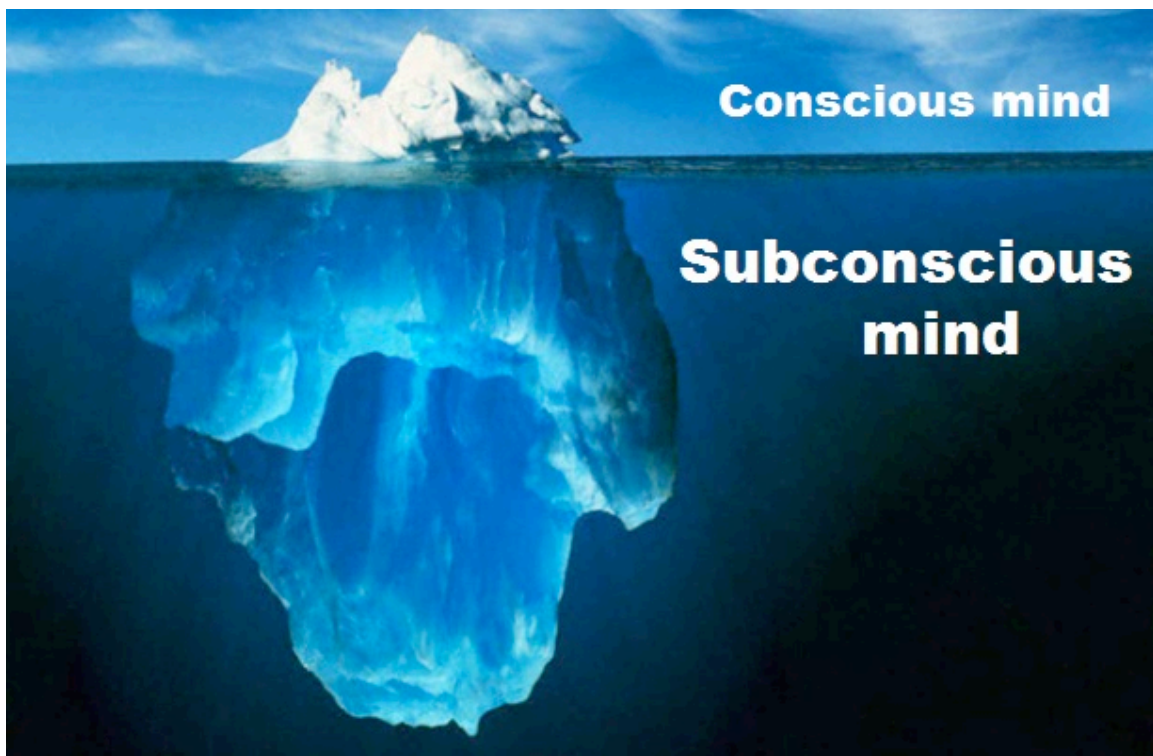


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# The Roles of the Conscious and Subconscious Minds

Article by Stacey Vornbrock, M.S., Sports Performance Pioneer

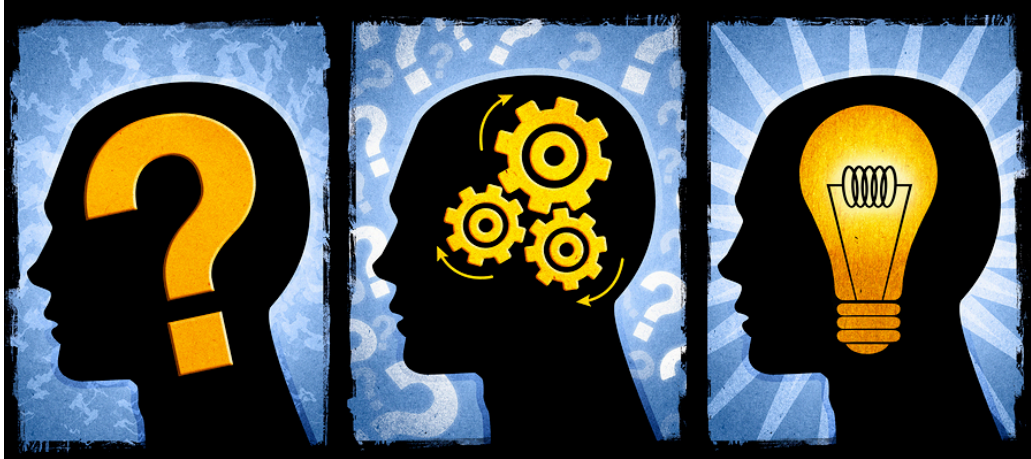
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## The Role of the Conscious and Subconscious Minds

It's so helpful to understand the roles and duties of the conscious and subconscious minds and not confuse the two. Understanding the different duties of these two minds will help you give your conscious mind its proper job to do; this will reduce problems in your performance and your life. What follows is a *brief* summary of these two minds.

### Conscious Mind



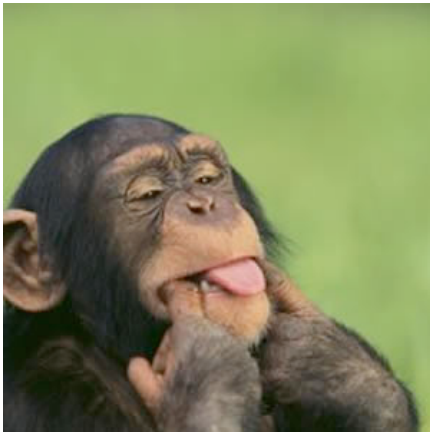
It is the job of the conscious mind to take in and sort through information and make decisions about *what you want* in life. The conscious mind can determine what is good and bad, right and wrong, fun and drudgery. It is the part of you that thinks and reasons. The conscious mind can accept or reject any idea. Your free will lies here. Your conscious mind is approximately 5% of you.

Your conscious mind is involved when you learn something new. In the beginning, it takes a lot of conscious focus and repetition before it becomes automatic and that task is taken over by the subconscious mind.

Remember when you first learned to drive a car? It was so hard to remember everything you had to do and pay attention to all the traffic signs and lights. It took intense focus and concentration. Now you drive from point A to point B while thinking about other things, listening to the radio, eating, etc. and you can't even remember how you arrived at your destination! That's because this activity is now being performed by your subconscious mind.

Conscious mind focuses on the past and future - I say it usually tries to beat us up about the past and scare the pants off of us about the future!

## The Monkey Mind



There is a challenging aspect of the conscious mind and in Eastern traditions it's often referred to as the "monkey mind". Monkeys are very mischievous creatures...they are bouncing and jumping around and into everything! This is the nature of the conscious mind when left to its own devices and not disciplined.

The monkey mind will lie to you, make up stories, fill in the blank when it doesn't know the truth, and deceive you. The truth is, that part of our conscious mind is hard wired to look for trouble and warn us of anything it perceives as danger. I

consider the monkey mind our default setting, especially when we feel stressed.

Believing what your monkey mind tells you can cause utter havoc and unhappiness in your life. I'll offer suggestions later about how to deal with the monkey mind so it stops running your life.

## Subconscious Mind



Your subconscious mind is one of the most powerful information processors known. It observes the surrounding world, the body's internal awareness, it reads environmental cues, and immediately engages previously learned behaviors. It also runs your entire body. All this is done without the help, supervision, or even the awareness of the conscious mind.

Your subconscious mind is your dutiful servant. It can't veto, decide what's right or wrong, good or bad for you. It doesn't know a positive thought from a negative thought or a positive emotion from a negative emotion. It can only act upon what the conscious mind imprints on it. Subconscious is only aware of "now".

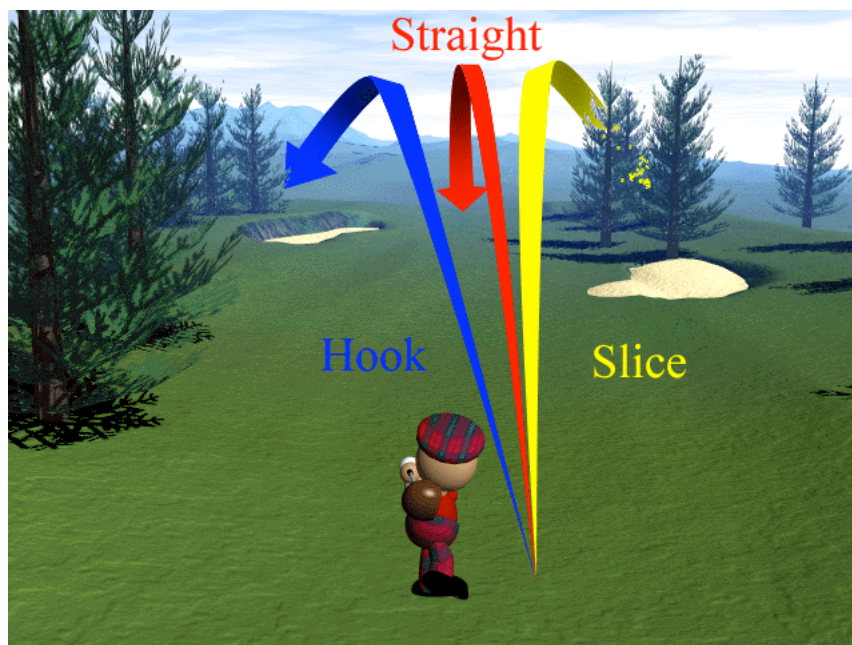
Any thought you consciously (or unconsciously) choose to impress upon the subconscious over and over becomes fixed and will manifest eventually. Your subconscious mind is approximately 95% of you.

Your subconscious mind can never "sabotage" you. It doesn't know how to do that. It is simply operating based upon what has been imprinted on it, whether you have conscious awareness of that or not.

**Your subconscious mind is patiently waiting for direction from your conscious mind before it takes action to create what it understands you are asking for.**

### Here's an Example of How This Works

Imagine you are getting ready to hit a golf shot. Your conscious mind takes in all the information about this – it's 150 yards to the hole, there is a bunker on the left, a bunker on the right, the wind is blowing about 20 mph left to right - you choose a target, go through your pre-shot routine and stand over the ball to take your swing. All of this is the job of the conscious mind. Your subconscious mind then takes over to mechanically execute the shot.





- Scenario One – you clearly see your target and are locked onto it either visually or by feeling it; you know the shot you want to hit; you are committed to your club; you feel confident about hitting the ball to the target you've chosen; you expect your ball to land at your target. Your subconscious mind, being the dutiful servant it is, will execute that shot. You are likely to hit your target or have a very close miss.
- Scenario Two – you see the bunker and tell yourself not to hit it in the bunker; you may or may not be committed to your club; you are scared you're going to put your ball in the bunker; some part of you expects to put your ball in the bunker. Your subconscious mind, being the dutiful servant it is, will put your ball in the bunker. (FYI, often it requires a much more precise shot to put your ball in the bunker than it does on the fairway or on the green!)
- Scenario Three – you can't quite decide on a target, you aren't sure exactly how you want to hit the shot; you're not fully committed to the club you've selected; you feel doubt, uncertainty or some fear about the shot; you aren't sure where the ball will end up. Your subconscious mind, being the dutiful servant that it is, will execute the shot it believes you want based on the indecisive information it has been given. You are likely to hit a bad shot or have a big miss.

You'll notice in all three scenarios the subconscious mind is waiting for three things:

1. What is it you're thinking about, focused on, or visualizing?
2. What feeling do you put with that?
3. What do you expect to happen?

Remember that your subconscious mind doesn't distinguish a positive focus from a negative one, a positive feeling from a negative one, or a positive expectation from a negative one. It is simply your dutiful servant and acts upon the information it's given. This is happening 24/7 in all aspects of your life.

### Here are Some Amazing Numbers

- Your conscious mind processes **40** environmental stimuli per second.
- Your subconscious mind processes **20,000,000** environmental stimuli per second.
- Your subconscious mind is in charge of **100,000** chemical reactions per cell per second in your body.
- It processes a total of **400 billion** bits of information per second.
- Your subconscious is the **Divine** part of you and is in touch with the quantum field of all possibility.

There isn't anything your subconscious mind can't do. It is the job of your conscious mind to give your subconscious mind the clearest input and directions possible regarding what you want.

### Dealing with Your Monkey Mind

It is believed that the conscious mind has approximately 50,000 – 70,000 thoughts per day! These thoughts are just a stream of consciousness and I'd say we are unaware of the majority of these thoughts. Don't fool yourself into thinking you can control these thoughts...it's not possible nor desirable.



The image of this I use is to see myself sitting on the side of the freeway and cars are whizzing by at high speed. These cars are the stream of consciousness and there's no problem as long as I don't jump into one of the cars and ride along!

But what can you do when the conscious mind becomes the "monkey mind" and begins to focus on what you don't want? (In other words, it jumps into one of the cars and goes for the ride!)



You can build your mental muscle by practicing something I call the "catch and redirect" method. When you become aware of focusing on *what you don't want*, simply acknowledge this and then ask yourself "*what is it I DO want?*". Don't spend any time making yourself wrong for having a negative focus, just catch it and redirect your mind to what you *do want*.

It takes practice to build this new muscle just like it would take to build up any other muscle in your body. It's not about efforting to do this...it shouldn't feel like hard work or a strain. When you become aware of what you *don't want*, gently redirect your mind to what you *do want*.

One of the easiest ways to discover if you're focused on what you don't want is through your emotions. If you're experiencing a negative emotion, retrace your last thought and I'll bet you discover you were focused on *what you didn't want*.

Now that you are aware of it, simply redirect your mind to *what you do want* and spend a little time visualizing and feeling that. If you find yourself deep in thought and then suddenly realize you were focused on what you don't want, just redirect your mind to *what you do want* and move on.

The more you practice this, the easier it will get. The more you practice this, the sooner you will catch and redirect your negative thoughts.



### **The Power of Affirmations**

No, that's not a typo!

Another way to deal with the monkey mind is to use "Affirmations" rather than affirmations. This gives your conscious mind a productive task that imprints on your subconscious mind what it is that you *do* want.

Rather than making an affirmative statement, to which your mind can easily come up with 101 contradictory facts, an Affirmation asks a *question*.

Affirmations, invented by Noah St. John, take advantage of the fact that your subconscious mind must find an answer to any question you ask, that's one of its jobs.

The key is to ask the right kind of questions.

If you ask, “Why do bad things keep happening to me?” your subconscious mind will answer that question by bringing more “bad things happening to me.” That’s what you’ve asked the subconscious for more of.

But if you ask, “Why do I get such great results from my efforts?” your subconscious mind will answer that question by bringing “great results from my efforts” because that’s what you’ve asked the subconscious for more of.

Affirmations side-step the natural conscious mental resistance that comes up in response to a statement that doesn’t seem true (like an affirmation) by asking a positive question. There is nothing for the conscious mind to resist or contradict in a question. And the only course of action the subconscious mind can take is to answer the question.

Not only are they powerful, but they are actually pretty fun. The questions are always asked starting with “why” followed by a present tense statement of what you want.

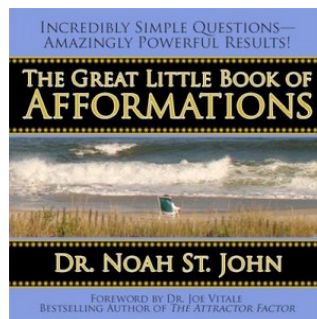
Here are some performance-related examples as well as some everyday examples.

### **Performance Affirmations**

- Why does the ball appear so slow, big, and bright?
- Why is my swing so fluid and free?
- Why does my ball always roll into the cup?
- Why does my technique improve every time I touch the ball?
- Why does it feel so easy to get such great results?

### **Everyday Affirmations**

- Why do I always find the perfect parking place?
- Why do sales calls seem fun to me?
- Why do the right people and resources show up at just the right time?
- Why do I have such a fulfilling relationship with my partner?
- Why am I in the perfect position right now to create the success I want?
- Why do good things always happen for me?





## Here's the Good News!

It is not the job of your conscious mind to figure out how to make your desires happen. Your conscious mind can't possibly process that kind of information and put all the pieces in place to create that kind of end result.

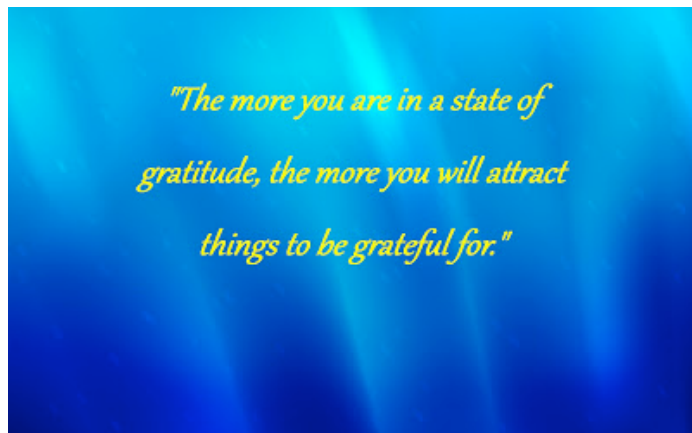
**But your subconscious mind can do it with no problem!** Remember your subconscious mind is in touch with the quantum field of all possibility. It is performing more simultaneous functions than we could ever grasp. You just need to let go and stay out of the way. When you find yourself consciously worrying or trying to figure out how to make some part of your goal happen, catch yourself, give it up and reaffirm that your subconscious is handling that part.

The only job for your conscious mind is to catch and redirect the monkey mind, use your Affirmations, visualize and feel what you want, and of course **take inspired action** toward your goals.

A mistake most people make is to look at current results and become discouraged and doubtful because what they *do* want isn't a reality yet. When you interject the feelings of doubt and discouragement, the subconscious becomes confused and will pay attention to the feelings that are the most intense.

As Bob Proctor says, "Relax and see yourself already in possession of the good you desire. Get lost in your vision or idea and stay in that vibration regardless of what is happening around you."

## Practice Detachment and Gratitude



Now here's the tricky part! You define what you want, put positive feelings with that, and expect it to happen, but you must detach from the outcome. You have to let go of expectations about *how* and *when* it will manifest.

The two best ways to do this both involve gratitude.

First, express gratitude for what you already have and be perfectly satisfied with how it is *right now*. Second, express gratitude as if you already have what you desire. Practicing this will magnetize what you desire to you faster.

## Summary

### Conscious Mind:

- Takes in and sorts through information and makes decisions about what you want and don't want in life
- Has the job of learning a new task until it becomes automatic and taken over by the subconscious mind
- Focuses on the past and the future
- Is 5% of us
- Easily becomes the "monkey mind" when left unattended
- Proper job is focusing on what you *do* want by practicing the "catch and redirect" method, using Affirmations, feeling positive emotions while focused on what you *do* want, and taking inspired action
- Lets go of trying to figure out how to achieve the goal and turns that part over to the subconscious mind
- Expresses gratitude for how it is *right now*
- Expresses gratitude as if you already have what you desire

### Subconscious Mind:

- Is a dutiful servant waiting for direction from your conscious mind before it takes action to create what it understands you are asking for
- Waits for three key things: What is it you're focused on or visualizing? What feeling do you put with that? What do you expect to happen?
- Takes over habitual tasks
- Only knows the present moment
- Is 95% of us
- Is in touch with the quantum field of all possibility and knows how to manifest your goals

You can develop and strengthen your mental muscle by giving your conscious mind its proper duties. This will assist your subconscious mind in delivering to you what you *do* want. Knowing the role and duties of the conscious mind and the role and duties of the subconscious mind allows you to more easily manifest your desires in life.

Stacey Vornbrock, M.S., Sports Performance Pioneer

"Helping elite and amateur athletes  
turn blocks into breakthroughs"

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Schedule your free performance evaluation!  
Send an email with your name, phone number,  
time zone, and 3 best days and times to reach you:

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