



7 Keys to Unlock Your Subconscious Mind

*Put your brain to work
conquering obstacles and achieving
goals... while you sleep*

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Souletics® mind | body | soul
The company that pays you to be healthy!

Key I Explore Past Experiences... then lay the negative ones in their final resting place



Write down experiences that have influenced you in a positive way. Try to gain clarity on what was it about those experiences that brought joy, success, or fulfillment. Write down what you could recreate about those experiences.

Write down experiences that have influenced you in a negative way. Try to understand what was it about those experiences that made them negative and why they occurred. Were they self-inflicted? Was it something you said or did that put you in the negative situation? Could you identify any triggers that created a negative reaction within you? A trigger could be something someone said or did, or the way they said or did it, or something about the environment you were in when the situation happened. Write down what you could do to eliminate or lessen the probability of you being in that same circumstance.

Once you have your written record of rights and wrongs, and after you've spent enough time on them to gain clarity and understanding, shred them, burn them, or otherwise destroy them. Keep them only long enough to discover why you react to certain situations the way you do. Once you understand the way your brain is wired, do not allow your past to dictate your future. Even your good experiences can hinder you from achieving in that you may feel nothing can compare to how good you felt back then.

Release those thoughts. Be thankful that you were given both good and bad experiences to enjoy and obtain wisdom, then move on. You have more to experience today, and yet even more tomorrow!



Key 2 *Guard your Eyes*

In the same way that you might guard the eyes of a child you were protecting, be aware of what you watch on television, in movies, on the internet, and the magazines you look at.

This is not only in reference to overtly sexual or graphic imagery, but also stereotypes, propaganda, photos designed to illicit shock or disgust, and images that reinforce negative viewpoints or self-defeating thoughts. Become aware of how the images around you affect you on a deeper level and strive to avoid TV shows, movies, internet sites, books and magazines that keep your mind functioning on a low level of reactive and/or sensual thought.

Popular media is one of the biggest mind manipulators that we have. There are countless companies, organizations and agencies whose sole focus is to prompt an emotional response to buy something, believe something, and behave in a certain way. The only way to rise above our current status is to first become aware of how our emotions are being manipulated and then avoid circumstances that make us vulnerable to such tactics.

If you can't or do not wish to remove TV and other media completely, try to focus your attention on shows, movies, websites and magazines that provide you with inspirational or educational influence. There's always time for entertainment, but we should all use discretion and make conscious decisions about what we choose as entertainment.

Key 3 Shut off the noise and listen.



Not only do our eyes need to be guarded, but so do our ears. You may think that popular news commentary is keeping you “informed” but it may also be creating triggers in your subconscious mind. Most television shows are designed to keep you in a reactive mode rather than encouraging a deeper level of thought or responsive disposition.

Another mind manipulator is the music we listen to. It is key to find music that is uplifting and powerful. Music is a doorway to the soul - it will either empower you to do incredible things, or it will create limiting and self-defeating thoughts. Some of my favorite artists include Stevie Wonder, Donnie Hathaway, Bob Marley, Jill Scott, Fela Kuti, DJ Drez, John Legend, John Coltrane, and Kem.

But the best thing you can do to encourage your subconscious mind to empty out old toxins and develop new creative thoughts is to engage in daily quiet periods. The best place for this is nature, where you can hear the wind in the brush and birds chirping. But any place where you can get 15 minutes or more of silence will do.

If you don't already practice meditation or prayer, 15 minutes may seem like a long time to sit in silence. You may become agitated at first, thinking of all the little things you forgot to do this morning, or some matter may nag at your brain, urging you to get “back to business.” But try your best to sit tight. It will get easier.

We've become so accustomed to noise that many times we don't know how to function without it. But it's critical for our brains to receive regular intervals of peace and quiet - no TV or radio in the background, no phone ringing, no kids bickering - just a time to reflect.

Although some days it may feel as though everything stands in your way of getting this quiet time, if you fight to maintain it, gradually it will become a cherished activity that helps you gain a higher level of focus and productivity.



Key 4 *Read something inspirational.*

Identify one book that is positive, practical, and inspirational, and determine that you will read this book in a 7-day, 21-day or 40-day period - or whichever timeline works best for you. Establish a reading schedule and stick to it.

Reading the news is great to stay informed, but again, we must use caution about remaining in a reactive state. The only way to get out of reactive mode is to take time to reflect - through intervals of quiet, interspersed with inspirational music, imagery and the written word. Read a biography of someone great. A great work of fiction or a motivational text. Read a bible.

Your subconscious mind will be greatly impacted by inspirational words and it will begin to work overtime to solve problems in your life or otherwise improve your current situation. There is nothing more powerful than the written word for igniting the creative potential of the brain.

Key 5 *Revisit your parents*



This doesn't mean call them on the phone and schedule a visit, although this may help if you've been estranged or you avoid them due to a dysfunctional relationship.

We certainly can't control our parents, but they are one of our biggest influences. Whether they were present, fully engaged, abusive, neglectful or not even around, our parentage shapes us in ways we often don't even understand.

Instead of focusing on any bad feelings you may have about your parents, try to write down anything positive that you learned from them. Think about things they did well, or mistakes you can learn from - anything that you can apply to your life.

At the same time, try to identify any negative patterns within your family history that you can reverse through your own individual actions. This may take you back to the first key - writing down your experiences - and it may require some time for exploration. Identifying patterns or cycles of behavior that recur generation after generation is a powerful activity that may release you from some serious strongholds. Our subconscious mind runs so deeply that we often don't even know and sometimes don't remember the things that shape our beliefs, thoughts and actions.

Take some time to figure this out. Pay someone a visit, if need be. Make amends, if you must. But just like in Key #1, let the past remain in the past and focus your efforts on moving forward. The key here is simply to acknowledge, understand, and gain freedom by releasing any negative issues that may have arisen through your family lineage.



Key 6 Assess your Belief System

Without trying to dictate what anyone should or shouldn't believe, let's simply agree that we all have some sort of belief system.

You may believe that your financial statement determines how successful you are. Or you may believe that true prosperity is found in your family relationships. You may believe in God, you may believe in evolution, or you may believe in both.

If you've never taken account for what you believe, now's the time to make an assessment. Are there any conflicts in your belief system? Or are there any conflicts in what you say you believe and what you think about your future or your life?

Whatever your belief system, it's a powerful force for the subconscious. Take some time to evaluate and make whatever adjustments you find necessary to better align your life with your beliefs.

And even more powerful, whatever your beliefs, try to focus on these things: faith, hope, grace, patience, forgiveness, and love. If we can at least believe in the power of these actions, that would be a powerful place to start



Whatever inspires and draws your interest will be a great influence on your mind.

If you enjoy spending time in nature and reading positive affirmations, you are more likely to think about what is possible and enjoy seeing others succeed. On the other hand, if you enjoy gossiping with associates and having a sedentary lifestyle, you might find yourself struggling with your attitude and having anomisty towards those who do the opposite.

Assess what draws your attention and takes up your time. Be honest about whether those things are helping or hindering you. Then figure out what truly inspires you to think clearer, energize your body, and ignite the fire in your soul. If it's reading a book, go read! If it's surfing a wave, free up some time and get to the beach! If it's just getting five minutes to yourself, then make it happen!

We only get 24 hours each day, and nobody knows how many days we each have on this earth.

It's up to you to make each hour of every day count for something. You took a great first step by reading this guide, now it's time to take the next step and use each key to get the most out of your potential. Nobody can chart out your destiny but you, and the best time to start is NOW!



SOULETICS® Product Suite

If you enjoyed reading *7 Keys to Unlocking Your Subconscious Mind*, check out our other publications, available both in digital and audio formats.

21 Elements of Living Souletically™

Conquering Obstacles & Releasing Your Inner Champion

If you want to identify and conquer the obstacles standing in the way of success, *21 Elements of Living Souletically™* is the book to read.

Available in audio and electronic formats, this publication simplifies the path to success by revealing 21 factors of influence over your life and how to use them to your advantage.

Souletics® Peak Performance

Developing Winning Character Traits

Souletics® Peak Performance dissects the characteristics shared by elite level achievers across the board - professional athletes, corporate executives, entertainers, entrepreneurs - with real life stories that illustrate how the path to extraordinary accomplishment requires a unique mindset.

Available in both audio and electronic formats, this publication takes a deeper look at what it takes to achieve exceptional results.

Souletics® Dreams of a Street Kid

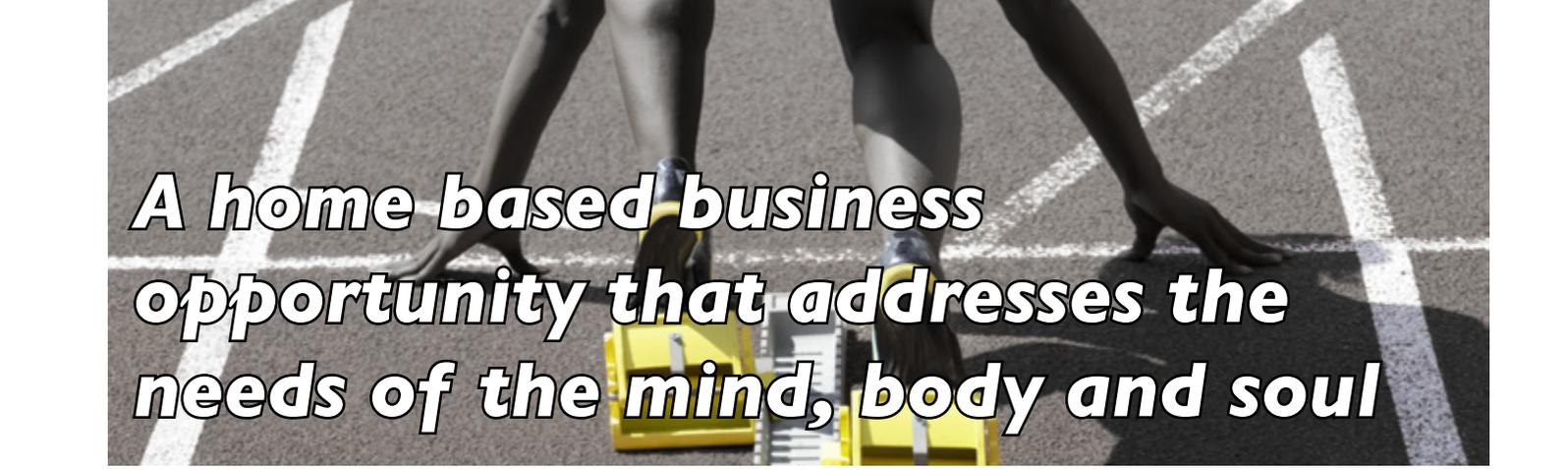
Overcoming a Difficult Childhood to Achieve Your Dreams

Dreams of a Street Kid is an autobiographical story of a homeless youth living on the streets of Brazil. Conquering tremendous odds to eventually travel the world as a pastor, this young man is a living embodiment of a peak performer.

Available in both audio and electronic formats, this publication provides a real life illustration of the keys to living victoriously.

In addition to its inspirational products, home workout, and online resource center, *Souletics®* also offers tools for building financial health through an independent business opportunity. *Souletics®* representatives take advantage of a powerful compensation plan while building a community of like minded individuals pursuing optimal health and wellness.

By joining the *Souletics®* Community as an Independent Representative, you can reap financial rewards and enjoy 4 ways to get paid!



A home based business opportunity that addresses the needs of the mind, body and soul

- Souletics® representatives want to be physically active, spiritually and mentally strong, youthful and attractive, and they want to live life free from the confines of anyone else's negative expectations.
- Souletics® representatives want to make their own decisions about how to spend their time and money. They want to choose who they spend the majority of their days with, and they want those people to be a positive influence. They want to be inspired and want to inspire others.
- Souletics® representatives value community. They share similar goals and have a vested interest in one another's success.

Souletics® shares 50% of its corporate profits with independent representatives who share ideas, knowledge, and experience with the goal of improving their minds, bodies and souls. The more you teach and help others, the more money you will make.

It is a business model that combines weight loss, health, fitness, and wealth generation, without the hassle of traditional direct sales. No filling your garage full of nutritional supplements, protein drinks, exotic juices, weight loss pills, skinny coffee, or so-called "healthy" junk foods. No spending the majority of your days building someone else's empire. You can choose how much and how often you work, and you will be rewarded based on your efforts.

You will be supported by a hard working staff whose primary goal is to help you succeed. You will have access to information and resources that will not only equip you to improve your health and fitness, but will also empower you to build and sustain your independent business and financial wellness without having to follow traditional MLM "warm market" tactics, cold calling, or hosting home or hotel parties.



4 Components of Souletics®

The four components of Souletics® are focused on changing thought patterns in your MIND and giving you the inspiration to take action over your circumstances. Improving your BODY so you have the physical strength and stamina to do what you desire and providing you the information to live a healthy lifestyle. And lastly to give you the food for your SOUL so that you may dig down deep within yourself and transform your deepest desires into reality.

1. Souletic Movement™ GET FIT. GET ABS. GET SOUL. Home Workout
2. Inspirational Products Elevate your MIND. BODY. SOUL
3. Souletics Resource Center™ Knowledge base of exclusive health & wellness information!
4. Souletics® Business Opportunity

We offer a variety of business enrollment packages to begin your business in the lucrative health and wellness industry, as well as an Intensive Fast Start Internet Training Manual to help you Build your Brand and Attract Customers on the Internet in 90 Days or Less.

The best investment you could ever make is an investment in YOU! Investing in yourself will always guarantee exponential returns!

For more information or to get started today, email customerservice@souletics.com.

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