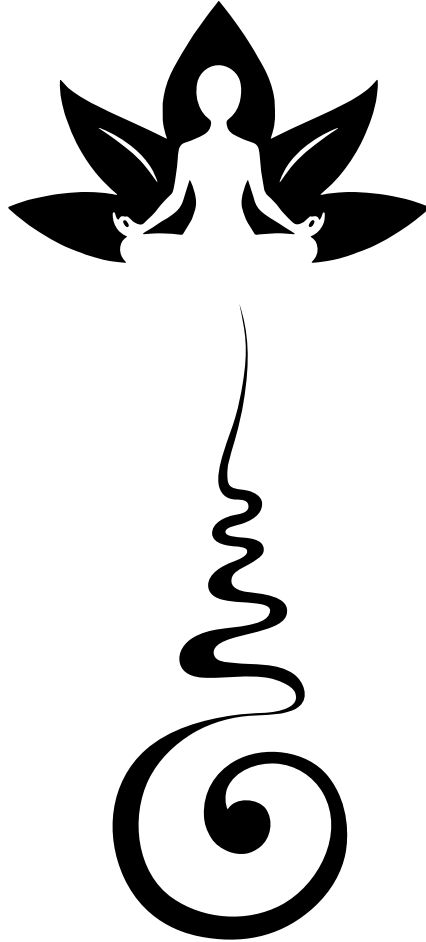


Unlock the Power of Your Subconscious Mind



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INTRODUCTION

Your subconscious mind holds incredible power to shape your reality. By engaging with it consciously, you can transform your life and achieve your goals.

This booklet outlines SEVEN (7) effective techniques designed to help you access, reprogram, and align your subconscious mind with your desires.

These exercises are practical, actionable, and perfect for integrating into your daily life. Enjoy & Grow!



TABLE OF CONTENTS

1. The Reflection Affirmation

2. Visualization Sanctuary

3. Nightly Gratitude Flow

4. Solution Sleep Programming

5. Energetic Releasing Exercise

6. Action Visualization

7. Empowered Affirmation Walk



The Reflection Affirmation

Affirmations are a cornerstone of subconscious programming, and adding a reflective element amplifies their effectiveness.

How to Practice:

Find a mirror and stand in front of it.

Look into your own eyes with confidence and compassion.

Repeat a positive affirmation aligned with your goal, such as, “I am capable and deserving of success.”

Feel the emotion behind the words and imagine them sinking deeply into your subconscious.

Practice for 3-5 minutes daily, preferably in the morning or evening.



Visualization Sanctuary

Visualization combines imagination and emotion to deeply influence the subconscious.

How to Practice:

Create a quiet space where you won't be disturbed.

Close your eyes and visualize your “sanctuary” -- a safe peaceful place in your mind.

Imagine yourself achieving your goal within your sanctuary. For instance, if you seek better health, see yourself feeling vibrant and energetic.

Spend 5 minutes immersing yourself in this mental picture each day.

Add sensory details--the sounds, smells, and textures of success--to make it feel real.



Nightly Gratitude Flow

Gratitude aligns your energy with abundance and primes your subconscious for positive outcomes.

How to Practice:

Before bed, reflect on three things you're grateful for from the day.

Speak or write these down in a gratitude journal.

End with a forward-looking statement of gratitude, such as, "I am grateful for the amazing opportunities coming my way."

Fall asleep focusing on the feelings of gratitude, letting them guide your subconscious as you rest.



Solution Sleep Programming

Use this receptive state before sleep to program solutions into your subconscious.

How to Practice:

Write down a problem or goal you want to address.

Repeat until you feel lighter and more at peace.

Create a positive statement about its resolution, such as, “My subconscious is guiding me to the perfect solution for [specific issue].”

Repeat this statement aloud or mentally as you lie down to sleep.

Trust your subconscious to work on the solution overnight.



Energetic Releasing Exercise

Holding onto past negativity can block your subconscious progress. Releasing it clears the way for new growth.

How to Practice:

Sit in a quiet place and take deep breaths.

Bring to mind a situation or person that you need to release.

Visualize the negative energy leaving your body as you exhale.

Say, “I release all that no longer serves me. I make space for positivity and growth.”



Action Visualization

Pair visualization with physical action to reinforce your subconscious programming

How to Practice:

Visualize a goal, such as giving a confident presentation or completing a project.

Practice a small, related action while visualizing. For example, rehearse a speech or organize a workspace.

Focus on the feelings of success and confidence as you act.

Repeat daily to build subconscious alignment between visualization and reality.



Empowered Affirmation Walk

Movement combined with affirmations reinforces positive programming.

How to Practice:

Go for a walk in a safe, comfortable setting.

As you walk, repeat empowering affirmations aloud or in your mind, such as, “I am attracting all the resources I need to thrive.”

Synchronize the affirmations with your steps and breathe deeply.

Feel the energy of the affirmations building as you walk.

Practice for 10-15 minutes, several times a week.





I hope you find these resources helpful in your journey of living your best life.

You are not your mind, you are not your body, you are the spirit utilizing this body and this mind for spiritual expression and awakening.

The old saying, **“You can’t teach an old dog new tricks” is a lie!**

You just must want what is on the other side of the change more than your current reality.

Realize change doesn’t happen overnight especially if you’re trying to change something that you’ve held onto for years, but it is possible as I am living proof.

If you would like to learn more about my services, including personal coaching, visit my website at Lisamichaels.org to learn more or **call my private line** at +1 772-289-9527
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