

THE SUBCONSCIOUS MIND

What it is (Part 1) and How to Reprogram it Using Advanced Technologies (Part 2)

Part 1



A Report

by

Dr. Faiez Kirsten

This publication is a product of the Brain Science Academy



**THE
BRAIN SCIENCE ACADEMY**

Achievement, Advancement, Abundance

www.brainscienceacademy.co.za

Copyright © Faiez Kirsten 2009 and Beyond

www.faezkirsten.com www.brainscience.co.za

Disclaimer

The information contained in this report is strictly for educational purposes only.

As such it is not, in any way, a training manual or similar publication. The application of any of the ideas, tools, techniques and practices contained herein is therefore solely the responsibility of the action taker. The author accepts no liability in this regard whatsoever. Should the reader desire proficiency in the use of these tools, techniques and practices it is recommended that appropriate assistance and advice is sought.

Copyright

All rights reserved. No part of this publication may be reproduced without written permission from the author.

Copyright © Faiez Kirsten

Notice

This report is generally available **FREE** of charge or at a nominal cost at certain selected websites as listed at [www. faiezkirsten.com](http://www.faiezkirsten.com) If you have purchased it elsewhere, it has been ***sold to you illegally***. Please report this to info@farfone.com

THE SUBCONSCIOUS MIND

What it is and How to Reprogram it Using Advanced Technologies

INTRODUCTION

Before we get started I'd like to reassure you that the information I will share with you in this report is based on scientific research. And that the techniques, technologies and practices described herein has worked for hundreds of thousands – and probably millions – of people across the world. I of course have personally used all of them and consequently experienced profound results in my own life.

Now although these techniques, technologies and practices have worked for many others it is my personal experience with them that enables me to recommend them to you without hesitation. For example I have lost a significant amount of weight - about 22 kg to put a number to it. But not only that, I have also been able to control my weight ever since. And I have achieved a number of other goals also as a result of using them.

The vast majority of people who use these techniques, technologies and practices correctly experience the results they intended to achieve. There is little reason why you should not too.

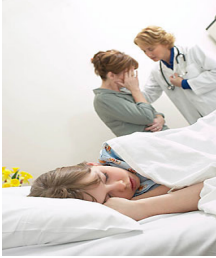
Alright, let's get started.

PART 1

The past decade or so has seen significant scientific findings regarding the subconscious mind, specifically what it really is and how to effectively reprogram it. Given these astounding findings it is imperative for every person to fully understand this aspect of their being and the way it impacts on their lives and their existence. In fact on their very future.

OK, now consider the following statements and decide whether you believe they are either true or false:

- It is possible to never get ill



- It is possible to change the temperament or personality characteristics we inherited



- It is possible to never experience stress



- It is possible to become more intellectually and emotionally intelligent



Now hold your opinion in mind because we will revisit these statements further on.

But for now let us consider the following facts or problems:

- **billions** are spent on healthcare every year in both the private and public sectors in the Republic of South Africa and many other countries
- up to 90 percent of illnesses treated by primary healthcare practitioners are **stress**-related
- about 67 percent of people hate their jobs because of their managers (due to their lack of leadership or people skills)
- numerous people across the world struggle with a multitude of **personal problems** including 'personality' issues such as poor anger management, lack of confidence, poor self-esteem, body management issues such as obesity, spirituality issues and many others

Although individuals and companies across the world face numerous problems I have chosen to highlight these simply because of my experience in healthcare and business. Nonetheless is it not curious that despite decades of research and advances in business, healthcare, finance and many other areas, that problems in these areas persist and in many instances seem to be getting worse?

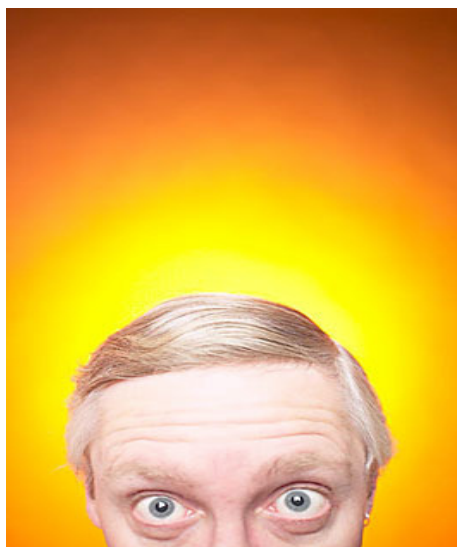
However, be that as it may, the BIG question is 'Can these problems be solved?' and if so 'How?' Well Einstein hit the nail on the head when he said that 'Problems can never be solved with the same level of thinking and Consciousness that created them'. Thus what is required is a higher level of thinking and Consciousness in order to reduce the extent of these problems significantly or to eliminate them completely. Now in order to attain this higher level of thinking and Consciousness we need to acquire and apply knowledge, specifically knowledge about the subconscious mind. And by doing so we will empower ourselves by putting the control of our lives back into the palms of our own hands, so to speak (since, as you may know, the lives of most people on the planet are controlled by forces outside of themselves). But not only that, we will then also be in a position to contribute to the solution of our own problems - and perhaps that of our company, our community, our country, and even the world.

So to re-iterate, knowledge of the subconscious mind, specifically what it is and how to reprogram it is vital if we are going to use this massive internal resource of ours to our own and the world's benefit.

But before we can discuss the subconscious mind it is important that we understand what the conscious mind is. Now the following definition of the conscious mind is purely my own and you are most welcome to disagree with it if you wish! And it is this:

The conscious mind is a product of a fully functioning living brain and is characterized by the ability of the brain to be aware of various brain and body functions such as thoughts, emotions, feelings, sensations, behaviours etc and to execute certain functions such as thinking,

concentrating or paying attention, remembering, etc.



Note that I have said fully functioning - because when you are comatose or unconscious your brain is not fully functioning although your brain is still alive.

It is vital at this point to indicate that ***the conscious mind is not Consciousness*** but rather a *reflector* of Consciousness. It is similar to a mirror which reflects light. The mirror is of course not the source of the light. Similarly the conscious mind is not the source of Consciousness but rather a reflector of It. According to renowned quantum physicist John Hagelin, “Consciousness is the *Unified Field of Infinite Intelligence*, the *One Universal Ocean of Pure Potentiality*. It is what human beings and *all else* that exists in the Universe arise from. It is the Source of everything and can be directly experienced by transcending thought through meditation (Transcendental Meditation)”.

OK, now on to the subject of this discussion, the subconscious mind, and specifically what it is and how to reprogram it. And again this definition is my own:

The subconscious mind consists of all involuntary (generally) processes & functions including thoughts, beliefs, emotions, memories, skills, instincts and behaviours that are generated by and occur in the living brain and body and which we are unaware of.

Now note that in this definition I have included both the brain and body because the subconscious resides in the body also.

It is important to mention at this point that many of the processes and functions of the subconscious mind involve implicit memories. You may know that we generally possess two types of memories –

implicit and explicit. I will focus on our implicit memories for the purpose of this discussion. These memories involve a range of subconscious abilities including habits, skills, behaviors, reflexes, conditioned responses and emotional reactions which we automatically demonstrate or engage in without much or any conscious awareness or thinking. Now if we want to change any of these subconscious implicit memories (such as recurrent automatic negative emotional reactions or negative attitudes towards people or situations for example) using our free will or will power will not work since this is a process which only works in the conscious realm. We have to enter the subconscious mind to effect these changes.



Alright, now let us briefly discuss some of the functions of the subconscious mind. And I say *briefly* because an extensive discussion on this topic is beyond the scope of this report. The functions are as follows:

- 1. Regulation of body functions.** The subconscious mind regulates all involuntary bodily functions such as breathing, circulation, temperature, healing of tissues and organs and many others.
- 2. Storehouse and processor of all of our emotions, memories and subconscious beliefs.** Our entire spectrum of emotions is recorded in the subconscious mind. Every experience and related feeling we have ever had is memorized by being encoded in the cellular structure of our brain and body. And these experiences and related feelings then play a role in guiding our future actions and behavior.
- 3. Provider of creativity and imagination.** All our powers of creativity and imagination are housed in the subconscious mind and can be tapped into anytime we wish to do so. And here I will quote Albert Einstein again who said 'Imagination is more important than knowledge', recognizing that our powers of imagination are truly vast, perhaps even limitless.
- 4. Information recorder, organizer and retriever.** Every event that we become consciously aware of or participate in is recorded in the subconscious mind. And all thoughts, feelings, memories and the meanings we assign to these events are also recorded here. These experiences often become our beliefs. But not only does our subconscious record all our experiences, thoughts, feelings, memories and beliefs, it also neatly organizes or categorizes them and retrieves them super-efficiently under the right circumstances.
- 5. Automator.** Every habit of mind and body is carried out by the subconscious mind. For example we can walk, run, sit, ride a bicycle or perform a number of other physical acts without ever consciously thinking about how to do them. They just take place automatically thanks to our powerful subconscious mind. Likewise feelings are also automatically generated in the subconscious mind as we go about our daily activities and interactions with other people. For example if we see someone we like we automatically feel good while negative feelings are often generated in the cells and tissues of our body when we come across someone with whom we've had a negative experience in the past perhaps.
- 6. Script writer.** The subconscious mind is forever writing the story of our life and edits it accordingly.
- 7. Generator of energy vibrations (feelings).** Humans are vibrational beings, emitting energy vibrations constantly, moment-to-moment, day in and day out. These vibrations are generated and directed by the subconscious mind and can be positive or negative dependant on the thoughts that we are thinking at the time. Thoughts of appreciation, joy and gratitude flood our cells and bodies with chemicals which produce the same feelings or vibrations. Thus focusing on such thoughts enhances our health, well-being and vitality. Of course negative thoughts

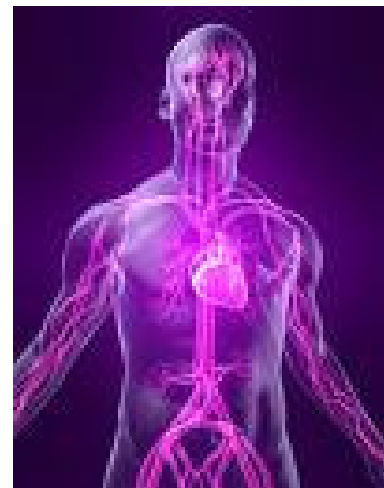
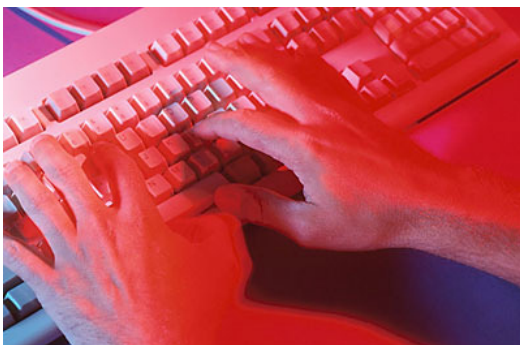
produce the opposite effect which explains why negatively - thinking people always feel stressed and ill. However our energy vibrations don't only have a positive or negative impact on ourselves but also the same impact on others around us. By emitting loving or joyful energy vibrations our subconscious influences others to feel the same way towards us. Thus the energy field we emit moment-to-moment draws a matching field back towards us.

- 8. Butler.** Like a human butler the subconscious mind does anything we ask of it by way of the thoughts we think or what we say to ourselves i.e. our self-talk. And it does so with no questioning or backchat. The problem with this though is that regardless of the quality or type of our thoughts or instructions to the subconscious it will carry them out anyway. This should serve as a warning to us to be extremely vigilant about what we are thinking or what we say to ourselves lest we instruct our butler to do things that will not be to our benefit - or worse still, be harmful to us.

We will do well to always remember that our subconscious mind has immense control over our lives, and will carry out its programmed instructions automatically regardless of our conscious opinions or efforts.

Let me now move on to something which is central to this discussion. And that is the vitally important subject of *subconscious beliefs*. Important because it is **they** which ultimately determine our destiny and control our lives.

Now the question is 'What are beliefs'. Regardless of how they are defined beliefs are ultimately **instructions which are coded and stored in the cells of the nervous system and body**. Similar to a software programmer who writes instructions into a computer program on how the computer should run or operate so beliefs are instructions as to how we should feel, act or behave or how our lives should run or operate.



A good example of this is Roger Bannister who on May 6, 1954 ran the mile in under 4 minutes. Before this feat it was a commonly held belief that such an achievement was not possible. But on this day Bannister's belief instructed his entire being to do whatever was necessary to achieve this goal. And amazingly what happened after that was that several more people achieved the same goal because they now also believed that it was possible. Sir Edmund Hillary and Tensing Norgay, the first people to summit Mount Everest is another great example. And I am sure you can recall many others.

Before discussing beliefs further it is important to deal with the matter of perception simply because beliefs and perceptions go hand in hand. They cannot be separated from each other since they are inextricably intertwined, the one exerting a significant influence over the other.

So what is a perception then? **A perception is simply an awareness of the environment via feelings and sensations. Perceptions are our sensory experiences.** So if your eyes are closed and someone creeps up on you and sticks a pin in your arm, you will immediately become aware that something in your environment has caused you to feel a sudden stab of pain.

Our lives then are really about responding to our environment (both internal and external). If there were no signals or stimuli from the environment (such as the pin prick) then we would not respond since there would be no need to respond. There would be nothing to respond to!

But the interesting thing is that not every one responds in the same way to environmental signals even if these signals are exactly the same. For example two men see a woman wearing a very short skirt walking down the street. The one man, feeling a sense of disgust or some other negative emotion, just shakes his head and looks the other way while the second man gets all excited at what he is witnessing and gives a wolf whistle. These are two very different behavioural responses to the same environmental occurrence or signal no doubt. The question is, why does this happen? And the answer is **because of perception. How we respond to the environment depends on how we perceive it.**

So, at the end of the day it is our **perception that creates our experience of the world around us.**

But why do perceptions differ? Because **they are influenced by our beliefs.** And so it is **our beliefs which control our behaviour through influencing our perceptions. Our beliefs thus act as filters for our perceptions.**

Now how does this happen? OK I am going to get a little technical here but please bear with me. I'll try to keep it as brief as possible (although keep in mind that this is a very simplified explanation of the actual process). Firstly it must be pointed out that there are two mechanisms or signalling systems by

which the cells of the nervous system (neurones) and the body communicate with each other. The first is an electromagnetic system which operates through the connective tissue system spread throughout the body and brain. This connective tissue system extends right into the cytoplasm and nuclei of the cells of the nervous and body tissues and signals from this system thus have a direct impact on the cells and their DNA. The second, an electro-chemical system, involves the movement of ions across cell membranes (an action potential), the diffusion of chemicals called neurotransmitters between neurones and muscle cells and the diffusion of chemicals called neurohormones from neurones into the blood stream. The latter conveys these hormones to other neurons and body cells where they interact with receptors on the cell membranes. These receptors are protein molecules embedded in the membranes of the cells and protrude from them like antennae. When the neurohormones bind with the receptors they cause changes to occur in the cells, including having an influence on proteins called behavioral proteins in the cells and the selection and expression of their DNA.

With respect to the speed of transmission of signals through the two systems it is actually a no-contest situation. Signal conduction via the electromagnetic system is mind-bendingly fast compared to the electrochemical system. For example during a time period of one second a neurohormone only travels a distance of one centimeter while an electromagnetic signal would be a distance of about *two hundred and ninety thousand kilometers* from its origin! No contest indeed!

Although the difference in conduction capability is stark, both systems as we have seen can activate cells and their genes to realize the goals or intentions of the individual. And signals also continuously pass back and forth from the brain to the cells and tissues of the body and from here back to the brain and so on. However electromagnetic signals, unsurprisingly, zip along these loops instantaneously.

Now signaling of cells either electromagnetically or electrochemically causes them to feel a certain way - which of course is perception. And since beliefs are instructions which are coded into the cells of the tissues of the body and nervous system (including the brain), as signals are conducted via the two systems beliefs impact on them thereby influencing their effect on these cells and tissues i.e. their feelings or perceptions and the selection and expression of their DNA. In other words beliefs control the perception or feelings of the cells and how their DNA is selected and expressed. These feelings are then followed by a behavioral response which could be, for example, the shaking of a head or fist, a shout, a dash to safety or any of the numerous behaviors that humans display. And we become consciously aware of these feelings because of the continuous feedback loop between the tissues of the body and the brain and the brain and the tissues as mentioned previously. In fact ***every thought we think reverberates through our communication systems, activating or de-activating genes and producing either a protection-inducing stress response or a growth-stimulating and healing response.***

And perhaps even more interesting is the fact that research evidence indicates that the connective tissue system may also have the ability to conduct signals from the quantum field of the universe into the body and from here back to the field. Scientists believe that our connective tissue system may be a quantum resonator.

So as we have now seen beliefs held by humans determine the selection and expression of their genes and their consequent behavior. This control of genes by factors outside of the genes themselves is called **Epigenetics**. ‘Epi’ means ‘above’. For decades it was thought that genes select and express themselves without any outside factors influencing them to do so. But this, as we now know, is incorrect. So if you hold certain beliefs about food for example you may develop a craving (intense feeling) for it which would cause you to eat a lot of it (your behavior) and you could end up being dangerously overweight.

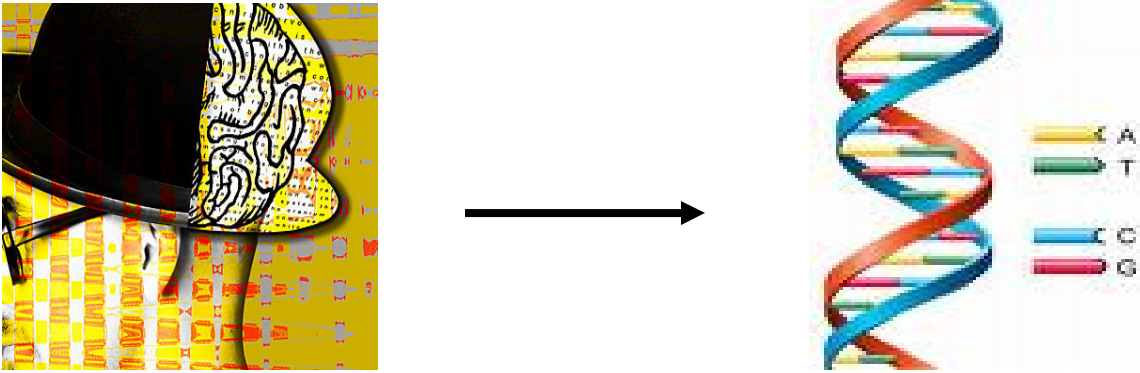


Now if you do not believe that beliefs influence behavior then consider this finding during an experiment by psychologists Seema Assefi and Maryanne Garry. It involved a test group of 148 students who were taken to a bar and served. And the bar was typical of any real bar. All the bottles, glasses, smells, and customers drinking alcohol were real. In fact everything about the bar was real – except one thing; the drinks served to half of the group contained fake alcohol. The bottles from which their drinks were poured contained only tonic water. However the drinks were mixed, poured and served by the barmen in exactly the same way they would alcoholic drinks. And the results were astounding – the students became intoxicated. They behaved in the same way intoxicated people do. And even more surprising was the fact that their brains and bodies also exhibited the same bio-chemical changes seen in such people. This is significant evidence that beliefs influence behavior. The students behaved in an intoxicated fashion **because they believed** they were drinking alcohol. Their subconscious belief instructed them to do so. Of course on being told that they only drank tonic water many of the students were astounded because they had actually felt drunk.

Beliefs are powerful indeed!

OK, so let us recap:

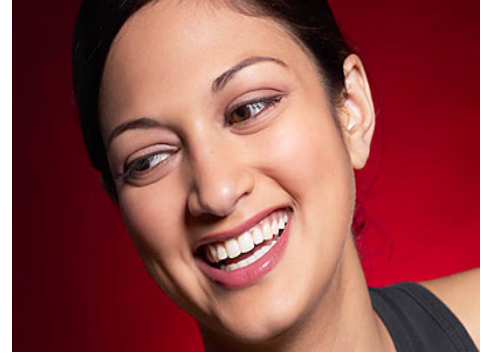
1. **Genes do not control biology / behaviour – beliefs (via perceptions) do**
2. **Genes (DNA) are only a blue print for protein production**
3. **Genes do not self-activate (turn themselves off and on)**
4. **The external environment (experiences) generates beliefs which provide signals to the cells of the body**



In fact the reality has always been **the Primacy of the Environment & NOT the Primacy of DNA** i.e. the environment (internal & external) selects genes and not the genes themselves.

It must also be mentioned at this point that beliefs can actually rewrite genes. For example if you were born with no cancer genes but you somehow through the course of your life acquire beliefs about cancer then it is quite possible (and probable) that you could (and would) get cancer as a result of these new beliefs rewriting your genes and producing cancer-causing ones. As mentioned, beliefs are powerful indeed!

So here's the million dollar question: Can we change our beliefs? And the answer of course is YES! Beliefs are not static and can definitely be changed. **We are not victims of heredity or genetic control.** So if you hold beliefs that are not working for you then this does not have to be the case for as long as you live. If you are depressed because of your environmental experiences for example then you do not have to continue to feel this way for years on end or take anti-depressants every day just in order to feel better. No, you hold the solutions to your problems right within yourself. All you need to do is reprogram your subconscious mind. And this holds for many, many other problems too.



Now the reason that many people fail to solve their problems or achieve the goals they set for themselves is due to the **limiting beliefs** they hold. What are limiting beliefs? These are disempowering, self-destructive or self-sabotaging beliefs. They cause you to feel and behave in a way which prevents you from realizing your consciously stated objectives or cause you to continue to experience a problem or problems which you have been trying to resolve.

Common limiting beliefs include beliefs of hopelessness, helplessness or powerlessness and worthlessness. The latter is particularly common with many people believing that they are not worthy of achieving whatever they want to achieve such as getting over an illness or resolving a problem for example. Hopelessness on the other hand is a feeling stemming from a belief that neither you nor anybody else has the ability to solve a problem. The situation is utterly hopeless. And finally a feeling of powerlessness or helplessness stems from a limiting belief that you do not have the power nor the ability to solve a problem although others may be able to.



OK, so let us get back to the statements mentioned previously:

- It is possible to never get ill
- It is possible to change our temperament or personality characteristics we inherited
- It is possible to never experience stress
- It is possible to become more intellectually and emotionally intelligent

Yes they are all true. But only if you are programmed with the correct subconscious beliefs and skills of course!

So now the question you may ask is 'How do we change our beliefs?'

And the answer is 'Through a process of Intentional Mind Programming'.

'What's that?' you ask? 'Are we talking about brainwashing here?'

Well firstly it is important to realize that all of us are being programmed every single day, some of it good and some of it bad, some of it unintentional and a lot of it I would say intentional, no doubt.

By whom or what?

By external forces or influences such as the media, government, corporations and even by the companies which employ us or to whom we provide our labor, services and expertise in exchange for money. But this is not the intentional mind programming I am referring to here. No, this form of intentional mind programming refers to the willful application of various technologies, techniques and practices by an individual to change or remove old thoughts, beliefs, feelings and behaviors and to install new ones **for his or her own benefit**. In other words Intentional Mind Programming involves the **informed and voluntary decisions and actions** by individuals to change their reactions to internal and external stimuli in order to achieve whatever outcome they desire or wish to experience.

So now imagine these scenarios for a moment:

- Continuously healthy and happy individuals and employees



- Optimally-performing individuals and companies



- Minimal spending on illness as an individual or company



- Maximized sales

Achieving whatever outcome you or your company intends or desires is possible. All it takes is deliberate programming of the subconscious mind with the appropriate information which will ensure that this objective is achieved. This is the crux of Intentional Mind Programming.

Now what are these technologies, techniques and practices used to intentionally reprogram the subconscious mind? There are a number of them and four are specifically dealt with in PART 2 of this report. Okay then, let us move on to PART 2.

To receive a **FREE** copy of the complete report please click on the link below (subscription required):

<http://www.faiezkirsten.com/opt-in-page-the-subconscious-mind-report.html>

THANK YOU



Thank you for taking the time to read PART 1 of this report. I hope you have found it useful and that it may contribute to enriching your life in some way.

Take care.

A handwritten signature in cursive script, appearing to read 'Faiez K', written in black ink on a light-colored background.

.....
Faiez Kirsten MD

RESOURCES

Besides several other sources, the primary sources of information in this report are my own experiences, 'The Biology of Belief' (Bruce Lipton, PhD), 'The Genie in Your Genes' (Dawson Church, PhD) and 'The Promise of Energy Psychology' (David Feinstein, Donna Eden and Gary Craig)