

**The Power of Your Subconscious Mind by Dr. Joseph Murphy****Page 73 –**

“The kinetic actions of the subconscious mind continues throughout your sleep time period. Hence, give the subconscious mind something good to work on as you drop off into slumber.” This was a very wise answer. In thinking of harmony and perfect help, he never mentioned his trouble by name.

I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above-mentioned psychologist, become a mental surgeon. Then your troubles will be cut off like dead branches are pruned from a tree.

If you are constantly naming your aches and symptoms, you inhibit the kinetic action, which means the release of the healing power and energy of your sub-conscious mind. Further more, by the law of your own mind, these imaginings tend to take shape, *As the thing I greatly feared*. Fill your mind with the great truths of life and walk forward in the light of love.

At night before going to sleep quietly affirm:

Every cell, nerve, tissue and muscles of my (1)... (2) ... (3) ... Are now being made whole, pure, and perfect. My whole body is being restored to Health and Harmony.

\*\*\* (1), (2) and (3). Here add the places of the body where you may have a problem, using the positive language or words.

**Page 187-****Technique of Forgiveness.**

The following is a simple method which works wonders in your life as you practice it: Quiet your mind, relax, and let go. Think of God and His love for you, and then affirm, “I fully and freely forgive (mention the name of the offender); I release him mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he/she is free. It is a marvellous feeling. It is my day of general amnesty. I release anybody and anybody who has hurt me, I say ‘I have released you, and all the blessings of life are yours.’ I am free and you are free. It is wonderful!”

The great secret of the true forgiveness is that once you have forgiven the person, it is unnecessary to repeat the prayer. Whenever the person comes to your mind, or the particular hurt happens to enter your mind, wish the delinquency well, and say, “Peace be to you.” Do this as often as the thought enters your mind. You will find that after a few days the thought of the person or experience will return less and less often, until it fades into nothingness.

Take advantage of our worldwide offer of Free: ([Free treatment and materials](#))

1. Eye wash cups for Cleaning eyes by blinking your eyes 12 times in the eye wash Cup, half cup filled with water + 14 drops of fresh lemon juice, every day after the day's work. This cleanses the eyes in the natural way and improves your eyesight, also allowing Proper Sunlight into the eyes to activate the Pineal, Thyroid and Thymus Glands and producing and releasing miracle melatonin, keeping you active, alert, and free from sluggishness, Conjunctivitis: has also been cured with this.
2. Magnets for [Angina \(Heart\) problems](#). Hundreds are able to avoid the surgical operation; also instant removal of Aches and Pains including [Spondylitis \(special sticker magnets\)](#), HEMOPHILIA & “DVT” DEEP VEIN THROMBOSIS (long air travel), [Asthma](#), [Allergies](#), Breathing, [Bronchitis](#), Obstructive Sleep Apnea, Colds, [Coughs](#), Nasal Congestions, [Pneumonia](#), [increase breathing capacity](#), [Sinusitis](#), Sore throat, [Lungs](#) (and TB prevention), COPD (Chronic Obstructive pulmonary Disease) & Stomach problems, avoid acidity & ulcers, [Infections](#), Flu, Hay Fever, “Glue Ears”, [Paralysis](#), [Prostate problems](#), Tumours, Virus, Dysentery & Diabetes, Glaucoma, & [Repetitive Strain Injury](#).
3. Healing tapes, which speak to your sub-conscious mind during your Sleep, keeping you Fresh & Healthy and Free from [Depressions](#), [Insomnia](#), and Tumours & [Tensions](#). For [Computer Vision Syndrome](#), use eye wash cups as per (1) and clasp your hands and walk bare footed on the ground to earth your self and discharge the negative rays.

(For private circulation only)

**BULCHAND FOUNDATION, BCT FREE CLINIC,**

Bldg. 2/Unit 5, Sadhu Vaswani Kunj, Pune 411001 India, +91 20 2612 6902.

**Spanish Delegation:** Las Palmas G.C., Spain, +34 928 263 489.

**E-mail:** [bulchand@bulchand.com](mailto:bulchand@bulchand.com)

[www.bulchand.com](http://www.bulchand.com)