THE POWER OF
YOUR SUBCONSCIOUS MIND

Lesson 1: The Treasure House Within You

by

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The Treasure House Within You

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously, and abundantly.

Many are sound asleep because they do not know about this gold mine of infinite intelligence and boundless love within themselves. Whatever you want, you can draw forth. A magnetized piece of steel will lift about twelve times its own weight, and if you demagnetize this same piece of steel, it will not even lift a feather. Similarly, there are two types of men. There is the magnetized man who is full of confidence and faith. He knows that he is born to win and to succeed. Then, there is the type of man who is demagnetized. He is full of fears and doubts. Opportunities come, and he says, “I might fail; I might lose my money; people will laugh at me.” This type of man will not get very far in life because, if he is afraid to go forward, he will simply stay where he is. Become a magnetized man and discover the master secret of the ages.

• The master secret of the ages

What, in your opinion, is the master secret of the ages? The secret of atomic energy? Thermonuclear energy? The neutron bomb? Interplanetary travel? No—not any of these. Then, what is this master secret? Where can one find it, and how can it be contacted and brought into action? The answer is extraordinarily simple. This secret is the marvelous, miracle-working power found in your own subconscious mind, the last place that most people would seek it.

• The marvelous power of your subconscious
You can bring into your life more power, more wealth, more health, more happiness, and more joy by learning to contact and release the hidden power of your subconscious mind.

You need not acquire this power; you already possess it. But, you want to learn how to use it; you want to understand it so that you can apply it in all departments of your life.

As you follow the simple techniques and processes set forth in this book, you can gain the necessary knowledge and understanding. A new light can inspire you, and you can generate a new force enabling you to realize your hopes and make all your dreams come true. Decide now to make your life grander, greater, richer, and nobler than ever before.

Within your subconscious depths lie infinite wisdom, infinite power, and infinite supply of all that is necessary, which is waiting for development and expression. Begin now to recognize these potentialities of your deeper mind, and they will take form in the world without.

The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space provided you are open-minded and receptive. You can receive new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or write books and plays. Moreover, the infinite intelligence in your subconscious can impart to you wonderful kinds of knowledge of an original nature. It can reveal to you and open the way for perfect expression and true place in your life.

Through the wisdom of your subconscious mind you can attract the ideal companion, as well as the right business associate or partner. It can find the right buyer for your home, and provide you with all the money you need, and the financial freedom to be, to do, and to go, as your heart desires.

It is your right to discover this inner world of thought, feeling, and power, of light, love, and beauty. Though invisible, its forces are mighty. Within your subconscious mind you will find the solution for every problem, and the cause for every effect. Because you can draw out the hidden powers,
you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy, and dominion.

I have seen the power of the subconscious lift people out of crippled states, making them whole, vital, and strong once more, and free to go out into the world to experience happiness, health, and joyous expression. There is a miraculous healing power in your subconscious that can heal the troubled mind and the broken heart. It can open the prison door of the mind and liberate you. It can free you from all kinds of material and physical bondage.

• **Necessity of a working basis**

Substantial progress in any field of endeavor is impossible in the absence of a working basis, which is universal in its application. You can become skilled in the operation of your sub-conscious mind. You can practice its powers with a certainty of results in exact proportion to your knowledge of its principles and to your application of them for definite specific purposes and goals you wish to achieve.

Being a former chemist, I would like to point out that if you combine hydrogen and oxygen in the proportions of two atoms of the former to one of the latter, water would be the result. You are very familiar with the fact that one atom of oxygen and one atom of carbon will produce carbon monoxide, a poisonous gas. But, if you add another atom of oxygen, you will get carbon dioxide, a harmless gas, and so on throughout the vast realm of chemical compounds.

You must not think that the principles of chemistry, physics, and mathematics differ from the principles of your subconscious mind. Let us consider a generally accepted principle: “Water seeks its own level.” This is a universal principle, which is applicable to water everywhere.

Consider another principle: “Matter expands when heated.”
This is true anywhere, at any time, and under all circumstances. You can heat a piece of steel, and it will expand regardless whether the steel is found in China, England, or India. It is a universal truth that matter expands when heated. It is also a universal truth that whatever you impress on your subconscious mind is expressed on the screen of space as condition, experience, and event.

Your prayer is answered because your subconscious mind is principle, and by principle I mean the way a thing works. For example, the principle of electricity is that it works from a higher to a lower potential. You do not change the principle of electricity when you use it, but by co-operating with nature, you can bring forth marvelous inventions and discoveries, which bless humanity in countless ways.

Your subconscious mind is principle and works according to the law of belief. You must know what belief is, why it works, and how it works. Your Bible says in a simple, clear, and beautiful way: Whosoever shall say unto this mountain, Be thou re-moved, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. MARK 11:23.

The law of your mind is the law of belief. This means to believe in the way your mind works, to believe in belief itself. The belief of your mind is the thought of your mind—that is simple—just that and nothing else.

All your experiences, events, conditions, and acts are the reactions of your subconscious mind to your thoughts. Remember, it is not the thing believed in, but the belief in your own mind, which brings about the result.

Cease believing in the false beliefs, opinions, superstitions, and fears of mankind. Begin to believe in the eternal verities and truths of life, which never change. Then, you will move onward, upward, and Godward.

Whoever reads this book and applies the principles of the subconscious mind herein set forth; will be able to pray scientifically and effectively for himself and for others. Your prayer is answered according to the universal law of action and reaction. Thought is incipient action. The reaction is the response from your subconscious mind which corresponds with the nature of
your thought. Busy your mind with the concepts of harmony, health, peace, and good will, and wonders will happen in your life.

• The duality of mind

You have only one mind, but your mind possesses two distinctive characteristics. The line of demarcation between the two is well known to all thinking men and women today. The two functions of your mind are essentially unlike. Each is endowed with separate and distinct attributes and powers. The nomenclature generally used to distinguish the two functions of your mind is as follows: The objective and subjective mind, the conscious and subconscious mind, the waking and sleeping mind, the surface self and the deep self, the voluntary mind and the involuntary mind, the male and the female, and many other terms. You will find the terms “conscious” and “subconscious” used to represent the dual nature of your mind throughout this book.

• The conscious and subconscious minds

An excellent way to get acquainted with the two functions of your mind is to look upon your own mind as a garden. You are a gardener, and you are planting seeds (thoughts) in your subconscious mind all day long, based on your habitual thinking. As you sow in your subconscious mind, so shall you reap in your body and environment.

Begin now to sow thoughts of peace, happiness, right action, good will, and prosperity. Think quietly and with interest on these qualities and accept them fully in your conscious reasoning mind. Continue to plant these wonderful seeds (thoughts) in the garden of your mind, and you will reap a glorious harvest. Your subconscious mind may be likened to the soil, which will grow all kinds of seeds, good or bad. Do men gather grapes of thorns, or figs of thistles? Every thought is, therefore, a cause, and every condition is an effect. For this reason, it is essential that you take charge of your thoughts so as to bring forth only desirable conditions.
When your mind thinks correctly, when you understand the truth, when the thoughts deposited in your subconscious mind are constructive, harmonious, and peaceful, the magic working power of your subconscious will respond and bring about harmonious conditions, agreeable surroundings, and the best of everything. When you begin to control your thought processes, you can apply the powers of your subconscious to any problem or difficulty. In other words, you will actually be consciously cooperating with the infinite power and omnipotent law, which governs all things.

Look around you wherever you live and you will notice that the vast majority of mankind lives in the world without; the more enlightened men are intensely interested in the world within. Remember, it is the world within, namely, your thoughts, feelings, and imagery that makes your world without. It is, therefore, the only creative power, and everything, which you find in your world of expression, has been created by you in the inner world of your mind consciously or unconsciously.

Knowledge of the interaction of your conscious and subconscious minds will enable you to transform your whole life. In order to change external conditions, you must change the cause. Most men try to change conditions and circumstances by working with conditions and circumstances. To remove discord, confusion, lack, and limitation, you must remove the cause, and the cause is the way you are using your conscious mind. In other words, the way you are thinking and picturing in your mind.

You are living in a fathomless sea of infinite riches. Your subconscious is very sensitive to your thoughts. Your thoughts form the mold or matrix through which the infinite intelligence, wisdom, vital forces, and energies of your subconscious flow. The practical application of the laws of your mind as illustrated in each chapter of this book will cause you to experience abundance for poverty, wisdom for superstition and ignorance, peace for pain, joy for sadness, light for darkness, harmony for discord, faith and confidence for fear, success for failure, and freedom from the law of averages. Certainly, there can be no more wonderful blessing than these from a mental, emotional, and material standpoint. Most of the great scientists, artists, poets, singers, writers, and inventors have a deep understanding of the workings of the conscious and subconscious minds.
One time Caruso, the great operatic tenor, was struck with stage fright. He said his throat was paralyzed due to spasms caused by intense fear, which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed because in a few minutes he had to go out on the stage, yet he was shaking with fear and trepidation. He said, “They will laugh at me. I can’t sing.” Then he shouted in the presence of those behind the stage, “The Little Me wants to strangle the Big Me within.”

He said to the Little Me, “Get out of here, the Big Me wants to sing through me.”

By the Big Me, he meant the limitless power and wisdom of his subconscious mind, and he began to shout, “Get out, get out, the Big Me is going to sing!”

His subconscious mind responded releasing the vital forces within him.

When the call came, he walked out on the stage and sang gloriously and majestically, entralling the audience.

It is obvious to you now that Caruso must have understood the two levels of mind—the conscious or rational, and the sub-conscious or irrational level. Your subconscious mind is reactive and responds to the nature of your thoughts. When your conscious mind (the Little Me) is full of fear, worry, and anxiety, the negative emotions engendered in your subconscious mind (the Big Me) are released and flood the conscious mind with a sense of panic, foreboding, and despair. When this happens, you can, like Caruso, speak affirmatively and with a deep sense of authority to the irrational emotions generated in your deeper mind as follows: “Be still, be quiet, I am in control, you must obey me, you are subject to my command, you cannot intrude where you do not belong.”

It is fascinating and intensely interesting to observe how you can speak authoritatively and with conviction to the irrational movement of your deeper self bringing silence, harmony, and peace to your mind. The subconscious is subject to the conscious mind, and that is why it is called subconscious or subjective.
Outstanding differences and modes of operation

You will perceive the main differences by the following illustrations:

The conscious mind is like the navigator or captain at the bridge of a ship. He directs the ship and signals orders to men in the engine room, who in turn control all the boilers, instruments, gauges, etc. The men in the engine room do not know where they are going; they follow orders. They would go on the rocks if the man on the bridge issued faulty or wrong instructions based on his findings with the compass, sextant, or other instruments. The men in the engine room obey him because he is in charge and issues orders, which are automatically obeyed. Members of the crew do not talk back to the captain; they simply carry out orders.

The captain is the master of his ship, and his decrees are carried out.

Likewise, your conscious mind is the captain and the master of your ship, which represents your body, environment, and all your affairs. Your subconscious mind takes the orders you give it based upon what your conscious mind believes and accepts as true.

When you repeatedly say to people, “I can’t afford it,” then your subconscious mind takes you at your word and sees to it that you will not be in a position to purchase what you want. As long as you persist in saying, “I can’t afford that car, that trip to Europe, that home, that fur coat or ermine wrap,” you can rest assured that your subconscious mind will follow your orders, and you will go through life experiencing the lack of all these things.

Last Christmas Eve a beautiful young university student looked at an attractive and rather expensive traveling bag in a store window. She was going home to Buffalo, New York, for the holidays. She was about to say, “I can’t afford that bag,” when she recalled something she had heard at one of my lectures which was, “Never finish a negative statement; reverse it immediately, and wonders will happen in your life.”

She said, “That bag is mine. It is for sale. I accept it mentally, and my subconscious sees to it that I receive it.”
At eight o’clock Christmas Eve her fiancé presented her with a bag exactly the same as the one she had looked at and mentally identified herself with at ten o’clock the same morning. She had filled her mind with the thought of expectancy and released the whole thing to her deeper mind, which has the “know-how” of accomplishment.

This young girl, a student at the University of Southern California, said to me, “I didn’t have the money to buy that bag, but now I know where to find money and all the things I need, and that is in the treasure house of eternity within me.”

Another simple illustration is this: When you say, “I do not like mushrooms,” and the occasion subsequently comes that you are served mushrooms in sauces or salads, you will get indigestion because your subconscious mind says to you, “The boss (your conscious mind) does not like mushrooms.” This is an amusing example of the outstanding differences and modes of operation of your conscious and subconscious minds.

A woman may say, “I wake up at three o’clock, if I drink coffee at night.” Whenever she drinks coffee, her subconscious mind nudges her, as if to say,

“The boss wants you to stay awake tonight.”

Your subconscious mind works twenty-four hours a day and makes provisions for your benefit, pouring all the fruit of your habitual thinking into your lap.

• How her subconscious responded

A woman wrote me a few months ago as follows: “I am seventy-five years old, a widow with a grown family. I was living alone and on a pension. I heard your lectures on the powers of the subconscious mind wherein you said that ideas could be conveyed to the subconscious mind by repetition, faith, and expectancy.
“I began to repeat frequently with feeling, ‘I am wanted. I am happily married to a kind, loving, and spiritual-minded man. I am secure!’

“I kept on doing this many times a day for about two weeks, and one day at the corner drugstore; I was introduced to a retired pharmacist. I found him to be kind, understanding, and very religious. He was a perfect answer to my prayer. Within a week he proposed to me, and now we are on our honeymoon in Europe. I know that the intelligence within my subconscious mind brought both of us together in divine order.”

This woman discovered that the treasure house was within her. Her prayer was felt as true in her heart, and her affirmation sank down by osmosis into her subconscious mind, which is the creative medium. The moment she succeeded in bringing about a subjective embodiment, her subconscious mind brought about the answer through the law of attraction.

Her deeper mind, full of wisdom and intelligence, brought both of them together in divine order.

Be sure that you think on whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. PHIL. 4:8.

• Brief summary of ideas worth remembering

1. The treasure house is within you. Look within for the answer to your heart’s desire.

2. The great secret possessed by the great men of all ages was their ability to contact and release the powers of their subconscious mind. You can do the same.

3. Your subconscious has the answer to all problems. If you suggest to your subconscious prior to sleep, “I want to get up at 6 A.M.,” it will awaken you at that exact time.
4. Your subconscious mind is the builder of your body and can heal you. Lull yourself to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.

5. Every thought is a cause, and every condition is an effect.

6. If you want to write a book, write a wonderful play, give a better talk to your audience, convey the idea lovingly and feelingly to your subconscious mind, and it will respond accordingly.

7. You are like a captain navigating a ship. He must give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind, which controls and governs all your experiences.

8. Never use the terms, “I can’t afford it” or “I can’t do this.” Your subconscious mind takes you at your word and sees to it that you do not have the money or the ability to do what you want to do. Affirm, “I can do all things through the power of my subconscious mind.”

9. The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief is it done unto you.

10. Change your thoughts, and you change your destiny.
LESSON 1
THE TREASURE HOUSE WITHIN YOU
The master secret of the ages - The marvellous power of your subconscious mind. Necessity of a working mind. The duality of mind - The conscious and subconscious minds. Understanding the key differences between the conscious and subconscious mind.

LESSON 2
HOW YOUR OWN MIND WORKS
Conscious and subconscious terms differentiated. The terms objective and subjective mind clarified - The subconscious cannot reason like your conscious mind. The tremendous power of suggestion. Different reactions to the same suggestion. How autosuggestion banishes fear. The constructive and destructive power of suggestion.

LESSON 3
THE MIRACLE-WORKING POWER OF YOUR SUBCONSCIOUS
Your subconscious is your Book of Life. What is impressed in the subconscious is expressed. How the sub-conscious controls all functions of the body. How to get the subconscious to work for you to heal your body. How to convey the idea of perfect health to your subconscious mind.

LESSON 4
MENTAL HEALINGS IN ANCIENT TIMES
Miraculous accounts of the use of the subconscious powers. Miracles throughout the world. One universal healing principle that will change your life. Producing a blister by suggestion. The real cause of bloody stigmata.

LESSON 5
MENTAL HEALINGS IN MODERN TIMES

LESSON 6
PRACTICAL TECHNIQUES IN MENTAL HEALINGS
How will your subconscious accept your blueprint of life? Visualization techniques - the Mental movie method, the Baudo technique, the sleeping technique, the “thank-you”. Technique, the affirmative method, the argumentative method, the decree method and the absolute method. Serve yourself with scientific truth.

LESSON 7
THE TENDENCY OF THE SUBCONSCIOUS IS LIFEWARD
How the body portrays the workings of the mind. The intelligence which takes care of the body. How we interfere with the innate principle of harmony. Why it’s normal to be healthy. How faith in your subconscious powers makes you whole.

LESSON 8
HOW TO GET THE RESULTS YOU WANT
Easy does it, use imagination and not will Power. How disciplined imagination works wonders. The law of re-versed effort and why you get the opposite of what you want. How to ease the conflict between desire and imagination.

LESSON 9
HOW TO USE THE POWER OF YOUR SUBCONSCIOUS FOR WEALTH
Wealth is of the mind. The ideal method for building a wealth consciousness. Why your affirmations for wealth fail. Your subconscious gives you compound interest. The true source of wealth. The most common stumbling block to wealth. Sleep and grow rich.

LESSON 10
YOUR RIGHT TO BE RICH
Money is a symbol. How to walk the royal road to riches. The reason why you do not have more money. Money and a balanced life. How the scientific thinker looks at money. Why some men do not get a raise in pay.
LESSON 1
YOUR SUBCONSCIOUS MIND AS A PARTNER IN SUCCESS
The three steps to success and the measure of true success. Using the subconscious mind in business. How to become successful in buying and selling. A success technique employed by many outstanding executives and businessmen.

LESSON 2
SCIENTISTS USE THE SUBCONSCIOUS MIND

LESSON 3
YOUR SUBCONSCIOUS MIND AND THE WONDERS OF SLEEP
Why we sleep and the startling effects of sleep deprivation. A cat nap nets him $15,000. How a famous professor solved his problem in sleep. How the subconscious worked for a famous writer while he slept. Sleep in peace and wake in joy.

LESSON 4
YOUR SUBCONSCIOUS MIND AND MARRITAL PROBLEMS
The meaning of marriage - How to attract the ideal partner. No need for the third mistake. Drifting into divorce - Divorce begins in the mind. The nagging wife and the brooding husband.

LESSON 5
YOUR SUBCONSCIOUS MIND AND YOUR HAPPINESS
You must choose happiness - How to choose happiness. He made it a habit to be happy. Why we choose unhappiness. If I had a million dollars, would I really be happy? Who are the happiest people?

LESSON 16
YOUR SUBCONSCIOUS MIND AND HARMONIOUS HUMAN RELATIONS
The master key to happy relationships with others. His inner speech held back his promotion. Becoming emotionally mature. The meaning of love in harmonious human relations. He hated audiences. Handling difficult people.

LESSON 17
HOW TO USE YOUR SUBCONSCIOUS MIND FOR FORGIVENESS
Life always forgives you—How to banish that feeling of guilt. Criticism cannot hurt you without your consent. How to be compassionate. Forgivenness is necessary for healing. Techniques for forgiveness. The acid test of forgiveness.

LESSON 18
HOW YOUR SUBCONSCIOUS MIND REMOVES MENTAL BLOCKS
How to break or build a habit. How to break a bad habit. The power of the mental picture. How much do you want what you want. Building in the idea of freedom.

LESSON 19
HOW TO USE YOUR SUBCONSCIOUS MIND TO REMOVE FEAR
Man’s greatest enemy. Banishing stage fright. How to overcome the fear of failure. The master technique for overcoming any particular fear. Normal and abnormal fears. Deliver yourself from all your fears.

LESSON 20
HOW TO STAY YOUNG IN SPIRIT FOREVER
Mind and spirit do not grow old. You are as young as you think you are. Be your age. Fear of old age. One hundred and ten years old. Secret of youth. His mind active at ninety-nine. The fruits of old age.