know thyself and God.

If you want to motivate yourself, you repeat the same thing over and over again. You can call it an affirmation, a mantra, or whatever else you want to call it. The reason that you continue to repeat it is because it works. If it didn’t work for you, you wouldn’t stand there right before a race or right before taking a test repeating the motivational speech in your head over and over again.

If you want to reprogram your mind in order to seek out a new reality, it has to be done through repetition. Repetition is the only way for anything to happen. You are talking about programming the subconscious mind. It has already been said that the subconscious mind works based upon repetition. The only way to create beliefs within the subconscious mind is through repetition. This means that you need to communicate more than once. Reading one self-help book is not going to work. Repeating an affirmation once is not going to work. There needs to be a significant amount of repetition. This is where most people and most systems fail.

If you want to be successful in terms of reprogramming the mind to start directing yourself towards a new reality, several things need to happen.
First, you have to decide what your new reality is going to look like. You want to stop experiencing depression? Do you want to stop being a pushover? You want to stop having anger issues? You have to figure out what behaviors you want to change about yourself. You have already learned through this e-book about the ego and tapping into more about your own true reality. There are ways to get over all negative feelings, and do so virtually instantly as a result of repetition.

Second, you have to decide how you are going to repeat enough time that the subconscious mind will believe what you are saying. New beliefs need to push out the old beliefs. If the new beliefs are contradictory to the old beliefs, it can require even more repetition. Eventually, the mind will see that the new belief is true and the other one will simply be eradicated.

It has been shown that the conscious mind and the subconscious mind use a different language. What goes in at the conscious level is not known by the subconscious level. Further, if you were to talk directly to the subconscious mind, you would need to use a different language than what your conscious mind is aware of. This is proven time and again through dream interpretation.

This means that if you are going to repeat a concept enough for the subconscious mind to create new beliefs, you need to speak to the subconscious mind instead of the conscious mind. All of your affirmations need to be coded so that the subconscious mind can read through them. This is why the Mind Conductor Desktop App has been so popular. It does all of the translations for you so that all of the affirmations that you put into the system are being translated into a language that the subconscious mind can read through. It cuts through all of the complicated aspects of your conscious mind that may want to block some of these things out. The conversation cuts out the middleman and goes right to the subconscious in order to have a more effective set of results.

It’s like taking a shortcut. Why would you take the long way around when you don’t have to? Too many people think that changing behaviors takes a long time. It’s all about using the right language.

If you were going to teach someone who spoke a different language how to do something, you could continue to speak to them in a different language than what they actually spoke and eventually, you could teach them, but if you were to just speak to them in their own language the first time around, the lesson would be learned faster. The same thing goes with reprogramming the mind. It’s all about speaking the right language.
Is Science Hiding All of This From Us?

Science is filled with facts. We are who we are, but science can explain a lot of it. However, science is also filled with a lot of hypotheses. Doctors and scientists have not figured out everything. There is still a lot of unknown out there. There have been many different breakthroughs in recent years as a result of computers being able to crunch a lot of the numbers, but there is still a lot that we don’t know.

Additionally, science is hiding many details from us. The scientists aren’t telling us everything. Even doctors will keep certain things from you. Take weight loss, for example. Doctors know exactly what it will take in order to help you lose weight. However, they are not identifying everything for you. They are still making you do a lot of the guesswork. It has shown by the obesity levels across America that people need the help. However, they are still not getting the help – and that is because doctors want to keep some of the truth hidden. It is what allows doctors to continue getting patients. If everyone was healthy, doctors would be out of a job.

It doesn’t sound fair, but it is happening all the time. Science is hiding a lot from us. Why? There is no easy answer. This is why you need to be in control of your own self. You need to decide that you are going to live for you, and achieve happiness based upon reality as opposed to what the ego wants to feed you.

You are going to have to hack into your mind if you want to live the life you want. There are inhibitions being suppressed and there is a false reality that has clouded your judgment for many years. Your cells may be surviving, but they are not thriving. All of this is within your control, and science doesn’t want you to believe it all.

When you hear about the unconscious and the subconscious and the conscious and the ego, it can seem as though science has failed you. The mind has been programmed and reprogrammed over and over again as a result of our life experiences. If it is possible to reprogram the mind, why has science been hiding all of this from us? Doesn’t the universe want us to be happy?

These are all very deep questions, and you can ask yourself them over and over again. The truth is that there are too many neuroscientists still conducting research in order to learn about the brain map and what the brain is truly capable of. However, we have already learned that repetition is critical in the learning and reprogramming process. This means that you want to reprogram your brain in order to be more successful and make your deepest desires come to life, reprogramming is in order. Repetition is the key for this to happen.
The brain takes orders from within our mind as explained by Gregg Henriques, and it has a significant amount of power in order to hold onto the beliefs in which it is fed. There are too many beliefs that the brain is holding onto that are false. This is because the ego has been able to get its way for so long. You may believe that you are not pretty enough, not smart enough, or not doing enough to be who you want to be. You are going to continue living these lies if you don’t step up and do something.

The brain is only going to be able to go so far based upon the mind. If you don’t control the brain-mind connection, it’s going to be your fault and your fault alone. You have learned a lot of the science behind how the mind and the brain works, which allows you to be one step ahead of what science wants to actually disclose to you.

Think about this. The brain takes orders from within the mind. If you change the way the mind works, the brain is going to receive different orders. As you have already learned, repetition is going to be key in order to helping you become more aware of your surroundings and more aware of your potential. If you change some of the coding within your mind, you are able to change the way the brain takes orders. This allows you to tap into more potential and change your way of thinking. It also allows your body to take over in many different ways.

There is ancient wisdom out there that science doesn’t want to talk about. This wisdom has been handed down through the generations, and over the years, it has gotten lost. The reality is that repetition is the key to helping the mind remap itself. However, it’s not just about repetition. This is where all of those self-help books fail. **Repeating the same affirmation over and over again is not what is going to help.** That is because it is stopping at the conscious level. If the brain is going to be rewired, the mind needs to be rewired. The mind is only going to be able to be rewired if it is happening at the subconscious level.

Coding needs to happen so that the subconscious level understands, which means that it will pass right by the conscious level. It comes back to the magic tricks and sleight of hand. No one understands why the mind chooses not to focus on certain things, but the truth is that it is happening. If you can slip things past the conscious mind and into the subconscious mind, you succeed.

With the Mind Conductor Desktop App, you already have the ability to combine the ancient wisdom with the cutting edge science. Too many people, neuroscientists included, only want to listen to cutting edge science. They don’t want to listen to the ancient wisdom because they don’t believe in it. However, the Mind Conductor Desktop App combines the ancient wisdom with what neuroscientists have already proven – that repetition works.

The main difference is that the desktop app uses coding that the neuroscientists don’t believe in. We have proven that the desktop app works. Through the use of converting the
affirmation into a coded version, it bypasses the conscious mind, allowing the brain to recognize that programming is coming from the mind.

With this kind of power in your hands, imagine the possibilities that exist. It is not that science is trying to hide these things from you. The scientists are being stubborn. They don’t want to listen to anything that they cannot explain. They don’t understand the ancient wisdom that has been handed down through the generations, and they seek to understand every little detail. Sometimes, it’s more important to have faith.

There is plenty of science behind everything that we have talked about, and references are provided at the end of the document. We have explain the differences between the mind, the subconscious, the unconscious, and the conscious. We have explained the role of the ego as well. The brain is one of the most powerful tools in the entire universe – and it is important to understand it all as you look at how the brain can be reprogrammed in order to achieve more happiness and truly acquire your deepest desires.

Many scientists like to push down our throats that DNA and our genes make us helpless. If our parents were certain way, we are doomed to be a certain way as well. If mom was fat, we are going to be fat. Too many people have grown up blaming their genes on why they have failed in one aspect or another. We use these lines as a way to prevent ourselves from achieving happiness. If one of our parents had cancer, we are going to assume that we are going to have cancer as well because it is within our DNA. This is not accurate. It is not the DNA and it is not the genes that control who we are and whether we are able to achieve happiness in all aspects of life or not.

It’s all within the mind. There are thousands of self-help books that teach you about daily affirmations. These self-help books would not be selling off the shelf people didn’t truly believe that they could help themselves. However, the problem is that too many people are not using the self-help affirmations correctly. Simply reciting them is not enough. You need to learn about the secret power that affects your overall perception. The brain is capable of vision, but sometimes it needs help understanding what it is supposed to be looking at. This is why the Mind Conductor Desktop App has been so successful. You can empower yourself to use new and cutting edge tools. Within minutes, you have the ability to start training your mind to achieve higher levels of success – and forget all about DNA and genes.
What Do I Really Need?

It’s hard to figure out what you really need. You hear about what people are telling you that you need. You make assumptions based upon what your ego is telling you, but there is a reality that may be far hidden from you.

As a result, answering the question becomes much more difficult than it should be. You don’t really know what you need in many instances because the conscious on the subconscious are not communicating properly, and they are not making their needs known to you.

There is one thing that you can truly know that you need. Love.

Love is really one of the most important ways to promote growth signals within a human. When there is love in your life, cells will grow and thrive. A perfect example is overseas orphanages, which was covered in research at Stanford University. They are given food, warmth, and a safe environment. All of their needs are being met, including healthcare and diaper changes. What’s the one thing that’s missing? Love! What is the result? Their growth is stunted because they aren’t being hugged or kissed. Physical touch only comes in the form of feeding and changing. There may also be other problems within the development of the children, including mental issues, autism, and more.

This means that you need love – and lots of it. You’re not a victim of your genes, so what you do in order to not only survive, but thrive counts. If you live in fear, you shut down the growth of your cells. If you live in love, you enhance the growth of your cells. Don’t stress because it attacks your body in a negative way. You can become sick, and it can actually affect your intelligence levels.

The can’ts cannot win. Too many people focus on what they can’t do and that’s not going to help you. It’s time to stop the fear of failure. Don’t regret your past because you don’t have the power to change the past. You can rewrite the past, however. You can change your systems of beliefs because of learning how to overcome all of the can’ts. Your ego has succeeded in helping you to change the way you look at yourself. The way you look at yourself is not the way others look at yourself. You have a false sense of reality and it’s time to change that.

When you see that the can’ts are taking over your life and causing you to NOT get what you want in life, it’s time to make some decisions. What you decide to do with all of this information can affect the rest of your life. You have the power to make some life changes that can impact how you achieve happiness.
Hacking The Mind Code

You have heard of the saying, “no pain, no gain”. This is not the way it has to be. You don’t have to experience pain in order to change the behaviors and the way your mind works. There are easy techniques within the Mind Conductor Desktop App that only takes a few minutes to complete – and there is no pain involved. With the coded affirmations on the desktop of your computer, you can live life to the fullest, make better choices, and achieve happiness and all of your goals once and for all.

What you really need is a way to rewrite history. You need to change some of how your mind has evaluated various experiences in your life. You may need to improve your self-esteem. Whatever it is, you need to change the way you look at yourself because it may not be reality. Regain your true self by hacking into the mind and writing into the states of consciousness in order to improve your outlook on life and your self.
3 Steps To Start Rewriting Your Story

Step 1 - Declare

Before you can start applying any tools to reprogram your subconscious mind, it is so important to recognize the emotions and feelings that are playing out in your day to day life. For the most part, you probably are not even aware of these hidden emotions, but they are there and I am going to give you a simple exercise to do right now that will help you pinpoint the trigger emotions that can be lethal and hinder your success.

Exercise:

Sit in a quiet place in a comfortable position. Have a glass of water nearby and a pen and paper. Take a deep breath in through your nose, hold it for 3 counts and exhale through your nose. Do this breathing exercise 3 times.

Now think of a situation that happened in the last 24 hours or within the last 7 days that triggered a negative emotion. For example, someone cut you off on the freeway and this triggered an emotional response of rage or your spouse made a passing comment and that triggered a negative reaction. What I am showing you is that no matter what time of the day, who you are with or without or where you are, this emotion can be triggered. It is this very emotion we want to get to, because you will probably notice now that this is the dominant emotion that gets triggered on a regular basis. So now that you have this, write it down on your paper right on top. Lets say it is Anger.

Now, close your eyes for a few minutes and ask your self, when did you acquire this emotion? Where were you? How old were you? Who was with you? Try and take yourself to the scene that triggered this emotion in the first place. The reason you want to get to this place is to resolve the story that you created at a much younger YOU. This story is actually holding you back and controlling your success. It is as though your younger self is still controlling your life. By going back to that scene, you are able to resolve the story with adult eyes and move on. IT is really important to get to this place. It may cause discomfort such as crying but this is actually what is required to heal that block. Once you locate the story, write it out on paper as clear as you can with all the details – the people, location, colors, smell and so on.

Now, take your adult self to your younger self in your minds eye. Ask your younger self permission to sit with him or her and tell him or her who you are and not be afraid. Tell your younger self what you would have wanted someone to tell you at that age. Reassure him or her of the future and all your accomplishments. If you feel that you have not accomplished anything, make up a story that is in the affirmative of how you would have
liked things to pan out. This part of the process is a positive, nurturing and joyous process. I have cried profusely during this process and that is perfectly normal. Take as much time as you like during this part of the exercise.

This part of the process I call Declare. You are declaring the truth and are willing to admit that you are holding on to the past and are now willing to let it go.

**Step 2 - Apply**

In this step, you are going to review your limiting beliefs in a simple exercise. You can do this exercise for 3 or 5 days. Its up to you. I prefer 5 days, but some people want to start clearing ASAP and have accrued enough data to analyze within a 3 day period. Do whatever feels right for you.

You will need to record all sequence of events in one day so you will need a pen and paper with you during this time period.

Divide the paper in three columns. On the top of each paper, write the day and date. Then in Column 1 – write the heading titled ‘time’, Column 2 – write a heading titled ‘description’, Column 3 write a heading titled ‘edit/delete’.

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Edit/Delete</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00am</td>
<td>Woke up and cant be bothered going to work</td>
<td></td>
</tr>
<tr>
<td>07:30am</td>
<td>Breakfast at Starbucks – donut and tall latte</td>
<td></td>
</tr>
<tr>
<td>07:45am</td>
<td>I am worried how to pay this months rent</td>
<td></td>
</tr>
</tbody>
</table>

Write all the actions you take in one day until you go to sleep. At the end of 3 or 5 days, review each table and you will see a pattern of items that just “happen” without you realizing. For example, you may be wanting to shed some pounds and each morning you are having breakfast at Starbucks or you are having negative thoughts throughout the day about how you are going to pay your months rent. By the way, during this process, it is CRITICAL that you document all the thoughts you have on a day to day basis that create a negative reaction in you. You don’t need to write the obvious like going to the bathroom but you should write things that create a reaction.

Once this part is complete, write edit or delete against the items you want to either edit or delete. For example, you do not want to delete breakfast, lunch or dinner instead you may
want to edit what you are consuming. If you are constantly having thoughts of money limitations then you will want to delete this. You get the drift.

Highlight all these items on each of the days and then write a list of the items you want to edit and delete. You will notice that the items you want to edit or delete appear each day without your even realizing the impact it is having on you.

Once you have accomplished this, it is now time to reprogram some of these limiting beliefs. The best way to do this is through repetition. You can get the Mind Conductor App to assist you with this process, but it is also very beneficial to do a very simple exercise.

On a new piece of paper, divide the page into two columns. On the left side, write all the items you want to edit or delete one after the other. On the other side write the opposite in a positive statement. For example – ‘I always think about not having enough money’ to ‘Everyday in every way I am getting wealthier and wealthier.’ Write the affirmative against each limiting belief.

Then what I have found really effective is to record with my own voice all the positive statements and listen to these each morning, day and night for 30 to 90 days. If you do it less than 30 days, you will most likely see very little to no change.

I did a 90 day intense re-programming exercise and it was life changing. In fact, what I am sharing with you in these 3 steps was one of the steps I applied.

You may experience some trigger emotions during this process. Don’t worry, it is normal. If this happens, go back to step 1 and continue to pinpoint the time and place when you acquired the emotion and the story associated with it. Peel the layers as much as you can, it will free you.

**Step 3 – Surrender**

In this step, it is important to get your head around the concept of letting go and trusting that your Higher Self, the True You, is willing to do anything to see you prosper and be happy. The surrender process is a truly empowering process because what you are doing is giving back the old story and the emotion you have been holding on to back to your Higher Self. By doing this, you are acknowledging that your ego is not capable of helping you prosper so you are creating a direct line back to YOU and asking for help and giving back the very emotion that is keeping you hostage.

I usually do this next part before I go to sleep and I sit on my bed. If you feel more comfortable sitting on a sofa or chair, do this. Take a few deep breaths in your nose, hold for 3 counts and breath out of your mouth. Repeat this three times until you are fully relaxed.
Hacking The Mind Code

Visualize white light shining from the Universe and surrounding you like a cylinder all the way deep into earth. Then visualize ultra violet twin flames lighting up from deep in the earth, rising all the way surrounding your body and all the way out in the Universe clearing all negative energies that surround you.

Now, repeat this statement either in your minds eye or out loud:

“No matter where I am in this moment, I thank God for another day in paradise and give thanks for all of the abundance I have received! Because just being alive gives me the power to go out every day and try to be the best at everything I do! I have made a firm and definite decision that in my mind I am going to be wonderfully successful! I now accept the Truth that the spiritual idea of True Place Success, the Divine Plan, for me is right where I am, in the Mind of my Inner Self!

That Self knows itself to be a true and unique expression of God. It knows it's True Worth! That Self is who and what I am, I unify with it! Therefore, I am Success, I am Prosperity! I know that as I accept the Divine Plan for my life, which is already the Reality of me, it becomes active in my consciousness! It manifests in my mind. I feel it's power, it's strength, it's dynamic urge to manifest itself in my world as new opportunity, new prosperity, the ideal pathway to ultimate success!

There is now a unity between the Inner world of Spirit and the Outer world of Form. I have accepted and embodied the idea of my True Place in this world! I have claimed my good and it is now interpreting itself as the perfect expression of contentment, satisfaction, and joy in the service of others! I believe this to be true in my mind completely. I am a total Success. And it is so! I know that I can accomplish anything my mind sets out to do with the Faith and understanding that it will be a complete Success!

I am now ready to release my Masterpiece to my Higher Self, knowing that it will make any adjustments in order to improve the overall picture, in order to receive all the good and abundance the Universe has for me now! I will live my life to the utmost knowing that in my mind I Am Truly living the Divine Plan God has set for me! Since I am assured that all of my desires and wishes will be fulfilled according to the Love and Wisdom of my Supermind, my heart overflows with Love and Gratitude!

The feeling of thankfulness pulsates throughout my entire being and I am filled and thrilled with the Joy of life and abundance! I release all non beneficial beliefs and emotions to my higher self and I thank God for another day of joy and success! Tomorrow I will wake up and start the whole process over again knowing that I am a success! And it is so!”
PART 2 - EMOTIONS & FEELINGS

It is important to understand that there is a difference between emotions and feelings. They can each affect the mind, the way the unconscious works to express behaviors, and more. If you want to effectively hack the mind and get more out of your life, you need to be able to understand the emotional experiences that you can encounter as well as what you may be predisposed to for thoughts, desires, and even actions.

You may not have been taught about your emotions as a child to the level that will help you transcend to a higher level of understanding. This is why you must now teach yourself about feelings and emotions. Then, when you can release the negative feelings that you have, regardless of how long they have been there for, you can be one step closer to hacking the mind code.

Remember, you have to address the feelings and emotions you have, not simply clear them out. You don’t want to be a robot. You are human and therefore it is okay to experience a range of emotions, as long as you are doing so in a healthy way.
How Do I Know the Difference Between Emotions and Feelings?

There are feelings and there are emotions, but they are not the same. It is important to understand that there are differences, even though they can be very subtle. According to Neel Burton, MD in a Psychology Today article, he explains that if you say that you are grateful, it could mean that you are a grateful kind of person or you are feeling grateful about a particular thing.

There are also emotions and emotional experiences. Emotions are developed over a long period of time, and some people may be predisposed towards certain desires, beliefs, thoughts, or actions. An emotional experience is episodic and brief. You may experience jealousy because someone has something you want, and that is likely episodic because you are able to get over it quickly. However, if you have had past experiences where people in your life gave you reason to be jealous, jealousy may be an emotion that is used to describe your personality.

Dr. Neel Burton explains that feelings are conscious emotions. This means they are the feelings and emotions that you are aware of, just as you are with physical sensations, such as hunger and pain. The feelings can change at any time because of what’s going on around you. Emotions can only be felt and they may be latent in some way, which is subconscious. You may not be aware of all of the emotions you are dealing with because they have been suppressed.

The feelings are immediate. You can generally identify the majority of your feelings because they are what you are experiencing. However, you may choose not to identify your feelings because that would cause you to deal with them – and not everyone wants to deal with their feelings. However, if the feeling is a physical sensation, there is the desire and need to deal with them. If you are feeling cold, you will want to reach for a sweater or a blanket. If you are feeling hungry, you will want to seek food. These instant responses to the feelings which are physical sensations will help you to overcome the feelings. The feelings that are linked to the emotions are a little more difficult to deal with because they may be suppressed on one level or another – and this is where things can become more complicated.
How Do Emotions Affect My Mind

Emotions are going to affect the mind in a number of different ways. As Christof Koch explains in Scientific American, there is consciousness as well as unconsciousness, and emotions can be found within both of these states of mind. There is neurobiology to prove that consciousness exists and this is going to impact your subjective feelings.

Emotions are going to impact the unconscious mind more than the conscious mind because your emotions are deeper, stronger, and are as a result of your upbringing, your genes, and past experiences.

There are unconscious influences all the time and as Koch talks, he goes into a technique that was invented by Naotsugu Tsuchiya, a neurobiologist from the Institute of Technology in California. The technique is known as continuous flash suppression, which makes a picture invisible. It is hidden from conscious sight, even though the brain still has access to it and can influence behavior in a variety of ways which are still unexplainable.

This technique has been used in various experiments and it is proof that emotions can affect the unconscious mind in a number of ways. It is not always obvious as to what impact the emotions have until there is a trigger where a behavior is brought out.

As an example, you may not realize that you have the emotion of sadness inside you until you see a certain picture or something happens. All of a sudden, you experience a flood of feelings because you have an emotion that has been hiding in your unconscious mind. The trigger has caused it to enter your conscious mind where you are now forced to experience and deal with these different feelings.

With all of the things taking place in your unconscious mind, you need to know that your emotions are going to be affecting your mind in ways that may not show themselves right away. They may hide away and lie dormant for days, weeks, months, or even years until there is a trigger. Suddenly, when you least expect it, there will be something that is said and done and all of a sudden, the emotions that have been lying dormant all come flooding forward and are suddenly in the conscious as opposed to the unconscious.

The good news is that by reprogramming your mind, you are able to talk to your unconscious and address many of these emotions so they are rectified – and this can help to eliminate any kind of unexpected (and unwanted) outburst. You can simply be aware of the emotions and know that there are no negative and ill-wanted feelings hanging in your mind that could prove to be negative and dangerous to your wellbeing down the road.
How Do Feelings Affect My Mind?

Feelings are found more in the conscious mind than the unconscious mind. These are the feelings you have to deal with on a regular basis because they are a part of why you do what you do. Many of your behaviors and actions are because of the feelings going on in your conscious mind. You know these feelings well, even if you don’t always pay attention to all of them all of the time.

When you look at feelings from the standpoint of wanting to reprogram your mind, these are the easier ones to find and define because they are in your conscious mind and therefore you are aware of them. It is up to you as to whether you decide whether you are going to pay attention to them or not.

As Dr. Bradley Nelson explains, there is the chart of emotions and we will often turn to it as a way of trying to figure out how we feel and what emotion defines us. Unfortunately, it is not as easy as we always hope. Sometimes, the chart lets us down and therefore we are unable to define it as easily as we want to.

Feelings are going to affect the mind as well as the rest of the body because these are responsible for so many of our actions. We feel cold and therefore our mind tells our body to grab a blanket. We feel hungry and therefore our mind tells our body to eat.

As you process emotions and work to release them, there is also healing time and this is something that the mind needs. Feelings are what fills the mind and if you make the decision to release a feeling, you have to know that it is going to impact the mind. Your mind needs time to get used to the feelings not being there anymore and needs to learn different ways to communicate to the rest of your body because you are no longer going to take certain actions and exhibit certain behaviors because you have a different set of feelings in place.

The Mayo Clinic identifies how various feelings are going to affect your body and behavior. For example, stress is a feeling that many people experience throughout the year, and there are various effects that it is going to have on the mind, including a significant impact on your mood. You may find that you are restless, irritable, unmotivated, or even depressed.

Your mood is also going to impact the rest of your body, along with the feeling of being stressed. You may start to experience headaches and periods of unrest. You may not have the behaviors you want to have.

Focus on your feelings and you will soon see how it affects your mind and the rest of your wellbeing.
**Why Have I Not Been Taught About Feelings as Part of My Growing Up?**

In today’s society, it is not appropriate to talk about one’s feelings. It is considered a sign of weakness. Even in schools, the concept of feelings is generally not focused on heavily. Health classes may provide definitions for the different feelings to help people be able to name them, though there is not an emphasis on what people should do when they have certain feelings.

Many people are in the instant gratification stage and they would rather hear about positive things as opposed to negative ones. Therefore, if someone has negative emotions, they are told to bury them or forget them as opposed to being given the forum to address them appropriately. This is why so many people end up masking their feelings and emotions. They are not given a social atmosphere in which to express themselves in a healthy manner.

As such, there are many people walking around who are dealing with negative feelings and because they have never had the opportunity to discuss them and deal with them, they are now considered long-term emotions that affect one’s personality.

The need to reprogram the mind is more evident in today’s society than ever before. Schools don’t place enough emphasis on feelings and how to work through them. Families don’t encourage members to discuss their feelings, regardless of whether they are positive or negative. Society as a whole pokes fun at those who want to discuss their feelings and therefore many people do not seek the counseling they need and therefore suffer quietly in the background.

Even though you may not have been taught about your feelings growing up doesn’t mean they don’t exist and aren’t an issue. They are there and now is as good a time to learn about them as any. Once you take the time to learn about them, you can deal with them and focus on ways to get ahold of them so you can reach your goals and live the life you want. They don’t have to stay bottled up and you can make more positive experiences so you can have more positive emotions and use the law of attraction in your favor.
How Many Feelings Are There?

It is important to look at how many feelings there are to be able to put a quantity and quality to the feelings that you experience throughout the day and throughout your life. It also goes back to the differences between feelings and emotions.

According to research by EH Weber, there is such a thing as composite feelings and elementary aesthetic feelings. There are common feelings as well as extremes for all of the common feelings. For example, a common feeling would be happiness. Some of the extremes includes elation, exhilaration, euphoria, and bliss. A common feeling would be sadness, and extremes of it would be melancholy, anguish, sorrow, and misery.

Weber says that it is impossible to completely define feelings because there are so many of them, and they fall under different psychological heads. There are also other factors that can determine a person’s feelings at any given point in time, including what their surroundings are.

As for emotions, new research, according to Julie Beck in The Atlantic, says that there are only four emotions. In the past, scientific understanding stated that there are six, but research has stated that there are only four emotions that are felt. This includes happy, sad, afraid, and angry. Surprised can be categorized in with afraid, and disgusted can be lumped together with angry.

It used to be that disgust and afraid were given their own separate categories. However, in recent research, people were asked to categorize the emotions based upon facial animations. Anger and disgust resulted in similar facial expressions, as did fear and surprise. This resulted in the conclusion that there were very little differences between them and therefore were created as the same emotion.

Feelings are a secondary form of emotion, and therefore there are more feelings. However, you can group all of your feelings into a head category of emotion to help better explain how you are feeling and what your overall outlook is for the day as well as for life in general.

Feelings are all over the place and they have been defined and redefined countless times. Go into any doctor or counselor and ask to see the feelings chart. They try to narrow down the possibilities and have you name them, but only you can put a true name to what you are experiencing. There may be a higher or lower version than what’s on the chart, so come close, but know that you know best as to what the feeling is that you are truly feeling. After all, that’s why there are so many synonyms for all of the different words to describe feelings and none of them mean exactly the same thing. It’s okay to be happy, but it’s also okay to be glad, gay, elated, and so on.
If I Understand Feelings and Understand the Sensation It Creates in My Body, Is This My Body Talking to Me?

Your body will often talk to you as a way of making sure that you choose the best decisions for yourself. Some people call it a “gut feeling” and others call it “women’s intuition” or even “basic instinct”. Call it what you will, it is your body talking to you because your body knows what’s best for you. If you go against what your body is telling you, it’s likely going to end in a way that you won’t ultimately be happy with.

This means it is of the utmost importance for you to understand your feelings through and through, and understand the sensations it creates within your body. These sensations are going to result in various outward behaviors, which is the truest sign of what you are actually feeling. Sometimes, it is easier to analyze your behaviors to truly identify the feelings that you have within your body.

It is also important to understand that some feelings go beyond your body. They are within your mind, including the unconscious and subconscious. Feelings are not always easy to name. Emotions are because there are only four of them. Feelings are more complicated. You can feel pain, you can feel joy, and you can feel depression, sadness, despair, and the list goes on.

If you understand these feelings and what they do to your body, you can listen to what your body is saying about them. You can tune into your body more effectively and make changes so you can reach your heart’s desire.

Your body is going to communicate to you, but you need to know what it is saying. You cannot ignore what it is saying, nor can you misinterpret because you don’t want to give it what it wants. Many people will ignore what their body is saying because it is easier than giving into the reality.

Dr. Susan Biali explains in an article in Psychology Today that you have to listen to your body. Your body will tell you how to be a healthier person. For example, many people will feel tired or rundown. If you don’t listen to your body, you may continue to drink coffee or energy drinks until you feel like you are going to drop. Your health may suffer and more.

If you listen to your body, you can maintain a higher level of health. Your body is talking to you and telling you what needs to be done to ensure you are operating in the healthiest way possible. If you aren’t doing something that is healthy, your body will tell you what needs to be done.

By understanding your feelings, you will be able to listen to your body easier. As Biali explains, you have to stop long enough for your body (or your mind or your heart) to tell you what it needs to communicate to you. When is the last time you stopped long enough for this to happen? Your body can communicate, so you have to be ready to listen when it is
ready to speak. When you understand feelings and sensations, you will be able to understand the messages your body is sending to you.
Understand Feelings, Understand What is Going on Inside of Me

Any psychologist will tell you that it is important to understand your feelings to a level where you can vocalize them. You have to be able to tell people what you are feeling so that they can sympathize with you, and so that you can obtain help if you need it.

Those who are better connected with themselves are able to define their feelings and explain them to others. This essentially means that if you begin to understand your own feelings, you are going to understand more about what is going on inside of you.

There are various aspects of psychology that will prevent you from understanding yourself entirely, especially if there are underlying feelings that you don’t completely understand. You may know what is going on inside of you on a basic level, but when you get down to the very nitty-gritty, there are some questionable areas where you may not know yourself completely. This is particularly common in situations of abuse were the subconscious has pushed certain situations out of the mind.

It is important to look at feelings and how it can affect you on a variety of different levels. Even professors at Harvard business school have learned that feelings and emotions within the subconscious mind will affect behavior. They have used this as a way of learning about how consumers make decisions regarding purchases. Manda Mahoney interviewed Professor Gerald Zaltman and he stated that approximately 95% of cognition occurs inside of the subconscious mind. Consumers are not always aware of themselves, the marketers may be. Zaltman explains that it is important to double check actual behavior against stated beliefs. There are also physiological measures that can be used based upon what people believe versus what they will actually do.

This is particularly important when understanding your own feelings. It proves that psychology is being used on all levels to help understand feelings, and they are not always what is being said. Sometimes, people will go against what they say they are feeling and therefore their behaviors are representative of their actual feelings, not what people portrayed their feelings to be.

There is a difference, often, where people say what they are feeling when the reality is they are actually feeling very different things. Sometimes, this is rooted in people not truly understanding their feelings and in other instances, people covering up what they are really feeling so that they don’t have to deal with the problem.

If you can truly understand your feelings, you can understand all that is going on inside of you. However, to ensure that you truly understand your feelings, your behaviors need to match effectively. If your behaviors are telling a different story, there is likely a disparage between the understanding of feelings.
Listen to what your body is telling you. There may be a lot going on inside of you and it’s not always easy to make sense of it all. There may be emotions you can name and other emotions that you cannot name. One thing is for sure – you are aware of all of your behaviors and those are all performing actions that are related to various feelings and emotions within your body. Understand your feelings and then understand your body. It is cause and effect, so once you begin to understand one, you will have the key to understanding the other.
The Language of The Heart: Feeling

If you have ever heard the saying, “the heart wants what the heart wants” or “your heart’s desire”, then you are one step ahead with being able to get a hold of your feelings to help you with reprogramming your mind to benefit you. You cannot think about reprogramming your mind until you know what you want. This means you have to be able to identify the feelings that you want. You also have to know about the feelings you no longer want.

You may want to feel joy, but you are constantly stuck in a state of depression. The desire to feel joyous is there, but you have to begin speaking the language of the heart. Your heart wants to speak the language of joy. This means you have to work on reprogramming your mind so that the language is the same.

It is important to focus on your feelings here. If you are feeling unhappy, you have to look deep into your being to see why you are unhappy. Are you unhappy because of situations that have taken place? Are you unhappy because someone else has kept you down for entirely too long? Are you unhappy because you think this is the way you are supposed to feel based upon what has taken place in your life? These are questions you have to ask yourself to ensure you know what is truly going on.

There is a significant amount of honesty that has to take place here. Dr. Bradley Nelson talks about the body code and the emotion code. Trapped emotions have to be released individually. It would be great if we could release all of our emotions about a particular event or situation as a group, but it doesn’t work that way.

There may be a past event that has caused you to feel regret, self-hate, and embarrassment. You cannot come to grips with the event and suddenly release all of these feelings at the same time because they are all very different. You may be able to release the embarrassment because of coming to terms with the fact that it was not as embarrassing as you built it up to be in your head and that others have had similar experiences. This doesn’t mean you’re not going to still feel regret and self-hate. Those feelings could still be present – and therefore you have to work through all of them at the same time.

Be honest about your feelings. Be honest about what needs to be remedied so your mind and heart can speak the same language – and a positive language at that.

Your heart and your mind are the two most important components of YOU, and the ones that are going to have the greatest impact on the way you live your life. Your heart is telling you what you want. It is up to you to listen and take action to make it happen.
Learning About Feelings & Your Emotional Body

Learning about feelings is not always easy because they are found on different levels of your emotional body. Some of these feelings can be found on your own and others may need to be analyzed with the help of a counselor or psychologist. The reason for this is because you may not be ready to name the feelings on your own. They are still being held captive by your unconscious.

You can look at your behaviors as a way of learning more about your feelings. Your behaviors don’t lie. This is your body’s natural response to what you are feeling. Aaron T. Beck, a psychologist that has combined the cognitive and behavioral theories, explains that behavior results from your belief system of a particular action. The belief system is found within your emotional body and is going to be different for everyone.

There could be five people who all experience the same action. However, everyone has a different belief system and therefore everyone can have a different outward behavior. These are all stemmed from the feelings that are created by the belief system. If you want to make your emotional body healthier, you have to learn about these feelings and reprogram your belief system. If the belief system is not modified, then you will be incapable of changing all of the feelings and the resulting behaviors.

If you cannot learn about your feelings on your own, it’s best to talk to someone. You need to discover your emotional body in order to heal and move on.
Clearing Emotions is Not the Solution, It’s a Band-Aid

What makes us human is our emotions. If you were to clear out your emotions and be void of them, you would not be human. Experiencing emotion is all part of being human. If you were to clear your emotions, you would be a shell of a person.

If you have ever looked at a person in a psych ward or someone else who is heavily medicated, they have cleared out their emotions. They are not capable of feeling anything because there are so many drugs in their body. The chemicals are preventing their nerves from firing on all cylinders. They have blank stares and they are incapable of feeling any emotion. They don’t have highs or lows. They don’t feel happy, sad, scared, mad, fear, or any other emotion. They feel nothing.

Clearing emotions is not a solution. You have to deal with the emotions at some point or another. If you clear them away, you are not truly human. You are a shell of your former self. Having some kind of emotion is better than having no emotion at all. You cannot apply a band aid of clearing out emotions and hoping all will be well.

The band aid doesn’t work in any instance. For example, if you cut yourself badly, you can put a band aid on it. It solves the problem of the gushing blood for now. However, at some point, you’re going to have to address the gash as well as the potential for infection. The band aid was temporary until you could get help.

The same principle has to be applied to your emotions. If you have negative emotions that are leading to negative feelings and standing in the way of you getting your heart’s desire, you have to work within those emotions and feelings instead of clearing them away.
Address Your Feelings: Learn the Language of Your Body and Reprogram Your Mind

Addressing your feelings is one of the most important aspects of being able to reprogram your mind. There are all sorts of different emotions and feelings going on inside your head at all times. You have to maintain a positive outlook on life and figure out why you are feeling certain ways. Much of it is going to be based upon your upbringing and various situations that have occurred throughout your life.

For example, victims of sexual assault will often have feelings of shame or guilt. They are constantly blaming themselves for what happened, and wondering “what if”. In today’s society, there is a significant amount of pressure where the victims are often blamed and made to feel worse. This makes it harder to address the feelings, but it is important to not only identify them, but address them.

It’s not possible to simply clear them out and stop feeling shame or guilt. You have to address them and figure out why you are feeling this way. It may have to do with society or an action that was actually taken. There may be trust issues, and much more. The Wentworth Institute of Technology offers a Center for Wellness where they discuss how people should be working through their own feelings.

One of the things that they focus on is how it is important to address feelings in order to recover. This is the same for when you are looking to reprogram your mind.

You will want to work on such aspects as:

- Healing the negative feelings
- Building relationships
- Learning to trust
- Directing anger in a healthy way
- Regaining self-esteem and confidence

There is always body language, and those around you may notice when your body language is for certain feelings long before you do. If you get angry, you may ball your fists up without even realizing it. If you get sad, you may pull away from others and not want to talk. These are things that you may not be aware of, though anyone who knows you very well can tell you exactly how you behave for every feeling.

This is why it can be advantageous to bring family and friends into the healing process. You will be able to address your feelings faster and more effectively if you talk to people who
Hacking The Mind Code

are close to you. They can help to be a support system as you learn more about your body language and address the feelings that you are experiencing.

It doesn’t matter whether you are experiencing jealousy, sadness, guilt, or anything else. It is a feeling that needs to be addressed so that you can begin to reprogram your mind and have a healthier outlook on various aspects of your life.

Think about all of the times that you have made mistakes because of the feelings within you that never seem to go away. You may be constantly making the same mistakes because the same feelings show up every time. For example, you may want to get involved in a new relationship, but there is still guilt haunting you from a past experience. You sabotage the new relationship because of that guilt that you are holding onto.

You can start to live a new reality once you reprogram your mind so that you can get rid of certain feelings and have a more positive outlook on certain things. You can achieve higher levels of happiness, and avoid repeating the same mistakes over and over again.
Hacking The Mind Code

**The First Step to Hacking the Mind: Releasing Negative Feelings**

Hacking the mind is the ultimate goal so you can begin having the life you want. The main problem that you face right now is that there are negative feelings standing in your way. This means that you must release negative feelings.

As you recall, Dr. Bradley Nelson already identified that you cannot release all of the negative feelings at once. You have to deal with all of them individually. While it would be great to be able to release them in bundles, it is not that easy. However, with the Mind Conductor App that you can begin to reprogram your mind by creating positive statements that focus on all of the different feelings.

In order to release the negative feelings that you have, you have to name them. You have to confront all of the feelings, even the ones that are hiding in your unconscious that you may have pushed there because people told you that was what needed to be done. You may not have been taught about feelings growing up, but that doesn’t mean you don’t have them. You do have them, and they are standing in the way of you being the happiest and most successful you can be. This means that the only logical step is to look at the feelings and identify with them and explain them away so they can be released.

The negative feelings can take a while to release. You have to name them, which can require analysis of your behavior and being open and honest about what’s going on in your body. It’s also going to require you to let go – and this is the hardest part. You may want to hold onto the negativity because it is all you know. However, when you describe your idea of a perfect life and the ultimate happiness, it doesn’t involve these negative feelings.

The sooner you can learn to let go of the negative feelings, the sooner you can take the step towards hacking the mind and attracting what you really want.
Emotions & Feelings: Resolve Them in Order to Attract What You Want in Your Life

There is something known as the Law of Attraction. Jim Nolan, the President of Southwestern College, discusses the law in regards to American psyche in modern day. There was a book that was written several years ago that was featured on the Oprah Winfrey show, and it became a large phenomenon across the entire globe. It was “The Secret” and it was essentially a well-developed version of the law of attraction, often referred to as LOA in social media.

The concept has been around for over 1000 years. The general principle is that what goes around comes around and that people can create their own reality. There are consequences to the energy that is put into the universe. Those who put positive energy into the universe are going to get positive outcomes. Those who put negative energy in the universe are going to get negative outcomes.

This alone is reason enough to resolve emotions and feelings in order to put more positive energy into the universe so that you can attract more positive outcomes within your life.

According to Nolan, it’s entirely possible to manifest more prosperity and whether people call it the law of attraction, karma, or something else, they are fundamentally similar because there is a cause and effect change. Even the old hermetic writers from 1000 years ago referred to the principle of vibration, which all had to do with a similar and resonating message.

If you want to attract positive things in your life, you need to resolve the emotions and feelings that are coursing through your body. If you are constantly depressed and negative about life, only negative things are going to occur in your life. This is why if you ever are in a slump, it seems like things keep getting worse instead of better. You can call it karma or the law of attraction in full swing, but it is because you are negative and therefore you are not going to have any positive changes in your life.

You can have the life you want to have. You can be successful in your career, have a strong relationship with a significant other, and be happy. You can have a positive Outlook on life, and be prosperous. In order for this to happen, you need to make sure that your emotions and feelings are in check and are positive for the majority of the time.

This does not mean that you aren’t allowed to feel sadness or jealousy. However, they need to be episodic emotions as opposed to long-term emotions. They need to define a brief moment in time as opposed to your general outlook.

When you can resolve the feelings, you can then begin to attract what you want. You can have the positivity in your life to attract positive things. This can be done using the Mind Conductor App where you include positive statements (affirmations). You cannot create the affirmations until you know what feelings need to be addressed and corrected – but at least
now you have the tools to help you identify feelings and emotions and understand the impact they have on your mind.
Exercise To Resolve Negative Feelings

Over the years, I have tried many ways to resolve toxic emotions, but one thing I did not understand fully, was the overwhelming feelings that underline the so called emotional label. Emotions are labels we give feelings, however many of us do not truly understand feelings in terms of their true nature. I remember, my teacher was working with me on a simple exercise to help me understand how to set boundaries and as we were going through an exercise, he asked me to describe my feelings and I was stuck, I was forcing myself to describe feelings. He proved to me in that simple exercise that my ‘feelings’ dictionary was so limited and I had some work to do. So I learned a simple and very effective way to increasing my knowledge base of feelings. Here is a simple exercise.

In this exercise, start off my learning the list of the key feelings below:

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>Enjoying, showing, or marked by pleasure, satisfaction, or joy. (Source: <a href="http://www.thefreedictionary.com/happy">http://www.thefreedictionary.com/happy</a>)</td>
</tr>
<tr>
<td>Sad</td>
<td>Ashamed</td>
</tr>
<tr>
<td>Joy</td>
<td>Glad</td>
</tr>
<tr>
<td>Shame</td>
<td>Good</td>
</tr>
<tr>
<td>Scared</td>
<td>Embarrassed</td>
</tr>
<tr>
<td>Frightened</td>
<td>Bad</td>
</tr>
<tr>
<td>Nervous</td>
<td>Unhappy</td>
</tr>
<tr>
<td>Worried</td>
<td>Anger</td>
</tr>
<tr>
<td>Excited</td>
<td>Guilt</td>
</tr>
<tr>
<td>Disappoint</td>
<td></td>
</tr>
</tbody>
</table>

The exercise is simple:

1. Write the name of the feeling on top of a page (journal)
2. Directly underneath write the dictionary meaning of each feeling
3. Then write under each feeling a time when you made someone feel that way and then write a time when someone made you feel like this. Your Journal will look something like this table below:

<table>
<thead>
<tr>
<th>Name of Feeling: HAPPY</th>
<th>Meaning: 1. Enjoying, showing, or marked by pleasure, satisfaction, or joy. (Source: <a href="http://www.thefreedictionary.com/happy">http://www.thefreedictionary.com/happy</a>)</th>
</tr>
</thead>
<tbody>
<tr>
<td>When did I make someone feel like this?</td>
<td>I remember taking my son to his first concert watching the artist he admired so much. When I handed the tickets to him, the look on his face and his excitement made him feel so happy.</td>
</tr>
<tr>
<td>When did someone make me feel like this?</td>
<td>I remember when I was offered my dream job, after I applied for 100 jobs, had 48 interviews. I was offered my dream job after persisting for 1 year to achieve my goal. I felt</td>
</tr>
</tbody>
</table>
By doing this, you will start to see that by expanding your feeling dictionary; you will be able to express your TRUE feelings. When you express the truth, you are free. Where else is there to hide when you have declared the truth? So go ahead and do this exercise as soon as you can.

Continue to expand your feelings dictionary. As you do this, you will be able to express yourself and set boundaries with more ease. The key to this exercise is to learn feelings not emotions. I always use the analogy of an iceberg. The tip is the emotional label and beneath lays the feelings. This image illustrates this analogy perfectly.

The next part of this exercise is to start moving these feelings or energy blocks out of your body/meridian system. This is not complicate.

When you are clearing blocked feelings, it is always best to go back to the root cause. Find when you acquired the feelings associated with a specific story. The best and most effective way is to write the story in terms of when it happened, who was with you, where were you, describe colors, noises, location and so on. Then write how this made you feel. This is where you will need the feelings dictionary. You may have a list of 10 feelings or 100 feelings. Just write these down.
By tapping on acupressure points on our bodies, we are able to interrupt blocked energy in our meridian system to create more flow and increase our vibrational state. This is truly a remarkable tool. It is usually referred to as Emotional Freedom Technique (EFT) or Tapping. These are the acupressure points you need to become familiar with:

Here is an animation that I created that you can use as a guide. If you click the image, it will open up the video.
Here is the YouTube Link: [https://www.youtube.com/watch?v=B2qz5pblaa4](https://www.youtube.com/watch?v=B2qz5pblaa4)

As you become familiar with these acupressure points, here is how you apply it to your story.

1. Write a set up statement. You will need this as your starting point. The starting point is the side of the hand, called the Karate Chop. Your set up statement will be ALWAYS be like this:

2. “Even though I ……………………………………, I deeply and completely love & accept myself”

3. An example of this would be “Even though I feel like I never have money, I deeply and completely love & accept myself”

4. You start tapping on the side of your hand (doesn’t matter what hand you use) and repeat the set up statement 3 times as you keep tapping.

5. You then move to the inner eye point and tap on this point 7-10 times and start declaring your feelings (specific to that story). You then move to the next acupressure point (side of the eye) and you continue to declare feelings.

6. You keep doing this for 3 rounds. Stop, take a deep breath, have a drink of water and see how you feel.

7. On a scale of 1-10 (10 being high emotion), where are you at? Do you feel calmer, content, happier? Continue the exercise again, you do not have to start at the side of the hand again, just start at the inner eye point and keep declaring feelings.

8. You can also declare the story. In other words, maybe you may feel better if you imagined a person or people in-front of you and you declared your feelings as a story. You can do this but just ensure you keep tapping on the acupressure points.
9. Continue to do another 3 rounds and measure how you feel on the scale? If you are below 5, you are doing amazing and are close to saying goodbye to these NEGATIVE feelings.

10. Continue to do this exercise until you feel a shift and you feel happy.

11. NOTE: you may experience some deep feelings arise. If it is too much then stop this process and do a little each day until you feel you are comfortable within yourself.

Note: if you would like more guidance on this process, please view my kindle books on AMAZON. They are short ‘How To’ books and are easy to use. Here is the link to my Authors page: http://www.amazon.com/Mary-Henderson/e/B008HZJC54
PART 3 – THE SECRET IS IN YOUR VIBRATIONAL FREQUENCY

You want a better life and this requires raising your positive energy. By raising the vibrational frequency of the energy that resides within you and is found around the entire universe, you have the ability to become a happier and more positive person and your life can be more fulfilling.

Your goal is always to become more prosper and hacking the mind code involves understanding vibrational frequency. It has been said that when you increase the vibrations within your body, you have the ability to reach a higher level of understanding. This can open the floodgates of understanding and the higher plane of consciousness will enable you to reach spiritual enlightenment. You can suddenly “see” things that you were never able to see before. When you achieve this vision, everything will start to make sense and you can make better decisions that will enable you to achieve all of your life’s goals.
What is a Vibration?

A vibration is the oscillation or motion of an object. There is vibratory motion within the cell level as well as the whole body. Every atom, every cell, every organ has vibration because it is alive and therefore has energy.

The vibration of an object is as a result of excitation force. This force generally originates inside the object, but can also be applied externally. This is an important concept to understand as it is going to impact vibrational frequency considerably. You will have the ability to impact the vibration because there is already some vibration coming from your body internally and through positive thought, you are able to put additional vibrations from the outside.

You are likely already aware of the concept of the Law of Attraction. There is also the Law of Vibration, and this is actually the foundation of the previous law. If you ever study quantum physics, you will learn that everything in the universe is and contains energy. At the subatomic level, it’s not matter that you will find but pure energy.

There is the concept of pure potentiality and this is essentially the all being energy.

Everything vibrates, it’s simply a matter of what speed it does so at. Nothing is at rest. Everything you see and everything you are vibrates at a frequency. It may be a high frequency or a low frequency. You may be able to see light as a result of the frequency or hear sound as a result of the frequency – or neither.

There is what’s known as the unified field, and Professor John Hagelin states that because everything around us vibrates, we are all connected on a low level. This is important to understand because it means that you are also connected to all of your goals in life, even if it’s on a low level.

Even the items that look still are vibrating. For example, a table may be solid and unmoving, but if you look down at the subatomic particles, they are moving around with energy. This means that the table has both movement and pure energy. It has its own vibrational frequency, as does everything else within our universe. It is proof that the Law of Vibration is in action.
What is Frequency?

Frequency has to deal with the level of vibrations. It’s essentially the number of ways that half a fixed place over a specific amount of time. There are high frequency vibrations, which means that there are more vibrations within a minute as well as low-frequency vibrations, which is a slower vibration.

High frequency is associated with positivity while low-frequency is associated with negativity. Obviously, you want to be on a higher frequency because it is associated with positivity – and everyone wants to be a positive person.

It is important to understand the energy is the backbone of everything inside the universe. Without energy, there would be no life because life requires energy as its fuel to exist.

Vibrational frequency plays a vital role in the creation of our physical reality. Energy is found within molecules, atoms, biological life, as well as viruses. It your energy is not vibrating at the correct level, it can lead to various diseases. Your health can suffer if you are on a lower frequency vibration.

If you have ever looked at people who are constantly negative, it seems like they are exposed to one thing after another. Much of this has to do with vibrational frequency. In order to improve health, they need to improve their mindset as a way of increasing the frequency of vibrations.

An independent division of Eastern State University, Tainio Technology, was responsible for building the first frequency monitor. A healthy body frequency is between 62 and 72 MHz. As the frequency drops, the body’s immune system becomes compromised. Colds and flus generally start around 57 to 60 MHz, disease starts at 58 MHz, and a person can be receptive to cancer at 42 MHz. Death generally begins around 25 MHz. This is such an important thing to understand because controlling vibrational frequency can actually make you a healthier person and save your life. Before you can begin focusing on leading the best life you want, you need to make sure that there is a life to live.
Is there a Science To This?

Hacking the mind and changing vibrational frequencies in order to achieve life’s goals can seem like a lot of mumbo-jumbo. The biggest question asked is whether there is science behind all of this.

There is a science to vibrational frequency. It is part of Einstein’s theory of relativity and it forms the scientific basis to the Law of Vibration. Without getting into a full lesson of quantum physics, it is important to note that physical matter is composed of vibration.

Dr. Max Karl Ernst Ludwig Planck is the founder of quantum theories as we understand it today. He won the Nobel Prize in physics during 1918. He explains that matter originates and this only by virtue of a force. Atoms contain vibrations and an assumption must be made that behind this force is the existence of both a conscious and intelligent mind. He goes on to explain that this mind is also the matrix of all matter.

When two frequencies are brought together, the one with the lower frequency will rise to meet the higher one. This is known as the principle of resonance. A perfect example of this is when a piano is tuned. One will strike a tuning fork and bring it close to the pianist during that carries the same musical tune. This string will then raise its vibration in order to adjust and vibrate at the same rate that the tuning fork is vibrating at.

Science has also proven that there are countless vibrations that radiate at different frequencies and control the molecules within our bodies. Dr. McClare was a biophysicist at Oxford University and discovered that the vibrating energy frequencies are approximately 100 times more efficient in sending information inside of a biological system as opposed to physical signals, such as neurotransmitters or hormones.

The majority of frequencies that exist are outside of our range of perception. When we do observe frequencies, we observe them in color and sound. There are seven colors inside of a rainbow and seven notes inside of a musical scale.

When the frequencies vibrate fast enough, they will emit a color of light. This means that if sound needs to be converted to light, the frequency needs to be increased. Here is something really interesting – if a pianist were able to press a key far above the 88 keys that exist on his piano, that key could actually produce light.

By returning to the initial question, there is science behind vibrational frequency. It uses the principle of resonance and it is possible to accelerate the speed in which molecules vibrate within the body. When the atoms accelerate, consciousness can reach a higher dimension. As such, by raising vibrational frequency, you have the ability to expand your consciousness and reach a higher level of spiritual enlightenment.
This universal Law of Vibration is therefore what can allow you to reach personal goals of happiness, abundance, and great prosperity. You simply need to discover the pure energy within your body and raise the vibrations.

The Law of Vibration state that the universe is constantly in motion – vibrating and shifting. You are never an exception to this law. Your vibrations may vary from day to day and even our tower. When they are low, they are also slow. When they are high, they are fast. Nothing will ever stand still or rest.

Before you can truly begin to impact your own vibrational frequency, you have to believe in this pure energy. Since there is a science behind it, believing should be relatively easy. Even though you cannot always “see” the vibrations, you have to understand that they are there. Albert Einstein and various other scientists have proven it time and again. You can open any quantum physics textbook and learn the full science behind it, but the reality is that there is energy in everything, even if it’s on a subatomic level.

Just as you can make things go faster by giving them a push, you can do the same with your energy. This means that you have the ability to increase your vibrational frequency – and this has been proven by science.
Why Do I Need To Understand the Power Of Increasing My Vibrational Frequency?

You want to achieve a better life and therefore you need to gain an understanding of vibrational frequency. If you are not aware of your vibrational frequency, you are unable to increase it. You won’t understand the background behind it and therefore won’t have the motivation to make a change.

You have already learned that everything contains a vibration and has its own frequency. You have also learned that you have the ability to increase or decrease the frequency as a way of impacting the level of energy that you have and therefore your entire mindset.

Your vibrational frequency can be controlled by everything that you do. When you are in a more positive frame of mind, it’s easier to vibrate towards everything you wish to achieve. However, it is when you fill your mind with doubt and negativity that you begin to reduce your frequency – and this is often when you lose focus of the positive thoughts.

The mind is very powerful thing. You have already learned a little bit about how to hack the mind code and vibrational frequency is the key to do this. You cannot change yourself without changing your frequency – and science has proven this to us.

It is important to understand that you are only going to vibrate to the thoughts that are in your mind. This means that if you are not controlling your thoughts, you are not vibrating to any particular goal. It is only by way of understanding that you will be able to increase your vibrational frequency towards meeting your goals. Otherwise, you are simply vibrating without a goal – and this is not going to get you anywhere.
Be Conscious About Changing the Way You Feel

you want to be conscious about changing the way you feel, moving from lower vibrations to higher vibrations. This is always easier said than done.

The goal is to focus on different ways to be a more positive person. This includes choosing to think more positively as well as associate yourself with more positive people.

Science has suggested that it is not just about thought. You have to focus on ensuring you feel good inside and out. This includes feeling your body with more than just positive thoughts. Avoid eating junk food, including processed and canned food. When you move to eat cleaner, you are able to raise the frequency levels within your body. When the vibrational rate increases, your energy will increase and you will start to feel better.

When you feel better, it’s easier to think in a more positive way. Think about this. Have you ever been a super happy person when you are sick? Of course not. You don’t have enough energy to maintain your positivity – and this is when it can be very dangerous. Focus on being a positive person and bring your body what it needs in order to maintain the higher vibrational rates.

Now on to the positive thoughts. You need to be conscious about the way you feel and the way you think. The more positive you are, the easier it will be to increase vibrations. This is when you need to begin hacking the mind code and doing all that you can in order to bring positive energy your way. This is going to fall into the Law of Attraction. When you are positive, it’s easier to attract positive energy. If you are negative, you are going to attract negative energy.

There are various ways that you can change your consciousness to be a more positive person and start changing the way you feel. You can impact the vibrations on the atomic level so that you can begin operating at a higher frequency.

Some of the top ways for you to be more positive include:

- Maintain positive posture
- Practice gratitude by saying thank you
- Ditch the “friends” that constantly drive negativity into your life
- Do something nice for someone
- Recite a positive mantra
- Learn that you can let go without quitting
- Keep the past in the past
- Make a good day as opposed to trying to have one
- Don’t let fears interfere with your life
- Focus on assertive and confident communication
- Smile, even if you don’t want to

These are just some of the ways you can focus on being more positive. The reality is that you need to be conscious about all of these things so that you can know when you need to change your energy. You may be vibrating at a lower frequency on certain days because you have lost focus. This is when you need to make a change in the way you conduct yourself on a daily basis. If you feel as though the energy has been sucked from you, it’s because of a lower frequency of energy and therefore you need to bring about the positive energy and increase the frequency so that you can take advantage of all of the benefits that occur as a result of a higher vibrational frequency.
Changing Your Reality Is a Thought Away

Think about this for a moment. You have the ability to change your reality simply by way of positive thoughts. This means that you can become a more prosperous individual and live in abundance merely by thought alone.

If you want something, you have to vibrate to it. This is part of the Law of Vibration. Go back to the example of tuning a piano. A particular piano key will need to vibrate to the tune of the tuning fork in order to achieve its goal of sounding the way that it should. While a piano key is not a living-breathing thing, it does vibrate and it does have a frequency.

Now, as a living, breathing being, you vibrate as well. You have a frequency. You will have goals as well – and you need to vibrate towards them. The better goals, the more positive things in life vibrate at a higher level. This means that the only way to get what you want is to vibrate at those higher levels as well.

How you choose to increase the positive energy and the vibrations within your body is entirely up to you. Much of it is going to depend on what you are already doing. You can practice self-love, tend to your spiritual roots, release your creativity, live an authentic life by projecting your true self, pursue new adventures, and simply bypass the need for perfection.

You can be the person you have always wanted to be. This is going to require an understanding of just how powerful your feelings, emotions, and thoughts really are. If you want to live a life that is equivalent to your wildest dreams, it’s possible. You can evolve into the person you want to be, but it’s only going to happen if you learn to take control of your surroundings. The energy all around you is going to have an impact on you. There is energy within music, people, and everything else. Understanding these vibrations are critical because you need to learn how to create positive thoughts in order for them to balance – and in order to increase the positive vibrations.

If you allow too much negativity into your life, it’s going to drain all of your energy. This means that you will be as far away from spiritual enlightenment as possible. You need the energetic cords of positivity, kindness, and love. This will generate more energy and allow you to reach the higher plane of understanding so that you can reach spiritual enlightenment and begin to pave the path that you were meant to be on.

Your vibrations need to be elevated on a daily basis. Any time that you allow negativity in, you will need to work hard by clearing your mental chaos in order to increase the vibrations. This means that it is an ongoing task to focus on vibrational frequency. You can choose to meditate daily, keep a diary of gratitude, and more. By working some task into your life daily, it can ensure you are able to remove worries and stress from your life. Being able to achieve a meditative state can ensure that your positive energy remains on a day-to-day basis, regardless of what hurdles may stand in your way.
Anyone and everyone has the ability to control vibrations and energy. You simply have to take control of your thoughts and make it happen. You are one thought away from changing your reality. All it takes is one thought to increase vibrational frequency and allow you to achieve the life you have always dreamed of.
Exercise To increase Your Vibrational Frequency

You will require one hour of quiet time for this exercise. That means NO INTERRUPTIONS whatsoever. You will need a pen, paper and stop watch (your mobile phone has this feature)

Write a list of items that create positive feelings for you. They may be your desires such as a new home, new car, new relationship. You may have something that you are really grateful for; you may have a past memory that brings you feelings of joy and happiness.

List each item on a piece of paper. For example:

My new Mercedes Benz
My new 6 bedroom home by the beach
My loving grandmother who loved deeply
The birth of my children and how grateful I am to be a mom
I am grateful for my health
My desire to earn $10K each month
My desire to lose 10 pounds
My desire to go on a family vacation to the Bahamas
I am grateful for my friends
I am so grateful to be learning all this new knowledge

As you can see, I have listed 10 items above as examples. You may have more or less it doesn’t matter. What matter’s is that each item you list makes you feel excited, happy, joyous or loving.

Divide one hour (60 minutes) by the amount of items you have listed. So 60mins/10 items= 6 minutes per item.

Sit quietly; take 6 deep breaths. Start by breathing in through your nose, hold your breath for 3 seconds and release your breath through your mouth. Repeat this breathing exercise 6 times. This exercise will get you in a very relaxed state.

Now, set your stop watch to 6 minutes. Using your imagination, visualize the first item by bringing in all the senses associated with this item. If it is a desire you want to manifest, say a new car, see yourself at the dealership receiving your keys, sitting in the front seat, see the color, smell the leather seats, feel the handshake from the sales person who hands over your keys, feel the speed of the car as you drive away and so on. Get excited about this image and stay in the scene for 6 minutes.

Now, reset your stop watch for another 6 minutes and continue doing the same thing with the next item on your list.
Hacking The Mind Code

Continue with this exercise until your hour is up. When you have completed this exercise, drink a glass of water and you will no doubt feel like you are on top of the world.

This is the easiest and quickest hack to getting yourself in a very high vibrational state when you are feeling flat. I recommend you do this exercise once a week. The amount of energy you will create is enough to keep you highly charged for a week, so keep doing it if you want to manifest your dreams ASAP.

Another way to increase your vibrational frequency is to illustrate images of what you want to manifest in your life. This is the most powerful way of communicating with your Higher Self. It is a craft that Mystics have spoken about for thousands of years. If you shared the link for this eBook with your friends, you should have received the FREE Coloring In book I created as a support tool to get your creative juices flowing and more importantly increase your vibration.
Conclusion

I hope you enjoyed this free eBook and the quick mind hack exercises included. The objective of this eBook was to create an easy to understand book without all the new age jargon that leaves you totally confused. Instead, my intention was to give you information that will empower you and give you enough knowledge so that you can actually convert the knowledge into an experience, by applying the suggested exercises. In my opinion, that is the key to transformation – the experience. Reading new information is great, but if you cannot convert it into an experience, its just more information. The more you experience, the more change you will make because you will view reality with completely different eyes.

I appreciate you downloading this eBook. I wish you every success on your journey ahead.

If you enjoyed reading this book, I would appreciate it if you can please like my Facebook Page to stay up to date with my blog posts.

Much love,

Mary Henderson
Founder, Mysticpreneur School of Wisdom
Next Step – Special Offer For You!

If you enjoyed this book and are ready to take action to make changes in your life, then you will love Mind Conductor. Let me ask you this question? What if you could program your computer to reprogram your mind? Well you can!

You have heard of subliminal messages, right? You also know that repetition is an important ingredient to change behaviors, right? Well, Mind Conductor allows you to create subliminal text messages, add images and music and the software converts the text message into a coded affirmation. The software has the capability to display 20,000 text, images and coded messages per hour. This is what I call repetition on steroids. The best part is that the subliminal messages are happening right in front of your eyes.

What I’m about to share with you works like magic. It’s quite possibly the most powerful magic wand you can wave over your life...A transformative tool that can completely turn your desires, wants, needs, and dreams into reality simply by following a few directions for just a few moments each day. Yes – it works like magic, but it’s not a magic trick.

It’s not an illusion or some form of trickery.

Click Here (members.mysticpreneur.com/affirmation_creator/) to Learn more about Mind Conductor and take advantage of the $1 (14 Day Trial offer).

Mind Conductor is not just a desktop app for MAC & PC, it comes with a full course that shows you in much more detail than the three parts above, how to actually work with your conscious, sub and super conscious mind’s. Everything you need to manifest your dreams is waiting for you and is just $1.
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