

## Control

Are you in control? Who is in control? How do you know?

Your subconscious is in control.

Do you control your beating heart, your flow of blood or every breath you take? Do you control and direct all your muscles and tendons when you lift your arm up? Do you control and direct the growth and reproduction of the cells in your body?

What happens when you are asleep? Who is in control? Who is keeping you alive?

What would happen if you let go? What would happen if you were not in control? Well, for most bodily functions you are not in control. Most functions are automatic and done by the subconscious. You need not worry about them or try to control them. Your subconscious is in control.

Conscious control is an illusion. Our conscious control is limited and tiring. Our conscious mind has 1% of the power that our subconscious mind has.

If your subconscious is in control who controls the subconscious mind?

We are born with a fully operating preprogrammed subconscious mind. Otherwise we would not be alive. You can think of the subconscious as the computer operating system which acts but does not think. The program runs as written.

We can control and direct the subconscious mind much like putting a program into a computer. It takes what we tell it as correct and acts on it. The subconscious does not discriminate nor does it judge what we tell it or how we program it. The subconscious takes our directions as truth and brings them to physical manifestation.

Yes, to the extent you control or program your subconscious mind you are in control. However, it is control of the information, the knowing that goes to your subconscious. The subconscious does the work to create the results.

If you want to be in control you need to know how to communicate with your subconscious mind. In that it takes all you say with feeling to be true you must be careful of your words and thoughts. The subconscious is impacted and directed by feelings. Your subconscious does not react to words spoken without belief. It brings forth that which you believe in you heart, mind, and being. It brings forth your true self.

Your job is to plant the seeds. To do so is to focus on your belief and expectations. This is why affirmations and goals work. Belief and focus of that belief with feeling will activate the subconscious mind and it will be done. It is that simple.

In medical testing there is the placebo effect. Two groups are given a test drug. One group gets the actual drug and the other gets a placebo. The placebo is a pill with no drug in it. Interestingly, some who get the placebo believe it is the drug, it will work, they will be cured, and some are cured. The difference is belief. They believed and told their subconscious mind the drug would save them and they were saved. This is the power of programming belief to the subconscious mind.

Is it simple? Yes, with training and focus it is. Your focus, your passion, and your burning desire are what send the right message to the sub conscious.