



In the mid-1980's, when I was a university lecturer, a colleague came back from a weekend annual conference in London on NLP (Neuro-Linguistic Programming), an amazing process which examines how we actually think, act and function in the world, and was so enthusiastic I couldn't help but go to the next one myself.

We all have experiences that change our lives, and this was one of them. I was in my 30's and John Lennon's quote captures it: "Life is what happens to you while you're busy making plans." At one of the workshops, the speaker put a question to us: "What do you want?" He wasn't asking about tea or coffee, but the lives we were all leading (sic). My first reaction was *what does he mean?*, but fifteen minutes later, the penny dropped. The question pre-supposed that we have control over our lives!

Prior to this event, I had drifted through this incarnation. Unsatisfactory jobs, unsatisfactory career, unsatisfactory first marriage. But still, grin and bear it after all it's only for life. The problem is my (adoptive) parents blessed me with curiosity. And my Dad, despite spending most of his life at a supremely boring routine job, excelled in everything he did in his leisure time. And somewhere along the line I became an incurable optimist.

“What do you want?” My God! Pandora's box, can of worms, stable door... Choose your metaphor.

So a (half) life search began. What is it that determines our thoughts, our choices, our beliefs and values and ultimately everything else? Was it possible that something was informing (in many ways controlling) all of these?

A few years earlier I had attended an intense personal development training programme when I worked in local government. One of the people on the course just said matter-of-factly "we become our parents", or words to that effect. And what is it the Jesuits say?

“Give me a child until he is seven and I will give you the man”.

You will discover later there are many more influences on us which create our worldview, our paradigm, our lives. This video is about the subconscious mind and we can use it, *consciously* (confused yet?), to liberate ourselves from any limiting hidden or forgotten conditioning we have experienced post *and* prior conception. To create the kind of life we want.

How do we change our lifelong programming? Like all change, it begins with the realisation that we are uncomfortable, dissatisfied, tired of or suffering from the way we are at present. I have lost count with the number of psychotherapy clients who have come to me over the years in their 50's and 60's, asking me to help them with unresolved childhood experiences. Grin and bear it after all it's only for life.

Over 50 years ago it was demonstrated that less than one minute after watching television, a person's brainwaves switched from Beta (active, logical thought) to Alpha, a passive, suggestible state. Aren't you surprised? The good news is that after switching the television off, our brainwaves return to normal.

There are three other brainwave states, Gamma, Delta and Theta. This is a big subject, so I'll try and simplify it. The brain operates at different levels, or frequencies depending on what we are doing. Think about when you're reading a book, you are quite relaxed and usually sat down or lying down and relatively passive. Imagine a piece of music which would capture the operation of your brain at this point. It is surely obvious that the music would be slow, calm and harmonious. Now put your attention on being excited. You don't need me to elaborate.

What music would capture this? Heavy metal? The 1812 Overture? Hard rock? Are you getting the point? For most of us, our days are a series of episodes between relaxation and stimulation. If you go to a nightclub or a football match you expect to be in high state of stimulation. So, Gamma is a high energy state (heavy metal); Delta is a deep sleep or trance, and Theta is also a trance-like state, for example how do you feel just before you fall asleep, and just after you have woken up?

What has this got to do with the subconscious mind? Well, any ideas?

The most common way in which our subconscious mind is programmed is repetition. Grin and bear it, after all it's only for life. How about any message, true or false, being repeated through the mainstream media? Hands, Face, Space? If you want willingly to change your beliefs, there are processes that can help you do this. After all, you believe you are powerless don't you?

The subconscious is critically influenced by our brain wave state. Your subconscious mind is strongly influenced when you are in an Alpha state (e.g. watching television) or Theta state. And what might a hypno- or psychotherapist do? Help you, with your permission of course, get into a Theta/Alpha state and then allow you to release any unwanted subconscious programmes. Or you can continue to grin and bear it; after all it's only for life.

Some final, critical, observations.

Your subconscious mind is habitual. It is programmed as I have already said, through repetition, and through being in a receptive state. What were the dominant messages you heard as a child? You are loved? You are clever? Or you are worthless? You are stupid?

No amount of conscious mind-generated positive thinking or willpower can override or even compete with subconscious programming. Most, if not all, personal development "stuff" fails simply because it does not take into account our subconscious programming. Have you ever thought why diets don't work? New Year resolutions?

So, my dear friends, you are sick and tired of some of your habitual behaviour. When you pay attention to them, most of your thoughts repeat what you may have learned as a child. You are loved or you are worthless, or variations on these themes. How about you are unattractive, you are unlovable and you get what you deserve?

To conclude. If one of your dominant subconscious programmes is that leopards can't change their spots, you sincerely believe and value it, then you may be past any help I can provide. And yet, are you the person same now as you were decades ago?

For the overwhelming majority of you, and why else would you be watching this, you know you can change, change for the better and can start to live the life you have always wanted and deserve. Almost seamlessly, painlessly and miraculously. We have the technology; you just want to have to use it.

Have a great day, you are a masterpiece, smile and let go, after all, it's a wonderful life.

Further links:

Bruce Lipton https://www.youtube.com/watch?v=OqLT_CNTNYA

Joseph Murphy <http://www.drjosephmurphy.com/bio.php>