

# THE SUPRACONSCIOUS

A copy of hand written notes found in papers of the late

J. Duncan Morrison.

The original source is not known.

Mind Power is a power for health by right thinking. Mind Power can turn the ill into the well, the infirm into the active and the miserable into the happy.

Happiness is a habit and like all habits it can be developed. It is as easy to develop as any other habit.

There are hidden powers – magic powers – within the brain, within the Supraconscious. The power can be tapped and used and made to work.

The secret is old – and upon its age depends its certainty.

The Supraconscious is a powerful superior and “upper level” thinking machine. Its powers are “above” and “beyond”.

The Supraconscious is the root of the mind’s power.

In the Supraconscious lie outstanding power and vast wisdom. All these powers and this wisdom are there to be used. They need only to be tapped.

## THE SUPRACONSCIOUS

The Supraconscious is a vast storehouse of knowledge. This vast accumulation of wisdom and knowledge never pauses and never ends.

The Supraconscious, unlike limited Conscious Mind, always knows how to put together facts so that they lead to correct conclusions. It is like an immensely powerful but extremely compact computer, with a vast library of information ready for use, but needing proper programming.

The Supraconscious remembers everything. The conscious mind feeds information to the Supraconscious and may then forget it. The Supraconscious never forgets.

The Supraconscious is the secret of the “hunch” that sometimes guides us - and it can be developed into a constant and dependable guide.

The Supraconscious can by-pass the limited Conscious Mind, and take absolute control of the function and conditions of the body.

The Supraconscious is the key to achievement and betterment.

The gift of the Supraconscious – or more accurately its directed use – is effective in healing, learning, influencing and improving.

The Supraconscious can be controlled. The way to control it is by the use of suggestion.

The use of the power of the Supraconscious is based on a seven point hypothesis:-

The Supraconscious is constantly amenable to control by the power of suggestion.

The Supraconscious is incapable of independent reasoning by the process of induction.

The power of the Supraconscious to reason deductively from given premises to correct conclusion is practically perfect.

The Supraconscious is endowed with perfect memory.

The Supraconscious has absolute control of the functions and conditions of the body.

The Supraconscious has the power to communicate by means other than the recognised channels of the five senses.

The Supraconscious is capable of intuition and perception of the laws of nature.

## SUMMARY OF HYPOTHESIS

1. Power of Suggestion.
2. Independent reasoning impossible.
3. Deductive reasoning perfect.
4. Perfect Memory.
5. Absolute Control of Body.
6. Power of Communication.
7. Intuition.

(Suggestion, Reasoning, Memory,  
Control, Communication, Intuition)

**Preparation for sleep**

Physical relaxation.  
Mental concentration, then relaxation.  
Recite the points of the hypothesis.

**Suggestion to the Supraconscious**

Relax, and open communication channel.  
State positive thought and express a positive.  
Repeat until single expression is sufficient.

**The Supersense**

Utilize “hunches”.  
Keep a small note pad.  
Record day and night.  
Consider thoughts at night.

**“Mind and Matter”**

Allow positive thoughts to be created and “soaked in”.  
Reverse negative thoughts.

**The Happiness Habit**

Make happiness a habit.  
Banish monotony.  
Develop a Happiness Maximum.

**Visualization**

Positively affirm health.  
Avoid disharmony.  
Visualize perfect health, vitality and happiness.  
Avoid upset, panic and worry.

**New Psychological Laws**

Destroy anxiety.  
Look forward.

**Use of the Hidden Power**

Make an affirmation.  
Vizualise it in the mind’s eye.  
Project it (e.g. to part of the body).  
Use curatively.  
Nullify doubt.  
Accept distraction from habitual thinking.  
Destroy or reverse negative desires.

**“Night work”**

Encourage the Supraconscious to work at night and when the conscious is asleep or otherwise occupied.

**Summary**

Study the hypothesis.  
Always instruct the Supraconscious before sleep at night.  
Clean out Memory Storehouse.  
Think, Live, be Happiness.  
Use the power of the Supraconscious for curative purposes  
and to destroy anxiety.  
Create vitality.