

Understanding Your Subconscious Mind

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Your subconscious mind is like a huge memory bank. Its capacity is virtually unlimited. It permanently stores everything that ever happens to you.

By the time you reach the age of 21, you've already permanently stored more than one hundred times the contents of the entire Encyclopedia Britannica.

Under hypnosis, older people can often remember, with perfect clarity, events from fifty years before. Your unconscious memory is virtually perfect. It is your conscious recall that is suspect.

The function of your subconscious mind is to store and retrieve data. Its job is to ensure that you respond exactly the way you are programmed. Your subconscious mind makes everything you say and do fit a pattern consistent with your self-concept, your "master program."

Your subconscious mind is subjective. It does not think or reason independently; it merely obeys the commands it receives from your conscious mind. Just as your conscious mind can be thought of as the gardener planting seeds, your subconscious mind can be thought of as the garden, or fertile soil, in which the seeds germinate and grow.

Your conscious mind commands and your subconscious mind obeys.

Your subconscious mind is an unquestioning servant that works day and night to make your behavior fit a pattern consistent with your emotionalized thoughts, hopes, and desires. Your subconscious mind grows either flowers or weeds in the garden of your life, whichever you plant by the mental equivalents you create.

Your subconscious mind has what is called a homeostatic impulse. It keeps your body temperature at 98.6 degrees Fahrenheit, just as it keeps you breathing regularly and keeps your heart beating at a certain rate. Through your autonomic nervous system, it maintains a balance among the hundreds of chemicals in your billions of cells so that your entire physical machine functions in complete harmony most of the time.

Your subconscious mind also practices homeostasis in your mental realm, by keeping you thinking and acting in a manner consistent with what you have done and said in the past.

All your habits of thinking and acting are stored in your subconscious mind. It has memorized all your comfort zones and it works to keep you in them.

Your subconscious mind causes you to feel emotionally and physically uncomfortable whenever you attempt to do anything new or different, or to change any of your established patterns of behavior.

You can feel your subconscious mind pulling you back toward your comfort zone each time you try something new. Even thinking about doing something different from what you're accustomed to will make you feel tense and uneasy.

Superior men and women are always stretching themselves, pushing themselves out of their comfort zones. They are very aware how quickly the comfort zone, in any area, becomes a rut. They know that complacency is the great enemy of creativity and future possibilities.

For you to grow, to get out of your comfort zone, you have to be willing to feel awkward and uncomfortable doing new things the first few times. If it's worth doing well, it's worth doing poorly until you get a feel for it, until you develop a new comfort zone at a new, higher level of competence.