

# Harnessing the Power of the Subconscious Mind to Achieve Weight Loss

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*"We must realize that the subconscious mind is the law of action and always expresses what the conscious mind has impressed on it. What we regularly entertain in our mind creates a conception of self. What we conceive ourselves to be, we become."*

## The Conscious Mind

Your conscious mind is the part of your mind that deals with reason and logic. It is the director of your subconscious mind, which is the part of your mind that deals with energy and creation. Your conscious mind is the logical mind that functions with logic. You think with the conscious mind and it is the programmer of the subconscious mind, which is the creative mind that carries out the program

A wonderful way to getting to know the two functions of your mind, is to think of it as a garden. You are the gardener. You are planting seeds of thought in your subconscious mind all day long. Much of the time you are not even aware of doing so, because the seeds are based on your habitual thinking and belief systems (limiting or empowering). As you sow in your subconscious mind, so shall you reap in your body and environment.

Every thought is a cause and every condition is an effect. This is the reason it is so essential that you take charge of your thoughts.

It has been suggested that the conscious mind can only be aware of  $\pm 7$  things at any given time. Have you ever tried to think about more than 2 – 3 things at one time? The conscious mind is logical. It likes to make sense of things, why, how, when, where? It has been called the chatter box or the monkey mind as it endlessly ticks away trying to figure things out.

You are not your thoughts. We have anywhere between 60,000 – 90,000 thoughts a day. Most of these thoughts are replays of what we thought the day before. The pause between a thought is called 'The Gap'. This is the moment of silence between a thought when one is in contact with his/her higher self. By spending time in the gap daily you can reap the benefits of greater health, happiness, relaxation and creativity.

The conscious mind does your intellectual thinking. It is responsible for your self talk. These may be in the form of empowering thoughts e.g. "I am strong & healthy" or disempowering thoughts e.g. "I'll never be able to lose weight."

The conscious mind is only aware of the now or the present. "Being in the moment" as it were. It cannot predict the future. It can only focus on tasks in the present. Have you ever tried to raise your hand tomorrow?

## **The Subconscious Mind**

The subconscious mind is the automatic pilot of the mind. It does not question things that readily come into it. It accepts everything as absolute, since it is the role of the conscious mind to filter and question before relating facts to the SM (subconscious mind).

Whatever you experience in your day to day life, you will impress onto the SM. Any thoughts, beliefs, opinions, theories and events in your life will be entered into the SM as absolute. What you write on the inside, you will experience on the outside. Once the conscious or objective mind accepts the thought completely, it is transmitted to the parts of the brain, where it becomes flesh and therefore manifests into your experience.

So your SM cannot argue. It accepts the conclusions of your conscious mind as final and absolute. The American philosopher, Ralph Waldo Emerson said, "Man is what he thinks all day long"

The subconscious mind does not need reason to make things happen. When an impression is made upon the subconscious mind without conscious awareness, the subconscious mind will proceed to work on it automatically

I cite the example of weight loss. If one has been battling to lose weight for some time, it is desirable that they look at what stimuli they are impressing upon their subconscious mind. Limiting beliefs such as "I'll never be able to lose weight", "This is just who I am", "I've always been big" are images that the subconscious takes to be true. Henry Ford once said "Whether You Think You Can or Can't, You are absolutely Right" This has the same resonance for the subconscious mind.

How to tap into or programme your subconscious to achieve your goals and achieve success:

The average child born into the world is perfectly healthy, with all its organs functioning properly. This is the normal state and we should remain healthy, vital and strong. The life principle in each of us is one of prosperity, health and abundance.

So therefore, it is abnormal to be sick. It has been suggested that the human body is akin to a helium filled balloon. It is constantly seeking that higher state of health and vitality. Unfortunately, we suppress it and keep the balloon from rising up through the lifestyles we lead: excessive alcohol, drugs, smoking, stress are just to name a few.

When was the last time a tree turned to the sun and asked for advice about growing fruit during its season? It's imprinted into its DNA and I would suggest that we

have an untapped potential lying within us that knows all the answers for us to strive toward balance and harmony.

The SM will look for ways unbeknown to you to achieve this. This may be done by observing a newspaper article on personal training in your local area or browsing through the aisle in your store for health products. It starts deep within the SM first. It has been suggested that once it is grooved into the SM, dormant forces will get to work to make this your reality.

The SM regulates all your vital functions. It's the cause of all your good and bad habits, and also regulates muscle and body-fat composition. One method of achieving this natural state of health or weight loss (since it is important to differentiate between being health and losing the unwanted bad) is through visualisation. Visualisation can be a powerful tool, since it talks directly to the SM. Many people use meditation or being in silence to access their subconscious.

One particular method used rather successfully has been visualisation and affirmations used prior to sleep. When you enter into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleep state. The reason for this is that the highest degree of outcropping of the subconscious occurs just prior to sleep and just after we awaken. Therefore the negative thoughts which might otherwise occupy the mind, tend to neutralize your desire and thus prevent acceptance by the SM.

The SM does not know the difference between big or small. It has no idea between wanting to attract \$5,000 extra per year or \$5 million dollars. Therefore in a weight loss setting, it is up to the CM (Conscious Mind) to impress upon it the desire it wishes to attain.

Using images or in recent times a concept known as Visual Guided Imagery where the person imagines a scene being played out in their mind in vivid detail. They construct and walk through a desired scenario, much like a holographic, enlisting the all the senses. An example of this was used to train NASA astronauts before their mission to Mars. Others have included track athletes who are taken through a race situation. Electrodes were hooked up to their lower limb muscles. The scientists found that the same muscles required to run the race were fired, even whilst the individual was seated in a chair.

Another method used successful has been to use modelling behaviour. This is where the individual outlines that in order to get from point A to point B, they need to take action steps to reach that point. This is more about the shift in one's identity that needs to occur before you reach point B.

In relation to weight loss, if point A represents overweight and point B represents weight loss, then the person at point B thinks differently about themselves than one who is overweight. There needs to be an inner shift. Have you ever known someone who has set a goal and you automatically know that they won't make it, whether it be to quit smoking, take up exercise, lose weight etc. They seem to have a lack of

skill, commitment. They seem to be out of harmony with their goal, intellectually they get it, but it doesn't resonate with their being just yet. They don't get it emotionally like a person who is already fit and healthy.

Now if we take the case of a person who is already there, they might be an elite athlete. Their internal knowing is going to be rather different that the person who wants to lose weight.

The athlete has made that internal shift in their identity and they get it in terms of knowing what to do, how to do it and most importantly how to maintain it. They live a completely different internal knowing that any weight loss that occurs can be achieved.

One of the ways in which to reach your desired goal is to ask yourself what will be the side effects that you'll experience when you reach your goal? How will my life be different?, How will I think differently? What will I do differently? So the next step then is to try and close the distance from point A to point B, by introducing those side effects into your life. This may in the form of taking steps like changing an eating behaviour or simply begin an exercise program. It's simply about changing your internal dialogue through modelling what a fit and healthy person would be doing in any case.

So in summation, accessing the power of the subconscious mind is a strong and powerful tool that can be used to achieve health and vitality. The key ingredient is to enlist tools like Visualisation, Visual Guided Imagery or using a combination of the two right before bed or first thing in the morning to access and harness the SM's super powers.

I'd like to leave you with a quote that sums up this principle in detail:

*"The person with a fixed goal, a clear picture of his desire, or an ideal always before him, causes it, through repetition, to be buried deeply in his subconscious mind and is thus enabled, thanks to its generative and sustaining power, to realize his goal in a minimum of time and with a minimum of physical effort. Just pursue the thought unceasingly. Step by step you will achieve realization, for all your faculties and powers become directed to that end."*

- Claude M. Bristol