



ACADEMY *of* AWAKENING

Set yourself FREE

By RETRAINING your
UNCONSCIOUS Mind

YOUR FREE STARTER KIT

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The Power of the Unconscious Mind

The unconscious mind is as its name states, the unconscious part of the mind and is a reservoir of feelings, thoughts, urges, and memories that are outside of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict that we have taken on, real or perceived, in our early childhood. Whether we like it or not the unconscious mind influences all of our behaviour and experiences, even though we are unaware of these underlying influences.

The conscious mind, however, includes everything that we are aware of. This is the aspect of our mental processing that we can think and talk about rationally. A part of this includes our memory, which is not always part of consciousness but can be retrieved easily at any time and brought into our awareness.

The unconscious mind facilitates enormous power in controlling our life experiences, our actions, our reactions, our stress levels and all of our beliefs, which have become our habits, are stored in the unconscious part of our mind.

We are capable of creating anything. Yet in the average person, only 10% of the mind is used, which results in 90% not being utilised. ☐☐ Just imagine what we could do if we used the full capacity of our mind? There have been many studies done that show people accomplishing great feats with the power of their mind. With affirmations you are putting your mind to great use and programming it for success on a daily basis.

How does the Unconscious Mind work?

The “unconscious” is the part of your mind that operates below your normal level of waking consciousness. When you are concentrating on reading a book, consciously focusing and absorbing the written word, your unconscious mind is totally absorbed on rejecting information based on existing perceptions that you have taken on about how and what works for you in your world.

It is the same for you now – a belief becomes your truth until you recognize that it does not work for you.

If you always do what you have always done – you will always get what you always got. In many cases this works for you, but when it doesn't it is only then that you will recognize the need and be motivated to change many parts of your life.



How does your Unconscious Mind affect YOU now?

It simply accepts that all of the information you received during your early childhood was true.

You can probably see why this becomes a problem later in life! Every time someone called you lazy, stupid, unreliable or even worse, your unconscious mind just stored the information away for reference.

This programming began forming when you were an infant. With every experience, your unconscious mind soaked up information like a sponge.

Your unconscious mind rejected nothing while you were young because it didn't have any pre-existing beliefs to contradict what had been perceived.

All limiting thoughts and beliefs about our potential in life became a solid foundation of belief based on that programming from people of authority in our lives, teachers, and the environment that we live in.

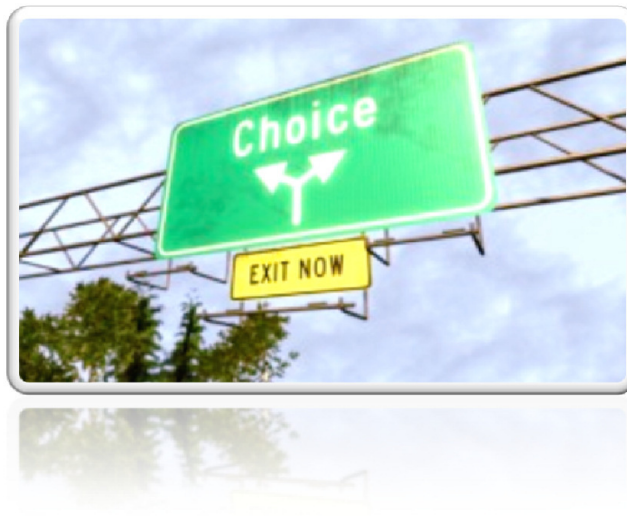
Is it now time for YOU to make a CHOICE?

- (a) If you feel that you are self-sabotaging any new ventures you endeavor to participate in – any dreams that you may have, you are doomed to fail no matter what you do.

OR

- (b) Is it time for you to start retraining your mind **NOW?** You can achieve health, wealth and happiness if you take the time to:

Retrain your Unconscious mind!



How is Retraining my Unconscious Mind going to work for me?

Now that you're an adult, you may think that you can simply discard the hurtful or untrue messages you absorbed during your early life, but it's not quite that simple.

Remember that all of this information is stored below your level of conscious awareness. The only time you become aware of it is when it limits your progress in creating a balanced, successful and productive life.

Have you ever tried to achieve a goal and kept **sabotaging yourself** at every turn? Infuriating, isn't it?

It's important to know that you're not defective or doomed to fail no matter what you do. More likely you've got some **old programmed messages** that conflict with the new conditions you want to create.

This is excellent news because it means:

**You can achieve all your heart desires if you first take the
time to retrain your unconscious mind!**

Before I begin with the “how to’s” I will give you an excellent example of how the programming that we took on, way back then, is still effecting you - For example, what kind of message do you think would be stored in your unconscious mind if you were rejected by someone you cared about – or even worse an authority figure in your life?

Your unconscious mind (that clever detective) would immediately go hunting through your memories and find other examples of rejection (like that time your best friend dumped you to hang out with the more popular kids) and draw a conclusion that you’re somehow unworthy or unlovable and deserve to be rejected. If you have an experience that is in conflict with an already established belief, your unconscious mind will either reject or reframe it so that it goes along with your existing view of reality.

I will give you a personal example of exactly what became my worst/best example of living from my past;

I was given an opportunity to speak to a group of authority figures (in my mind) about a transformation that was happening in my life. I practiced with friends and family – I was all set to take the biggest step of my life.

I began with confidence, and all was going well and then, at a time that I was to really go within I “froze” – I couldn’t believe that something that I had ‘down pat’ could just leave me at this most important time of my presentation.



Your free Starter Kit – from The Academy of Awakening.

My realization at this time was that my belief that was deep in my unconscious mind regarding my success/failure was not in alignment with my personal desire to be successful. It was then that I knew that I had to take **personal responsibility** for what I had taken on in my childhood and retrain my mind, by using affirmations that simply overpowered the negative belief I had previously, to a powerfully positive new and empowering way of thinking and acting.

The same thing happens when you struggle to achieve your goals. Eventually you start to believe that you aren't capable of success, so you come to expect failure and end up doing just that over and over again!

This was my CHOICE and I embraced it with diligence.

It works for me and it can work for you.

**If we always do what we have always done
We will always get what we have always got !!!!!**



How to start retraining your own mind

There are many different ways to overwrite the limiting or damaging messages that are stored in your unconscious mind – I am going to teach you what I do and what I train others to do.

In time, as you progress on your new pathway of higher learning, you will enhance your progress with your own unique discoveries that work for you.

I am going to give you my most powerful affirmation, for the purpose of this exercise, as a wonderful starter for your growth.

“From this moment on I accept with gratitude an abundance of excellent health, wealth, happiness, success and luck every day”

1. Repeat this affirmation a couple of times.
2. Imagine for a moment, just how achieving all of this can affect your life – right now.
3. **Feel** the feelings, **see** the pictures of an excited you, and **hear** the fabulous comments from others.
4. Visualize it as if it were already happening for you – make the pictures bright and colorful. Bring them close –you are almost able to touch them.
5. Repeat this affirmation for as long as you want and notice the feelings that come up for you.
6. Take a big deep breath and go about whatever you have planned for the day, being mindful of the thoughts and memories that come up for you and write them down.
7. Repeat this affirmation as many times as you can throughout your day.

“Your Mind Can Create Miracles.”

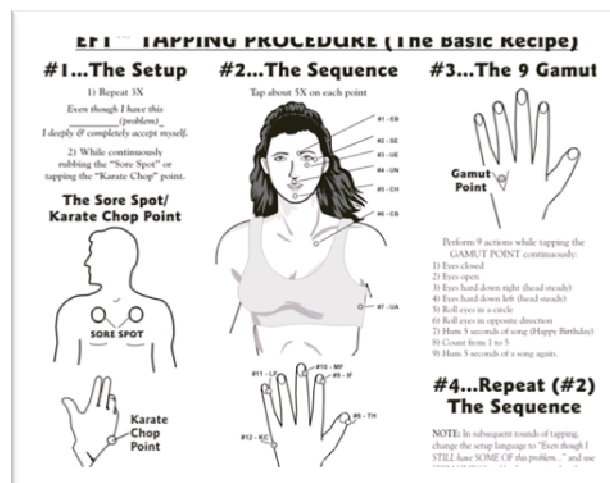
How to use Emotional Freedom Technique (EFT)

What is Emotional Freedom Technique (EFT)?

Emotional Freedom Technique (or EFT) is an emotional healing technique, which is based on a revolutionary discovery that violates most of the beliefs of conventional psychology. It contends that the cause of all negative emotions is a disruption in the body's energy system.

Essentially, EFT is a form of "psychological acupressure" - except that we don't use needles. The approach relieves symptoms by tapping on various body locations. This tapping balances energy meridians that become disrupted when we think about or experience an emotionally disturbing circumstance. Once balanced, the upset is usually resolved - the memory stays but the emotional charge is gone. Typically the result is lasting and is also accompanied by positive changes in thinking. The technique is easy to learn and ideal for self-help.

Your **FREE** Tapping Sheet is available at my [website](http://www.academyofawakening.com.au).



Everything comes to us through the most elemental law of physics - Like Attracts Like! Like Attracts Like is nothing more than the Law of Attraction. It is absolute and has nothing to do with your personality, your religious beliefs, being a "good" or a "bad" person or anything else. No one lives beyond this Law. It is an unquestionable law of the universe.

I didn't want to believe it. It was my circumstances that had brought me to where I was. I couldn't possibly be responsible.

**"Circumstance does not make the man;
it reveals him to himself."**

Imagine starting to believe in yourself and your infinite possibilities. Imagine believing you deserve everything you want out of life. Imagine getting everything you want out of life.

**Once you apply the Law of Attraction
anything is possible.**



Meditation is about going WITHIN

Meditation or contemplation involves focusing the mind upon a sound, phrase, prayer, object, visualized image, the breath, ritualized movements, or consciousness in order to increase awareness of the present moment, promote relaxation, reduce stress, and enhance personal or spiritual growth.

Purpose

Meditation can benefit people who are ill or overwhelmed by stress. It also promotes well-being in healthy people. In general, people who meditate regularly experience less anxiety and depression. They also report more enjoyment and appreciation of life, as well as better social relationships. Meditation produces a state of deep relaxation and a sense of balance, or equanimity.

Be at Peace

- Improved physical, emotional and mental health
- Focused and clear thinking
- Enhancing a sense of self and personal presence
- Increased emotional balance
- Greater relaxation and ease
- More composure in the face of challenges
- Satisfaction in life
- An improved sense of spiritual fulfillment and awakening



The Power of Affirmations

Before beginning to work with an affirmation, we must understand completely from within what we are doing, being sure that when our unconscious has been reprogrammed, we can take the added responsibilities, the new adventures and challenges that will manifest as a result of breaking out of one way of believing and entering into another. Only then should we proceed. An affirmation is a series of positive words repeated time and time again in line with a VISUAL concept. Such a statement can be repeated mentally or, preferably, verbally. Words in without a pictorial understanding make a very poor affirmation.

To choose the affirmations best suited to our needs, first we must realize what we do not want, and then we must take steps to change it, in the very same way we would discriminate in letting go



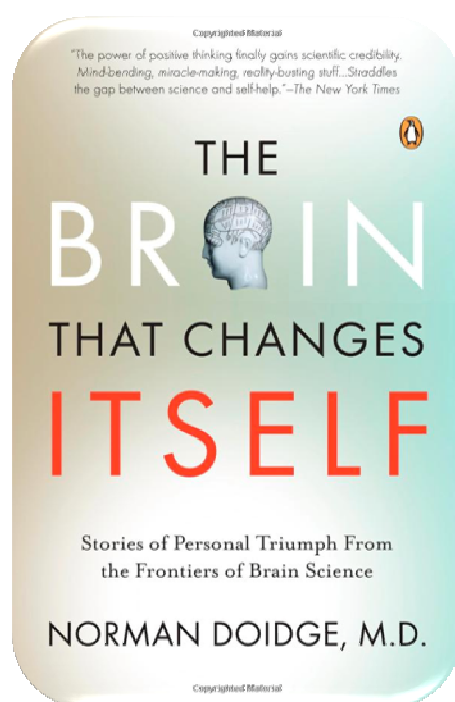
of our possessions in order to purchase new ones. Whether one is dealing with home and possessions, thoughts and concepts, self-created inhibitions or blocks and barriers of the unconscious, the principle is the same. If one feels, "I can't," he cannot. If he is always criticizing himself and lamenting over what he cannot do, then he has to reverse this pattern and change the flow of magnetic mental force, upgrade its intensity by saying orally and feeling through all the pores of his body, "I can. I will. I am able to achieve all that I believe".

Building confidence by applying this mantra: Begin by repeating the affirmation fifty or a hundred times a day. In watching your reactions, you may find that the unconscious will not accept these three statements, "I can. I will. I am able." You may still have feelings of "I can't. I won't. I am not able." This then begins a period to live through where the mind's magnetic forces fight with one another. The aggressive forces of your nature are trying to take over and reprogram the passive ones that have been in charge for so many years. Of course, the aggressive forces will win if you will persist with your verbal and visual affirmation. You must not give up saying, "I can. I will. I am able," until you find the subconscious structure actually creating situations for you in which you can, and are able to be successful, happy and acquire what you need, whether it is temporary or an awakening on the inner path.

No matter where you are, there will always be yet another way of thinking and reacting.

Affirmations program the mind in the same way commands and scripts program a computer.

They work in the same manner as creative visualization. The repeated words help you focus your mind on your aim, and automatically build corresponding mental images in the conscious mind, which affect the subconscious mind.



The conscious mind, the mind you think with, starts this process, and then the unconscious mind takes charge. By using this process consciously and intently, you can affect your unconscious mind and thereby transform your habits, behavior, mental attitude and reactions, and even reshape your external life.



Creative Visualization and the Power of Thoughts

By changing our thoughts and mental images,
we change our "Reality"

How does it work and why?

Thoughts, if powerful enough, are accepted by our unconscious mind, which then changes our mindset accordingly, as well as our habits and actions, and this brings us into contact with new people, situations and circumstances.

Thoughts are endowed with a creative power that molds our life, and attracts what we think about. Thoughts travel from one mind to another, and if they are strong enough, they can be unconsciously picked up by people, who are in a position to help us, achieve our desires and goals.

Thought is energy, especially a concentrated thought laden with emotional energy. Thoughts change the balance of energy around us, and bring changes to the environment in accordance with them.

We often limit ourselves and cannot look beyond a limited circle. We limit ourselves by our thoughts and beliefs. The more open-minded we can be, and the bigger we dare to think, the greater are our opportunities and possibilities. Limitations are within our minds, and it is up to us to rise above them.

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Guidelines:

- Define your goal.
- Sit alone in a quiet place.
- Relax your body.
- Breathe deeply and rhythmically – be aware of each breath in and out.
- Visualize a clear and detailed mental image of what you desire to get or accomplish.
- Use in your imagination all the five senses of sight, hearing, touch, smell and taste.
- During the day, when negative thoughts and doubts arise, replace them with positive thoughts. As each negative thought enters your mind, immediately substitute it with a positive thought.
- Keep an open mind, so that you recognize opportunities and take advantage of them.□

What are Brain Wave Frequencies?

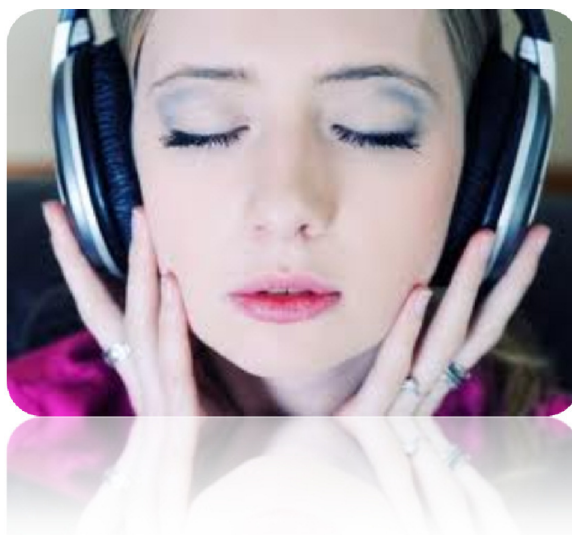
Have you ever wondered why some people are always so calm and collected, even when the situation around them is upside-down and chaotic? On the other hand, some other people are always so excitable even when there's really nothing to get excited about.

That's because how people react to the situation that they're in is entirely because of the brainwave patterns that are going through their minds at that moment.

Right at this very moment, as you think and read these sentences, your brain is sending out electrical impulses through its network of neurons and synapses. These electrical impulses can be measured by a device called an electroencephalograph (EEG), and seen on a monitor as brain wave patterns.

The speed of the electrical impulses moving through your brain cells is called frequency, and is measured in hertz or cycles per second.

The important thing to note is that the frequency of your brain waves determines your state of mind and how you react to the situation around you.



The brain produces four main types of brain wave which are shown by EEG readings. Each type of brain wave produces the listed effects at specific frequencies:

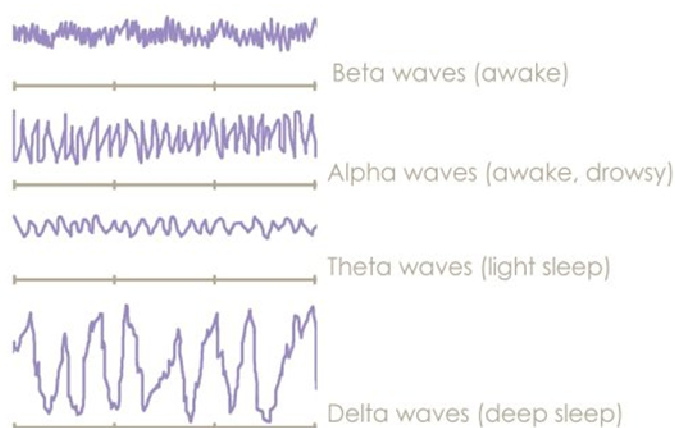
Beta Brain Waves (13-30 cycles per second). The fastest representing the most intense state of alertness. The result of heightened mental activity. Maximum mind power. All five external senses, logical mind, memory from the five senses & logical thinking.

Alertness, good for inspiration and learning facts fast. A meditative mind. In this state tap into internal “antenna” like qualities. Visions, powerful ideas, mindless creation of the incredible. Internal feeling & sensations.

Alpha Brain Waves (8 to 12 cycles per second) This brain wave indicates a relaxed state of mind. State of relaxed alertness, good for inspiration and learning facts fast. A meditative mind. In this state tap into internal “antenna” like qualities. Visions, powerful ideas, mindless creation of the incredible. Internal feeling & sensations.

Theta Brain Waves (4 to 8 cycles per second) Deep meditation. Deep inward thought. This is associated with life-like imagination. High state of mental concentration. A magical mind. Internal pictures/visualization. Intuition, inner guidance. Access to unconscious Dreaming.

Delta Brain Waves (0.5 to 4 cycles per second) Deep dreamless sleep. Deep relaxation. State of oneness, whole body feeling. Pure being & will.

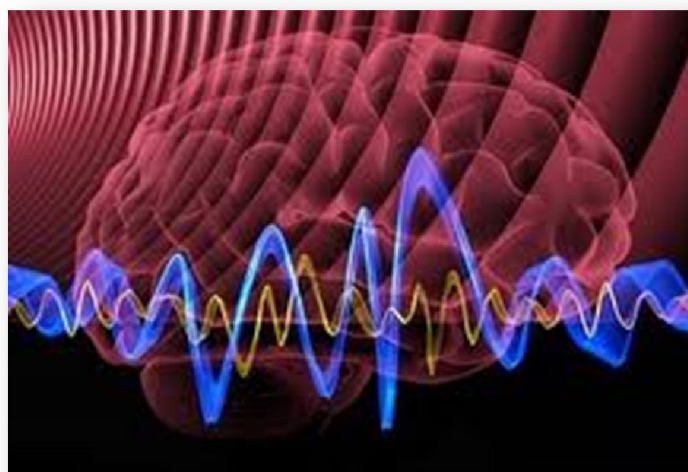


Studies have shown that learning in Alpha State enhances the performance of students. It also develops the interest of studies in students more than they have ever learned in tense environment. Frequent gaps of 2 to 3 minutes after every 30 minute study period relaxes their minds and the alpha state will prove its efficiency with great ease and fun. But learning is more than just absorbing information, so changing the state of mind to operate Beta, Alpha and Theta is most likely to produce the best learning, cognition and creativity, while also staying in a relaxed state.

What are Binaural Beats?

Binaural beats are auditory brainstem responses which originate in the superior olivary nucleus of each brain hemisphere. They result from two different auditory impulses or sounds, heard from opposite ears.

This binaural beat is consciously heard as the human hearing range is from 20-20,000 Hz. Rather it is perceived as an auditory beat and theoretically is being used to coach certain brain rhythms from what is called the frequency-following response (the tendency for the brain to resonate at the frequency



How Binaural Beats affect the Brain

When signals of two different frequencies (sounds) are presented, one to each ear, the brain detects phase differences between these signals. The brain processes this anomalous information differently when these phase differences are heard with stereo headphones or speakers.

A perceptual integration of the two signals is perceived in the brain, producing the sensation of a third "beat". The difference between the signals waxes and wanes (this is the "wavy" sound heard in the hypnotic sessions) as the two stereo sounds mesh in and out of phase. The binaural beat is perceived as a fluctuating rhythm at the frequency of the difference between the two auditory inputs.



What is ‘Subliminal’?

We are all exposed to subliminal messages every day due to the massive amounts of information we are exposed to, and our limited capacity to consciously register it.

As a result this may lead to small changes in our minds, or over time **if you are exposed to the same subliminal information over and over then there will be lasting changes.**

Listening to a subliminal messaging album is simply a way to counteract this and **take control.**

By targeting subliminal messages consistently at your mind, in larger and focused quantities **you can make positive changes in areas of your choice.**

Benefits of using Subliminal Messaging

Subliminal messages work as a mild form of hypnosis - gradually sending suggestions into your subconscious mind to rewrite your self-beliefs, ways of thinking, and even patterns of behavior.

These messages bypass your "logical" conscious mind so avoid any resistance which would usually hold you back. Because of this **you can develop in ways which would not be possible with conscious personal development alone.**

The possibilities are limitless. You can use subliminal messages to lose weight, focus your mind on success, improve your motivation, enhance your learning capacity, and much, much more!

What is Hypnosis and how does it work?

Hypnosis can be very effective in much the same way as brain entrainment programs, except without the use of brainwave-altering frequencies.

Instead, the hypnotist gradually talks you into a more relaxed and receptive state and delivers empowering, positive messages to your subconscious mind.

Self-hypnosis is another popular option; you simply use pre-recorded audio programs instead of a live hypnosis session. You can even record your own self- hypnosis CDs so you'll hear your own voice reciting positive affirmations while you're in a relaxed state.

We have set foot on the moon, broken the sound barrier, can communicate wirelessly over vast distances (and even space) with high-tech technology and still there are some people who consider hypnosis and the power of the subconscious mind as a hoax.

HYPNOSIS is a Natural State of Mind

All Communication is HYPNOSIS



A Message from

Sue McDonald

Director of The Academy of Awakening

Trained Nurse

Professional Counselor

Family Therapist

Clinical Hypnotherapist

NLP & TimeLine Therapy

Reiki 1 & 2

Author “Set Yourself Free”



Life is but a journey of listening, learning, letting go and the most important aspect of our growth comes to us as we learn to love ourselves, deeply and completely – no matter how we are challenged.

Your ability to take personal responsibility for how you feel is the first step forward – nobody can make you feel anything, it is your choice, to acknowledge your buttons have just been pushed – that you are responding from a place that has memory attached to it, that is wanting to be released.

During my long time on this pathway, I have had so many opportunities to acknowledge my past experiences, and to understand that why they have turned up for me, was for my growth. I love embracing opportunities, and turning my experiences into amazing opportunities.

I use Emotional Freedom Techniques (EFT) to deal with the memories, and as clarity seemed to present itself, I learned to connect the dots – to find the missing parts of the puzzle so that I could let go easily.

You can live a life, just flowing, blaming others, or continuing to deny and just keep flowing down stream, around the boulders and obstacles that challenge, or you can climb your very own mountain of life – embracing the boulders and breaking down the walls to your freedom.

Life is about choice and change – use your gifts to embrace and achieve happiness and success in all areas of your life.



Please Enjoy

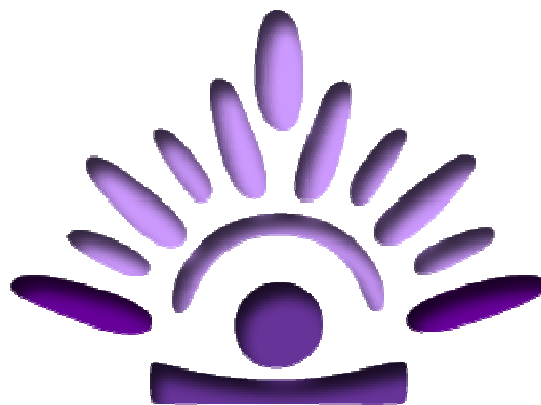
You are never alone.

Please connect with me at

<http://www.academyofawakening.com.au>

<http://www.suemcdonald.com.au>

<http://www.awakeningthehealer.com>



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