



THE TOP 5

BENEFITS OF AN UNLOCKED
SUBCONSCIOUS
MIND

The Top 5 Benefits Of an Unlocked Subconscious Mind

It's very easy to get scared of our subconscious mind. After all, too many of us think that we only have a conscious mind and our subconscious is basically just "extra capacity." This really is too bad because whatever your conscious mind is capable of doing, you could get better results if you tap the power of your subconscious mind.

In other words, you can turbocharge the results that you are getting with your conscious mind by unleashing the power of the subconscious part of your total mind. Put in another way, a large portion of our mind is sleeping. It's not being put to good use. Here we are trying to solve problems, trying to overcome negative memories and mindsets and we refuse to use a tool that would make our jobs easier. How crazy is that?

If you're still unclear as to why you should worked on unlocking the full potential of your subconscious mind here are the top five benefits you would get if you did so.



BENEFIT #

1

BETTER PROBLEM SOLVING

Have you ever worked on a problem and had a very tough time? It seemed that whatever you did, nothing seemed to work. We try to chip away the problem from the front, the back, the bottom, the top, no luck and right before you were about to give up, something just clicked. You can't quite put your finger on it but, for whatever reason, you had this brilliant flash of insight or intuition and the answer seemingly just materialized in front of you.

Wouldn't you love to have more of those moments? Wouldn't it be great if you were able to trigger those problem-solving flashes of brilliance on command?

Well, that's exactly what you will be able to do if you unlock your subconscious mind. A significant part of your intelligence is actually based on intuition and, unfortunately, when you rely on your conscious mind solely to solve problems, intuitions and insights are few and far between. I'm not saying that they don't happen. I'm not saying that you don't get brilliant insights from time to time but they are too rare.

Wouldn't you want these insights to happen all the time? Wouldn't you want to get rid of all the guesswork that's needed to make this happen? Wouldn't you rather call on this part of your total problem-solving capabilities in a predictable and systematic way?

You will be able to do that when you unlock your subconscious mind. A lot of this has to do with fear. The reason why you're not able to get that kind of brilliant insight on a regular basis is because you're simply scared of your subconscious mind.

BETTER INTUITION

Make no mistake in every situation we find ourselves, there's always an area where things don't seem to make sense. There are always situations where we feel that we can't wrap our minds around it, at least the first time we try.

Wouldn't it be great if you were able to sidestep your conscious problem-solving capabilities and just make the right call at the right time to produce the right results with the right people? This is where things start to fall into place precisely because you have, at some level or other and in some form or other, have seen this problem before.

This is called "intuition." It's a mix of emotions, timing, and conscious thought. It also relies on, a big part, memory and pattern recognition.

The problem is if we were to realize solely on our conscious minds, intuition will be too squishy. It would be too amorphous. It would be too vague. Not surprisingly, we feel lost. It's as if we're trying to freeze the air. It doesn't make much sense in our minds.

What if you can tap your intuition the same way you would readily tap your imagination and creativity? What if it was all fairly well-defined for you? Wouldn't you get better results? Wouldn't you be able to achieve breakthroughs in all areas of your life? You can do so by simply unlocking your subconscious mind.

YOU GET A BIG-PICTURE VIEW

Have you ever found yourself working on a problem and you focus so intently but, regardless of your intensity, you can't seem to achieve a breakthrough. You're not alone. This happens to a lot of people. In fact, I would bet that this happens to most of us.

It seems that the more we drill down and the more we focus on the problem right in front of us, the more we develop tunnel vision. As a matter of fact, this can get so severe that we essentially become blind to everything else and the problem becomes harder than it has to be.

Welcome to the club. It's as if you have reached a point of diminishing return. No matter how much harder you work on the problem, you're not getting any closer to the solution. This is the limitation of the conscious mind. It gets stuck in a certain holding pattern and, despite its intensity and your willpower, nothing seems to work.

It takes quite a bit of insight to realize that oftentimes you need to take a few steps back and look at the context of the problem you're trying to solve. When you get this big-picture view, you start seeing relationships. It may not start out clear. The connections may not jump out at you but the more you look at the big picture, the more things start to click. Before you know it, you are able to connect the dots and, all of a sudden, a breakthrough is possible. I'm sure this has happened to you as well.

Wouldn't you want this to become a more regular occurrence? Wouldn't you want this to be the default result of your problem-solving efforts?

When you tap your subconscious mind, you retrain your mind to always look at the big picture. You always look for context before you jump in with both feet, roll up your sleeves and do the heavy digging at the problem. It may well turn out that the solution that your conscious mind told you to pursue simply takes too much focus, energy, and resources.

It may well turn out that there's a better solution that is not just a shortcut but can save you a tremendous amount of time, effort, and focus. Wouldn't you want to do that on a default basis? Wouldn't you want this to be your go-to strategy instead of constantly choosing to do things the hard way?

You can get a big-picture view when you unlock your subconscious mind. You start seeing connections that you thought simply weren't there. In fact, a lot of the things that seemed invisible or even downright unworkable to you begin to become clear. It's as if the connections were there from the beginning but the problem is you were just looking elsewhere.



BENEFIT #

4

YOU GET A HOLISTIC UNDERSTANDING

Flowing from a big-picture view is the ability to factor in all other issues and variables that may not have an obvious connection to the problem you are addressing. In other words, you get a holistic view, which leads to holistic solutions.

This is tremendous because, as the old saying goes, “When you are a hammer, all problems start looking like nails.” In other words, you can only look at reality based on the very narrow mindset you choose to adopt.

You are putting yourself at a serious disadvantage here because it may turn out that a lot of the problems you are trying to solve cannot be solved with the initial tool you had in mind. In fact, they might not even fall under the particular category that you originally thought they would fit under. They might actually be problems that are better solved doing something else.

For example, if you're having a tough time at the gym, it may well turn out that the solution to your impasse is not working out more but it may have something to do with your diet, how many hours of sleep you get, and the kind of stress you are subjected to.

This requires a holistic mindset. This requires looking at different alternative solutions.

Unfortunately, when we rely too much on our conscious mind, we tend to develop a tunnel vision. We tend to think that a specific problem requires only a narrow range of solutions; otherwise, that solution doesn't exist. You're basically left with the mindset that if we can't solve our problems with the tools that are made available to them, those problems are impossible.

Do you see how difficult this situation is? Do you see how limited your life becomes if this is your attitude?

When you unlock your subconscious, you get a holistic understanding of problems. It turns out that to get from point A to point B, you don't necessarily have to go to a straight line. You may have to take a detour to point D, to point C, or elsewhere to get to point B.

That's how awesome a holistic understanding is because not only are you able to solve the problem in the first place but you also get to explore other aspects of the problem. Your knowledge deepens and you become a more competent person all around.



BENEFIT #

5

TAKE ADVANTAGE OF SERENDIPITY MORE OFTEN

Do you find yourself at certain times just experiencing a tremendous run of luck? It seems that no matter what you do, you just happen to find yourself at the right place at the right time doing the right things with the right people to produce the right results.

However, you know and I know that serendipity happens once in a blue bloom. In fact, to some people, it doesn't happen at all.

Wouldn't it be great if you were able to trigger this on a regular basis? In fact, wouldn't it be awesome if you can count on this as a ready and viable option?

That's what happens when you are able to unlock your subconscious mind because your subconscious mind is able to make things that seem impossible more likely. These things are not impossible in the sense that they can't possibly happen. Instead, these events only seem impossible because the likelihood of them happening requires different things falling into place in the right way at the right time.

What if you were able to achieve such a big-picture view and are able to work with your subconscious mind in such a way that serendipity happens more often? Wouldn't you take that shot? Of course you would! You would be able to turbocharge your life. Regardless of whatever it is you're struggling with, you will be able to get better results.

The top five benefits above are just the tip of the iceberg. The list of benefits you get from an unblocked and unlocked subconscious mind is simply endless. I can make that bold claim because I know that everybody's different. Everybody has different emphasis. Everybody has different values.

Given all these differences, people who are looking to achieve some kind of breakthrough in their life can find all these benefits by simply unlocking their subconscious mind. Whether these benefits are objective benefits that almost everybody aspires to get there or they are subjective ones that are peculiar to each and every individual, it doesn't matter. The list is long. The list is powerful.

If you are in any way, shape, or form stuck, frustrated, or unhappy in any area of your life, you can start solving this once and for all by choosing to unlock your subconscious mind.

This book can literally change your life. Please understand that unlocking our subconscious is not a quick-and-easy process. For some people, it can be a fairly fast process. For others, it can take a long time.

Regardless of the timeline involved in your particular experience, you need to do it. If you want to live life to the fullest, if you want to be happier, if you want to achieve maximum well-being, you need to

unlock your conscious mind. Otherwise, you're going to continue to grapple with life with one hand tied behind your rank. Not exactly a winning strategy.