

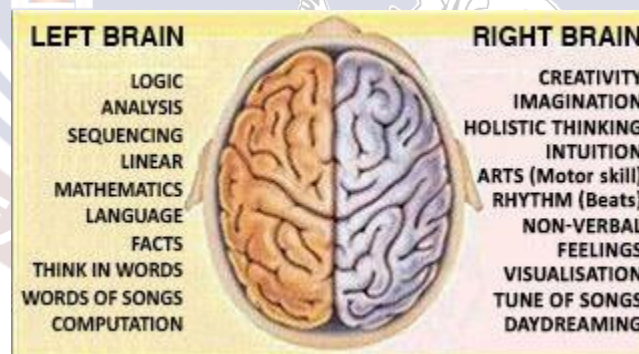


## INTRODUCTION

We have learnt in the previous chapter, NLP is a user's manual to the brain and also NLP is right brain learning. We will explore the brain and the mind in this module

## BRAIN

The Human brain is the most important and most complex part of the human body which controls the entire human system. The Neuro part of NLP deals with what happens in your brain. There are two parts in the Brain : Left Brain and Right Brain. The two hemispheres of the brain take up different activities which are as depicted in the figure below :



The left brain is responsible for logic, computation, Language etc. Right brain is responsible for creativity and happiness.

## NLP IS RIGHT BRAIN LEARNING

Human brain consists of right brain and left brain, and they will function optimally if the left and right brains are in equilibrium. But most people predominantly use the left brain. Midbrain activation is a method to stimulate and make balance the left and right brains, including activating intuition capability, which lays in the right brain. This will enable the right brain to remain active and not dominated by left brain. **Brain Gym Exercises for activating your brain will be uploaded as a separate resource.**

## THE MIND

Brain in Process is the mind. The mind is the set of thinking faculties such as consciousness, imagination, perception, thinking, judgment, language and memory, and emotion.

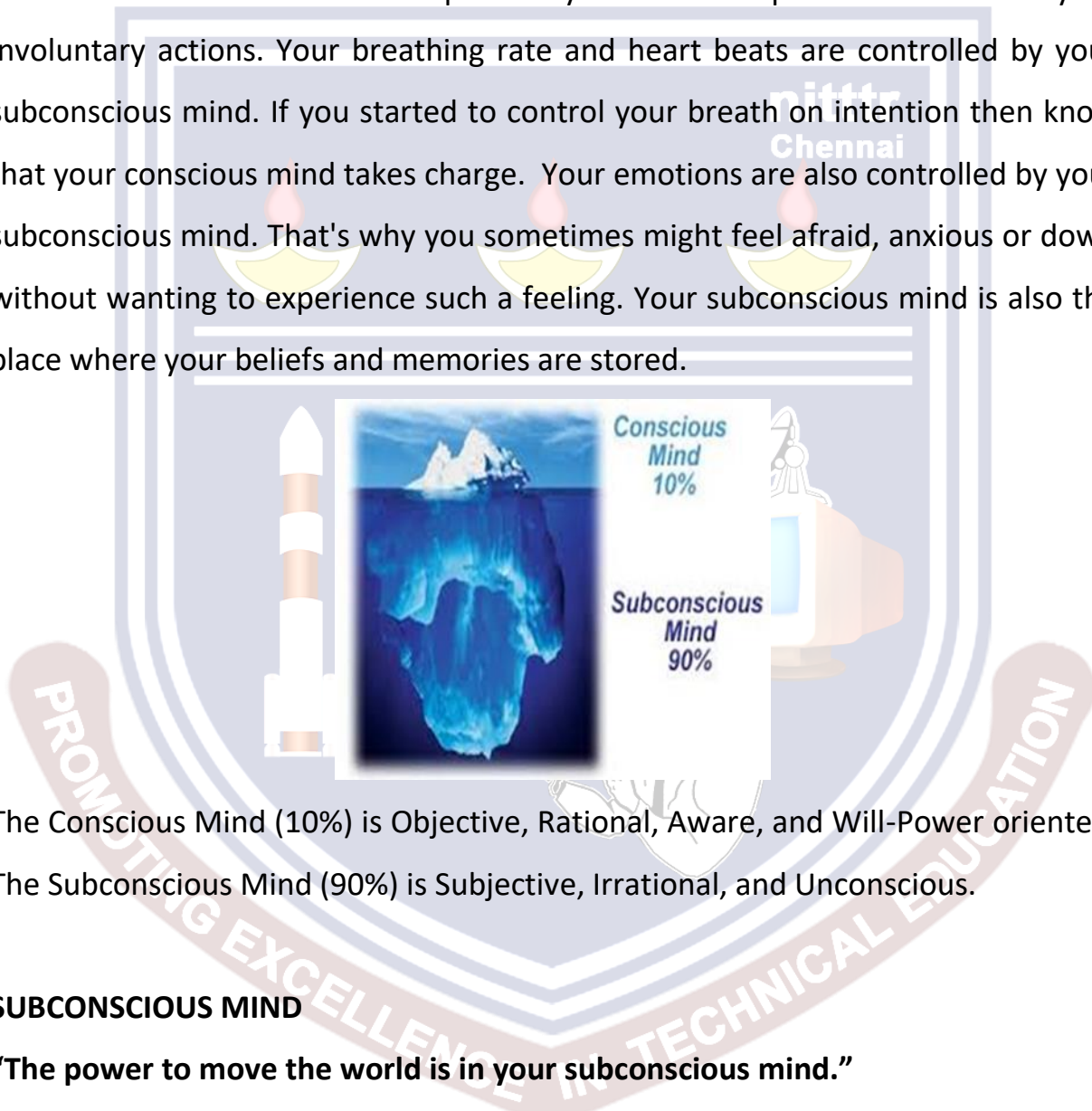
Sigmund Freud (Father of psychology) is the first person to have decoded the structure of the human mind. Freud talked about tripartite divisions of mind, namely Conscious, Preconscious and Unconscious mind. In NLP, they consider two aspects of mind namely conscious and unconscious mind.

## CONSCIOUS AND SUBCONSCIOUS MIND

One mind possesses two distinct functional parts, with each having its own powers, namely **Conscious** and **Subconscious** mind.

The conscious mind is the part of your mind that is responsible for logic and reasoning. The conscious mind is responsible for all the voluntary actions that you do. For example, when you decide to make any voluntary action like moving your hand or leg it is done by the conscious mind. The conscious mind is also

known to be the gate keeper for the mind. If someone tried to present you with a belief that doesn't match your belief system then your conscious mind will filter that belief. The same will happen when someone criticizes you or call you names. The subconscious mind is the part of your mind responsible for all of your involuntary actions. Your breathing rate and heart beats are controlled by your subconscious mind. If you started to control your breath on intention then know that your conscious mind takes charge. Your emotions are also controlled by your subconscious mind. That's why you sometimes might feel afraid, anxious or down without wanting to experience such a feeling. Your subconscious mind is also the place where your beliefs and memories are stored.



The Conscious Mind (10%) is Objective, Rational, Aware, and Will-Power oriented. The Subconscious Mind (90%) is Subjective, Irrational, and Unconscious.

## SUBCONSCIOUS MIND

**“The power to move the world is in your subconscious mind.”**

**- William James**

All beliefs are rooted in the subconscious mind. **The subconscious is 30000 times powerful than the conscious mind.** Within the SCM, lies infinite wisdom, infinite power and infinite supply of all that is necessary. One need not acquire, it is

already present. You need to be open minded and receptive to access that infinite intelligence. Within SCM, one can find solution for every problem and the cause for every effect. Just like any other discipline is based on principles, here subconscious is the principle.

### POWER OF YOUR THOUGHTS

- Most people have 12,000 to 15,000 thoughts per day
- 80% of all thoughts by most people are negative
- 95% of the thoughts are repetitive

**Your Thoughts Determine Your Beliefs.** To change anything about yourself, you must change your beliefs. To change your beliefs, you must re-program your subconscious mind.

### THREE KEY TECHNIQUES TO TRAIN THE SUBCONSCIOUS MIND

1. Meditation
2. Visualization
3. Affirmations

If you want to learn more on Subconscious training, please visit

1. <https://www.wikihow.com/Practice-Subconscious-Mind-Power>.
2. <https://thriveglobal.com/stories/subconscious-mind-how-to-unlock-and-use-its-power/>

Joseph Murphy has written a very famous book on SCM (One of the most powerful Self-help books ever written). Please download from pdfdrive.com and read it leisurely.

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