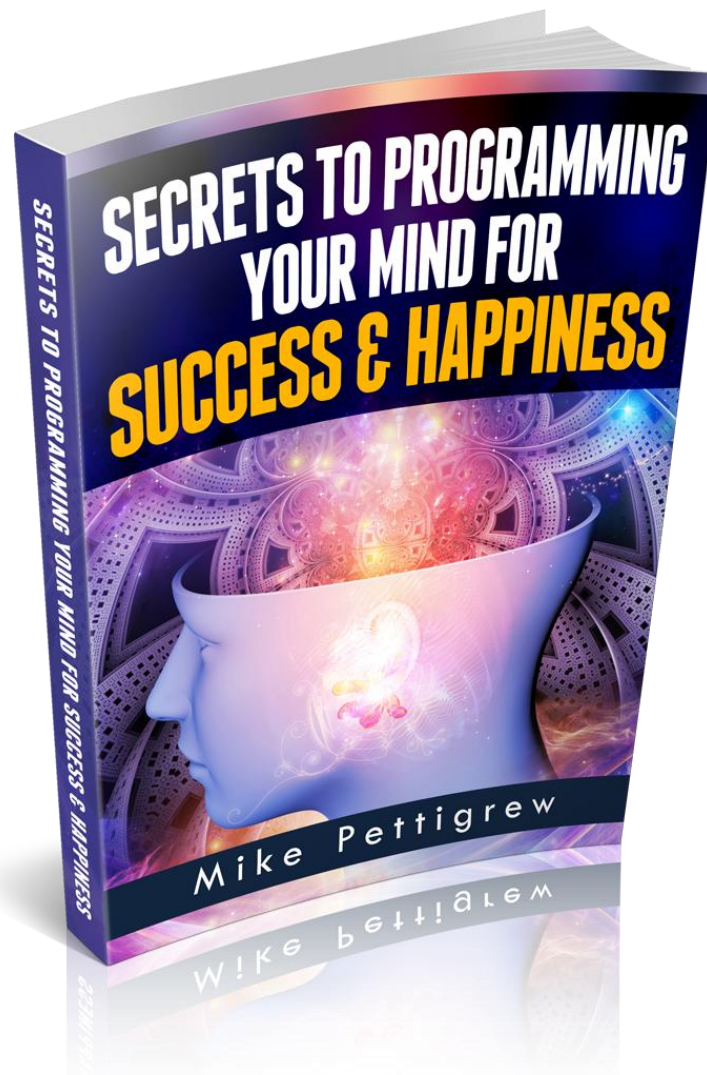


# SECRETS TO PROGRAMMING YOUR MIND FOR SUCCESS & HAPPINESS



Mike Pettigrew





## Secrets to Programming Your Mind for Success & Happiness

*Change Your Thoughts and Emotions – Transform Your Life*

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**Transformation and Empowerment:** [www.mikepettigrew.com](http://www.mikepettigrew.com)

## **Programmed for Success or Failure?**

Did you know that you can actually program your own mind for success and happiness?

Yes, I know it sounds amazing but it really is true. It's possible to powerfully influence your subconscious mind in such a way where you are literally programmed for success and happiness.

Most people do not know about this and are dominated by their negative self limiting beliefs about themselves and what's actually possible for them.

I have often heard the analogy that our realm of possibilities is a bit like having a small box within a large box. The small box represents our possibilities according to our beliefs about ourselves and our capabilities whereas the much bigger box that surrounds it represents our true potential.

The space between the two boxes is the amount by which we can expand our lives and the amount by which we can increase what is actually possible for us.

So my question for you is how much have you boxed in your own life? How much have you allowed self-doubt and fear to shrink your life and what's possible for you?

Well my honest understanding is that every human being is capable of incredible things given the right circumstances and the right attitude. And you know what? Our circumstances are actually created through our attitude!

Whatever our dominant thoughts and emotions are; will be manifested in our surroundings and what happens to us.

So doesn't it make sense to learn how to ensure that our dominating thoughts and our emotions are constructive rather than destructive?

I certainly believe so and I have had lots of experiences that have proved this to me beyond any shadow of doubt.

As human beings we are all capable of changing our thoughts and feelings if we wish to do so. If we choose to do so!

The sad fact is that most people just stay stuck in their negative thoughts and feelings and really don't really change that much over time.

And as a result, they cannot get any real sense of power or even a glimpse of what they are truly capable of.

This is really sad and it doesn't have to be this way. It certainly doesn't have to be this way for you!

## **Change can be Easy!**

Now, at this point you may be thinking that it's very hard to change how you think and feel about things and that you cannot possibly change such aspects of your life, or that to do so would probably be far too difficult anyway.

However, I'm happy to say that it's completely the opposite! Simply by making small changes in how you do things, massive changes can occur within you.

And when you make these changes you will start to notice very tangible changes in your circumstances and what happens to you and also your happiness level.

## **Empowering Yourself**

There is a huge difference between what an empowered human being can do compared to someone who feels disempowered and fearful most of the time.

And the only difference between someone who can make a huge difference in society and a person who achieves nothing remarkable in their lifetime comes down to very few factors.

People who transform the world always have a big vision or determination. Also, they also do not give up at the first, second or even the third hurdle. After all, it took the great inventor Thomas Edison 10,000 attempts to invent the incandescent light bulb.

On the other hand those who simply try and fail and don't try again cannot expect anything remarkable to change in their lives.

So persistence is vitally important in expanding your life and in achieving anything truly worthwhile.

## **The Secret to Success**

If you look at the lives of most highly successful people they almost always had a string of failures in their past.

But the key thing is that they never gave up and after each hard knock they always picked themselves up, dusted themselves down and tried yet again.

When you make this sort of persistence part of your life, then you can achieve really amazing things for yourself.

## **Your Subconscious Mind**

So how do we change our thoughts and our emotions in such a way where we are literally programmed for success and happiness instead of always giving into our weaknesses?

Well, we all possess a part of our life known as the subconscious mind.

The subconscious mind is that part of ourselves that lies below our conscious thinking mind. However, it has a massive effect on our conscious thoughts and feelings.

In fact if we consciously believe that we can achieve something, but through all our conditioning and all the painful experiences we

have had in the past - we subconsciously believe that it's not possible then our subconscious belief will always win out.

No matter how hard we may try, unless our subconscious mind is in agreement with our conscious belief, then it may be impossible to achieve whatever we set our mind to.

Through all the painful experiences we have had throughout our lives we can build up a lot of very powerful subconscious beliefs that may wreak havoc in everything we try to create.

Therefore, we really must learn how to reprogram our subconscious mind for success. We must learn how to influence our subconscious mind so that our realm of possibilities is far greater than they may currently be.

## **How to Program Your Mind**

Now, the good news is that there are several ways of achieving this reprogramming. And one of the most commonly used by most people is through the power of affirmations.

Affirmations are simply positive supporting statements that you read aloud each day and which over time start to rewire your subconscious mind for success.

Another very powerful way to influence our subconscious mind so that we can create lasting success and happiness is through self-hypnosis.

Self-hypnosis is used by many highly successful people and can be instrumental in creating radical changes for the better in anyone who uses it.

If you want to find out more about the subconscious mind and how to reprogram it you might like to check out my audio training program "[The 30 Day Success Formula](#)".

In this 6CD audio program, you will find out all about your subconscious mind and you will learn extremely effective ways that

literally program your life for success and happiness. It's based on tried and tested methods that have been around a very long time and which always work.

## **Cutting Edge Technology**

Now, there are several other ways of affecting your mind that are very interesting and some of which involve the use of technology.

And, one of these very exciting technologies (and one that I have been experimenting with myself for the past 20 years) is Light and Sound machines.

A Light and Sound machine is a small electronic device that has a set of headphones and a set of light frames. The light frames are just ordinary sun glasses with a number of LEDs embedded in them.

All you do is put on the headphones and the light frames and close your eyes and depending on the program you select you will start to hear pleasant tones through the headphones and swirling geometric shapes through the light frames.

Now as I say, you keep your eyes closed during a session and yet you see these amazing colorful patterns. It's really a very beautiful experience but that's not all.

You see, science has discovered that our brain produces all sorts of frequencies depending on what we are doing at any one time.

For example, if you are connected up to an EEG machine and you're fast asleep then the EEG machine will display very slow oscillations on the screen.

But, when you are alert and focused; then a very different set of frequencies are active and are displayed by the EEG machine.

On the other hand if you are in a relaxed meditative state, then a different set of frequencies predominate in your brain. And all of this can be seen using an ordinary EEG machine.

However, the amazing thing is that if you play certain sounds and flash lights at certain rates then the brain starts to follow those sound beats and flashes of light.

So if for example you suffer from insomnia, then you can fall asleep very quickly by using a Light and Sound machine set to a sleep program.

Likewise if you are feeling groggy and finding it difficult to focus then using a short Light and Sound session specially designed to help you become alert and focused, you can very quickly regain the focus and alertness that you need.

There are also programs for meditation, accelerated learning, enhanced feelings of wellbeing and well as peak performance and programs to help break bad habits, to name but a few.

But, the amazing thing is that; very quickly you can change your mind state using a Light and Sound machine, so it's something that's really well worth trying.

They're not expensive and you can often get a great pocket sized machine for as little as \$150 on Amazon.

The great thing is that it's a bit like training wheels on a bicycle...after a while you can quickly and easily change your mind state all by yourself, simply by remembering what that mind state felt like. So although the machine is very powerful and a great help, later on you may find that you won't need to use it as much because you will have gained mastery over shifting your inner state whenever you wish.

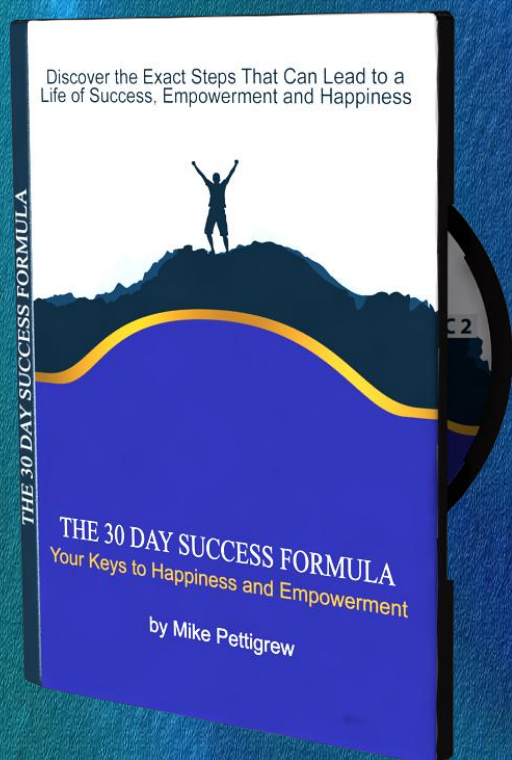
You can even combine a Light and Sound session with self-hypnosis for even quicker results.

I do hope you have benefited from this short look at how to program your mind for success and I look forward to sharing other empowering and transformative tips with you again soon.

**Mike Pettigrew** [www.mikepettigrew.com](http://www.mikepettigrew.com)



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