

How to Change Subconscious Programs

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We all know how difficult it can be to create the kind of positive changes we want in our lives. Basically it's because we don't understand how the subconscious mind works, or we are unaware of the programs it is operating by.

The conscious mind is the logical, rational part of our mind. It makes decisions and plans, and is the seat of our willpower. It is pre-meditative in nature, and is motivated by the need to control and do. Its purpose is to reason and judge, to analyze and criticize, to look, listen and learn, to accept or reject information.

The subconscious mind, on the other hand is not logical or rational at all. It doesn't judge whether things are working or not. It develops programs that operate automatically.

Some of these programs are innate, such as the survival instinct or remembering to breathe. Others are learned, such as how to drive a car, ride a bike or even which leg to put in your pants first when you get dressed in the morning.

Behavior that is repeated often enough becomes a program of the subconscious mind, otherwise known as a habit. These programs can make our lives easier, but some programs can make life difficult.

How do these difficult programs begin? First, the subconscious mind has a lot to keep track of, so it needs a way to order what is most important. It is the seat of our memories, our stored emotions and our imagination. Everything we have encountered is stored here. The primary motivation of the subconscious mind is the need to survive and *feel safe*.

Ideas, beliefs and events stored in the subconscious are ranked by their emotional importance. The ideas, beliefs and events that are linked to a feeling of safety, or lack of safety, are the ones the subconscious prefers to use as benchmarks against which to gauge all future experiences.

In other words, if an event appears similar to a traumatic occurrence in your past, the subconscious immediately reacts to the new event as if it *were* the past event. It doesn't take time to try to "figure it out", which it is incapable of doing anyway. It simply responds with the program already installed to deal with that particular event.

The more powerful the emotional impact of a belief, idea or event, the more entrenched the response becomes.

Ideas and beliefs handed down to us by parents, teachers or other authority figures are often vested with a great deal of emotional importance, because at a young age those persons were important to our safety and survival.

Feelings of insecurity in childhood are often linked to habits and choices that carry on in adult life, such as eating patterns, how we prepare for a night's sleep or what religion we end up choosing. These may or may not be helpful to our well-being.

Because feelings are stored in the subconscious, and because we are often not aware of their presence, they direct our lives automatically. Once the conscious mind has judged a feeling unacceptable to experience, it gets stuffed away in the subconscious, where it continues to work in our life below the level of awareness.

As layers upon layers of resisted feelings are stored, a person feels greater levels of inner chaos and conflict. I talk about this in depth in my 8-time award-winning book, *High Way From Hell: Using Emotion to Fan the Fire of Enlightenment*, available from Amazon, by order through bookstores or at www.SpiritWindPublishing.com

The key to accessing the subconscious is as simple as allowing the feelings that are stored there to surface into awareness. By removing the judgment about what is or is not acceptable to feel, we can release inhibiting patterns, re-program our subconscious and move forward in our lives. This is often accomplished using hypnosis in a regression type of session.

Another way to re-program the subconscious is by repetition. Behaviors and ideas that are repeated often enough and in genuine earnest are considered important by the subconscious, which will eventually take them on board as new habits. This is how hypnotic recordings achieve their effects.

While listening to hypnotic recordings, it is important to involve yourself, paying close attention and feeling the desire *in earnest* for each suggestion given. Imagine the suggestion working, imagine the outcome you want, imagine it as done when you hear it. It will work.

The subconscious is motivated by feelings. It is basically lazy and doesn't like to change, but will change willingly if motivated on a feeling level.

There are 4 ways to respond to a hypnotic suggestion.

- 1) The first way is to hear the suggestion and think to yourself, "I like that suggestion, I want that to work." Now that will work and it will work every time.
- 2) The second way is to hear the suggestion and be uncomfortable with it. Maybe you just don't like the way it's worded or it goes against some idea you hold dear. Then it won't work.
- 3) The third way to respond to a hypnotic suggestion is to be indifferent toward it. As I've already said, the subconscious is motivated by emotional importance. If you just don't care, the suggestion will have no effect.
- 4) The fourth way is a little more subtle. It is to hear the suggestion and think to yourself, "I like that suggestion, I hope it's going to work." The problem with "hope" is that it is like a twin sibling of the word "try". It implies failure. Hoping and trying are telling your subconscious mind that there is only a small chance it will work.

Do not set yourself up to fail by hoping or trying to make the suggestions work. You must **want** them to work: imagine the outcome you want, as already done, on a feeling level. Refer to Item 1.

Your subconscious mind is extremely powerful and will attract what you focus on and feel most strongly about, for better or worse.

For hypnosis to work, all you have to do is instantly accept all the suggestions, follow along with them, find yourself agreeing with them, want them to work and expect them to work. Don't fight them or analyze them - that's the conscious mind interfering. Just want them to work. You **will** be successful!