

“What I know is not what I feel, but what I feel is what I live!”

By Larry Garrett

The “Power of the Subconscious Mind” lies in those words. What we feel is the work of the subconscious mind and what we know is the rational or conscious mind. Observe a few phrases that you or someone that you know might use. “I know that I look good, but I feel ugly.” “I know that I have enough money, but I feel broke.” “I know that I am intelligent, but I feel dumb.” These and any other phrases that create conflicts in our belief system are from the subconscious mind. Only you can change them, no one else has that power. No one else can change our belief systems, not loved ones, not self-help books, not therapists, not teachers, only you. They can assist with directions of how to make a change, but not change you. When someone attempts to contradict what you feel, an invisible wall goes up. Not only will this wall rise and block any compliments that you might subjectively disagree with, but the wall will also keep that negative message locked in even stronger when someone attempts to change it. The skill is to learn what it is that you are feeling and what it does to affect you negatively. Most of us are not aware of what we are feeling at any given moment. We have had those negative feelings so long that we are unaware of how they affect us.

How often have you said or implied that you don’t look okay and someone will say, “You look great!” There is part of you that not only does not want to hear that, but also might feel resentful or angry that someone would say that you look okay when you don’t feel that you do. Primary relationships can often be damaged by the love one feels for their partner and the lack of love that the partner has for himself or herself. The more that one loves the other and the less that person loves himself or herself, the more conflict will ensue. We need to learn to love ourselves!

A great description of our mind is that we are two people within one body, both with different views of the same issue. Often the disagreement of these issues will create disharmony within us. Obviously we can’t go around arguing with ourselves in public, although we might have many conflicts privately within. This mental or emotional disharmony can create physical discomforts, illness, inability to sleep and much, much more. I am sure it could depend on how severe the argument is within our self. Imagine a tug of war with an inability for either side to win. We can tug and pull until we are exhausted and still be in the same spot that we started. That exhaustion can interfere with your well-being. Stress will occur, the body will weaken and complications will follow. That is a great example of the power of the subconscious mind. When we are not at ease, we are in “Disease.” Imagine misplacing an important item. The more frantic that you become looking for it, the more your body begins to weaken. Of course many will not notice their body weakening, as they are too frantic in the mind to notice anything at that moment. There lies another example of the power of the subconscious mind.

I don't claim to have all of the answers to these issues of the mind; however, I do feel that if we can remain at peace within ourselves, then we have begun the road to success of feeling good in life. Each day that we allow negative thoughts to be ignored and to pass, we become a little stronger. If we hang onto a negative thought, it begins to grow in size, often beyond our abilities to control them.

I view the process of thinking with an image of activity that is bringing more substance into the mind. Have you ever had a "Worry" kind of thought and as you allow it to grow, other thoughts begin to enter into your mind unrelated to the original thought? When you have misplaced your keys, many other thoughts will connect to that worry or fear. You might have only misplaced your keys, but then you begin to worry about not getting to your destination, maybe work. Then the people waiting for you will be angry. Then you might get fired. How will you pay your bills if you get fired? Where will you live? What will your family do? What will your friends think? You will be trapped here at home all day. What if you never find your keys? Does all that sound exaggerated? Of course it doesn't. We have all been there but you never need to be there again. This commotion of the mind is common and I feel that if we view thoughts such as a frequency or a temperature, we can determine how that activity has occurred and how to avoid it.

To interpret this further, imagine if your thoughts have different frequencies like your radio at home or in your car. Much like that frequency on your radio, when you tune in a channel that is being transmitted from the radio station, you can hear what they are transmitting. Say you tune in 91.5 FM. You will hear everything that the station is transmitting. They are transmitting and you are receiving on the same frequency. When you misplaced your keys, every other fear that had a similar frequency will begin to play in your mind. Fear is the frequency.

Here is another example of emotions and how they form and control us. If a comfortable temperature for you is 72 degrees, then when it is lower or higher, negative responses will occur. Maybe when it is lower, you become cold. We might equate cold with fear. When it gets too hot, we might equate heat with anger. 72 degrees is perfect, but we forget how to get there. I cannot tell you how to control your emotions, but if you learn where you are at any given moment, you are able to bring back the "72 degrees" at will. Then you are on your way to learning to feeling good and control the power of your subconscious mind everyday. Yes, everyday. Some people can feel bad everyday. You can learn to feel good everyday.

The power of your own subconscious mind is stronger than any force that I have ever learned about. It can make you or break you. It can allow you to feel strong when you are not and feel fear when there is nothing to fear. The subconscious mind can even kill you with the power that it has within.

I know, I know. I am getting a little carried away here, or am I? Can the subconscious mind really kill us? Can it really cure us? Obviously we can see many examples of the subconscious mind deteriorating the body. Many illnesses that occur within the body can be amplified by our thoughts or would it be better worded to say, by our feelings.

Usually our thoughts are on a conscious level and our feelings come from our subconscious mind. Many disorders in the body have an origin of the mind such as a psychosomatic disorder, which began with a feeling of a disease occurring, and it eventually it does. We have all heard someone say this about someone who died, "They lost their will to live." Can we learn to have the will to live when the chips are down? Of course, but are you ready to work at it? Another example of the subconscious mind creating such a deadly fear within us would be of the person with a weak heart that can actually have a heart attack. This is not to frighten you, only to create an awareness of the power within your own abilities. Fear can create many physical changes within the body. The opposite of fear is love and love can heal.

The challenge is that many of us have never learned love well, as we were in fear too much of the time to love. There is another value to the power of the subconscious mind. What is right or wrong to the logical mind is not right or wrong to the subconscious mind. The subconscious mind uses a factor of what we have done the longest in life is right and what is new is wrong. Sound crazy? Have you ever heard the phrase, "That's the way we have always done it." I have always liked the phrase that says it well, "When we always do what we have always done, we always get what we have always got." When we attempt to change a belief system, the subconscious mind will often resist. Yes we can intellectualize and say that it is no longer valid to eat everything on your plate to be healthy and strong, but the subconscious mind has learned that food is love, comfort is security, eating a lot is good. Those are very difficult messages to change. The subconscious mind also has another rule that says, "All or nothing." We never eat one cookie. It is the whole box or none. The subconscious mind does not have 64 shades of gray, it is black or white, right or wrong, up or down. It does not know variables. The only way that I know of to throttle the mind and gain control is by using meditation, self-hypnosis or any other type of natural mind altering methods. I have not found another way of communicating change to the subconscious mind on a conscious level with any long lasting results. Sure we can think positive, but the subconscious mind does not hear thoughts. It communicates with feelings and we need to use feelings to change it. The challenge is that we have feelings of despair when the subconscious mind takes over with negative thinking. We can think positive all we want and it might momentarily change, but as soon as we are not looking, it will take over again. A habit such as smoking is a great example. We can say we are going to quit smoking, but as soon as we under stress, the cigarette gets lit without our conscious awareness. This would be true of many habits that occur when a person is under stress. Positive thinking alone is just not enough.

Here is the "Magic of the Mind." If we can reach that temperature of comfort that we spoke of earlier, then we can begin to change the programming inside. Even though there are many methods of meditation and they are all good for what we speak of, let's speak of self-hypnosis. By using self-hypnosis each day, we begin to strengthen the mind. The mind becomes strong when we are in peace, not when we are aggressive or angry. Those emotions actually weaken the mind and body. Self-hypnosis quiets the mind and cleans it. Yes, cleans it. I use a phrase often when describing hypnosis and say, "What a shower is to the body, hypnosis is to the mind." Imagine if your body is

dirty from working and sweating all day. You can't wait to get home and take a shower. As you are standing in that shower, you can feel the contamination washing off of your body. Even in the morning when you are not so dirty, a shower can wake you up towards having a great day. It stimulates you. That morning shower can create a new you as you begin your day.

If you use self-hypnosis each evening as you are falling asleep, you will begin to clean the contamination of the day. You will also begin to reach the contamination of previous days or even years. Each time that you use self-hypnosis, you will feel a little cleaner of your fears or habits of life. I realize that many hypnotists and books on self-hypnosis will say, "Don't use self-hypnosis at night, as it will not be as good if you fall asleep." I disagree as I feel that when you go to sleep at night, you open the door naturally to your subconscious mind. If you fall asleep with worries or other problems of life, you bring them into your sleep and into your dreams. The vast power of dreams cannot be expressed fully here. Dreams affect your waking days. If you had a bad dream, you will often wake up dragging and maybe sad. Conversely, if you awaken having had a good dream, you will wake up with more energy. You can even wake up tired if you had a dream of running all night. Of course I realize that many don't recall their dreams or will say that they don't dream. We all dream, but we don't always recall or even know that we were dreaming. That is all the more reason to enter into sleep using self-hypnosis so that you can be in control of what you don't know. If you didn't know that someone was withdrawing money out of your savings account would it affect you? Of course it would. You might not know it, but your future is being jeopardized by an activity that affects you. I would even say that a dream you don't recall has more power and impact, as you are not aware of where it came from. If you know you had a bad dream, at least you can say, "That bad feeling came from my dream."

So, no matter what anyone says, imagine doing self-hypnosis before you go to sleep each night. Maybe you will fall asleep before you have given yourself all of your suggestions. So what, the subconscious mind doesn't listen to words anyway. It hears feelings. Feelings are not complete sentences that we must complete before we go to sleep. If you do nothing more than learn to create intent, you will change your life. Intent is an energy that has more power than a book of positive thinking. It has more emotions than any feeling. Intent is as though you have already done it. When you lie down at night and create intent to improve, your subconscious mind will believe that it is happening. The intent is the temperature that I mentioned earlier. The intent of healing or peace or improvement in life is 72 degrees. It is the space that you want your subconscious mind to learn and return to when life is not so easy. Then in the morning, it wouldn't be such an effort to do a little self-hypnosis before you jump out of bed. It would be similar to a morning shower - you could refresh yourself mentally. You can clean or clear your mind and feel clean of negative thoughts throughout the day.

If it is so easy to improve, then why don't we all do it? I would imagine some people don't take a shower each day either and it isn't difficult to get in that shower and start the day feeling clean. Some people don't care or don't believe they can make a difference in their lives. How will we ever know if we don't try?

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