

WHAT YOU BELIEVE IS WHAT YOU CREATE. Written by Sylvia Marina

Your conscious mind is your daily operating system, the rational, reasoning level. All the chatter and conscious thoughts that goes on day in, day out, form part of your conscious mind.

On the other hand, your sub-conscious mind is the control centre of all your involuntary body functions (heartbeat, breathing, blood pressure, etc.). It is also the collection of memories of everything that you have ever experienced in your life.

It is the collection of thoughts, beliefs and convictions you have ever formed, based upon those experiences. Actually it is more than *just* a collection. Your subconscious mind is also the frame of reference for making decisions now and in the future.

Generally, you base your actions on the beliefs you hold, and on all you have experienced.

An example: As a young child you learnt to tie a bow behind your back. Once learnt you knew you could do it and the bow would stay tied until you wanted to untie it.

If at some time you injure your shoulder and you cannot reach, or it is physically painful to tie a bow behind your back it is possible to make a decision that you cannot tie a bow behind your back even though the shoulder injury has now healed. You can hold this point of reference, belief, in your subconscious mind and thereby measure every 'behind your back' experience as being impossible or painful.

Several years ago, working with a middle aged client who had a history of driver imposed dents in the back of the car. Using specialised kinesiology techniques in an age recession session, we identified a time identical to the above example. In session the words were 'I can't see what's happening behind me' then 'I can't do it'... 'I need a point of reference'.

Every time, my client bumped the back of the car it was a point of reference.

We cleared the emotion. Reset the long held belief from a negative assertion to a positive statement and followed this session with an affirming statement and a 'give me a call if you feel you need another appointment'. I never heard from the client.

Several years later my client saw me at an expo and waited in a long queue to speak with me and to let me know that, that one session positively changed their life. Their courage increased on so many levels. The most significant change was the fear of being followed. We didn't work on that fear but in working on the physical happening and clearing the emotional issue by accessing different ages of life associated to the issue and clearing the irrational memories; many other parts of life changed too.

It is the process of accessing the thought that contributes to you feeling negative, then getting that thought OUT of your subconscious mind INTO your conscious mind, and then looking at it from an observer stand-point. The *very fact* of bringing your subconscious programme into your conscious awareness gives you back control, instead of letting you be the victim of your feelings.

The self mastery programs <http://sylviamarina.com/Programs/MasteryProgramsAndRetreats.htm> that we present are all designed to give you back the control of your life rather than your long held beliefs anchoring you to references that are no longer appropriate for now or into your future.

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HELPING PEOPLE THROUGH TIMES OF CHANGE.