



Are you daring enough to literally change your mind?

Throughout the ages, many wisdom traditions, sages and sacred writings have referenced the daring of the Law of Attraction which basically says that people's state of mind, be it conscious or unconscious, literally determines their results in business, relationships, finances, health and every other aspect of life. Thoughts determine results whether people are aware of them or not and whether they accept this wisdom or not.

Daring implies the notion of involvement in risks and dangers. It emphasises a state of mind that's willing to take on the challenges that lay before us. It conjures up visions of courage, challenge and boldness like that of Dan Dare, a classic British science fiction hero.

Colonel Daniel McGregor Dare was chief pilot of the Interplanet Space Fleet. Although not a super-hero, Dan Dare was an exceptional pilot who often, by only ever focusing on his expected outcomes, proved to be extraordinarily lucky. Although he was a master of the martial arts, he most often sought non-violent solutions to tricky situations. Bound by a heightened sense of honour, Dan Dare never lied and would rather die than let someone down or break an agreement.

Dan Dare was always manifesting what he wanted. He was the master of focus. If he really wanted something, he knew he had to maintain an unbroken focus on that something. The word manifestation has a Latin route, *manus*, meaning hand. Manifestation means '*placed in your hand*'.

Dan Dare knew that the coin had another side to it. He knew that if he placed his attention on what he didn't want in life, he'd attract that as well.

So why is it that despite having seen the film, read the books, listened to the tapes and followed the instructions you're still not attracting what you want? "I'm using positive thinking", you say, "but it's still not happening!" The challenge with positive thinking is that it takes place in the realm of the conscious mind which is just not powerful enough to attract your desires. It's been estimated that the conscious mind loses focus every ten seconds or so. If you learn how to meditate you'll experience how difficult it is to initially stay focused. It's a learned skill.

The most powerful individual force in the universe is that which the universe is made of. And as numerous experiments demonstrate we have access to that force through our subconscious mind. While our subconscious mind may not be rational or logical, it is all powerful because it's the complete storehouse of learned behaviours and personal truths.

To help a child navigate their first 6 years of life, nature provided a *hypnagogic state* so that children can download tremendous amounts of information without the involvement of a rational mind and its evaluative mechanisms of consciousness.

Hypnagogia is the transitional state between wakefulness and sleep. It's an altered state of consciousness that's programmable because the conscious mind is essentially bypassed. Because of the tremendous amount of learning that must take place; a child's mind is hypnagogic for the first 6 years. Brain waves of consciousness only begin to develop after this age.

In a hypnagogic state, repetitive information is recorded directly into reflex programmes. Whatever went into your mind while you were in this state is now your personal truth. The subconscious mind is the *habitual player* of behaviours. It's a mind of reflexes, programs and habits.

Your deepest behavioural and belief programs were imprinted via the hypnagogic state prior to the age of 6. 'You're not good enough', 'you don't deserve it', 'you're not clever enough', 'it's character building to be poor', 'there's only just enough to go around', 'you're not a pretty child', 'you cross that line and I'll thrash you', 'good girls don't behave like that' and thousands of other programs are running people's lives without them being consciously aware.

They're your personal truths and your subconscious mind can only act according to these truths until you reprogram it with different truths.

The conscious mind is creative – the subconscious mind is totally obedient and habitual and it will forever repeat the behaviours and thoughts it was initially programmed with until you learn to reprogram that mind with different instructions.

For many people, Law of Attraction's positive thinking is used like icing on a cake. While it makes everything look so tempting and delicious, it does nothing to change the character of the cake that's underneath it.

Icing is the thinking system of the conscious mind. However, according to leading scientists such as Bruce Lipton, 95% to 99% of the entire mind's action takes place within the subconscious mind which is where all our automatic thinking and behavioural programs are stored.

Our other than conscious mind is so powerful that it keeps the whole human operating system functioning at the level of life without us noticing that it creates a billion new cells every hour, 24 hours per day. It pumps, filters, repairs, replaces, processes, produces, translates, transports, defends, grows and eliminates every second of every day and we hardly give it a conscious thought.

The human brain is nothing short of breathtakingly amazing and no computing power on earth can match its capacity. It crunches ten quadrillion tasks per second, consists of approximately 160,000 kilometers of blood vessels, 100,000,000,000 neurons, weighs close to a kilogram, consumes 20% of the air we breathe, 30% of the water we consume, 40% of the nutrients we eat and demands 25% of the body's blood flow to keep it functioning. Each brain cell has the same complexity as the brain itself.

The software of human identity is located in our subconscious mind. It's where our deepest prescriptions of beliefs, habits, routines and behaviours are housed. The good news is that the subconscious mind is reprogrammable. It also has the capacity to connect with the quantum field of infinite intelligence.

It achieves this through its capacity as an electromagnetic switching station which can plug into the unseen world just as easily as it can into the seen world. Because of this, it has the capacity to access all the information that ever was. No matter what your challenges, desires, dreams or circumstances are, your subconscious mind knows where to find the answers. The problem is that it can't locate these answers if it doesn't know the questions that you're seeking answers to. If you don't purposefully reprogram it, it can't create the changes you want. It won't understand your new questions because it's programmed to continually play old habitual messages over and over again and it will do this without your purposeful consent.

The Law of Attraction attempts to make connections to the intelligence of the quantum field but you cannot connect to this intelligence with our conscious mind. Your conscious mind is brilliant at imagination, creativity and articulating your dream relationships, the financial positions and extraordinary lifestyles you want but it can't go any further than this. Your conscious mind is the icing but to turn your vision into reality, the vision itself needs to be imprinted into the programmable software of your subconscious mind.

This is why most people who attempt to attract on a conscious level never end up getting what they

want. They never do the reprogramming.

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It used to be thought that the brain was incapable of change, that the anatomy of the brain was fixed and that its structure could not be altered by thought. Mainstream medicine and science believed that brain was genetically hard wired to perform certain functions and that brain cells did not replace themselves. That once damaged, the brain could not be repaired, that the brain couldn't compensate for lost or damaged functions and that as we aged our brains were on a one way track of slow decline. The term used for this was *localisationism* which held that the brain was a static structure with each of its various sections having a specific mental function that was unique to that section.

Cutting edge cognitive neuroscience has now discovered that the brain is extremely plastic and that we are not 'stuck' with the brain we were born with. In his book, *The Brain that Changes Itself*, Norman Doidge highlights some unexpected scientific discoveries of the 1960's and 70's where scientists observed that the brain changed its very structure according to the activities it performed. In doing so it was able to reposition and perfect its circuitry according to the instructions it received.

As knowledge of the brain's neuroplastic capacity began to grow, scientists developed devices that enabled blind people to see and deaf people to hear. Doidge's book describes discoveries which led to an understanding that damaged brains could reorganise themselves, that thinking, learning and acting could access dormant genes, that stroke victims could recover the full use of damaged body parts, that learning disorders could be cured, that eighty year olds could sharpen their memories to that of fifty year olds, and that brains could rewire themselves to cure what was thought to be incurable obsessions and traumas.

The result of all this new knowledge is that it's possible for you to change any outcome, any direction, any lifestyle, any conditioning and any unproductive program you might have running. In short, it's possible for you to use your mind to change the direction of your life.

After you change your mind, you'll need practice, more information, enthusiastic support and unwavering determination.

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