

Handout 04

for

Basic Hypnosis: HYP100

Levels of Consciousness
(Conscious, Subconscious, Superconscious)

Conscious Mind

The conscious mind involves will power and reasoning. It rationalizes data. It is critical and analytical. It has no capacity for emotions. It judges and compares, using polarized thoughts for measurement (*hot/cold, wet/dry, light/dark, big/little etc.*). This is the critical faculty of the mind. The conscious mind is filled with will power, logic, shoulds, want too's and ought too's.

Subconscious Mind

The subconscious mind is a powerhouse with two distinct purposes:

1 - A will to live which supervises the automatic functions of the body. Through this automatic supervisory capacity, you digest food and eliminate waste products automatically, hair and nails grow automatically, your heart beats, and you breathe even while sleeping. This could be referred to as the engineering department of the mind.

2 - A vast storehouse which serves as a file system filled with everything you have ever experienced or perceived, including emotions, imagination, decisions, habits and drive. This could be referred to as the secretarial division of the mind.

Using the high speed data bank within, you automatically review what has worked or failed to work in the past, the decisions you made, and the desired outcomes. All this happens automatically and so fast that the conscious mind rarely observes the process. The subconscious is the seat of the imagination. Instead of rationalizing in a linear manner, it is emotional, holographical, uncritical, and faithfully records your perceptions and misperceptions. This is the creative engineering department, the imagination, the studio, the lab, the drive, and the habits. It works automatically and impersonally to achieve or impede goals of success and happiness or unhappiness and failure, depending upon the programming you feed into it. That which you are dwelling upon, both positive and negative, are what you are informing your creative self is important and must be tended to.

You are pre-conditioned by your environment, past experiences, perceptions, and decisions. Every experience, perception, decision, action and idea is stored in the memory banks of the subconscious. In order to change or modify behavior, the subconscious must be presented with ideas and suggestions, alternatives and perspectives that are reasonable, acceptable and in its best interests.

Superconscious Mind

The superconscious mind involves processes of interconnectedness including species memory, instinct, and genetic code. This amorphous aspect of being contains what Jung called the collective unconscious, archetypes or the collective awareness of a species. This is a mystical, spiritual, religious aspect of human capacity.

The Battle Between Will Power and Imagination

When the subconscious (*creativity and imagination*) and conscious (*logic and willpower*) clash, the subconscious mind always wins. If you decide to consciously hold your breath until you died, you might succeed long enough to pass out, at which time you would automatically restart breathing, again. Getting the subconscious mind

working for you instead of against you is a head start on success!

When will power and imagination clash, the imagination always wins.

Example:

Imagine a plank six inches wide and 20 feet long, laying on the ground. You can walk the length of that board easily. Now imagine placing that same plank 40 feet up in the air. Imagine walking across it now. You may find that you are hesitant to cross the board at that height because an element of uncertainty has entered the situation. Your imagination has recognized the idea, "I might fall." Your will power might force you to walk across, but the imagination is pushing you not to. If there were additional incentives for you to move across such a long, narrow passage, you might find your imagination fully engaged. If you were in a burning building 40 feet up and a plank were extended to you, you would have greater desire to cross the plank because the imagination of burning without trying to save yourself would propel you safely across that plank.

When you relearn effective access methods for the imagination, you gain greater awareness and control over the inner workings of your mind.