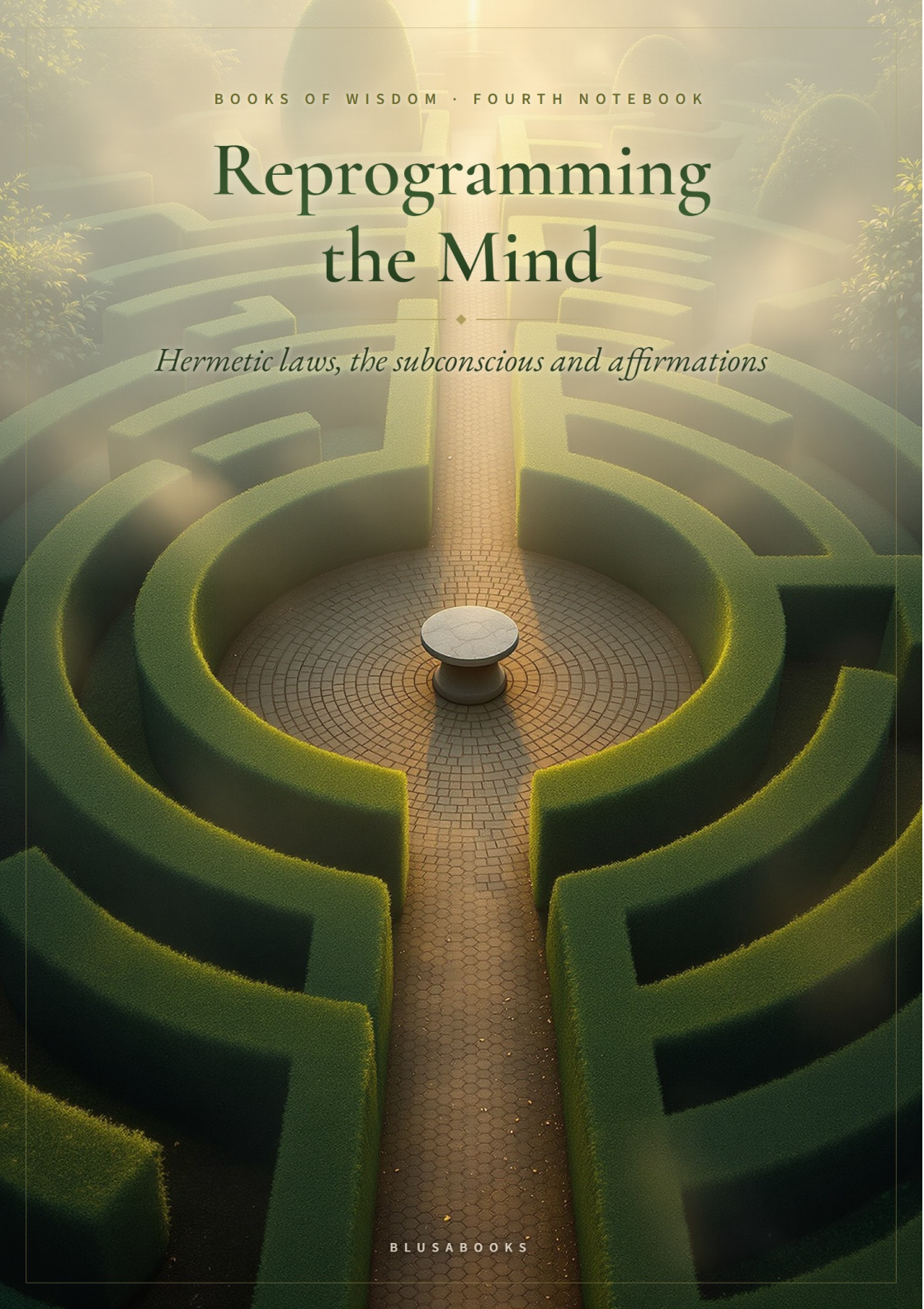




BOOKS OF WISDOM • FOURTH NOTEBOOK

Reprogramming the Mind

Hermetic laws, the subconscious and affirmations

BLUSABOOKS



Reprogramming the Mind

HERMETIC LAWS, THE SUBCONSCIOUS AND AFFIRMATIONS

Every chapter — four parts

WHAT THE TEACHING SAYS *the teaching, honestly and in full*

IN PLAIN WORDS

the same in one or two sentences

TERMS

the chapter's terms and what they mean

WHAT SCIENCE SAYS

*what psychology has proven, what is
beautiful language*

This book does not replace medical advice.

Books of Wisdom · MMXXVI

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FOREWORD

This book is about an idea older than all the schools of psychology: that a person can rewrite their own mind. That the beliefs we grew up with are not ours but were put in; that they run like a program steering life from behind; and that with attention, repetition and the right words this program can be replaced. In today's spiritual literature the idea lives alongside the seven Hermetic laws, brain waves, Solfeggio frequencies and affirmation techniques, and that is exactly how I will tell it here — as a teaching.

And then, in every chapter, I will say what science says about the same thing. Because this teaching has two parts grown tightly together: one is psychology tested over decades that works — rewriting beliefs, gratitude, mindful attention, habit formation; the other is beautiful poetry about frequencies, numbers and a universe that obeys thoughts. Both are worth knowing, and both are worth telling apart.

Every chapter has four parts: what the teaching says, the same in plain words, the terms, and — what science says. At the end of the book are three sheets to print and use: the twenty-one-day affirmation plan, the thirteen "I am" power words and the SAFE daily reminder. They are tools, not talismans; they work as much as you work with them.

CHAPTER I

THE SEVEN HERMETIC LAWS

WHAT THE TEACHING SAYS

The teaching begins with seven laws attributed to Hermes Trismegistus — the legendary sage of Egypt and Greece — which, it says, describe how the whole universe works, in matter and in spirit alike.

The first is the law of mentalism: all is mind, the universe is a creation of thought, and our thoughts shape our experience. The second — the law of correspondence: as above, so below; as within, so without; the patterns of the large repeat in the small. The third — the law of vibration: nothing stands still, everything moves and vibrates at its own frequency, and a person can tune to higher ones. The fourth — the law of polarity: everything has two ends — light and dark, love and fear — and they are two degrees of the same thing. The fifth — the law of rhythm: everything flows and ebbs, rises and falls, and a wise person knows the rhythm and does not fight it. The sixth — the law of cause and effect: there is no chance; every thought, word and deed has consequences — karma. The seventh — the law of gender: in everything there is a masculine and a feminine principle, and creation happens when they meet.

Whoever understands these laws and lives by them, the teaching says, sees the world more clearly and steers their life consciously instead of surrendering to it.

IN PLAIN WORDS

Seven sentences about how the world works: everything begins in thought, the large repeats in the small, everything moves, everything has two ends, everything comes in waves, everything has consequences, and everything holds two principles.



FIGURE 1

The seven Hermetic laws — formulated in the 1908 "Kybalion", not in antiquity.

TERMS

Hermes Trismegistus — "thrice-great Hermes", a fusion of the Greek god Hermes and the Egyptian Thoth; a legendary sage credited with the Hermetic writings.

Hermeticism — a philosophical-mystical tradition of late antiquity (2nd–3rd century) that combined Greek philosophy, Egyptian religion and astrology.

The Kybalion — a book published in Chicago in 1908 and signed by "Three Initiates"; the "seven Hermetic laws" were first formulated in it.

Polarity — the existence of two opposite ends in one whole (the poles of a magnet, hot and cold).

Karma — Sanskrit for "action"; in the religions of India, the view that every deed brings consequences in this or a future life.

Macrocosm, microcosm — the great world and the small world; the two sides of the law of correspondence.

● WHAT SCIENCE SAYS

The history here is simple and a little surprising. The "seven Hermetic laws" are not ancient: they first appear in 1908 in the book "The Kybalion", most probably written by the American publisher and New Thought author William Walker Atkinson. The ancient Hermetic texts — the "Emerald Tablet", the "Corpus Hermeticum" — are real and date from the 2nd–3rd century, but they contain alchemy and theology, not seven numbered laws. The idea of correspondence ("as above, so below") really is from the Emerald Tablet; the rest is early-twentieth-century America.

Are they "laws" in the sense that the law of gravity is a law? No — they can be neither measured nor refuted, so in science they are not laws. But as wisdom for living, some are quite practical. The law of rhythm says what psychology says about mood swings: the bad will pass, and so will the good. The law of cause and effect is simply an ethic of responsibility. The law of mentalism is half true: thoughts do not shape the universe, but they shape what we notice in the universe and how we react to it — and that is enough to change a life.

CHAPTER II

THE CONSCIOUS AND THE SUBCONSCIOUS

WHAT THE TEACHING SAYS

The human mind, the teaching says, has two floors. Upstairs is the conscious mind: what we think on purpose — reasoning, analysing, expressing, deciding. It is the stage on which our inner dialogue runs, and we call it "I". Downstairs is the subconscious: the silent force that steers behaviour beneath the surface — like an autopilot running on programs installed over a lifetime. Riding a bicycle, walking, finding a familiar route — all of that is the subconscious; it knows more than the conscious mind and works faster.

The conscious mind, it says, processes only a small part of what happens in the mind; the subconscious runs most of it. And there — in the subconscious — our beliefs about ourselves, money, relationships and the world are stored. They were put in mainly between birth and the age of seven, when a child's mind absorbs everything parents, school and society say, without sorting. That is how personality and its limits arise. But, the teaching says, even though we did not write the original program, an adult can rewrite it. Belief is a force that either drives forward or holds back; whoever learns to notice it takes the wheel into their own hands.

IN PLAIN WORDS

The mind has two floors: upstairs what we think consciously, downstairs the habits and beliefs that steer without our knowing. Most were put in during childhood. But they can be rewritten.

TERMS

Conscious mind — the part of the mind we are aware of: thoughts, decisions, attention in this moment.