

## **The "Subconscious Secret" is how the Secret really works!**

By Scott Sulak, BCH, CHT

If you have seen the movie and were moved to change, but found no success, perhaps you are fighting your subconscious mind. Perhaps it is time to let your "other mind," your subconscious mind, in on the secret.

I was impressed at how quickly "The Secret" took off in the recent past. Mostly everyone I talked to had an opportunity to see the movie and instantly feel a sense of hope that if they could just change the way they see things, "things" would be different in their life. The movie depicts the secret as something simple and something ancient which is not tied to any particular sect or stratification and is available to everyone. While I agree that it is simple and IS available to everyone theoretically, it seems like just watching the movie and from then on experiencing abundance and joy every moment from then on is something...well, something you might see in a movie.

### **What is missing?**

There is more to change than simply realizing that you have become a magnet for what you don't want. To simply say "stop thinking this way and start thinking that way" for most of us is a tall order. The reason it is a tall order is that we have taught ourselves how life is in some relative way and changing reality is not something we do very often. It is not as though we don't "want" to change, but let's face it, if we don't believe it will happen or we don't deserve it will, then "wanting" is not enough. So to answer the question, "what is missing?" will more than likely bring us to what do we really (really, really) believe? That does not ask the question what do we "think" we *actually* believe. When a person is stuck in a rut mentally, the hardest thing in the world is to stop thinking the way they have learned how to think. After all, that is how it is, right? "I am unlucky, I am a loser, I am fat, nothing ever turns out right for me," and other self-deprecating humor aimed at making light of how hopeless you, or your life is, seem like accurate observations of how things actually have been. Perhaps they *are* based on historical data but how in the world are you going to change things if you keep talking to yourself in that way? What is missing is a perspective on the inner workings of the mind, and more specifically, the inner workings of subconscious mind.

I have studied and researched the subject of personal change for the last 30 years. As a therapist specializing in behavior modification I have encountered thousands of clients who have battled against the power of the subconscious mind, despite the illogical nature of the battle; for example; smoking cigarettes. There isn't a person in the world who smokes that doesn't think it is bad for their health or wishes they weren't "addicted" to nicotine. But their real battle is not with nicotine, it is with their subconscious mind. They have given instructions to their subconscious mind that they are indeed, hopelessly addicted to nicotine. Then the subconscious mind takes it from there. We are forever tied to the beliefs that we have adopted at the subconscious level. If you think you will never quit smoking, and that thought is absorbed and believed subconsciously, then it becomes true.

### **One brain...two minds**

Unlike all other living creatures on this planet we have two distinct minds; the conscious and the subconscious. To explain the relationship between the two I have always used the analogy of a ship at sea. Think of your conscious mind as the captain of the ship and your subconscious mind as the crew. If the captain is calling the shots and directs the ship in the direction the captain desires, then everyone is happy. If the captain wants the ship to go a different direction but fails to properly communicate that information to the crew then the ship will be headed in a different direction than the captain wants and he becomes captive by his or her crew. If you think you want to lose 30 pounds, yet your crew knows that nobody in your family tree has ever lived without

being at least 30 (or more) pounds overweight and that you are tied inextricably to your genetic predisposition to obesity, then *you tell me* what will happen. Of course...you will never lose the weight and even if you do, it will be back on before long. The real "secret" has more to do with what you have told your crew. Simply writing down on a piece of paper what you want is not enough. That is like the captain having maps of a destination and never taking them out of the captain's quarters below the deck to share with the crew.

### **Self-Talk**

An interesting feature of the human condition is how we communicate with ourselves. We refer to it as self-talk. I would like you to think of it as crew training. Everything you say to "yourself" is not really yourself, but it is your way of talking to your crew...your subconscious mind. All the words, all the phrases all the emotion that you are constantly bombarding yourself with everyday is really reinforcement of what you want the crew to believe. You may *think* at some level that you are just being honest by reporting what you are experiencing, but is just more instructions or perhaps confirmations to the crew that they are holding the course steady like a faithful crew should. Experts have maintained for more than 25 years that we speak to ourselves at a rate of more than 10,000 words per minute. We normally read somewhere at a rate of 100 to as much as 200 words per minute. We speak a bit slower than that. Can you imagine 10,000 words per minute if you were listening to it? What would that sound like? What if it were all negative and running consistently opposite to your "secret" desires? In that case you are a magnet for manifesting all of what you desire subconsciously and guess what - that is what you are getting, exactly what you don't want. This explains why we get what we focus on, even if we *claim* to not want it.

### **The power of the subconscious mind**

I have principally used hypnosis in a therapeutic environment for years to help people make changes in their life and their behavior. The reason that hypnosis is so effective is that it cuts right to the chase, so to speak. We talk directly to the crew. We inform the crew that the ship is about to change course. The odd thing about the crew, the subconscious mind, is that it is neutral. Your crew lives to serve you. Your crew loves you and will do anything for you. It will endure a lifetime of emotionally abusive language (constantly telling yourself what a loser you are) or it will help you flourish in abundance and health. The choice of how you want this relationship to be is really up to you. The reason why I maintain that the subconscious mind is so powerful is not so much that it makes life easier, but because the subconscious mind is connected to the vast pool of consciousness that is often referred to as the super-conscious. The reason why we become magnets for what we desire is because of this important connection with the universe. The crew knows how to get you what you want because the crew is connected to the universe in a way that your conscious mind is not. That is why the "Secret" works.

### **The "REAL" Secret**

Okay, you get it. The subconscious mind runs the ship at the direction of the captain even though the captain is sending what he or she thinks is the right orders. So what do you do to make the ship perform differently? How do you change course. You need a different way of communicating with your crew. You need some quiet time to do some "crew training." We have names for these things; meditation, self-hypnosis, prayer, auto-suggestion, visualization. I am sure you have heard one or more of them suggested for helping you achieve what you want in life. They are all just different words for the same concept. The concept is, you need time to be quiet and positively direct your subconscious mind. It is one thing to claim what you want in a sentence or some outward proclamation to the world. It is another thing to sit quietly with yourself and experience what it will be like in your imagination if you indeed had what you truly want. In one word, use your imagination. Imagine having what you want to attract. Practice "imagining" it every day. Start telling your crew to work on getting it for you. Be specific by showing your crew through the

proper use of your imagination what you are expecting. Remember, worry is simply negative imagination working against you all the time.

Ask yourself; "what would my life be like if I spent as much time imagining what I desire as I spend thinking about what I wish hadn't happened in my life? The key to the "secret" is the imagination it requires. If you are a worrier, I would say you are quite imaginative. Start to imagine things differently. Start relying on your crew to get you what you want, after all that is what has been happening anyway.

### **Start Now!**

Watch *The Secret* again, only this time think about your crew, your subconscious mind. Spend a few minutes each day training your crew to get you what you want. A few minutes before you go to bed imagine....a few minutes in the morning...maybe a few while you drive to work or when you are working out...imagine. But remember, at all times whatever you imagine it is a form of self-talk. I suggest to my clients that they establish a ritual where they lay down or sit quietly, light a candle and imagine for ten minutes what they really want. If you put the law of attraction into use consciously AND subconsciously, you will absolutely be enlisting the full power of manifesting.

Happy Sailing!

"Your imagination is your preview of life's coming attractions." —*Albert Einstein*

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