

Beliefs in the Subconscious Mind

Access to the subconscious mind via self-hypnosis is the missing piece to real and everlasting change. Most people try to use willpower, motivation and action to change themselves but the only way to truly change your reality is to change the subconscious patterns of thought which are outmoded and no longer useful.

The subconscious mind is where our habits of thought reside. Our habits of thought form our beliefs. The subconscious accepts life uncritically, it will accept any thought that is placed in it without recognising if it is a good thought or a negative thought.

The medical world for some time now has understood about the placebo effect. The placebo effect is when the mind of a patient believes that they will get better when they ingest a sugar pill, which they believe is a chemical medicine. Interestingly it was also discovered in 2002 in a medical study evaluating surgery for patients with severe debilitating knee pain, that even pretend surgery could have a placebo effect. Dr Bruce Mosley tested three different groups with severe arthritis in their knee. In one group Mosley shaved the damaged cartilage in the knee. For another he flushed out the knee joint removing material thought to be causing the inflammatory effect but in the third group he only pretended to do the surgery. The patient was sedated Mosley made three standard incisions and then talked and acted just as he would have during a real surgery. After 40 minutes Mosley stitched up the incisions as if he had done the surgery. All three groups were prescribed the same post-operative care which included an exercise program. The first two groups as expected improved in their range of movements and the lessening of pain in their knee. But the surprise was that the third placebo group improved just as much as the other two groups.

As well as the placebo effect biologists have also recently discovered an amazing breakthrough in how our genes function. Biologists used to believe that we were victims of our heredity and that genes controlled our biology without the ability to change. They have recently discovered that the majority of our genes are turned on or off by signals from our environment this new science is called epigenetics. (Epigenetics is the study of changes in organisms caused by the modification of gene expression by its environment.)

What amazed the scientists was the discovery that the environment which could change the expression of a gene, not only included the physical environment but also the emotional environment. For example if you are under stress this negatively impacts your genes. Research has shown under stress your body will shut down your growth mechanism and immune system and it also reduces intelligence.

Science now knows that many negative epigenetic changes in your DNA are caused through an environment of negative stress. This means that certain genes which may cause particular diseases or illness are switched on when the body or the mind are under harmful stress. It also means that if you can reduce stress and create a more beneficial state of relaxation, affirmation and positive imagery, then you can switch off the same negative genes so they will no longer show up in your body and switch on more positive health giving genes

Cellular biologist Bruce Lipton discovered that the signals from our environment include our thoughts, beliefs and feelings.

If you have negative self-talk or beliefs it will and does affect your genes negatively if you can change those thoughts to self-empowering self-talk and positive beliefs then you can affect your genes and improve health and well-being. The new science of Epigenetics is one case which has proven beyond doubt, the powerful link between the body and mind.