



EFFORTLESS SUBCONSCIOUS PROGRAMMING

Secrets of the Subconscious Mind



By Tammy Magnuson

Introduction

YOU'LL BE IN THE KNOW

This brief presentation has been designed to give you the bare basics on changing your life by changing your subconscious programming. I've kept it short and simple so as to make reading it quick and easy. For more detailed information, you will find links on the last page. The idea of this book is to get you started as quickly as possible, with the most effective results.

About Tammy

She has been through enough to seek! She's read hundreds of self-help books and has attended dozens of courses searching for answers. She tried hard (really hard!) to change and transform into someone that could impact and influence on a larger scale, She knows that when the subconscious changes, there are **effortless results!**

Things to Remember

1. The Subconscious has no ability to judge right from wrong; no ability to reason; and no ability to use logic. It runs purely according to the programs it holds – much like a computer.

2. Subconscious programs are supported by proof and evidence. The proofs and evidences are provided by memories. However, memories are not accurate accounts of experiences. They are the subconscious' interpretation of what happened – based on feelings and sensations - what you see, hear and feel and previous programs. We continue to prove that what we believe is true by perceiving everything as so!

3. Everything you experience is filtered through the existing programs and perceptions.

4. All emotions, feelings and impulses are caused by chemical changes in your body. Emotions are sensations caused by chemicals.

5. The conscious mind is the logical and reasoning part of the brain—and it is the conscious mind that looks for meaning. This means: The subconscious prompts the brain to trigger the organs, to produce chemicals... which cause sensations... and the conscious mind then looks for reasons for those sensations, and labels them.

6. To make effective, permanent changes in any area of your life, you need to change the subconscious programming. Change the programming, and you change the chemicals... which changes the response – the emotions, feelings, sensations and impulses... which results in a completely different life experience. It changes perceptions, desires, behaviors, responses, and the perspective of the self, the world and others - effortlessly.



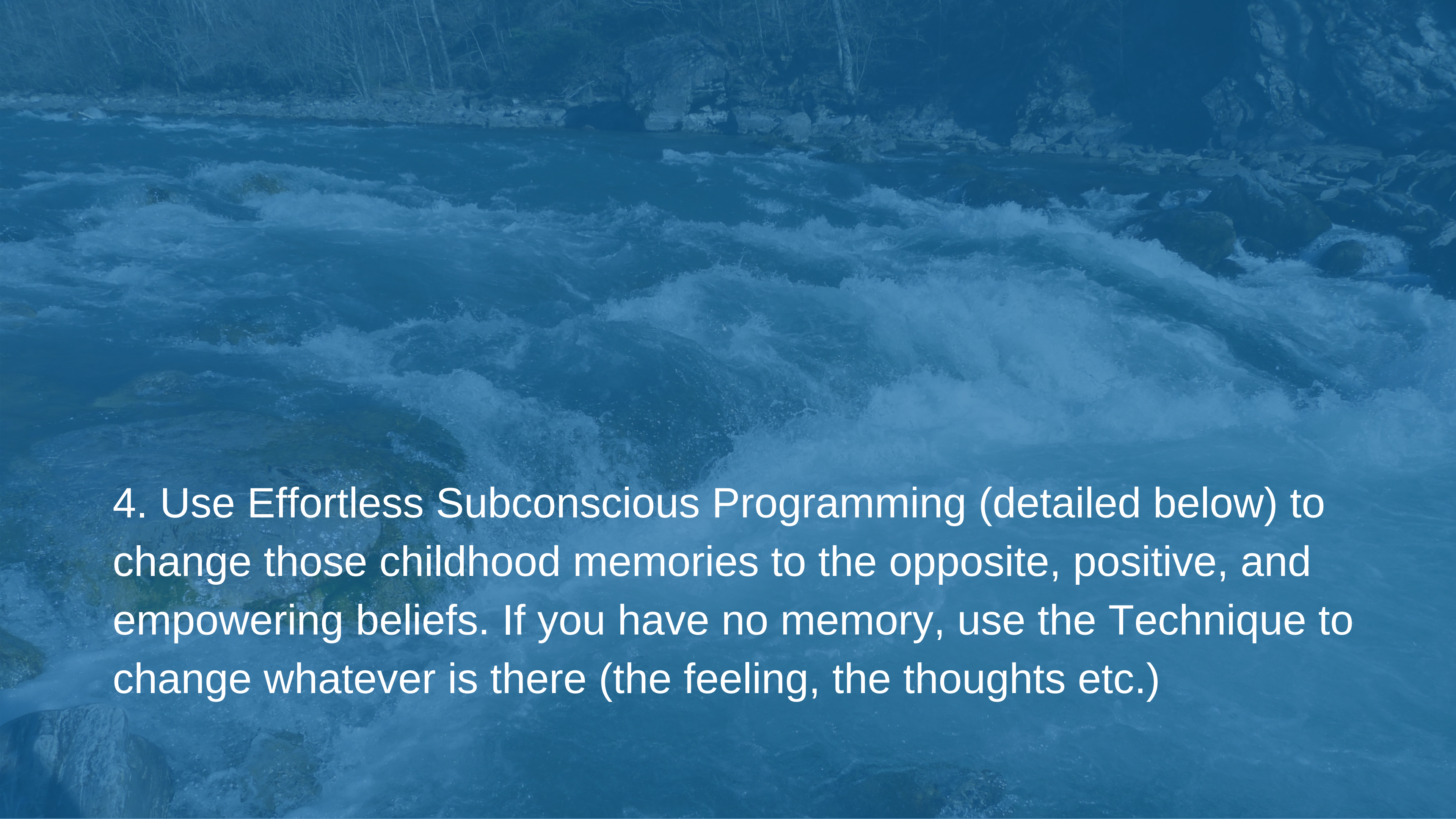
7. You have a lot more control over what you experience in life than you may realize.

Change the programs, and you change your life!

You have the power to change what you experience in life, by choosing to change the subconscious programming you currently hold.

How to Change Your Subconscious Beliefs

1. Notice how you know. Notice how you know you have a problem. Is it what you see, hear or feel?
 2. Notice how that feels. Notice every sensation inside you and HOW you are doing it.
 3. Think back to where you've felt that same feeling before, in your childhood (it may not be the same topic or circumstances, but it will be the same feeling).
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4. Use Effortless Subconscious Programming (detailed below) to change those childhood memories to the opposite, positive, and empowering beliefs. If you have no memory, use the Technique to change whatever is there (the feeling, the thoughts etc.)

5. Don't stop until whatever was there is positive.

For example, if you were feeling anxious, you may change the feeling to excited or grateful. If you were feeling angry, you may flip to feeling love. If the memory was of you being bullied, you can change it to where those who were bullying you are now admiring you, praising you, cheering you on etc. It may seem impossible in the moment, but by changing the original subconscious records, you will be changing the chemical response that causes those emotions – naturally and automatically. Remember that your subconscious cannot tell the difference between imagination and reality, can't use logic or reason, and can't judge something as unrealistic – it will believe whatever you give it!

How to Program Your Subconscious

1. Start by thinking of something or someone you love. This can be a pet, an animal that's not your pet, but you think they're cute, a baby or child, someone you love unconditionally, or a place you love, an activity you love (like gardening, or skiing), or even something like a beautiful sunset, trees, or flowers.



3. Notice the feeling of holding that subject you love, in your arms in a hug – notice how that feels. And allow that feeling to spread up to the top of your head, down to your toes, and out to your fingertips, so you're now full of that lovely loving feeling.

4. Now, press “pause” on that, in your mind, for a moment, and go to the memory you want to change. Just notice, very briefly, what's there that's negative. Don't spend more than a couple of seconds, noticing this. Then, press “pause” on that, in your mind, and come back to hugging the subject you love. Spend more time hugging this subject than you do, noticing what's in the bad memory.

5. Then, go back to the bad memory, just for a moment, and notice what's still there. Notice if anything's changed, and if so, in what way. And notice what's still there that's not positive.

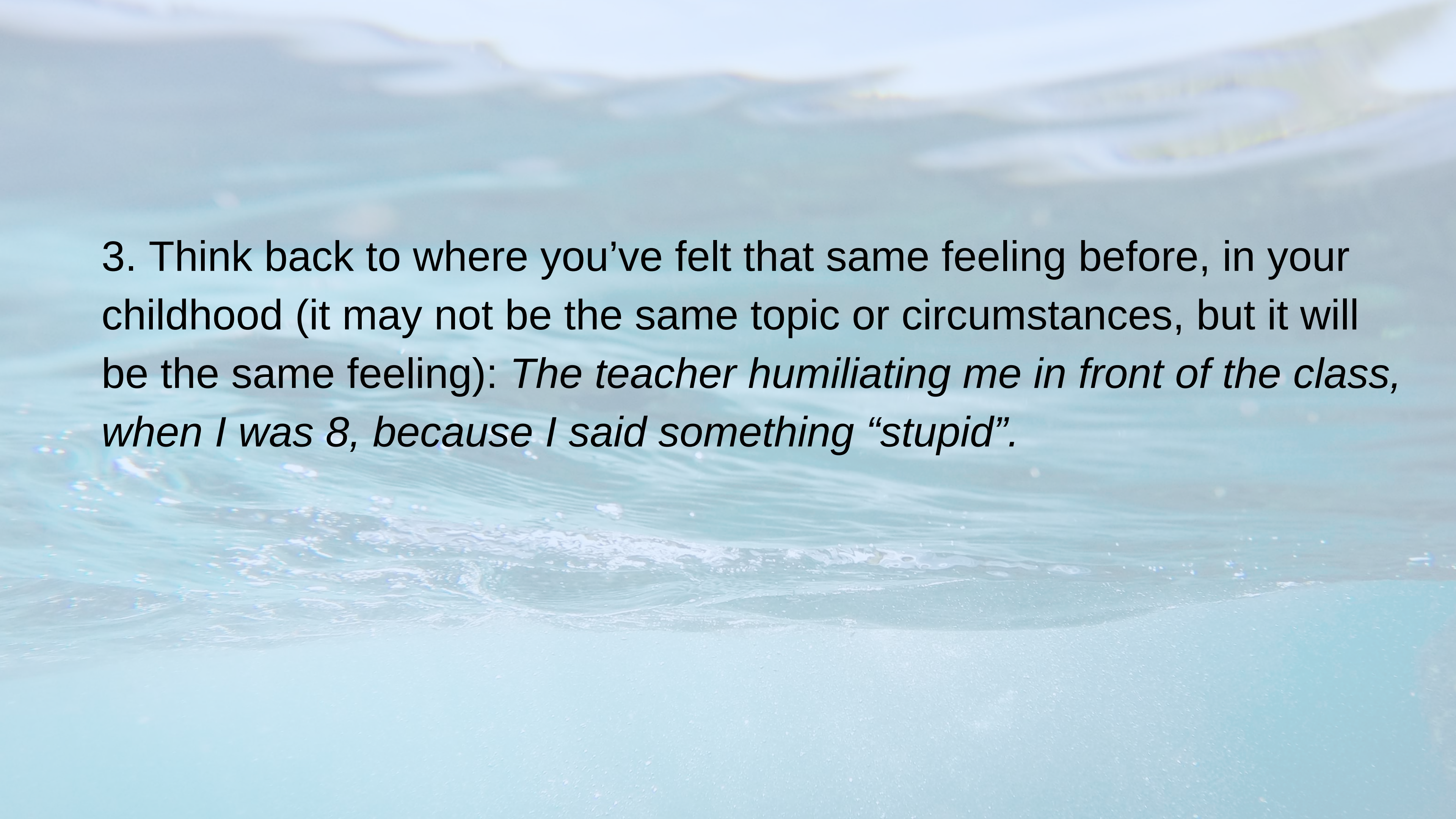
6. Now, come back to hugging your subject, and feeling that love all the way through your body.

7. Repeat this “back-and-forth” until when you go back to that memory, it's either already changed to the opposite, positive, and empowering, or there are no negative emotions and you're able to change it on purpose.

The Detective Work:

Questions and examples

1. Notice how you know. Notice how you know you have a problem:
I feel really hurt because my friend said something mean to me, in front of a group of people.
2. Notice how that feels: *I felt humiliated and stupid.*



3. Think back to where you've felt that same feeling before, in your childhood (it may not be the same topic or circumstances, but it will be the same feeling): *The teacher humiliating me in front of the class, when I was 8, because I said something "stupid".*

Now go back to your HAPPY memory or feeling!

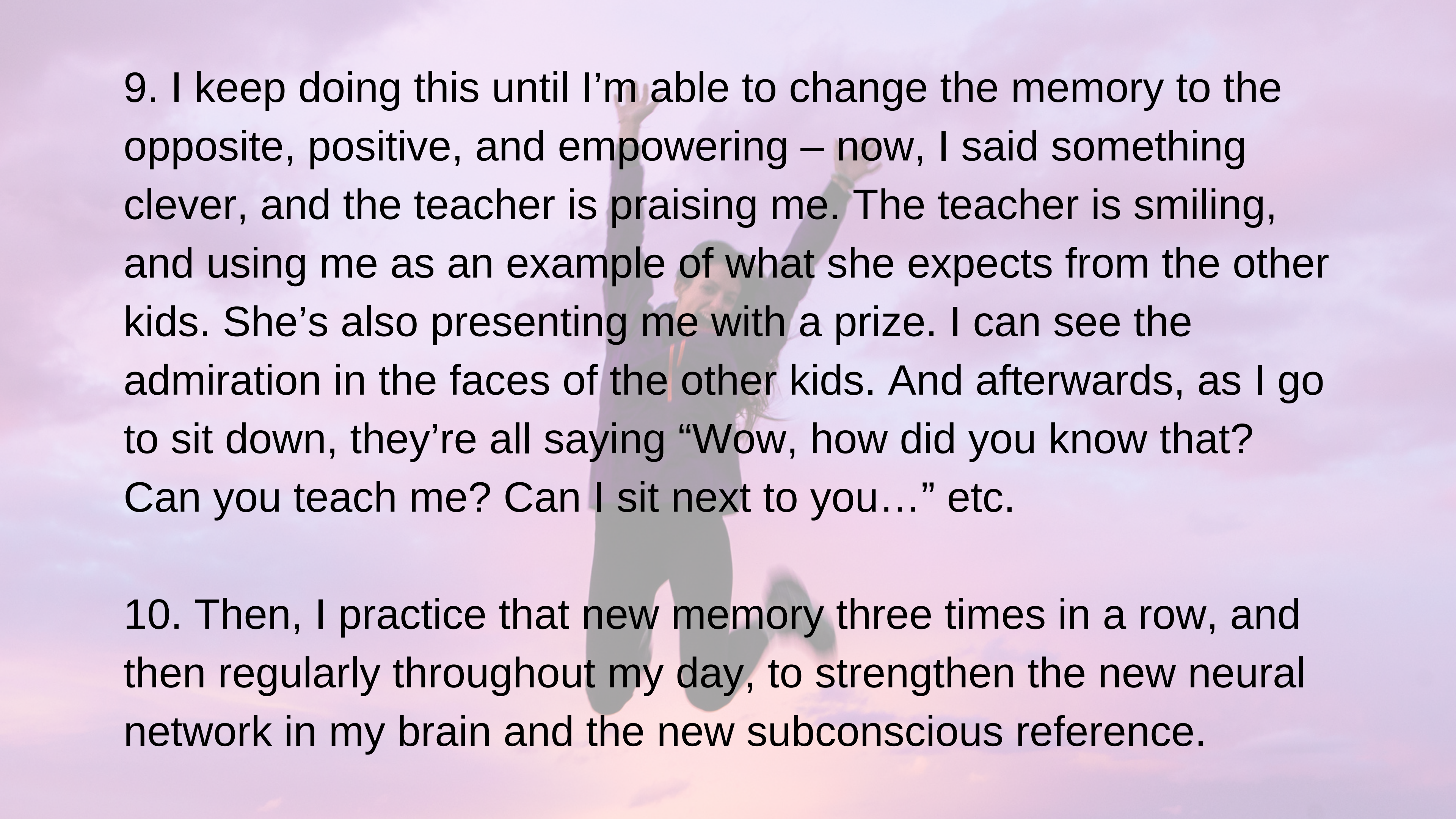
1. I imagine holding my baby or pet.
2. I notice the feeling of love, in my chest, and as I focus on hugging him, I allow the feeling to spread to the top of my head, down to my toes, and out to my fingertips.
3. I spend some time, focusing on this feeling and “soaking” in it. (Allowing endorphins, oxytocin, serotonin, and other “feel-good” chemicals to flood my blood-stream, and start to dilute the stress chemicals).

4. I imagine pressing “pause” on that, in my mind, and then I think of the memory of being humiliated by the teacher. I notice the feeling of humiliation and the teacher’s mocking expression.
5. I immediately press “pause” on that, in my mind, and go back to hugging my baby. I focus on the wonderful feeling of love, and imagine it filling my whole body.
6. When that’s really strong, I go back to the memory and notice the feeling of humiliation is a bit less, and the teacher’s face is a bit blurry. I also notice the other kids laughing at me.

7. I immediately press “pause” on that again, and go back to hugging your pet or baby. I focus on the love filling me, and how wonderful he feels, and how much I love him.

8. When that’s really strong, I go back to the memory again, and notice the humiliation isn’t as strong, and it’s fading.



A woman in a dark blue hoodie and black pants is jumping joyfully with her arms raised high in the air. She is smiling broadly. The background is a soft, out-of-focus sunset or sunrise sky with warm orange and pink hues. The text is overlaid on the left side of the image.

9. I keep doing this until I'm able to change the memory to the opposite, positive, and empowering – now, I said something clever, and the teacher is praising me. The teacher is smiling, and using me as an example of what she expects from the other kids. She's also presenting me with a prize. I can see the admiration in the faces of the other kids. And afterwards, as I go to sit down, they're all saying "Wow, how did you know that? Can you teach me? Can I sit next to you..." etc.

10. Then, I practice that new memory three times in a row, and then regularly throughout my day, to strengthen the new neural network in my brain and the new subconscious reference.

Troubleshooting

What if the emotions are too strong?

This technique works by changing your chemical state. Wherever you're putting your focus in the moment will determine which chemicals your brain and body are producing – which, in turn, determines what you're feeling. By focusing on the subject you love, you're prompting your brain and body to produce “feel-good” chemicals, which will start to “dilute” the stress chemicals that cause the negative emotions. When you go back to the bad memory, your brain and body stop producing the “feel-good” chemicals, and start producing stress chemicals again.

Stress chemicals are stronger than “feel-good” chemicals (because stress chemicals are part of our survival “fight-freeze-flight” system), which is why you need to make sure you’re spending more time imagining hugging your subject than you are thinking about the bad memory!

However, if the emotions are too strong, it can be very difficult to pull yourself out of them. The emotions are shutting down the “thinking” part of your brain. If you find the emotions are overwhelming here are a few tips:

Don’t go into the memory or the emotions. Do whatever it takes to get yourself out!

In the first instance – do some physical exercise, watch a funny video, listen to music, take a cold shower – whatever it takes. Then, when you come back to work on it, instead of going to it, just notice how you know it's there. In other words, just notice how you know the incident happened or notice how you know you felt a certain way – without actually going to it and reliving it. Then use the technique, above – but without going there – until you can't find the intense emotions anymore. Then imagine it as a picture – not an experience, just a black-and-white picture. And notice the emotions again. Then, take your focus off it again and focus on hugging your subject. Keep doing this until you can't find the bad emotions. Then bring it closer, little-by-little, until you're able to address it without the strong emotions.

What if the emotions are gone, but the memory is still the same?

It is essential to change the memory completely – from negative to the opposite, positive, and empowering. Remember, that although the emotions may no longer be there, if what was happening in the memory before is still happening with you think of it now – that is the data that your subconscious is referring to. And that is what is still determining what you're experiencing in your life. Think of the memory itself as the program – to experience the changes in the results, you need to change the program accordingly. The emotions are only part of the program. The rest of the memory provides the subconscious with the rest of the information that forms the program. Keep going until there is a positive reaction – smiling, happy, singing, dancing – everyone in the memory is happy.



Change the

Program!

Change Your

LIFE!


I don't have any memories.

That's okay – just work with what you do have. Your conscious mind may not be able to access any memories, but your subconscious has full access to all of the data. All you need to do consciously is notice how you know. By noticing how you know, you are aiming your subconscious at what you want to change – and IT knows what information is there. Just notice what you know – even if it's only the feeling in the moment. If you can't think of any previous experiences, that's okay, just notice what you do know, and then take your focus off it and focus on hugging your subject.

I don't have time to do this.

There are a couple of things to consider here:

1. Prioritizing this process and making the time to change your subconscious programming will give you more time in other areas of your life. How important is it to you to make the changes? We find time for the things we consider most important (sleeping, eating, working, relaxing, hobbies, chores, socializing, speaking with friends, social media – it's different for everyone, but we all fill 24 hours with what we consider important in the moment). Whether or not you have time to use this process to change your subconscious programming will depend on just how much you want the changes in your life.



2. Using Emotional Subconscious Programming doesn't need to take a lot of time. At the very least, you can imagine hugging your subject while you're doing something else. You change your chemical state by changing your focus, in any moment – while you're doing chores, while you're driving (you don't need to close your eyes) while you're walking the dog, or brushing your teeth, or taking a shower....

3. Just like any other skill, the more you do it, the better you get at it; and the better you get at it, the quicker you'll see results. So, it's worth prioritizing this!

4. Think about cleaning your teeth (and going to the dentist when they need more work), or weeding a garden, or washing your clothes, or taking a shower – these are all things we set aside time for, to address physical needs and maintenance. Imagine how much you can improve your life if you did the same with your emotional needs and maintenance! It's so important and

YOU ARE WORTH IT!



YOU ARE WORTH IT!