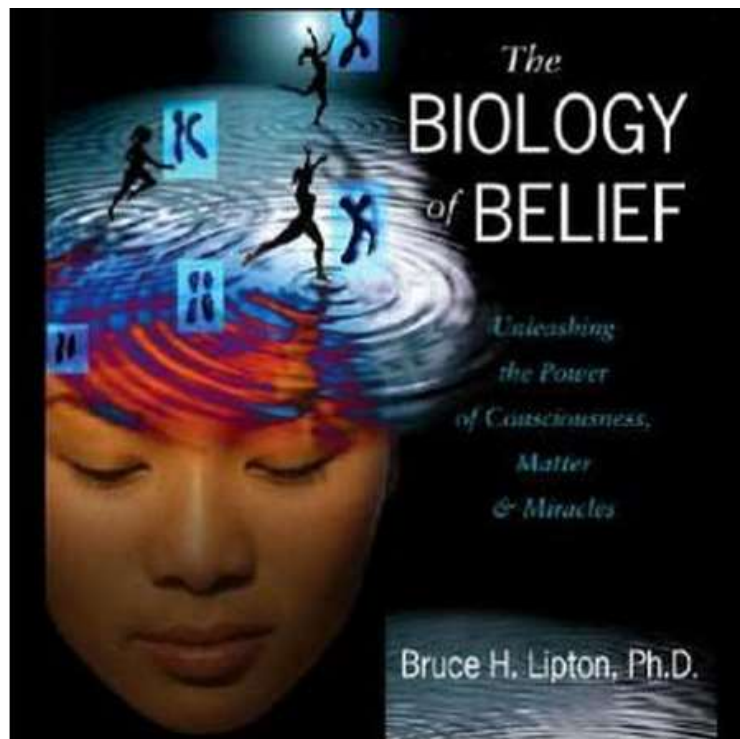


**Understanding the
Conscious & Subconscious
Mind
with
Bruce Lipton**



Bhavika

Part 1

<http://fractalenlightenment.com/32650/life/understanding-the-conscious-subconscious-mind-with-bruce-lipton>

Our thoughts have the power to determine our reality.

To understand the working of the mind, we interviewed Dr Bruce Lipton, the stem cell biologist known for promoting the idea that genes and DNA can be manipulated by a person's beliefs.

He talks about the connection between the conscious and the subconscious mind, and its significance in our daily lives.

We are programmed to think in a certain way, to behave in a certain way right from childhood that restricts us from experiencing the life we want because majority of the time (95%) according to Lipton, our life is controlled by the subconscious mind.

We use our conscious mind only 5% of the times, and our conscious mind is where our desires and aspirations reside.

Lets understand more about how the conscious and the subconscious run our daily lives.

(Due to word constraints the interview is divided into three parts)

Fractal Enlightenment Interview's Bruce Lipton Before answering the questions, I would like to summarize very briefly about the difference between the conscious and the subconscious mind, its very important because the answers will all relate back to this understanding. Explaining the Difference Between the Conscious and the Subconscious Mind The two minds exist as interdependent elements meaning each is a separate mind but they can work and collaborate together.

The significance of saying that is some people think the conscious mind and the subconscious mind are directly connected with each other, so if I change the conscious mind I will change the subconscious program. This is totally incorrect and actually causes a lot of problems in people because

the conscious mind learns differently than the subconscious.

Lets first talk about the conscious mind, the latest evolution of the brain is due to a piece of neural tissue right behind your forehead called the pre-frontal cortex.

This is the seat of the conscious mind and the conscious mind represents you as an individual, a unique entity. Its probably the connection place of your spirit and source to your biology; the conscious mind represents you.

The conscious mind is the creative mind, this is why the conscious mind was so important in the evolution of humans.

Lower forms of life are just reactive or reflexive, meaning input/output stimulus response.

The conscious mind offers something different than the subconscious, the **conscious mind is creative and as a result of being creative we** don't just need to have stimulus response,

we can get a stimulus and change the response each time.

But a lower form gets a stimulus and repeats the **same behavior over and over again.**

Here's the thing, the conscious mind being creative and connected to you is the mind **that has your personal wishes, desires, and aspirations for life.**

In another words if I say what do you want out of your life, and all the things you tell me will come from the creative conscious mind – it really represents what you want out of life.

The conscious mind can learn in many different ways – watching a video, reading a self help book, going to a lecture, even just

going “aha, I have an idea” can change the conscious mind activity.

The significance of the conscious mind in its creative character

is profoundly **different than the significance of the subconscious mind**, which is the habit mind.

Deciphering the Subconscious Sub conscious has programs in it, its not very much of a creative mind.

Its creativity is more of a level of creativity of say 5-year old child. The subconscious learns in two fundamental ways in normal life –

the first 7 years of our life the brain of a child is predominantly in EEG frequency called Theta. A child’s mind in Theta is not fully in a level of consciousness, **its their imaginative mind and that’s why children below 7 have great imagination.**

Theta is also hypnosis. The significance is during the first 7 years of a child’s brain development, the subconscious is working in Theta and **downloading behavior**, but its doesn’t download from itself, the **subconscious mind acquires behavioral programs by observing other people like his mother, father, family or community.** Those observations are essentially recorded just as on a video tape which is the subconscious mind.

The conscious mind is not working at this time so whatever recordings are coming in during the first 7 years of life they are not being critically reviewed by the conscious mind.

Just a note, there are special neurons in the brain that offer the mechanisms of how observing something can become your behavior, these neurons are called ‘Mirror neurons.’ What they actually represent is an organism even lower organisms, dogs, chimps for example, can observe somebody or another individual of their own type, so dog observing another dog, or chimp observing another chimp, can observe their behavior and have a knowing of whats going on in their mind.

You can look at somebody's behavior and get a feeling of what they are feeling, one is sad and you can see the sadness in them.

You can feel sadness **because the mirror neurons pick up that observation and give you an opportunity to feel what they are feeling**, or do what they are doing.

Very important point is the programs that come into the subconscious mind come in because the mind is in hypnosis and Theta is the predominant state of the child's brain in activity.

When a child passes age 7, it can add new programs to the subconscious mind, but it does it through the process of habituation, which means you repeat things over and over again –

repetition leads to the development of a habit. A habit is a program in the subconscious mind, so when a stimulus comes in and **there is a habit in the subconscious mind related to that stimulus, it will automatically engage into that behavior.**

That's what an habit is, all it needs is a stimulus and the program will play itself out.

Conscious mind changes easily, while the subconscious mind is designed not to change very easily for a simple reason –

once to learn an important behavior, lets say learning how to walk, it becomes a program. If that program changes everyday then you have to learn how to move around everyday. Once I learn how to walk I want to keep that program, I don't want to change it.

This is why the subconscious is resistant to change because its design is to maintain and keep the learnt program.

The conscious mind can do one special thing and that is think.

It can pay attention to what's going on in the world around you, but if the **conscious mind is thinking then at that moment it stops paying attention to what's going on and goes into the thinking space**

where it tries to resolve what its thinking about.

All of a sudden your conscious mind is absent, because it is busy thinking, and the behavior is automatically switched to subconscious programs.

For eg – you are driving the car and you are imagining something, you don't stop driving or miss out on what's going on the road.

The moment you have a thought the driving is taken over by the subconscious mind.

Note – the subconscious mind is one million times powerful computer than than the conscious mind.

Part 2

Understanding the Healing Power of Thoughts

Bhavika

The subconscious mind operates 95% of the time and the conscious mind works only 5% of the time.

In the second part of the interview with Bruce Lipton, he talks about using the power of the subconscious mind, how real is the Placebo effect and the healing power of thoughts.

1) How can you use the power of your subconscious mind?

First thing is recognizing this, I am running my life 95% of the time with the subconscious mind.

We have now through science found out that thinking takes 95% of our waking lives, which means that 95% of the time you are operating through the subconscious programs.

The conscious mind being you and your wishes and desires work only 5% of the time.

If you can rewrite the negative programs in your life and change it to positive behaviors, that makes it 95% of the day you will not be sabotaging yourself with negative programs but your positive programs will unconsciously/subconsciously run your life and take you to whatever those programs were organized to take you.

The question is to un program or reprogram the subconscious mind is a long process.

In history it has been a long process due to the understanding that **we never really understood that the conscious and the subconscious mind is a separate entity,**

we always thought that they were one. The belief was that if I can make you aware of something or bring consciousness back into your life that this new awareness or new understanding will automatically change the programs in the subconscious mind.

The issue is this is not true at all. You have to repeat the new behavior all the time as an exercise, and then it will ultimately work.

By just having a belief that I want to change my subconscious program and say this is what I want – is not a conscious thought and it does not change the program.

If I find out that my life was all messed up because of the behaviors I got from my family and I say those behaviors are incorrect and I don't believe in them – it's the conscious mind thoughts about that, this does not translate into subconscious programming.

Some believe that if you repeat a behavior for a long period of time, it might change but in most cases it doesn't change unless you do an exercise to make it change. If you don't understand how the subconscious mind works in a different way than the conscious mind then it does take a long time.

But if you do understand how to create changes in the programs then it will take relatively short period of time.

If I use hypnosis I can rewrite programs directly in the subconscious mind through a hypnotherapy session.

If I want to learn something or change the programming then I make a new behavior and **I have to repeat that new behavior everyday and the significance is that every time I repeat the same behavior, that is how the subconscious mind learns.**

There is a period of repetition & if you repeat a behavior over and over again and in a short period of time the new behavior will replace the old program

but then to make things more exciting in the world today, there is new psychology program called

*****Energy Psychology or belief change modifications.**

These are processes like pushing the record button on a recording device, if you engage in these processes you can create new programs in minutes, this is more exciting in the evolution of change.

By creating a super learning state these processes allow individuals to download a new behavior within minutes that will last forever.

This becomes very exciting,

so the 3 ways of changing the subconscious mind to give you the power back is

- 1) reprogram it using hypnosis
- 2) reprogram it using a repetition of a behavior so you get a new habit
- 3) you can use these new **energy psychology modalities** to rapidly change existing programs.

2) Is the subconscious mind a connecting link between the finite mind and the collective consciousness?

Simply what is the **subconscious mind, a database of programs** and the

conscious mind is connected to the collective consciousness of the world. But the conscious mind is running the body, essentially like sitting in front of the computer and pulling up programs to run your lives.

The conscious mind can create but it creates through the filter of subconscious programming.

Subconscious is a link, a resource of behavior, a program to facilitate life –

once you learn how to walk its a habit and you don't need to learn it again. If there was no subconscious mind everyday you wake up and you wanted to walk you would have to relearn everyday again and again.

Basically if we didn't have a subconscious mind we probably would never be able to do anything other then get up in the morning and take care of ourselves, because we would have to relearn everyday.

Subconscious mind is a very important connector because it connects behaviors that we use all the time to programs that can be activated by just pushing the button **but its not a link between the collective consciousness.**

But the subconscious mind is used by the individual **no other individuals have access to the subconscious mind, except through you.** It is directly connected to the conscious mind and the conscious mind is you selecting the programs and creating behaviors.

3) Do you think 'placebo effect' works for even psychological/psychiatric disorders?

Absolutely yes, it does and I will give you a biggest example of all – Around the world today there are

SRI drugs (Serotonin reuptake inhibitor) and these drugs **include Prozac** and billions of people around the world take Prozac.

When you see research from the drug company themselves, **the Prozac is no more effective then a Placebo.** So does Placebo effect work?

The answer is how many people get healed taking Prozac, in the sense, they can take care of their lives and hold themselves together and it balances against whatever the problems were. **Prozac did not do it, it was the placebo effect that did that, indeed it works for**

psychological and psychiatric disorders and a billion people using this drug will testify to its effectiveness.

4) ****The power of intuition or listening to your inner self? Do you think many people are open to that or are unaware?**

People might be aware to that intuitive voice or listening to their inner self, but they discount it as not being valuable.

They discount it because we are programmed to follow programs.

We are taught to do this and this & if the person is hearing their internal self, their conscious mind and information coming into them from the source, they don't give it much value as compared to the programs.

Personally, you get a wonderful thought and you can feel it in your heart or head that I want to do this or don't want to do this.

People ignore that because we have been programmed not to pay attention to these wandering thoughts.

This is through our child development, we give more power to the programs that we learn then to our own beliefs about those programs. This is why so many people have problems in their lives, because their inner selves gives them answers to issues they are dealing with that would help them, **but the belief of the individual is they shouldn't listen to that inner voice**

****Most people ignore it and one of the reasons is as children we are never really given a program**

or told by teachers that listening to your inner voice is very valuable.

If we had learnt that as children then we would be much more effective in our lives today and we would pay more attention. Its a matter of programming this belief and concept that its not important that keeps us from paying attention to it. If we change that and listen to it then lives will change for the positive.

5)How thoughts can heal you physically? If humans are made up of 80% water, then do you think the water we drink also gets affected by our thoughts or intentions?

When I put stem cells which are **embryonic cells in a culture and I change the composition in a culture medium, I can change the fate of the cell.** This was one of my experiments – I had genetically identical cells in **3 petri dishes** and I change the composition, the chemistry of the culture medium, in each of the dishes.

**In one dish the cells formed bone,
in another dish the cells formed muscle and
in the third dish they formed fat cells.**

What's the point of this research, the answer is that all the cells were genetically identical, so the fate of the cells couldn't have been controlled by the genes because they all have the same genes.

Rather fate of the cells was determined by the chemistry of the culture medium.

In the human body the cells are like skin covered culture dish, inside we have 50 trillion cells, the culture medium is called the blood.

If I change the composition of the blood, just like I changed the composition of the culture medium, then I affect the fate of the cells. Simple point when we make culture medium in a laboratory for cells on a plastic dish we try to make that culture medium based on the composition of the blood, from where the cells come from. If I change the composition of my blood, I change the fate of the cells.

The *brain* is what controls the chemistry of the blood,

****but the *mind determines* what chemistry is going to be released.**

For example – if you have feeling of being in love, your thoughts are I am in love, the chemistry released by a brain in love includes hormones like dopamine for pleasure. The chemistry also releases growth hormone which supports the growth of the cells. When a person is in love, the chemistry that comes from the brain and goes into the blood which is the culture medium, controls the cells and cause them to become healthy and happy.

This is why when people are in love they get so healthy and they glow, and the reason why is because the brain is creating culture medium, blood with elements that affect the genetics and activity of the cells.

What's interesting is *if I change my thoughts then I change my cells*. So if you are in love and all of a sudden you become afraid that something is going to happen, then love is replaced by *fear*.

The thought of fear releases different chemicals which are **stress chemicals or inflammatory chemicals** that **affect the immune system of a healthy body**. If I have negative thoughts such as fear and stress, I am releasing chemicals from my brain **that will shut down the growth of the cells**.

However, if I maintain thoughts of health, harmony and love, it will lead to growth of the cells.

Thoughts can heal you physically because thoughts can change the chemistry of the culture medium and the culture medium, blood, is what feeds and organizes the behavior of the cells.

Second part of the question – Yes, for a simple reason our nervous system works by creating electromagnetic fields or vibrations, things that we can measure with EEG for example.

The significance of that is the electrical activity in the field is picked up by water, water picks up frequencies from the environment and then connects these water molecules through bonds where these frequencies are running through the water molecules, like a vibration running through a field. Water picks up energy – the thoughts that we have are translated into energy by the brain and the energy of our thoughts and who we are can influence the nature of the water.

And interesting enough a friend of mine did an experiment with cells in a tissue culture and crystals and the idea is people understand that **crystals absorb energy like batteries.**

What he did is he gave sick people crystals to hold, and then put them in the culture dish and the bad energy from their illness went through the culture medium and made the cells sick as well.

In contrast, he took crystals that were held by healers and put those crystals in the culture dish, and the cells grew healthfully and happily. The idea is the information in the crystals is translated into water in the culture medium (remember the culture medium affects the growth of the cells).

Part 3

The Honeymoon Effect and Realizing Your True Potential :

Interview with Bruce Lipton ~ Part 3

Bhavika

In this last part of the interview with Bruce Lipton he talks about the Honeymoon Effect, and

how relationships can remain healthy if each couple understands the true power of the conscious and subconscious mind.

He also highlights the power of thoughts in changing the genetic activity of cells – either positive or negative – both are equally powerful in changing the behavior in the genes.

6) How do you convey the idea of perfect health or ‘everything will be ok’ to your subconscious?

You have to see the world as being ok and healthy, because when you see the world that way, then the subconscious behavioral programs will complement those behaviors.

The cells will see oh life is beautiful and remember if we believe that, the idea of oh I see perfect health, the brain translates the idea into chemistry.

Just as I said, love is an idea translate into one chemistry and fear as an idea translates into different chemistry, **therefore when you are visualizing or thinking that everything will be ok, you are sending signals via the brain of harmony, happiness to the cells.**

This is how simply you can convey the idea to the subconscious. **Now if you repeat this behavior consistently, remember repetition is creating new habits,** then without even thinking about it you will end up seeing the world as everything is ok, and seeing yourself in perfect health and that will make the brain continually release the chemistry of that vision.

7)Based on your book ‘The Honeymoon Effect’, what are the few most important aspects for a couple to sustain the ‘honeymoon effect’? (If you can highlight a few)

In the movie, Matrix, most likely everyone has seen that, everyone is programmed and if they take a blue pill, everyone stays the same way and if they take a red pill they get out of the program.

The interesting thing about it is this, as I said in the beginning most of our life, 95% of the day is controlled by the subconscious programs which are other people's behavior. A important note – these behaviors are predominantly dis-empowering and self destructive.

But then you would say, if I saw these behavior I wouldn't do them. This is the problem that people have to understand, when you are thinking you are not paying attention; you default to the programs in the subconscious. **The problem is because our conscious mind is not paying attention during that moment you are also not seeing the behavior.**

When we are playing 95% of the time our behavior and our destructive programs in it, we are the ones that don't see the behavior.

In fact the ones that do see the behavior are other people who are watching us. Every now and then does a behavior get observed and we are like, **“Oh my gosh, I was just behaving like my father, or I was behaving like my mother.” This is where we got the programs from, and this is what's going on 95% of the day, whether you see it or not.**

So the Honeymoon effect is just like the movie The Matrix, **its when we unconsciously took the red pill and got out of the programs of the subconscious, and how did that happen?**

The answer is this – when you fall in love, what were your life's wishes, your ambitions and desires.

When you fall in love and you find that wish being answered and the person in your life being what you desire.

It also means you don't let your conscious mind wander, for a simple reason, what you wanted to have is now in front of you and therefore, you keep your conscious mind paying attention. The important part of that is on a regular day we only run our lives 5% with our conscious mind's wishes and desires and we run it 95% from the programs we got from other people.

When you fall in love we stay in what's called 'mindful,' its a way of life where you keep your conscious mind in the present moment and don't let it run off into thought.

So if you keep your conscious mind in the present moment then your conscious mind is running your behavior, that's the mind that has the wishes and desires.

When you stay conscious, you create behavior that gives you your wishes and desires, that's the honeymoon.

The honeymoon is this period where people's life is like heaven on earth and they are so excited and healthy. I say that simply because experiencing what they want in their lives through the conscious mind.

Unfortunately, the honeymoon ends because at some point life gets very busy and the conscious mind has to start thinking and the moment the conscious mind starts thinking we are no longer behaving from the behaviors of wishes, but its controlled by the subconscious, which has other people's programs in it.

Honeymoon ends when your consciousness goes off into thoughts and as a result you start playing the programs in the subconscious.

Now the relationship is based on 4 minds- the two conscious minds of wishes and desires and the two subconscious minds with programs.

As the subconscious mind program starts to take more power, the more thinking we are doing and running the subconscious and those programs are very negative programs.

When this bad behavior shows up in a relationship, it shows up without even the two people being aware that they are doing it.

Communication problems causes the breakdown of the harmony of the honeymoon and that ends.

One of the most important aspect for a couple to sustain it – both should recognize that honeymoon was created from their wishes and desires; their personal source, their spirit, their identity because its the conscious mind.

But when bad behavior shows up it doesn't really represent them, but the programs they got from other people.

Its not the person in a relationship that is bad but the program that's bad.

If they are both aware that the bad behavior is not coming from their wishes and desires, it comes from the subconscious mind, so rather getting into arguments and fights, lets change these behaviors.

If they change the negative ones and replace them with positive behaviors every time they default to the subconscious, they start playing the positive programs and **this way you will keep the honeymoon alive.**

8) How can one sabotage beliefs of the conditioned mind, to be able to realize its true power?

Beliefs or the conditions of the subconscious mind are programs and if you want to get back into its powers then basically, you have to see them and rewrite the programs. People wonder what are my programs especially because if I was being programmed even before I was born in the last trimester and the first 7 years, pregnancy is when programming starts.

Do you remember the program when you were one year old, obviously I don't, then there is an issue. **How will I know what the programs are, because I wasn't conscious when the programs were being created.**

The answer is simple, 95% of our lives comes from the subconscious mind, because the conscious mind is thinking that means your life is like a print out of your subconscious programs.

All you have to do is look at your life and say that things that work and things that you like that come into your life easily are there because of the programs in the subconscious that encourage them.

But the things you want or create are difficult and you have to work hard to make them happen. The reason you have to put so much effort in is because you have programs that do not support your wish, and therefore you are trying to overcome a program that is operating 95% of the day that doesn't support you.

You don't have to go through psychoanalysis, all you have to do is look at your life – what ever comes easy comes easy because you have programs, and whatever you have to work hard at and put a lot of effort into, those issues aren't supported by the program.

Through the processes of the subconscious reprogramming mentioned before once you know what the negative programs are, **you can work specifically to rewrite them and make them positive programs, and your life will be empowered.**

9) Most people ask for scientific evidence to back theories such as the power of your thoughts. What would you like to say to them?

Its a 100 years of research on something called the placebo effect. It is simply the fact that a positive thought can reverse the illness or genetic problem just because of the belief of that positive thought.

Placebo by definition is the expression of the positive thought and in fact research reveals that from one third to two-thirds of all medical healing is actually the result of the placebo and not due to drugs or surgery.

The placebo effect is a very powerful, scientifically understood process that reveals how the power of thought affects your biology and health.

But now through **Epigenetic research**, we can see that how people change their thoughts, change their genes.

For example, just being in meditation for 8 hours can change the read out of two very important genes that control the immune system and help create health.

So all of a sudden power of thought can be visualized in reading the genes as they change with the power of thought. This becomes very important, even taking placebo pills, has been shown to be the result of a thought and those thoughts in turn change the behavior and genetic activity of the cells involved.

Thoughts are very very powerful and one more study just to tell you about this.

Dean Ornish, a scientist in San Francisco, has revealed that taking prostate cancer patients and helping them change their stresses by teaching them meditation techniques and stress reduction techniques led to the patients change 500 genes in 90 days and most of them were associated with prostate cancer.

Basically again we can see through the actual placebos that thoughts are very powerful because they heal, **we can see through the actions of epigenetics studies how behavioral changes of an individual lead to genetic changes in their genome.**

I wanted to add one last conclusion that all of these are talking about the consequences of positive thoughts affecting genes that we call them placebos. People need to know this that negative thoughts are equally powerful to changing the behavior in the genes, but in the opposite direction.

**When positive thoughts can lead to healing,
negative thoughts actually lead to disease and death.**

Thoughts are powerful whether they are positive or negative, we've only been focusing on the nature of positive thinking but we must emphasize that negative thinking will cause illness and disease and **it becomes**

very imp in our world because the predominant thoughts that people have are negative thoughts.

They don't realize that just having negative thoughts alone is inducing an illness or diseases in them.

So this becomes important for people to know that both – positive and negative – are powerful.

Thank us with a share, not only does it help us grow, by sharing knowledge you help shift the planets consciousness. Thank you so much:

Part 4

<http://fractalenlightenment.com/14294/enlightening-video/alter-your-genes-and-cure-any-disease>

Alter Your Genes and Cure any Disease--- Bhavika

Bruce Lipton believes that humans can control their genes by changing their environment

The new age gurus, spiritualists or visionaries talk about the power of thoughts and how it manifests into reality. **But when the same theory/concept is affirmed by someone from a scientific background, it helps bridge the gap between science and the spirituality.**

Bruce Lipton, a cellular biologist and bestselling author of The Biology of Belief, advocates the idea that we have significant control over our biology, and with our intentions and beliefs we can 'reprogram' or 'control' our genes and our lives.

This challenges the traditional scientific belief that genes control life and people attribute their illnesses to genetic dysfunctions.

For instance if cancer, heart failure or some other disease runs in the family, it doesn't necessarily mean that a younger member of the family would also get those diseases, contradictory to the belief that diseases are hereditary.

The genes can be altered by changing our environment and perception of that environment.

“You can control your genes by influencing your beliefs and personal attitudes. How I see the world and my perception controls not just internal biology and genetic behavior but it controls how I create a world around me, your mind's perception of the world changes the biology and chemistry of your body which changes the cells in your body.”

Cells are like miniature people, since cells and humans have the same system like digestive, reproductive, immune and nervous systems.

Each cell, like every human, has receptors built into its skin so it can become aware of the environment.

If a person is in a stressful environment, every one of our cell is also experiencing that via the electromagnetic vibrations sent throughout our body. Similarly, if we are happy, our cells are happy and in harmony.

“Cells experience the same life you experience and it can survive outside of your body by living and growing in a tissue culture dish,”

Lipton adds. Research reveals that 95% of the time humans use their **subconscious mind which is the habit mind programmed from childhood till the age of 6, after which your life is controlled by those habits.**

While the conscious mind, which we associate with our personal identity, our thinking and reasoning mind, is used only 5% of the time.

You might accept this message and might think that I will change or become positive and eliminate the negative thoughts, but in real that's only your conscious mind talking,

the subconscious wants to return to his old ways of repetitive patterns.

We have to make a conscious effort to unlearn what we were programmed as children and not rely on habits and make a visible change in our lives.

According to Lipton, there are three ways that are effective in changing old, limiting or sabotaging beliefs in the subconscious mind,

1. Buddhist mindfulness,

2. clinical hypnotherapy and

3. a new healing modality called 'energy psychology.'
This change will eventually lead to a healthier living in harmony with nature and ourselves.

