
How to
Get What You Want
NOW!



**The 24 Unbreakable Rules of the Subconscious Mind
and How to Use Them to Get What You Want Now**

By Dr. Sherry Buffington

Get What You Want **NOW!**

Do you ever get irritated at yourself because you can't stop doing things you don't want to be doing or can't will yourself to do things you really want to do? It's a very common occurrence for most people because many of the programs we are running on were formed when we were small children and they don't serve our adult needs very well.



Childhood programs form to keep us safe physically, mentally and emotionally; and, as they get repeated over and over again, they become ingrained patterns that we are powerless to change through will power or other external methods. For most people, those old childhood programs are on overdrive trying to keep the child concept safe and those patterns are literally running the show.

When programs become habited patterns through years of repeating the same response no amount of will-power, external learning, coaching, counseling, or anything else that we apply from a conscious or external level will change our outcomes.



To get what you want in life, you must begin at the *source* and that is your subconscious mind. To understand how to work with your subconscious mind most effectively, it helps to understand the rules it always follows; rules that are *completely different* than the conscious rules you are aware of.

The subconscious mind follows 24 rules without exception so knowing what they are and how to work with them will give you a lot of personal power and control over your behaviors and therefore, your outcomes. You will know how to get better results from others too because the same rules apply to everyone.

The first eight rules were categorized by the late Charles Tebbets, a master hypnotherapist, in his publication *Rules of the Mind*.

Rules nine through fifteen were added through the work of *Neuro-Linguistic Programming* (NLP) developers Richard Bandler and John Grinder.

Rules sixteen through twenty-four were identified by me, Dr. Sherry Buffington, through more than two decades of studying the workings of the subconscious mind and working with people at a subconscious level as I developed the *Rapidly Accelerated Mind Patterning* (RAMP) method.

I also discovered that what appears to be self-sabotage is really just a misalignment between *external conscious desires* and *internal subconscious concepts*. The answer is not to change your external desires, though after years of struggling that is exactly what many people do; the answer is to update old subconscious programs and patterns so they align with conscious desires.

Aligning subconscious processes with conscious desires is what *Rapidly Accelerated Mind Patterning* (RAMP) does. You can also begin doing that to some extent yourself by learning the rules of the subconscious mind and applying them. This is one place where knowledge really is power.

The 24 Unbreakable Rules of the Subconscious Mind

1. *Every thought or idea causes a physiological reaction.* The subconscious mind rules your emotions. It can make you feel happy or it can make you feel sad. It can increase your energy and motivate you to great heights or it can suppress your energy and keep you depressed and miserable. And since emotions directly affect your physical functioning, your subconscious mind can make you sick or it can keep you well. Thoughts with a strong emotional component always reach the subconscious mind and make an impression (or imprint).

Once accepted, the thoughts generate ideas and the ideas continue to produce the same bodily reactions over and over again. When those reactions are not pleasing or beneficial to us, conflict arises in the form of mental, emotional and/or physical disorders. In order to eliminate or

change chronic, negative reactions, it is necessary to connect with the subconscious mind and change the *pattern* responsible for the reaction.

2. *What is expected tends to be realized because the subconscious mind works 24/7 to make sure you are right.* The brain and the nervous system respond only to the images accepted by the subconscious mind, whether they are self-induced or those that get our attention from the external world. A mental image, once formed, becomes a part of the blueprint, which the subconscious mind consistently follows.

As the Greek Philosopher, Aristotle, appropriately observed, “We become what we think about.” That's why it is so important that we maintain a positive state of mind. The insistence of the subconscious mind to make whatever you believe your reality is tied to rule #13, the propensity of the subconscious mind to seek pleasure and avoid pain.

3. *Imagination is more powerful than knowledge when dealing with the mind.* This is an important rule to remember. Any thought or idea accompanied by a strong emotion such as anger, hatred, love, or political or religious beliefs usually cannot be modified through the use of reason. That's why you cannot reason with people who hold a strong belief no matter how crazy the belief might be or how much logical evidence you can produce to disprove it.

4. *Opposing beliefs cannot be held at the same time.* The subconscious mind seeks congruence so when opposing ideas are presented, it can accept only *one* of them. This is why there are so many battles and outright wars over belief systems. When an individual buys into a particular belief, he or she seeks to create alliances with others who hold a congruent belief and to avoid those who don't. Then, when that allied group encounters a group with opposing beliefs, both groups feel compelled to defend the rightness of their particular belief. The on-going battles between the various religious sects are a classic example of this.

5. Once a belief or idea has been accepted by the subconscious mind, it remains until it is replaced by another belief or idea. The longer a belief is held, the more it tends to become a fixed habit or thought pattern. This is how habits of action are formed, both good and bad. An ingrained habit forms a pattern that acts like a printed circuit which is followed faithfully whenever the pattern gets triggered. (*Rules 18 and 19 will further explain this rule.*)

6. An emotionally induced symptom tends to create organic change if persisted in long enough. We are a mind in a body and the two cannot be separated so what the mind dwells upon, the body responds to. Therefore, if you continue to dwell on or fear ill health, in time organic changes that fit your concept will occur. (*Rule 17 will further explain this rule.*)

7. Each suggestion acted upon creates less opposition to successive suggestions. This rule is why the adage, “success breeds success” is true. Small commitments that are successfully carried out, lead to larger commitments and larger successes. Failure breeds failure too, and for the same reasons. The rule in physics that says an object in motion tends to stay in motion is true on every level, whether it's a baseball speeding through the air, or an emotion, habit, or belief traveling the neural pathways of the brain.

8. When dealing with the subconscious mind and its functions, the greater the conscious effort, the lesser the subconscious response. This is why what we call will-power doesn't really exist and why most self-applied methods for change rarely work! Anyone who has ever experienced insomnia will attest to the fact that the harder you try to go to sleep, the more wide awake you become. The same is true of people trying to kick an addiction; the harder they try not to want the addictive substance, the more they want it. To change the effect, we must change the cause, and the source cause of everything we do resides in the subconscious mind.

9. *The subconscious mind has its own language and uses no other.*

The language of the subconscious mind is emotions, images and sensations. It takes in the world around you holistically in story form, and the stories are as complete, full and real as anything you experience externally. You experience this any time you vividly remember a dream. You realize that the dream seemed every bit as real as your waking life. All the sights, sounds, tastes, smells, and feeling sensations were there.

10. *The subconscious mind does not differentiate between what is real and what is imagined.* This can be easily demonstrated in the frequently used exercise of imagining sucking on a lemon. Although there is no lemon in sight, the body still reacts to the thought just as it would if you were actually sucking on a lemon. The mouth begins to salivate and, if you don't like the taste of lemons, your face contorts as though you had just put something very sour into your mouth. The response is the same with or without the lemon. The same is true with fears or anything else we can imagine.

11. *The subconscious mind is illogical. Unlike the conscious mind, the subconscious mind does not try to make sense of things.* Rather than making comparisons to see if they logically fit, the subconscious mind simply connects seemingly related data. As a result, it comes up with some pretty convoluted associations. The crazy idea that death equals happiness, which is the process that leads to suicide, is an example of this. Or the continued application of messages such as “You're too little to do that by yourself” or “don't talk to strangers” long after we have the abilities that would make dismissing these messages reasonable.

12. *The subconscious mind does not reason and does not filter data. It simply receives.* Filtering is done at the conscious level. The examples in rule 11 make this point effectively.

13. *The subconscious mind consistently seeks pleasure and avoids pain.* We are all programmed to respond to perceived threats by avoiding or removing them. Pain avoidance is seen in the fight, flight or freeze fear

response. The fight response is an effort to remove the threat while the flight and freeze responses are efforts to avoid it.

Though we seek pleasure, it is pain or perceived threat that gets our attention. The ability to see a living brain using functional magnetic resonance imaging (fMRI) has allowed researchers to see that the brain lights up four times as bright when confronted with a negative image than when a positive is presented. We are programmed to attend to threats on any level, mental, emotional or physical. It's why we are riveted to things like automobile accidents, the destruction on storms, murder and all sorts of other mayhem. We get 99% negative news because negative news sells.

The seeking of pleasure is the subconscious mind's way of bringing us back to a state of balance once we have responded to a threat and of maintaining mental, emotional and physical equilibrium.

14. The subconscious mind does not recognize non-visual words.

When you hear the word flower, you don't see the word, you see a flower. If you happen to like daisies, you might see a daisy. If you like roses, you may see a rose. Even reading these words, your subconscious mind formed those pictures: a daisy and a rose. Notice that all the other words only served to direct the way you perceived the flower. None of the other words have a visual component so, while your conscious mind used the words to create a linear sequence and make sense of the idea, the subconscious only held onto the flowers.

It is this rule that causes us to get just the opposite of what we want at times. For example, we keep telling ourselves "I am going to lose this excess weight." To the conscious mind that sounds like a positive thought and makes perfect sense. But the subconscious mind sees only three words in that sentence: lose and excess weight. The result we get depends on what it does with "lose." If "lose" means failure to keep or maintain something, we lose our resolve pretty quickly. If "lose" means to lose sight of, we forget our intent to get fit quite readily. And, of course, what the subconscious mind does with "excess weight" is work to maintain it!

15. The subconscious mind does not recognize negatives. Rule 14 is the reason that this rule is true. Words like “no” and “not” have no visual component to them. So when we say “I choose not to overeat,” the subconscious sees “choose” since that is an action, and it sees “overeat.” Both are action words that have a visual component. A better way to state that intention is to say “I choose to eat lightly.”

Words with a visual component are very powerful programmers, which is why we are frequently advised to watch what we think and say. What we think impacts only us. What we say impacts us and everyone else who hears our words, especially children who are highly suggestible.

16. The subconscious mind knows only NOW. It is not concerned with the future or the past. Time is the domain of the conscious mind. This rule is why so many people fail to achieve the goals they set and why many forms of therapy are not effective. Goals are not met when we set a future goal date and don't claim the outcome in the now.

To the subconscious mind, nothing has any importance until it moves into the *present* moment. So, as the goal date draws near and we begin to own the outcome (go into panic mode), the subconscious mind goes into action. The goal is now a crisis and we own the discomfort of the crisis. Remember, rule 13 says the subconscious mind always seeks pleasure (comfort) and avoids pain (discomfort) and the crisis is experienced as discomfort. Now, because discomfort is present, we own the problem in the present moment and the subconscious mind goes to work in the moment to find ways to ease it. And the means of easing it is to get the goal accomplished. This is the pattern of the crisis worker.

Therapies that dwell on the past too much are ineffective for the very same reason. They are focused on a place that the subconscious mind does not deal with. The subconscious mind does not project into the future or delve into the past. It can call up any event from the past if that event gets triggered by something *in the moment*, but it does not itself go seeking things from the past. So unless a line of questioning activates a trigger, all that occurs in a typical therapy session is that the conscious mind comes to make sense of the event; a process that has *no effect* on the cause, which is held in the subconscious mind.

I am a brief therapist and the briefer, the better. My goal is to get people to where they want to be in hours, not in months or years as is the case for most therapy and coaching. I regularly see people who have been in therapy and/or working with a coach for *years* that have still not gotten the results they wanted. That's because most therapy and coaching addresses the *conscious mind* and is focused on the past or the future and the subconscious mind, where all the programs are stored and where the work really needs to be done, doesn't bother with that. (See *Why RAMP and AMP Changes are Immediate and Permanent* at www.banishblocks.com for more information.)

17. *The subconscious mind cannot hold invalidated beliefs.* The subconscious mind is completely honest and totally committed to remaining congruent. Once it buys into a belief, the subconscious mind selectively notices only things that validate the belief and ignores anything that might invalidate it. Should sufficient evidence be introduced to invalidate the belief, that belief is immediately dismissed.

An example would be a child that was told he was not smart by a teacher and who bought into that belief. That individual would then select only experiences that proved that he was not smart and would ignore those that proved he was smart. This would continue to define the concept of self for this individual until that belief was invalidated.

We can invalidate a belief by becoming purposefully aware of evidence to the contrary. In this case, the individual would have to become aware of areas in his life where he had done things that were smart—a number of things—but the minute there was enough evidence to show that he was smart, the old “not smart” belief would no longer be valid and would be instantly and forever erased.

18. *The subconscious mind seeks to maintain the conceptual self above all else, even survival of the physical self.* It is this that allows people to eat, drink, drug and lifestyle themselves to death—and even commit suicide. If death is perceived as beneficial to the conceptual self (the mental and emotional bodies) then the physical self will be sacrificed. (See *Why RAMP and AMP Work* at www.banishblocks.com for more on this rule.)

19. The subconscious mind sees CONCEPTUAL survival as mental and emotional well-being or happiness, and happiness is its highest goal. (See Why RAMP and AMP Work at www.banishblocks.com for more on this rule)

20. The subconscious mind is ever willing to provide whatever leads to happiness and/or survival and will provide the impetus instantly once it understands what is needed. The great thing about knowing this is that you can stop battling yourself. When you see your own subconscious mind as the adversary—the saboteur—you set up conditions where you are reinforcing the very patterns you want to eliminate.

Know that your subconscious mind is like this wonderful genie that wants just two things for you: *your happiness and your survival*. Help it see what that looks like for you today and it's a done deal!

21. The subconscious mind works 24/7 and only for your benefit. Have you ever gone to sleep thinking about a problem that needed to be solved and either dreamed the solution or woke up with it the next day? That's a demonstration of this rule at work. Your subconscious mind is also healing your body and renewing your mind as you sleep. Just as feeding your body the right nutrients gives your powerful subconscious mind the ingredients to keep your body healthy, so too do the right beliefs and scripts (self-talk) keep your mind and emotions healthy.

22. When it knows what you need to survive and be happy, the subconscious mind provides that instantly. Since it knows only now - rule 16 – everything occurs at a subconscious level instantaneously.

23. Once the subconscious mind updates a file to a desirable state (happiness or survival), the file remains in the updated state permanently. The only way the new pattern would ever change is by presenting sufficient evidence that the updated file is no longer effective at producing conceptual happiness or survival and introducing a new update

at a subconscious level. All the new information on Earth won't change subconscious programs if they are being processed by the conscious mind. The language of the subconscious mind is emotions, sensations and story. So the only things that affect subconscious programs are significant emotional events and purposeful updates such as the RAMP method provides.

24. Changes made at a subconscious level express automatically and are effortless to maintain. Once a file has been updated, the thoughts, feelings and actions congruent with the new pattern are as automatic as the old ones were. The difference is that the new responses are freeing and delightful where the old ones were limiting and frustrating. RAMP helps the subconscious mind update, remove, alter or amend the old, ineffective ideas.



Study the rules and think about things you are telling yourself or saying aloud that are reinforcing subconscious patterns that are not serving you well, then consciously change your language—internal and external.

The fastest and most effective way to get what you want and get it right now, is to align your subconscious concepts with your conscious desires. You don't need to dream smaller dreams or play a smaller game. You can dream and play as big as you like when you are aligned with the most powerful force in human nature, the subconscious mind. With that great force fully aligned with your desires, you will be unstoppable!

If you have old programs and patterns that are preventing you from getting what you want and you want to change them easily, effortlessly and instantaneously, contact us at www.QuantumLeapUniversity.org and request a free consultation. We have a network of highly trained specialists who can help you get the results you desire in mere hours.