



The Velocity Method

*Laws of the
Subconscious Mind*

#1: Your Subconscious Mind is Your Inner 7-Year Old
Your SM develops from 0-7 years old.



Tip- It takes work to rewire but you can do the work to heal and change.

#2: Your Subconscious Mind Only Lives in the Present
Your SM thinks that everything is happening right now. There is no past or future. There is only now.



Tip- Train yourself to speak about abundance, success, and goals as if you already have it.

#3: Your Subconscious Mind Is Wired To Serve
Your SM obeys and the conscious mind commands. Those commands are your desires that you want to attract.

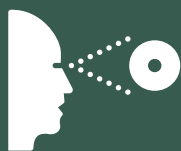


Tip- Your SM is organizing your reality to fulfill your desires. Start taking ownership and command it!

#4: Your Subconscious Mind Can't Tell What is Reality Or What is Imagined

This is why visualization is so powerful!

Your SM thinks that everything that is visualized is actually happening.



Tip- Practice visualizing what you want. You can do this in just a few minutes each day.

#5: Your Subconscious Mind Does Not Process Negatives

The SM doesn't understand the commands like "don't" or "not"



Tip- Your affirmations, mantras, and intentions need to be phrased in a way that you already achieved your goals.

#6: Your Subconscious Mind Reprograms Using Repetition and Emotion

Repeat your desires over and over again to manifest.



Tip- Tap into the emotions of already having your desire.

#7: Your Subconscious Mind Uses Symbols and Metaphors

The SM thinks in pictures, sensations, and emotions. Tap into those to release and rewire.



Tip- Pictures yourself accomplishing your goals and feel into those emotions of accomplishment.

#8: Your Subconscious Mind Follows the Path of Least Resistance

Your SM conserves energy, acts out of habit, and resists stepping outside of your comfort zone.



Tip- Resistance is the psychological and physiological reaction to change.

#9: Your Subconscious Mind Represses Negative Unresolved Emotions

This is why sometimes, through doing this work, you'll be more emotional than usual.



Tip- Don't judge your emotions. Be an observer of them.

#10: Your Subconscious Mind Taps Into Unresolved Emotions To Heal

The SM wants to heal so that it can be in balance and have harmony.



Tip- You will feel uncomfortable emotions come up. Embrace them so you can release them. It won't feel good initially, but it is the only way to heal.

#11: Your Subconscious Mind Takes Everything Personally and Literally

The SM takes what you think or say literally and personally. Watch how you talk about money, your business, and your goals.



Tip- Use words to talk money, goals, ect that embrace abundance.

#12: Your Subconscious Mind Works 24/7

The SM never sleeps. You are always manifesting.



Tip- Embody the reality that it has already happened. Surround yourself with the emotions of having that thing you want.

#13: The Subconscious Mind Can't Hold Opposing Beliefs

The SM emotions and beliefs will always outweigh the conscious desires and thoughts.



Tip- Match the vibrational energy of what you want to have.

#14: Your Subconscious Mind Keeps You Safe At All Costs

The SM registers all your thoughts about accomplishing a dream goal. Each time it perceives a negative thought attached to your dream, it wants to protect you from the thing causing the thought.



Tip- When you think about your dream goal, surround it with positive feelings like you are giving it a warm hug.

#15: Your Subconscious Mind Contains A Record Of Your Entire Life

Every single memory is stored and organized. The SM will retrieve memories and feelings to keep you safe.



Tip- When you are uncomfortable, remind yourself that you are safe. It is ok to be uncomfortable.

#16: Your Subconscious Mind Is Wired for Wanting

This is why once you reach a goal, you will automatically go onto the next goal.



Tip- You are designed to expand and want things. Kick out guilty feelings about wanting more.

#17: Your Subconscious Mind Hides The Shadow Self

There are parts of you that are difficult to accept. The SM will push the shadow down.

Tip- Releasing is about acknowledging the shadow and dropping judgement.

#18: Your Subconscious Mind Doesn't Know Good From Bad Or Right from Wrong

The SM uses subjective truth. This truth feels like the real truth to the SM.



Tip- You can shine a light on new truths so that the SM can embrace new pathways, feelings, and circumstances.

#19: Your Subconscious Mind Creates Less Resistance When You Take Action



Tiny positive actions build up over time to become large successes. Each time you embrace your highest version of yourself, it comes with more ease and less resistance.

Tip- Identifying with the highest version of yourself is a practice, so practice!

