

BOOK REVIEW

THE POWER OF YOUR SUBCONSCIOUS MIND

Authored by Dr. Joseph Murphy



Murphy, J. (2015). *The power of your subconscious mind* (Paperback ed.). Amazing Reads, An imprint of India Book Distributors (Bombay) Limited, 312 Pages, 199, Paperback, Non-fiction, ISBN:978-81-929109-63

by

Dr. Soma Gol

Assistant Professor, Kalna College, Purba Bardhaman, West Bengal, India

Dr. Biswajit Chatterjee (Corresponding Author)

Assistant Professor, Department of Education, Raiganj University, Uttar Dinajpur, West Bengal, India

Keywords: Conscious Mind, Subconscious Mind, Happiness, Success, Healing, Will Power

INTRODUCTION

The book under review is titled 'The Power of Your Subconscious Mind' by Dr. Joseph Murphy. It is one of the best-selling self-help classics of all time, blending spiritual wisdom, psychology, and practical techniques rooted in belief and subconscious programming. Filled with practical examples and testimonials, it teaches that the subconscious mind has immense creative and healing powers and can shape your reality when guided by thoughts, affirmations, and visualisation. Murphy explains that thoughts are seeds, and the subconscious is the fertile soil. By consistently planting positive, confident, and faith-filled thoughts, one can heal illnesses, attract success, improve relationships, and find inner peace. First published in 1963 by Prentice-Hall in English, the book was later published by Penguin, Hay House, and BN Publishing, among others, and translated into multiple languages worldwide. It is widely available in print, audiobook, and eBook formats. During the early 1960s, when the book was written, the world was experiencing significant psychological and cultural changes. People sought more control over their inner and outer lives—this book aimed to equip ordinary people with techniques to consciously work with the subconscious. It remains a foundational text in self-help literature and is often recommended alongside works by Napoleon Hill (*Think and Grow Rich*) and Norman Vincent Peale (*The Power of Positive Thinking*). This paperback edition is pleasantly portable, well-printed, and generally durable, with a well-bound cover and spine that holds up over time. It is printed in modern, easy-to-read English, suitable for a broad audience. The typeface is

generally standard serif or sans-serif, promoting comfortable, sustained reading. The overall reading experience remains positive. It's a reliable, everyday carry option for anyone interested in metaphysical self-help.

THE AUTHOR

Dr. Joseph Denis Murphy (1898–1981) was born in Ballydehob, County Cork, Ireland, in 1898. He studied for the priesthood in the Jesuit tradition in Ireland. He immigrated to the United States in the 1920s. He obtained degrees in chemistry, psychology, philosophy, and religious science (including Ph.D., D.D., LL.D.). He extensively studied Eastern religions, New Thought, Christian Science, Hinduism, and Metaphysics. He eventually became a New Thought minister and led the Church of Divine Science in Los Angeles for nearly 30 years. Murphy travelled to India and spent considerable time with Indian sages, learning Hindu philosophy. He later founded a new church in America based on Hindu ideologies. He was influenced by thinkers like Ernest Shurtleff Holmes, Emmet Fox, and Ralph Waldo Emerson. Murphy combined spiritual principles from the Bible with metaphysical ideas from the East and modern psychology, asserting that all people have the power to direct their lives through the subconscious. Murphy claimed to have healed a malignant tumour (sarcoma) using subconscious belief and visualisation, which laid the groundwork for his faith in the mind-body connection. He was inspired by the success stories he witnessed from his congregation and counselling sessions. His studies in autosuggestion, hypnotherapy, and biblical metaphors led him to develop a practical model of subconscious reprogramming. Dr. Murphy was a prolific author with over 30 books. Some key titles include: 'Believe in Yourself', 'How to Attract Money', 'Your Infinite Power to Be Rich', 'The Magic of Faith' and 'The Miracles of Your Mind'.

CHAPTER-WISE REVIEW AND DISCUSSION

In the introduction section (How This Book Can Work Miracles in Your Life), Dr. Murphy affirms that miracles occur when one learns to harness the 'magic power' of the subconscious mind. According to him, this book aims to explain the dual nature of the mind-conscious and subconscious and how mastering this relationship can bring about health, wealth, happiness, and success. Murphy asserted that thoughts are causes, and conditions are effects. What one consistently thinks and feels impresses upon the subconscious and ultimately manifests as experience. While depicting the reasons for writing this book, he writes, "*What motivated me to write this book was a deep desire to share with others the answer I have discovered to those and many similar questions*" (p.viii). There are 20 chapters in this book, and each chapter is ornamented by various thought-provoking and inspiring stories. Pertinent take aways are presented at the end of each chapter.

Chapter 1: The Treasure House Within You

In this chapter, the writer expresses that wholly good thinking, complete happiness, and very positive energy are within us. We are the treasurer of your success. Here, the author gives some real examples of why a person is happy and another is unhappy, one is full of faith and confidence, and another is anxious and fearful. All are the process of your mind. We have to

choose the right way, a sound environment, and positive company, and then we will succeed. He also says, if we think, 'I will fail', 'can't afford it', 'it's not possible for me', then our mind will accept it, and we must achieve our failure. But if we think 'I can do it', 'can afford it', 'can achieve it', we achieve it. So, we have to work with your marvellous subconscious mind. The author talks about the duality of the mind, which is conscious and subconscious. He articulates that every individual is the gardener of his/her mind. If we plant the seeds of all positive energies in our subconscious mind, our conscious mind will demonstrate thoughts of peace, happiness, right action, goodwill and prosperity. He gives an example of a singer who has overcome all his barriers by using his subconscious mind appropriately. Here is the experience that before going to sleep, if we think about waking up at 6 am, it must happen that your conscious mind will wake up without any alarm on your mobile or any other device. He writes, *"Every thought is a cause, and every condition is an effect"* (p.15).

In a nutshell, it can be said that this chapter introduces the concept that infinite riches lie within each individual, accessible through the subconscious mind. It emphasises the duality of the mind—the conscious and subconscious—and explains how habitual thinking shapes one's destiny. The subconscious mind is likened to a treasure house, capable of solving problems, healing, and attracting success. The chapter encourages readers to implant positive thoughts and beliefs to reap desirable outcomes.

Chapter 2: How Your Mind Works

In this chapter, the author explains how we can use our subconscious mind. He provides so many examples of different people, and he elucidates different incidents that he experienced in diverse situations. He said that our subconscious mind has no idea of right or wrong, but our conscious mind has the power to choose the right way. It can discriminate between positive and negative thoughts or attitudes. The conscious mind gives order to the subconscious mind; it is like a custodian in our lives. He uses two other names of the mind, the objective and subjective mind. The author stated that a hypnotist can manipulate another person according to his will, and he ensures this by using that person's subconscious mind. In our daily life, many people give suggestions, most of which are very negative, and often we are affected by those comments. But we cannot change the thoughts of those people. In that condition, we can use the infinite power of our subconscious mind. We can discard all those negative suggestions, also reflect positively and do positive things every day, every moment, like those sailors who have no impact on the listener about seasickness. Here, the author bounces the idea of auto-suggestion to do every decent work and live happily in our daily life. He said if we accept a positive way of living and also use all positive words in our daily life, our subconscious mind also accepts that way of living. On the other hand, if we use negative words at all times, our subconscious mind also follows that attitude of living. By following that positive rule of life, we can manage our temperament in every situation. So, we should follow the positive way of living in every situation. He reminds us, *"Remember, you have the capacity to choose. Choose life! Choose love! Choose health!"* (p. 33).

So, the chapter explains the interaction between the conscious and subconscious mind. The conscious mind reasons and chooses, while the subconscious mind executes ideas and stores emotions. Negative thoughts lead to failure, while harmonious thinking results in health and prosperity. Techniques like auto-suggestion and visualisation are introduced to impress positive ideas on the subconscious mind.

Chapter 3: The Miracle-Working Power of Your Subconscious

This chapter highlights the subconscious mind's ability to heal, inspire, and solve problems. It explains how the subconscious works tirelessly to maintain bodily functions and fulfil desires. Techniques such as affirmations and visualisation are recommended to convey ideas of health and success to the subconscious. Real-life examples illustrate the transformative power of the subconscious mind.

The subconscious mind has infinite power. It controls our body, mind, and intellect, which means our total life. It never takes a break, but we have to discover how it is working on us. The author says all artists have used their infinite power and created new art, novels, and sculptures. Here, the author gives an example of Dr Esdaille, a Scotch surgeon, who was a surgeon in Bengal during the 1840s. He performed approximately 400 major surgical operations like amputation, removal of tumours and cancerous growth without using any chemical anaesthesia. All these operations have been done under mental anaesthesia only. His patients also said that they felt no pain during the operation. Only the subconscious mind gives that type of independence to us. The subconscious is the manuscript of the life of every individual. If we write inside positive words and thoughts, we will experience the outside. We will be a happy, energetic, ideal person in our world. The American philosopher Ralph Waldo Emerson said, "Man is what he thinks all day long". William James, the father of American psychology, supports the idea of the unlimited power of the subconscious mind with infinite intelligence and boundless wisdom. All measures come from our subconscious mind. This truth was supported by Moses, Isaiah, Jesus, Buddha, Zoroaster, Laotze, & all the illumined seers of the ages. When an individual equilibrates the two parts of their mind, he/she knows the art of living. Here the author expresses one incident that how prayer can help to vanish skin malignancy or that type of critical disease. That means our subconscious mind controls all the functions of our body. When the subconscious mind follows stress or negative energy, our body can easily get into that position. On the other hand, when we engage our conscious mind with positivity, naturally. Our subconscious mind follows that beautiful way of life. He writes, "*Keep your conscious mind busy with your expectation of the best, and your subconscious will faithfully reproduce your habitual thinking*" (pp.53-54).

Chapter 4: Mental Healings in Ancient Times

Since ancient times, we have realised that many priests, priestesses, and holy people use the subconscious mind of people to cure numerous types of physical and mental diseases. In many cases, medical science fails, but these people achieve success in curing common people.

In many cases, we can realise that those holy people use the power of the subconscious mind of common people. By using positive energy or positivity, or positive living of life, they try to save those common people from all these complex diseases. When we pray in various temples, mosques or churches, we get the result of our prayers, that is, we become what we want, may be relief from a complex disease or relief from a complex situation. Here, the author has given several examples of such incidents, and he wants to say that when we pray in temples, churches or monasteries, we use our subconscious mind with full faith, and we believe that what we pray for here will happen; that's why we achieve success. The author says that all groups, psychiatrists, psychologists, osteopaths, chiropractors, physicians, and religious groups, have succeeded in their work by harnessing the incredible power of the subconscious mind. He writes in the 'Healing Points in Review' section of this chapter, "*All disease originates in the mind. Nothing appears on the body unless there is a mental pattern corresponding to it*" (p.69).

The chapter explores historical accounts of healing through faith and subconscious belief. It discusses how ancient practices, such as rituals and prayers, activated the subconscious mind to bring about healing. Biblical teachings on faith and belief are emphasised as tools for mental healing. The chapter concludes that the subconscious mind is the universal healing principle.

Chapter 5: Mental Healings in Modern Times

In this chapter, modern mental healing techniques are discussed, emphasising the role of faith and belief in activating the subconscious mind. The chapter explains how prayer therapy works by harmonising the conscious and subconscious mind. Examples of faith healing and scientific prayer demonstrate the effectiveness of these methods in overcoming illness and achieving success.

How can we get rid of something, i.e. any obstacle, any sorrow? This question is eternal. Since ancient times, religious leaders have been searching for a remedy for this sorrow. And almost everyone has acknowledged that this medicine for healing is hidden in our subconscious mind. A doctor can solve our physical problems, and a psychiatrist can remove our mental blocks. But the healing power is hidden in our subconscious mind. In his own words, "*No mental-or religious-science practitioner, psychologist, psychiatrist, or medical doctor ever healed a patient*" (p.71). And now psychologists remove these mental blocks and clear the way for healing. It has been given different names at different times: Nature, Life, God, Creative Intelligence, etc. But actually, it is the power of the subconscious mind. There are many ways to get rid of or cure sorrow. But the only principle or power that humans have is the Life Principle. And we can achieve this Life Principle with our faith. Only by believing in ourselves and having this faith can we overcome all obstacles, and we can fulfil all the desires of our mind. When we believe in God or any supreme power and think that power will help us to overcome any obstacle or help us become something, it increases the power of our mind; that is, indirectly, it works tremendously in the subconscious mind. Only then we can overcome all obstacles and fulfil all the desires of our lives by believing in ourselves. Nowadays, in many

cases, prayer therapy or the scientific prayer method is used. Actually, through this therapy, the conscious and subconscious minds are used to drive away various negative thoughts. And whenever we can drive away these thoughts, we can get rid of any sorrow. Many times, we blindly believe in something and get countless results. In many cases, it is seen that when a superior person touches someone, a disease gets cured. Many diseases get cured by using a magnet, and we hear that someone gets rid of a complex disease by holding a stone. The author wants to say that these are all the severe games of the conscious and subconscious mind. In this chapter, he has described many such incidents.

Chapter 6: Practical Techniques in Mental Healings

When an engineer builds a bridge, he first makes a plan mathematically using scientific methods. In the second step, he mentally familiarises himself with the plan to execute it, and in the third step, he executes the plan. When these three steps are finished properly, he is successful in building a bridge. Similarly, nothing in our life happens by chance; everything happens according to the rules of law and order. Therefore, here the author has discussed how we can achieve success by scientifically using prayer. He did not speak or want to speak about any religious method in general. Here, prayer is the desire or wish of your soul. He is saying that how hungry we have to fulfil that desire and how desperate we are to get it, we should work on that hunger to fulfil that desire, which will be the true nature of prayer. If we can fulfil that desire, our life will be filled with peace, harmony, health, joy and other blessings. We have to be an engineer who uses the conscious and subconscious mind to make the right plan to fulfil our needs and desires, and then execute that plan. In this chapter, the author talks about several practical techniques. The first technique is the 'Visualisation technique'. Here, a person will visualise that he has been able to do what he wants. For example, here the author says that before I give a speech to an audience, I think that I am giving a very good speech and the audience is listening to me very well. The next methods are the 'Mental movie method', the 'Baudoin technique', the 'Sleeping technique', the 'Thank You technique', the 'Affirmative method', the 'Argumentative method', the 'Absolute method' and the 'Decree method'. He concludes this chapter by saying, "*Generate waves of harmony, health, and peace by thinking of the love and the glory of God*" (p.104).

So, this chapter provides practical methods for mental healing, including visualisation, affirmations, and the thank-you technique. It explains how to impress the subconscious mind with positive ideas to achieve desired outcomes. Techniques like the mental movie method and the Baudoin technique are introduced to help readers overcome challenges and manifest their goals.

Chapter 7: The Tendency of the Subconscious is Lifeward

The subconscious mind is described as inherently constructive and lifeward. The chapter explains how negative thoughts interfere with the subconscious's natural harmony. It emphasises the importance of feeding the subconscious with positive ideas to maintain health and vitality. Real-life examples illustrate how faith and belief can lead to miraculous healings.

Dr Murphy starts the chapter by saying, “*Over ninety percent of your mental life is subconscious, if you fail to make use of this marvelous power, you condemn yourself to live within very narrow limits*” (p.105). The subconscious always drives towards the lifeward, and it is very constructive. Our strength is our subconscious mind. Which inspires us, shows us new paths, determines the meaning of life, and expands our various thoughts and ideas. So, just as a gardener spreads good seeds and a good tree grows, that tree bears delicious fruits or flowers, similarly, if we disseminate the seeds of positive thoughts in our subconscious mind, our life will become positive. On the other hand, if we spread the seeds of jealousy, fear, or anxiety in our subconscious mind, our life will be filled with them and our nerves, the various glands in our body, and above all, our mental state will never be normal. So, we should always fill our subconscious mind with the energy of life, and if we want to live well, we should learn to look at life with a positive outlook.

Chapter 8: How to Get the Results You Want

We all know that we do not get answers to our prayers. We do not get what we want, but what is the reason for this failure? It is the lack of confidence. When we pray and we cannot pray with full faith, that prayer does not prosper. Because of this failure, we keep thinking various negative thoughts. Like, everything is going bad, we will not get any answer, there is no way in front of me, there is no hope, we do not even know what to do, we will probably ruin everything. When we keep saying such things, negative thoughts are desperately expressed. In fact, at this time, a conflict is created between our conscious and subconscious minds. Here, the author says imagination is much more useful in this regard than willpower, and that imagination must be highly disciplined. In this chapter, the author has given three steps to Success in Prayer. First, we have to acknowledge the problem; in the second step, we have to find a solution to it; and in the third step, we have to imagine that the solution has been found. The author also says that if we can complete these three steps appropriately, our prayer will be efficacious. We want peace, but then we think, will we not get peace? We want something very much, but then we think, will we not get it? When such a conflict arises between us, then prayer starts working oppositely. If a driver of a car is told about many roads, in many cases, he cannot decide which road to take. In this case, too, conflict arises between two minds. He summarised, “*You avoid conflict between your conscious and subconscious in the sleepy state. Imagine the fulfillment of your desire over and over again prior to sleep. Sleep in peace and wake in joy*” (p.125).

This chapter focuses on overcoming failure by aligning the subconscious mind with positive thoughts and beliefs. It explains the law of reversed effort, where excessive mental coercion leads to failure. Techniques like disciplined imagination and relaxation are recommended to achieve harmony between the conscious and subconscious mind.

Chapter 9: How to Use the Power of Your Subconscious for Wealth

The chapter explains how wealth is a mental conviction and can be achieved by impressing the subconscious mind with ideas of abundance. Techniques like affirmations, visualisation, and

the 'sleep and grow rich' method are introduced to build a wealth consciousness. It emphasises the importance of avoiding negative thoughts about money and celebrating others' prosperity.

Our subconscious mind is our wealth, or in other words, our wealth is in our mind. If we think in our mind that the money we earn is enough for us, there is no conflict between our conscious and subconscious minds. Formerly, that person's life becomes much easier, and he/she can enjoy his/her life properly and happily. But many times, some people think that if we could earn more, it would be better for them. In that case, a conflict is created between his conscious and subconscious minds. Which is not pleasant for any person. In this chapter, the author talks about some methods on how to create wealth by using the subconscious mind. He says that this conflict should always be overcome, and some words should be said in mind or out loud that there will be no conflict. For example, someone who wants a little more wealth will only pronounce the word 'wealth' in his mind or out loud or say that I have enough wealth. According to the author, using this method will finish the conflict between the conscious and subconscious mind, which will enable the person to use the power of the subconscious mind correctly. He writes at the end, "*Envy and jealousy are stumbling blocks to the flow of wealth. Rejoice in the prosperity of others*" (p.134).

Chapter 10: Your Right to Be Rich

In this chapter, the author emphasises that it is everyone's right to be rich. There is nothing dishonourable about wanting wealth; in fact, the desire to be rich is natural and valid. When a person has enough money to fulfil their desires, they can lead a happy and fulfilling life. Wealth is not only acceptable - it is a respectable necessity. Money, the author explains, is a symbol of freedom. Just as good blood circulation indicates a healthy body, having sufficient money allows a person to move freely and live life on their terms. Such a person can be considered economically healthy. To walk this 'royal road' to wealth, the author stresses the importance of effectively using the subconscious mind. Only by doing so can a person become spiritually, mentally, and financially balanced. Some people claim that money leads individuals down the wrong path, but the author disagrees. Wealth itself is not evil. If a person can maintain a balanced and disciplined life even after becoming rich, money will never be harmful. The author argues that poverty is not a virtue - it is a form of mental illness. He writes, "*There is no virtue in poverty. It is a disease of the mind. You should heal yourself of this mental conflict or malady at once*" (p.145). Why, then, do people criticise money? According to the author, it is because of the wrong attitude toward it. When approached with the right mindset, money becomes a powerful tool for good. This chapter also outlines practical methods for attaining wealth by harnessing the power of the subconscious mind with full faith, ultimately leading to a happy and prosperous life.

This chapter asserts that it is everyone's right to be rich and live abundantly. It explains how money is a symbol of exchange and should be viewed positively. Techniques for attracting wealth include affirmations and mental imagery. The chapter encourages readers to align their thoughts with abundance and avoid condemning money.

Chapter 11: Your Subconscious Mind as a Partner in Success

Success is defined as living harmoniously and achieving one's goals. The chapter outlines three steps to success: finding work we love, specialising in your field, and ensuring your work benefits humanity. It emphasises the role of the subconscious mind in achieving success through sustained imagination and positive thinking.

Success means living a fulfilling and meaningful life. When you can live in peace and happiness, you are truly successful. To flourish in any field - whether it is business or any other profession - you must do your work with love and dedication. Without peace of mind, true success cannot be accomplished. In this chapter, the author shares several real-life stories of people who have achieved success through the power of prayer and complete faith. For instance, if someone desires a promotion, they should visualise themselves already promoted, fully believing it to be true, and imagine their colleagues congratulating them. In such cases, the person's subconscious mind influences the conscious mind to take the necessary actions, controlling them toward making that success a reality. According to him, "*A successful man possesses great psychological and spiritual understanding*" (p.162).

Chapter 12: How Scientists Use the Subconscious Mind

The chapter highlights how scientists and inventors have used their subconscious minds to solve problems and make discoveries. Examples include Nikola Tesla, Professor Louis Agassiz, Dr Lothar von Blenk-Schmidt and Dr Frederick Banting, who relied on their subconscious for inspiration. Techniques like relaxation and focused attention are recommended for tapping into the subconscious mind's creative power.

We should remember that our subconscious mind helps us to achieve success in all scientific endeavours. When the conscious mind pays attention to a problem with full concentration, the subconscious mind provides all the necessary information to the conscious mind to solve that problem. Here, the author also says that in some cases, even if we cannot solve a problem, before going to sleep, we can give a command to the subconscious mind to solve this problem. If we don't get an answer after one night of sleep, we will continue to make this request to the subconscious mind every night before going to sleep until the problem is solved. We have no problem believing that the subconscious mind will find the answer for us, and we will find happiness. He writes, "*The subconscious mind will always answer you if you trust it*" (p.173). The subconscious mind is a storehouse of memories. Here, we can record all our childhood experiences. Scientists have solved many problems by giving orders to this subconscious mind. We believe devotion helps the subconscious mind do all things with full faith.

Chapter 13: Your Subconscious and the Wonders of Sleep

Every person spends about eight hours of sleep every day of their lives; this is a general rule. But when we are exhausted or do not get a solution to any problem, we can sleep very well and the problem gets solved or our tiredness goes away completely. In this chapter, the author says that when we sleep, all the systems of our body do not take rest, such as if we eat before sleeping, the food is getting digested, our skin secretes perspiration, our nails and hair start growing. Similarly,

our subconscious mind also never takes rest; it is always active and controls all our vital forces. However, this healing process is very good during sleep because the conscious mind does not interfere with all these processes. We can see how important sleep is; every person needs sleep as much as they need to work mentally or physically. To overcome this tiredness or to recharge the body, very well. When we sleep less, we become very irritated, depressed, and lose our temper. Medical science has repeatedly proven that sleep can sometimes cause insomnia, a person's life expectancy can be reduced, and various cell damage can occur in the body. A good night's sleep helps our subconscious mind regain new liveliness. He completes, "*Sleep is essential for peace of mind and health of body. Lack of sleep can cause irritation, depression, and mental disorders. You need eight hours' sleep*" (pp.186-187).

Sleep is described as a time when the subconscious mind works actively to solve problems and heal the body. The chapter explains how to use sleep to receive guidance and answers to challenges. Techniques like affirmations and visualisation before sleep are introduced to harness the subconscious mind's power.

Chapter 14: Your Subconscious Mind and Marital Problems

In this chapter, the author discusses how we can spend our married life happily and peacefully by utilising the power of the subconscious mind. He says that a girl often thinks that she does not feel like working hard and earning money anymore, she will get married, her husband will fulfil all her needs, and she will be very happy. It is not like this; happiness can never be achieved depending on others. If there is a very good understanding between the two in a marital relationship, then that marriage is happy. He also says that if the husband and wife pray together and their needs and desires are met, their married life will be very happy. Therefore, it is much better to choose a life partner by making a mental match before entering into married life than to get divorced to get out of that relationship after entering into married life. Many times, the comments of people around us break the relationship between two people. In these cases, if there is any problem, we need to go to a proper trend counsellor for counselling instead of taking the help of any friend or relative. It is true that in married life, if two people maintain faith, division, and respect for each other, the relationship will last very well and their lives will be very happy. He delightfully argues, "*Marriage is the union of a man and woman who are bound together by love. Their hearts beat as one, and they move onward, upward, and Godward*" (p. 201).

The chapter addresses marital issues caused by ignorance of mental laws. It emphasises the importance of mutual love, respect, and understanding in marriage. Techniques like prayer and affirmations are recommended to attract the ideal partner and resolve conflicts. The chapter concludes that harmonious relationships are built on spiritual values.

Chapter 15: Your Subconscious Mind and Your Happiness

Happiness is described as a state of mind that can be cultivated through positive thinking and faith in the subconscious mind. The chapter explains how to choose happiness by focusing

on constructive thoughts and affirmations. Real-life examples illustrate how individuals have overcome unhappiness by changing their mental attitudes.

William James, the father of American Psychology, said that the greatest discovery of the 19th century was the realisation that the subconscious mind is the seat of infinite power. If we can realise that all your problems, whether mental or physical, can be healed by our subconscious mind and freed from all your problems, we will be the happiest person on earth. Many times, we feel happy when someone else appreciates us, and some people feel happy by establishing their place among everyone. But after some time, that happiness does not remain in us because it depends on others. There are also many times when a person does something very good, and they might want to get a little appreciation from others. But no one appreciates him, so he becomes demotivated. So, instead of depending on others, you have to appreciate yourself, motivate yourself, and think positively that yes, I can do it myself. If we can use the unlimited power of our subconscious mind, we can do all these things very easily. Here, the author says that if someone believes in God, they can be happy by relying on that belief. But if not, if we believe in ourselves, think positively, keep negative thoughts away, and avoid people with negative minds. We should be happy and we should use our subconscious mind, which is the source of happiness. He also said, *"Happiness is the harvest of a quiet mind. Anchor your thoughts on peace, poise, security, and divine guidance, and your mind will be productive of happiness"* (p.214).

Chapter 16: Your Subconscious Mind and Harmonious Human Relationships

In this chapter, it is said that if you want to maintain a humane relationship with everyone, you should pray for yourself and want for everyone else what you want for yourself. This is the golden rule of harmonious relationships. How you think about others is a manifestation of your thoughts. If you think negatively, it means that your subconscious mind is full of negative thoughts, and if you are filled with positive thoughts, if you follow a positive lifestyle, then this positivity will be expressed in your work and even in your relationships with the people around you. This is not just about thinking well of others; we see this thought reflected in the path of our Lord Chaitanya, the path of Buddha, the path of other great men, even Gandhiji's path of non-violence. That even if others treat you badly, behave peacefully with them, maintain good relations and try to spread your positive thoughts among them. If you can forgive those who have treated you badly, tried to harm you, and spoken to you in a very bad way, then you will be very happy. Love is the only path through which we can keep ourselves and the entire environment around us very beautiful. He mentioned in summarising the 'Profitable Pointers to Improving Human Relationships' in this chapter, *"You are responsible for the way you think about the other. Remember, the other person is not responsible for the way you think about him or her. Your thoughts are reproduced"* (p.230)

The chapter explains how the subconscious mind influences relationships. It emphasises the importance of thinking positively about others to create harmonious interactions. Techniques like empathy, forgiveness, and the Golden Rule are recommended to improve human relations and resolve conflicts.

Chapter 17: How to Use Your Subconscious Mind for Forgiveness

In this chapter, the author says that many people blame God for their own bad or unhappy state. They are often heard saying that God wants them to go through such a difficult time. According to the author, this is never right. Such thoughts are a manifestation of the negative thoughts hidden in their subconscious mind. Life always forgives us, paving the way for us to move forward. For example, if our hand is cut, the life principle tries to repair our tissues and heal the damage. If any part of our body is burned or any other wound is caused, the life force immediately tries to heal us physically as well as mentally. This is the religion of life, and because life forgives us, it continues to do this work without hesitation. We should also make it a trend to walk on this path of a forgiving mind. If we can learn this step by step from the life principle, then only we will be able to keep ourselves happy and well. We know this ourselves, or not only from this book, but from other books or our experience, that if we decide in our hearts that we will not be hurt by someone's words or behaviour, then under no circumstances will they be able to touch us. If my subconscious mind thinks that these words will not touch me in any way or someone's bad behaviour will not touch me. Our conscious mind also follows that golden rule. He writes, "*To forgive is to give something for. Give love, peace, joy, wisdom, and all the blessings of life to the other; until there is no sting left in your mind. This is the acid test of forgiveness*" (p. 247).

Forgiveness is described as essential for mental peace and health. The chapter explains how resentment and hostility block the flow of life and cause negative conditions. Techniques like affirmations and visualisation are introduced to release negative emotions and achieve forgiveness. Real-life examples illustrate the transformative power of forgiveness.

Chapter 18: How Your Subconscious Removes Mental Blocks

When we find ourselves in a difficult situation and cannot find a way out of it, we break down, but various experiences help us understand that the solution lies within that problem. With our subconscious mind's infinite intelligence and power, we can free ourselves from any situation. In this chapter, the author explains through various examples how to find that path or overcome that mental block when we find ourselves in different situations or when we lose our way while looking for a way out of that difficult situation. Dr Murphy pointed out that "*The only obstacle to your success and achievement is your own thought or mental image*" (p. 262). We need to create a habit, how we will build ourselves with positive thinking, how we will face any difficult situation without breaking down, and no negative energy will be able to consume us, and we can develop this habit through prayer or practice every day. Just as habits can inculcate good habits in us, through these habits we can prevent our tendency to be attracted to bad habits or bad energy.

The chapter explains how mental blocks are created by negative thinking and can be removed by aligning the subconscious mind with positive ideas. Techniques like visualisation, affirmations, and focused attention are recommended to overcome obstacles. Real-life examples demonstrate how individuals have achieved success by changing their mental attitudes.

Chapter 19: How to Use Your Subconscious Mind to Remove Fear

Fear is described as a thought in the mind that can be overcome by replacing it with positive ideas. The chapter explains how fear paralyses individuals and prevents them from achieving their goals. Techniques like affirmations, visualisation, and the law of substitution are introduced to conquer fear and build confidence.

Fear is the biggest enemy of our life, fear of failing before an examination, fear of going on stage before a performance, fear of the dark and fear of losing. When many such fears surround us, we try to escape from there and protect ourselves. The author has mentioned many techniques to overcome these fears here. For example, if someone is afraid of swimming, he should sit in a relaxed place, close his eyes and imagine that he is swimming very well and his friends or many people are appreciating him very much while swimming. If we do this day dreaming, then we will be able to overcome the fears in our minds. We know that it is all mental, that is, a person is afraid because that fear is consuming him. The author says that we can conquer this fear by harnessing the power of the subconscious mind. We know that if a person wants to, he can conquer all his fears with mental strength. We do this many times. We love the work that we are afraid of doing, and take it as a challenge and want to complete it successfully. And if we can overcome that fear, we can do the same work in our future life with great joy. Dr Murphy clinched, *“Give your immediate attention and devotion to your desire, which is the opposite of your fear. This is the love that casts out fear”* (p.278).

Chapter 20: How to Stay Young in Spirit Forever

The chapter emphasises that the subconscious mind is timeless and ageless. It explains how positive thinking and spiritual qualities like love, joy, and wisdom keep individuals young in spirit. Techniques like affirmations and visualisation are recommended to maintain vitality and enthusiasm. Real-life examples illustrate how individuals have remained active and productive in old age.

In many cases, the fear of getting old consumes us. Many people use various pills, remedies, etc. to avoid getting old, and in the end, they are never able to stop their ageing. In this chapter, the author says that if we keep positivity, i.e. full of joy, enjoyment, happy life, in our minds, we can stay young throughout our lives. Grey hair is an experience for us, and retirement from a regular job is a new chapter in life. If we look at life and live it this way, we can stay young for the rest of our lives. We see many such news on TV screens or in the pages of newspapers that after retirement, someone has completed a new master's degree, someone has completed a PhD, someone is studying with their son or daughter. Someone is joining a new research work after sixty, starting work with new enthusiasm. Trying to enjoy life by taking the new chapter of life as a challenge. He concluded this chapter with these inspiring lines, *“Your retirement is a new venture. Take up new studies and new interests. You can now do the things you always wanted to do when you were so busy making a living. Give your attention to living life. Your grey hairs are an asset. You are not selling your grey hairs. You are selling your talent, abilities, and wisdom that you have garnered through the years”* (p.296).

CONCLUSION

The book is about harnessing the power of the subconscious mind to create positive changes and miracles in one's life through effective prayer and mental techniques. This book emphasises the transformative potential of the subconscious mind in shaping one's life and experiences. By understanding and harnessing this power, individuals can achieve happiness, health, and success. It emphasises the limitless power within each individual and the importance of aligning thoughts with positive ideas to achieve health, wealth, happiness, and success. 'The Power of Your Subconscious Mind' explores how thoughts influence reality through the subconscious. Dr. Joseph Murphy explains the mind's dual nature - conscious and subconscious and emphasises belief as the key to health, wealth, and happiness. By using affirmations, visualisation, and scientific prayer, we can reprogram our subconscious to manifest success. Drawing from spiritual traditions, psychology, and real-life examples, the book offers practical techniques for overcoming fear, healing illness, attracting prosperity, and improving relationships. Its central message is clear: by aligning conscious thoughts with positive intention, individuals can transform their lives from within using the unlimited power of the subconscious mind. The book concludes by encouraging us to apply the principles of the subconscious mind to create the life we desire and reminds us, as of his own words, "You are wonderful!" (p. 297)

BIBLIOGRAPHY

- Anderson, C. (2013). *The positive thinking movement and the making of modern America*. Oxford University Press.
- Byrne, R. (2006). *The secret*. Atria Books.
- Hill, N. (1937). *Think and grow rich*. The Ralston Society.
- Holmes, E. (1938). *The Science of Mind: A Philosophy, A Faith, A Way of Life*. Tarcher Perigee.
- Horowitz, M. (2009). *Occult America: The secret history of how mysticism shaped our nation*. Bantam.
- Murphy, J. (1963). *The power of your subconscious mind*. Prentice-Hall.
- Murphy, J. (2015). *The power of your subconscious mind* (Paperback ed.). Amazing Reads.
- New Thought Library. (n.d.). *Joseph Murphy Collection*. Retrieved from <http://www.newthoughtlibrary.com>
- Peale, N. V. (1952). *The power of positive thinking*. Prentice-Hall.
- The Joseph Murphy Trust. (n.d.). *Biography and works*. Retrieved from <https://www.drjosephmurphy.org>