

## Week 3 Video 7: Subconscious Mind Part 2

I've talked earlier about the subconscious mind. I want to go just a little bit deeper into the subconscious mind. When we talk about the subconscious, I want you to kind of think of the subconscious over here as like a little child, maybe a 5-year-old. It's actually, your 5-year-old, it's your 5-year-old self. When we view the subconscious as a 5-year-old, I want you to think of this 5-year-old as little kid who takes things literally, okay. Also, as a little kid who doesn't really ask questions. The truth is, questions come over here, from the conscious analytical part of your mind. And so viewing this subconscious as a little 5-year-old who takes things literally and doesn't ask questions, knowing how this part works, we can work easily within the subconscious mind even when a client isn't in hypnosis.

So let's go back to something I talked about earlier and that is, remember we talked about the pink elephant. And in the subconscious mind, we have the imagination, we have memories, and emotions and feelings and it's all surrounded by the autonomic nervous system and remember when I said close your eyes and don't imagine a pink elephant, and what happened? Boom! Right here in the imagination, a pink elephant pops up. And so, one thing to remember is that, to not imagine something, we have to imagine it first.

Let me help you prove it to yourself. Close your eyes for a moment and don't imagine a puppy, don't imagine a sailboat, don't imagine an airplane, don't imagine a cupcake. Open your eyes. Did they all pop up? Sure, because to not imagine something, you first have to imagine it first and then our mind kind of tries to erase it.

Well, not only is it just things over here but the feelings which are connected over here, the same concept applies. You also remember that this part of the subconscious doesn't get the word "don't" or the negative words, "Don't imagine a pink elephant" take the word "don't" word out and what do you get? "Imagine a pink elephant."

If I were to say, "I'm terrified standing in front of a crowd and speaking," the conscious mind is "I'm terrified speaking in front of a crowd." That's what I'm telling my inner subconscious mind, and this part of the mind will do everything we tell it to, except that it has those quirks of the negative words and the quirk of the imagination and when we understand that this will never question us. So here's my conscious mind, "I'm terrified speaking in front of a crowd." This part, when it hears that, it'll go, "Okay." It's not going to ask me a question. It's not going to say "Gee Wendy is that what you want?" It's going to go, "Okay, you're terrified speaking in front of the crowd."

And what happens next is, maybe the imagination, the emotions and feelings, and all these parts go, "Oh! She's terrified speaking in front of a crowd." And guess what? It sends the message and my autonomic nervous system goes, "I'm terrified speaking in front of a crowd."

Now, this concept sounds amazingly simple doesn't it? And it is simple, it's so important to keep this in mind. Remember that book and balloon? When I'm imagining the book, my body reacts. The words we say to ourselves affect all this way more than we think, so in a sense, every time I say "I'm terrified speaking in front of a crowd" that I'm actually causing myself to feel terrified. Remember, it caused myself to have this feeling didn't it? It's the same concept. All of this stuff still happens here.

The big huge take away from this is to achieve what we want, we must focus and think about what we want. So, I'm terrified over here, it's my negative I'm terrified speaking in front of a crowd, guess what I'm going to get? I'm going to get more feelings and feeling terrified. The only way to change those feelings is to say something different. I have to think about the outcome I want, for example, I'll go over here to the outcome I want which is "I choose to remain calm and relaxed every time I speak in front of a crowd" or "I like the idea I remain calm and relaxed every time I speak to a crowd." This is the outcome. When I'm here, I'm sending a different message to the autonomic nervous system and what's going to happen? I'll feel calm and relaxed. Again, I know it's kind of an amazing concept and it is so simple. It's also the reason so many personal development people say, "Be positive. Be positive. Be positive." They probably don't know all of this but they got the concept.

One of the purposes of our subconscious mind is to keep us safe. To keep us from doing things that are harmful like, jumping off the top of a building, we've got the filters inside that keep us from saying ridiculous things and hurting everybody around us, but the goal is to keep us safe emotionally and physically.

Generally, the subconscious mind does a great job at this. When we're born, our mind and body are designed to feel good, and as we continue to grow up, we develop fears and concerns and worries and beliefs about ourselves. As you may remember from earlier videos, a belief is simply a thought we've had over and over again. So if a father says to a child, you're not going to amount to anything, and that little child goes, "Oh, I believe my father" and what an awful thing to say and that little child starts to prove to himself that he's not amounting to things and that's all he could think about. I don't amount to anything. I'm not good enough and then that child begins to develop that pattern of thought which becomes a belief over time.

With situations that happen, our subconscious mind normally puts things where they need to be. Now, the truth is, we don't know where things go. It's not like, "Oh gee, this quadrant is memories of the first dance you went to, and over here is when you went to your first dental appointment. Nobody knows. We could see the brain but we don't know how the mind works, but we do know that generally, things go where they need to go.

For example, remember when you learned how to ride a bicycle and you had training wheels. Well, you're probably 3, 4, or 5 years old, and at some point, you probably had a thought and a worry or maybe even a fear, "Oh my gosh, what happens when the training wheels go off? What happens? I don't want to fall. What if I can't stay up?" Okay. That's a fear. The training wheels came off, you got on the bike, and hopefully, you learned how to ride the bike.

What happened was, your mind took that whole event and that little fear you had and put it all the way back. Once you got over the riding, it was just fine. Put it all the way back where it needed to be. So, you don't get triggered by thoughts of training wheels or if you see a bike down the street or somebody riding a bike, you don't go "Oh my God! I'm triggered by those fears," right? They're just there. They're back there in your memory some place where they need to go.

But when things happen, when limiting beliefs come in at an early age, when traumas, big ones or little ones doesn't matter, that sometimes thoughts and feelings stay front and center. And this can happen with a fear very easily so that a young child who gets bitten by dog, yeah, it's scary and her mother goes, "We got to be careful of dogs" and the next time this little girl and mother are walking down the street, and the mother sees a dog coming right in front of them, and she takes the child and says, 'Oh my gosh we have to cross the street.'" That child goes, "Oh it's a dog. It's scary," and she's developing this pattern of thought. Now, it's coming from her mom. Of course, her brother could easily, if mom said, "Dogs are scary," might go "That's your problem, not mine." So as this little girl develops this pattern of thought and fear that, that neural pathway gets thicker and thicker, she's had this thought over and over again and now she gets to elementary school and she even sees a picture of a dog, and bam, triggers that feeling inside of her of like "dogs are scary" even though the truth is, not all dogs are scary. And now, she grows up and she stays away from dogs and she meets a boyfriend and he says, "Oh, I have a dog" and she goes, "Oh my gosh! I think that's a deal breaker" and she realizes that as she's older now, that many people have dogs and they're safe and they're fine because she doesn't know that that little dog that bit her, that maybe she provoked him because she was just a little kid.

Consciously, she can say to herself, "I know that not all dogs are scary" but the little 5-year-old back here is stuck in that old time warp and goes, "Dogs are scary." So she'll come in to get help from a hypnotist and she'll come in and say, "I know I want to feel comfortable around dogs" and this part's going to go, "Well forget it because dogs are really scary. Dogs are really scary" and what happens is, is that she's come in with a big conflict. The conscious mind is not working with her subconscious.

In hypnosis, we send this part out on vacation and we focus on the subconscious, and even just by informing that little child inside, that dogs are safe and grown up, can take care of herself now or grown up can take of the little child now, believe it or not, something as simple as that can make such a major profound change.

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