

HOW TO WORK WITH YOUR SUBCONSCIOUS



*This guide helps you connect with your
subconscious intentionally, so your outer
life can flow with ease.
When your mind aligns, your life aligns.*

BY CODE OF THE MIND



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01 What is our mind?

If you want to work with your subconscious and achieve sustainable success, the very first thing you must know is that **your mind is not equal to your brain!** It's common to represent it with a brain symbol, but have you ever worked with consciousness techniques without your memories, feelings, or thoughts? Where would all those be stored then?

Modern research can show which parts of the brain are activated during certain processes, but **no one can point to the exact place where you stored the memory of being a child forced to eat one more spoonful of spinach you hated and absolutely didn't want to eat.** And yet, you surely still remember how much you disliked certain foods, or how deeply you love your pets.



Just now, this information ran through the appropriate neural pathways — but before you thought about it, when those pathways weren't active, where was that memory stored?

If it were kept in your 144,444th brain cell, scientists would have found it by now, right?

Your brain is an organ inside your body — but your mind is far more than that. It cannot be reduced to a single organ, and it isn't even confined to your body. Your mind is not simply your brain.

Your mind is your consciousness.

Your mind is you.



← Watch this video about how your subconscious mind runs your life.



02

Layers and characteristics of the mind



Your mind has 3 layers:

- *Conscious*
- *Subconscious*
- *Unconscious*



If we wanted to draw it, we could show the **conscious mind as the captain**, the **subconscious mind as fate or grace** — named by the captain — and the **unconscious mind as the ocean**.

However, with the right methods and mentorship, you can integrate these 3 layers.

And then you realize: there is no captain, no fate, no ocean — there is only you.

Your Conscious Mind (*The Captain*)

Your conscious mind is responsible for your fundamentals.

It takes care of your body's needs: food, water, sleep, physical safety, comfort, etc.

In general, it sustains your living conditions at an optimal level.

Your Subconscious Mind (*Fate or Grace*)

Your subconscious mind is the keeper of everything that has touched your life — what has been, what is, and what may come to pass... or never unfold at all.

It stores your memories spatio-temporally:

- **In time** — what happened first, what came after
- **In space** — holographically, including the body, images, sounds, sensations, and emotions



Functions of the unconscious mind

1 Stores your memories

2 Represses memories

3 Keeps repressed emotions

4 Presents repressed memories for resolution

5 Communicates through symbols and metaphors

Your subconscious represses memories with unresolved negative emotions.

This is why the mind hides painful experiences — to protect you from overwhelm in the present moment. However, suppressed memories still influence your reactions, triggers, and patterns — even when you're not consciously aware of them.



It keeps repressed emotions suppressed for protection,

but time doesn't dissolve them — it only tightens their grip. It's like trying to hold multiple beach balls underwater: the longer you force them down, the more energy it drains, your arms ache, tension rises, and anxiety builds — instead of feeling relief through release.



This is exactly what time does with repressed emotions!

And when your subconscious mind feels the moment is right, it presents repressed memories for resolution.

If you want to communicate with your subconscious, use symbols and metaphors, because this is how it communicates with you.



Your mind is a highly moral being — it knows exactly what has happened, what have you done, so be honest and clear, even if you did differently before.

Your mind is with you all the time and remembers every detail better than you do.

The key to working with it successfully and effectively is clarity and honesty.

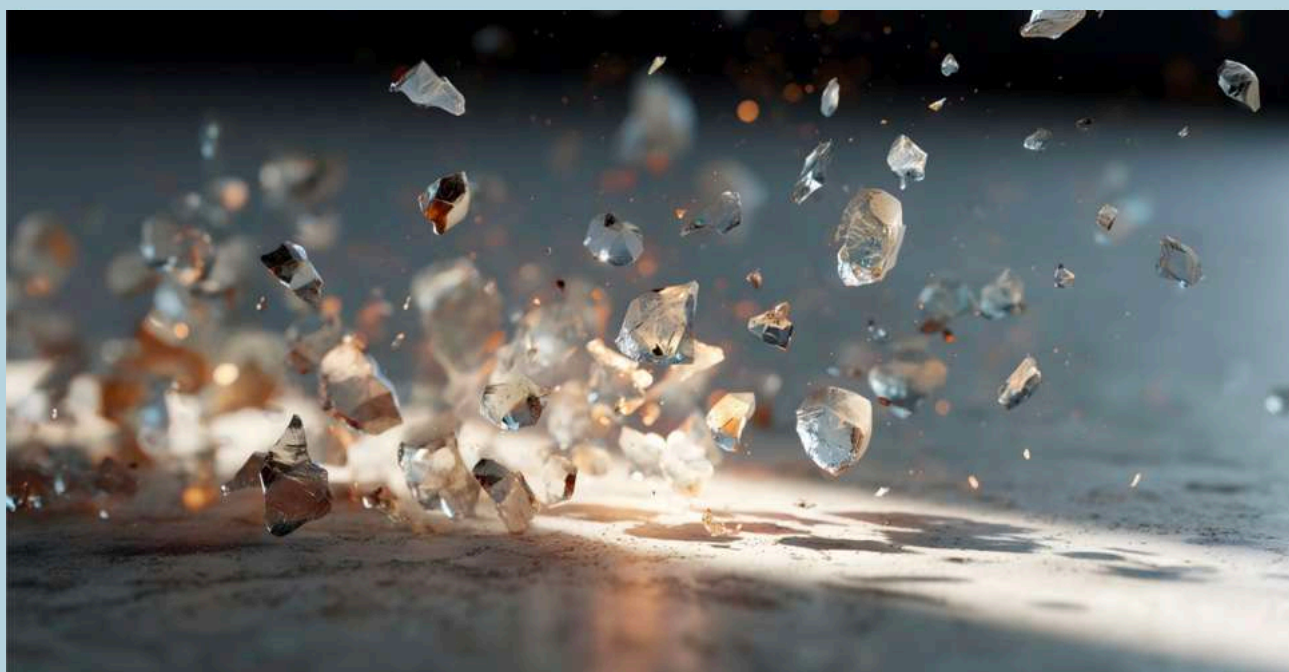
Your Unconscious Mind (*The Ocean*)

Your unconscious mind **holds information that belongs to your lineage evolution** — survival fears, instincts, distrust, unworthiness, valuelessness, and so on. It also stores information holographically.

Thus, it contains everything that has shaped your development — the **shadows** you created, the **instincts** that once protected your bloodline, and the emotional **imprints** passed down long before you were born.

And it also contains the information for perfect health and abundance. Because this is the will of the creator, this will is contained in your blueprint.





Watch the explanatory video [here](#).

03

How it become split?

Our traumas are our separations.

During every trauma,

we separate ourselves from the traumatic event in order to survive emotionally and mentally.

What does separation mean?

We cut off and push away, we reject parts, feelings, memories, and thoughts within ourselves. But when we do this, we reject both the painful emotions and the good ones as well. In other words, we fracture pieces of ourselves — we break off parts of our own being.

When we separate ourselves from the painful parts, we also subconsciously deny them. **Through this denial, doubt and mistrust find a way into the mind.** From that point on, even the thought of possible loss leads to further separation — which means we continue to fragment the mind.

A similar thing happens when we receive contradictory information:

“Eggs are healthy” — “Eggs cause high cholesterol.”

“Global warming is our fault” — “Global warming is a natural cycle.”

“The economic crisis is inevitable” — “The economic crisis can be neutralized.”

The mind, unable to reconcile conflicting truths, splits further — looking for certainty, protection, and stability where there is only confusion.



04

What does the split mind do?

- *Delete*
- *Distort*
- *Generalize*
- *Repeat*

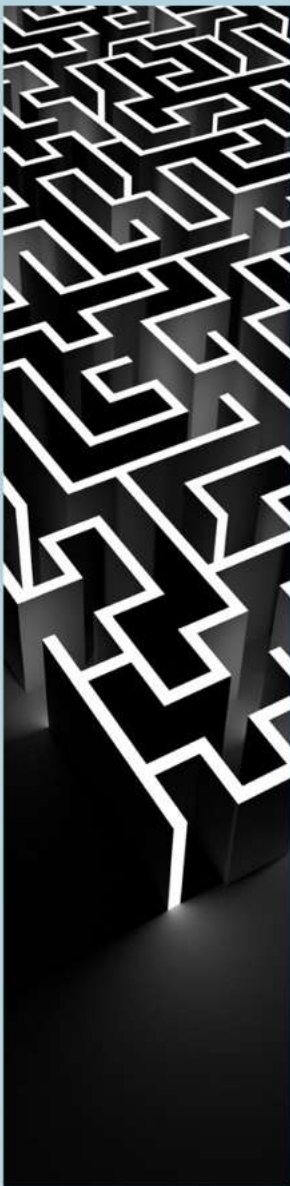


When we are traumatized and living in separation, we create *limiting beliefs* that we conclude in the exact moment of the trauma.

For example:

When you were little, you came home from school excited to share something amazing you had made. But your parent was busy and said, "Not now, I don't have time for this."

Your nervous system froze, and in that moment you created a separation, and the split mind formed limiting beliefs.



Such as:

- *If I express myself, I'll be ignored.*
- *My voice doesn't matter.*
- *Attention must be earned.*
- *I should stay quiet to feel safe.*
- *My needs are not important*



**After a limiting belief has been created, it becomes the
mind's compass in life.**

It becomes the filter of your so-called reality.

Anything and everything you experience can appear in your life because it has been approved by your subconscious beliefs previously.





05

How to Work With Your
Subconscious
Effectively

Now

If you want to achieve sustainable success, you have to discover what's in your subconscious, because no matter how hard you try to set your goals with your conscious mind, **the supervisor is your subconscious, it gives the final approval or denial.**

If it says you are not worthy of the outcome of your goals, there is no way you can reach them successfully.

How to communicate with your subconscious?

Your subconscious is like a 5-year-old child.

If you see a crying, upset child who is having a tantrum because he or she doesn't get what they want, what is the first thing you do?

Do you try to explain how sugar causes high blood sugar? I don't think so.

You connect with the emotion first.

Then you see what it means.

And only after that can you release it.



Your game-changer technique

Step One

List what makes you really pissed off, angry, sad, or hopeless in others' or in your own life.

Discover your strong reactions — anywhere you find one, name them all. Then you discover what's within the story outside of you and inside of you emotionally as well.

Step Two

Ask: *What is it actually?*

Write it down! This step helps you look beneath the surface reaction to uncover the real emotional wound that's being triggered. It's not about the situation itself, but about what it represents inside you.

Step Three

Ask: *What does this mean to me exactly?*

Write it down! Be patient here and let go of all control over what you want to write.

Let your subconscious work, and don't be surprised if it brings up something very unexpected.

Do you remember what you read above about limiting beliefs and how they start to filter your life?

If you are willing to listen to your subconscious, it can become your greatest partner in achieving your goals.

So far, you now know 3 important things:

1. The trigger emotion
2. What you denied earlier when you had trauma and felt the same way
3. What limiting beliefs your subconscious attached to the current emotion

Let's see a short example!



Short example story

My sibling was completely upset when my mother told me that the neighbor's kids were sleeping over at our house while their parents went somewhere in the evening. I could tell he/she didn't like it very much — he/she kept answering phlegmatically all evening, rolling his/her eyes, and getting hung up on every little thing. This really bothered me because I didn't understand why we couldn't be nice; if that was the case, things would have been easier for everyone.

1. What makes me pissed off here?

- Being phlegmatic
- Eye-rolling
- Getting hung up on literally anything

2. What is it actually?

- Being phlegmatic → Lack of acceptance
- Eye-rolling → Lack of respect (self-respect as well!)
- Getting hung up on literally anything → Inflexibility

3. What does it mean to me exactly?

- **Lack of acceptance:** If someone rejects the situation, they are rejecting me.
- **Lack of respect:** If they don't show respect, I am not valued.
- **Inflexibility:** If someone is inflexible, I lose safety and harmony.

RELEASE FORMULA

Now I choose ____ over ____,
even if I did differently before.

Belief 1: If someone rejects the situation, they are
rejecting me.

Now I choose seeing myself as worthy and
accepted over taking other people's reactions
personally, even if I did differently before.

Belief 2: If they don't show respect, I am not valued.

Now I choose holding my value within myself
over seeking validation in others' behavior, even if
I did differently before.

RELEASE FORMULA

Now I choose ____ over ____,
even if I did differently before.

Belief 3: If someone is inflexible, I lose safety and harmony.

Now I choose seeing myself as worthy and accepted over taking other people's reactions personally, even if I did differently before.



With this formula, you can reframe your
subconscious beliefs safely!

You can use it for old stories and fresh ones as well.

Be creative, and let your subconscious guide you.

Trust the process — your subconscious always
knows the way home.



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Closing Thoughts

The journey into your subconscious is not about fixing who you are — it is about **becoming one again**.

Piece by piece, belief by belief, release by release, you return to Oneness.

Instead of denial, choose peace — the time has come.
Be gentle with yourself.

This work is not linear — it is alive, and so are you.

And remember: Your mind is your greatest supporter. It is your oldest protector, your deepest intelligence, and once you **empty your mind**, it becomes your greatest ally in creation, healing, and freedom.

Trust your timing.

You are on the right track, becoming the person you always knew you were.



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Hello! I am Anna,

I wrote this ebook. 😊

I am a trauma healing coach working with edge-leading methods developed by the Advanced Mind Institute, an exclusive invite-only school. My approach integrates NLP techniques and Quantum Psychology, among other advanced modalities.

Certified Master Life Coach

Certified Master Hypnotherapist

Certified Master Neuro Linguistic Programming Practitioner

Certified Master Regressionist and Time Dynamics ® Practitioner

**Forward to
booking**

Do you need help?

During this **free 30-minute consultation**, you can describe what you're going through, how long it's been present, what you've already tried, and what helped — or didn't.

This gives us a clear starting point for understanding your needs and how we can move forward together.



Continue your Journey

If you would like to continue working with your mind in this unique way —

with tools such as:

hypnotic meditations

release formulas

deep subconscious insights

integrative practices

— then simply click the link or scan the QR code to join my newsletter.

Scan me!



Click here!

There you will receive **exclusive content** that supports your transformation, guides your emotional integration, and strengthens your connection with your subconscious wisdom.

Your next level is already calling!

I look forward to meeting you there.