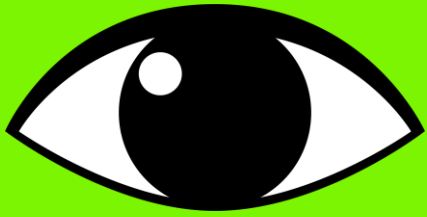


Your

SUB-CONSCIOUS

DIET





Conscious

- Awareness
- Architect
- Chooser
- Gives Meaning
- Gatekeeper

Sub-Conscious

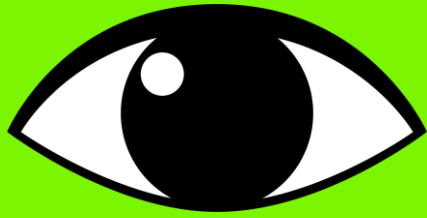
- Stores Past
- Feelings
- Habits
- Beliefs
- Servant
- Builder
- No original thinking

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.

Rom. 7.15

Jesus said to him, “If you are able! All things can be done for the one who believes.” Immediately the father of the child cried out, “I believe, help my unbelief.”

Mark 9.23-24



Conscious

- Awareness
- Architect
- Chooser
- Gives Meaning
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Sub-Conscious

- Stores Past
- Feelings
- Habits
- Beliefs
- Servant
- Builder
- No original thinking



Super-Conscious

- Omniscience
- Christ Mind
- Spiritual Mind
- Divine Ideas
- Highest Good
- Divine Potential
- Unconditional Love

Your

SUB-CONSCIOUS

DIET



Starting a Diet

- 1- TRIGGERS – I eat when...
- 2- MOTIVES – The real reason I eat...
- 3- REALIZATION – This isn't helping...
- 4- MAKE A PLAN – How to stop overeating...
- 5- GO SHOPPING – Stock up on good stuff...
- 6- TAKE ACTION – Work the plan...

Your

SUB-CONSCIOUS

DIET

must come first!

Starting your SUB-CONSCIOUS

Diet

- 1- TRIGGERS
- 2- MOTIVES
- 3- REALIZATION
- 4- MAKE A PLAN
- 5- STOCK UP
- 6- TAKE ACTION

Your

SUB-CONSCIOUS

DIET



- **Think more about where you're GOING than where you are.**
- **To change what IS, spend more time with WHAT IF, imagining what could be.**
- **Pre-pave the experience with your desire until you WARM UP to the idea.**

Esther Hicks

NOT ... BUT

I can't

I'm learning to

I know it won't work

I'm making it work

I never know what to do

I can ask for help

I better keep my feelings to myself

It's OK to be open with my feelings

There's never enough money

Abundance flows easily to me

How delightful this experience is going to be

I know I know what to do

I'm looking forward to all things working out

I've been making progress

I'm doing better at getting my thoughts in

the right direction.

Your

SUB-CONSCIOUS

DIET





Before I worry about my outer life, I'll focus on my inner life where it will do the most good.