



# THE BRAIN

A Universe of Creativity  
and Programs  
That Determine Your Desires



## THE MIND IS AN ICEBERG

Look at your life and tell me what you're having problems with and this will tell you what your unconscious - subconscious mind is not accepting - creating a block to what you want, and what you truly desire.

The mind can be compared to an iceberg—the small tip above the water is the conscious mind, whereas the huge, unseen 90 percent part of the iceberg is deep underwater.

We spend most of our time in the Conscious mind. Beta Waves; The slower processor of the mind. The conscious mind specializes in figuring out how things are performed.

The subconscious mind, Alfa and Theta brain waves does not think—it just does things, fast, instantly drawing upon habit. Below this is the Unconscious mind, in the depths of the dark sea.

So, the habits you develop become powerful, fast drivers of your life, and some of these programmed habits are not positive. They can undermine your ability to succeed in all areas of your life, including making money and having long term loving relationships, and a happy family.

Neuroscience has confirmed the unconscious and subconscious mind shapes our reality. What you think about, talk about, believe strongly about and feel intensely about, you will BRING ABOUT in your life.



## How the Conscious, Subconscious and Unconscious Mind Work Together

Imagine an Iceberg: The very tip of the iceberg is your **Conscious** mind.

It occupies a small portion of space at the top, where only a fraction of it is showing above the water. It represents about 10% of your brain capacity.

Below this is a slightly larger section that Freud called the pre-conscious, or what some refer to as the **Subconscious**. It is much larger than the conscious mind and accounts for 50-60% of your brain capabilities.

The section below this is the **Unconscious** mind. It occupies the base of the iceberg and fills out the other 30-40%. It is vast and deep, and largely inaccessible to conscious thought, a bit like the dark depths of the ocean.

The Conscious mind communicates to the outside world and the inner self through speech, pictures, writing, physical movement, and thought.

The Subconscious mind is in charge of our recent memories and is in continuous contact with the resources of the Unconscious mind.

The Unconscious mind is the storehouse of all memories and past experiences, both those that have been repressed through trauma and those that have simply been consciously forgotten and no longer important to us.



## How the Conscious, Subconscious and Unconscious Mind Work Together

It's from the Unconscious storehouse of memories and experiences that our beliefs, habits, and behaviors are formed.

The Unconscious constantly communicates with the Conscious mind via our Subconscious and is what provides us with the meaning to all our interactions with the world. Interactions that are filtered through your beliefs and habits.

## How This Affects Our Life

The **Conscious** mind is the creative mind, along with logic and reasoning. It has been called, by some, the slow brain, and they say the Conscious mind is never running the show.

The **Subconscious** mind is the habit mind. It can process 40 million bits of data from the environment every second. It learns through habituation.

The **Unconscious** mind stores memories and past experiences but is very hard for the conscious mind to access.

This is why nature created a way for the conscious mind to communicate with the unconscious mind through the subconscious.



## How This Affects Our Life

As a child's brain develops, during the first seven years, the subconscious is working in a state of Theta and downloading behavior, but it doesn't download from itself, the subconscious mind acquires behavioral programs by observing other people like a mother, father, other family members or community.

Scientists have shown that the subconscious is programmed, through repetition, the way we learn the ABCs and the times table. It has programs that can be accessed quickly, this is why it is referred to as the quick brain, but these programs do not change easily.

The subconscious mind is designed to not change easily for a simple reason; once it learns an important behavior, such as how to walk, it becomes a program. If that program changes every day, then you would have to re-learn how to move around every day.

Science found out that 90% of the time we operate through subconscious programs. The conscious mind being you, your wishes and desires work only 10% of the time.



## How This Affects Our Life

*An example:* When you are driving a car, you start focused on driving, as you are driving you start imagining something, but you don't stop driving or miss out on what's going on the road.

The moment you have a thought, the driving is taken over by the subconscious mind, which is very practical and keeps us safe.

At the same time, there are negative programs in the unconscious and subconscious that also want to keep us safe but are supporting a negative belief systems.

Programs made from outer stimulus; mom, dad, the community during the first seven years of our life. Much of what we observed and heard became programs that do not serve us well as we mature.

These programs with limiting beliefs, hinder and block our ability to achieve our life desires.

*An example:* If your parents said you are being stupid, or clumsy, selfish or *greedy*, and this happened enough times, it becomes a program in your subconscious.



## How This Affects Our Life

When you decide you want to have nice things in your life, the subconscious says you are being *greedy*, don't be greedy. It thinks it is protecting you, but it is blocking you from your desires with a limiting belief system.

While the subconscious is programmed to protect you, it can also hold you back. Creating a block to your dreams and aspirations.

These programs may tell you, you're not smart, not good looking, clumsy, or poor at speaking with people - you get the idea.

If someone doesn't think they are good looking or smart, they may not socialize the way other children and adults socialize. This has a negative effect on how they grow-up and achieving their goals in life, including how they love themselves, and are loved.



## The Subconscious Mind Is More Powerful Then the Conscious Mind

### Great Leaders in History New About the Power of the Mind

*“All that we are is a result of what we have thought.” – Buddha*

*“A man is but the product of his thoughts. What he thinks he becomes.” – Gandhi*

*“Until you make the subconscious conscious, it will direct your life and you will call it fate.” – Carl Jung*

*Good News:*

You Can Change Limiting Beliefs and Your Life. If you want to affect change at a core level, then you will have to work on the programs held in the unconscious mind, and there are specialized ways to make this happen.

By continuously being in charge of your thoughts, directing your focus and using visualization, you can influence what programs the subconscious mind constantly runs. If you repeat a behavior that supports your desires often enough, (with enough focus, belief and emotional energy), the subconscious will start to reprogram your unconscious internal representation and belief system.





## The Subconscious Mind Is More Powerful Then the Conscious Mind

When this happens, you'll remove blocks created by limiting beliefs and experience change on a very deep level!

It's very much a top down approach. After all, it's how your habits, behaviors and beliefs were created in the first place.

## We Can Change the Subconscious and Influence the Unconscious Mind

1. If you want to change the subconscious, you can change it through repetition of new thoughts and behaviours, but you have to get yourself into a state of theta. When in a theta state the subconscious mind is engaged.

The theta state is a state of deep relaxation; it happens during meditation, hypnosis and during REM sleep.

*Example:* When you clear your mind, and are in a relaxed state, Affirmations and being in a High Vibrational State, (optimistic, empowered, and joy, etc.) while focusing on what is wanted will create change at the subconscious level.



## We Can Change the Subconscious and Influence the Unconscious Mind

When creating a new habit, at first it seems like a struggle the same way ABC's was a struggle in the beginning, but like ABC repetition, a habit creates a new program at the subconscious level.

The process can be reinforced through playing audio recordings while falling asleep. As we fall asleep, we go into a state of Theta before we go into a deeper state of Delta.

Which means the conscious mind is not engaged and we have uninterrupted access to the subconscious.

Repetition of positive beliefs and habitually change dissolve our limiting belief systems and create new positive programs.

2. Another way the subconscious changes, but not recommend, is emotional shock. Whatever happens in life to you that is intense and full of emotion leaves a new program good or bad in the subconscious.
3. The third way is through a guided journey of belief change, changing modalities also called energy psychology, which is a form of super learning.

This is a new type of psychology taught by Dr. Bruce Lipton in his workshops with a new technique called Psych-K. (see [www.brucelipton.com](http://www.brucelipton.com) for more information)



## Mind in Synchronization

Scientists believe you can change the programs in the subconscious mind, down to the unconscious mind so they better reflect the wishes and desires of the conscious mind.

The theory is if you have wishes and desires created by the creative conscious mind and leave the conscious mind, defaulting to the subconscious mind; it being reprogrammed, the subconscious will have the same wishes and desires.

This creates synchronicity between the subconscious and conscious.

Negative blocks are dissolved and replaced with positive programs that support your desires.

This can happen with focused intentions, a strong belief that your intentions will be realized, repetition to form new habits and beliefs, then meditating on these intentions to reprogram the subconscious. In time removing limiting beliefs and replacing them with empowered beliefs of yourself and capabilities.

*I leave you with this quote:*

*“The intuitive mind, in a state of relaxation, is a sacred gift and the rational mind is a fearful servant. We have created a society that honors the servant and forgotten the gift” – Albert Einstein*

I hope you enjoyed this paper, and from all of us at HEARTSUM LIVING – enjoy the journey!



# THE BRAIN

## A Universe of Creativity and Programs That Determine Your Desires

### **References:**

**Three Stages to Reprogram Your Mind: Dr. Bruce Lipton**

**Ask and You Shall Receive: Esther and Jerry Hicks**

**Star Over Sky: Ivan Stravinsky**

**One Big Misconception About Consciousness: Christof Koch**

**What is the function of the various brainwaves? Ned Herrmann**