

**TAP INTO YOUR MIND TO MAKE THE POSITIVE CHANGES YOU DESIRE**

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Are you a physical being having a spiritual experience? Or are you a spiritual being having a physical experience?

I have come to understand that we are first and foremost, spirit. And when we connect with our spiritual center, amazing things result. Our spirit is known by many names: soul, subconscious, guide, essence, core, heart, life force, inner self, chi.

Have you ever heard that we use only 10% of our mind? Have you ever wished you could activate the other 90%? Think of all you could accomplish, be and do if you could use 100% of your mind! The 10% of our mind that scientists say we only use is the conscious mind. The 90% of our mind that we are not aware of using is the subconscious mind – some believe our inner connection to our soul.

The subconscious mind is a perfect "file cabinet". Within it is stored every action, decision, memory and thought we've ever had. You can access your subconscious mind – all your files – and choose to alter ones that no longer serve you.

It is important to understand that no one ever chooses thoughts or behaviors to harm themselves. All choices are made because at the time there is an important perceived benefit. For example: often, people choose to smoke cigarettes because it makes them feel more sophisticated and in social situations that allows them to feel more acceptable and therefore, more confident and relaxed. Over time, however, the negative consequences of smoking become more pronounced; but because the person has come to believe that they "need" the cigarette to feel confident and relaxed, in order to stop smoking they must change that "file" or belief.

By going within, into the subconscious mind, it is possible to change the beliefs or files and make new, more supportive and constructive, choices. With the power of your mind, you can learn to create the life you want, change behaviors that no longer serve you, be the person you have always wanted to be, relieve your stress, like yourself more, open up to life.

You do this by purposefully using the natural state called "trance" to unleash your own personal power of your sub-conscious mind - and make the inner changes you want to make. You can make dramatic changes in your life and discover your sense of well-being. You can quit smoking. You can find more joy in your life. You can lose weight. You can perform better and be more confident.

Trance or Hypnosis is a natural state we all use many times throughout our day. Have you ever daydreamed? You were in a trance. Have you ever become so engrossed in a task, book or movie that you lost track of time or perhaps also forgot where you were for a moment or two? You were in a trance! Has your mind ever gone over and over a problem or memory of an argument you had with someone, reliving it again and again and then you've snapped out of it realizing you hadn't been paying attention to what you were doing? You were in a trance! You can learn to use the trance state to your advantage - to use it with the purpose of making positive changes in your life.

How? There are a number of ways to tap into the subconscious. One powerful way that creates quick and lasting results is Hypnosis. Consult a Hypnotist in your area who can help you. Often it is more powerful when we work with someone who can take us to a deeper level than we can achieve on our own.

Affirmations are another way – they are a form of self-hypnosis. Successful athletes use self-hypnosis all the time. Learn self-hypnosis. Or make yourself a hypnosis tape and listen back to it every evening.

Meditate. There are various forms of meditation. Rather than practicing emptying your mind, meditate with a purpose, asking for the changes you wish to make.

Our life work is to grow and change for the better. Your own subconscious can be your guide. Utilize its power. Unleash its knowledge. It is a source of great strength. It is your partner. Join hands with yourself and move into your own future with joy and empowerment. Be all you can be. Be superconscious!

**About the author:**

*Susan Gayle (formerly Susan Neri-Friedwald) (212-889-5362) has a successful full-time hypnosis practice in Manhattan. People come from all over the world for private sessions with Susan to make life changes. She is a Certified Hypnotist (National Guild of Hypnotists & American Board of Hypnotherapy) sees private clients and gives Hypnosis Seminars & Workshops for personal growth and change. Her Hypnosis Seminar & Workshop Materials are available on CD and AudioCassette. Susan can be reached at SNF@NewBehaviorInstitute.com.*