

Practice Makes Peace

Tips to Training Your Subconscious Mind



Did you know that your subconscious mind is in charge of how you react to everything in your life? Yes! In fact, your subconscious mind has a powerful influence, not only on your happiness, but on how successful you can be at manifesting the life you desire.

This short article shares seven simple tips on how anyone anywhere can release a buildup of negative emotion and boost their overall well-being.

Before we get started though, let us grasp what the subconscious mind is and what makes it different from our conscious mind.

- Neuroscientist, Dr. Bruce Lipton, explains that there are two separate minds that create what he calls the body's controlling voice: There is a conscious mind that can think freely and create new "out of the box" ideas, and then there is the subconscious mind which is basically a supercomputer loaded with a database of programmed behaviors; most of which we acquired by the age of seven, some even before we were born while in the womb.
- Neuroscience studies have shown that the conscious mind provides 1-5% of our cognitive (conscious) activity during the day. This means that the majority of our decisions, actions, emotions, and behavior depend on the 95-99% of brain activity that is beyond our conscious awareness.
- So, let's get this straight: 95-99% of our life comes from the programming in our subconscious mind and this has been scientifically proven. In other words, the subconscious mind is MUCH more powerful than the conscious mind, and it is the subconscious mind which shapes how we live our life.

- If we add to the above that around 70% of the programs we are subconsciously running are negative or dis-empowering, then it becomes vitally important for us to learn how we can successfully train our subconscious mind.

Now! Are you ready to train your subconscious mind and take command of your life? Then all you need to do is make a **conscious** effort to comprehend the following and take the actions suggested—with **every** opportunity given.

1. Work with Your Subconscious Mind, Not Against It

Trust me, you will get the most mileage out of working with your subconscious if you view it as your ally rather than your enemy. Your subconscious has important roles to play and offers unique wisdom that should be honored rather than rejected.

So, as you apply the following techniques, try taking a gentle and curious approach instead of beating your subconscious into submission.

- It may help to understand that the subconscious mind learns differently than the conscious mind. The conscious mind is considered the creative mind, meaning, it can learn from reading a self-help book, attending lectures, watching videos, and reading articles. It gets a new idea; it changes its mind. As simple as that!
- Not so simple with the subconscious mind. The subconscious mind is the habit mind. It is much more resistant to change. So, how do we get it to learn and develop new behaviors? It is all about habituation—where you make a practice out of something and you repeat it over and over again.

***Remember, repetition is the key to mastery... and you ARE
the master of your world!***

There are many healing modalities that can reach our subconscious mind such as hypnosis, meditation, and belief system modification. One I really like and love to share costs less than a few cents and seconds at a time. It is the Rubber Band Technique. As a form of aversion therapy that dates back to the 1970's, this behavior modification technique interrupts your automatic self-talk and helps you return to reality.

I, personally, learned a modified version of this technique from Dr. Darrell Wolfe while attending his Brave Heart and Whole Life Coaching Certification Courses. It is where you wear a simple hairband around your wrist and gently snap it every time you start to become anxious or get a negative thought. The hairband should be as snug as a hug, with the snap being like a kiss to your subconscious. This gentle snap is a signal to you that you are not thinking rationally. Again, this technique helps reinforce reality thinking.

2. Connect Your Subconscious to Success, Not Suffering

Research suggests that one of the main goals of our subconscious mind is to ensure that our physical body survives the stress and struggle in our life—and at all costs.

So, if there is a behavior that you wish to change (such as a bad habit that is holding you back), show your subconscious mind how that specific behavior is creating harm, and then flip the negative belief associated with that behavior into a positive one.

You can do this by distilling the connection into a straightforward sentence and repeating it several times (similar to an affirmation).

For example, instead of saying “I always get _____ when I get stressed,” you might say “I am free from _____ when I am free from self-criticism” or “my _____ is always in control when I am relaxed and calm.”

Remember, there are two sides to everything: light/dark, wet/dry, positive/negative, hot/cold, up/down, right/left, male/female, etc. It is the nature of life. You hold the power to turn your struggle into success.

3. Look to Your Subconscious for Health Guidance

Your conscious mind doesn't have control over your body's basic functions (immune system activity, digestion, heartbeat, respiratory rate, and other involuntary actions like reflexes and emotions). These domains are directly influenced by your subconscious and unconscious mind.

Some experts believe that your subconscious mind not only has the insight into how your body is now—in the present moment—but, how your body would be when it is in its best condition.

Therefore, try looking for signs from your subconscious (e.g. through dreams, gut feelings, and muscle testing) to discover what you need in order to attain better health. This is not so much a way of training your subconscious as it is a way of training your conscious to speak and listen to your subconscious.

4. Engage with Your Subconscious the Same as You Would with a Child

Your subconscious mind is a lot like a child of about 7 or 8 years of age. It likes to be useful, responds only to very clear instructions, and takes what you say quite literally.

In other words, if you use the metaphor “My boss is a pain in the ass!” your subconscious mind can actually find some way to make sure that you'll have an achy butt when you're at work.

Your subconscious mind has a moral compass that is similar to that of a child as well; it takes messages from your parents, and other authoritative figures, literally and seriously. This means your subconscious may believe things you've since rejected as an adult, and you will need to directly engage with these damaging messages (and their causes) in order to give your subconscious new and productive beliefs.

Psychotherapy and hypnosis are well known ways one can access and rewrite these old assumptions. That said, many have successfully cleared themselves of their self-limiting beliefs with a daily practice of guided meditation and positive affirmations.

5. Induce Emotions to Reshape Subconscious Responses

The subconscious mind will utilize strong emotions to get our attention—especially since it does not understand the words we use to speak to ourselves. Aahhh... if there were only a Google translate app to help us translate the conscious mind's language to the subconscious mind's language.

For instance, you may feel extreme fear or anxiety all of a sudden, and this will be because your subconscious has picked up on something it believes may threaten your survival.

Therefore, when your subconscious is getting it wrong (meaning, it is producing a fear response due to old trauma and not direct danger), you can help to train it by deliberately inducing positive feelings in triggering scenarios.

Positive music, mantras, and healing frequencies can also be utilized in reshaping these types of emotional responses.

6. Avoid Negatives

Your subconscious does not understand the word **don't**. Psychologically speaking, the worst four letter word in the English language is the word **don't**.

- So, if you say “I **don't** want to forget how to explain this” before a presentation, your subconscious generates a picture of you fumbling through your presentation.

Also, due to your subconscious mind's child-like approach to receiving and interpreting information, it much prefers pictures to words.

- That's right, your subconscious mind cannot help but generate unhelpful pictures if you use negatives (like **don't**) when making plans and setting intentions. Therefore, always be sure to infuse your mental imagery with positive emotion and high desire.

Learning how to think, talk, and visualize in positives—and as if it's already happening (e.g. “I am doing a great job explaining my key points in this presentation”)—are powerful tools in helping your subconscious understand your true intent and guiding it to achieve your greatest goals.

7. Be Specific

Did you know if you genuinely believe something is real, your subconscious mind will not be able to tell the difference between imagination and reality?

You betcha!! This is how positive affirmations and visualization can be powerful tools in retraining your subconscious mind; they allow you to feel and experience a situation which hasn't happened yet as if it were real.

So, be specific. Make a clear and definitive statement about yourself—remember, as if it's already true—and your subconscious mind will take over and act in accordance with the new and improved belief.

The following are some simple, positive affirmations that can be repeated throughout your day. Be sure to wear your hairband to reinforce these new beliefs.

“3, 2, 1... I got this!” -- An excellent one when you are feeling anxiety and self-doubt.

“I am amazing!” -- One for those times when the old you would have called yourself stupid or an idiot.

“I am beautiful!” -- A great one for those days when you are feeling less than fabulous or when the old you would have called yourself fat or frumpy.

“I have the power to create change!” -- An excellent one for when you are feeling stuck or FEAR, aka False Evidence Appearing Real.

“I am the superhero of my life!” -- One for those times when you feel defeated or misunderstood by your family or peers.

“I love and approve of myself!” -- A great one when you feel self-judgment coming on or when the old you would have started beating yourself up.

Remember, practice makes peace...

...and the more specific you are able to make your statements and mental images, the more information you feed your subconscious mind...

...causing positive behavioral changes in your life. ~ Karen A. Di Gloria

