



UNLEASHING THE POWER OF YOUR MIND

THE 7 ESSENTIAL THINGS YOU NEED TO KNOW!

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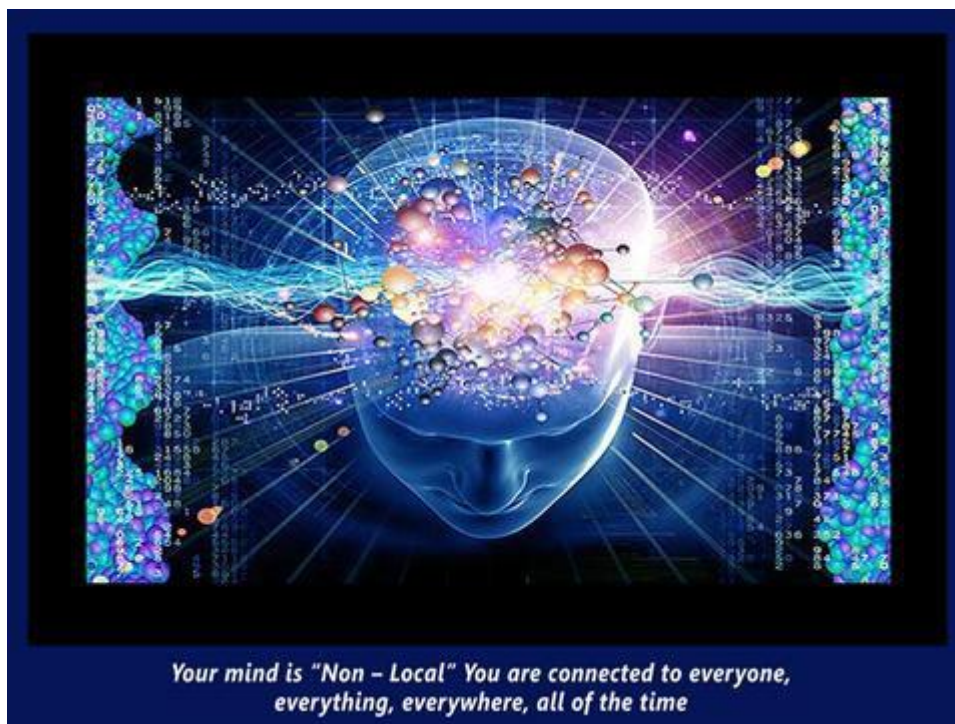
THE 7 ESSENTIAL THINGS YOU NEED TO KNOW ABOUT YOUR MIND

Of all the wonders of the world, among the most wondrous is the human mind. The power of the mind is awe inspiring and we tend to think of its seemingly extraordinary capacities as miraculous.

We have all heard stories about the nearly unbelievable powers of the mind: orchestrating spontaneous remissions of disease through mind-body interactions, directing the body to display Herculean feats of strength in emergencies, marshalling astonishing powers of will and perseverance during extreme hardships, erupting in insights and epiphanies that pop up out of the blue and birthing the new and the novel through displays of creativity and inventiveness.

It's no surprise, then, that in those quiet moments when we ponder the meaning of life and of our place in it, other than thinking perhaps how nice chocolate tastes and how stunning the sunset is, our ponderings often lead us to those deeper questions like:

What is the mind and how powerful is it?

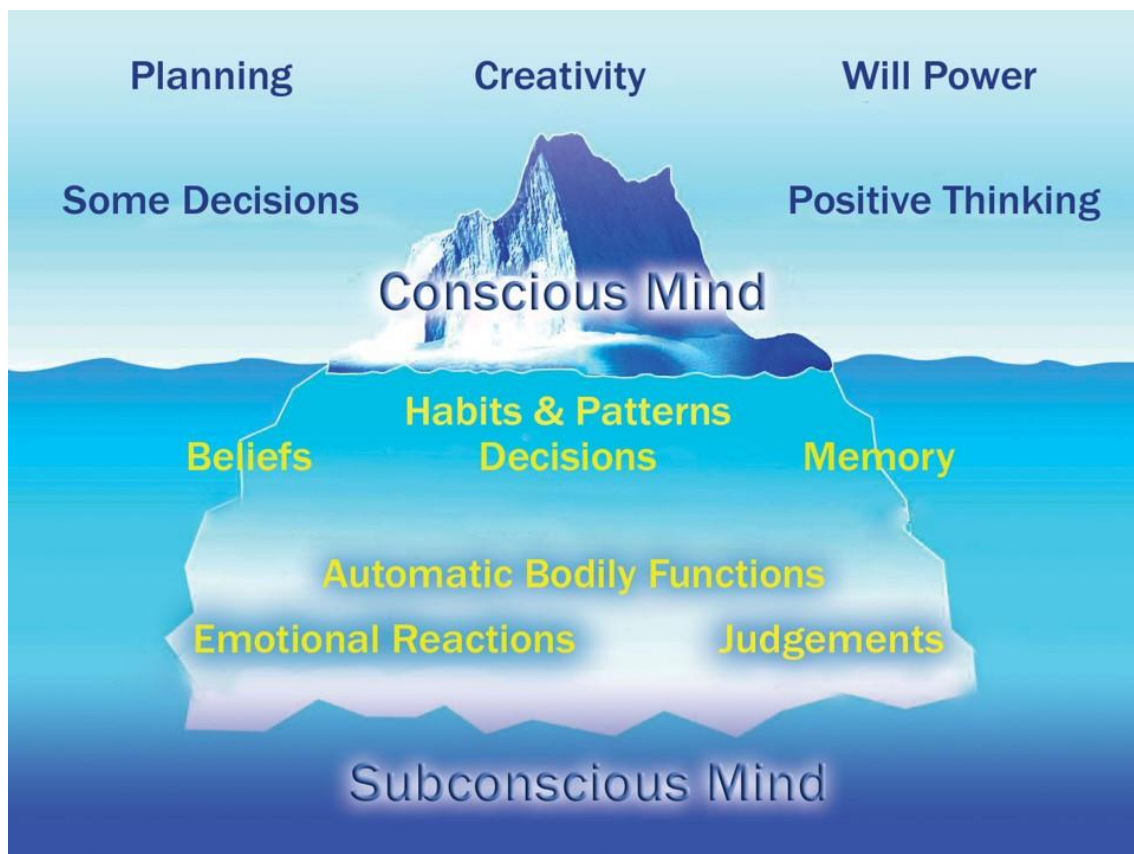


#1 The Most Accurate Definition Of the Mind

Frontier science is revealing the extent to which the mind must be thought of as an **energy and information field that interpenetrates every cell of the body and spreads out beyond the body** to connect to the entire cosmos and everything in it.

(More on this later)

#2 On an Individual Level We Have a Conscious Mind and a Subconscious Mind

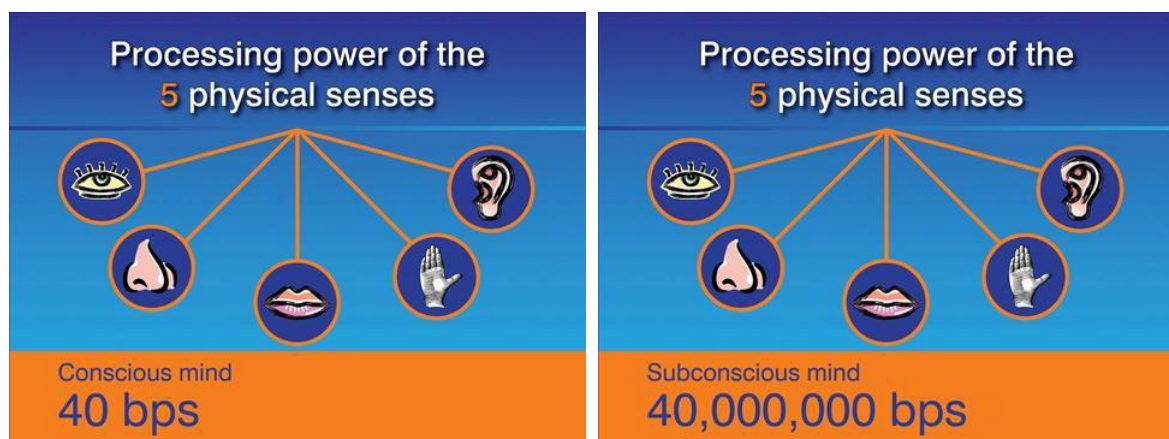


Your Conscious and Subconscious minds have different functions.

Your conscious mind is the mind you use to plan your week, try to be positive, use your will power, set your goals and make some decisions from.

- ✓ Your subconscious mind controls all the automatic functions of your body and is your storehouse for your learned habits and behaviours, judgements and most of your decisions.
- ✓ Most of your beliefs and emotional reactions are stored at the subconscious level of your mind.

The conscious and subconscious minds can be likened to information processors, each being able to process a certain amount of energy and information. Think of each as having a certain bandwidth of processing power that can be measured in bits per second (bps).



#3 Your Subconscious Mind Is 1 Million Times More Powerful at Processing Information than Your Conscious Mind

Now you can appreciate just how much of the world is being processed inside you that you are not aware of consciously. And you can also appreciate why it is important to access your subconscious to become aware of how the massive amounts of information you are storing there will be influencing your beliefs, actions and intentions, controlling the quality of your life.

Now here's the real kicker:

What percentage of your day-to-day thoughts, feelings and actions are coming from your conscious choices, as compared to those that are learned programs and behaviours coming from your subconscious mind?

#4 “As Much as 99% Of Cognitive Activity May Be Non – Conscious”

As said by **Dr Emmanuel Donchin**, Director of the Laboratory for Cognitive Psychophysiology at the University of Illinois.

The article “The Secret Mind - How Your Unconscious Really Shapes Your Decisions” by Marianne Szegedy-Maszak, published in *U.S. News & World Report* magazine (February, 2005), explains what this really means:

According to cognitive neuroscientists, we are conscious of only about 5% of our cognitive activity, so most of our decisions, actions, emotions, and behaviour depend on the 95% of brain activity that goes beyond our conscious awareness.

So consciously you may feel and think that you are in charge of the quality and direction of your life, the truth is that at a subconscious level you may be simply living out patterns and programs that you learned from others during your early life experience...

Now in your adulthood these outdated patterns may be taking you in the opposite direction from, or causing inner conflict against achieving your desires and goals.

Your subconscious software is like the software that runs on your computer.

You may have loaded many software programs when you first got your computer and now, many years later, you may be using only a few of them. However, the unused programs are still there, running in the background, using electricity, energy and resources.

Your subconscious beliefs do the same—they run without you being aware of them, creating stress responses and limiting your confidence, optimism, motivation and therefore results.

This is why it is essential that as an adult you become aware of your

subconscious programs, update them and align them with your conscious goals and desires.

So you may get motivated and think to yourself;

"I want to earn £100,000 – or a MILLION a year!

I want to create a great business or get that high flying job.

I want to live the lifestyle of my dreams and work when I want.

I want a happy fulfilling passionate relationship.

I want to be my ideal weight, fit and healthy..."

"Yes" you say with you Consciously Mind...

But...

Do You Believe That Deep Down In Your Subconscious Mind?

#5 To Make Real Empowering Personal Change You Have to Change the Outdated Programs In Your Subconscious Mind

To be really clear, 'outdated programs' means your outdated limiting belief systems and autopilot negative emotional reactions that are controlling your life.

#6 Either You Learn to Change Your Self-Limiting Beliefs, Emotional Reactions and Unproductive Habits, or You Keep Getting More of the Same...

Exploring what you really believe in your subconscious mind and updating your beliefs and emotions to be in alignment with your conscious goals is one of the most powerful things you can ever do.

Everything is harder if your subconscious mind is not going the way you need it to.



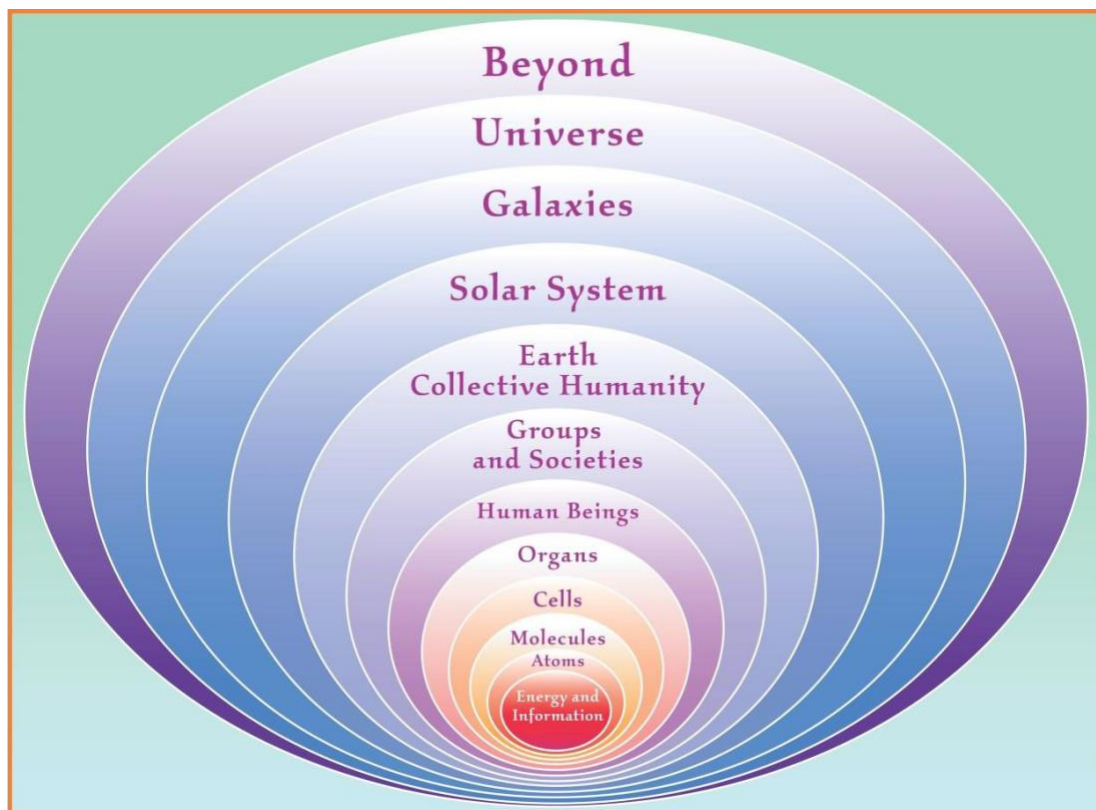
You want your subconscious mind working for you.
Not against you!

#7

An Individual Human Mind is Part of a Collective Global Mind

At the level of energy and information, through our minds, we are interconnected with each other and with everything in the universe.

The universe can be categorised into discrete realms with science showing that each realm is created and structured from the one below it.



The mind is an energy and information field that flows through every cell of the body and beyond connecting into the greater mind field.

We are part of a global consciousness, and we can dip in and out of the global field of consciousness to make connections with others.

Actually, non-physical energetic communication is happening each and every moment whether you are aware of it or not.

As Professor Gary Schwartz tells us;

“One person’s consciousness and energy can affect the physicality, biochemistry, cellular function and conscious experience of someone else either locally in close proximity or even hundreds or thousands of miles away.”

Each of us has an individual mental and emotional field, which entangles with the larger, global ‘consensus’ or ‘collective’ field of every thought or idea that has ever been.

Every human being is interconnected and entangled with every other human being via the global consciousness field.

In a very real way...

Each and every day of our life, we are broadcasting our conscious + subconscious beliefs, thoughts and feelings, in our unique ‘Personal Energy Signature’.

This flows through every cell and beyond into our local environment, the world and the universe !

As you have already learned, no matter how many affirmations or positive thoughts you project through your conscious mind, the real energy vibration you are broadcasting comes from your subconscious.

It trumps your conscious mind because it is the storehouse of your deepest beliefs. You can't fool your subconscious. That's one of the reasons the change techniques I will be teaching you are so important.

You can change your thoughts (as in using positive affirmations or positive thinking) but until you truly transform your beliefs, change is unlikely to stick.

I'LL LEAVE YOU WITH THIS TO CONTEMPLATE...

The leading edge science shows us that;

- ✓ All potential experiences exist as electromagnetic signatures in the consciousness field.
- ✓ There are an infinite number of 'signatures' for wealth, health, genius, happiness etc.
- ✓ At the deepest level we create our life from our subconscious and conscious 'Personal Energy Signatures' interacting with the consciousness field where all potentials exist.

(For more details see chapter 8 of [The Gamma Mindset](#) book.)

To Your Success,
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