

Book Review: The Power of Your Sub-Conscious Mind by Dr. Joseph Murphy

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Abstract

The book contains 20 chapters, each with a different chapter title and various sub headings within each chapter. The 20 chapters are spread on 297 pages. The book starts with thought-provoking questions that create interest in the reader before embarking on chapter one. Thereafter, each chapter addresses itself to the powerful role, wisdom and intelligence of the sub-conscious mind in human life.

1.0 Summary of Chapters

Chapter 1: *The treasure house within you*. It metaphorically refers to the subconscious part of us as a house with a lot of treasure. The treasures are clearly brought out as the principles and beliefs within us. The subconscious mind is intelligent and has infinite potential that can magnetize people to achieve more. The chapter states that we do not need to acquire the subconscious because we already have it. We only need to reach out for it (communicate with it) to release the hidden power. We need to tap into the mighty power of the subconscious mind to find solutions to our every problem. The chapter again; metaphorically refers to the subconscious mind as a garden with rich soil and the only thing we should do, is to plant good thoughts. The chapter ends by saying that our subconscious mind accepts whatever we order it to do which is based upon what the conscious mind believes.

Chapter 2: *How your mind works*. It gives the differences between roles played by the subconscious and conscious mind and how they interact. The author clearly states that if you think good; good follows you and if you think evil; evil will follow you. The subconscious mind accepts whatever we feed it therefore it is incumbent upon us to consciously think of what to sow or give to the subconscious mind. Whatever the conscious mind accepts, the subconscious mind executes and that is how interrelated they are.

Chapter 3: *The miracle working power of your subconscious*. The chapter addresses that issue of how we injure our subconscious mind negative thoughts and advises that we have to feed the subconscious mind with good thought so that we wipe out the negative attitudes. We need to reorganize our thought patterns because the subconscious mind controls all the vital organs and functions even when we are asleep. The author again personifies the subconscious by stating that we only need to speak to it and it will execute our commands. The chapter ends by saying that the subconscious mind has healing powers, intelligence and wisdom that can execute our commands anytime we speak to it.

Chapter 4: *Mental healings in ancient times*: The author uses stories from the Bible about the blind men who were healed by the subconscious mind. Our subconscious mind heals us because we give it suggestions and convictions about our health. The chapter combines stories from ancient history, medicine world, religion and psychology to bring out how the suggestions we feed to the mind are very important. If you think you are healed, then you are by the powerful and intelligent subconscious mind. However faith and expectancy are deemed as key to ensuring that our subconscious mind can heal us.

Chapter 5: *Mental healings in modern times*: The author emphatically states that faith is the healer and through scientific prayers (prayer therapy) healing is achieved. Prayer is the subconscious and the conscious minds harmoniously working together for a definite purpose therefore releasing the healing power. However, faith is needed when communicating with your subconscious mind.

Chapter 6: *Practical techniques in mental healing*: It states that prayers are answered in a scientific way and with proper techniques and methods our prayers are answered. The chapter talks about several prayer techniques such as: passing over technique, blue print approach, visualization method, mental movie method, Baudain technique, sleeping technique, thank you technique, affirmative method, argumentative method, the absolute method and the decree method. The author outlines and gives illustrations on how to use each of the above prayer technique in order to achieve desired answers.

Chapter 7: *The tendency of the subconscious is life ward*. The chapter repeats what has been earlier said that feed the subconscious mind with good thoughts to eliminate bad ones. The subconscious mind is geared towards giving us healthy lives and peace because being sick is abnormal.

Chapter 8: *How to get the results you want*. The chapter succinctly posits that not all prayers are answered because those who pray don't understand how it works scientifically. Your conscious mind must decide what it wants so that the intelligence of subconscious mind can start working on it. The author gives three steps to success in prayers: firstly, acknowledging or admitting the problem; secondly, turn the problem to the subconscious mind and thirdly rest with a sense of deep conviction that it is done. Imagination has also been

exalted because it allows you to imagine good thoughts that the subconscious mind can work on.

Chapter 9/10: The two chapters talk about money issues. Chapter 9 outlines how to use the power of the subconscious mind for wealth while chapter 10 is based on the right to be rich. Both of these chapters provide a very simplistic view of how to feed the mind with the idea that you are rich and it will be. The subconscious mind fulfills the mental picture you give it. Proclaim that you are rich and you will be. The chapters posit that we have to continuously feed our minds with the idea of wealth and richness and it will be so. We are not supposed to entertain the idea of being poor because it is a stumbling block to wealth. The chapters advise that before we sleep, we need to repeat the word 'wealth' five times to our subconscious mind.

Chapter 11: *Your subconscious mind as a partner in success*. The chapter defines success as long period of peace, joy and happiness. The chapter states that success is only success with a peace of mind. The chapter outlines three steps to success: find out what you love, specialize in some particular branch of work, your desire for success should not be selfish; it must benefit humanity. We are advised to repeat the word success several times and it will be yours. The chapter states that the subconscious mind has a role to play in buying and selling, doing business. Proclaim and it will be, that is how the chapter summarizes how to be successful.

Chapter 12: *How scientists use the subconscious mind*. The chapter posits that the subconscious mind gives scientists the insight to bring out great achievements. The author gives examples of various scientists who used the subconscious mind to achieve greatness. This is possible because the subconscious mind solves problems therefore feed the subconscious mind with these problems.

Chapter 13: *Your subconscious and the wonders of sleep*. The author brings to our attention the fact that nothing stops even when we are asleep because the subconscious mind continues working even when we are asleep. The subconscious mind controls all aspects of our life while asleep. In addition, prayer is termed as a form of sleep because through prayer, we communicate with the power and intelligence of the subconscious mind. It is important to note that, sometimes, our prayers are answered in dreams or visions while asleep. The intelligence in the mind gives solutions to our problems while asleep.

Chapter 14: *Your subconscious mind and marital problems*. The chapter starts by saying that friction between husband and wife will end if both use the subconscious mind correctly. This is possible because the subconscious mind has the gift of love that can be used in marriage. It adds that we have to feed our mind with ideal wife or ideal husband before marriage. Therefore, we seek guidance from our subconscious mind. The author adds that divorce begins in the mind and it advises that a nagging wife should be given attention and be appreciated by praising her good qualities. The brooding husband on the other hand needs to feed his mind with thought of peace and harmony. The chapter goes ahead to say that we should not share or discuss our marital problems with neighbours or relatives. In addition, the book advises that we should not try to re-make our partners but rather change yourself to accommodate the other. It concludes by stating that partners need to pray together, take turns to pray and stay together.

Chapter 15: *Your subconscious mind and your happiness*. This chapter plainly states that you choose to be happy and avoid anger, hatred and evil. Your thoughts should be filled with happiness and desire to be happy. It concludes by saying that, make happiness a habit and don't choose unhappiness.

Chapter 16: *Your subconscious mind and harmonious relationship*. The subconscious mind is referred to us a recording machine. It faithfully reproduces whatever you impress upon it. Therefore, the chapter advises that we should treat others the way we would want to be treated, wish for other what you wish for yourself, have compassion and show love to everyone.

Chapter 17: *How to use your subconscious mind for forgiveness*. The chapter argues that life is forgiving so we should also forgive others and avoid hurtful memories. To avoid suffering, we should avoid destructive thinking. Furthermore, the chapter states that the subconscious mind brings harmony because it allows for self forgiveness and forgiveness of others. Criticisms cannot hurt us unless we have consent on it therefore forgiveness is necessary for healing to take place. It concludes by stating that forgiveness should be psychological and spiritual.

Chapter 18: *How your subconscious mind removes mental blocks*. It can be noted that a habit is a function of the subconscious mind. Everybody is advised to use the subconscious mind to break away from bad habits and start afresh by feeding the subconscious mind with good thoughts so that it can work on how to break away from habits that have negatively influenced us.

Chapter 19: *How to use your subconscious mind to remove fear*. We need to mentally use our subconscious to banish any form of fear however normal fear is good; abnormal fear is bad. The chapter advises that in case you have negative fear, think of something positive.

Chapter 20: *How to stay young in spirit forever*. The book ends on a high by stating that we should feed our subconscious mind good thoughts to remain young because the subconscious mind never grows old. The subconscious mind is timeless and endless. It advises that to stay young, we need to cultivate good virtues and aging is dawn of wisdom in the subconscious mind and not the flight of years. It ends by emphasizing that we are wonderful.

2.0 Analysis, Evaluation and Critique

The sub division of the book into ‘stand-alone’ chapters is good because each chapter can be read in isolation although there is interconnectedness among the 20 chapters. In each chapter, the author concretizes his content by use of short stories and experiences from different people as well as his personal experiences.

The book makes use of the pronoun ‘**you**’ intentional which makes the book personal. The use of the ‘you’ pronoun personalizes the reading because the reader feels that the author is addressing him/her personally.

The book converge scientific research, psychology and religion to bring out the crucial role of the subconscious mind in our lives. The knowledge and content discussed and or shared in the book, is grounded in any of the above mentioned fields with relevant examples or experiences from science, psychology or religion to support the claims made.

The book is a good read because at the end of each chapter, the author highlights key learning points of that particular chapter. The book makes a bulleted summary of what the chapter has dwelt on making it comfortable for the reader to quickly scan and skim through what the chapter has focused on before proceeding to the next one.

However, the book is full of repetition from the first to the last chapter. In the process of reading the book, the reader meets a lot of repeated content that is stated in different ways. The book consciously or unconsciously makes repetition of content which can affect the reader’s interest. There is a possibility that the book could have been less than 297 pages if repetition of content was avoided.

In addition, some of content shared in various chapters seem very simplistic in the way certain issues have been addressed. The simplicity of the book can make the reader doubtful of the content knowledge being shared or discussed about the sub conscious mind.

3.0 Conclusion

All in all, it is a good motivational book that allows the reader to think consciously and question the role of the subconscious mind in life. It lets the reader start thinking about how to utilize the endless and powerful intelligence of the subconscious mind to solve problems or bring meaning to life.