



“Subconscious Mind the Store House of Consciousness” A-Review

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ABSTRACT

Subconscious mind is a store house of all emotions and experiences. we get a reaction from our subconscious mind according to the thought which we have in our conscious mind. Our conscious mind has the reasoning and logic, it chooses, make all decisions. Our vital body functions (circulation, breathing, digestion) are carried out by subconscious mind. Knowledge of the interaction of our conscious and subconscious mind can enable us to transform whole life.

Within subconscious depths lie several types of programming files of infinite wisdom, infinite power, fear anxiety, despair and much more. Our conscious mind has capability to pick any such stored file of subconscious mind and can run programme of that type. So it is the selection which matters a lot. Our attitude helps mind in picking up the stored files of subconscious mind. If we busy our mind with the concepts of harmony, peace, good will and prayer wonders can happen.

KEYWORDS : subconscious mind, conscious mind, thoughts, memory

Subconscious mind is the storage room of conscious mind. All experiences, memories, beliefs skills, images we've ever seen are stored in subconscious mind.

Within subconscious mind lies solution for every problem, and the cause for every effect. The subconscious mind automatically triggered feelings and emotions that we suddenly experience upon facing a new situation.

Every information is stored into subconscious mind as a program. Our mind is a computer and the information as software that can be run automatically whenever needed.

The subconscious mind can be reprogrammed to fix many problems of personality. This can be done through self hypnosis. The subconscious mind learns by repetition. This is why we can convince someone to believe in something by repeating your argument again and again rather than using logic (brain washing), even by repeated instruction mind can be prepared to do a thing which is not good.

The greatest function of our conscious mind is that of reasoning and it perceives through our five physical senses whereas subconscious mind perceives through intuition. Subconscious mind works best when our conscious mind is in a suspended or sleepy, drowsy state.

When we poison subconscious mind with negative ideas such as getting angry, fearful, jealous, or vengeful the subconscious mind responds accordingly, and negative results come out and if we imagine happy ending or solution to our problem this is accepted by subconscious mind and positive results come out

CONCLUSION

conscious mind projects an idea and whenever subconscious mind accepts an idea, it immediately begins to execute it using all its mighty resources. This law is true for good or bad ideas. Consequently, if we use negative thoughts, it brings trouble, failure, and confusion. When we use it constructively, it brings wisdom, happiness, and peace of mind.

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