

# MIND GATE

Demolish Fear, Overcome Anxiety  
and Create the Life You Want

**DR. MITCHELL MAYS**

# CHAPTER 3

## Enter the Mind Gate

*“The conscious mind may be compared to a fountain playing in the sun and falling back into the great subterranean pool of subconscious from which it rises”*

*—Sigmund Freud*

**WARNING: CHAPTER THREE IS A DETAILED EXPLANATION OF THEORY OF MIND AND IS SOMEWHAT HARD TO GRASP, AT FIRST. SO, I WOULD ENCOURAGE YOU TO SKIM THROUGH IT, IF YOU'D LIKE, AND GO BACK TO IT AS YOU LEARN MORE, BECAUSE IT WILL MAKE A LOT MORE SENSE TO YOU AS YOU GO ALONG.**

One cannot fully appreciate nor understand how the fight-or-flight mechanism affects the mind when experienced on a regular basis, unless one gets a grasp of mind theory. We all know about anxiety. It is a “nervous” disorder and how our endocrine system (our glands) reacts during fight or flight. We all know the physiological and pathological effects of chronic stress or fight or flight on the body, but we are only beginning to understand the damaging effects it has on the human psyche. I am encouraged to be seeing more and more research in this new frontier called neuroscience or brain science.

We live in an exciting time and I am putting in my cosmic order for a whole lot more people to get up to speed as quickly as possible. While this is a little complex, if you take some time to study the following description of mind theory, you will have many of your questions answered about why we humans behave as we do.

### **Theory of Mind**

The following is a description of the *theory of mind* that many hypnotherapists, including me, use to explain to our clients, how our so-called thoughts cause or create our state of mind or emotional tone. According to neurolinguistic programming (NLP) our state of mind or emotional tone is what *drives* our behavior. And, our state of mind determines what things we pay attention to and how we either react or act in various but consistent ways to what we have our attention focused on.

Our behavior is largely responsible for creating our reality by either *attracting* certain people, situations, and things to us or by *repelling* certain people, situations, and things away from us. Current research now validates how this mechanism works using *quantum theory* and *neuroscience* but, I am not a quantum physicist nor am I a neuroscientist and chances are, neither are you. I will give you a *working model* of how hypnotherapists use this amazing mechanism we call the subconscious mind. While I believe that one does not need to know how electricity works in order to use it, however, fascinating it might be, I also believe that there are those who need an explanation that makes sense.

This is a cause-and-effect mechanism, only the cause is, for the most part, outside our *conscious* awareness. Some might describe it as the law of attraction, and it most assuredly is that. It has been my experience and belief that the source of all our negative life situations and problems comes from our subconscious mind. As the subconscious mind *bubbles up* or sends thoughts to the conscious mind, our body responds to these thoughts with emotion (energy in motion), and then we act on these emotions or *behave* in certain ways. Response to stimuli is one of the seven criteria of life.

These actions or responses to the stimuli of thoughts in our conscious mind and body are our behaviors. We might respond to thoughts in any number of ways, perhaps by becoming irritable and angry, or maybe we react with love and compassion. Why is this? Our emotions handle creating our state of mind because we respond to our thoughts as if they are *real* and, as a result, we never question what their origin is. Worse still, we *believe* they are *who we are!*

We rarely question the legitimacy of these so-called *thoughts* and their resultant *feelings*. We either feel good or not so good, and often do not even know or understand *why* we feel this way or that way. But, this is highly valuable information and is a kind of built-in guidance system. It informs us when we have jumped off the track and are heading where we don't want to go. These emotions that come from our thoughts can cause us to suffer or cause us to want to celebrate.

While it is infinitely better to feel like we want to celebrate, if we're not sure or don't know exactly how or why some feeling was created, we might have a problem! For example, we might experience warm and fuzzy feelings when checking into a beautiful hotel when suddenly the valet reminds us of, or might look a lot like, our mom or dad. We might even think it was the valet who created these feelings in us. If we don't know about how our subconscious programs work, then we might behave in a manner that could cost us dearly!

### **Our Identifications**

All identifications (or attachments) to forms of any kind cause suffering, and this even includes thought forms. This is what is meant by the Second Noble Truth in Buddhism.

The origin of suffering is an attachment to transient things (like the valet) and ignorance because of that. Transient things do not only include the physical objects that surround us, but also ideas, and in a greater sense, all objects of our perception. Ignorance is the lack of understanding about

how our mind is attached to impermanent things, including or especially thought forms!

The good news is that while our subconscious mind is the source of all our problems, it can be reprogrammed to be the source of all our joy! You just need to know how.

### Model of the Mind

The following is a practical explanation of how the mind works. Again I want you to know that this is a detailed explanation and you only need to know a little about the

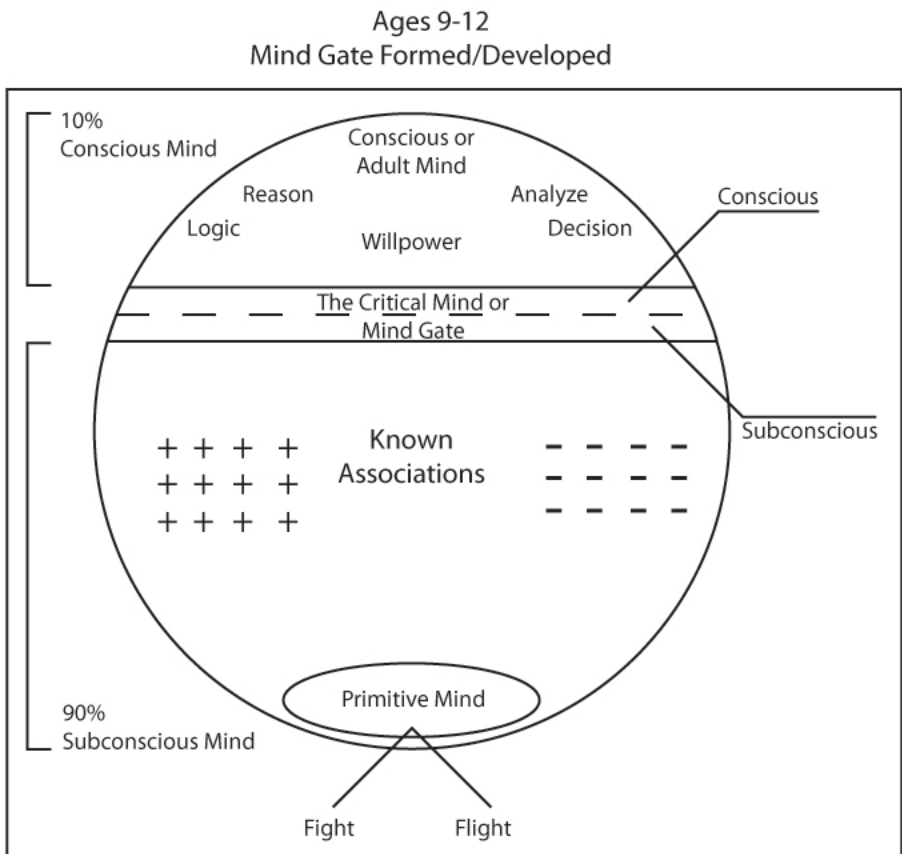


Fig. 1

mechanism to get a handle on how to control the critical area or mind gate.

Please don't get hung up on the complexities of the mind. If you want to refer to this chapter occasionally to help you understand some of what you'll be learning later, then that would be a good use of this section. I promise you that this will all make more sense to you as you go along.

In Figure 1, the circle represents our total mind and the area at the bottom is known as the primitive mind. The primitive mind or area is the part of our mind that triggers the fight-or-flight response when we are under extreme stress or facing a situation where we have to run or fight. Also inside the primitive mind are two primary fears, the fear of falling, and the fear of loud noises.

The critical mind resides in both the conscious mind and the subconscious mind. It has been assumed by hypnotherapists for many years that our subconscious mind is about 90 percent of our entire mind, and the conscious mind is only approximately 10 percent of our entire mind.

Brain scientists (neuroscientists) and researchers are now estimating that our conscious mind might be only 5 percent of our total mind! When we realize that this is where our intellect resides, it might be a little humbling, to say the least.

It's paramount to understand that our subconscious mind does not think, nor does it reason or analyze. It uses no logical decision making whatsoever. It is the conscious mind or adult mind that is all about reasoning and analysis, logic, decisions, and willpower.

From birth to eight years old, we took in information like a sponge. We absorbed this information through our

Ages 9-12  
Mind Gate Formed/Developed

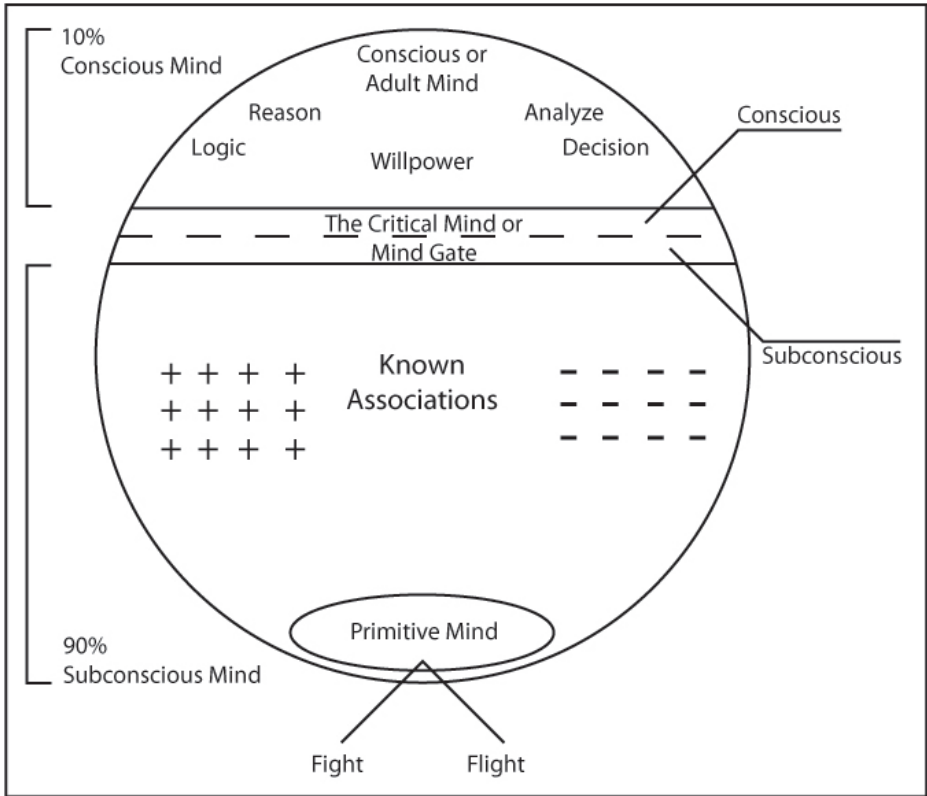


Fig. 1

five senses of taste, touch, hearing, sight, and smell. All this information and experience became our “known” associations and identifications. In other words, the things we know about our world. By about age eight we have a library full of these *known* associations and identifications and the critical mind then begins to develop.

The critical mind acts as a sort of barrier or filter that prevents any more new information or programming getting set up as a program (our conditioned responses) into our subconscious mind. Certainly they are not supposed to drop



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into our subconscious mind without first being critically analyzed by our conscious mind! In other words, we no longer accept any new programming at face value. This is when we begin to question information that we get exposed to and receive.

This is also when we start to control our state of mind (our emotions) and our responses to stimuli or behaviors, such as instead of reacting with anger, we contemplate the situation and instead respond with temperance, thereby controlling our gut-reaction of fight or flight. It is a crucial developmental stage and time in our lives because it is also a survival mechanism.

Age 0-8

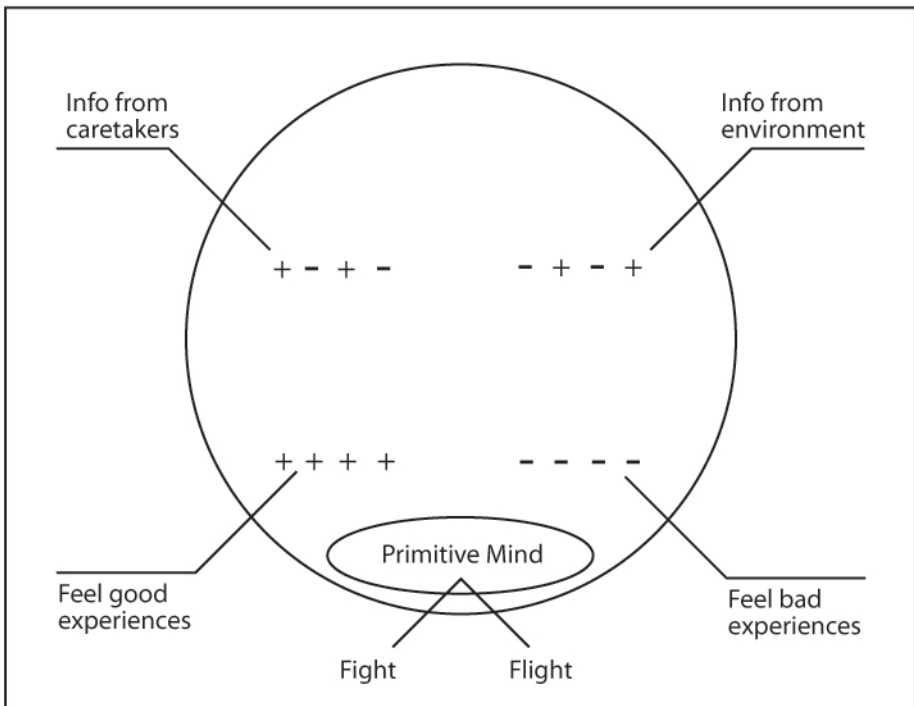


Fig. 2

Figure 2 illustrates how this information comes to us mostly from our caretakers (usually mother and father, but there are others) but between birth and eight years old, there could be several different people who are inputting information and experiences into our lives. Siblings, aunts, uncles, grandparents, teachers, preachers, the environment, and even messages from our own bodies all contribute to our *known* associations and identifications. And remember that these associations and identifications can be positive or negative.

For example, an older sibling might have been acting as a surrogate caretaker or babysitting us quite a bit when we were small. They always were telling us that we were stupid, so we might create a program (a known identification) that says we are stupid. Later in life, when we are around that particular sibling (or if someone we meet even resembles or reminds us of that sibling) our “stupid” program might start running. We will feel stupid and won’t have a clue as to why we are feeling stupid. Or worse, we might grow up believing we *are* stupid!

Or perhaps, for example, you might be sitting in church as a child, and the minister is telling scary stories about hellfire and damnation. You might grow up believing that people who don’t belong to that particular religion are going to hell! However, many of our known associations and identifications (our subconscious programs) can be fairly benign. Programs such as hot weather feels bad, or cold weather feels good, or a warm fuzzy blanket feels good. Touching a hot stove feels bad, but the smell of warm cookies in a hot oven feels good are examples.

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In contrast, a puppy dog might be a positive association unless, as a child, you experienced a puppy dog's mother lashing out at you and biting you when you reached out to pet the puppy. In that case, a puppy might be a *negative* association. So we have some *feel-bad* experiences and associations, and we some *feel-good* experiences and associations.

Again, Figure 1 illustrates the critical mind or **mind gate**. The critical mind acts as a barrier to keep new information from filtering into the subconscious mind and creating new known associations or programs.

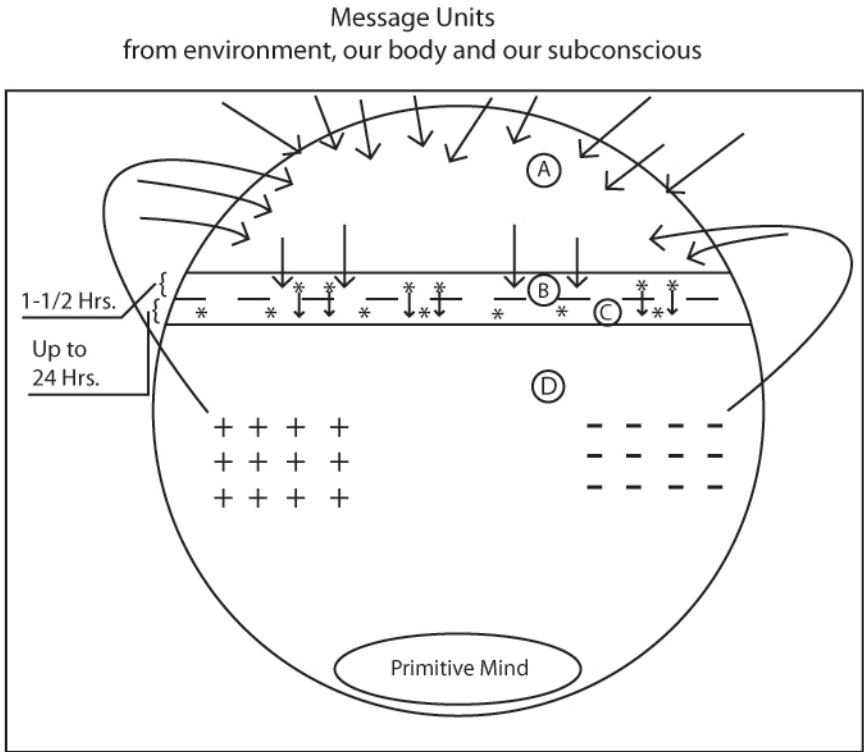


Fig. 3

- A- Conscious Mind
- B- Critical Area of conscious mind- Stores & analyzes data for up to 1-1/2 Hrs. then drops data (MU's) into C.
- C- Critical area of subconscious mind- Stores & analyzes data during so-called awake state (16 Hrs).
- D- Subconscious mind- Sends MU's in "thought form" to conscious mind.

Figure 3 shows how information is coming into the conscious mind. These bits of information are called "message units" and come from the environment, our bodies, and our subconscious minds. The subconscious mind sends or *bubbles* up information to the conscious mind in the form of symbols or what we call "our thoughts" when its programmed *knowns* are stimulated. You could think of these *knowns* like

computer programs with on-off buttons. When they get excited or switched on, the programs run. And when they are running, they are sending symbols (message units) into the conscious mind or awareness as thoughts.

If it is a *feel-good* program running, we will have good feelings associated with these thoughts. If it is a *feel-bad* program running, then we will have bad feelings related to these thoughts. For example, if you have been experiencing fear, grief or despair frequently, then your mind has been caught up in a *negative program feedback loop* where harmful or negative programs in the subconscious mind have become activated. When these programs are activated, they produce negative thoughts. When these thoughts reach your conscious mind—your body reacts to them as emotions or feelings. We will go over these responses in great detail in the next chapter.

These subconscious programs are regularly sending message units (MUs) back to our conscious mind when we are awake and are primarily what we think of as “our thoughts.” These thoughts gather in the conscious mind in high numbers. Eventually, they drop into the critical mind. The conscious mind only holds about one-and-a-half hours of MUs before the messages settle into the conscious part of the critical mind for analysis. I like to think of this mechanism as a septic tank. As the waste water flows into a septic tank, the solid waste eventually settles to the bottom.

Neuroscientists are now discovering that we are exposed to trillions of bits of information (message units) in an average day, but we are only consciously aware of a tiny fraction of that amount. All that vast amount of information, whether

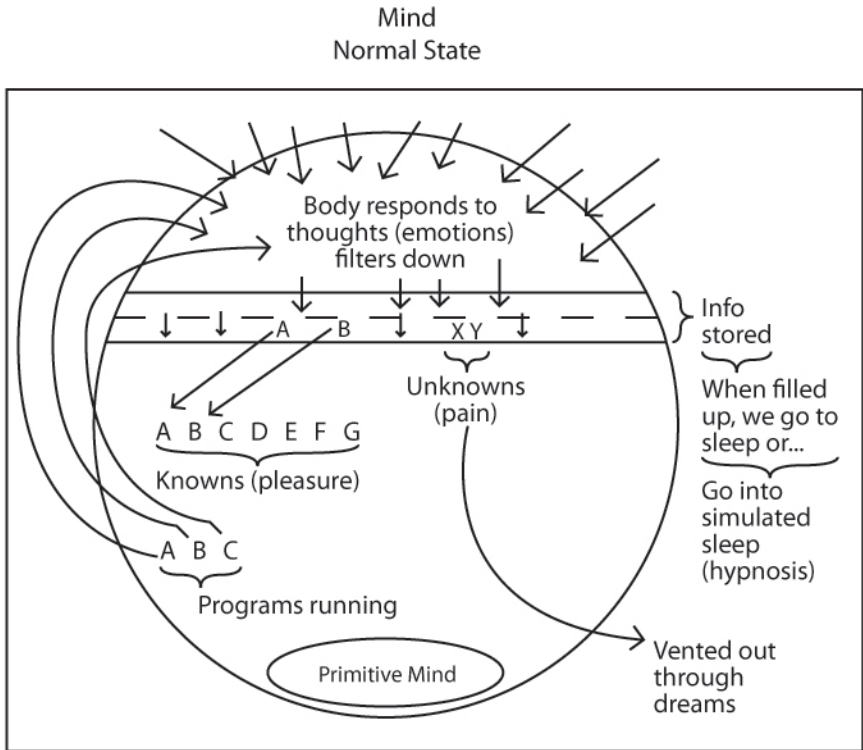


Fig. 4

When sleeping, mind gate opens & MU's drop through into subconscious (S.C.) if knowns. If unknown, they get vented out through dreams.

we are aware of it or not, fills the critical mind quickly. If we have a day that is filled with stressful information or experiences, we can get overloaded with MUs (message units). Within minutes the conscious part of the critical mind fills up and dumps or drops its load of MUs into the subconscious part of the critical mind.

There, in the subconscious part of the critical mind, the information is analyzed for content and any of the information that is *like* any of our programs (our *known* associations and identifications) will be *earmarked* by the critical mind. If

the information is tagged or earmarked as “like” or similar to our *known* programs, then particular bits of information will stimulate and reinforce our *known* programs.

All the rest of the MUs that are not like or unknown to the subconscious mind’s programs will be tossed out in the form of venting dreams before we awake in the morning. Message units can be known to represent pleasure to the subconscious mind even if they are bad for us (like smoking cigarettes). Message units that are unknown to our subconscious mind represent pain to the subconscious mind, even if they are good for us (like eating healthy food or exercising). Remember the subconscious mind does not reason or analyze, it just plays back programs like a recording device.

### Venting Dreams

Venting dreams are the dreams we experience and remember just before waking. All of the information that comes into our conscious awareness has a way of being analyzed and filtered in the natural state.

I frequently get asked, “What if I don’t dream?”

If you go into unconscious sleep (delta brainwave) you have to go through the REM (rapid eye movement) state of consciousness (theta brainwave), which is where you dream but are not necessarily conscious of your dreams. Right before you wake you again enter or come through the REM state and dream some more to vent out the unknown message units.

If you give yourself a suggestion right before going to sleep to remember your venting dreams, you will begin to

experience these dreams more and more. Sometimes they are bizarre and make no sense. Occasionally they are quite pleasant, and you'll want to go back to them.

## Recurring Dreams

Recurring dreams are fascinating and can reveal a lot of useful information. Most hypnotherapists can help you to analyze these dreams. There are several books on the subject about interpreting the symbols, such as what does a cow walking backward mean? I have found that outside of general themes that might have some archetypal significance (like deep water indicating dark or scary emotions), most of these symbols are only significant if they mean something to you. A good hypnotherapist can quickly help you interpret the meanings of these dreams.

So, how much information (MUs) can the critical mind hold before it “dumps” it all into the subconscious mind? According to Dr. John Kappas, the subconscious portion of the critical Mind (the mind gate) can hold up to twenty-four hours of information before it **has to release** the information into the subconscious mind. However, the average time we are awake is sixteen hours, so the critical mind, under normal circumstances, has roughly sixteen hours to analyze all this data.

Its job is to analyze all the data before it is released into the subconscious mind when we go to sleep at night. However, there are a lot of sleep deprivation studies now that are showing that chronic insomnia not only is taking its toll on our physical health but our mental and emotional health. It



trickles down to affect our social health as well. Just watch any CNN news program, and you'll see the results of an adrenaline-dominant society.

### Information Overload

Figure 5 demonstrates what happens when the conscious mind becomes overloaded with information (MUs) coming from the environment, from other people, situations, circumstances, and our own subconscious mind that we interpret as thoughts. Our thoughts make up the bulk or majority

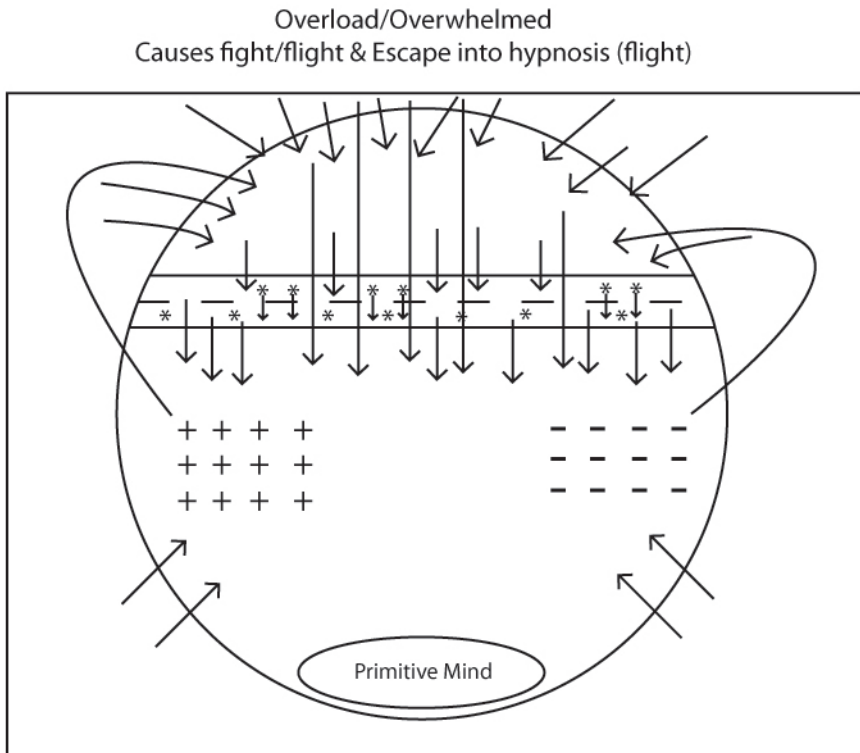


Fig. 5  
Zone out.

of MUs that fill up the mind gate during the so-called waking state.

When we get too much information and become overloaded or overwhelmed in our natural state (like in caveman days) we would just go to sleep. But we are never (or hardly ever) in a natural state. What if we are unable to go to sleep (like when we are driving in commuter traffic)? Then, we escape into a form of simulated sleep through our fight-or-flight mechanism and become tranced or hypnotic.

Just before this occurs, the sympathetic nervous system becomes stimulated, and we might become a little jumpy and jittery as if we've had too much coffee. The conscious mind perceives this overload as a potential threat that then triggers our fight-or-flight response! If we can't fight, which often we cannot, especially if we are driving our car in commuter traffic or we are in the middle of an important meeting, then we will escape (flight) into a waking/walking state of hypnosis (simulated sleep).

When we go into a trance state of "waking-hypnosis" the brain becomes disorganized (the barrier breaks down). Then all the information or message units, which would normally take about sixteen hours to analyze, get downloaded into the subconscious mind without being critically examined by our mind gate.

These message units can, and do, trigger and activate subconscious programs, thereby releasing even more message units that bubble into our conscious mind. This constant influx of messages into the conscious mind can keep us in a state of overwhelm or information overload (fight or flight) for several hours until we fall into unconscious sleep.

Exposure to too much stress, for too long a period, can keep us in a state of perpetual hypnosis. When we are in hypnosis, we become “hypersuggestible.” The term hypersuggestible means we are easily persuaded, impressionable, gullible, and susceptible to outside influences because we are not filtering or blocking information (message units) from coming into the conscious mind.

The state of hypersuggestibility is a term used by hypnotherapists to describe a trance state or waking/walking hypnosis. Clients can appear to be wide awake but are not. Their critical minds (or mind gate) are open, and their gatekeepers are asleep at the wheel. So, anything that might be going on in their environment will drop directly into their subconscious minds, without being critically analyzed, causing all sorts of bizarre program stimulation.

While hypersuggestibility could be desirable when sitting in the hypnotherapist’s chair and being given positive suggestions by the hypnotherapist, it is *not* a desirable condition if you’re in the waking state. Becoming hypersuggestible during rush-hour traffic can be dangerous. If you take care of young children or any other times when it’s critical to keep your wits about you, it is highly valuable to know how to stay out of hypnosis!

The reason that going into what I call “unauthorized hypnosis” (hypersuggestibility) can be dangerous is because the conscious mind becomes confused. What if the mind gate opens (becomes disorganized) during the waking state because there is a lot of information dropping into the subconscious mind at once? If that information has not been “critically analyzed” thoroughly, and the person is not in

delta unconscious sleep, the conscious mind has a sudden overload of “thoughts.” Our behaviors can become somewhat erratic due to an inability to focus entirely on any task at hand! Students who have difficulty with test taking, even when they have studied and know the material tested, are almost always in a state of hypnosis or trance.

### Positive Thought Patterns

The good news is this . . . we have behavioral patterns that we have used over and over again for many years (like tying our shoes). We automatically go into these automatic behavioral patterns as a way of surviving overloads. Our primitive brain’s fight-or-flight mechanism is a survival instinct. It has another aspect besides just getting us out of a jam and that is *to survive at any cost and this applies to emotional survival as well!*

Our mechanism drives us to figure out how to get the most love, the most safety, and positive attention. Also, the best way to avoid criticism, physical pain or danger. For example, we might be driving down a road we’ve driven many times when we suddenly realize we missed our normal turnoff. And yet, we have been completely in control of the vehicle and still driving safely.

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One thing that is crucial to understanding how our mind works is that our subconscious programming is what creates our emotional tones or our state-of-mind! Notice in Figure 6 the positive programs (positive associations and identifications) are being stimulated. As these programs are stimulated, they are sending or uploading message units into the conscious mind in the form of thoughts. The body reacts to these thoughts emotionally, in this case with good feelings. Then these good-feeling thoughts activate more positive message units that will be dumped or dropped into the subconscious mind and stimulate even more positive programs.

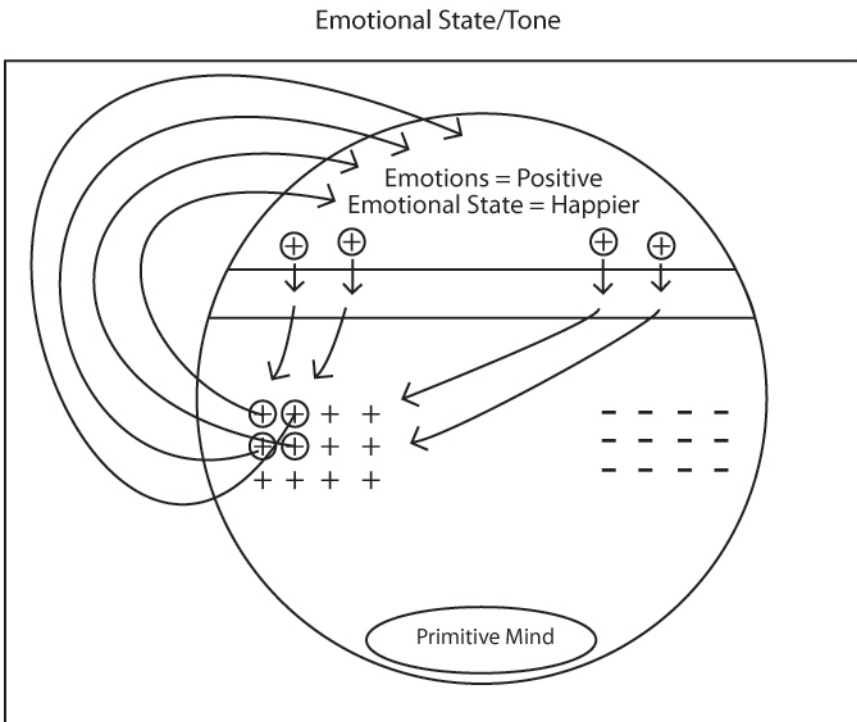


Fig. 6  
Positive thoughts cause positive emotions.

Then the cycle repeats itself. This cycle is what determines our state of mind or emotional tone (how we feel). So, if you want to know what programs are being stimulated in the subconscious mind at any given moment, then begin paying closer attention to how you feel emotionally!

## Negative Programming

How we feel emotionally applies to everything we do. It encompasses every aspect of our behavioral life. It determines who we are in relationships at home, at work and in our social circles. It even determines our success financially and otherwise. Unfortunately, we have all been conditioned or programmed by the society in which we grew up. What this means is that we have some sabotaging programming that is thwarting our efforts to improve some aspects of our life.

Neuropsychologists estimate that over 70 percent of our subconscious programming is negative so it would behoove us a great deal to start seriously caring about how we feel. According to clinical psychologist Dr. Rick Hanson, our brains have what he calls a “negativity bias.” This means that we humans, since caveman days, have trained our minds to look for where the saber-toothed tiger might be hiding. This survival mechanism is still well and functioning. More on this later.

Let’s look again at the emotional tone scale. Ask yourself, “How am I feeling right now after reading the previous information?” As you read through the list, one or more of

these emotions will feel about right, or you might just feel overwhelmed (frustration).

### Emotional Tone Scale

1. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience
11. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

You don't have to go through the whole list on the emotional tone scale to pinpoint the emotion you are experiencing at

any given time. Just notice if you feel good emotionally or bad emotionally! If you are feeling good, then try to keep thinking along the same lines as you have been thinking.

If you are feeling bad, then quickly, or as soon as possible, switch your thoughts to a better-feeling thought! It is not as easy as it seems at first blush, as you will soon find out.

It's a good idea to have a couple of better-feeling thoughts handy to help bring you up a few emotional notches when you need to. I have many of my clients write down as many good things as they can think of to use a sort of emergency backup until a full positive feedback loop is established through repetition. (See Chapter Ten, the section titled "Emotional Restore," and see Chapter Eleven, the section titled "Switching Pictures.")

Remember, when we are in a hypersuggestible state (hypnosis), we become confused, and it is harder to focus on anything! I have included a chapter on how to dehypnotize yourself (see Chapter Fifteen: How to De-Trance) that discusses, in detail, how to recognize when we are in a state of hypnosis. And then how to get ourselves out of the trance or the hypnotic state as soon as possible.

If you are not too far down on the emotional tone scale, and you just want to feel better, it's much easier to come up a little bit at a time. We do this by switching our thoughts to a better-feeling thought! You can step it up a bit more when you can get some alone time and do the process. The main thing here is to understand that feeling bad is usually the result of negative programs running and probably is not what we think is happening at all! Our perception is *faulty*



when *tranced*.

Sometimes, this can be challenging, but remember, the subconscious mind was programmed through associations, identifications, and repetition. It does have some *good* programs (known associations and identifications). It also has the capability of latching onto or focusing on an idea if it is being fed that idea or picture repetitively. Remember, there are two laws at work here. The law of association and the law of repetition.

### Reprogramming

To *reprogram* the subconscious mind so that it will be *bubbling* up a lot of positive thoughts to the conscious mind, you will need to make it a habit of regularly directing your attention to *good-feeling* thoughts!

#### Note to Self:

**The laws of repetition and association are your keys to all the good stuff you want and not attracting all the bad stuff—along with the emotional tone scale!**

I will discuss with you in detail how these laws work in the Mind Gate process. The subconscious mind can fixate for extended periods of time on a central idea or thought or thought pattern if it is regularly stimulated (law of repetition).

Look at Figure 6 again. Notice that the *positive* thought patterns can be purposefully directed in the conscious state.

They are then allowed clearance through the mind gate if the idea is big enough, in other words, if the idea has enough *energy* or *mass*.

Mass is achieved by using *imagery*, in other words, our imagination! Many clients have told me they do not know how to visualize. Everyone can visualize, but you can get a little rusty at it. If you can worry, you can visualize. It's a matter of getting back in touch and then using your imagination correctly.

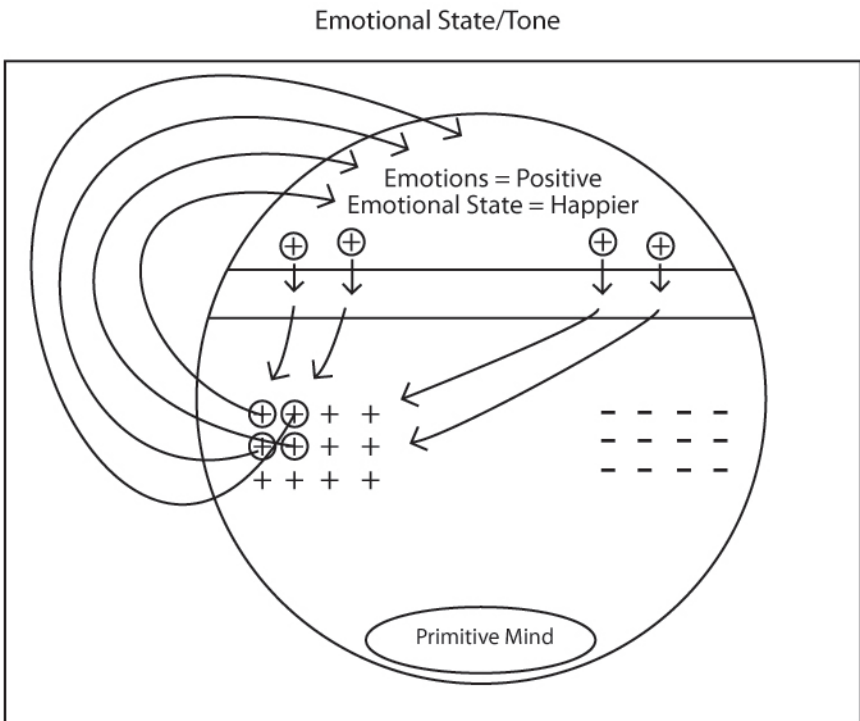


Fig. 6  
Positive thoughts cause positive emotions.

Figure 6 represents what happens when the subconscious mind is being stimulated by imagery from the conscious

mind while in a conscious or so-called awake state. There is a trick, however, to getting through the mind gate to plant a positive idea and then having it grow into a new positive program. I will teach you the technique soon, so be patient.

As these new programs are stimulated or switched *on*, they are bubbling up—sending or uploading thoughts (symbols that become thoughts) into the conscious mind—then the body responds with feelings or emotions! Positive thought forms that come from the subconscious mind cause positive emotions, which in turn create positive emotional states of mind (see Figure 7—Positive Vibes). A positive emotional state *feels* good.

By contrast, if negative programs are running in the subconscious mind, and they are being regularly stimulated and are sending negative thoughts up into the conscious mind, then these create negative emotional responses in the body, and we *feel* bad (see Figure 8—Negative Vibes). Negative feelings or emotions create a *negative* state of mind!

A negative state of mind is like being in a bad mood and does not *feel* magnificent to us. Remember, if you want to know what thoughts you have been thinking or which programs are running that are sending thought-forms into your conscious mind, just take a moment right now and notice how you are *feeling*.

Are you feeling good or bad? If you are very ill, you probably have not been feeling too well emotionally either. You may have a *vague* sense of how you *feel* as you read these words, or you might not have any sense at all how you are feeling. How do you feel most of the time . . . good, bad or neutral?

Where on the emotional tone scale do you tend to *hang out* most of the time or maybe a lot of the time? More than likely, you operate in a relatively narrow range depending on several factors. When you are at work, you may be *different* emotionally from when you are at home or in certain social situations or with certain people or groups of people. Start noticing more how you are *feeling* in these different areas of your life.

If being around a particular person or situations feels bad, your built-in guidance (your emotional tones) is telling you something crucial. I want you to begin caring more about how you feel. As obvious as that might sound, it makes all the difference between a fulfilled life and one that is filled with struggle and mediocrity.

## Our Moods

If you engage in a favorite pastime or hobby, you might feel *different* emotionally from when you have to do, say, home maintenance. The reason I am stressing this so much is because as you become more aware of how you are feeling, you'll become more aware of what *programs* are being stimulated in your subconscious mind! These programs then, are creating energy (in the form of symbols we call our *thoughts*) to enter your conscious mind that then accounts for the corresponding emotions in your body!

These emotions will then create even more message units (information) coming into your conscious mind that is about the *emotions* you are experiencing, producing even more thoughts, ad infinitum. I want to be very clear about this. It

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is imperative, no, it is vital that you understand that the programs that cause your moods are not coming from anything other than your subconscious programs! This all will make more sense to you when you become aware of *feeling* good one day and then suddenly, as if for no reason at all, you *feel* bad.

Taking this to the next level, we can now see how we are attracting people, places, and things to us. And in so doing, we are affecting those around us, the world, and even the universe because of an energy ripple effect!

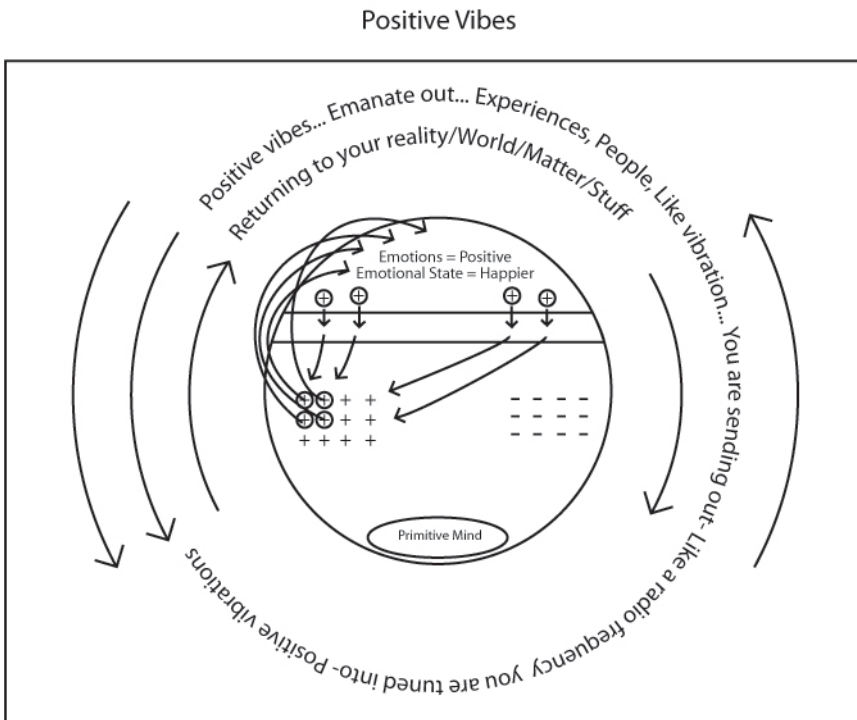


Fig. 7

Positive thoughts cause positive emotions.

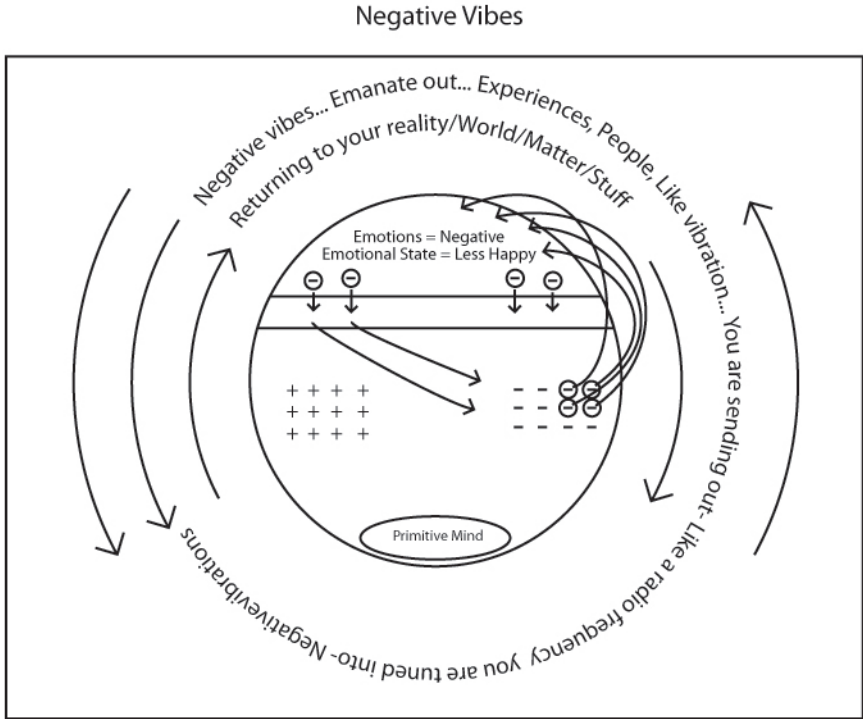


Fig. 8  
Negative thoughts cause negative emotions.

How we create and manifest everything we experience in our lives, we do in this way. And I do mean everything!

Figure 7 illustrates that the subconscious mind's positive *programs* are being stimulated by message units from the conscious mind, which means *you* have conscious control over what *programs* you want to be activated once you learn how. The Mind Gate process I developed and teach helps you do just that!

## Quantum Physics and the Mind

Quantum physics experiments have demonstrated that “Electrons, (energy) in waveform, are forced to behave as particles when they are observed and the greater amount of watching (observation), then the greater the observer’s influence on what actually takes place.”

—1998 Condensed Matter Physics Department, Israel

What this means to you and me is this: as we observe or watch this energy-in-motion (our moods and feelings), then the more we can control (literally) these emotions. We *make* them or *force* them to change to create what we want to experience! As we exercise our conscious control (on a regular basis) over our thoughts, we can directly influence exactly which of our subconscious programs we want to switch on!

In other words, by putting our attention on positive thoughts or ideas, our positive programs become activated and bubble up, send or upload more and more positive energy (thought-forms) into the conscious mind. These positive thoughts feel good to us, thereby creating even more positive message units. These positive message units (MUs) will then conceive even more *positive* or *good-feeling* thoughts that will be dropped as known positive message units into the mind gate for critical analysis.

When we go to sleep or when we do the Mind Gate process, these positive message units will then be downloaded or dropped into the subconscious mind. Positive message units will reinforce and activate even more of our positive programs that are already in our subconscious minds or

construct *new* positive programs. The new positive programs will then build even more good-feeling thoughts, producing even more message units that are positive, which . . . well, you get the message.

Our body's response to what scientists call "waves of thought" or *thought-forms* as they move up through the mind gate to the conscious mind could be called *interference patterns* (Young's Double-Slit Experiment). When *unobserved*, they are waves of possibility, but when *observed* (by a human observer), they become real (matter) and can be molded or changed by how we *feel!*

***"It makes more sense to adapt an idealistic metaphysic assumption: There is no object in space-time without a conscious subject looking at it"***

**—Amit Goswami**

Our emotions are quite literally energy-in-motion. And they have an observable and measurable electromagnetic quality to them. This energy gets transmitted out from us and around us and into the universe itself, as mentioned above. We transmit this energy, like a rock thrown into a quiet pond and create a ripple effect, much like a microwave or radio wave that expands infinitely out into the universe!

Magnetoencephalography (MEG) is a functional neuroimaging technique that can map the brain's activity by recording magnetic fields produced by electrical currents occurring naturally in our brains. Here's the corker . . . these magnetic fields are registered and recorded (accounted for



and recorded) *outside our heads!* How can this be?

The research being conducted with the use of MEG, in my opinion, is irrefutable scientific proof that our brain's activity (including our thoughts and emotions) is not limited to the body as commonly believed. Could it be that MEG is demonstrating to us that we are indeed signaling or communicating to others and the universe with some bio-radio wave?

Remember the neuroscientist Dr. Miguel Nicolelis. He built the brain-controlled exoskeleton that allowed a paralyzed man to kick the first ball of the 2014 World Cup! He is now working on ways for two minds (rats and monkeys, for

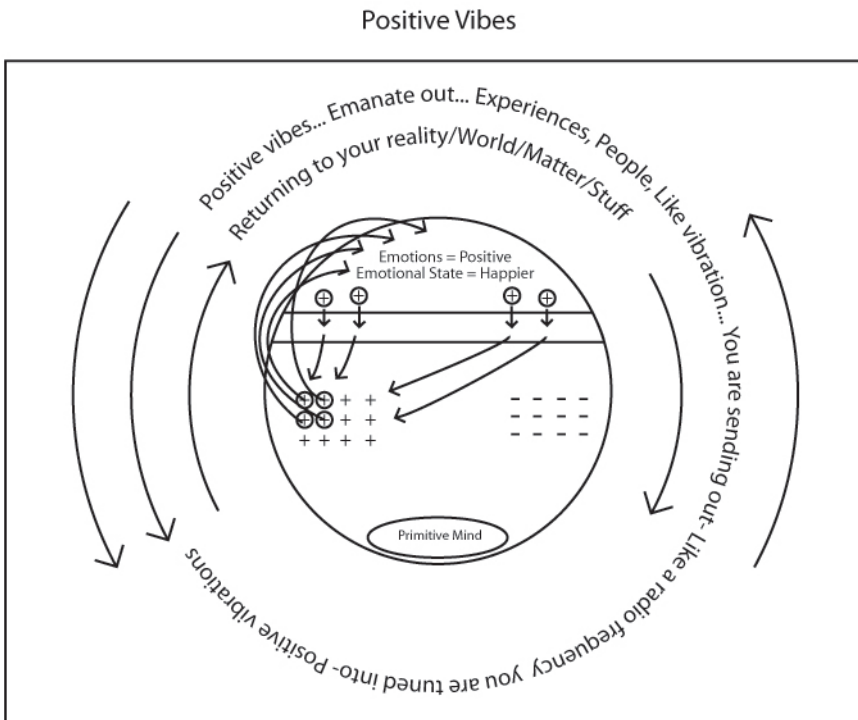


Fig. 7  
Positive thoughts cause positive emotions.

now) to send messages, brain to brain. He says to watch for an experiment that will go to “the limit of your imagination.”

In contrast to Figure 7, when you look at Figure 8 you will notice that the *negative programs* are being stimulated by *thinking* negative thoughts. These negative thoughts are dumping negative message units (MUs) into the subconscious mind!

When these negative programs are turned on, they bubble up, send, or upload *negative* thought-forms into the conscious mind. This produces negative body responses (bad-feeling emotions) and often physical symptoms that feel bad too! Now, if having your negative programs aren't enough, think

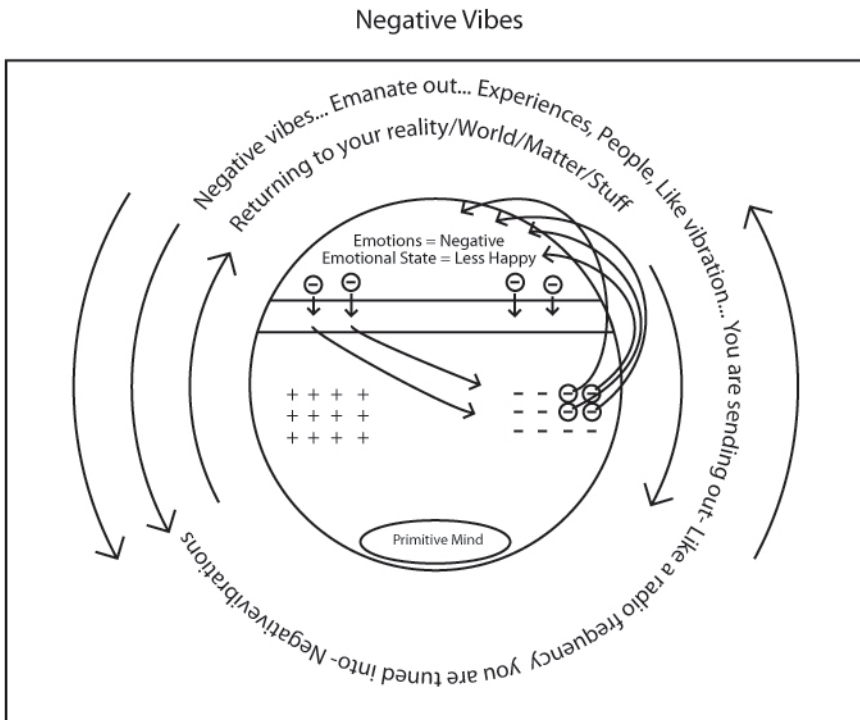


Fig. 8

Negative thoughts cause negative emotions.

about how you are exposed to negative suggestions every day. Do you remember September 11, 2001? I'm sure you do. Do you remember how you felt when you saw the television news footage day after day?

With the global crises facing us, both natural and human-made, we barely stand a chance of staying out of hypnosis. If you are not armed with this information, there will be little or no hope for you to attain the happiness and peace of mind you so desperately need and deserve. Positive thinking only gets us so far because there is always something coming at us from our blind side.

So when that happens, and you are aware of how you are responding emotionally to the situation, then this is a great time to *observe* these emotions or feelings! Negative emotions (such as disappointment, doubt, worry, blame, discouragement, anger, revenge, hatred, jealousy, guilt, fear, and grief) will be felt in the body someplace. A good exercise is to try to locate what part of the body is *feeling* the negative emotion the most.

Is it in your heart, head, stomach, solar plexus, back or neck? The flip-side of this is when you are feeling discomfort in some part of your body, take a few moments and see if you can identify the emotion you are experiencing on the emotional tone scale. For example, pain in the middle or upper back is frequently connected to the feeling of guilt. Discomfort in the solar plexus might be fear, while a heart condition might be grief.

Today most alternative health practitioners, like the Mayo Clinic, recognize the importance of the emotions in the healing process. There are thirty, sixty and ninety-day

programs that offer guided imagery and stress counseling that encourage patients not to worry so much. Some clinics recognize the emotional connections to illness and even recovery time following surgery or illness. They know that it is vital for a complete recovery from accidents or illnesses that these people receive, at the very least, some hope.

If this is too difficult to get your head around, then at least be willing to think of the implications. If this is true, how many people's suffering, including your own, might be alleviated? I'll bet you know of someone who is sabotaging their health.

***“All that stuff that is in back of us. Are you afraid to see what is back there, or are you hiding what is back there? Do you feel stabbed in the back?”***

***—Louise L. Hay***

