

The Subconscious Mind and COVID Avoidance Commitment

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As the need for constant diligence by individuals to show commitment to mask use, social distance and adjusted personal behaviors, should the mere power of suggestion cause an individual to consider different actions to avoid the COVID virus and its mutations? It is not a complex process because it occurs naturally. It is about brain acceptance in both conscious and subconscious (unconscious) areas of the mind simultaneously. Why is it individuals do not follow the directions the brain offers? Does personal decision cause this avoidance of commitment?

Collaboration between the two different areas of the brain occurs concurrently. When word suggestion is offered which part of our mind receives the message? Both portions of the brain or "mind" receive the suggestion, but they process the information differently. There is limited, but critical connection, between the two different receiving brain areas. However, the suggestion offered is registered permanently in the subconscious or unconscious mind and is immediately available for later use.

How does suggestion through words of suggestion cause acceptance or change in any individual or to others? The act of suggestion causes the subconscious mind to store and retrieve data. Its job is to ensure that we respond exactly the way we have been programmed. It stores beliefs, previous experience, in the form of images and symbols. As an example, how do you see "success"? Importantly, when new suggestions are experienced the newer success images replace the older stored beliefs and images. How can this occur? It is not about being while under the influence of, as offered by the sixties rock group, the Byrds, "eight miles high" or using recreational psychedelic drugs!! It occurs naturally.

What we say in words teaches our imaginative mind (the subconscious) what is reality! The logical mind (conscious mind) only monitors what the subconscious is registering and offers small support to the final decision to act.

Can words cause thought transference between individuals through the power of auto- or continued suggestion? Absolutely!

The subconscious mind never sleeps, is ready for thoughts that occur now... yet has unlimited capacity to absorb and retain new suggestions. Why is this important?

Unlike the conscious mind, "no or not" does not exist in the vocabulary of the subconscious mind. For example, if an individual focuses on junk food or snacks this will allow the consumption of unhealthy foods. In contrast, focusing on healthy foods will cause the quality result of choosing a healthy snack. How can this type of thinking, driven by repetitive thoughts or hearing suggestive positive words, be applied in personal commitment to change or dedication to a business transformation to confirm success and turnaround when needed?

The subconscious only knows the present and cannot comprehend the future. For this reason, the individual should visualize the success goals as if they have already happened. Words can suggest this thinking in conversation or writing: "It is" instead of "it may be". Understand?

Because the subconscious mind does not capture the difference between something that is happening now or just an imagination. Visualize everything like it is happening now in the present moment!

Why are these observations about visualizing important? The subconscious mind controls 95% of our lives and forms our habits. Routinely we react unconsciously to our surroundings according to the patterns of the subconscious mind. If we wish to change our habits and perceptions, we must change our subconscious mind. How could one continue to think the same thoughts and expect a different outcome? Different outcomes demand thinking and acting differently.

How can the subconscious mind be reprogrammed? If dedicated to change, two techniques which can be used are regular meditation or daily programmed night-time dreaming. Personal preference, based upon successful experiences, demands the repetitive daily programming of anticipated night-time dreaming. Is this possible? YES!

<http://www.askdrs.org/primary-care/the-coalescence-phenomena-in-stages-of-evolving-mindset-thoughts-on-thinking/1523.html>.

Possible ongoing avoidance of the COVID virus in life for the many years ahead...while it persists is to reprogram the subconscious mind with positive beliefs and work habits. This is a successful approach that will deliver personal quality of mind and health life. Everyone can effect mind control. The future is now!

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