

## FAQs and Tips About the Mind Truths Audio Courses

*Here are 3 tips about the Mind Truths audio courses*



Designate a time to listen for 30 days or more to the audio recording. Change takes time and repetition.



Listen to the audio recording where and when you won't be interrupted and can relax in a comfortable position.



Mind is energized with possibility and motivational truth statements – gives the mind optional thoughts to use

### *What are the Mind Truths audio courses?*

Mind Truths are based on the fact that we first make our beliefs, and then our beliefs make us. What we believe and tell ourselves creates our reaction, response, and action to everyday events. It's the culmination of these that defines who we are and the degree of joy, abundance, and success in our lives.

Mind Truths give the mind strong, encouraging, and supportive messages that inspire and act as alternative, positive thoughts about a concern. Our minds work by doing exactly what we tell it to do. By giving your mind great thoughts and feeding it uplifting, positive, motivating thoughts, you're in the frame of mind to get things done and move forward with your dreams.

There are two audio courses in every Mind Truths course. One course has affirmations or statements of truth that begin with "I", and the other begins with "You". Both are provided as some people resonate more with one or the other. Try each and see what feels right for you.

### *How does the audio course change my beliefs about a concern?*

No matter if you want to accomplish personal or professional success, the most important conversation you have each day is the conversation you have with yourself. If that conversation is filled with negative self-talk, doubt, and low or negative expectations, your results will not be what you want. Your personal results begin with what you allow into your mind, focus on and ultimately, believe.

When you give your mind a constant stream of uplifting, inspirational, motivational, and encouraging thoughts, you show up to situations more confident and more self-assured.

### *What is happening while I'm listening?*

If your life is not what you want, review the daily conversations and thoughts you have with yourself. Often, they are destructive and damaging. As you become aware of the thoughts, words, and images you're feeding yourself, you'll realize they can be full of negativity, fear, and doubt.

Once you've recognized that the negative conversations are the real cause of your not reaching your goals, you can quickly change these conversations through conscious and subconscious retraining of the mind. A conscious way to turn disbelief, doubt, and negative self-talk into a positive mindset is through the use of statements of truth or affirmations, and then taking immediate action.

Mind Truths contains statement after statement of positive, supportive, exciting statements that rewire your mindset, subtly shift your internal conversation, excite the mind, and increase your productivity by motivating you to take action.

### *What type of ideas will I be hearing?*

Mind Truths statements introduce ideas, attitudes, and actions that your mind can latch onto to get what you want. There are only positive, supportive statements in the Mind Truths audio courses. Every statement is a statement of a new belief or action that wires in a different thought of action or belief about the issue into your mind. So, when you need to confront the issue, your mind now has alternative, positive information upon which to draw from. Although statements of truth do not alone bring success, through continued use, they can turn negative self-talk into a positive, inspired, and prosperous mindset ready and willing to take action.

Be gentle with yourself if the affirmations don't feel authentic yet. Over a short time, you will internalize them more as your mind begins to accept a different way of thinking and viewing things.

### *How will I know it's working?*

Here are two ways to use statements of truth that have been effective for me and others. First, whenever you can, listen to this audio several times a day. Listening during your commute will put you in a terrific and powerful frame of mind when you get to work. Or, listening while you do housework or walking is an easy way to fill your mind with positive thoughts. The more your mind hears these thoughts, the more a subtle shift of belief begins to take effect. When the issue comes up, the mind begins to pull out these thoughts and apply them.

Another effective way to consciously communicate positive thoughts taking a few of these statements of truth that you really like and write them down on notecards, one statement per card. Make three sets of these “truth” cards to have near you during the day. I’ve found that having a set in the car, one set on my desk and the third set on my person works well for me. During the day, review these truth cards several times, taking the time to place your hand over your throat and verbalize the truth of each card. The throat is the “truth” center of the body according to chakra practice. It can be very effective to say these truths in front of a mirror as you state each truth out loud.

Whether you listen directly or indirectly, your conscious mind absorbs the messages and reinforces new thoughts of positive self-talk. Listen at least once a day for 30 days with the audio course before judging its effectiveness. I’m willing to bet, you’ll feel different within the first week. And at the end of the month, you’ll feel excited and confident in your abilities and will be in the correct mindset to make great progress toward what you want.

After the 30-day period and beyond, you’ll soon find that your self-talk changes, and you’ll feel more assured in your belief that you really can get what you want. As this positive self-talk becomes a permanent part of who you are, you’ll no longer need statements of truth as you’ll be naturally feeding yourself positive self-talk.

### *Is this right for me?*

Affirmations have worked for many, and they can work for you. I found they work much better if there’s passion and focused visualization behind the desired goal. Passion helps bring emotional excitement to the words and excitement is a trigger for our pleasure-seeking mind. Visualizing doing the very thing we want shows our mind exactly what result we’re looking for.

The amount of time change takes place is different for each of us. As the MindTruths work on the conscious mind, it is a slower process. The more you listen and absorb, the more your mind has a positive thought to turn to. Taking action on what you’re listening to is important as it reinforces the ideas and moves you towards accomplishing your goals.

I strongly encourage you to listen to this statement of truth audio several times a day, particularly in the beginning as you’re training your mind to encourage and believe new ideas and behaviors. If you’re in an environment where you can play the recording all the time, such as working, exercising, or cleaning the house, let it play in the background. My favorite time to listen is during my commute as I can listen and state the truths out loud with huge enthusiasm and excitement.

And if you want to transform your thoughts and behavior patterns even faster, take a look at the complementary [Mind Beliefs](#) audio course that upgrades beliefs using the inner, subconscious mind to effect change. With this duo tapping into both your conscious and subconscious mind,

everything you want in life can be within reach as your mindset is in a continual state of positivity, excitement, and belief.

### *How do I Gain Access to the Audio?*

The access details will be emailed to the email address you provided immediately after purchase. At that point, the audios can be downloaded as an MP3 file or listened to online. Please allow at least 10 minutes to receive the audio in your email.

If you have any additional questions, please let us know by emailing us at [info@masterjoyandsuccess.com](mailto:info@masterjoyandsuccess.com). We'll answer your questions as quickly as we're able to.