

Conscious Mind vs. Subconscious Mind

Although for many years there has been scientific debate as to how many parts of the brain there are, essentially for our intents and purposes, there are two parts to the brain. There is the conscious mind and the subconscious mind. These two parts are almost always communicating with each other and depend on each other to function properly, as they each serve different needs for whole body function, as well as your complete Well-Being.

The **conscious mind** handles all of the analytical, decision making functions. Your visual recognition, critical thinking and judgments, (right or wrong) are determined here. All things and ideas that are learned start here. Because there is only a small fraction of your memory stored here, short-term, once a thought is accepted, the information is then sent to the subconscious mind.

Think of your **subconscious mind** as being similar to a hard drive on your computer, which stores vast amounts of information. This is your Long-Term memory bank. The subconscious mind is responsible for many things. Its primary goal is security and safety of self, and it will do anything it needs to protect self and keep things running smoothly. It handles automatic functions of the body (such as breathing, circulation, digestive systems, etc.) that do not require thought. The subconscious takes direction from the conscious mind, because all initial thought begins here.

The subconscious mind also handles the functions of imagination, memories, and emotions. It is through these functions where the subconscious mind power resides.

Once the conscious mind accepts a thought, it goes into the subconscious mind. The first thing that happens is that the imagination amplifies the thought anywhere from 0-2500 times, depending on our reaction or emotions linked to it. This is why sometimes we take things and blow them out of proportion, or “make a mountain out of a mole hill”.

Now remember that subconscious programming does not make decisions and analyze thoughts. That is the purpose of the conscious mind. This is why we use hypnotherapy procedures and hypnosis for accessing the subconscious mind. Through accepting new thoughts and suggestions, we can reprogram your subconscious.

Once it has validated itself through finding memories that justify the thought, the subconscious mind power will generate emotions attached to those thoughts and memories, which will in turn create new behaviors.

The whole process in hypnotherapy is to challenge or debunk the initial thought at a subconscious level, and then accepting a new thought. This will desensitize the imagination for that thought, it will compress those memories, eliminate or alter the emotions, and then behavior will change because you will feel differently about that new thought.

That being said, your Perception and your Belief of the complete success of your hypnosis sessions are a vital step to Achieving your goals!

Perceive + Believe + Achieve = Your True Well-Being