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Is your unconscious mind running the show and should you trust it?

NLPcourses.com Podcast 6:

In this week's nlpcourses.com podcast show, we explore the unconscious mind. How the unconscious mind stores stress and releases stress. The blue print for your perfect health and how your unconscious mind generates and distributes energy.

Hello welcome to this week's nlpcourses.com podcast show.

How have you been, what have you been up to? Well, I've been up to doing a lot of handstands. Why you may ask. Well I've got a seven year old daughter and she's really interested in gymnastics. So we've been doing a lot of handstands together. She makes it look so easy and I'll make it look very challenging.

Anyway, let's dive into what we're going to be covering in this session. We're exploring the unconscious mind. Now according to Dr. Julian Jaynes we are unconscious beings who have developed a conscious mind. Now it's not too farfetched because how often have you got into your car, arrived at the destination and not remembered the journey.

Have you also seen elevator lift where nobody wants to talk to each other in an elevator and they all stand there looking at the numbers 10, 9, 8, 7, 6 and the doors open, somebody walks out and go, "oh hang on, this is not my floor" and comes back in.

There is a theory that one of the reasons something like hypnosis works is because it takes you out of the trance that you're in, puts you into a different trance so that you can access different ways of thinking.

So let's have a definition of what we mean by the unconscious mind and the difference of what a trance is. The unconscious mind is just anything that you're not consciously aware of. Whereas trance is anytime you go inside your head. That's right; you're spending most of your day in trance. So let's take a trance to explore what is happening, with drives the unconscious mind. First I would like to say the highest job, for your unconscious mind is to protect you. And you know that's true because if you've ever stepped out onto a road and pulled yourself back real quick, that was your unconscious mind processing the information.

How many bits of information does your unconscious mind then process? Well looking at various different researchers I'm going to pull mine from Dr. Julian Jaynes again is around about five to six million bits of information, but I've seen it go up to fourteen million and as low as two million bits of information. I guess it all depends on how you measure bits of information. So let's have a direct experience what we mean by this millions of bits of information your unconscious mind is processing that any one time. Become aware of your feet as long as it is safe to do so. Become aware of the clothes against your back.

Become aware of the sounds around you. What's your email address? Don't call it out. Now where was all that information before I asked? Yes it was on an unconscious level waiting for your conscious mind to want that information. So what is the magic number for your conscious mind? Seven plus minus two chunks of information, this is the study done in 1960 by Miller, Galanter and Pribram. They said the conscious mind can track seven plus or minus two chunks of information on a good day. That does mean Friday evening and its late. And you've had a particularly good night out it could be zero plus or minus two chunks of information you've consciously tracked. So what do we mean by a chunk of information? 07811-875-868 that's three chunks of information we can keep that in our conscious awareness. When we go over 9 which is the 7 plus 2 our unconscious mind takes over the processing.

That study was updated in the early 2000s and they now say its 5 plus or minus 2 chunks of information. But the classic 7 plus 2 chunks of information is the one most widely known. You can't even move your fingers consciously. If you attempted to move your fingers consciously you would have to know all the muscles in your arms. And you have to know how to interact and what let to the next muscle firing. And you'll be going okay I need to contract this muscle but relax this one, contract, contract, contract, relax, contract, contract, contract, contract, contract and about 10 minutes later your fingers would move and you would go, "oh yes" now that's way too long. You can't even rely on your conscious mind to protect you.

Because you'll step out to the road see the car coming and go, ah there's a car coming, better step backwards. Okay legs move, way too long. So the highest job of your unconscious mind is to protect you. Now the other thing that happens is life. Have you noticed that? You have little things, big stresses, small stresses, going on day in and day out. You're driving into work and somebody cuts you up on the road and you don't get the chance to give him polite little hand

wave to show your appreciation. You go into work and somebody looks at you funny and you think to yourself, “what have I done now?” or something more major happens. These stresses and situations are going on day in day out.

So what does the unconscious mind do with these stresses? Will it hold onto them and normally puts them into the body. In my opinion 80% of the aches and pains you feel in your body or often what’s going on inside your head. 20% is normally something structural, the way that you hold your body in a funny angle. Go and have a massage, it’s a good thing to do.

Now if you don’t go and have a massage as these stresses start to build up the body starts to signal you that you got stuff to work on. Those signals tends to be aches and pains in the body. So you might get smaller aches in your back and may little headaches, just little niggly things like that.

If you ignore them and don’t go and have a massage, if you ignore them they tend to increase and your back might start stiffen, you might start developing migraines and if you carry on and ignoring all of that and it is amazing just how much stress the human body can stand but at some point the unconscious mind goes, we’re going to clear out the circuit. Also known as a nervous breakdown. It is not good to go through a nervous breakdown. If you know anybody who has when they’ve come out the other side, they are normally a different person; they normally reevaluate their whole life.

Now what would have happened if they went back to being that same person? Yes every few years they would have a nervous breakdown and they will be in a cycle. So nature seems to put buffers in place to stop you going back to being the same person. So yes it is healthier for us to release these negative emotions. And your unconscious mind looks for any opportunity to release. And you’re listening to this podcast, you might attend our training and your unconscious mind gets excited because we are now communicating and it goes, “do you want to work on this?” and you go, “no” and the unconscious mind goes “that’s okay I can take it back until you are ready to work on it” but it is healthier to release these things than to hold on to them.

And psychological stuff like NLP, hypnosis, coaching, counseling, psycho therapy can all help but also the things like massage and exercise and movement all definitely help process this out of the body. Connected to this is that the unconscious mind has a blue print for your perfect health. Now you might say, “John I was with you right up until you said that, but I have now seen evidence against the contrary of what you just said.”

What about people who smoke? If you have ever seen somebody who starts to smoke, it’s not just their own conscious mind saying don’t do it, it’s the whole system as they go green, they want to throw up, they have this foul taste in their mouth and yet they go, “oh, but look how cool I look” so they can override the unconscious mind because you have a conscious mind. What about people who over eat? Well you know what, there’s huge amount of mechanisms between the brain and the stomach, to stop you over eating. So you eat some food. Food goes down, it gets processed and signal comes back up which is basically a hormone signal this says, “stop

eating, thanks for the food, you had enough” but we go, “oh, this is Belgian chocolate, I must eat the two bars now” and we override that programming.

Yes you have a conscious mind that stretches the stomach a little bit, so next time you eat a little bit more and the signal comes back saying to the brain, “stop eating had enough, thanks for the food” and we go, “oh, my friend cooked me this cake, it will only be fair if I eat the whole lot now” so we have a conscious choice. Connected to all of this I believe the unconscious mind also generates and distributes energy throughout your system. Let’s put that into a context.

I’m going to generalize for this first statement just to make a point, but you understand it is a generalization. Have you noticed that somebody who has a period of unemployment in their life, where they now have the time to read the books, do exercises, to study and do all those things you struggled to do, when you were working. Tend not to, and in fact the longer they’re unemployed the more they tend to sleep and go into this hibernation mode. Yet if you’re very busy you tend to be able to do more and more.

So for example you might be given a project to work and you're very excited about the project and you go back to your family and say, “for the next six months, I’m working really hard, you’re not going to see a lot of me, I’m going to be working evenings, weekends and I need you to support me” and your family says, “well what about us” and you say, “at the end of the six months, we’ll all go on holiday, this is the wonderful opportunity for us” and they say, “are you sure” and you say, “yes, book the holiday”.

And in your six months you’re up extra early, you start exercising, and people coming down with colds and flus around you and you're going, mere weaklings, no sympathy for you. Look at me, look how much I’m doing. And then in that first week of the holiday, first week of the holiday you have the biggest cold or flu going and you’re bedridden. You get no sympathy from your family because they say, “You always do this” they go out and enjoy themselves for the day, you suffer in the bed and that’s partly because your unconscious mind also went, “okay so you need all this energy and motivation for this period of time and then we are going to catch up of things like flu’s and colds. Okay I got you.

Now it is much more powerful than that also. Some of you may have come across this, not everybody does. I did. Now it’s about seven years ago. My mum had cancer. Now she had it for several years and it did come and go at various different stages, but when it got to the point where the hospice said to her, “where would you like to die?” now obviously they weren’t that blunt, but it is essentially what they said to her. “Would you like to stay here or would you like to go home?” and she wanted to do go home.

And they were amazing, they truly were amazing. They got her home, got her settled and they indicated to me that, “what we are really looking at is, seven to ten days” but it was close enough, it was close enough to my youngest daughter’s first birthday, that my mum set herself a goal, she wanted to see her granddaughter’s first birthday. And she managed to stay alive just under a month. And then it was close enough to Christmas, my mum sets out another goal that she wanted to see the grandchildren at Christmas and I really do not know how she managed it. But she stayed alive for an extra month, so we got extra two months with my mum.

And then between Christmas and the New Year she kind of went, “I’ve achieved those goals” and peacefully moved on. Now isn’t that amazing. That the unconscious mind can keep you alive. If it believes you got a goal that you want to fulfill. Now it doesn’t always happen, but it happens a significant amount of time. Wow, the unconscious mind is truly interesting and incredible and we starting to tap into that potential. So we’ve covered a lot again in this podcast. So let’s have a quick recap.

We started off by proposing we’re unconscious beings who developed a conscious mind based on the work of Dr. Julian Jaynes. We then started to explore that the unconscious mind highest job is to keep us safe. And we had some examples of those i.e. crossing the road.

Then we noticed that the unconscious mind realizes that we do need to live a life and things happen to us. And the unconscious mind takes what’s going on around us and stores it normally in the body. And there are several ways for us to release those because it’s healthier to let these things go than to hold on to them. And we noticed things like massage, exercise and also the psychological stuff. Things like NLP coaching, hypnosis, psychotherapy and counseling are really all beneficial.

Then we talked about the unconscious mind having a blue print for your perfect health. And we challenged that just a little bit, then we started to explore the unconscious mind generate and distributing energy throughout your system. And we had various examples, our examples of a workplace, and there's incredible examples of where people stay alive against all the odds where the unconscious mind can have a clear goal. We did note that doesn’t always happen but it happens a significant amount of time. It will be wonderful to hear your examples of your experiences of the unconscious mind.

Do you have any questions pop over to nlpcourses.com, find the podcast page and leave any comments, any questions, share your stories just like I shared mine about my mum. I’d love to hear those. Until next time John in all of the unconscious mind Cassidy Rice have a successful and interesting week.