

THE POWER OF SUBCONSCIOUS MIND



Submitted To:-

Mrs. Eileen

(Business Communication)

Submitted By:-

Akshay Kumar(008)

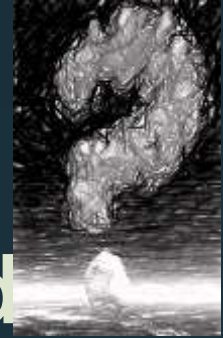
Akshay Parmar (009)

Atul Kumar Jain (036)

What is Subconscious Mind?

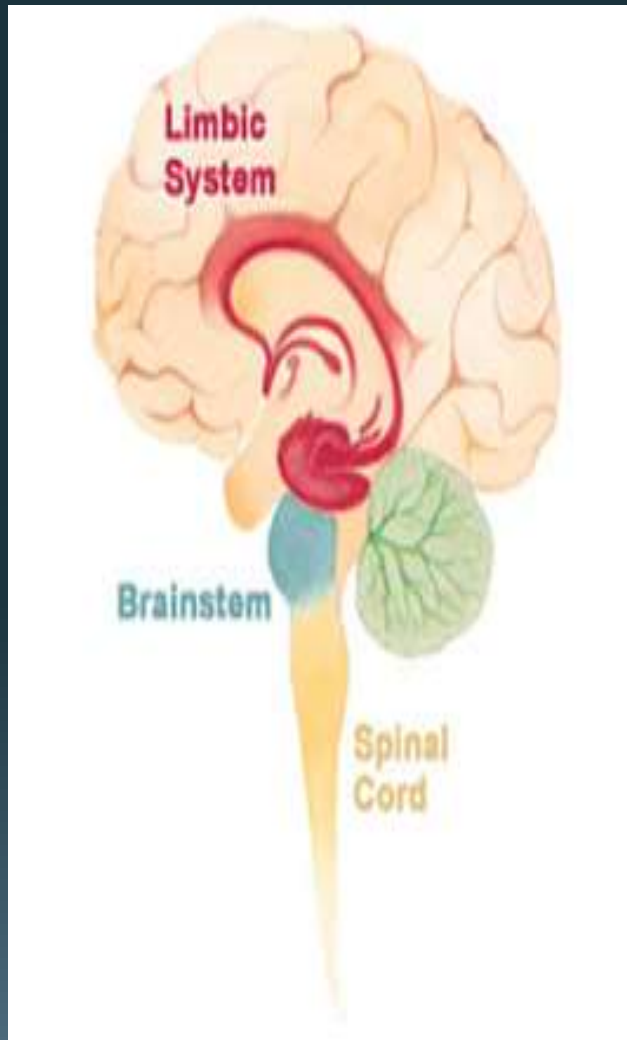
- The subconscious mind is not imaginary. It is very real, and an integral part of us.
- The conscious and subconscious mind, the waking and sleeping mind, the surface self and the deep self, the voluntary mind and the involuntary mind, the male and the female, and many other terms.
- There are two general levels that most people are aware of the objective and subjective mind.
 - The conscious level of awareness is what we obviously know, think or intend to act on at any given moment.
 - The subconscious contains many years of experiences, memories, habits and principles that guide and influence us.

Subconscious Vs Conscious Mind



- Throughout your life, you have programmed your subconscious with thoughts that you have repeated to yourself to become habits.
- The subconscious mind stores information and it stores the information for later retrieval when "recalled" by the conscious mind. The Subconscious Mind is like the software that will obey any command you give it.
- The conscious mind is the programmer. It's the thinking mind, the creative mind. However... the conscious mind is influenced by filters that your predominant thoughts have created and stored in the subconscious. The subconscious mind, does not judge or discriminate between what can and cannot be achieved or obtained.

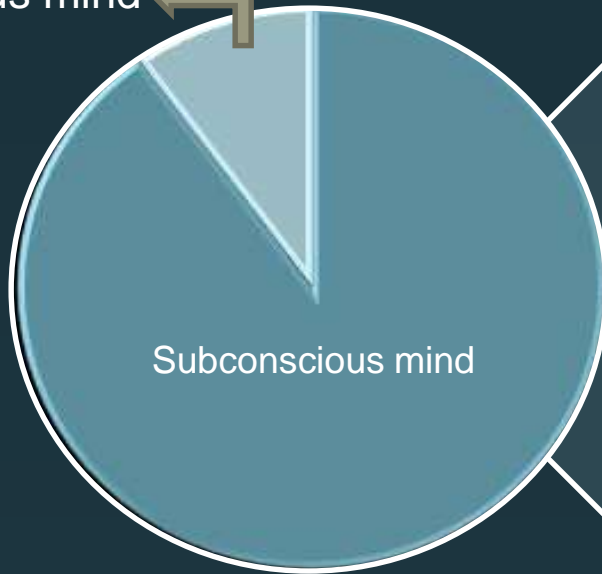
Lets Locate Our Subconscious Mind!



- Both hemispheres are covered by a thick layer called the cortex. The cortex is the conscious part (responsible for logical thinking) of the brain.
- Another small part of our brain lies between the two hemispheres and connects them. This little part is called the limbic system. The limbic system is involved in regulating emotions, fight or flight responses, motivations and habits.
- The limbic system is what we call our subconscious mind(responsible for our feelings).

Contd..

Conscious mind



Subconscious mind

Although this is only a small part of the human brain it uses about 90% of the capacity of the mind (some sources even say 95%).

Now, I'd like you to consider 3 scenarios if you will:

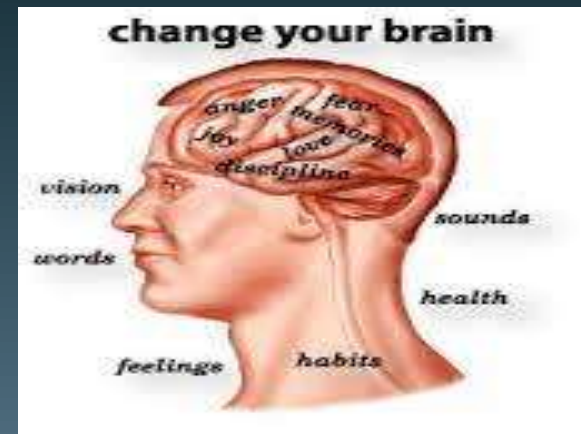
How is it Possible?

- ✓ For tonic water to cause a group of Students to become intoxicated in an experiment by psychologists Assefi and Garry.
- ✓ For hotel maids to acquire health benefits in another experiment by psychologists Crum and Langer.
- ✓ For Hilary and Tensing to become the first Human Being to reach the top of Mount Everest.



The Answer lies in Subconscious mind, specifically in subconscious beliefs.

- Subconscious mind incorporates all involuntary processes & functions including thoughts, beliefs, emotions, memories, skills and behaviours that are generated by and occur in the living brain and body and which we are unaware of.
- So What are Subconscious belief then? Subconscious beliefs are instructions which are coded and stored in the cells of the nervous system and body as to how we should feel , act or behave or how our lives should run or operate.



What is perception then?

- A perception is simply an awareness of the environment via feelings and sensations. Perceptions are our sensory experiences.
- Our lives are really about responding to our environment (both internal and external).
- But the interesting thing is that not every one responds in the same way to environment signals even if these signals are exactly the same.



How Does it Happen?

- It is our beliefs which control our behaviour through influencing our perceptions. Our beliefs thus act as filter for our perception.
- When Signals reach the cells via the conducting systems of the body, beliefs impact on them, thereby influencing their effect on the feelings or perceptions of the cells and tissues and the selection and expression of their DNA.



External
Environment



Belief Network



Cells & Tissues
(Perception)



Behaviour

Limiting Beliefs

- Limiting Beliefs- These are disempowering, self-destructive beliefs.
- Common limiting beliefs include beliefs of hopelessness, powerlessness and worthlessness.
- The Latter is particularly common with many people believing that they are not worthy of achieving whatever they want to achieve such as resolving a problem.
- The same applies with religious beliefs and all other beliefs, it is our subconscious beliefs which instruct us to feel and behave the way we do.



Beliefs are very powerful indeed!

- Belief controls the perception or feelings of the tissues and how their DNA is selected and expressed. Thus, Belief Determine gene selection, expression & behaviour i.e. our beliefs determine which gene we select and how those genes are expressed.
- Recognizing the power of beliefs in controlling our lives and determining our successes and failures a famous person once said:

“Whether you believe you can or you believe you can’t
either way you’re right!”

How the subconscious controls our body?

- While you are awake or sound asleep upon your bed, the ceaseless, tireless action of your subconscious mind controls all the vital functions of your body without the help of your conscious mind.

For example: Heart beats, Inhalation and Exhalation, Hair grows whether you are asleep or awake.

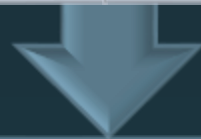
- For instance, many of our great scientists have received answers to perplexing problems while they were asleep. They saw the answers in a dream.
- Site Some More Examples...

The Three Minds

The Reasoning/Conscious Mind

Wakeful State

Objective Mind



The Non-reasoning/Subconscious Mind

Sleep State

Subjective Mind

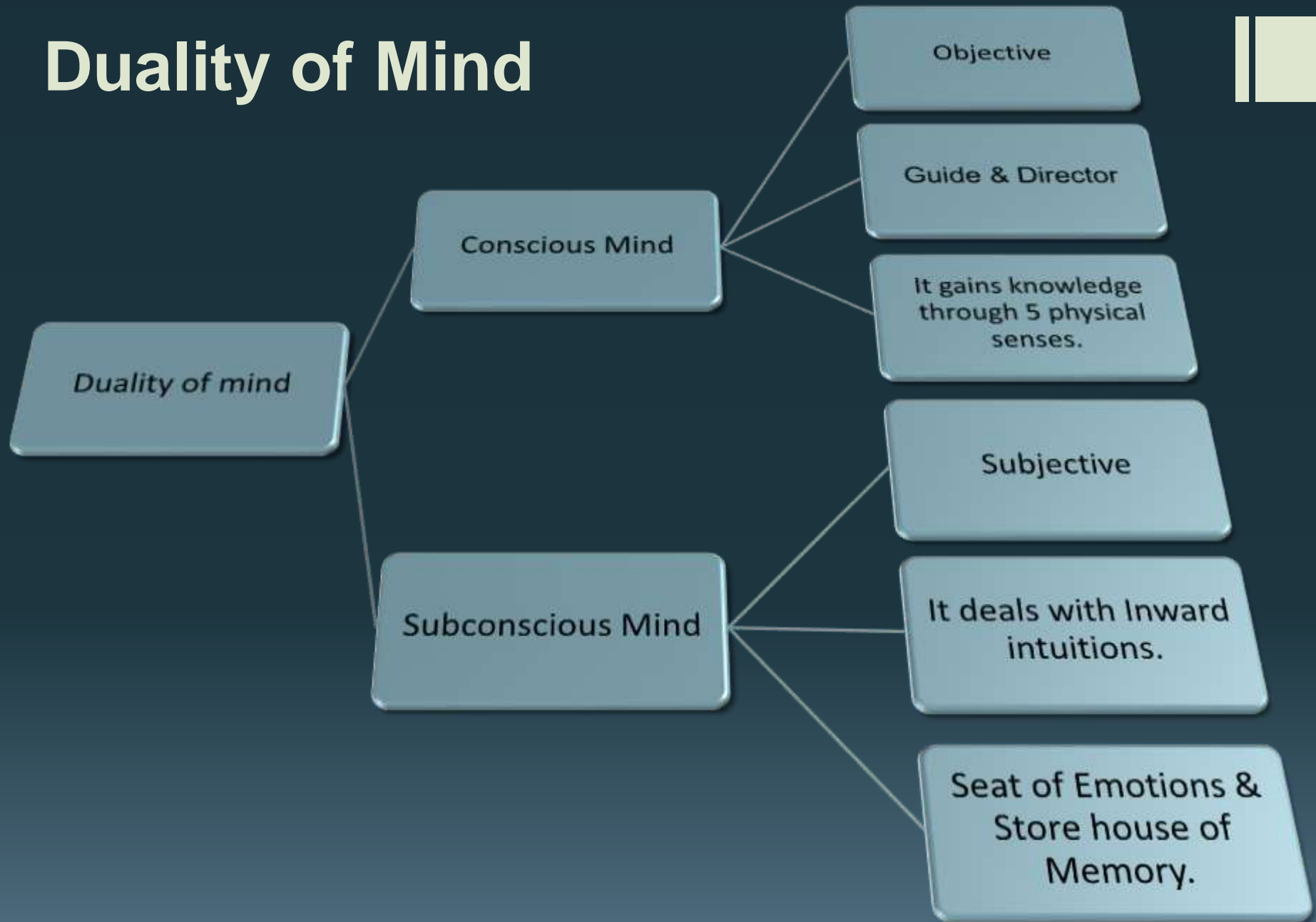


The Heart/Superconscious Mind

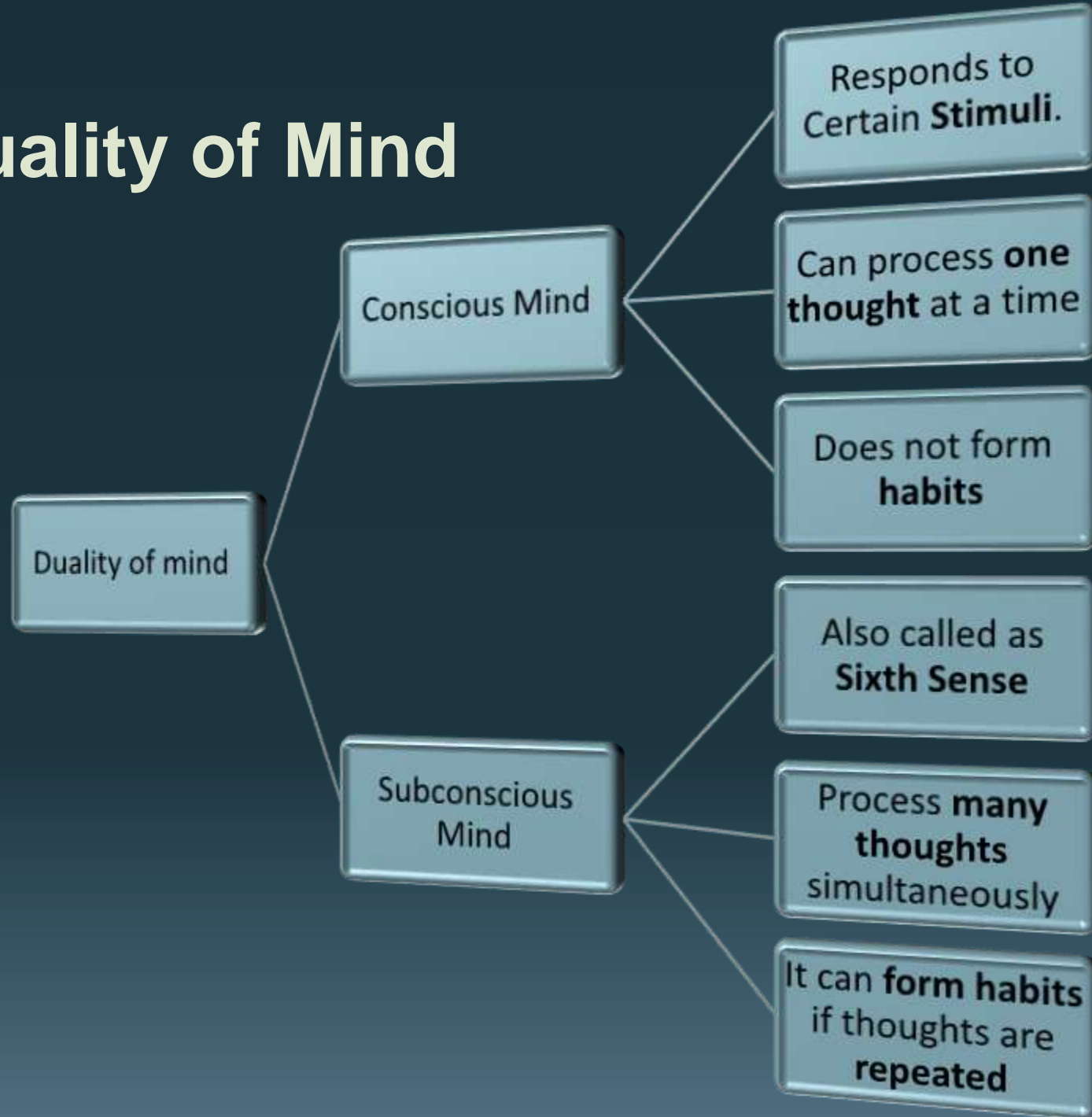
Dream State

Subtle Mind

Duality of Mind



Duality of Mind



Change your ATTITUDE



- Attitude of the person is directly proportional to the percentage of success. The only free thing is positive attitude. The most expensive thing is the negative attitude!

Positive attitude 90% + skill 10% = 100% Success.

Negative attitude 90% + skill 10% = 100% Failure.

Positive Attitude	Negative Attitude
Yes, I am positive, I can.	No, It cannot be done.
I can do it, You can also do it. How to do it develops.	I cannot do it. If I cannot do it, how can you do it? I doubt the goal.
I am keen to learn more.	I already know everything.

Happy thoughts create happy water crystals and hate creates dull crystals.

Masaru Emoto's water crystal when a person is happy.

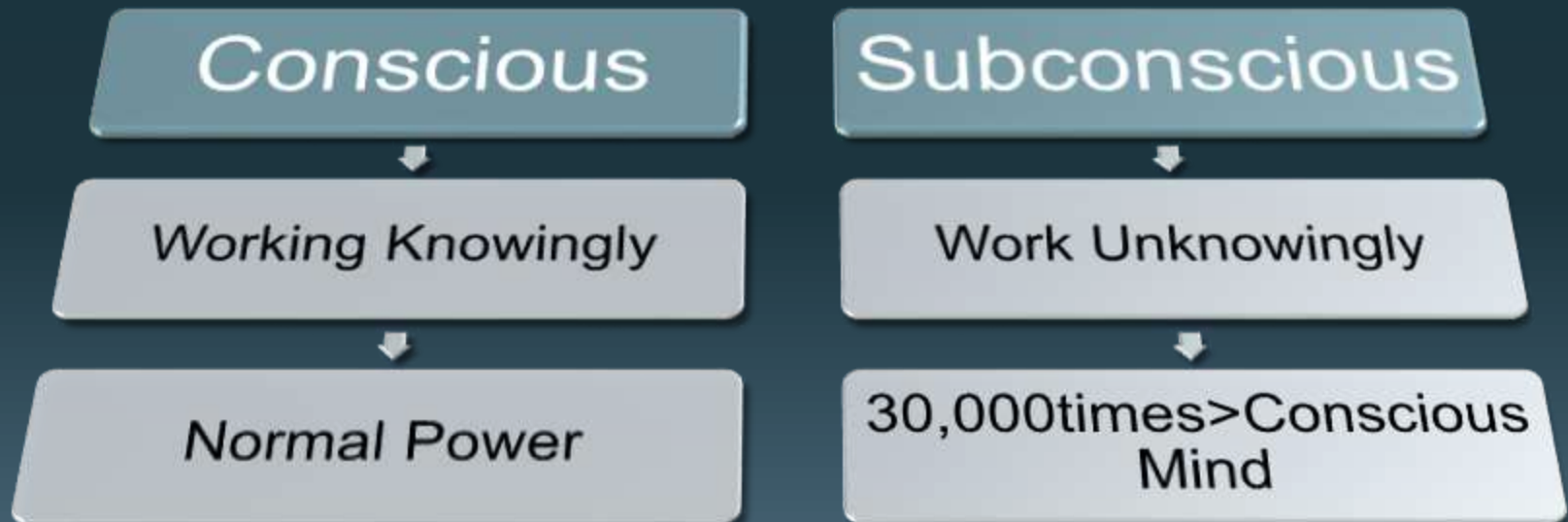


Masaru Emoto's water crystal when a person is hating.



Subconscious As Sixth Sense

- A sixth sense is nothing more than the ability of the subconscious mind (like supercomputer) to analyse data in a fraction of a second which would otherwise take the conscious mind much longer than the situation allows for. [Site an Example]



Subconscious influence on Lucid Dreams

- A lucid dream is a dream in which a person is aware that they are dreaming while they are actually sleeping and . Dream control is actually the function that allows you to do what you want during a dream.
- The subconscious mind has much influence over you and your dreams because it is directly connected to your dreaming. It remembers what you think while you are awake and when you are asleep and also enabling you to talk to your inner self and gain insights into your deepest fears and desires.
- And Nightmares occur when the subconscious mind tries repeatedly to grab the attention of the dreamer to relate a significant message which is being ignored.



Have you ever had a Déjà Vu?

- Déjà Vu which is literally translated as “already seen” and has been defined as “familiarity without awareness”.
 - When you have had a precognitive dream (i.e. Dreams that can relate the potential future) and then experience the event you dreamed about, it seems familiar because indeed you have already seen it in your dreams.
 - The subconscious mind can perceive the probable future by following a stream of consciousness forward but because we have free will, and can change the future with our choices.

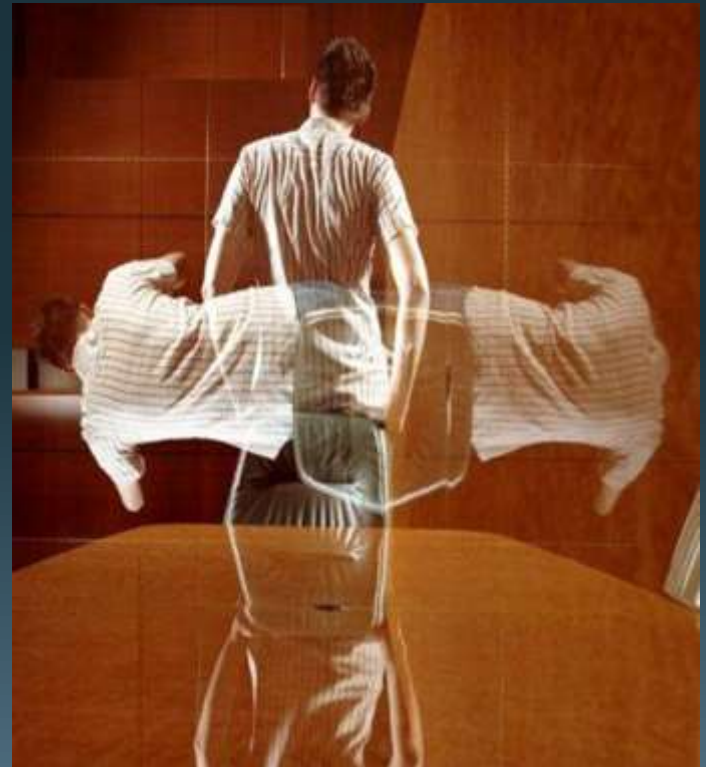
Schizophrenias

❑ Schizophrenia is the most severe and most perplexing of all mental and emotional disorders in which that person will develop selfish behaviour, consistently under illusions, restless, preoccupied, obsessed with something, become ambivalent.

- But have an exceptional gift of utilizing their subconscious memories depending upon their Area of Interests.
- They are able to express their energy and subconscious feelings in a creative and uninhibited way.

Example- Kim Peek (Rain Man)

Prof. Nash (A Beautiful Mind)



The Key is Repetition



Repeat & Repeat the clearer thoughts

Incorporate the Image

Incorporate the word

Incorporate the thought

Deep, deeper in the mind



THANK
YOU!!!