

# Subconscious Affirmations



5% vs 95%

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According to science, our brains are in a hypnotic state between the ages of one and seven. As adults, we can only access this state while sleeping. Affirmations are a life-long practice that will **effortlessly direct your thoughts toward the future you desire**. The primary cause of our discomfort is learning a majority of thoughts we have been taught don't actually work. We will wake up every day using these thoughts until we reprogram them. Subconscious affirmations while sleeping are one of the most powerful ways to reprogram the way we experience reality.

When we are young our brains exist in Theta and Delta phase. This is why babies sleep all the time. As we get older we gain access to our Alpha and Beta brain waves. This is the reason we can focus on one task through the day. The programming phase ends around age 8. You now use all those thoughts you have been taught like, not talking to strangers. Strangers give you everything you own and think. So, how do you reprogram? Watch the video located on this page here. ([Self love Affirmations by Rising Higher Meditation](#)) Stop fighting an uphill battle and listen to subconscious affirmations when you sleep at night. Reinforce these affirmations during the day as you please.

The thoughts you have been taught by your parents are defined as your pallet for thinking. Why do you think someone who grew up in a bad environment magically turns out to be a bad human? It's in there programming. The thoughts they have been taught about the world are real to them. It's like the first person who decided to join my One-on-One program. I told him \$4,000 a month is easy and he looked at me like, what did you say? When we are taught a specific stream of thoughts all the other ones sound crazy. Does it sound crazy to believe that you can change everything about your life when you are sleeping? I think not.

Have you ever heard of affirmations? Affirmations are positive statements that you repeat to yourself with the intention of creating a desired reality. When you use affirmations consistently, they can help to reprogram your subconscious mind and create new, empowering beliefs about yourself and the world around you.

But what exactly are subconscious affirmations, and how do they work? The subconscious mind is the part of our brain that stores all of our beliefs, habits, and automatic responses. It's like a powerful computer that runs in the background, shaping our thoughts, emotions, and behaviors.

Subconscious affirmations are a way to bypass the critical thinking part of the brain (the conscious mind) and directly access the subconscious mind. By repeating affirmations to ourselves, we can plant new seeds of thought in the subconscious mind and start to see positive changes in our lives.

So, how can you start using subconscious affirmations to create positive change in your life? Here are a few tips:

- Choose affirmations that resonate with you: Choose affirmations that feel true and meaningful to you. Avoid using affirmations that don't feel authentic or that go against your values.
- Make them positive and present tense: Affirmations should be positive statements that are written in the present tense. For example, "I am healthy and strong" is a better affirmation than "I will be healthy and strong."
- Repeat them daily: To see the greatest benefit, it's important to repeat your affirmations daily. You can do this as part of your morning or evening routine, or any other time of day that works for you.
- Use visualization: Visualization is a powerful tool that can help to make affirmations more effective. As you repeat your affirmations, try to visualize yourself living out the affirmation in your mind.
- Be patient: It takes time to reprogram the subconscious mind, so be patient and consistent with your affirmations. It may take weeks or even months to see significant changes, but with time and practice, you will start to see the power of subconscious affirmations in your life.

In summary, subconscious affirmations are a powerful tool that can help to reprogram your mind and create positive changes in your life. By choosing affirmations that resonate with you, repeating them daily, and using visualization, you can start to see the benefits of subconscious affirmations in your daily life.

Here are some steps you can take to start reprogramming your subconscious mind:

- **Identify limiting beliefs:** The first step in reprogramming your subconscious mind is to identify any limiting beliefs or negative thought patterns that are holding you back. These may include beliefs about your abilities, worth, or the world around you.
- **Write down your affirmations:** Once you have identified your limiting beliefs, create affirmations that challenge and reframe these beliefs. Make sure to use positive, present tense language, and choose affirmations that resonate with you.
- **Repeat your affirmations daily:** To reprogram your subconscious mind, it's important to repeat your affirmations daily. You can do this as part of your morning or evening routine, or any other time of day that works for you.
- **Use visualization:** Visualization is a powerful tool that can help to make affirmations more effective. As you repeat your affirmations, try to visualize yourself living out the affirmation in your mind.
- **Practice mindfulness:** Mindfulness is the practice of bringing your attention to the present moment without judgment. By practicing mindfulness, you can become more aware of your thoughts and emotions and start to identify negative thought patterns that may be holding you back.
- **Take action:** To truly reprogram your subconscious mind, it's important to take action and start living in alignment with your affirmations. This may involve setting goals, taking small steps towards your desired reality, and making positive changes in your life.

Remember, it takes time to reprogram the subconscious mind, so be patient and consistent with your affirmations. With time and practice, you will start to see the power of subconscious affirmations in your life.