

Controlling the Power of Your Subconscious Mind

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ABSTRACT

This paper discusses about the subconscious mind, its potential and power and how subconscious mind affects our conscious mind and way to control our subconscious mind to unleash the ultimate power of subconscious mind. Subconscious mind can be considered most powerful tool for human civilization as the great and world transformative ideas all generated in our conscious mind from subconscious mind. The solution to every problems comes from subconscious mind. The more strong the conscious mind the better subconscious mind works. To train conscious mind and to grow subconscious mind various activities like yoga, meditation, sleep affirmation, chakras control and penance should be done which helps to make conscious mind stronger and grow our level of knowledge and wisdom with the help of subconscious mind. This paper will tell how the subconscious mind works, its power and techniques to utilize the subconscious mind.

INTRODUCTION

Human mind has always fascinated science and psychology. We know very little about the human mind. While brain can be called an organ that does its role in human body it is mind that actually control us. Biologically brain is divided into different part according to their function while mind is divided into three part: conscious mind, subconscious mind, and unconscious mind.

Conscious mind: The first level of consciousness is referred to as the conscious state. When we receive information from our senses, analyses it, and then make decisions based on that information, we are using our conscious mind. For instance, you may be conscious of the information you're reading, the sound of the music you're listening to, or the content of a conversation you're having at the moment. All of the thoughts that pass through your mind, all of the sensations and

perceptions from the outside world, and all of the memories that you bring into awareness are all a part of that conscious experience. If we are conscious of it, it is in our conscious mind.

Unconscious mind: unconscious mind is composed of thoughts, memories, and primitive/instinctual desires that are deeply buried within us, well below our conscious awareness. While we are unaware of their existence, they have a sizable impact on our behavior. Throughout our childhood, we accumulated a variety of memories and experiences that shaped our current beliefs, fears, and insecurities. However, we are unable to recall the majority of these memories. They are unseen factors that influence our behavior.

Subconscious mind: subconscious mind controls all the activities just below conscious awareness like breathing, heart beating, observing the surrounding etc. it also acts as bridge between conscious and unconscious mind which affects the memories of conscious mind. Since unconscious mind carries all the memories of past conscious mind can access it with help of subconscious mind. It works on developing consciousness of human mind.

In this paper we will be discussing about subconscious mind, its potential, power and way to control it. Subconscious mind can be considered as greatest power of human being. It knows everything within the universe, it has answers to all the natural questions we have regarding this universe. Our subconscious mind has ability to know whatever that exist in this universe including the beginning and ending of the universe. Also our subconscious mind can make our conscious mind more powerful. Our mind has no limitations to learning, thinking, remembering, creativity, imagination. We see some people mind is sharper than others it is because their subconscious mind is more powerful. Some people are naturally smart and intelligent, have some natural skills while some people develop the skill later in life. It is all because of subconscious mind. When a child is born it is not conscious. It can't make decisions about what he learns. It is its subconscious mind that controls and develop the conscious mind according to the surrounding. So we see different people with different type of behaviors, abilities, skills and many more.

The way subconscious mind work can be categorized in two ways, first one where subconscious mind makes our conscious mind stronger and disciplined. Like developing a habit, focus, concentration,

and makes conscious mind more sharp and fast. We see some people wake up at 5 am every day without even alarm while some just sleep till 10 11 am and can't wake up early without alarm. Some people can calculate faster than other. Have good focus and concentration than other while some have good memory power than others. These things can be developed by anyone by repeating the same thing or repeating the thing in mind such that subconscious mind can know what exactly conscious mind wants. In other way subconscious mind works by maturing the conscious mind, like developing the necessary knowledge our consciousness needs to know at correct time or by providing the conscious mind with answer or solution to the problem our conscious mind is facing. Whenever we think about a solution to problem new ideas or theory comes to our mind regarding the problem. It all happens as conscious mind gets answer from subconscious mind without even realizing it. It's like it was already there but we didn't know about that answer.

The subconscious mind is like a library and conscious mind is a person who can gain infinite knowledge from the library but doesn't know how to access the library. If one can learn how to influence and control the subconscious mind we can find answer to every question and solutions to every problems. In history, the great secret possessed by the great men was their ability to contact and release the power of their subconscious mind. For example, in Hindu mythology, when a warrior used to get a weapon from gods the god would just give him blessings and he would know how to use it. It seemed as if the knowledge to use that weapon was already there in his mind but he didn't know about it. It is like the information in subconscious mind which

wasn't being accessed by conscious mind before can be accessed now.

There are many examples in field of science where a theory given by scientists long before are being proven nowadays. For example, Albert Einstein predicted about black hole in 1916 when there was no advance technology that has recorded something like black hole. It is just that his subconscious was powerful that it knew about black hole which his conscious mind imagined and later after 50 year first black hole was identified. Also Einstein theorized about gravitational waves in his theory of relativity against Newton's gravitation force in 1916 whose evidence was first discovered in 1974 after 50 years. The fact that Einstein predicted something like gravitational waves and black hole which is very far from us can show us how powerful his subconscious mind was. Also Greek philosopher Democritus theorized that all things were composed of small, indivisible bits called "atoms" whose evidence was found in 1827 almost 2000 years later. Not only Einstein and Democritus but there are many other scientists who predicted about things like Higgs boson, antimatter, quantum mechanics, and expansion of universe. These examples shows us that solution to every problems regarding something we can't see without our naked eyes or something we can't reach all originates in our mind.

If our subconscious minds know everything then why the new ideas does comes to only limited person? If we look at the above examples the persons who predicted and theorized had IQ very high than compared to average person. In short, High IQ means stronger conscious mind. So the subconscious mind feeds your conscious mind according to its capability to handle it. So more powerful the conscious mind

better the subconscious mind works. It's like lifting weights. If you have good muscle than others you can lift more weight than others people with less muscle and if the person with less muscle tries to lift more than its capacity the muscle gets torn off. In same way, if our subconscious mind gives more information than our conscious mind can handle then the person might face mental issues. So our subconscious mind provides conscious mind with knowledge and skills according to its strength. For example there is a condition called low latent inhibition, in which the brain is more open to incoming stimuli in the surrounding environment. For example when we see a lamp a normal person's brain process image of lamp only but ones with low latent inhibition can process everything the stem, the bulb, the bolt and even washers inside. So a person with weak conscious mind cannot handle this much information and leads to mental sickness while the ones with stronger conscious mind can handle the information and often become genius.

The above paragraphs shows how subconscious mind works in providing the answers and solutions to the problems we are facing and the answers that our conscious mind seeks. But the subconscious mind also works in another way with development of conscious mind and controlling the inner body like organs and healing wounds.

According to Dr. Joseph Murphy, our mind is very powerful. It can control our body, can heal our body, can develop a new talent and even influence our future. All we have do is make subconscious to do it by repeating the command in your conscious mind. Dr Murphy wrote in his book that our subconscious mind can change our prayers into reality if we can pray in a way that subconscious mind understand by

continuously telling what you want. According to many psychologist, listening to positive affirmation while sleeping can boost your behavior attitude and confidence because when you sleep your conscious mind is turned off and only subconscious mind is active so listening to positive affirmation your subconscious mind believes in the affirmations and absorbs and learn from it so it is called sleep programming.

According to the book "the secret" written by Rhonda Byrne which is based on the the belief of the pseudoscientific law of attraction, which claims that thought alone can influence objective circumstances within one's life. Which means whatever your mind thinks Influence the universe to do that thing. So if we think positive and act positive universe acts positively towards us while if we think negative and behave negatively the universe will be negative towards us. We see some people surviving deadliest accident or attacks while some die just small cut in their body. The ones who survive are mostly the one with self-confidence and strong mindset while the ones with weak mindset that they are weak doesn't survive. It is because of willingness of our subconscious to live according to our conscious mind. If a person is confident they will always think nothing can happen to them and they can survive any situations while our subconscious adapts and keep them fighting in their worst time while the others one keeps repeating in their mind I can't do it I won't be able to do it which our subconscious adapts and takes decisions accordingly. So the persons who take everything in positive way are likely to be more successful in things they do than those who take everything in negative way. Which related with Murphy's book where if you can communicate with your subconscious with your thinking u can influence the future.

This shows how powerful our subconscious mind is and if we can utilize its power we can be extraordinary and develop some ideas that can help to get human mankind to another level.

Controlling your subconscious

As we discussed above about mind and the powers and potential of subconscious mind and how it trains and educates conscious mind like how some people mind is faster and stronger than others. We will now discuss how to utilize the power of subconscious mind. As we discussed above that subconscious mind has influence in conscious mind in two ways: training and educating.

Talking about the first one, subconscious mind trains our conscious mind like developing a habit, focus, concentration, and makes conscious mind more sharp and fast. To use your subconscious mind in training conscious mind there are certain things that we need to do, which are:

Sleep affirmation - affirmation are positive statements that helps us grow positivity and reduce negative feelings, thought and habit. Sleep affirmation are the positives statement that is listened repeatedly while we sleep so that our subconscious mind could understand them as command and act according to the statement. According to studies, our conscious mind is turned off while sleeping and subconscious mind is still active while sleeping so when we listen to positive affirmation while sleeping our subconscious mind listen to affirmation continuously rewiring itself according to it. Suppose you are a student who is struggling

with your studies and can't focus and concentrate in lectures. If you listen to sleep affirmation like " I am very focused, I have good concentration , I can understand everything" your subconscious mind then starts to take that as command and control our conscious mind to focus and concentrate in what you are doing and your performance in studies will get better. Also if you are going through depression or anxiety listening positive affirmation like "I have ability to overcome this depression and anxiety, I am stronger than depression, I can make myself productive etc." you will feel better and positive after you wake up and try to be productive and remove your depression and anxiety. So when we listen to these kind of affirmation in sleep or mediation state our subconscious mind programs our conscious mind accordingly whether that be to manipulate your habits or thoughts. Research shows that repeated positive statements and thoughts can rewire your brain, changing the way you feel about things.

Short meditation - short meditation means the meditation we perform daily for 10 15 minutes which helps us in various aspects like we feel positive throughout the day, we are more focused and concentrated, we get a better memory power. Studies have shown that regular meditation can help reduce stress and anxiety, lower blood pressure, improve sleep quality, and enhance overall well-being. Also, meditation has been shown to improve cognitive function, including attention, memory, and creativity. Meditation makes connection between body and mind more powerful so we can develop a new habit or leave an old habit with a thought in our mind with the help of meditation. When we meditate we are connecting our conscious mind with our subconscious mind so that our subconscious mind can be aware of thought in conscious mind and control our

body accordingly. Suppose if you meditate regularly you will have better focus , concentration, you will be able to memorize and remember things easily, you will be able to make new habit faster, you will be able to wake up early without an alarm and many more. Meditation can also help us develop greater self-awareness, compassion, and empathy towards ourselves and others.

Yoga - yoga are mostly used for better physical health but it also improves mental health. When you do yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Studies using MRI scans and other brain imaging technology have shown that people who regularly did yoga and exercise had a thicker cerebral cortex (the area of the brain responsible for information processing) and hippocampus (the area of the brain involved in learning and memory) compared with no practitioners. These areas of the brain typically shrink as you age, but the older yoga practitioners showed less shrinkage than those who did no yoga. This suggests that yoga may counteract age-related declines in memory and other cognitive skills. Not only yoga but exercise like cardio or weight lifting has similar effects like yoga in human brain.

When you perform these activities our conscious mind gets more connected to subconscious mind, so that our subconscious mind can know what conscious mind wants. In our daily lives if we do something regularly like waking up at a fixed time or eating something at fixed time and amount we automatically wake up

at that fixed time and feel hungry at the same time according to our habit. But to make this happen we need to do the activities regularly for a 2 3 weeks which is a lot of time. So it takes time for subconscious mind to understand what conscious mind wants. When you perform given activity like meditation, yoga or sleep affirmation your subconscious mind can understand conscious mind faster. It is like there is an insulator between conscious mind and subconscious mind but as we start to meditate, do yoga and listen to affirmation that wall becomes thinner and thinner and the flow of information becomes fast due to which we see different people with different thinking, different creativity, different imagination.in short, different mindset which is all due to different level of connection of conscious mind and subconscious mind. Even in martial arts meditation is very useful that the masters train students to meditate to help them develop faster thinking and taking decisions. Also meditation helps to connect their mind and body to develop muscle memory.

Now let's discuss how we can gain wisdom and knowledge from our subconscious mind. As we discussed subconscious mind has unlimited knowledge which our conscious mind doesn't know about. We can gain that wisdom awareness and knowledge which opens another spiritual dimension for your mind. Where you can get answer to all your questions or in short get enlighten. According to science, Vedas, Purans the best practice to reach this level is by meditation and kundalini yoga. Even tough kundalini yoga involves meditation it focuses on 7 chakra of human body.

Controlling your chakras: chakra meaning wheel in Sanskrit are the various energy centers of the body. These chakras are not

present in physical body but astral body which runs along the spine. The chakras can't be seen because they exist in astral body which can't be seen. The chakras were mentioned in Vedas (Hindu religious books) around 1500 to 500 BC by Hindu rishis (seer or hearer and revealer of divine knowledge).

The seven chakras of body that runs along spine are:

Root chakra (muladara): root chakra is the root or foundation of human body which is located at bottom of spine around pelvic area. This chakra is considered to govern human spine, kidneys, bladder, and large intestines.

Sacral Chakra (Svadhithana): this chakra is associated with sexual fulfillment, emotional intelligence, and social acceptance. This chakra is located between belly bottom and public bone.

Solar Plexus Chakra (Manipura): this chakra is located between upper abdomen and chest bone in the solar plexus and this chakra is linked to liver, gallbladder, stomach, spleen, and pancreas. This chakra is said to be source of individual power and gut instinct which influence career, capabilities, and self-esteem.

Heart Chakra (Anahata): this chakra is located in middle of your chest around heart. This chakra is connected with feelings and it supports heart, circulation, and vagus nerve function.

Throat Chakra (Vishuddha): this chakra is associated with your speaking capabilities like personal expression, self-awareness, and finding truth. Located in the throat area, this chakra corresponds with your lungs, larynx, pharynx, and vagus nerve.

Third-Eye Chakra (Ajna): this chakra is located in middle of forehead just above the junction of eyebrows. It governs rational thoughts, insights, and intuition. Linked to your left brain, ears, nose, and left eye, this sixth chakra enables you to see the world clearly when it is balanced.

Crown Chakra (Sahasrara): this chakra is located at top of the head. This chakra is the center of your connection with others and the world around you. It is connected to your right brain, upper brain, and your right eye as well as your facial muscles and trapezius muscles.

When these chakras are balanced energy can flow properly which results in good being of physical and mental health but when you unlock this chakras you can become divine. These chakras can be unlocked by specific meditation or affirmation but different chakras have different ways and difficulties in unlocking. The difficulty increase from bottom to top meaning the easiest chakra to unlock is root chakra followed by sacral chakra to crown chakra. There are different method to unlock or activate different chakras but the common one is meditation. For different chakras there is different mantra that should be repeated while Meditation or listening to meditation music of different frequency. Among these 7 chakras some are related to maintaining control over our different things in life while some are about making us wise. Activated Chakras like root chakra has control over food and sleep, while sacral chakra has control over pleasure whether that be sexual or other pleasure, also solar plexus chakra have control over our self esteem and emotions like anger aggression or ego. Then the heart chakra which also acts connection between higher and lower chakras and it has control over compassion, trust, passion, and love for self

and others. While these chakras maintains or controls people feeling, hunger, pleasure and other physical activity the upper chakras like throat chakra , third eye chakra and crown chakra makes people wise and reveals the various secret of universe. Before discussing about other three chakra let us look at an example. When we listen to a siddha person whether that be from gadget or live we feel like every word he speaks is correct and even though if we don't believe in religious activities we feel relaxed and positive energy in our body listening to a siddha person. It is not only because of wisdom he carries or knowledge he possess , if we listen to same information from a normal person we don't feel the same as listening to siddha person. These example shows what a throat chakra is responsible for. It controls the information that needs to flow from someone and the way it flow sounds nice. A person who is considered siddha is full of wisdom he can speak for days in a same topic but what he speaks is in necessary amount which makes people listen to them and take them seriously. Third eye chakra controls your intellect, intuition, wisdom, and spiritual power. It is believed that if anyone activates the third eye chakra they can see various moments in earth or outside the earth and can also see many moments in future also an open and balanced third eye chakra allows you to notice the connections in this world and beyond. The last and final chakra is crown chakra which is hardest to activate as it can connect to higher self.it is the place of spirituality, enlightenment, and energetic thoughts. When you activate this chakra you can become divine and see everything that exist in universe like beginning and ending of the universe, with this chakra you can see your past life as well. If we look into various Veda and Puran the rishi and maharishi stage was achieved by meditating for hundreds of years. And they

were so powerful that their blessing and curse would actually work. They could summon god with their prayer and meditation.

Meditation: we discussed various types of meditation and their respective effect in our mind and body. Like meditation to control chakras or mediation to connect body and mind. Now we will discuss about meditation that helps us grow our subconscious mind influence in conscious mind. We discussed above the how subconscious mind can know everything but gives its knowledge to conscious mind according to its capacity. There are various types of meditation but there is especially 1 kind of meditation that can help us utilize the wisdom of our subconscious mind more. It is focused meditation. In focused meditation we focus at same thing using our five sense like focusing in breathe or focusing on some sound while meditation. This is the best meditation to connect our conscious and subconscious mind. When we perform focused meditation at the very beginning of closing our eyes we see bright scenarios In front of our eyes as we meditate more focused those bright spots decrease and once you can see nothing but darkness then you feel your back of head growing. You feel light and feel like you are somewhere open in universe flying. The longer you meditate the better your conscious and subconscious mind connects. The results of meditation can be slowly seen in your behavior and wisdom. If you perform focused meditation for at least 1 hour a day your thinking capacity grows , new ideas comes to your mind, your mind becomes more precise, can function more data , you find solutions for the problem you are facing. When Albert Einstein was working on modern theory of relativity, he used lie down on couch and meditate

waiting for thoughts to enter his mind. Also one of the great mathematician Srinivasa Ramanujan said that one of his formula was revealed to him in his dream. If we look into various stories of Vedas and Purans there are many things rishi had mentioned which they saw and understood with the help of their meditation and penance that were discovered nowadays with a lot of advanced technology. Also many of highly successful person in history record crediting meditation as their secret for generating transformative ideas.

CONCLUSION

The subconscious mind is the greatest power of any human being. It can be considered ocean of knowledge from which only some drops is being used by human conscious mind. Subconscious mind has answers and solutions to every question and problem. All you need to do is to have a strong conscious mind to access the subconscious mind and utilize its power. Every ideas that has brought revolution to human civilization was originated from our subconscious mind. Subconscious mind knows everything whether that be something far away from us or something very small we can't even see with naked eyes. Everyone can utilize its power if they know how to access it. Activities like mindfulness meditation, yoga and sleep affirmation can help subconscious mind to process data with conscious mind faster and efficient while focused meditation, penance and chakra activation can help in making the conscious mind more wise and knowledgeable with the help of subconscious mind.

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