

THE RULES OF THE MIND

by Marisa Peer

THE MIND
learns by
REPETITION

THE MIND
cannot hold
CONFLICTING
BELIEFS

They cancel out
each other

What is
EXPECTED
tends to be
REALISED

IMAGINATION
is more powerful
than knowledge
When dealing with
your own mind or
the mind of others

In a battle between
emotion & logic
EMOTION
ALWAYS WINS

Your mind
always does
WHAT IT THINKS
YOU WANT IT TO DO

Your mind
works to move you
FROM PAIN
TO PLEASURE

Your mind
responds to the
PICTURES & WORDS
you install

Your mind does not care if what you say is
good, bad, indifferent, true, false,
healthy, unhealthy, right or wrong
IT SIMPLY ACTS ON YOUR
WORDS REGARDLESS

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Your mind wants to
stay with
WHAT IS FAMILIAR
while avoiding
WHAT IS UNFAMILIAR

Whatever you
focus on
YOU GET MORE OF

YOU MAKE
your beliefs
then
YOUR BELIEFS
make you

THE STRONGEST FORCE
in all of us is that
WE MUST
act in a way that
CONSISTENTLY
MATCHES
our thinking

YOUR THOUGHTS
form a blueprint
that your
MIND AND BODY
work to make
your reality

WHAT YOU PRESENT
to your mind,
YOUR MIND
WILL PRESENT
back to you

EVERY THOUGHT
you think causes a
PHYSICAL REACTION
& *an emotional response*

When dealing with the
SUBCONSCIOUS MIND
the greater the
CONSCIOUS EFFORT
the less it responds

I am enough