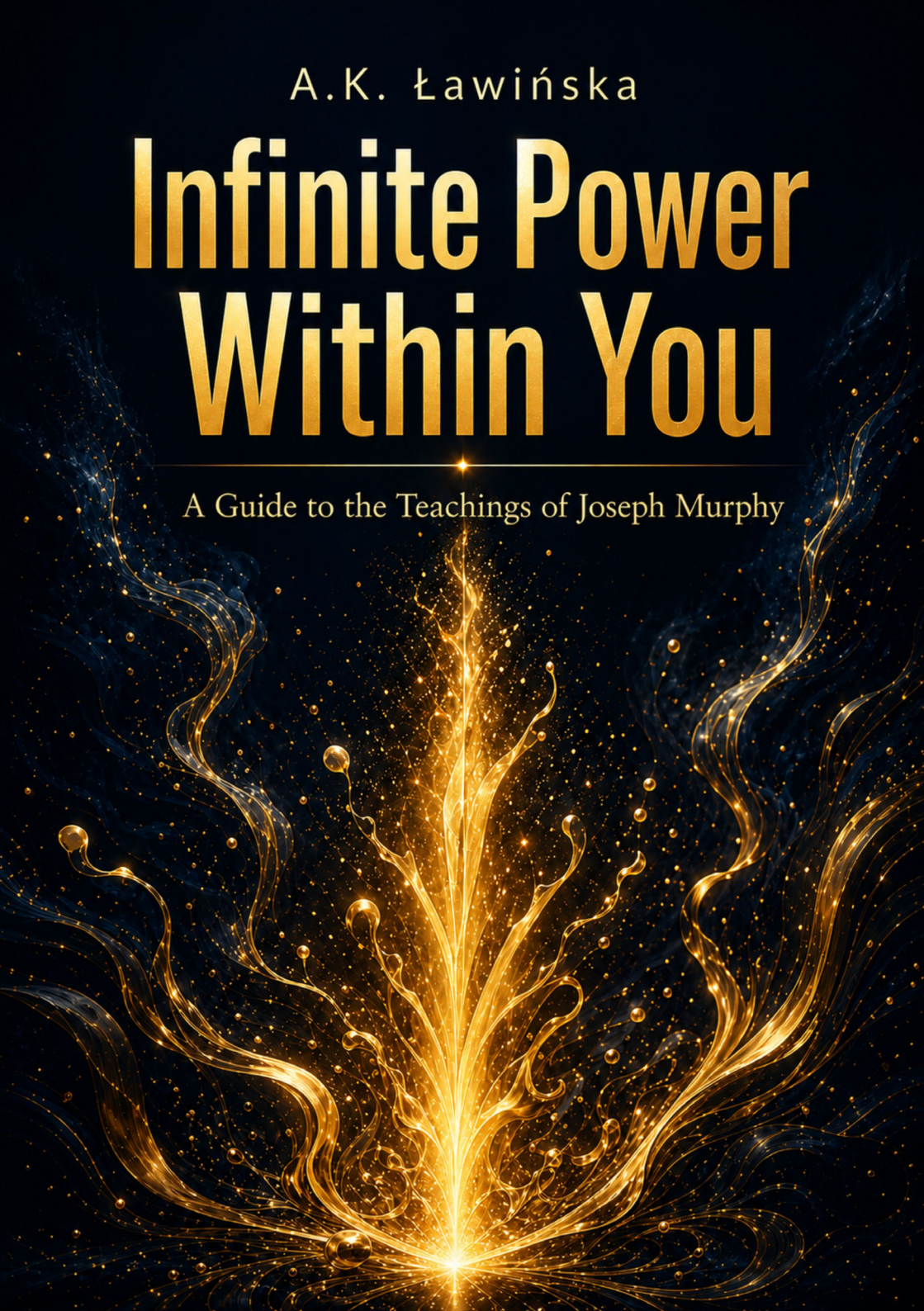


A.K. Ławińska

Infinite Power Within You

A Guide to the Teachings of Joseph Murphy



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Murphy

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Introduction

The message conveyed through the books, tapes and lectures left behind by Joseph Murphy contains the recipe for a fulfilled and happy life. By following this practical message, you will gain the tools to help you make your dreams come true. However, in order for this to happen, you must understand the truth that Murphy proclaimed. Only then will you be able to apply it to your life. In current times, many people struggle with this. The reason for this is that Joseph Murphy created and taught his message several decades ago and the form of his message was tailored to the mentality of people living in those times.

Murphy commonly referred to this Infinite Power that lies within each of us as “God” because that was how it was commonly described at that time. However, since many people living today perceive this term according to their own beliefs and how it is commonly perceived, they often reject the message of this spiritual teacher right from the beginning. This is a huge loss because his books contain timeless wisdom and a simple recipe for fulfilling even the most secret desires.

In this book, you will find Joseph Murphy’s message written in simpler, more contemporary language. By reading it, you will learn why the “miracles” Joseph often wrote about were not actually miracles, but a natural consequence of the correct use of the laws of the mind that he taught. You will also understand why some people

quickly achieve their desires while others, even though they read the same books and tried the same methods, often do not achieve even the smallest results. You will also learn what to do to find yourself in the first group, experiencing incredible changes in your life that will seem like the truest miracles to those in your close environment.

You will also find four highly effective methods authored by Joseph Murphy that, when applied in practice according to the given instructions, can open you up to realizing your intentions and deepest desires.

Chapter 3

Mass Mind - The Collective Mind Of All People

After reading the previous chapter, you may still be confused about why so many things have happened in your life that you never consciously thought about or paid attention to. In this chapter, you will learn about the concept of the mass mind and you will understand why things happen in your life that you never thought about.

Joseph Murphy was aware not only that every person has unlimited power within them, but also that most of us are not aware of it. This is because we are born and raised in a world of beliefs that are full of flaws and limitations, providing us with many false beliefs and convictions from the very beginning of our journey. The collection of these beliefs and convictions is what Murphy calls the mass mind. It is the collective mind of all people that influences us until we realize that we have power over our own minds and start using it consciously, instead of accepting everything that comes to us from the media and other people with whom we still agree. We still agree with them because the programs that most of us have been implanted with since childhood by unconscious adults are filled with various false beliefs and convictions about lack and limitation. Therefore, if our parents, our close environment in childhood (including our uncles, aunts, teachers, neighbors, etc.) did not have

positive, empowering beliefs about money, we are not immune to the negative beliefs about money that come from the mass mind. It is important to remember that if we do not agree with something, we do not accept those thoughts. Unfortunately, we agree with many false beliefs from childhood because we were taught to believe in them as true by our loved ones, who were once indoctrinated with them by their parents, grandparents, and other people in their close environment.¹

However, there is no reason to worry, because we can free ourselves from the influence of the mass mind if we begin to consciously choose our thoughts and feelings, no longer succumbing to those habitual ones that come from our old programs and are in agreement with the mass mind. We must be aware that there are also beautiful and wonderful thoughts in the mass mind. However, there are significantly fewer of them than negative ones because most people are taught to think negatively. Furthermore, you cannot receive those thoughts if you do not have agreement with them. But when that agreement appears, you will naturally start to receive those beautiful thoughts from the mass mind, automatically rejecting the bad and negative ones, bouncing off you like an impenetrable armor.

Perhaps you have noticed that when you simply feel good, positive associations, news, thoughts and memories come to you naturally. The day becomes naturally more beautiful and you also notice more joyful people. On the other hand, when you are sad, angry or irritated, more thoughts in agreement with those feelings come to you and you also notice behavior in others that only deepens your anger and irritation. You then feel like the whole world has “sworn” against you

1. Murphy J. (2015) *Mądrość księgi Hioba*. Wydawnictwo: Kos.

and others have even decided to “get on your nerves.” However, you do not notice that when you feel good, similar behavior from others not only rarely happens to you, but also, if it does happen, it simply does not move you or throw you off balance.

Imagine how it would be if you always felt that way and no one had the power to annoy, anger, sadden or throw you off balance in any way. That would be wonderful, wouldn't it? Even more wonderful is the fact that it is entirely possible and this can happen when you start consciously choosing your thoughts and feelings, installing positive programs into your subconscious mind. If you do this and maintain them, you will be resistant to all negative thoughts from the mass mind and those coming to you from specific people. Naturally, negative behavior from others can also stop having any effect on you and moreover, you will experience it very rarely because you cannot attract conditions and circumstances into your life that you do not agree with. Of course, we live among other people and sometimes a person close to us who still has various negative beliefs may attract such situations when we are in their presence. However, this will happen very rarely because our loved ones will also benefit from our change and the beautiful, positive energy that flows from us. Moreover, when something like this does happen, it will not only fail to move you, but also, such a situation will resolve and end very quickly and its intensity will be much lower.

Often, when someone learns that their thoughts and feelings create their reality, they don't understand why certain experiences (both negative and positive) have happened in their life because they are convinced they didn't think about them, didn't expect them, or didn't pay any attention to them. It's important to understand that you don't

have to think about something to attract it into your life. What matters is that every emotion you feel and engage with, whether it's negative or positive, always expresses itself in your life in the form of various circumstances, conditions and events. That's why, for example, when you feel joy, love or gratitude, you encounter many wonderful surprises that faithfully reflect the nature of those feelings. And when you feel anger or hate, you are open to events and situations that are in line with them.²

That's why unpleasant situations happen to you, such as being treated rudely by someone on the street or getting into a car accident. Additionally, people who don't control their own minds often have no idea where their attention is going. Such a person may give their attention to an unpleasant situation they hear about on TV, unknowingly feeding on those emotions that then also find reflection in their life, even if they aren't very significant unpleasant experiences, they are still unpleasant experiences that everyone would prefer to avoid. You can read more about this and how people often unconsciously direct their attention towards negative tracks, opening themselves up to unwanted situations in the book "*The Mental Diet - Your Lifeline.*" And if you still have difficulty disciplining your attention and breaking your habitual, automatic thinking after reading *Infinite Power*, it will be a wonderful help and incredibly effective tool for your work.

The same mechanism works in the case of beautiful, positive thoughts. Sometimes, when you don't feel too good, you might see something that positively affects you, resulting in being amazed by a smiling, happy child or being moved by the sight of a cute animal, or reading or watching something that deeply touches you. Each of

2. Murphy J. (2015) *Potęga Podświadomości*. Wydawnictwo: Świat Książki.

these examples radiates beautiful, positive energy. If you have even a tiny agreement with it, similar situations will have a positive impact on you and as a result, something nice will happen to you later. However, you don't realize that such a short moment when your attention turned to something beautiful attracted something pleasant into your life. Instead, you think that since you were in a gloomy mood all the time, similar things attract and something pleasant should not happen at that moment.

Something as small as a beaming child's smile or a playful cute puppy seems too insignificant and the moment when you paid attention to these positive events was too brief to result in anything pleasant in your life that happens later. But that's all it takes. Beautiful, positive vibrations have enormous power and are in line with our true nature. Therefore, even when we feel truly terrible, our Absolute (which, as you remember, is pure goodness and love) tries to pull us out of it, using every, even the smallest opportunity. However, it never breaks our free will because only through it can we be creators and develop.

Remember that whenever you focus your attention on something beautiful and wonderful, you awaken vibrations in yourself that are in line with it and open yourself to similar vibrations flowing from the mass mind and from other people who send them to you. However, if you don't know about the laws of the mind, you won't use these situations for too long.

If we don't analyze our thoughts, ideas and beliefs in detail, the mass mind, media or other people will control our thinking. You can choose your own thoughts and emotions or the mass mind, along

with all its vanity, fears, doubts, hatred and jealousy, will constantly control your attention and instead of being the master of your destiny, you will act according to what most people believe.³ Joseph Murphy often reminded us that where there is a lack of awareness, ignorance rules, which has fatal consequences.

In one of his books, Murphy raised a very delicate issue concerning why something happened to a particular person, even though they did not have more negative feelings or beliefs than someone else who did not experience a similar unfortunate accident or other equally unpleasant and unpleasant event. You already know that when we do not think independently, we are susceptible to what is in the mass mind, which is a great compound and if someone does not have strong opposing beliefs (e.g., that traffic accidents never happen to them), they may “run into” them. This is because the law of mediocrity works in the mass mind, and chaos reigns in it.⁴

Taking control of your own mind is the only way to protect yourself from any unpleasant events coming from the mass mind. And if you believe that you have experienced them in the past and are still feeling their unpleasant effects, there is good news – they will naturally weaken when you start managing your mind and directing your attention towards what you desire. In any case, there is no point in pondering whether some unpleasant situation in your past was solely the result of your beliefs, thoughts, and feelings or was also a result of the mass mind, because in this way, you are directing your attention towards what you do not want and only wasting your energy, which you could focus on what you desire.

3. Murphy J. (2015) *Mądrość księgi Hioba*. Wydawnictwo: Kos.

4. Murphy J. (2019) *Moc modlitwy. Niezwykła potęga podświadomości*. Wydawnictwo: Sensus.

As you can see, there is nothing more important than mastering your own mind. Joseph Murphy knew this very well, that we can consciously choose what we will devote our attention to and encouraged others to do so. It is true that if you currently have negative programs ingrained in your subconscious, it is much easier for you to succumb to negative thoughts and feelings because you have automatic agreement with them and in addition, you are open to similar thoughts flowing from the mass mind. At the same time, it is entirely possible and another good news is that there are methods and techniques whose task is to facilitate this for you and support you in changing the direction of your attention and instilling a new program in your subconscious. Therefore, regardless of whether you have faith in change or not, if you rely on proven practice and truly engage in it and remain consistent, you can change your way of thinking and as a result, change your entire life. Joseph Murphy has created many such methods and each of them is equally effective and has helped many people transform themselves and then their lives. In this book, you will learn four such methods, along with helpful tips and practical advice.

Remember also that the true nature of all people is in line with the nature of that Infinite Power, the Absolute, which Murphy most often called God. This power is Infinite Wisdom and constantly speaks to us, although we cannot hear it when we are absorbed in a tangle of thoughts over which we have no control. However, the fact remains that every human being in the depths of their existence is Love, which constantly does everything (except violating the free will of man) to help them come to their senses and desire change in their life, thereby beginning to strive for fulfilling the desires of

their heart, which are always beautiful and incredibly wonderful and can only multiply goodness and happiness in the life of each of us.

You came into this world to experience the joy of development, discovering your true essence, your power. When you first experience the wonderful feeling of discovering that you have this power within you and can consciously change your life, you will feel immense joy and gratitude. Before this happens, each of us is influenced by various ideas, both religious, political, social and others. This occurs until the moment when we decide to use the creative power of our minds. When we do that, we discover our power and rise above all limitations, getting to know the desires of our hearts and expressing them. When we discover the mental and spiritual laws of life, we shed all limitations and become immune to the repetitive, almost hypnotic message coming from surface opinions and false beliefs.⁵

The power of decision is within you, because, like all other people, you have received the greatest gift, which is free will. Therefore, you can use this unlimited power that lies within you in two ways - good and bad. The decision is yours alone. However, you must be aware that every choice has its consequences. If you decide to use this immense power for a good purpose, fulfilling your dreams based on beautiful, noble feelings such as love, joy or gratitude, then only these feelings will be able to express themselves in your life, which will be so wonderful that they can exceed all your most beautiful expectations. On the other hand, if you use this unlimited potential that lies within you to increase evil, indulging in emotions such as contempt or anger and hurting others who are

5. Murphy J. (2015) *Mądrość księgi Hioba*. Wydawnictwo: Kos.

unaware of your power, you will also reap fruits in accordance with those emotions and your life may become chaotic. According to the principle “as within, so without” - what you arouse in yourself is reflected in your life. Similar things attract each other, and this cannot be stopped in any way. This topic is explained in detail in the next chapter.⁶

6. Murphy J. (2015) *Mądrość księgi Hioba*. Wydawnictwo: Kos.

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Joseph Murphy (*Author of The Power of Your Subconscious Mind*)
(*goodreads.com*).

A. K. Ławińska

**The Secret of Conscious Creation
A Guide to the Teachings of Neville Goddard**

This book is a wonderful tool for anyone who wants to learn how to create their life with full awareness. Thanks to this publication the timeless message of Neville Goddard, a legendary mystic and spiritual teacher of the 20th century, can become far clearer to you. In this book you will come to find that the truths he proclaimed remain incredibly relevant today, and the knowledge he shared perfectly aligns with modern approaches to the power of the human mind. The book is an invitation to experience his methods in practice and to discover the incredible possibilities hidden within your own inner self.

A. K. Ławińska

The Mental Diet – Your Lifeline

Your mental diet determines the quality of your life. Every human being can change the mental food they feed upon to that which supports the creation of fulfilling conditions and circumstances. Why then, do so few people choose to introduce a proper mental diet into their lives, when it can be the key to the incredible and positive changes most people dream of? This is because few understand the true meaning of a mental diet or are aware of how a proper practice should look to support all these changes. If you are looking for inspiration to change your life, you will find valuable information and guidance within this book.

A. K. Ławińska

The Metamorphic Code

The Metamorphic Code is a practical book containing a collection of well-known methods and techniques. Applying them systematically and consistently can help you unlock the gateway leading toward changing your life into one you desire. Within it you will also find explanations of important concepts, the reflection and understanding of which may facilitate viewing your own reality from an entirely new perspective. You will discover answers to many significant questions, presented in a form that allows you to easily relate them to your own experience. The power you desire and seek is already present within you. At the same time it remains inactive if you cannot perceive or utilize it. This publication serves as an inspiration that can help you do both.

A. K. Ławińska

The Conscious Subconscious

A Guide to the Teachings of Neville Goddard

Reading this book, you can better understand the foundation of Neville Goddard's methods, which serve as a tool supporting the process of conscious reality creation. Thanks to these teachings, which have enjoyed immense global popularity for decades, you can gain valuable knowledge on how to achieve your goals. Honest desire, persistence and personal commitment are key elements when working with this method. This practice is based on timeless laws of the mind that perfectly align with modern approaches to personal development. Applying these principles in daily life allows you to perceive the potential hidden within your own inner self and to open up to positive changes.

A. K. Ławińska

The Quantum Formula – Power of Mental Emptiness

Through this book, you can begin to understand that you are the creator of your own reality and discover how to apply this knowledge in practice to open yourself to changing your destiny. You will discover a method that when applied according to the proper guidelines, can become an incredibly helpful tool supporting the creation of your desired reality. This is an invitation to start taking action toward the life you want, instead of merely waiting for it to come to you.

A. K. Ławińska

The Secret of Spiritual Alchemy
A Guide to the Teachings of Emmet Fox

Emmet Fox was an outstanding spiritual teacher of the past century who helped many people understand how to change their lives through the conscious use of the laws of the mind. This book serves as a practical guide that introduces his timeless teachings to the modern reader in an easy, accessible way. This publication allows you to perceive how the daily application of these methods helps in the process of deep personal transformation and can facilitate handling life's challenges. The knowledge contained within is an invitation to stop limiting your potential, to start achieving your goals and to open up to the inner voice in which true wisdom and inspiration are hidden.