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THE SUBCONSCIOUS MIND?

What is it?

The Subconscious part of your overall mind appears to be that part of your overall mind, as I believe it to be, that is responsible for everything to do with your living existence, except for your conscious thoughts.

What size is it?

Looked at on a pro-rata size per task responsibility function the Subconscious mind appears to be, and is assumed to be worthy of the figure of 90-95% of your overall mind, with your Conscious mind being represented by the figure of 5-10%. That figure being all the size of conscious necessary and needed for taking care of the here and now consciously-reasoned choices on a moment by moment basis.

Why is the Subconscious Mind necessary?

Without your Subconscious mind present in your overall mind it is assumed logically that your Conscious mind would be responsible for taking care of every single task description necessary for your moment by moment survival, as well as your moment by moment adherence and survival in the here and now, similar to a computer's entire programs being displayed and worked, while all being displayed on the screen at the same time.

As a functioning human being you would have no time to progress with your life, or, in fact, move forward with that life in any way, except to exist continuously in the here and now, forever taking care of surviving those alone, simply because you would be too busy simply trying to stay alive to do anything else.

Why is it of interest to be able to communicate with your subconscious mind?

It is of intense beneficial interest, in terms of your mental and physical health and well-being to be able to communicate with your Subconscious mind in order to convince it to "change it's mind" in relation to any matter that you engage in without conscious choice, or sometimes, conscious knowledge that you are even engaged in it, that is not in your own best interests.

When is your Subconscious mind used?

It is used every second you are in the state known as "being alive." Beyond that, has to be said is personal speculation only, in spite of your personal theories which are interesting, to say the least. Yet unfortunately, almost impossible to verify as certain, or repeat exactly over repeated examples.

Where is your Subconscious mind?

Your Subconscious mind is located, intangibly, beneath the awareness of your conscious mind's awareness. You only have one mind. It's just that only a small part is consciously aware of itself. This explanation is conceptual only, since it cannot be taken out and have its exact location pinpointed.

How does your Subconscious mind work?

Your Subconscious mind appears to work, for the majority of the time, efficiently, and, all by itself in managing and taking care of those of your body's systems necessary for your sustained existence in being alive. Your Subconscious mind also works on tasks in which it has been trained, knowingly or unknowingly to do, such as driving your car, dressing yourself, *etc.* In other words, any task that you do repeatedly, without thinking consciously about how to do it.

How does your Subconscious mind think?

Your Subconscious mind appears to think in terms of pictorial and emotive communicative feelings, whereas your Conscious mind appears to think in verbal interpretations for its communications. Via the use of words. Your Subconscious mind appears to think using literal logic, and appears NOT to be able to differentiate between real and imagined pictures or emotive feelings.

How does your Subconscious mind act?

Your Subconscious mind for the most part appears to act by itself, as well as being capable of being MADE to act by the conscious choice of a consciously thought picture or emotive feeling. Your Subconscious mind appears to arrive at its literally-arrived-at decisions by basing its decisions to act on its own literal interpretation of any situation involving its own survival or protective reasoning for your benefit.

At times, that literally-interpreted reasoning does not always appear to make a great deal of sense to your Conscious mind, although it appears to make perfect sense to your Subconscious mind, or, it is assumed it would not have made that decision. In that, once it has made such a decision to act, it is most difficult to get it to change its mind without much difficulty, even when that decision to act appears to be to your detriment.

How can your Subconscious mind be communicated with?

It would appear that your Subconscious mind can be communicated with, via the lines of conscious pictorials and emotive feelings; the more emotive, the better, it would appear in some instances. However, through the use of ideo-motor signaling it appears possible to communicate with it verbally, through the use of verbal pictures, and or imagined emotive feelings.

Your Subconscious mind would appear to be able to carry on a conversation with its Conscious mind in a certain manner, such as being asked to respond with yes-no-I don't know-I don't want to answer-answers to consciously asked questions. The answers given by it in such conversations have been proven not to be consciously thought-based, in that many of the answers received have been in complete disagreement with the ones that would have been given consciously, if asked.

However, whether indeed it is your Subconscious mind or some other aspect of your conscious ego, or, in fact, another entity, as thought in some circles, that is responding to the questions is speculative and assumption-asked at best, since there is no conclusive way of proving the identification of the identity that is being questioned. nevertheless, the popular

assumption is that it is your Subconscious mind, if THAT is who was asked to answer the posed questions.

How can the answers given be verified as true?

It is assumed that all answers given by your Subconscious mind are of the same validity as those given in a court of law, i.e., they are true, to the best of the belief of your Subconscious mind. That is providing, of course, the questions have not been answered by your Conscious mind, by conscious choice, and have been arrived at through correctly identified ideo-motor signals/answering, in one way or another.

In other words, the answers given are assumed to be subjectively believed by your Subconscious mind, since it is also assumed that it would have to change the literal-logic basis of its reasoning to deliberately come up with answers that are untrue, according to the best of its own beliefs. Other than that already described, the personal proving of specific answers given by your Subconscious mind rests solely in the hands of the individual/s conducting the proving.

THE CAUSE AND EFFECT OF THE POWER OF YOUR SUBSONSCIOUS MIND?

To the best of my belief, after 26 years of practice, studying and research, thinking and theorizing, practicing and experimenting, I have arrived at what I believe is a discovery that has been, and most probably considered by like-minded individuals much more astute and educated than myself, for many centuries.

The difference between now and then is that we, as a race of human beings are being decimated and forced to live in fear of a dis-ease, the cause and the cure of which still remains as much of a mystery in the 1990's as it did in its inceptual discovery. I do not believe that any blame rests anywhere, other than to say that possibly others of good intention throughout history have been ignored when their convicted beliefs were aired, hoping only that they may hold the seed of an answer, if not the whole answer.

We have been looking in the wrong place, and, in the wrong direction for both the cause and the cure of cancers, and I feel sorry for the medical fraternity as a whole in saying that. Upon their shoulders, we, the rest of the world have allowed to rest the huge responsibility of saving us.

Looking at it now I believe that it was simply not their field. So they had little or no chance of being Successful in their endeavors. Their field of medicine is, and has always been the curative and formative procedures of the symptoms, not the cause.

I believe that we, as a concerned species of mankind, have now reached a point in time in our evolution whereby we can no longer ignore any convinced assumption, belief, or statement by nay individual, for any reason whatsoever, if it may hold the promise of enlightenment for the good of the many.

Other than broken bones or the breathing of infectious bacteria or viruses into the human system, I believe that the cause of cancers is, THE

SUBCONSCIOUS MIND of each and every human being. And, it causes those cancers deliberately, in accordance with its own literal-logic-way of perceiving and reasoning, even to the point of unknowingly killing us while doing so, in order to save us, according to its own literal-minded convinced belief.

Following is the most easily understood and related example, I believe, that I can pose forth for criticism by my peers and others of like mind. It seems to collate and brings forth all of my experience and research, though patterns and beliefs all into one analogy of how and why I am convinced as I am.

IN saying that, I would also state at the onset that I doubt very much whether it is the first time such a belief has been posed for evaluation, silent or outspoken. The \$64,000 question is, where do we go from here? I believe there is only one place we can go from here-to the ever-searched for location and inhabitancy of a world full of citizens who will be free from the life-destroying and family-shattering effects of cancer in any form. I believe no one person ever gets cancer alone, without the whole family and extended family of friends and acquaintances getting it as well.

So, I guess its up to us, as it always has been, and, as it always will be. As to the acceptance of the words that follow, I believe the well-informed and self-made-aware people of the cities of the world of today no longer expect the medical fraternity to have all the answers to the world's ills.

But, I do believe that the world's people do expect the medical fraternity and its offshoots who could take any newfound knowledge even one step further and closer to the truth to at least listen, if there is even the slightest chance of something of value being learned that will benefit the needs of the many.

To that end then I offer the following conclusions for the consideration of all who wish to seriously consider on behalf of the needs of the many, and doubt in doing so if I will be saying anything new that the often-scoffed-at, yet more listened to and used these days, global field of alternative medicine has not been saying for many many years. Their views have come always from their chosen and unchosen backbenches of credibility in the eyes of the orthodox medical world.

Before the century draws to a close I hope some will listen. Will we allow this century to close its doors upon us after one hundred years and more of trying and failing to find an answer to a dis-ease that is increasingly racing unchecked through the minds\and bodies of our kind, decimating both as it goes?

THE FINAL THEORY

Imagine first, if you will, that the primary role of your subconscious mind is to seek and actively attain homeostasis, a balanced emotional, mental, and physical state, within your mind and body at all times; a role that generally you have no say in at all regarding the seeking and maintaining of that desired and healthy state.

Imagine also, if you will, that you have within you a central nervous system comprising of two sections-each controlled by your subconscious mind. One side, the side you are meant to live on for the majority of the time in general peace and harmony is called the para-sympathetic side-the other, the side you were meant to visit only in an emergency is called the sympathetic side. Imagine also that each side, controlled by your subconscious mind affects and controls individually the same major life-sustaining organs and systems inside your body as the other, and, that depending on the situation confronting you at the time, your subconscious mind can choose and deliver either of the chemicals, adrenaline, or nor-adrenaline into your bloodstream at a moment's notice - one being to relax you, the other being to prepare you for flight or fight.

Keep in your imagination also that your subconscious mind cannot tell the difference between a real stress-type situation and an imagined one. It chooses only through its literal-logic interpretation of your mental, emotional, or physical state at the time, whether real or imagined, and acts accordingly.

Now imagine a person who stresses or worries continuously, and, is constantly living on the wrong side of his nervous system, the side he is only meant to visit in an emergency.

His subconscious mind, ever watchful of its primary role and responsibility of seeking and attaining homeostasis, interprets his mental, emotional, or physical state as long overdue for returning to the correct side of his nervous system and sends a warning to him in the form of a "feeling" that something is not quite right, and that he had better calm down or stop worrying so much and so constantly.

Imagine also that your subconscious mind only has so much energy available within your entire mind-body system to start with to seek and attain homeostasis for your continued good health and well-being. And, that when it is required, or you choose to consciously visit the fight or flight side of your nervous system your subconscious mind borrows some energy from its reserve of energy to allow you to do so.

Imagine also that energy is arrived at in the first place for your subconscious mind to use in its efforts to seek and attain homeostasis from you being healthy and well, and, that if your stay on the wrong side of your nervous system has been a prolonged one, and you have not been attending to right eating and the looking after of yourself, then your natural

replacement energy is not forthcoming in its normal amounts for your size-weight, hence a deficiency in energy exists in your existence.

Now imagine that your subconscious mind has no choice in its primary role then but to let you know in no uncertain terms that you have been on the wrong side of your nervous system for too long, and, that since you did not listen to its first warning in the form of a “feeling” that something was not quite right, its decision now will be to “make” you “feel” that something is definitely not right, in its primary role to drag you kicking and screaming, if necessary, back to the correct side of your nervous system.

And you can also imagine that in attempting to achieve this effort for your own long-term ultimate health and well-being, your subconscious mind will then “borrow” existing energy from the, as its literal-logic interprets your overall situation, excess energy it uses constantly in running continuously your immune system, a system which monitors and corrects things that could and do go wrong with all the viruses and bacteria that get into your system from time to time, not to mention the normal run of the mill healing from your own natural energy level of cuts and bruises and broken bones, just like the net doctor or scan disk on your computer.

Keep in mind, if you will, that this energy, as well as being “borrowed” from that normally needed to run your immune system efficiently, is not being replaced in full, if at all, because of your present mental, emotional, or physical state of health.

due to your being too long on the wrong side of your nervous system, and of course, that you are not looking after yourself, your health and well being as you know it should be looked after.

So, imagine then, if you will, that in accordance with its primary role duty of care in seeking and attaining homeostasis as best it can do under the circumstances, your subconscious mind will choose some non-relevant area or organ of least importance to your basic survival, which may also be linked to your dominant thought. Such thoughts may well be your hair, or your skin, your sexual performance, *etc.*

Keep in your imagination too that being 90-95% of your overall mind your subconscious mind is much larger than your conscious mind. So, when push comes to shove it is also much stronger than your conscious mind. The end result is that you, consciously, will always lose, and your subconscious mind will always win, on sheer strength and size alone.

Now, you can imagine, I’m sure, that given that scenario your subconscious mind will eventually always achieve the end result of its decision to seek and attain homeostasis in keeping you balanced and healthy by now physically making you take notice of its original message about you being too long on the wrong side of your nervous system.

Then imagine now that your subconscious mind has now caused to be presented to you such things as psycho-somatic disorders that you simply cannot ignore when they present themselves to your conscious mind. In the long run, your doctor will see them as real problems that your subconscious

mind has deliberately caused, simply to make you take notice. These things may be hair loss, dermatitis, sexual dysfunction, prolonged depression, panic attacks, etc, etc, etc.

Keep in your imagination still, that in order to accomplish this quite amazing feat and totally unwanted and unexpected by you feat, that your subconscious mind had to “borrow” the energy necessary from your immune system, thereby leaving completely and totally unprotected for a given time the organ or area of your body it had considered with its own literal logic and deliberately chosen as the most expendable one, simply in order to get you to take notice of its original message it had sent you in the first place, which you chose to consciously ignore for some greater cause, like worrying unnecessarily.

Now, please project ahead your imagination and allow it to reign supreme for a moment or two and realise that the unprotected organ or area within your body that had its energy protective immune system withdrawn deliberately by your subconscious mind has been attempting to function normally without the backup of that immune protection which is normally there to keep at bay any virus or bacteria that may have been gathering or running around your system at the time, for whatever reason.

I’m sure the end result is now easily imagined and related to. Yes. That’s right. That particular organ or area that was deliberately chosen as a sacrificial lamb because you simply would not listen has now absolutely no defense whatsoever against intruders that may have the capacity to harm it. Of course, it is now not difficult to imagine that organ or area as being in dire straits and needing the protection of its normal share of your immune system, and, in a big hurry. But what will your subconscious mind do now? Keep in mind also that you may be completely UNAWARE of the plight of this organ or area, and that it may have been left alone for some time, entirely at the mercy of any and all invaders.

Well, you can now imagine that unless your subconscious mind is sure you have finally received its original message and have gone back to the right side of your nervous system, it will assume you have not. Its belief is determined by your own, but it needs a lot of convincing.

Imagine then in which case it does not believe you have changed back to the correct side of your nervous system. It will not direct valuable energy to your immune system to help that particular organ or area in any way, and simply leave it to fend for itself as a sacrifice for a greater cause.

Your subconscious mind will then believe, with its literal logic that its best efforts in continuing its primary role as your body and mind’s overall protector and watchdog, that the needs of the many outweigh the needs of the few. And will stay with its original literal-logic-decision to bring your system as a whole back to homeostasis. And in sticking with that decision it will knowingly and deliberately leave it to the mercy of its attackers, even to the point of no return as far as that organ or area is concerned.

Now imagine that this particular organ or area is very aware that it is unwell, and knows full well it is on its own now. It needs energy in the form of immunity against invaders and will strike out in its own way seeking to find it by "borrowing" some from neighboring organs or areas close-by in a last-ditch attempt to save itself from complete destruction. And, it may very well be successful in part in that "borrowing."

Continue to imagine of course that it is attacked and continues to be attacked as it attempts to draw energy from other organs or areas close-by, or may in fact, start out seeking it from anywhere within the body's system and bloodstream by sending out survival exploratory cells from within itself, especially designed and created for just that purpose.

And of course, you are correct in imagining that the attackers follow these seeking-help cells wherever they go. And if they seek help from a neighbouring organ or area and get it, that then leaves the door open for the attackers who have now found another weakened or defenseless area to attack. While all the while the original organ or area that sent the seeking-help cells from help is still being mercilessly attacked to destruction while it waits for help to return.

Imagine now that the new organ or area where help had been sought and found by the seeking-help cells has another fresh battle on its hands. And that organ or area sends its own explorer seeking-help cells out into the body's systems and bloodstream for help. It can no longer give or allow to be taken any energy to help the original seeking-help cells from the original or area. These are then decimated to extinction, and with them, any chance for help returning to the original organ or area from which they had been sent.

Have you been imagining all of this? It's not difficult, is it? And so, the cancer spreads. A fact well-known to your subconscious mind who has chosen to keep to its original decision, and may very well continue to sacrifice, on an overall self-chosen scale of survival priorities viewed as necessary to keep you alive for as long as possible, one organ after the other, until there is simply no longer any energy remaining for it to run the immune system at all.

Can you also imagine from the attacker's point of view, that when that happens, and the immune system is depleted, those areas and organs can be defeated easily and quickly. Hence, the so-called, very aggressive cancer. The end is obvious, and unfortunate, and unnecessary, I believe.

The plight of the final and tragic subconscious mind, as well as the body it had chosen deliberately to sacrifice, piece by piece, in order to keep it alive for as long as possible is easily seen.

So, if the question was asked now in light of the scenario just elaborated upon, as to what directly caused the cancer to begin in the first place? you might be led to answer that it was your subconscious mind. Maybe?

Or maybe your subconscious mind was only doing its job in seeking and attaining homeostasis for its owner. Indirectly maybe it ultimately killed its

owner while trying to do it, but in its defense, it was only doing its job.
Wasn't it?

Well, maybe you might say next that it was the lifestyle or the way the person as living and looking after themselves at the time that was the direct cause of the cancer beginning? Contributory, maybe?

NO. The direct cause of the cancer beginning in the first place, I believe, is IGNORANCE of the fact that cancer does NOT lie dormant within us, but that healthy cells of the body are MADE cancerous in being allowed to be attacked, not by monstrous flesh-eating and cell-distorting germs, viruses or bacteria, but by EVERYDAY COMMON GERMS, viruses and bacteria that are born anew in their origin each time, and with each new attack, and which could very easily be defeated. Organs and areas of our body are attacked that are NOT MEANT TO BE ATTACKED, that are NOT SUPPOSED TO BE ATTACKED, because they are supposed to be protected by a healthy and strong immune system, controlled and regulated by our subconscious mind.

When looked at in that light it seems clear that the direct result of that ignorance is what causes cancer in the first place. Ignorance of the fact that the answer we have all been searching for is not somewhere else, but lies within us in our own minds in the acceptance and realisation that we are not living and thinking and emoting and feeling as we were intended by design to live and think and emote and feel.

But within every question there lies an answer to be found. Within; "Why do we get cancer?" lies the answer.

Because we are bone-ignorant to our own ultimate demise that we do NOT need to have it in the first place.

And in saying that, I believe if we do not need to have cancer in the first place, then certainly we can LET IT GO if we do have it.

Since all it would take would be to shed our ignorance and then convince our subconscious mind that it has made a serious mistake in believing that we have not gotten its messages we have all received and felt at times, and mostly ignored.

Maybe then we could get it to change its mind. If its not too late???

After all, it's only human, isn't it?

Hypno-immunotherapy is the thresh-hold of a new dawn of understanding. Sort of adds a new dimension to Svengali. Doesn't it? Always a learning curve. That's what I always say.

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