



**OpenLife** *by Cactus' Air-Class*

## **Positive Mental Attitude**

### 正向思考態度

## 11. 潜意识力量 (*The Subconscious Mind*)

### 潜意识工程学

希尔将潜意识比喻为「磁带录音机」，会忠实执行反复输入的指令。他提出三大定律：

1. **情感优先律**：带强烈情绪的指令（如渴望、恐惧），会被潜意识优先执行。
2. **无批判接受律**：潜意识无法分辨真实与虚构，只要持续输入就会相信。
3. **延迟显化律**：指令需经「21 天发酵期」才会显化为行动或机会。

### 「潜意识编程协议」训练系统

#### 1. 睡前仪式：

- 闭眼后重复目标宣言 7 次（希尔认为 7 是神圣数字）。
- 想象目标达成场景至少 5 分钟，需包含五感细节（如闻到新车皮革味、听到旁人的祝贺声）。





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#### 2. 抵抗负面程序：

- 当怀疑念头浮现，立刻拍手大喝「取消！」（希尔称为「思想警报器」）。
- 每日记录「负面思想次数」，目标每周减少 20%。

#### 3. 潜意识喂食法：

- 仅在饥饿时进食，并在咀嚼时默念：「我吸收的不只是食物，还有财富能量。」

### 关键案例解析

案例一：巴纳姆（马戏团之王）	案例二：约翰·D·洛克斐勒
希尔记载，巴纳姆每日睡前朗诵「我的马戏团将成为美国象征」，甚至在破产期间仍持续此仪式，最终靠「大拇指汤姆」侏儒演员东山再起。	洛克斐勒坚持「潜意识簿记法」：每晚睡前默想每笔交易的完美数字，据传他能在无计算器时代，心算精确至小数点后三位。





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#### 11. The Subconscious Mind

##### Subliminal engineering

Hill likens the subconscious mind to a "tape recorder" that faithfully executes instructions that are typed over and over again. He proposed three laws:

1. **Affective priority:** Commands with strong emotions (*e.g., longing, fear*) are subconsciously prioritized.
2. **The Law of Uncritical Acceptance:** The subconscious mind cannot distinguish between truth and fiction, and will believe it as long as it continues to input.
3. **The Law of Delayed Manifestation:** A command needs to go through a "21-day fermentation period" before it becomes an action or opportunity.

##### "Subliminal Programming Protocol" training system

###### 1. Bedtime Ritual:

- Repeat the goal declaration 7 times after closing your eyes (*Hill considers 7 to be a sacred number*).





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- Imagine the goal achievement scene for at least 5 minutes, including details of the five senses (*e.g., smelling the leather of a new car, hearing the congratulations of others*).

#### 2. Resist Negative Programs:

- When suspicion arises, immediately clap your hands and shout, "Cancel!" (*Hill called it a "thought siren"*).
- Record the number of negative thoughts every day, with the goal of reducing them by 20% per week.

#### 3. Subconscious Feeding:

- Eat only when you are hungry and say silently as you chew, "I absorb not only food, but also wealth energy."





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#### Key case analysis

Case 1: Barnum	Case 2:
<p>(King of the Circus)</p> <p>Hill records that Barnum recites "My circus will be an American symbol" every day before bedtime, continuing the ritual even during bankruptcy, eventually making a comeback by the "Thumbs Tom" dwarf actor.</p>	<p>John S. D. Rockefeller</p> <p>Rockefeller adhered to the "subconscious bookkeeping method": meditating on the perfect number for each transaction every night before going to bed, and he is said to have been able to mentally calculate to three decimal places in the age of no calculator.</p>

