

The Mind and the Brain

The Mind

Comprised of three separate aspects, the subconscious, conscious and superconscious, the mind shapes our beliefs, both positive and negative. Changing self-limiting beliefs requires awareness of how these aspects are interrelated. Neuroscience reveals that at least 95 percent of our consciousness is actually subconscious. According to Bruce Lipton, Ph.D. your subconscious mind is running your life. He summarizes in this way: the subconscious has 40,000,000 nerve impulses per second and directs 95 percent of your day, while the conscious mind fires 40 nerve impulses per second and directs 5 percent of your day. So, 95 percent of your daily activity is subconscious.

Nearly all human behavior originates in the subconscious mind, where attitudes and perception are shaped, primarily in childhood. Addressing the subconscious is required for deep and lasting change, because it guards outworn childhood conditioning which continues to strongly influence us as adults. Although the conscious mind appears to motivate us, it drives less than 5 percent of our thoughts and actions. Compared with the subconscious mind, it can only process one to three events simultaneously. In contrast, the subconscious mind processes thousands of events at a time! Finally, the superconscious mind is our all-knowing higher self, guiding us with universal wisdom, and having unlimited processing capacity. PSYCH-K® utilizes and synthesizes the mind's three unique aspects in the balancing process, to achieve the "Whole Brain State."

The Brain

Chronic stress is a major factor in compromised brain function. When your brainwaves are out of balance, it can impact emotional and neurophysiological health. Chronic stress is a major problem that is accepted as a normal part of modern-day life. However, chronic stress is anything but normal! It is incredibly harmful to your brain as well as your mental, emotional and physical health.

A PSYCH-K® balance integrates the left and right hemispheres of the brain. The left one analyzes, using logic and reason; the right one synthesizes, using emotion and intuition. Normally, the twin hemispheres operate inter-dependently. However, stressful experiences may trigger one to dominate over the other. The brain naturally uses both hemispheres simultaneously. Emotionally charged (traumatic) experiences may become "trapped" in a specific part of the brain causing a hemispheric disequilibrium. Subsequently, the brain may over-identify with only one of its hemispheres when similar traumatic events occur. A PSYCH-K balance simultaneously activates both brain hemispheres to reestablish equilibrium and create the "Whole Brain State." This state reduces subconscious resistance to changing self-limiting beliefs, and opens communication between the conscious and subconscious mind.