

# 7<sup>th</sup> Annual Congress on MENTAL HEALTH

September 08, 2021 | Webinar

## Hacking the Hacked Unconscious Mind - Mental Health Prevention and Instant Recovery

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This talk aims to bring accurate thinking in solving mental health issue. The unconscious mind remains mystery to the most. Human race will continue chasing tails for real cure if we cannot reveal the veil. Sigmund Freud said, the unconscious mind is largely inaccessible, which occupies around 80% in the iceberg image of human minds. The human potential and the power of the mind can be a sword with two edges if we misunderstand the real power and truth behind it. The part that makes us amazing success is also the part that makes us stumble and tragic fall." It leads aspiring individuals with mental strength to success lives with various emotional and mental suffering at different degree as the side products. As a consequence, they drive themselves to the tragic ending without awareness. Case analysis of famous people chosen from news will enhance the view point. The traps behind any mental health issues are resulted from feeling comfy with the harmful hypnotic rhythm. It is disclosed in Chapter six: Hypnotic rhythm, Outwitting The Devil, Napoleon Any mental health issue can be solved once we master how to dominate the "unused" space of Unconscious mind through hacking process. It will pursue with an overview of misconception about the unconscious mind and the presentation of the author's personal position on the new discovery on its power to kill the suffering.

### Biography

Mind Power Lady, Dr Angela Wilson (double Ph.D.) is known as the authority of the Unconscious mind. She is COVID-19 mind matrix specialist and holistic health educator, certified training provider, international speaker, author, and more. As the extra person who lived in fear of uncertainty, death and after death, Dr led her hands truly on what humanity is looking for but afraid most of us to find at early age of six. Her lifelong cutting- edge discovery bridge the missing gap in study the mind merging physical and metaphysical world as one to solve any mental health issues.

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