

RULES OF THE MIND

Rule Number One

EVERY THOUGHT OR IDEA CAUSES A PHYSICAL REACTION

Your thoughts can affect all of the functions of your body. WORRY thoughts trigger changes in the stomach that in time can lead to ulcers. ANGER thoughts stimulate your adrenal glands and the increased adrenalin in the blood stream causes many body changes. ANXIETY and FEAR thoughts affect your pulse rate.

Ideas that have a strong emotional content almost always reach the subconscious mind, because it is the feeling mind. Once accepted these ideas continue to produce the same body reaction over and over again. In order to eliminate or change chronic negative bodily reactions we must reach the subconscious mind and change the idea responsible for the reaction. This is easily done with self-hypnosis and autosuggestion.

Rule Number Two

WHAT IS EXPECTED TENDS TO BE REALIZED

The brain and the nervous system respond only to mental images. It does not matter if the image is self-induced or from the external world. The mental image formed becomes the blueprint, and subconscious mind uses every means at its disposal to carry out the plan. Worrying is a form of programming a picture of what we don't want, but the subconscious mind acts to fulfill the pictured situation. "THE THINGS THAT I HAVE FEARED HAVE COME UPON ME."

Many persons suffer from chronic anxiety, which is simply a subconscious mental expectancy that something terrible will happen to them. On the other hand, we all know people who seem to have the "Magic" touch. Life seems to shower them with blessings for no apparent reason, and so we call them "Lucky." What seems to be luck is in reality, POSITIVE MENTAL EXPECTANCY, a strong belief that they deserve to be successful. "WE BECOME WHAT WE THINK ABOUT."

Our physical health is largely dependent upon our mental expectancy. Physicians recognize that if a patient expects to remain sick, lame, paralyzed, helpless, even to die, the expected condition tends to be realized. Here is where Self-Hypnosis can become the tool to remove despondency and negative attitudes and bring about a hopeful positive expectancy – the expectancy of health, strength and well-being, which then tends to be realized.

Rule Number Three

IMAGINATION IS MORE POWERFUL THAN KNOWLEDGE WHEN DEALING WITH YOUR OWN MIND

This is an important rule to remember when using Self-Hypnosis. REASON IS EASILY OVERRULED BY IMAGINATION. This is why some persons blindly rush into some unreasonable act or situation. Violent crimes based upon jealousy are almost always caused by an over-active imagination. Most of us feel superior to those who lose their savings to confidence men, or blindly follow a demagogue such as Hitler or are sold worthless stocks. We can easily see that such people have allowed their imagination to overcome their reason. But we are often blind to our own accompanied by a strong emotion such as anger, hatred, love, or political and religious beliefs usually cannot be modified through the use of reason. In using Self-Hypnosis we can form images in the subconscious mind which is the feeling mind, and can remove, alter or amend the old ideas.

Rule Number Four

OPPOSING IDEAS CANNOT BE HELD AT ONE AND THE SAME TIME

This does not mean more than one idea cannot be remembered or harbored in your memory, but it refers to the conscious mind recognizing an idea. Many people try to hold opposing ideas simultaneously. A man might believe in honesty and expect his children to be honest, and all the while be engaging daily in slightly dishonest business practices. He may try to justify by saying: "All of my competitors do it, it's an accepted practice." However, he cannot escape the conflict and its effect upon his nervous system that is caused by trying to hold opposing ideas.

Rule Number Five

ONCE A BELIEF HAS BEEN ACCEPTED BY THE SUBCONSCIOUS MIND, IT REMAINS UNTIL IT IS REPLACED BY ANOTHER BELIEF.

Once an idea has been accepted, it tends to remain. The longer it is held, the more it tends to become a fixed habit of thinking. This is how habits of action are formed, both good and bad. First there is the thought and then the action. We have habits of thinking as well as habits of action, but the thought or idea always come first. Hence it is obvious if we wish to change our actions we must begin by changing our thoughts. We accept as true certain facts. For example, we accept as true that the sun rises in the east and sets in the west and we accept this even though the day may be cloudy and we cannot see the sun. This is an instance of a correct fact conception which governs our actions under normal conditions. However, we have many thought habits which are not correct and yet, are fixed in the mind.

Some people believe that at critical times they must have a drink of whisky or a tranquilizer to steady their nerves so that they can perform effectively. This is not correct but the idea is there, and is a fixed habit of thought. There will be opposition to replacing it with a correct idea.

Now in advancing these rules, we are speaking of fixed ideas, not just idle thoughts or passing fancies. We need to alter fixed ideas or to use them. No matter how fixed the ideas may be or how long they have remained they can be changed with Self-Hypnosis and autosuggestion.

Rule Number Six

AN EMOTIONALLY INDUCED SYMPTOM TENDS TO CAUSE ORGANIC PHYSICAL CHANGE IF PERSISTED IN LONG ENOUGH.

It has been acknowledged by many reputable medical men that more than seventy percent of human ailments are functional rather than organic. This means that the function of an organ or other part of the body has been disturbed by the reaction of the nervous system to negative ideas held in the subconscious mind. We do not mean to imply that every person who complains of an ailment is emotionally ill or neurotic. There are diseases caused by germs, parasites, virus, and other things attacking the human body. However, we are a mind in a body and the two cannot be separated. Therefore, if you continue to fear ill health, constantly talk about your “nervous stomach” or “tension headaches,” in time organic changes must occur.

Rule Number Seven

EACH SUGGESTION ACTED UPON CREATES LESS OPPOSITION TO SUCCESSIVE SUGGESTION

A mental trend is easier to follow the longer it lasts unbroken. Once a habit is formed it becomes easier to follow and more difficult to break.

In other words once a self suggestion has been accepted by your subconscious mind it becomes easier for additional suggestions to be accepted and acted upon. That is why when you are just beginning with Self-Hypnosis and autosuggestion we suggest you start with simple suggestions. You can suggest that you feel a tingling sensation or a warm and pleasant feeling. When these have been followed you can move on to more complicated suggestions. You should begin now with the suggestion that you will automatically awaken from Self-Hypnosis in ten minutes.

Rule Number Eight

WHEN DEALING WITH THE SUBCONSCIOUS MIND AND ITS FUNCTIONS THE GREATER THE CONSCIOUS EFFORT, THE LESS THE SUBCONSCIOUS RESPONSE.

This proves why “will-power” doesn’t really exist! If you have insomnia you’ve learned “the harder you try to go to sleep, the more wide awake you become.” The rule is “When dealing with subconscious mind, TAKE IT EASY.” This means you must work to develop a positive mental expectancy that your problem can be and will be solved. As your faith in your subconscious mind increases you learn to “let it happen” rather than trying to “force it to happen.”