

WHAT IS THE UN-CONSCIOUS MIND?

Isn't it nice to know, that you have not one, but two minds?
Your conscious mind, and your unconscious mind!



What is the conscious and unconscious mind?

Simple answer: the conscious is everything you are aware of, in the moment, and the unconscious is everything else, outside of your awareness.

The number of activities your unconscious mind carries out for you is astounding and humbling. Whenever the situation calls for a memory, or skill, it appears magically out of nowhere. You reach out and catch a tossed object without giving it a thought. You scratch an itch or straighten your hair without consciously knowing it. Names, dates, concepts and insights appear in your awareness (all this from the unconscious mind)

Emotional reactions bubble up from nowhere. Without realizing it you rely on your unconscious mind for complex activities everyday; walking, talking, driving a car, suddenly remembering something important, breathing, digesting.

Your unconscious stores tons of information and memories; it knows where you were yesterday, who you saw, what you did last year, and what your plans are for tomorrow, and next week.

Your unconscious mind is also in charge of many thoughts, feelings and behaviors, that are out of your conscious awareness.

From the time you were born until about 5 or 6 years old your brain was in a hypnogogic trance (basically, you were in hypnosis!) This is no accident. Nature intended this trance state so your brain could be

'download' programs for learning how to make sense of the world. Those first 5 years allowed your brain to be 'in trance' so that your unconscious mind could be programmed and get you ready for life!

Unfortunately, some of the programming that got downloaded those first five years may not have been useful. Ideas such as: not being good enough, not being worthy, life being hard, and the world as a dark and dangerous place. And all of this programming happened 'outside' of your conscious awareness.



So today, no matter how old you are, be it 20, 40, 60 years old, that old programming is still in there, running your life! Until you do something to change it.

Ironically, people walk around thinking they are 'consciously' making decisions, running their life, and living by choice. The fact is, your unconscious mind runs 95% of the show! And this is the programming of a five-year-old child!

Now imagine: this can be "extremely" useful, IF those programs are in your best interest, and empower you, motivating you towards your dreams and desires. But if you have unconscious programming that is dis-empowering, and in conflict with your conscious goals and desires, the unconscious mind will work to sabotage your goals. And the unconscious mind always wins!

For you to achieve your goals- your conscious and unconscious must be in alignment.

How do you know what is in there, in that unconscious mind? An easy way to find out is simply to look at your life. What is working, and what is not? If you have a goal, a dream, you have worked towards and really given it effort, and yet it has not come into being,

that is where you will find unconscious limiting beliefs, and self sabotage. Those limiting beliefs come from unconscious programs that are in conflict with your 'conscious' goals, and they are stopping you, sabotaging your conscious efforts.

The good news, and YES, there IS good news: The good news is we do not have to go diving into the cause, and stir up myriad details around this unconscious programming. We already know the programming is there; we simply need to change it.

As stated earlier, most unconscious beliefs and programs were installed before the age of 5, when your brain was in the hypnagogic state. Who installed these programs? Parents, friends, siblings, neighbors. It does not take a malicious person to install negative programming. A simple offhanded comment meant in a positive way can install un-useful programming. For example, your mother says "Eat everything on your plate" and now as an adult you cannot seem to stop eating when you are full. Or your father anxiously yelled, "Get down from there, you will fall and hurt yourself!!" and now you have a fearful belief that the world is a dangerous place.

In both instances your parent's intentions were good, but your unconscious mind, which takes every word literally, understood these statements and wrote a program in your unconscious mind in a self-sabotaging way.

Imagine a recording device, such as a tape recorder or an ipod, a device on which you can record songs and voices. Your unconscious mind is like having a recording device full of recordings. These recordings are programs, and they run all by themselves, outside of your awareness, everyday, all day long, 95% of the time!!!

Now imagine you finally begin to notice one of them, perhaps a behavior you would like to change. So you decide to change it. You 'decide' consciously that you will not act that way anymore! But this is an unconscious program, and you cannot directly talk to the unconscious. That would be like walking over to the recorder because you did not like what was playing and then yelling at the

recorder to change: "Come on change, no really, stop doing that. I want you to stop playing that program. Come on, change!!"

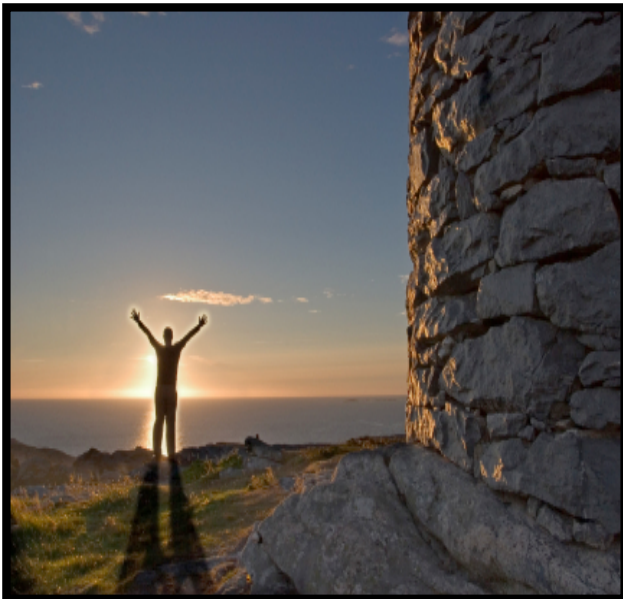
The recorder is just a machine. You put in a program and it runs that recording perfectly well. You cannot just 'tell it' to change. You have to change the recording. Similarly you cannot just tell your unconscious mind to stop making you act like a fool with this foolish behavior you want to change. You have to change the programming.

Now imagine walking over to the recorder and pushing the record button!! NOW you can record a new program! And it works. And the next time the recorder plays, it plays a NEW program!

Hypnosis is like pushing the record button. Hypnosis allows us to record a new program, and then simply let it play!

This is so exciting!! Do you really get how exciting this is? Because not only can you go in there and erase those old limiting beliefs, and self-sabotaging programs that have been running wild all your life, but you can also add in NEW programs to super-motivate you towards dreams and goals you once thought impossible!

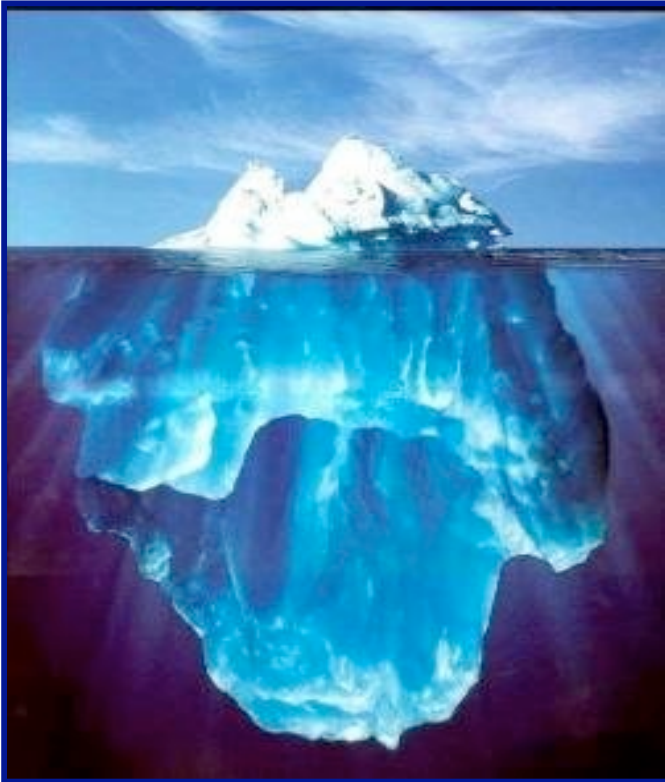
Imagine! All you have to do is install a program, and then let it run! How much easier life would be. It's as if you don't have to do anything; you can let your unconscious mind do the work for you.



You can perform new behaviors naturally, without effort, because the programming is in your unconscious mind, which runs you 95% of the time!!

Hypnosis and NLP allow you to install new programs, and erase those old programs that do not empower you.

Imagine an iceberg...



As you approach this mountain of ice in the sea, it appears rather impressive. But you know what is really impressive? The fact that the tip above the water, which appears rather huge, it is only 10% of the total mass. Below the surface, under the water, that iceberg spreads out in all directions. In fact, 90% of the mass is hidden beneath the surface!

Your unconscious mind works the same way. Your conscious mind is only the 'tip of the iceberg'. The mass of your power lies hidden beneath the surface.

When you get close enough to see below the surface, you can access that power and allow it to work for you. Imagine the possibility!

BUT WHAT IS BENEATH THE SURFACE?!

Some people are afraid to go beneath the surface. You may feel the unconscious is a dark, scary place where unpleasant things lurk about!!

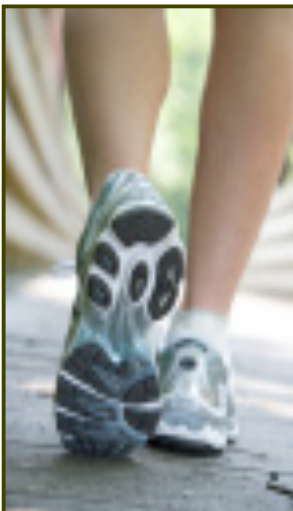
The fact is, your unconscious is your friend. Do you have any idea how much this 'second mind' of yours is doing on your behalf, for your benefit, every single day??

Your unconscious mind has the ability to get you to your goals. Your unconscious mind has ability to stop you as well. It is much more powerful than your conscious mind, it always wins, and it has more resources. Hypnosis allows you to control this power.

Your unconscious includes much you are not aware of. For instance, a moment ago, you may not have been aware of your weight being supported by the chair, or the images in your peripheral vision, or the sounds around you, or the rate of your breath. Yet your unconscious mind is aware, and stores all of this information for you. If you focus on your breathing consciously, you can make it speed up or slow down, but every minute, hour, day, year, if you do not consciously think about your breath, your unconscious takes care of that for you.

Your unconscious also handles many internal functions such as digestion, heartbeat, and when your cells divide. You can count on your unconscious mind to do these tasks for you without even thinking about them.

Your unconscious makes decisions for you, such as when you are dreaming. You do not plan what you will dream or how the dream will unfold, but your unconscious mind takes care of that.



Your unconscious mind has learned many behaviors which happen outside of your awareness, such as walking, talking, driving.

When you first learned to drive, you had to think about each step, but then you learned it so well that your unconscious mind took over, and now you can drive and listen to music and carry on a conversation and watch the scenery without consciously thinking about your driving.

Your unconscious mind is also in charge of a variety of behaviors, emotions, decisions and beliefs. Some of them not so useful. Have you ever 'come to' and suddenly found yourself in front of the frig with the door open looking for food, after you had 'consciously' decided to eat less? Or had a 'knee jerk' reaction and yelled at a friend and then wondered 'where did THAT come from'? It came from your unconscious mind.



There are also times when you are deeply involved in a task in which you truly excel.

You can FEEL your POWER

You are in the flow, everything is happening perfectly. Perhaps time seems to stand still, or move in slow motion.

People experience this in sports, athletic competition, dance, construction work, creative arts, business interactions, and all types of settings. This is the power of your unconscious mind, pulling together all its resources, and moving you smoothly and easily towards your goal.

It is truly beneficial to have these 'two minds', but ironically, most people rely on the conscious mind to support and direct them, when the unconscious mind has a wealth of power and resources available at your disposal.

It would be wise to get in touch with your unconscious mind, and to direct that mind to re-learn any un-useful learnings that might be stored from the past, and to add in new, powerful resources.

Your conscious mind is not aware of your unconscious. There is a "critical factor" that stands in the way. The critical factor is like a guard at the gate of the castle to your unconscious mind. With hypnosis, we are able to distract the guard and deliver truckloads of useful suggestions and learnings.



Imagine the programming inside of you is like a bunch of little records on a jukebox. Each program is another record.

A record pops up and plays, and runs that program and then another and another. You may begin to notice, and find you do not like some of these records.

Records such as "you are a failure" or "you can't do that" or "you're no good".

You may decide you don't like that record and you want to change it. You could walk over to the jukebox, and yell at it, or kick it, and shake it, but that would do no good. But what you CAN do is to take a NEW record, and install it in the jukebox. A new recording that you like better.

And now this new recording plays without you having to do anything, because a new record has been installed.

This is how hypnosis works.