

How To Hack Your Mind For Success

LEARN THE #1 SECRET TO SUCCESS



BY DAVID WALLACE

An Overview

Your mind is the most powerful tool you have for the creation of good in your life, but if not used correctly, it can also be the most destructive force in your life.

Your mind, more specifically your thoughts, affect your perception and therefore, your interpretation of reality.

Medical Doctors know that the average person thinks around 70,000 thoughts a day. That's a lot, especially if they are unproductive, self-abusive, and just a general waste of energy. The volume of stimuli we face in the day to day world is staggering, and rest assured that it's enough to keep the conscious mind occupied for a lifetime, if left to its own devices.

You can let your thoughts run amok, but why would you allow anyone or anything to control your life? It is your mind, your thoughts; and it's time to take your power back.

“Choose to be the person who is actively, consciously thinking and controlling your thoughts. Become the master of your mind.”

When you change your thoughts, you will change your feelings as well, and you will also eliminate the triggers that set off those feelings. Both of these outcomes provide you with a greater level of peace, and equally important, are required to procure wealth in any facet of your life.

Like the majority of mankind, I too have experienced “thought creep”. “Thought creep” is the excessive overthought and negativity that the conscious mind enjoys reminding us of when not being properly controlled.

I currently have few thoughts that are not of my own choosing, as a response of my own reprogramming.

I am the master of my mind, and you can be too, by hacking your brain!

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How Does the Mind Work?

Before being able to master the mind, we must first define the two main areas of function that make up our thoughts, and subsequently, control our lives. To do that, we must first discover that the brain is controlled by two mechanisms, the conscious and subconscious mind.

Consciousness is the state or quality of awareness, or the conscious mind, which talks to you on a daily basis. The conscious mind often decides what to store in memory and what to work on by communicating with the subconscious mind.

The subconscious (or the subconscious mind) is the mental activity just below the threshold of consciousness. Most of the subconscious mind is learned behavior and auto-responsive, based on experience. An example of auto-response in motion is any activity where you are able to carry out a task without thinking through every single step in the process, i.e. brushing your teeth.



With the sheer volume of stimuli in your conscious mind (you will recall, 70,000 thoughts per day) the brain tasks the subconscious mind to create auto-responses to make your impulses more efficient.

This auto-response system of efficiency makes total sense, given the sheer volume of stimuli you face on a daily basis.

In 2020, qualified professionals in the field of psychology know that the key to mastering thoughtful control of the mind lies in the idea of first knowing this auto-response system exists, so it can be controlled. Now that you understand the communication which coexists in your mind, it will come as no surprise that unchecked negative (or limiting) thoughts in the conscious mind will result in the storage of negative auto-responses or beliefs in the subconscious mind, which will drastically degrade the quality of your life.

Simply by understanding this reality, you now hold the power to control your mind. The best part about it is that auto-response works the same way for positive thoughts. If your conscious mind is told that you will be rich, happy, successful, or anything else with daily repetition and

belief, then your subconscious mind will store this information, understand that it is your purpose, and will start developing the plans to make the thought manifest into reality.

The author recommends that you stop and re-read the above section again, for it is critical to your success. Wealth of any kind can only be acquired by those who, through purposeful and repetitive thought control, rewire the brain to accept their true desires and reject anything that lies in contention this correct reality.

Who Is Thinking My Thoughts?

Before you can become the master of your mind, you must recognize that you are currently at the mercy of several unwanted “squatters” living in your mind, and they are controlling your thoughts. If you want to be the boss of them, you must know who they are and what their motivation is, and then you can take charge and evict them.

Here are four of the “squatters” in your head that create the most unhealthy and unproductive thoughts:



1. The Inner Critic

This is your constant abuser, who is often a conglomeration of:

- Other people’s words; many times, your parents’.
- Thoughts you have created, based on your own or other people’s expectations.
- Comparing yourself to other people, including those in the media.
- The things you told yourself as a result of painful experiences, such as betrayal and rejection. Your interpretation creates your self-doubt and self-blame, which are most likely undeserved in cases of rejection and betrayal.

The Inner Critic is motivated by pain, low self-esteem, lack of self-acceptance, and lack of self-love.

Why else would this person abuse you? And since this person is actually you— why else would you abuse yourself? Why would you let anyone treat you this badly?



2. The Worrier

This person lives in the future; in the world of “what ifs.”

The Worrier is motivated by fear, which is often irrational and has no logical basis.

Occasionally, this person is motivated by fear that what happened in the past will happen again.



3. The Reactor or Trouble-Maker

This is the one that triggers anger, frustration and pain. These triggers stem from unhealed wounds of the past. Any experience that is even closely related to a past wound will set him off.

This person can be set off by words or feelings, and can even be set off by sounds and smells. The Reactor has no real motivation, has poor impulse control, and is run by past programming that no longer serves you, if it ever did.



4. The Sleep Depriver

This can be a combination of any number of different squatters, including the Inner Planner, the Re-hasher, and the Ruminator, along with the above-mentioned Inner Critic and the Worrier.

The Sleep Depriver’s motivation can be:

- As a reaction to silence, which he fights against
- Taking care of the business you neglected during the day
- Self-doubt, low self-esteem, insecurity, and generalized anxiety
- As listed above for the Inner Critic and Worrier

How can you control these squatters?

How to Master Your Mind

You are the thinker and the observer of your thoughts. You must pay attention to your thoughts, so you can identify “who” is running the show; this will determine which technique you will want to use.

Begin each day with the intention of paying attention to your thoughts and catching yourself when you are thinking undesirable thoughts.

There are two ways to control your thoughts:

- Technique A – Interrupt and replace them
- Technique B – Eliminate them altogether

This second option is what’s known as peace of mind!

The technique of interrupting and replacing is a means of reprogramming your subconscious mind. Eventually, the replacement thoughts will become the “go to” thoughts in the applicable situations.

Use Technique A with the Inner Critic and Worrier; and Technique B with the Reactor and Sleep Depriver.

1. Mastery for The Sleep Depriver

When you catch yourself thinking something negative about yourself (calling yourself names, disrespecting yourself, or berating yourself), interrupt it.

You can yell (in your mind), “Stop! No!” or, “Enough! I’m in control now” or take the more aggressive approach of “Hey, no one wants to hear this crap, that’s not my reality.” Then, whatever your negative thought was about yourself, replace it with an opposite or counter thought, or an affirmation that begins with “I am.”

For example, if your thought is, “I’m such a loser,” you can replace it with, “I am a Divine Creation. I am a perfect spiritual being learning to master the human experience. I am a being of energy, light, and matter. I am magnificent, brilliant, and beautiful. I love and approve of myself just as I am.”

You can also have a dialogue with yourself with the intention of discrediting the ‘voice’ that created the thought, if you know whose voice it is:



“Just because so-and-so said I was a loser doesn’t make it true. It was his or her opinion, not a statement of fact. I am and will always be emotionally intelligent, which makes me rich beyond words.”

If you recognize that you have recurring self-critical thoughts, you can write out or pre-plan your counter thoughts or affirmation, so you can be ready. This is the first squatter you should evict—forcefully, if necessary:

- They rile up the Worrier.
- The names you call yourself become triggers when called those names by others, so they also maintains the presence of the Reactor.
- They are often present when you try to fall asleep, so they perpetuate the Sleep Depriver.
- They bully you, and are verbally and emotionally abusive.
- They are the destroyers of self-esteem. They convince you that you’re not worthy.
- They’re liars! In the interest of your self-worth, get them out!

Write and recite your purpose: Take out a note pad, write out your truth or purpose, set it beside your bed, read it every night before you go to sleep and every morning when you wake up, until the demon is banished from your mind.

Eliminate your worst critic, and you will also diminish the presence of the other three squatters.

Replace them with your new best friends who support, encourage, and enhance your life. This is a presence you want in your mind.

2. Mastery for The Worrier

Prolonged anxiety is mentally, emotionally, and physically unhealthy. It can have long-term health implications.

Fear initiates the fight or flight response, creates worry in the mind, and creates anxiety in the body.

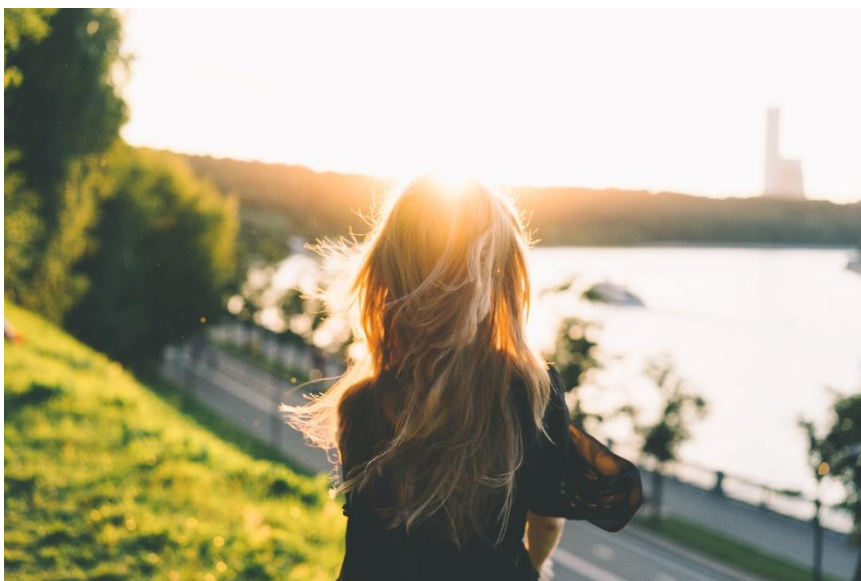
You should be able to recognize a “worry thought” immediately by how you feel. The physiological signs that the fight or flight response of fear has kicked in are:

- Increased heart rate, blood pressure, or surge of adrenaline
- Shallow breathing or breathlessness
- Muscles tense

Use the above stated method to interrupt any worrisome thought, and then replace it. But this time, you will replace your thoughts of worry with thoughts of gratitude and purpose for the

outcome you wish for. If you believe in a higher power, this is the time to engage with it. Here is an example:

Instead of worrying about my loved ones traveling in bad weather, I say the following (I call it a prayer): “Thank you _____ for watching over _____. Thank you for watching over his/her car and keeping it safe, road-worthy, and free of maintenance issues. Thank you for surrounding him/her with only safe, conscientious, and alert drivers. And thank you for keeping him/her safe, conscientious, and alert.”



Smile when you think about it or say it aloud, and phrase it in the present tense; both of these will help you feel it and possibly even start to believe it.

If you can visualize what you are praying for, the visualization will enhance the feeling, so you will increase the impact in your vibrational field.

Now take a calming breath, slowly in through your nose, and slowly out through the mouth. Take as many as you like!

Replacing fearful thoughts with gratitude will decrease reactionary behavior, taking the steam out of the Reactor.

For example:

If your child gets lost in the mall, the typical parental reaction that follows the fearful thoughts when finding them is to yell at them. “I told you never to leave my sight.” This reaction just adds to the child’s level of fear from being lost in the first place. Plus, it also teaches them that mom and/or dad will get mad when he or she makes a mistake, which may make them lie to you or not tell you things in the future.

Change those fearful thoughts when they happen:

“Thank You (your choice of Higher Power) for watching over my child and keeping him/her safe. Thank you for helping me find him/her soon.”

Then, when you see your child after this thought process, your only reaction will be gratitude, and that seems like a better alternative for all people involved.

3. Mastery for The Trouble Maker, Reactor or Over-Reactor

Permanently eliminating this squatter will take a bit more attention and reflection after the fact, to identify and heal the causes of the triggers; but until then, you can prevent the Reactor from getting out of control by initiating conscious breathing as soon as you recognize his presence.



The Reactor's thoughts or feelings activate the fight or flight response just like with the Worrier. The physiological signs of his presence will be the same. With a little attention, you should be able to tell the difference between anxiety, anger, frustration, or pain.

I'm sure you've heard the suggestion to count to ten when you get angry—well,

you can make those ten seconds much more productive if you are breathing consciously during that time.

Conscious breathing is as simple as it sounds; just be conscious of your breathing. Pay attention to the air going in and coming out.

Breathe in through your nose:

- Feel the air entering your nostrils.
- Feel your lungs filling and expanding.
- Focus on your belly rising.

Breathe out through your nose:

- Feel your lungs emptying.
- Focus on your belly falling.
- Feel the air exiting your nostrils.

Do this for as long as you like. Leave the situation if you want. This gives the adrenaline time to normalize.

Now, you can address the situation with a calmer, more rational perspective, and avoid damaging behavior.

One of the troubles this squatter causes is that it adds to the Sleep Depriver's issues. By evicting, or at least controlling the Reactor, you will decrease reactionary behavior, which will decrease the need for the rehashing and ruminating that may keep you from falling asleep.

Master your mind and stop the Reactor from bringing stress to you and your relationships!

4. Mastery for the Sleep Depriver

(They're made up of the Inner Planner, the Re-hasher and the Ruminator, along with the Inner Critic and the Worrier.)

I was plagued with a very common problem: not being able to turn off my mind at bedtime. This inability prevented me from falling asleep and thus, getting a restful and restorative night's sleep.

Here's how I mastered my mind and evicted the Sleep Depriver and all his cronies.

- I started by focusing on my breathing—paying attention to the rise and fall of my belly—but that didn't keep the thoughts out for long. (Actually, I now start with checking my at-rest mouth position to keep me from clenching.)
- Then I came up with replacement strategy that eliminated uncontrolled thinking—imagining the word in while breathing in and thinking the word out when breathing out. I would (and do) elongate the word to match the length of my breath.

When I catch myself thinking, I shift back to in, out. With this technique, I am still thinking, sort of, but the wheels are no longer spinning out of control. I am in control of my mind, and I choose quiet.

The first time I tried this method I started to yawn after only a few cycles, and now I'm usually asleep within ten minutes.

You can also use this technique any time you want to:

- Fall back to sleep if you wake up too soon.
- Shut down your thinking.
- Calm your feelings.
- Simply focus on the present moment.

The Bottom Line

Your mind is a powerful tool, and like any other tool, it must be used constructively for the advancement of your life and purpose.

You must not allow your mind to be occupied by unwanted, undesirable, and destructive tenants, whose aim is to distract you from your purpose. Choose desirable tenants like peace, gratitude, compassion, love, and joy.

Your mind can become your best friend, your biggest supporter, and someone you can count on to be there and encourage you. Use these teachings to take control of your mind for the purpose of accumulating wealth without delay.



Next Steps

You are now armed with the #1 secret for the accumulation of wealth in our society.

While this concept will lead you to acquire the mindset for success, you will still need to implement proven strategies to expedite your path to success.

My work (and this [site](#)) is dedicated to providing the insight, tools and resources that will help you create the life you love.

Find the life you love,

A handwritten signature in blue ink that reads "DWallace".

David Wallace
Entrepreneur

Keep in touch

