

Override Subconscious Programming Through Conscious Intentions

By Lisa Schilling RN

It has been proven that stress is a major cause of all fatigue and illness. The stress response is a reaction by you, based on perceptions created in your mind. It has been shown that we only use 10% of our mind and that 75% of all sickness and disease has its origin in the mind. That equates to 10% of the mind causing 75% of sickness. This illustrates the power that you hold deep within your mind and in your thoughts. By learning to use your thinking more effectively, you could begin to reduce illness and live a healthier, more productive life.

Studies have also shown that people with a positive outlook live longer and more fulfilled lives. This is because they have learned how to utilize the power of their mind in a positive way. The majority of people fail to get their mind working *FOR* them. Instead, it seems to work *AGAINST* them, creating outcomes they do not desire.

Beliefs start in the sub-conscious mind, sometimes with just a single thought. Change the thoughts, and you can begin to change your beliefs. When you do that, you can begin to change your actions. Learning to work in harmony with both your conscious and subconscious mind takes time, but can be mastered with regular practice. By training your subconscious mind, you can develop the ability to influence your future.

If you want to create healthy changes in your life, you must first address the subconscious programming you have previously accepted. You do that by listening to your internal dialogue, the little voice that keeps a running conversation in your head. Your mind only knows what you tell it and it believes that to be true whether it is reality or not. If your mental dialogue is always interjecting negative thoughts, this is what your mind will work to make reality.

The brain is a complex computer. You use it to record and process information. Like a computer, the mind relies on other components to make it work. On a conscious level, you set goals based on the information you take in and know to be true. However, on a subconscious level, you have very strong but subtle programming that has been established through years of repetition and conditioning.

The brain will introduce thoughts into your mental dialogue based on your prior programming. Often it is this subtle detail that stands in the way of you starting or maintaining healthy habits that you know in your conscious mind are beneficial. These subconscious messages can sabotage your efforts.

Programming is what you have *accepted* from the outside world or fed to yourself. It sets up your beliefs, and a chain reaction begins from that. Whether this programming was right or wrong, true or false, the result of it is what you believe. What you believe about yourself affects every aspect of life, your chances of success, and your ability to create positive change.

When you get started on something new, you have abundant positive energy. Everything flows easily in the beginning. You start off with extraordinary zest and passion, but over time you grow tired. Your positive energy can become sparse and negative. This energy shift leads to situations you don't want.

At this point, your thoughts can begin to work against you. When you focus your awareness and attention on them, they can draw the very things you are trying to avoid to you. This begins when you lose focus of what you want and shift your thoughts and intentions away from your goals. Instead of being aware of your abundance and all of the "haves" in your life, you begin thinking of all of the "have-nots." This will set off a negative spiral of events, and each negative thought can yield another.

You must start controlling your thoughts. Reinsert your positive messages and shift your focus back to what you want to create and away from what you hoped to avoid. When you think about what you are trying to stay away from, you feed power to that thing or behavior and make it even more desirable.

You must replace "avoidance thoughts" with "creation thoughts." By using thought reframing you can help to create incredible personal opportunities, by dwelling on what you are working to create, not what you are working to avoid. Begin to frame thoughts that create the circumstances you want in your life. Since your thoughts shape your reality, you have the power to shape your reality. As Napoleon Hill stated, "Whatever the mind can conceive and believe, it can achieve."