Thought Inspire® MP3 Summer Launch Special Now On - Save 40% Across All Our 150+ Subliminal Audios Using Coupon Code MIND4JUNE

http://www.thoughtinspire.com/junespecial.html
Welcome to the Subconscious Matrix!

I'm Kads Adams and this guide is all about the influences all around us which are affecting your subconscious mind on a day to day basis.

Whether you know it or not, our mind is being influenced all the time and the influences all around you can seriously affect your success and perceptions of the world.

What do I mean by that? I'm talking about our everyday things like:-

Your friends,
Your family
The internet
Your work and boss
People in the street
Magazines
Radio
TV
No matter where you are and no matter what you're doing, literally everything in your life is sending you suggestions, and this has a massive impact on your life and shapes how you think and feel about your ability to achieve what you want. The influence of the world around you on your happiness, confidence, wealth level and everything else is just immense.

**Key Point:** Messages are everywhere! Our minds are being bombarded with things all the time and this affects your thinking, behavior and chances of achieving the things you want in life. It also affects things like your income, feelings of happiness, confidence, your health, relationships and friendships.
In this guide, we're going to talk about suggestion in a bit more detail so you can see the whole "matrix" so to speak. The Subconscious Matrix is all about the things that influence your subconscious, and they can be boiled down into only 5 things. These are namely:

1. Your past
2. The energy around you
3. Your work or life calling
4. Your friends, family and the people you associate with
5. Your environment

All of these things influence your subconscious programs, which causes your life to unfold in the way it does. We're going to talk about each part of this matrix one by one and give you key points to use each of these areas to your advantage. This way you can continually be programming your mind the right way and reducing the negative subconscious influences that are all around us.

The point in understanding The Subconscious Matrix is so you can understand the power you have to overcome all the different conflicting and negative suggestions which are all around you.

Since your mind is constantly being bombarded left, right and center with different suggestions, knowing how to navigate through this and move to a higher plane of existence where the subconscious is resilient to these suggestions is ideal. That way you can always be on the path to achieving your goals with a clearer and more powerful subconscious mind.

As you begin to read this information and see each of the components of the matrix one by one, and begin to address the points in each area, you will begin to realise that dissolving limiting beliefs and moving your life to a higher level is a lot more simpler than you think - and that will happen when you can see the matrix :)
Your Old Subconscious Programs - The Things That Stop You Achieving The Things You Want In Your Life

If you've ever experienced a stumbling block in your life or cut yourself short in anything, the chances are that there are old rusty programs sitting in your subconscious mind that need to be got rid of. Your subconscious mind has thousands of programs running in it all the time, just as a computer has lots of software. Sometimes the programs we have aren't useful and so it's better for us to remove them completely.

Here's another way to think about it - just as driving a rusty old car isn't the most efficient way to get from A to B, having old rusty programs in your subconscious mind isn't the best thing for you either!

Just think back to your childhood for a moment where programs which weren't helpful to you got created - did your parents or friends ever say something to you which made you feel bad? Did you ever fall out with someone as a kid? An experience like that normally forms a new useless program in your mind and it can stay there for your whole life if it isn't dealt with. These rusty old programs that aren't helpful can be got rid of...if you know how!

Here's some examples of old programs in real life:

1. Feelings of unworthiness about achieving something such as a certain amount of money or a
promotion. If you feel bad or unworthy of these things, the chances are that an old rusty program is running somewhere!

2. Getting stuck in the same bad habits over and over, such as eating the wrong foods, being angry, sleeping in. An old rusty program is the cause

3. Not being motivated for your goals and procrastinating - again old rusty programs!

4. Lacking confidence at work or around friends and family - old rusty programs!

5. Not manifesting the money, home, car, relationship or opportunity you want even though you've tried

6. Having a general feeling that you could be doing a lot more than you are in your life right now

All of these are examples of old rusty programs IN ACTION. If you suffer or can relate to any of these, the chances are that there's some program somewhere in your mind that's causing it.

**KEY POINT:** Sending new suggestions and creating new influences for your mind can completely remove old rusty programs and set you free to live and achieve what you really want at last. In other words, it can help you overcome obstacles and setbacks to the things you really want in your life.

So, if you feel that you could be doing a whole lot better or that you have way more potential in you that you're still trying to unlock, removing old programs is the key you're looking for!

Let's think about driving a car again. When you learned to drive a car, it might have taken several hours of practise before you felt completely confident behind the wheel. Just as we can learn how to drive a car, we can also learn new ways of thinking and acting that allow you to achieve bigger things with your life instead of being stuck in the old cycles.

That means that just as you can remove old programs in your subconscious mind, you can also create and install new ones!
Fact - Your Friends And Family Is A Massive Source Of Suggestion For Your Mind. They Are One Key Component Of The Subconscious Matrix

By far one of the biggest sources of influence in your life is your friends, spouse and the people you work with.

By the time you've reached 21 years of age, thousands of suggestions, beliefs and mindsets will have been "installed" into your mind, and all of these affect your thinking and how you perceive the world around you. No matter what age you are now, know that the suggestions created in the first 21 years of life might have played an enormous role in how you are perceiving and viewing the world today.

Your parents for example are a major influence in your life. When you were a kid, everything your parents said to you was accepted as a fact. As you grew up and become an adult, the old suggestions you got might still be playing in your mind. When that happens, you can start under-achieving or not being able to get what you want out of life.

We call these childhood suggestion "old programs" because their old, outdated and are better off being thrown into the bin.
Obviously you can still form new beliefs and mindsets as an adult, and well into your 60s and 70s. The point is that many of the suggestions we get at a young age are so stealthy and seem so "matter of fact" that we don't even realise they exist, and they can carry on our whole lives without ever being touched.

This is such a complex thing that it's easy to underestimate. The important thing to realise is that how you're thinking and seeing the world right now has been influenced by the things in your past.

**Friends And Their Suggestions**

You can either be one of two types of people when it comes to friends. You can either have a small, stable group of friends which you tend to keep all your life, or you can be constantly expanding and meeting new people all the time. Either way, your friends and peer group is one of the biggest influences on your life.

As you know, your subconscious mind is a supercomputer and it picks up on subtle mental vibrations around you. This also includes being able to pick up new mindsets, beliefs and thinking from others, and take it on as its own.

**Nurturing Harmonious Lifelong Relationships With Close Ones Will Help You Amazing Things - Like Super-Conscious States Of Creativity, Intuition, Inspiration, Ideas And Problem Solving Skills**

Harmonious relationships with your friends and family is one of the great hidden keys to accessing the deepest powers of the subconscious mind. That means everything from super-creativity to amazing results can be achieved, including being inspired towards achieving your goals and the things you cherish like more happiness, confidence, problem solving skills, productivity and a healthy perspective on life.

The reason harmonious relationships have this impact is because human beings are social creatures that like to interact and exchange information with one another. What's really being exchanged is MENTAL INFORMATION which is extracted and processed from the great depths of your subconscious mind.

**Key Point:** Being a social animal opens up new areas in the subconscious and allows for new ways of thinking. It also expands your horizons, where you begin to realise many of your limiting beliefs aren't even real. This then opens the doorway for new levels of happiness and joy where you take every experience of life as a blessing and something to cherish.

To explain with an extreme example, if you hang about with someone extremely wealthy for a few days, like a billionaire entrepreneur like Richard Branson or Bill Gates, or even a spiritual teacher like the Dalai Lama, the chances are that your mind is going to open to new possibilities and take on a totally new perspective automatically. This will happen subconsciously and in a very subtle way.
The truth is that these people are so magnetic and operating on a higher plane, that their positive energies will rub off on you and open new pathways without you even knowing it.

In the same way, hanging about with friends and family that uplift you and make you feel great can make you realise that any bad things or hiccups you might have experienced are not as important as you think. You create more happiness and joy in your life when you begin to cherish and acknowledge the importance of your relationships with others.

So, the truth is, hanging about with certain people has a massive impact on your subconscious, how you feel about things and can totally change your life.

Lack Of Harmony Can Happen Too

Sometimes we might have disagreements with our family, friends or parents and this is actually perfectly ok.

A great principle to help with the knocks of life is to simply accept people just the way they are. Nobody is 100% perfect and knocks and bumps should be seen as part of the adventure and journey of life, rather than as a way to get bogged down in negativity.

Acceptance also opens the way to accepting that everyone can have different viewpoints for different reasons. The truth is we don't all think and believe the same, and you shouldn't expect others to be like that either. So letting go and accepting people just as they are will take an enormous weight of your shoulder. It will also make you feel lighter in your chest, your facial muscles will relax and overall you will start to feel great!

On the other hand, if you argue, bicker or judge other people, chances are you're going to set up some conflict with them. That would mean negative emotions, tightness in your chest and a more tense body, which in turn acts to stifle your true potential, and that's what you don't want.

Key point: Accepting other people as they are will help to keep the cycle of positive emotions flowing as much as possible in your life. Knocks and setbacks are good things which add to the adventure and journey of life. Taking this mindset means you can always be more happy and confident that things will turn out just right for you. It also means that limiting beliefs and other setbacks which might have held you back in the past will begin to automatically dissolve. Happy relationships with friends and family are an age-old tool to remove blocks in your mind.

Attracting New People To Expand Your Social Circle

New people entering your life can also help to remove stumbling blocks to success, and also add in new positive emotions and feelings. You can attract more friends simply by using the amazing law of
attraction. If you think about getting more people into your life, that is exactly what you're projecting out and will attract it back to you. Whatever you think about is indeed what you begin to bring about.

If this is something that you'd be interested in, just think for a moment right now what it would be like to attract amazing, ambitious new people into your life. What would happen in your life and how would you feel? Even doing this 10 minutes a day is enough to put the process into motion. The trick to making this work is not offer a counter-vibration which nullifies the gains you've made from this exercise.

**Take-aways from this section**

Learn to create harmonious relationships with those around you. They are part of your strength and can contribute to amazing levels of creativity, happiness and confidence in your life. Friends and family are a massive asset that need to be nourished and taken care of. The more you do this, the easier it is to dissolve things like limiting beliefs, stumbling blocks and other setbacks to living the life you want.
The Aura And Energy Fields - A Stealth Influence That Affects You And Your World - A Component Of The Subconscious Matrix

You might not know it, but every person you come into contact with gives off a very subtle energy called an aura. If you think of planet Earth for a moment, our planet has a magnetic field around it which stops nasty things from outer space penetrating the Earth. In a similar way, your body has an aura that interacts with other auras around it and prevents nasties from affecting your subtle energy system.

The aura of other people can actually be picked by you and if you’re very tuned in, you can actually feel someone's energy and aura around you. The benefit is that it can give you instant feedback as to what type of person someone really is, and whether that person resonates with your viewpoint on life or against it.

Finding those that resonate and reinforce your aura are those that make you feel good and happy to be around. These people bring you up, make you feel positive and are an amazing influence on your life. The truth is, people who are confident and happy all their lives are always surrounded by positive influences like this. So if you want amazing confidence and happiness too, think about
associating with these positive people yourself.

On the other hand, those with a negative and darker aura give off bad vibes. They unfortunately suck out your energy like vampires and bring you down, making you feel negative, down trodden and lacking belief in yourself. This means you could start off being an extremely happy and joyful person, only to end up being negative if you have the wrong influences. So...it’s crucial to get the right influences in your life.

Another thing is that if you associate with someone all the time, the aura of that person will begin to merge and communicate more powerfully with yours. The important thing is to be aware of who you’re associating with, so you associate more with those that resonate with your goals and aspirations in life, and less with those who bring you down or make you feel very small.

**Key Point:** Associating with those who have a good aura helps activate your subconscious mind. This is why you feel happy and more positive around those with a good vibe about them, instead of those with a negative one. The positive aura here is a positive influence on your subconscious mind. Associating with people who have a positive aura helps dissolve limiting beliefs and other stumbling blocks on your journey to success. It also activates new levels of happiness, confidence, wealth mindsets and mental power.
One of the biggest influences on your life without a doubt is your job, the people you work with and, if you work for someone else, your boss. They are a massive influence on you because they are constantly giving out suggestions that will enter your subconscious mind and affect your outlook and views of the world as well.

If you're to be truly happy at work, it's important to be around people that are positive minded as otherwise you can get bogged down in negativity and then...happiness at work and in life in general will begin to allude you. If you work as part of a team, the way your team interacts and view things will affect your chances of being happy or miserable too.

We tend to spend a lot of our time at work, and sometimes 40 to 50 or 60+ hours per week at work, and that is a massive part of our lives. In many careers, people spend more time at work than they do with their friends and family or pursuing hobbies so without a doubt, work as a source of suggestion and how it influences your thinking and results in life is very very high!

The important thing to realise is to never settle for something that you believe you're not worth.
The suggestions of the people around you will affect your work motivation, how well you perform on the job and how quickly you progress in your organisation.

**Bad Vs Good Boss - An Influence On Your Subconscious Mind**

Another major influence at work is your boss. A bad boss who is negative and critical can keep you low in motivation and subconsciously resenting work. A good boss is one that gives you plenty of room to express yourself and let your true talents and potential shine through.

The way your team thinks, acts and behaves will also be the way you think, act and behave.

**Key Points:** How you feel at work and who you associate with at work has a massive influence on your well being, confidence levels and mindset. All of these affect your subconscious mind. For you to achieve the life you want, you need to get around those that are positive and make you feel good. That way you can re-program your mind more easily. Associating with negative people or a negative boss will do you no favours. Since work is a major part of many people’s lives, the influence that work has on your overall life is massive.
Other Components Of The Subconscious Matrix Explored

Television, Movies, Radio, Internet, Music, The Street

We all like a good movie, whether it's to cry our eyes out over romance, laugh our heads off in comedy or be on the edge of our seats with an action movie. The truth though is that anything that you watch can affect how you perceive and see things, and that's because the mind is very sensitive.

Your mind is sensitive so be careful what you put into it. TV and movies influence how you think, what you think and how you behave. Its a key aspect of your environment that influences the things around you.

The same goes with the radio, internet, music and walking down the street. All of these send suggestions into your subconscious mind and influence how you see the world around you. If you want to achieve amazing levels of success, you need to wire your mind in a way where the negative influences are heavily outweighed completely by the positive.

Hobbies

Having hobbies that you're passionate about or being deeply passionate about your life in general is crucial to maximising your happiness and achieving amazing results.

Hobbies can help you become more confident and become a whole and centered human being. It also helps you to see new perspectives on life and what you can achieve in it. That way knockdowns and setbacks dont influence you as much and you take them in your stride, because you see them as new experiences in the journey of life.
How To Use The Subliminal Mp3s In Brief

The complimentary Thought Inspire® subliminal mp3 package is designed to help you work every aspect of the Subconscious Matrix in its full glory - which means working to help improve all areas of your life, namely work, friends, family, health and relationships all in one.

The subliminal audios therefore have very varied affirmations so that your subconscious mind can be worked in a unique way. The benefit is that you get more happiness, more confidence and more results for the things that matter to you in your life, all from just listening to the audio!

As you listen to the audios, the suggestions will penetrate your subconscious and help create new neural pathways in your brain. This in turn will change your actions and behaviour from the inside out!

In brief, you only need to use the audios for 10-20 minutes each day for maximum results. You should also make sure you aren't using any heavy machinery and that you're in a safe place. The BrainTune® tracks in the audios are tracks 3 and 4 and are extremely powerful on your subconscious mind.

Over time, you'll start to notice subtle and then obvious differences in your thinking, mindset and behaviour. The important thing is then to follow through with more action and do all the other steps we teach. Remember: the more tools you use to help re-program your mind, the better, more lasting and more permanent the effects.
The Subconscious Matrix Conclusion

To conclude The Subconscious Matrix, the power of your mind is immense! There are so many influences all around us that can shape your world, and learning to unlock and use these influences to your best advantage will change your life.

Look at each area of the matrix again and see where you can make changes in your life. Even if the changes might sound simple, changing one area of this matrix will have a massive impact on your overall life.

And remember, using technology and tools to help you re-program your mind is the next stage in your evolution that can help blast your subconscious programs to oblivion - our Thought Inspire® MP3 Summer Special is now on - just use coupon code MIND4JUNE and save 40% TODAY:

http://www.thoughtinspire.com/junespecial.html

To Your Success!

Kads and The ThoughtInspire.com Team