

Guillermou

In Neurolinguistic Programming, we study modeling of successful behaviors in face-to-face communication, composed of three fundamental parts: body language with 55%, voice tone with 38%, that is, 93% of communication, controlled by factors such as education received, subconscious preferences and impressions with respect to people and environments. Words, the conscious form, constitute only 7%. This imbalance distorts communication between adults, so that people speak one way, think about another, and act differently. www.bdrp.nl/.../mehraban_oestreich.pdf .

Children, unlike adults, have a highly effective communication, with great congruence, between what they think, feel, speak and transmit with their tone of voice, body language, and actions, avoiding misunderstandings, and gaining fluency in communication , with their peers. Professional actors have a level of coherence about 25% higher, because of the pressure with which they train, to be before the cameras. es.wikipedia.org/wiki/Programaci%C3%B3n_neuroling%C3%BC%C3%ADstica

It is necessary to experiment, with the subconscious mind, to achieve a more congruent communication, with what is thought, said and done, to improve in many aspects of life, both personal and social. Creating greater harmony, trust, acceptance in dealing with people, and avoiding conflicts are one of the most important benefits that can be gained by improving communication through the subconscious mind. The failure of the person's internal communication, due to amorous disappointments, defeats, low level of self-esteem, fears, resentments, traumas, etc., make in our attitudes and actions an aggressive behavior with the environment.

www.nlpu.com/NLPU_WhatIsNLP.html

www.nlpacademy.co.uk/what_is_nlp

www.hdbp.org/psychiatria_danubina/pdf/dnb_vol27_no4/dnb_vol27_no4_355...

www.psychologytoday.com/therapy-types/neuro-linguistic-programming-the..

Guillermou

In addition, the culture of violence, disinformation and problems of different kinds, transmitted by certain media in the collective unconscious, cause daily depressions, fears, anxieties, existential anguish and violence in the public, which will later be reflected in their environment personal, labor and social environment, with the same effects. It is very important to learn how to manage the type of information that is received on a daily basis especially from the mass media, because the subconscious mind, if given negative information and emotions will produce negative behaviors, with repercussion on mental and physical health. www.ncbi.nlm.nih.gov/.../PMC1299207

Globalization with the domination of information technology, television, makes human relations, in a plain of imagination, while there is nothing there to imagine, therefore, nothing to produce. At one time Kant's "productive imagination" was not a sublimation of Kant himself, because of the technological lack in which he was still alive. That is to say, the enlightened could not see the world, but as progress, as the awakening to the sciences and the techniques that his imagination dreamed, covering the holes that nowadays, for example, fills the television and the computer. The re-flexive path of return becomes very difficult, because the emotions, the passions of the soul, blind the way, and denote a collective 'unconsciousness': now we are witnessing the collectivization of the unconscious. To the current dominant exercise in these media, products at the end of the democratic-capitalist society in which we live, and that CONNECTS TELEBASURA AND DEMOCRACY, formal television we are imposed the tyranny of the market. WE ARE FACED WITH A TYRANNY OF THE MARKET OF THE AUDIENCE.

writepass.com/journal/2012/12/effects-of-global-communication-on-weste.. .

www.efos.unios.hr/repec/osi/journl/PDF/InterdisciplinaryManagementRese.. .

Posted On 10/21/2017

morning Gui - communication has so many levels - as a student of both McLuhan - en.wikipedia.org/.../Marshall_McLuhan and Buckminster Fuller in the 60s I always understood that the "MEDIUM was the MESSAGE - that the MEDIUM could be "HOT" or "COOL" - the main impact of this awareness was to understand that thoughts were modulated by their medium of expression - the layers of penetration in the field of communication has many influencing variables - both subtle and "hard boiled" - the psyche when dominated by the signalling of "fear" or laughter or warmth or love may interpret neutral inputs in a different way to the other person receiving the same message - these mechanisms have to deal with thousands of propagandistic messages that demand obedience or purchase or submission or reflexive behavior - the automaton is vulnerable to knee jerk reactions - the critical function is the best defense the individual has in protecting the capacity for independent decisions - a mind trained in the analysis of the logical will have more ability to discern "truthfulness" as against fallacious argumentation - lawyers in the time of ancient Greece were known as "sophists" [literally "wise guys" ironically in modern parlance] - this name indicated that these professionals were adjuncts to the falsification of truth in order to favor verbal machinations that would allow the dominance of whoever or whatever these lawyers were employed to bring into effect - with the sophists in our era making up the bulk of the political guild [the majority of the contemporary politicians traditionally come out of the law field] it becomes clear that nothing has changed in the last 2000 years

the problems of communication and the influence this has on decision making and the pursuit of happiness becomes what Freud suggested a form of brain censorship [screening] that separates the garbage from the essential truth - this is the bottom line in the balancing of mental accounts

Posted On 10/21/2017

mirandola

Gui, you said: "The failure of the person's internal communication, due to amorous disappointments, defeats, low level of self-esteem, fears, resentments, traumas, etc., make in our attitudes and actions an aggressive behavior with the environment."

Perhaps I do not fully understand what you are referring to as internal communication. Can you say more about this? It makes sense, but I would like to understand it better. Now, looking at the rest of your sentence and out of context, I would suggest that by themselves, that "amorous disappointments, defeats, low level of self-esteem, fears, resentments, traumas, etc.," DO NOT "make in our attitudes and actions an aggressive behavior with the environment". Violence comes from aggression, but not from the things you mention. I think it depends on how each person deals with adversity in their life. Some may become aggressive, but I would suggest that most people would not. In fact, some people may even be softened by their adverse experiences. They may learn more compassion for others. In my opinion, Psychology makes a big mistake, in ALWAYS thinking that trauma of necessity, leads us down the wrong paths. I would never wish the trauma on Anybody, nor would I prescribe it as a healer. Far from it. Love is the great healer, the only prescription. Yet, I do think that the way we each process our experiences, may meld our character in any number of different ways. And that depends on the Inner Person.

Now, I would love to hear your comments about what you meant regarding inner communication. That could change the whole conversation. Perhaps I did not understand what you really meant, and I took you out of context. If so, then please forgive my misunderstanding. I look forward to your response. Have a good day.

Posted On 10/21/2017

Guillermou

Mirandola, very good appreciation, about internal communication. The question could also be: How is communication with yourself ?, my main objective is to analyze everything that unconsciously, you often say to yourself, that conversation that day by day, accompanies you, and which it is important to review, so you can have a better relationship with you. A continuous, deep meditation.

To achieve more happiness and well-being, the first thing to do is to check your inner, no social change is possible, if you can not recognize, that something inside you is not right, it is the relationship you have with you. That is, to overcome failures, which life also provides. You must accept, that in order to make all personal potential shine, to grow constantly, to boost your life, and to reinvent yourself on a personal and professional level, you must review your internal communication, that is, you must review your internal dialogue.

It is a matter of believing in yourself, of loving yourself, of appreciating yourself, of increasing your self-esteem, and of having emotional strength, which, despite the external situations, circumstances and frustrations you endure, keep you focused and focused on everything that you have inside you, in your personal potential. Improve your communication and your internal dialogue is super important because if you learn to balance the thoughts, improving the relationship with yourself, you will accept with your lights and shadows, and fill with confidence in the path you decide to draw.

The principle 90/10, states that only 10% of life is related to what happens to you, and 90% with the way you perceive, and you react to what is happening to you. This means that we do not have control of only 10%, but we can manage this 90%, and this is a lot. We must take advantage of it, to have a better communication with you, and also with the others.

Posted On 10/21/2017

mirandola

Thank you Guillermou! Very beautifully said. I love your philosophy! I am not quite sure I understand though, why certain traumas *of necessity, always* (according to psychology) lead to violence instead of love and kindness. I think we can become more compassionate and empathetic toward others, exactly because of our traumas....or at least, there is potential for this outcome. Then again, there is potential for the other outcome too, that we do not want and do not think is a good thing at all. Both can be true. I find that Dr Mercola's article today is spawning some very interesting conversations between us all. And I am very interested in what people have to say! I would love to hear more about this from you, only if you like. And thank you Guillermou!

Posted On 10/21/2017

Guillermou

Stan, your comment is very interesting. Is very important the development of critical thinking. Robert Swartz has been teaching students thinking for more than thirty years. This philosopher, is considered one of the most influential gurus, in the field of education. Their method, the Thinking Based Learning (TBL), teaches students to think, something that fails in colleges and universities, because they continue to "make memory the basis of learning"

Students can use important thinking skills to connect with such content, including critical and creative thinking as well as various modes of analysis. This is what gives rise to deep thought and knowledge, unlike traditional education, where memory is the only mode of learning. Critical thinking is to elucidate using intelligence and a particular way of approaching facts. To think critically is basically to think for oneself and to show others how to do it. Therefore, the role of the media, is relevant, present contrasts, opinions, impact the audience with different points of view, is conducive to the development of critical thinking.

In the initial phases in which a human being develops and acquires its formation, knowledge, attitudes, values, etc., it is important the role of the institutions, like the school, in its different levels and possibilities, the circles where it develops , family, friends, meetings, and networks to which he belongs, etc., To think critically is not only think, but also use feelings, instincts, reflexes, filtering what goes through the sense organs and produces perceptions. To think critically is to remove the straw, the superfluous and seeing the essence, penetrating into the true nature of things, and seeing not only the isolated fact, but everything that surrounds and contextualizes it.

Posted On 10/21/2017

This is a very complex subject. When solving complex problems the best is to simplify it as much as possible. On discussing the brain, it is almost guaranteed that most of us will be 50% correct and 50 % wrong or will come short of the correct answers. This has become even more evident to me when reading some of Dr. M's. latest articles on the role of the electro physiology in our bodies, for the lack of another term. The brains primary role is to protect and promote our species as, as individuals we can hardly survive by ourselves in nature ? Most primary faculties of the brain, can be related to this role and should be seen from this perspective, then a clearer understanding of those functions should be possible. many comparative studies with chimps, elephants, dogs and even birds have been done by scientists. To me, in this respect the most interesting element is the eternal ego. The need for it, the role thereof in our own psycho-dynamics, the manner in which our emotions and culture influence it, the fact that without it, we are little more than animals. How much of an ego does a chimp possess ?

Is this not the base of our own internal, self communication ? But then, apparently from (conclusion of a psychologist I read on) about only 6000 years ago, a different dimension arose as an " addendum" to this blotch of complicated neurons. Consciousness arose. A rather out of sorts occurrence if one looks at the humans creation from an evolutionary point of view. Strange, because Homo Erectus survived on earth from 2 million years ago to between 200,000 and 40,000 years ago, almost unchanged, with a 700 cc brain capacity. Some reptiles with less capacity have been around much longer. And then around 300,000 years ago came Sapiens. And on top of that, apparently, the thing became aware of itself ! Even the scriptures tells that God took Adam and Eve clothing. My goodness, 6000 years ago ? And now we are already in space. to be continued:

Posted On 10/21/2017

Guillermou

IAM, good vibrations, in your connection brain and heart. The conscience researcher, Annie Marquier, argues that the electromagnetic field of the heart is the most powerful of all organs, 5,000 times more intense than that of the brain, and that the energy field it emits is received by all those who surround it. It has been observed that this field changes according to the emotional state. When we are afraid, frustrated, or stressed, it becomes chaotic and, on the contrary, harmonizes and orders, when we feel gratefulness, love or compassion, radiating a more coherent field of electromagnetic energy that benefits other beings and the environment.

A recent study, conducted by researchers at the University of Michigan, found that in the moments before death, the brain sends signals to the heart. Researchers believe that it is this frenzy of mental activity that causes cardiac arrest, and probably vision of near-death experiences. Self-confidence, enthusiasm and delusion, have the ability to favor the superior functions of the brain. The prefrontal area of the brain, the place where the most advanced thinking takes place, where our future is invented, where we value alternatives and strategies to solve problems and make decisions, is tremendously influenced by the limbic system, which is our emotional brain.

Psychoneuroimmunobiology studies the connection between thought, word, mentality, and the physiology of the human being. A connection that challenges the traditional paradigm. Thought and word are a form of vital energy, which has the ability to interact with the organism, and produce very deep physical changes. It has been shown in several studies that one minute entertaining negative thinking leaves the immune system in a delicate situation for six hours. The distress, that feeling of permanent agony, produces very surprising changes, in the functioning of the brain, and in the hormonal constellation.

Posted On 10/21/2017

Krofter

For someone who functions mostly on an intuitive level, ya'all have just gone way to deep for me... Your starting to make me feel like I put too much faith in unconscious intuition;))

Posted On 10/21/2017

acs4457

I wiped the second part of my comment. The short and the sweat is. Do NOT lose sight of the fact that the mind, as an addendum to the brain, is under serious discussion today. Creativity is an unresolved question, what the human can imagine he is capable of turning into reality in most instances and my mother related at least 3 dreams she had had, that crystallized in reality, that caused a real cynicist, at that stage, to take a serious realist check. How come we do not yet know what the determinants are, regarding creativity, and yet we venture opinions ? Creativity, the capability to connect previously un connected dots, got us where we are today. Howcome technology develops faster and better than socio/psycho/spiritual insights in our world. Probably the mind still has to be discovered ?

Posted On 10/21/2017

Guillermou

ACS, excellent reflections. The idea that the capacities and abilities of thought, are divided between the two hemispheres of the brain, is a great pseudo-scientific lie. It was thought, that creativity in the right, and analytical ability or logic, in the left. Thus, it is often said that artists or writers have developed right hemisphere, while in engineers, mathematicians or scientists, the left predominates.

It is a double lie, because it presupposes that the work of an engineer or a doctor does not require creativity, or that the novelist does not need to apply logic. Some go even further, calling the right part of the brain the "emotional", and the left the "rational". Neuroscience has already been in charge of disassembling this theory, demonstrating that both halves of the brain, work together and cooperative.

Drexel University professor John Kounios has researched creativity in brain activity. He carried out an experiment, which consisted in putting two groups of people, to perform 'word puzzles'. The more methodical people did it very quickly, thanks to what is called "sudden understanding"; while the most creative, are characterized by their ability to see multiple realities. To all of them, their brain activity was measured, by means of magnetic resonance, and electroencefalogramas.

The results showed that for the group of so-called 'creative', the part of their brain that showed activity, was not their right hemisphere, or left, but the temporal lobe, in its entirety, left and right in equal measure, and some areas of the prefrontal lobe, more associated with cognitive thinking. People who were able to think faster, those who quickly visualized words, and responded immediately, showed intense brain activity in the visual cortex, which is located in the back of the brain.

Posted On 10/21/2017

Guillermou

Krofter. You make a valid observation. Neurologist Joaquín Fuster, a renowned neuroscientist (Barcelona, 1930) in his book 'Brain and Freedom', which reveals the brain's foundations, of our ability to choose. In the study of the prefrontal cortex of the brain, Fuster is a professor of Cognitive Neuroscience at the Brain Research Institute and the Semel Institute of Neuroscience and Human Behavior at the University of California, Los Angeles (UCLA) .

He says, that in reality, intuition is unconscious logical thinking. He has a great role in decisions, sometimes abruptly, unexpectedly and totally unconscious. The hunch is the classic example. If we analyze the precedents of the hunch, we sometimes find unconscious impulses, perfectly logical, within the vital environment, of the vital reason that Ortega and Gasset said. Creation arises from the whole, from the cortex, and promoted by the forces of the unconscious, much of emotion and intuition.

Posted On 10/21/2017

abe5680

I'd just like to say thank you to Gui - can we call you Gui for short? I really enjoy your comments on Mercola.com and learn a lot from them - so I just wanted to let you know (and I'm sure all the regulars agree) that your presence here is very much appreciated. Thank you for sharing your knowledge and thoughts so generously and for generally appearing to be a lovely gentleman.

Been meaning to say that for a while and was worried you may have left the space - very glad to see you are still on deck :-) Thanks, J

Posted On 10/29/2017

Almond

I have found that an awareness that takes the form of anger is very helpful. You need to be motivated to change. There comes a time when you are unwilling to continue to live with a habit. You either realize what it "costs" you or you understand how much better life could be without a bad habit. We are motivated to change when it is easier to leave the comfort zone of the status quo than remain there.

Posted On 10/21/2017

dude01

Interesting point. I would agree in that the anger can help motivate one to make changes that are for the betterment of the situation. But I think also, that it's important to let the anger be a short term motivational force. Once change has been initiated for the good, it's best to let the anger be a thing of the past. It has served its purpose.

Posted On 10/21/2017

Acroyali

Agreed with both points. A person can "get angry" without being perpetually angry, and for motivational purposes sometimes simple exasperation or a feeling of "enough is enough" is helpful.

Posted On 10/21/2017

npolog

I think it is difficult to make real changes in one's own life...just don't try to change other people. If you try you will soon see why they need to change...and why they likely won't. Thus the saying...leave sleeping dogs lie. Jesus Himself has been quoted as saying "throw not your pearls before swine"?

My version? "Perturb not their orbits...lest you regret it."

Anger can be a pivot for change....but what really makes the difference is awareness and knowledge. You need to understand to some degree what is going on before you will likely see the need for change. After you attempt to make a change...you might be able to see a bit further.

Awareness and knowledge can come from study and the use of various nootropics. (no...I'm not talking about drugs) And avoiding the bassackwards.

Posted On 10/29/2017

bacchusp

Examining the brain to find out about our consciousness is rather like examining a car to learn about the driver and his / her driving habits. The brain is the instrument of the soul via which we are able to express our consciousness.

Posted On 10/20/2017

mirandola

Interesting comparison, bacchusp, thank you! A neurologist said to me, that the brain is not only the controller organ as we think of it. It is also, a receptor organ, responsive to activity and stimuli. Thus, the brain is trained and cells are enlivened by physical and mental activity. The brain is "plastic" as scientists say, a horrible word to use, but one which means that it is flexible and malleable. And as such, it is indeed responding as you say, an Instrument of the soul.

Posted On 10/21/2017

Krofter

mirandola - I've read that that's why hair grows best and longest on our heads - "receptor" antennae to the cosmos. I often think of those original ideas that pop into our minds out of 'nowhere'.

Posted On 10/21/2017

RobertSniadach

IAM - Check into the direct rewiring of the heart-mind connection and naturally emerging coherence that results from Kundalini activation and completion. icrcanada.org/.../biologicalmechanism also here: www.biologyofkundalini.com

Since Kundalini is the essence and basis of it all, that would be the place to put all the effort for quickest and best results. It seems to me that the excellent HeartMath research, along with loads of other similar human potential research, is a matter of the effects being studied, which then leads to somewhat fragmented or piecemeal recommendations for achieving these states. IOW, all of them are focusing on the fascinating pieces, but perhaps missing the bigger picture. Because of that, the recommendations for putting it into practice naturally focuses on pieces, as well.

Posted On 10/21/2017

Martix

"It is only in the Hearth that one can see rightly what is essential is invisible to the eye" Antoine de Saint-Exupery

Posted On 10/21/2017

mirandola

Very, very interesting article with profound implications! So great for training positive thinking! Thank you Dr Mercola! I just wanted to comment that: A) It sounds to me like the subconscious mind as we call it, is nothing more than the Inner Spirit or Inner Wisdom, itself. I am glad that psychology is onto this, and whatever they may choose to call it, the time may come for the knowledge that greater wisdom is opening up for us. It's called, Spirit. B) Art of all kinds is more than expressing oneself, as so many people seem to think. For me, art of all kinds, is a creative INlet, not merely a creative OUTlet. When I was a kid in school, we did art three times per week. It trained me to see beauty in life, that I would never have seen without the art training. This feeds the soul. One becomes at once more observant and also, more receptive. To beauty in various forms. It's what I call soul food.

Similarly, music trains us to be deep and very detailed listeners (when it is well trained). Dramatic arts teach us to be observers of character, thought, feeling and interactions. Each art has its own area of pure Soul that it trains, enhances and yes, deepens. Significantly too, when one is in the hands of a great teacher or great artist who knows how to bring the best out of us, and out of the art itself.

And this is where art trains character. It is no accident that ancient Greece censored the arts (I do Not approve of this) because they believed so strongly in the formation of character through the arts. And it also is no accident that according to former US Representative Lynn Woolsey, given an arts education, people are more likely to be of public service later in life, they score 100 points higher on their highschool SAT tests, and at-risk youth are 55% less likely to repeat any crimes. Now, that is a very high statistic. One which triggers thought. And these are US Government statistics! The Arts, thought, and the Subconscious all work together. With Spirit.

Posted On 10/21/2017

Guillermou

Mirandola. from your commentary emanates art. There is within us another faculty that enables us to abbreviate this revolutionary process of the mind. It is the faculty which in Theosophy we call Buddhi or Intuition, and has its connection from the view of Art. Art is fundamentally about real and eternal things, not temporal and illusory things. Carlyle has described the Art with a very significant phrase: "Art is the Soul detached from the Fact". In other words, the function of art, in all its branches, is to bring us to the essence of things, and this essence is eternal, not temporal. However; allow me the Art has different branches, which brings us closer to the center, the "Soul of the Fact".

There is art in dramaturgy, painting, sculpture, poetry and music. The poet uses emotions, but exposes them in terms of reason. There is a superior reason, which judges all things in the world, with the faithful measure of the perfect man, and the poet tries to reach this measure. All philosophers have recognized that music is the most exalted art, since all the others, by mysterious way, lead to music. It is not possible, to describe correctly the other artistic modalities, but in terms of musical thought. In music, the means and the end, are inseparable.

One of the aims of education is that people, in themselves, establish certain ideals, modes of thought, feeling and action, which have been recognized as absolutely essential. When Christ says, "Love your neighbor as yourself," you know from your own long experience, that doing so is the fastest path to individual happiness. In a scientific textbook, we have the experience of many scientists, summed up in certain simple scientific principles; in mathematics, we give the student the generalizations of past generations of mathematicians. Past experiences are reduced to generalizations, and then offered to the mind of the individual, so that he learns certain important principles

Posted On 10/21/2017

Krofter

Art is a sublime form of creation, humanities highest calling. Nature is humanities greatest inspiration. One cannot exist without the other.

Posted On 10/21/2017

Acroyali

Art is everywhere and involves itself in so many things in life that those who think they have no artistic ability because they can't sing, dance, or paint aren't giving themselves enough credit. Organic farming is an art form, raising children is an art form, writing is an art form (even simple comments here!), training pets or service animals is an art form, gardening is an art form, cooking is an art form...heck I consider spring cleaning your house an art form!

So many here love to garden and cook. What other form of art could anyone want? I prefer cooking to gardening (and eating to cooking, LOL) but cooking something simple can be altered in so many different creative ways with the addition of other ingredients or herbs or spices. A meatloaf is something most people can't make exactly the same way twice. I love a very simple, easy to make 3 ingredient one-pot dish that we enjoy in the fall as it's a comfort food, but as simple as it is I can't make it "as good as" my Mother did!

When I train my pets it's art at it's finest. My working line dogs are harder in temperament. My non-working line dogs are much softer. While I prefer the same basic training procedure, dealing with problems along the way are based on the dog, the problem, and their temperament. A soft dog I'm working with today is so biddable and so happy to learn that mistakes, in most cases, are simply ignored. Even a change of intonation can stop him from wanting to work. One of my "hard" dogs considers an ignored mistake as being condoned; an allowance and take it to the next level. And my cats required me to find a really, REALLY good motivator for them and use it to my advantage.

Posted On 10/21/2017

Krofter

Acroyall - Agreed. I started my ag career as a landscape architect, also doing installation. Now, instead of working on the relatively small scale of someones yard, I now work on the much larger scale of my farms native ecosystem. Having ma earth as my medium never ceases to enthrall me.

Posted On 10/21/2017

Acroyali

Krofter, Ma Nature is indeed your finest medium, as well as the best canvass you could ever ask for! In my experiences as a painter I always found it interesting that a canvass is easy to paint over and re-use if the artist is not happy with what they've created. I don't paint professionally and I don't care to but (especially in my young days) I found the experience relaxing or slightly enraging, both in good ways (if enraging "in a good way" doesn't make sense, I apologize, but sometimes that pent up rage as a teen or early 20 something only was able to be released while painting, and had the almost-instant effect of a drug to let it out, let it go, and move on).

What an excellent, creative release for anyone suffering from negative emotions they feel unable to release in any other way We recently re-painted part of our house, and chose a dramatic change in color. The painting itself was fun, but when it came down to the detail work done with an extremely tiny and fine brush, I loved it. Who cares if I worked 2 hours and painted a total of 6 feet? The finished product is outstanding and I'm very pleased. I love attention to detail, another form of really, really great art (not to mention pride in ones work, something that's lacking SO badly these days...)

Posted On 10/21/2017

dude01

Many beautiful comments this morning to accompany another fine and well needed Mercola article. Many of us have adopted techniques to help us deal with our extremely busy minds. The sharing of related thoughts and ideas by the many intelligent commenters is always a plus. Personally, I enjoy the peace and calmness provided by the 90+ years of insight provided by Buddhist Monk, Thich Nhat Hanh, in his many easy to read books. Now, there are also many short and insightful youtubes that can provide us with the teachings of this wonderful being.

www.youtube.com/watch

Posted On 10/21/2017

Guillermou

Dude, thank you very much for the video. You know how to choose great people. Hich Nhat Hanh is a great Zen teacher, born in the Central Vietnam region on October 11, 1926, a Buddhist monk for more than four decades, and peace activist, nominated for the Nobel Prize for that reason. Political refugee in France since 1972, for its peaceful combat, begun during the Vietnam war. Nobel laureate Martin Luther King, Jr., nominated Nhat Hanh for the 1967 Nobel Peace Prize. He was awarded the "Value of Consciousness" award in 1991. He has starred in numerous films including "The Power of Forgiveness".

Posted On 10/21/2017

RobertSniadach

Several things jump out at me from the article, and from Guillermo's comments: 1) our brains are incredibly complex and largely unknown, with multiple levels of inputs, several layers of known and unknown active cognition, and extremely variable outputs... all depending on a huge variety of environmental conditions in the moment, as well as past history and expected future(s). In other words, unfathomably complex. Yet, that certainly won't stop us from trying to use the limited conscious portion of our mind to figure out our whole mind... isn't there some sort of impossibility-conundrum inherent to that approach?! 2) All these operations happening in our brains and minds have developed vis-a-vis our evolutionary track. IOW, they developed to meet the conditions and challenges of the life on earth that our ancestors had to deal with. So, though our brains and minds were and are very well tuned to manage the reality of life from 2,000,000 years ago up to about 1600AD, life today is WAY out of the normal and recommended operating parameters. Because our minds are forced to operate in these very abnormal conditions, there most certainly are huge gaps and weaknesses that become apparent. As Gui said, the result is a strong discontinuity between our body language, voice inflections and actual words being spoken. The more out-of-normal conditions we live in, the worse the discontinuity.

So, as a species, we 'could' choose to recognize this and therefore choose to consciously re-create and nurture the type of reality that we operate best within, as well as educate each other from childhood about uplifting practices that synchronize and harmonize our incredible brains-minds. But instead our species tends to seek out our collective brain-mind vulnerabilities, weaknesses and biases... and then chooses to exploit them for full disruptive effect. IOW, we learn what is incredibly good for us, but rather we choose to focus on how to destroy ourselves. Isn't that insanity?

Posted On 10/21/2017

Guillermou

Robert thanks for your reference to my comment. The aspects that you address seem very interesting to me. Let us help our brains to meditate, to forge our personality and character of the balance of all our forces, of the potential of the mind. One way we could extract it from the Hindu culture:

The Celestial Communication Meditation consists of an active, moving, dynamic meditation. This type of meditation is part of the Kundalini Yoga Technology, as taught by Yogi Bhajan. "The Celestial Communication is the greatest and most wonderful food to heal the body, to the mind equipped with intelligence and creativity, for the elevation of the soul and the expansion of the spirit."

It consists of a kind of dance, joined to the chanting of mantras, and movement of fingers and arms. By listening and chanting the mantra, you let your body flow, and express yourself following its rhythm. It is an effective tool for mental relaxation, where the mantra, and its melody, are expressed through movement.

The practice of Celestial Communications, brings numerous benefits both physically, mentally, emotionally and spiritually. It is a meditation, which not only brings us relaxation and stillness, but has a variety of benefits:

They work and stimulate the upper triangle, the 5th, 6th and 7th chakras. "The movement of the arms and the chanting of mantras, opens the heart and lungs, strengthens the aura, and enhances the radiant body. As the Aura and the Radiant Body strengthen, we connect with our Prosperity. "

They stimulate coordination, awaken our joy and happiness, lift our spirits. In the same way they enhance our attention, concentration and stimulate memory. It allows us to overcome, to leave behind our fears and fears, and open ourselves to the love of our divine being.

https://youtu.be/UZe_rgEByYQ

<https://youtu.be/g1tZoK2Cjhl>

<youtu.be/yOt5DCYgaas>

www.spiritvoyage.com/blog/index.php/what-is-celestial-communication/

Posted On 10/21/2017

RobertSniadach

Gui - icrcanada.org/.../kundalinievolution and
iaincarstairs.wordpress.com/2015/05/29/awakening-the-science-of-kundal.. and
www.biologyofkundalini.com

From my point of view, Kundalini IS the energy of all life. Kundalini is the Life Force itself. It is the intelligent Evolutionary Force itself. It is pure consciousness condensed and manifested as intelligent energy within all living systems, including us. If there is one focus, one practice that each of us can put our efforts toward that could reap benefits unimaginable, this would be it.

Hardly anything is known of it by current biological science. The only known experts of it are now watching from above, as they were the mystics from Ancient India - in the Indus Valley some 3500 years ago. These 'primitives' not only were the experts in clearly elucidating what Kundalini is and how it works, they also created a whole new vocabulary in order to more accurately describe it; such words did not exist that could describe the immensity of it, nor the intricacy of it.

Michael Bradford has created a most excellent video presentation about it here:

www.youtube.com/watch He sees Kundalini as the only likely answer to our species' problems. Essentially it is this: we either evolve ourselves up and out of the stagnant and suicidal reality that we currently have created, or else we'll take it all down. By modifying and rebalancing our brains, organically and naturally, and therefore the potential of our minds, we can regain our instinctive and intuitive intelligence that would quickly reject the manners in which we now treat our race and our planet. p.s. - I have found that, though probably good and very useful for most, the various typical Kundalini yoga practices are not required. There are other more direct methods, but these are quite difficult; only appropriate for certain types of personalities.

Posted On 10/21/2017

Rainbow_

"Mindfulness and spirituality have a long traditional practice path and a very short laic (secular) history. The teachings of Lao Tzu, Confucius and Buddha have undergone profound changes during the last 2500 years, as they evolved and moved over an extensive geographical space and through large cultural diversities. During the late 60s, the concepts of meditation and mindfulness were hijacked by some enthusiasts of Ulrich Neisser's cognitive model and were shifted from a spiritual practice to a mere cognitive exercise. Therefore, these days the meditation and mindfulness are obsessed about cognition, thinking and intellect. Yet, traditional mindfulness, meditation and spirituality is all about quieting the mind and focusing on perception, feelings and intuition.

As an example of how traditional concepts have been manipulated to the benefit of the cognitive model and its derivative products promoters, everybody knows the Mahatma Gandhi quote: "Your thoughts become your words. Your words become your behavior. Your behavior becomes your habits. Your habits become your values. Your values become your destiny." What people don't know is that originally, this quote starts with an extra line which is systematically erased in the process of hijacking and manipulating the traditional teachings. This extra line is "Your beliefs become your thoughts".

Adding this first line to the above quote is restoring the truth and is completely changing the message by shifting the interest from your thoughts to your beliefs as the main source of your life reality. As well, when Lau Tzu says 'If you correct your mind, the rest of your life will fall into place.' by "mind" he means soul and spirit, not the brain and the intellect. Although you are the creator of your reality, your life reality does not necessarily emerge from your desires. Your reality springs from your behavioral programs deeply rooted in your subconscious and governed by your beliefs" read more: www.alexpriala.com.

Posted On 10/21/2017

iamblessediam

SPOT ON Rainbow_! I like this Albert Einstein quote ~ "The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause to wonder and stand wrapped in awe, is as good as dead; his eyes are closed." Folks like Ulrich Neisser rarely define their sense of the word "spirituality" encompasses - after all - the word "consciousness" is rarely acknowledged. Be well! LBP!

Posted On 10/21/2017

Darzoum

Some thoughts: A clear distinction should be made between "brain" and "mind." A person has one brain, but many minds. Faculties that are SUB-conscious and SUPER-conscious all get categorized as SUB (or UN) conscious, but there is an important distinction. Our goal should be to WAKE UP!!! Mindfulness, cited towards the end of the article, represents an effort to wake up. It is "unnatural" (in a positive sense); it requires struggle and effort... conscious effort. It is, in this sense, counter to a reliance on sub-conscious programming, even though the latter is a real faculty. Consciousness is the ultimate reality.

Posted On 10/21/2017

Durango

It is called Conscience and is one of our God's gift to us.

Posted On 10/21/2017

Darzoum

Con-Science... "with knowing." It is one of the higher faculties that seems "un-conscious" when it remains as an un-awakened faculty (or "mind").

Posted On 10/21/2017

grulla

I like making an analogy with the human (or even animal) brain VS a computer. The instinct and innate abilities are the ROM, (read only memory), and the learning process is the RAM, (random access memory). We always think of only animals having instincts, but if one knows where to look, humans are born with certain (undesirable) instincts, and innate abilities. But unlike a fixed computer ROM, the brain can be biomodified thru learning.

wikidiff.com/.../innate drbeetle.homestead.com/mindrules.html www.smashinglists.com/10-feral-human-children-raised-by-animals/

Posted On 10/21/2017

Guillermou

Hi grulla. Good comparison. Within a few years robots may dominate men on all fronts. They will even feel emotions, and their creativity may be our perdition. Innovation in artificial intelligence and robotics could force governments to legislate for quotas of human workers, upend traditional working practices and pose novel dilemmas for insuring driverless cars, according to a report by the International Bar Association.

Rise of robotics will upend laws and lead to human job quotas, study says

www.theguardian.com/technology/2017/apr/04/innovation-in-ai-could-see-..

Elon Musk says humans must become cyborgs to stay relevant. Is he right

www.theguardian.com/technology/2017/feb/15/elon-musk-cyborgs-robots-ar..

Humans will become hybrids by 2030, www.independent.co.uk/life-style/gadgets-and-tech/news/humans-will-bec..

Posted On 10/21/2017

grulla

Hi "gui", "Within a few years robots may dominate men on all fronts." I'm not so sure that I'm looking forward to that...lol: i.pinimg.com/.../7be5aae3731b89942212043dc6c41e34.jpg

Posted On 10/21/2017

Chimonger

Good article! Thank you! What's so amazing, is that this information has been around virtually forever, and teachers have tried to convey it to others, for millennia. Yet, the patterns of speech tend to persist, laced in negatives, often double and triple negatives. Certainly many are ignorant of this. But many are aware of how the brain only registers positives, yet still have a hard time changing negative speech patterns. Could the persistence of negative speech patterns be tied to survival and danger-sensing/awareness?

Posted On 10/21/2017

Krofter

The most ancient and powerful way to tap into the unconscious mind is the practice shamanic journeying. All of the aspects mentioned in the first box come to the fore; the inner child, symbolism, positives, associations and quick learning, body preservation, and memory organization. One need not partake of some form of hallucinogen to practice this. Among indigenous people around the world the most common form is by journeying to a drum beat of around 70 beats per minute, the same as healthy human heart at rest. This puts the mind into the alpha stage of sleep. With one foot in the waking world and one is the world of sleep the unconscious mind is better able to link up with the conscious mind and pass information along. I've experienced profound things doing this.

Posted On 10/21/2017

Epona777

I have experienced "trips" while chanting in a group and to a shaman's drum as well as a long mantra meditation session. I find them fascinating.

Posted On 10/22/2017

jmiller739

What is happening to the world around us? Dr. Theo Compennolle says that modern technology is fantastic but the problem is that it's being used incorrectly. Multitasking is neurologically impossible for our thinking brain. Attempting to multitask is the antithesis of mindfulness or living in the moment.

articles.mercola.com/sites/articles/archive/2016/01/10/brain-chains-mu..

Here's a powerful portrayal of the nightmare: "Are you lost in the world like me?" www.youtube.com/watch

Posted On 10/21/2017

Acroyali

Modern tech is a double edged sword to me. I love these forums and have loved getting to know many people here and on Dr. Becker's board as well. I like texting as an alternative to a phone call and I do like the idea of keeping a phone on me whilst on the road in case of an emergency. During the times I've had a family member that was in bad shape (end of life issues, etc.) having that phone on hand made me feel a little better because they could get ahold of me 24 hours a day, no matter what, if they needed help. A GPS is a Godsend when I'm out of town and don't know where I'm going and I love electronics that can make my life easier.

With that said, the obsession with certain social media sites and the expectations for every person to be a part of it is exhausting. I don't feel the need to share with 5,000 people what I ate for lunch. I don't feel the need to take a picture of that lunch and expect 600 people to "like" it. I don't feel the need to be on those sites and have someone get mad if I didn't "like" the 900th photo of their 1 week old baby. I don't feel the need for someone to get upset if I unfollow them on Twitter. I hate the fact that sites like Yelp will purposely hide good reviews and place all the bad reviews at the top, and I don't like the fact that many of those reviews are fabricated or exaggerated. (Google "yelp hurt my business" and see how many small business owners have failed due to bogus reviews and self entitled brats not getting what they want.) I have no interest in Farmville or any games like that. I don't want to "go fund you" so you can buy a new TV. So many things from technology do good, but so much is such BS I wonder if it's worth it at all.

Posted On 10/21/2017

I want to comment about the model of positive thinking, that the subconscious edits out negatives and understands the statements made, which make emotional imprints (in my understanding) and are expressed back to us in symbols, images and pictures. It may be, as a very good friend of mine said, "an out-picturization of inward processes". Very well said! For us to picture the desired result, can be a model for very healthy positive thinking. Yes. Agreed.

But then again, we can be fighting ourselves. We can be controlling our shadow. And we can be controlling or denying some realities in life itself. We have to remain in balance. And we have to clearly discern, where we ourselves may be Consciously contributing to negative thoughts, or where the subconscious itself is communicating what may be an important message to us. Sometimes, the subconscious may feed back to us, things that we may not always want to see. And those things can be shadow material. To always practice positive thinking, may be to control and try to obliterate that very real aspect of ourselves.

We learn from our shadow. We have to study it and take the best we can from it, use it in its positive expression, whatever that may mean for each one of us. Use it as a teacher. For example, one person's shadow may be asking for something to be healed. It may be trying to teach a person to have empathy, even if the form that takes may be funky in some way. Then another person's "funk" may be teaching them healthy boundaries. It may go to extremes in the shadow's expression of those inner lessons, but when we learn from it, and then say "okay, I have had enough of your funk at this point" and put a boundary on it, after first saying "thankyou for what you are teaching me", we grow. If we understand our shadow, use it constructively, then we are free. I am interested in what others may have to say about this. Please share, the more openly the better, I would love to learn about this from you all! Thank you

Posted On 10/21/2017

Acroyali

Positive thinking is something I laughed at (very hard) 15 years ago. I didn't see how thinking positive could change a damned thing. Today, it's different and I feel there's real power there. No, thinking positive won't change bad circumstances, but in other ways it's not the circumstances that need to change--it's our perception of what's going on. Even when I was working a job I hated, I vowed to do the best job I could only because that's how I was taught (to work) and that there is no shame in any job at all unless you don't give it effort. The petrol station I frequent has many employees who have been there for some time and many of them are upbeat, happy, fun, know me by name and aren't afraid to banter with me (as I love to banter in a friendly way!) There's a woman who works as a checker at our local market that is the sweetest person I've met in a long time. A woman I know works a factory job and works hard at it, and her overall demeanor is something I aspire to be--she's kind, she's loving, she's sweet, she's non-demanding yet isn't a doormat. She's just a hard working, kind, all around good person that isn't afraid to get her hands dirty. I know for a fact her life isn't perfect, but she's happy that she's alive, has food on the table, has a few bucks in her wallet and has pets she loves dearly. Perhaps this isn't what they envisioned their lives to be, but their attitudes keep things pleasant for all, themselves included. What more could we want?

I posted a few years ago that I began praying in images. Praying and thanking the God (of my understanding) for the things by words started feeling scripted. I don't wish to pray that way. So at least once a day, I bring up images of things that happened during the day--big great things, or tiny, little things. 99.99% of the time, what I felt was a "bad" day wasn't so bad at all when I recount some good things that happened. When we change our perception, amazing things happen!!!

Posted On 10/21/2017

breathoflife

The first paragraph made me laugh, saying many people drive unconsciously. Avoiding them has become more difficult on an almost daily basis.

Posted On 10/21/2017

Almond

I constantly risk my life on the road. Because there are so many idiot drivers, our second vehicle was another truck. My husband and I have had so many accidents, most of them while parked! People are simply not paying attention or are so self-absorbed that they take foolish risks. The first things we hear after accidents often include the following comments and situations. "No speak English." (No registration, no license, no insurance.) "I guess I should have been paying attention." (After wiping out 5 parked vehicles, totaling 3 of them and pinning a woman inside her car needing the jaws of life to free her.) "We were bar-hopping... " (With a half drunk fifth of whiskey open on the front seat.) Vehicle failure with all the idiot lights flashing and still too dumb to pull over to the side of the road, thereby placing a dangerous faulty vehicle as an obstacle in the lane of traffic. I also had a woman back out of a parking space totally unexpectedly without signaling. Her car was covered with snow and she had only scraped a 12" square on the front drivers' side window, not on side/back windows or mirrors. (Her husband was a banker and tried to blame me for the accident--but that didn't fly as I had the right-of-way.) We have had several accidents where people ran stop signs, including getting rear-ended when we stopped at stop signs and getting a car rolled. One car hit me so hard they spun my big truck around 3 times and shoved it thru the intersection.

The only permanent injuries I have are from these accidents. I am lucky to be alive. I should not have to carry the burden of these lifetime injuries due to someone else's irresponsibility. Our older vehicles were sturdy and we were not able to replace them with the same quality. Although insurance covered, we had to spend out-of-pocket to replace them with \$newer vehicles much earlier than we had planned to buy. It takes time to deal with insurance, police, the justice system, court appearances, buy new, recover.

Posted On 10/21/2017

Almond

This is just what I have experienced within the last week. Drivers routinely traveling at 90-100 mph. A speeder weaving in and out of traffic--his tiny car cutting in front of my big truck--then turning off at the next highway exit. He cut in so short I could not see his signal (if he signaled)--the only thing that saved me was that he was speeding (well over 90 mph) as I would have hit him if he was traveling much slower or he had slowed down. An elderly man who swerved into my lane, prob should not have been driving. Someone who fell asleep at the wheel. Someone who apparently did not see my truck in his blind spot and started pulling over into my lane. Someone came up fast behind me, passed me on the left, cut in front of me and took an exit.

I try my best to always "leave myself an out". The best defense I have is to leave plenty of space between myself and other vehicles. However, with speeders and crazy people, this is not always possible as they will encroach or come at you from unexpected directions, such as wrong way. I think there is a lack of individual responsibility and common courtesy. People will try to do whatever they think they can get away with. People are self-absorbed and take advantage of any opportunity to get ahead of the other guy. There is no looking out for the other person. I think it is a sign of culture in crisis. There are many impaired drivers who should not be on the roads. People under the influence, senile drivers, distracted drivers, people who cannot read traffic signs (no English or illiterate), people who have no knowledge of or respect for traffic law.

One of the best examples of sweet karma I saw was this. Roads were icy and a blizzard was moving in. Nonetheless, a car came flying past us. He was an accident waiting to happen. I told hubby to hang back and give him plenty of room. Then, a couple miles down the highway, we come to an overpass. Here is the vehicle, perched like a teeter-totter on top of the guard rail.

Posted On 10/21/2017

Alldogsgotoheaven

People often drive like they are behind the wheel of a weapon and they are. I have seen the sanest most rational people take on a different personality when they get behind the wheel of a car. Also people who think that they own the road in front of them and no one should be allowed to get in I do not know what it is about cars that can change some people's personality so much.

Posted On 10/21/2017

RobertSniadach

Latest efforts at self-driving vehicles: medium.com/self-driven/a-decade-after-darpa-our-view-on-the-state-of-t..

It's all still aways off, but closing fast.

Posted On 10/21/2017

Acroyali

Almond, your posts are always so intelligent and enlightening. I'm glad you're here as I'm sure many others (on and offline are) as well. I'm sorry you have to deal with such problems from idiots on the road. I drive so defensively I used to make my Grandmother exasperated. One day I was driving down the road (to training class with my dogs in the car) and as I was going along a major highway at a good 60 mph, I came upon a farmhouse. A man had parked his truck and had crossed the road to get mail from the mailbox and was waiting until I passed.

A little girl of about 3 years old hopped out of the truck and darted across the road towards the man, and I slammed on the brakes (thankfully my dogs were crated as they would have been projected had they not been). Had I been driving like a moron (too fast, texting because "I'm important!!!" etc.) the little girl would have been killed, by me. That haunts the living crap out of me and thankfully I was able to stop in time. I can only imagine the way it would have haunted me had it turned out differently.

The man almost fell to his knees; I'm assuming the little girl was told to stay put but (as most 3 year olds do) forgot. If I would have killed a small child due to driving like a fool, I honestly don't know what I would have done because I don't know if I could have lived with myself.

Posted On 10/21/2017

cbaten

What about the mind from a biblical world view?

Posted On 10/25/2017

LarryD24

The explanation and understanding of the unconsciousness mind is not new. While this aspect of life is not discussed explicitly within spiritual systems and communities, the actual goal of the spiritual journey is to arrive at that place where life is mostly automatic and present-oriented. The real liberation is shedding the cognitive control of life whereby one tries to encroach into the 90% unconscious zone in a futile attempt to run it. This process is doomed to stress and strain when conscious processes attempt to overrule that which will run smoothly in an unconsciousness mode. The Shift of Consciousness is the essence of the spiritual journey - to find our true nature by having cognitive functions do their 10% job well, and by letting the unconscious 90% do its job. I know of several individuals (including myself) that have ended up in a mostly sensory mode (which are the automatic functions that reach out beyond us). The sensory mode allows for the unfettered application of those unconsciousness processes. It is a freedom beyond description to live that way. The cognitive functions really don't need to work so hard!

Posted On 10/22/2017

What an unfortunate video. With three false statements, the video directly subverts and contradicts the take control of your health mantra. First, the husband of the psychological research couple states that the exterior senses are the only sources of information for the brain. In physiological fact, there are three bodily sensory systems--exteroceptive (five senses), proprioceptive (body surface), and interoceptive (interior organs and tissues). All three systems continually send stimuli/information to the brain.

Additionally, anyone who experiences intuition, second sight, sixth sense, third eye, waking precognition, precognitive dreams, telepathy, remote viewing, etc. knows that his statement is false. Second, the Swedish researcher at the Karolinska Institute states that you cannot trust your body's feelings. Body trust is necessary for prevention and healing. Trusting the feedback a body gives about its condition is a necessity for both preventative response and for healing. Lacking body trust, a person gives over their body and their health to experts who use drugs, surgery and expensive, invasive and dangerous tests and procedures. From my own years of experience with my own body, I know his statement is false. Third, at the video's end the narrator states that dopamine tells you what makes you happy. Robert Lustig, in both his interview with Dr. Mercola and in his book highly recommended by Dr. Mercola, clearly and with ample scientific evidence, distinguishes between the dopamine to pleasure to addiction pathway and the serotonin to happiness and non-addictive contentment pathway. There is no way that I am going to follow the lead of that video. It seems to me to reflect the mainstream drive to convince everyone that they cannot take care of themselves and that they need the very experts that Dr. Mercola criticizes. I also suspect an agenda to convince people to accept brain chips so experts can control them. :) David Cornberg

Posted On 10/21/2017

[ajtoussaint](#)

Again another wonderful article. Just watched the first part of the documentary. Fascinating. About to watch the second part. Thank you Dr. Mercola for sharing this.

Posted On 10/21/2017

wesmin

Everyone should read:

The Divided Mind: The Epidemic of MindBody Disorders. By John E. Sarno, M.D.

Posted On 10/21/2017

wesmin

I don't know how you could have any discussion about this topic without referencing the work of Dr. John Sarno, who is the actual pioneer of psycho-somatic medicine. He and his colleagues are the real experts on this matter, with decades of clinical results to back them up. Another source would be Dr. Candace Pert, who authored Molecules of Emotion. In addition, I saw no mention of TMS (Tension Myositis Syndrome) which has been proven as the cause of the majority of chronic pain symptoms, along with a myriad of other health maladies and outcomes. Please follow up with an article that covers the topics I have listed so that your readers know the rest of the story.

Posted On 10/21/2017

CosmicPenguin

Our "subconscious mind" -- I call it the Associative/Lyrical/Artistic Mind -- should be operating along with our Sequential/Rational Mind while we're awake, not just during dreams. This can be enabled through the careful use of psychedelics, such as high-THC/low-CBD Cannabis. Start with a low dose. Unprocessed cacao under the tongue may work -- 1/4tsp for 5 minutes; it contains substances similar to anandamide, which temporarily block Fatty Acid Amide Hydrolase [FAAH], causing anandamide to build up after 3-4 hours, giving a THC experience for 3-4 hours. B vitamins and ALCAR may help. Psychedelics are banned and criminalized in Fascist/Judeo/"Christian"/Islamic cultures because these cultures want docile slaves to obey, believe and serve the psychopath rulers. Psychedelics are natural -- the pineal gland produces dimethyltryptamine [DMT] and the brain produces anandamide.

<http://cosmicpenguin.com/>

Posted On 10/29/2017

Try try again

This also works for musicians who are playing a piece by memory. Of course, part of it is muscle memory, but when I was playing a memorized piece of music, I would sometimes "drift off" only to realize I had played several bars in a state of unconsciousness. Also, note, while you're typing, how your fingers just go by themselves without having to think where the letters are. Also, if I'm doing a puzzle and am blocked, if I go away for a while, I come back and have the answer very quickly.

Posted On 10/21/2017

Guillermou

Hi Try. And also, the influence of music on the unconscious. Writer and researcher Alexandra Ossola unveiled the story of Charlotte Neve, a girl who in 2012, at age 7, suffered a brain hemorrhage while she slept, which led to a coma. One day, when her mother was with her in the hospital, Adele's song "Rolling In The Deep", a favorite of her Charlotte, and with whom she had sung it, rang on the radio to accompany her stay. , on several occasions. This happened: despite being unconscious, the mother sang to her daughter, and to her surprise, she smiled! A couple of days later, the girl left the coma, and began to recover almost all her skills, from speech, to motor skills. It is known that music releases dopamine, one of the most important and powerful chemicals for both the brain and the nervous system in general, associated with good humor, well-being and a sense of pleasure.

Also, Research suggests that listening to or singing music can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia. Musical memories are often preserved in Alzheimer's disease because key brain areas linked to musical memory are relatively undamaged by the disease. music can: relieve stress, reduce anxiety and depression y reduce agitation

5 Reasons Why Music Boosts Brain Activity www.alzheimers.net/2014-07-21/why-music-boosts-brain-activity-in-demen..

Music and Alzheimer's: Can it help? www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answe..

Posted On 10/21/2017

Acroyali

Try Try I have experienced exactly the same thing. When I play, I drift off and am playing by memory alone. Many times I find myself using that time remembering my youth while a part of a much larger performance (show/choir, etc. from school) and find lost memories. Only when I try to concentrate on a piece I know by heart do I find myself messing up. What amuses me is that any fast paced, upbeat tune played for a few minutes gets my cats (and sometimes dogs) roused from a sleep and they begin playing to my accompaniment. So cute!

I had an extremely gifted and extremely kind and easy to relate to art teacher in high school. He insisted that the phenomenon you mention with a puzzle works for artists. If you're painting or sculpting or whatever and you're not happy but you can't put your finger on why, put the piece away for a week and then bring it back out. The mistake will leap out at you.

When I was dealing with a "reactive" dog (that would see another dog and immediately go on defense, upsetting me and the owner of the other dog), we stopped working on problems and stopped training for a few weeks and just enjoyed one another. A few weeks later I decided to try the dog again outside the home around other canids and realized immediately my mistakes. Due to my dogs size, I was watchful of other dogs that would approach us and reacted immediately, causing a reaction from my dog. When I relaxed and didn't greet a situation involving another dog with a stiff posture, tensing up all my muscles, tightening the leash and increasing my breathing (all things I was doing unconsciously), my dog improved...and one day at a training class a large, imposing male Rottweiler left his owner and made a beeline towards my dog. The owner of the Rott said "oh ****" as her dog ran towards mine. I left the leash loose, greeted the Rott quietly. Our dogs sniffed one another. The Rott walked away. Crisis averted.

Posted On 10/21/2017

ela3783

My sleep story – I had not been sleeping well from pandemic times . Unitil just 3 nights ago . I went to a health food center nearby who have great counselorr . I went to buy a bioidentical Progesterone cream to help me sleep . I was advised to try thyroid support sold by Standard Process ,magnesium (Threonate , taurate , Glycinate etc etc all in one formula) and GABA . It's worked like magic . I sleep super sound and less than. 8 hours unlike before when i was needing 8-10 hours . It's been less than a week for now . Will know if addressing high TSH and perhaps borderline hypothyroid issues has been truly transformative for sleep

Posted On 02/16/2024

Guillermou

The subconscious refers to everything that we have stored, "hidden", in our consciousness, and we cannot 'see' it with the naked eye, as happens with the submerged part of an iceberg. The information that we have stored in the subconscious, and which we cannot easily access, usually contains deep fears, repressed desires and traumatic experiences that, even consciously, we would not like to remember. The Irish doctor Joseph Murphy, in his book "The Power of the Subconscious Mind", maintains that it and thoughts influence our results; That is to say, the power of the mind directly interferes in the success and directions of our life, molding our destiny.

The mind is divided into two areas, with different functions: the conscious mind and the subconscious. The first is the objective part, responsible for making decisions, planning and storing short-term memories; and, the second, which constitutes almost 90% of our mind and where long-term memories, habits, behaviors and our beliefs are found, is the one that has the most power and that we do not know how to use.

Murphy argues that the subconscious is open to the power of suggestion, so that if we think about good things, they will come true, and if we think about bad things, they will also happen. Our subconscious does not argue with us, we program it and that's it. Therefore, it is essential to have constructive and positive suggestions and thoughts of harmony, health, and peace. All this will be accepted by the subconscious mind, turning it into reality.

Posted On 02/16/2024

Guillermou

Finally, he advises eliminating all negative thoughts and energies, such as anxiety, pessimism, fear and worries; stay away from all negativity, such as toxic news and people; visualize the life we want to have, and sleep 8 hours, since sleep is essential for inner peace, body health and spiritual recharge. Likewise, he suggests always having good thoughts about the people we live with, not holding grudges, resentments or bad feelings and wishing for others what we wish for ourselves, because what we feed is what we conquer. www.youtube.com/watch .--- lawyersofpakistan.com/wp-content/uploads/power-subconscious-mind.pdf .--- www.learnmindpower.com/using-mind-power/the-subconscious-synchronicity.. .---

Posted On 02/16/2024

Almond

Since I became certified in hypnotherapy and practiced many techniques, I have discovered that I can alter my brain waves and rapidly pass into deep sleep with the use of certain easily controlled triggers. I no longer need much sleep and awake feeling refreshed. I used to need 8-10 hours of sleep a night when younger. Of course, I was often sick and would need to sleep more on weekends. It is most unusual for me to have a sleepless night. Things that will keep me awake--pain if injuries or sore muscles from heavy work. <=That is understandable.

Recently, I told my husband I had an unusually restless night and suspected a seismological disturbance--I was correct when earthquakes were reported in the next day's news. I can sense them, even at a distance, esp. if there are many and high Richter scale. (I once knew a woman who would sense solar flares before they occurred.) The other thing that can unsettle me is prolonged or intense exposure to fluorescent lighting and certain energy fields. Fortunately, these are limited exposures for me.

Posted On 02/16/2024

e_g5680

Almond, that sounds interesting. How would one learn to control one's brain waves?

Posted On 02/16/2024

Almond

e_g... More than I can explain here. You study, learn and practice.

Posted On 02/16/2024

e_g5680

Dear Almond, I shall try to make a long story short. I have COPD, but very much under control, I do tons of things more than your average doc would let you know about. Through research I do many breathing exercises and take various supplements and other things, so generally I feel OK. However in Aug 2022 I got pneumonia and was on antibiotics. Upon a CT scan my GP here found a lung nodule that he determined was cancer and wanted me to remove within a week FYI at the time I was 73 yrs old (a Scandinavian woman living in Thailand). Since I had had nodules before, I didn't trust his verdict and went to a pulmonologist in Bangkok, and after another CT scan some 3 weeks later and a PET scan it was determined that the chance of it being cancer was very low, but to do a CT scan 6 months after that to make sure.

Well, 6 months past (obviously I was quite anxious during that time) and on May 11th 2023, I had the CT scan and the nodule had all but disappeared so cancer was totally ruled out. However, on May 25th, I ended up in the ER with atrial flutter, so cardiologist gave me heart medication - Cordarone. That medication gave me insomnia, so same doc gave me Ambien for sleep. Well, after one week, I could hardly walk due to feeling dizzy, heart medication was halved. 5 weeks later in ER again, suspected brain bleed so MRI, confirmed nothing wrong in my brain.

Same time my thyroid was severely underactive. This was all due to the Cordarone. So stopped this heart pill, but still had sleep problems. Has taken me 6 months to get weaned off Ambien and finally sleep OK. Cordarone has a half life of 80-125 days!!!! So will take over a year to get out of my system. That's why I was asking you about how you managed your sleep so well. I had a hard time trusting allopathic docs since many years, but somehow got trapped into this viscous circle. Just one erroneous diagnosis ruined almost 2 yrs of my life!

Posted On 02/16/2024

justbev2

I used to wake up to hearing the tinkling of crystal. Eventually my mother connected it to earthquakes around the world. The louder the tinkling sound, the bigger the earthquake. All of a sudden it quit happening.

Posted On 02/16/2024

goodbody2

There is no such thing as the 'unconscious mind'. How could there possibly be? It can be called 'subconscious' - but even that is a very limited understanding

Posted On 02/16/2024

Smudge2

Thx for writing this. So important. Two great people to help with this: Dr Joe Dispenza and Brandy Gillmore (she has a miraculous TED talk video) She cures people of pain within 15 minutes. All tied to emotions and the subconscious.

Posted On 02/16/2024

hoplitex

How 'bout Dr. Carl Jung? We all owe a lot to his genius. The unconscious, the subconscious, not gonna get picky about how I refer to this remarkable VASTNESS. Howevah, in my experience that is WHERE IT'S AT :9

Posted On 02/17/2024

cle45582

This is a great article. I'm reading a fascinating book by Michael A. Singer, "the untethered soul," and am finding it intriguing.

Posted On 02/16/2024

lyn53054

juststeve you remind me of how I was distracted by my toddler granddaughter only last week in a swimming pool caf leaving my car keys on top of the dryer. I searched high and low outside in my bag, pockets, on the car roof, under the car, on the grass, until I remembered, but when I went back in they were gone. Thankfully they had been handed in. And Gui the subconscious mind being open to the power of suggestion makes me think of the law of attraction. I did a vision board online course recently and made a vision board exactly as she said. Within a month of doing it 2 things on it have already happened.

Posted On 02/16/2024

juststeve

Hah, my personal best. Had been in the deep woods and as it would happen the last to leave. While loading up the vehicle one of the bags spilled out over the ground. After a search for a new container and then ready to leave, groan, no car keys. Oh boy howdy. Spent the better part of an hour looking all over the parking area, tore apart the cabin and no G-D- keys, no cellphone, no one to haul my sorry *** back home. Stood at the front door and notices light reflections. When the spill occurred, had the keys in the hand and in the immediate reaction to the spill, put them on the top of the car. No thought involved, just reflex. What an adventure, what an eye opener in personal behavior.

Posted On 02/16/2024

den7788

Hi lyn53054 - would you please share where you got your vision board online course from? Was it from Mindvalley? Thanks.

Posted On 02/16/2024

This gets into where no matter how much we have experienced, know firsthand, it still ends up being Incomplete. So much is on autopilot, the unconscious level. We get used to leaving the car keys in the bowl by the entrance door. If when coming home the phone rings and we are distracted, end up leaving the keys somewhere else on the way to answer the phone. When done with the call, then turn to a frantic search to 'where are those G-D- keys? This can become extreme when caring for seniors who need help or some care as they have a system working for them but get a caretaker who doesn't take this into account. To have a stubborn caretaker bent on moving things to how they think the senior should be doing them - they're own personal autopilot.

Or more than one caretaker each moving things all around and causing a big friction city. What is being described here also explains the Order Out of Chaos or Divide and Conquer to Rule. Stir up enough distractions and the public mind/individual mind can't process them all but captured by it. To prevent us from a focus on what Positive Things in areas we can agree on. The individual engaged in Prayer/Meditation, to focus to cut through endless, distracting chatter, whether from within or from outside, to also be able to see beyond the automatic pilot nature of the unconscious, is to escape the bonds and chains picked up through life experiences.

Posted On 02/16/2024

Guillermou

Just, I like meditation and I try to understand all the states of the mind. Meditation is a practice that allows us to reach the deepest part of our being and, through this, discover the different dimensions of our mind. According to the yogic culture, the mind has three areas of manifestation or dimensions and an integration in Turiya. The one we know best is the conscious or waking state. But the subconscious level corresponds to the dream state. When we dwell in this plan every night we lose awareness of the physical body and the senses become disconnected.

But the mind is still active using the material stored in memory. Most dreams are a product of our conditioning and represent an escape and digestion valve for our internal tensions and contradictions. The third dimension of the mind is related to the state of deep sleep. When we enter, we are totally unaware of our existence. Consciousness is disconnected from the physical body and thought. Since there is no mental activity, we live in a state of complete bliss from which we remember nothing when we wake up.

All we have left is a magnificent feeling of recovery and rest. While the conscious and subconscious mind have an individual character, the unconscious level is collective and we can identify it with the universal mind where all the information about the universe and existence is included. In the state of meditation the individual mind is reintegrated into the universal mind where it acquires and realizes its full potential.

Posted On 02/16/2024

Guillermou

1.419 / 5.000 Resultados de traduccins Resultado de traducin The consummation of meditation is the harmonization and integration of the three levels of the mind and is also called the Turiya state. It is the fourth state or transcendental dimension, beyond the habitual mind and it is not possible to define it with the intellect. This state represents the culmination of the perfection of the human being.

TURIYA or the fourth state is that state in which the individual soul rests in its own Sat-Chit-Ananda Svarupa or the highest Brahmic consciousness during Nirvikalpa Samadhi.

There are three states, Jagrat, Svapna and Sushupti, for a Jiva spinning in the mire of Samsara. Turiya is that state which transcends these three states. Hence the Turiya or the fourth. Turiya is Atman or Brahman. As we go through the states of wakefulness, sleep, and sleep, we consider them our only reality. Pujya Gurudevshri, while describing the states, brings to light a fourth state of our consciousness and explains how to manifest it for our spiritual elevation. Turiya is not a state apart from the denser states, but rather permeates all levels of reality as superconsciousness.

Ramana Maharshi interprets turiya as the natural state that permeates the other states, the only total reality. (4) The Mandukya Upanishad analyzes turiya as pure consciousness, which is indescribable, incomprehensible and unthinkable to the mind, but which is ultimately realized as the one true self.

www.youtube.com/watch .---- www.sivanandaonline.org .--- www.ananda.org/.../turiya .---
www.youtube.com/watch .--- www.youtube.com/watch .-- www.youtube.com/watch

Posted On 02/16/2024

juststeve

And Gui it takes effort to realize other parts of our own selves. The general trend is an individual to express, you are this, you are that, completely unaware this is actually their own behavior or personally. Modern studies call it projections. Christians who realize hear this reflected in Jesus's "Take the log out of your own eye, before taking the sliver out of your neighbor's eye."

Posted On 02/16/2024
