

## **Integrating Conscious and Subconscious Mind to Move Forward**

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### **Introduction**

At its foundation, individuals seek help because they feel stuck. They may feel stuck in a cycle, a cycle of negativity – for example cycle of fear, cycle of anxiety, cycle of addiction, even in a cycle of constant clearing. Regression therapy is a wonderful tool to uncover and clear the source of this emotional cycle. The therapy is also valuable in providing the individual new positive insights into their situation.

To be cleared of energies and to wonder around in circles, a little confused of their changed circumstances, or to constantly keep clearing without a vision or action to moving forward does not help the individual shift. It is a whole other thing to be unstuck and to be empowered move forward on a path of the New of their choice – new patterns, new behaviour – a transformed new life. The power is in making that decision and taking the action to shift.

A mind is like a horse. Three legs of the horse represent the subconscious mind. One leg of the horse represents the conscious mind. In order for the horse to move forward, all four legs have to move in the same direction, at the same time. In the same way, in order for the client to move forward in a cohesive manner, both the subconscious mind and the conscious mind have to work together to move in the same direction, at the same time, to make the decision and take the action to shift.

There is little doubt that regression therapy is one of the fastest, most efficient ways to work and transform the subconscious memories, and clear inhibiting energies. However, in order to fully maximise the clients' healing, the conscious mind has also go to be worked on.

Another benefit of guiding the client to work with their conscious mind is that it empowers them to be truly accountable for the healing. They feel like they have actually done the work, and thus the healing becomes sweeter when they see that the results.

### **Goal Setting**

One of the most important exercises is to bring to a client's conscious awareness is clear goals that they would like to achieve from their sessions. Collecting measurable symptoms is one way of doing it. Another, more qualitative way of doing it is to clearly define the current state they are in now, and the desired state they would like to achieve. This clearly defines what they would like to get from the session, which helps them keep track of their progress as well.

The one thing we have to be aware of with this step is to manage their expectations, and to keep it real. Keep reminding them that miracles happen after some perseverance and hard work.

### **Anchoring using Smell and Essential Oils**

Anchoring is another way to work cohesively with the conscious and the subconscious mind. One of the most effective ways I have found to anchor a particular state is using smell – through essential oils. Apart from the pharmacological effects of the individual essential oils, one of the powerful ways that odours influence the human psyche is through the semantic mechanism.

Smell is the most primitive of our senses. Unlike other senses, smell passes directly into the limbic system, the brain's emotional centre. This fast route to the emotional headquarters elicits strong emotional memories. According to J.S Jellinek, in his book '*Psychodynamic odor effects and their mechanisms*', odours are experienced within the context of life situations. If the experience of an odour occurs in a situation that is highly emotionally charged, the emotions experienced are stored in the memory along with the odour experience. When the odour is experienced at a later time, its memory trace, including the emotional effect is retrieved.

Using the principles of semantic mechanism, anchoring an emotional state with essential oils results in activating the positive memory trace and the positive perception that has been established in the subconscious mind, and in bringing it to the conscious awareness of the individual.

Different oils can be used to meet this objective. My personal favourite is to combine the energetic and pharmacological properties of the oils with the semantic mechanism. So, if someone is working on relationship issues, I use a blend to heal the hurt that the individual is carrying. If someone is working on self worthlessness, I use a blend of oils for them to recognise their magnificence. This is like a double whammy, where the oils work on many different levels – mind, body and spirit – and makes using the oils more effective.

During the regression session, when the positive emotion is at its peak, direct suggestions are used to associate the scent with the positive experience. And when that has been anchored, affirmations are used as a secondary method to anchor the experience.

Once the client is out of the session, during the debrief phase, the client is given the oil and the affirmations to be used and repeated every morning for 3 weeks, without breaking. This method is effective because it retrieves the subconscious memories that have been transformed, and brings it to the conscious awareness of the client. This way, both the subconscious and the conscious are working cohesively to enhance the new, positive enhanced state of the client.

The semantic mechanism, combined with the pharmacological effects makes essential oils a particularly powerful technique to anchor a positive state in the client.

### Future Pacing

Future pacing is a technique used in Hypnosis and NLP to guide the client into visualising how the transformation will affect their lives 6 – 12 months into the future. Please note that this is neither a Progression nor a Prediction – it is a powerful form of Creative Visualisation.

Future Pacing brings to an individual's conscious awareness the possibility of a transformed future, which further empowers them to make the positive change to move forward. Because we are working with the subconscious mind, the experience is perceived to be literal, and thus the emotion felt is real. This instils confidence into the client, and gives them a kick start to move forward.

Doing this at the end of the session also makes the client feel buoyed about the session and their experience, and will leave them with a positive experience.

## Gratitude

Gratitude is the one of the most important emotions that a person could feel. Gratitude helps an individual see what it is they have, and feel the joy for their blessings and abundance, as opposed to what it is they do not have.

It is also important for an individual to feel grateful towards oneself. Many people do not give themselves enough credit for their own capabilities and talents. This contributes to feelings of low self esteem and self worthlessness, amongst other self depreciating emotions, which contributes to negative behavioural patterns.

Conscious self acknowledgement is key to shifting this thought pattern, and even better, empowering an individual. One of the most effective ways I have found to guide a client to do this is by using the gratitude journal. Sarah Ban Breathnach, in her book *Simple Abundance*, talked about appreciating and showing gratitude for the simple things in life. She developed a supremely simple, yet powerful way for individuals to consciously acknowledge and appreciate their abundance, through the daily gratitude journal.

Her idea was for individuals to write at least five things that they are grateful for at night, before they go to bed. This simple daily act forces the individual to be consciously aware of and count their blessings before sleeping. Doing this before they sleep is important because the individual is filled with positive thoughts before retiring for the night. This then filters to the subconscious, and the positive energy is held through the night. If nothing else, at least it will provide the individual a peaceful night's sleep.

My clients to do is a slightly different variation of Sarah Breathnach's brilliant idea – every night, they are to list at least 5 things that they are grateful for, to themselves – could be for what they have done, what they feel – for big things, or even the simplest things. One of my clients even thanked herself for taking care of her teeth. The simplest things, which are taken for granted, matter. And this process brings to conscious awareness the appreciation of these kind gestures that go unnoticed.

Phrases that I recommend my clients use (or variations of) include:

- a. I thank myself for.....
- b. I pat myself on the back for.....

Because these deeds and actions are written down, it is tangible. After 30 days, when the individual flips the pages of the book, he or she is able to see 150 reasons why they are appreciative of themselves, and see 150 things that is worthy of their gratitude towards themselves. This is incredibly empowering for an individual to read and witness this. The most important thing is that it is real, and it is written and acknowledged by the individual themselves. Thus, it is easier for the individual to accept what they have said about themselves, thus empowers them further.

## Case Study

Jake (not his real name) is a man in his 40's, who was battling an addiction to sex with sex workers for a little while. He had seen 2 separate counsellors about his addiction, to no avail. At the time he came for therapy, he had split from his wife for a year, and was dealing with a painful break up with a girlfriend, that he found challenging to move forward from. His objective for therapy was to find out why he had this sex addiction, and what was the significance of his relationship with his ex wife and girlfriend.

After history taking, the first thing that was done was to explain the mechanics of addiction to Jake, to determine the root cause of his addiction. This was the first time the mechanics had been explained to him. Using NLP techniques, it was established that the reason why Jake had an obsession with sex was because he craved the intimacy, the holding, cuddling and nurturing he gets after sex. After more coaching methods, it was established that Jake did not get the love and nurturing that he wanted from his mother when he was younger.

The deprivation of maternal nurturing was so intense that his mind fragmented this need away as a coping mechanism. Although he was not consciously aware of his need for loving nurturing, subconsciously his created an urge for him to seek something else to fill that hole that the lack of nurturing created – in this case the deep intimacy that a sexual experience could possibly give him.

Then, we determined that the objective for the session was to work on minimising his addiction by targeting this root cause, to move forward.

When regressed, he went back to a time when he was 5, and he fell from a tree into an open drain. He was hurt and shaken, but instead of being held and comforted by his mother, which he wanted, he was scolded for falling into the drain. He went back to another time when he was 8, and he was in his cousin's house for Chinese New Year Celebrations. He was excited because his mother had given him permission to distribute Ang Pows (Red Packets filled with money – a Chinese tradition) to his cousin at around 12 pm. When 12 pm rolled by, he happily distributed the Ang Pows, when his mother unexpectedly descended on him and scolded him in front of his cousins. This upset him greatly. It was through experiences like these that he was deprived of the nurturing of his mother, which affected him greatly.

During an attempt of transforming the memories, an interesting thing occurred. Jake suddenly got scared and said "He is coming, I am scared of him, He is coming." Then, his entire posture, facial expression and voice tone changed. His body tensed and puffed up, his tone become gruff and his expression became harder. After some coaxing, this new part was identified as Angry Jake (AJ), who was there to protect Jake from being hurt, and stopped him from developing healthy loving relationship with people close to him. It was a classic case of self sabotage with relationships in order to protect himself.

Then I asked where Love Jake is (LJ), and whether I could have a chat with him. LJ emerged, small, timid, whispered tones. It took some coaxing to get LJ to grow, and AJ to let LJ grow. But AJ finally allowed for it to happen as long as he watched, and LJ agreed. Using Inner Child Regression, taking him to the source of his issue (when he was 5) coloured balloons were given to fortify LJ – including trust, protection, security – so that he could grow. As his age progressed, he stopped in several places, and more balloons had to be given to fortify LJ, so that he could grow completely and integrate with his current age.

*In the middle of this, AJ popped in and would not allow LJ to grow. AJ was convinced that Jake was making himself weaker, and LJ could not protect Jake. So we had LJ and AJ chat, which LJ could do after being fortified, and after quite a bit of resistance, AJ finally gave way and let LJ overtake him.*

*Then, LJ was allowed to grow and fill up Jake's body. When the love was being felt at the peak, the state was anchored with Oils and affirmations. After the session, the oil was given to Jake, as well as the affirmations, with instructions to repeat them every morning for a month, with the oil. Also, Jake was assigned to write in the gratitude journal every day, to bring to his self worth to his awareness.*

*6 months after the 4 hour session, he has not had a hit. "Sometimes I feel the urge, but when I smell the oil and repeat the affirmation, I relax and feel calmer move on. Also, when there was been incidences that would have normally angered me and driven me to get a fix, I pause, trying to manage my tumultuous emotion, and ask what does LJ want? And I make the choice that LJ would make, which generally have been much better for me."*

*The session did not give him in depth insights to his relationship with his ex girlfriend and ex wife, as there were many other things that were happening in those hours. However, these answers were obtained in a subsequent Interlife Regression session, which is another story.*

### Conclusion

Moving forward is key to the transformation of the client. This case study clearly demonstrates how regression, parts therapy and inner child regression transformed the subconscious mind, and the goal setting, affirmations, oils and gratitude journal used the conscious mind to work cohesively towards the client overcoming his addiction. He still got urges a few months after the session, but the intensity of the cravings were less and he could consciously manage his reaction to them. So, he did not act on the craving, which added to his sense of empowerment and self love.

I just wish to emphasise that this is by no means an exhaustive list. There are many ways to work with the conscious mind. These are just some techniques that I have been using, that have proven to be effective. Discovering new techniques to best help clients is one of the joys of the job.