

**Book Review****“THE POWER OF THE SUBCONSCIOUS MIND”****Dr. Tandale Chinmay Atmaram****Dr. Alkananda Kulkarni****Author:**

Joseph Murphy I became completely engrossed in the Irish novelist when I learned that he had visited India. He studied Indian sagas extensively while he was in India in order to learn Hinduism. In America, he even established a Hindu-inspired church. After its initial release in 1963, the book "The Power Of Your Subconscious Mind" quickly rose to international bestseller status. [https://en.m.wikipedia.org/wiki/Joseph\\_Murphy\\_](https://en.m.wikipedia.org/wiki/Joseph_Murphy_) if you want to learn more about him (author)

**The book's perspective**

I think a writer writes a book with the reader in mind when they do so. The writer must make sure that readers can relate to the subject matter effortlessly. The book "The Power of your Subconscious Mind" is of the kind that makes it simple to comprehend its message. The book's idea is clear right away. But I did notice that the writer's use of unfriendly language bothered me. Although it occasionally makes the language difficult to read, it is not completely unintelligible. Even yet, I didn't find it problematic that the majority of readers in today's generation choose to read works that are accessible. This is the only issue I can identify with this book; however, other people might not. And I sincerely hope that everyone will read this book in order to learn how to use power.

## ***'Book Review: The Power of Subconscious Mind***

### **Introduction –**

*“Your subconscious mind is the cache of your memoir, beliefs, life experiences and life traumas.”*

The first time I read this line, I realise how lucky I am, that I took the decision to read this book. This book clears the concept of The Power of Subconscious Mind which itself is the title of the book.

I really like this book but at the same time, I have some issues with this book. Let us discuss the book in detail.

Our behaviour is greatly influenced by the wealth of knowledge stored in our subconscious. I agree with the author that our subconscious controls our bodies because I have always experienced same with myself. Our lives are significantly affected by the subconscious, which mostly operates through patterns that are known to us. Whether you choose to act on your subconscious, it is always at work. For instance, our beings instantly get happier and cheerier when we programme our subconscious mind to associate positive situations.

### **Summary:**

The book aims to illustrate how a single subconscious idea has the potential to fundamentally alter both your personality and your way of living. It discusses how repeating the same prayer day and night can heal an illness and how your subconscious mind works nonstop to keep your body's essential systems under good control. breathing is one example. Our breathing and lung function during sleep are controlled by the subconscious. The subconscious mind is in charge of all of the body's wondrously intricate processes, including breathing. However, our subconscious interferes with our biological systems when we are angry or anxious, making it difficult for us to breathe.

### **Analysis:**

## ***'Book Review: The Power of Subconscious Mind***

The author explained that humanity had devised a number of efficient ways to access the enormous potential of the subconscious mind and use it for therapeutic reasons even in ancient times.

Every religion believes that if we put our faith in God, everything will work out as it should. Faith is a very powerful force in every religion. But have you ever questioned what faith is really all about? What ability does it possess to cause events to unfold properly? Why does it come up so frequently in our religions? Why do medical professionals only advise patients to have faith while trying to treat a certain condition?

Despite the fact that I personally am not particularly religious, I think that faith may be used as a channel for communicating with your subconscious and continuously telling it what you and your body want. Miracles, in my opinion, are simply your subconscious's way of demonstrating its immense power over your life to those who do not believe in them.

### **Conclusion:**

To sum up, this book is an incredible tool for empowering readers to recognise the inner strength they possess. We simply need to quietly think about what we want and picture it materialising starting right now. Our deeper mind contains limitless intelligence and ability. The author claims that your subconscious will accept your designs and manifest all of those things.