

ABT Mod 01.04 – New Mindware Experiments

As you can imagine, as I'm studying my hypnotherapy classes and learning all of this information about the brain, my mind is racing with all sorts of ways to apply this information.

I was thinking that if the brain is going to naturally overload and we are going to be in a natural state of hypnosis at different times of the day, then we might as well take advantage of these opportunities. Again, as with all of the material in Train Your Brain, if we can just be the tiniest bit aware, then we get the ball rolling to instill changes in our unconscious easily.

So, the first Mindware Experiment I'd like to tell you about I like to call "The Long Commute". Here is how it works . . .

For many of us, there are different times during the day or during the week where we know we will be driving. This is an especially effective experiment if you know you will be doing highway driving.

Because of the nature of driving and especially highway driving, you know you are going to be put into a hypnotic state when you get on the road.

In addition, you know that thoughts you have **just prior** to a hypnotic state are less diluted and less distorted before entering the unconscious mind. In addition, they bypass the critical mind altogether because you actually enter the hypnotic state.

So, if you know you're going to be going for a drive, why not prepare your mind in advance?

One thing that is interesting to note about the nature of thought is that it's easier to have a thought that is close to the thought you're already thinking.

For example, if you're thinking a thought in a state of frustration, it's going to be much more difficult if not impossible for you to think a blissful thought next. This is covered to a great extent in Train Your Brain when we talk about the Emotional Scale.

If you are thinking an angry thought, it's a very likely reality that your next thought will also be angry and your next thought and your next. You may be able to consciously move yourself to thinking frustrated thoughts instead and then it will be easier to access the next frustrated thought and the next and so on.

So, as we're getting in the car and before we get on the freeway, we can start preparing our mind to be in the emotional state we'd like to be in BEFORE getting on the freeway and entering the hypnotic state.

For example, you can use your conscious mind to focus and make a conscious choice to think about your mantras or to do the Hope Exercise or to try some Transitory Statements or to start telling a new story.

If you are consistent and pay attention to your thoughts and use your mind to think positive, affirming thoughts, you will be on such a roll by the time you get on the freeway.

As you enter the freeway, you will go into your hypnotic state and those thoughts go directly into your unconscious mind. In addition, even when we're zoning out on the highway, our thoughts are more likely to be positive because we've primed them and so it's likely that the next thought will be similar . . . and the next thought and the next and so on.

So this is the first bonus Mindware Experiment we can practice.

The next Mindware Experiment we can practice, I like to call Lights, Camera, Action.

Another time during our day when we easily and readily go into a hypnotic state is when we are in a theatre or watching movies. This can actually also be applied to TV by the way.

So, first a quick caveat . . . I am a huge film buff, which is why I chose to work in the film industry prior to my direct sales career.

When I started to really understand the impact of the thoughts we have during these hypnotic states, I became slightly concerned . . . what kind of messages was I programming directly into my unconscious mind when I watching a tear-jerker or a horror flick or a crime drama? I really had to assess how was I going to be able to continue to watch a variety of movies and avoid putting fearful or sad thoughts directly into my unconscious mind.

For those of you who aren't film buffs, this will probably be no big deal, but for me, it was something I really had to think about . . . and here is the solution I've found . . .

First off, I use the same technique I just described in the first experiment and applied it to watching movies. Prior to watching any movie I say my mantras for several minutes and then I usually think a few thoughts like:

“I’m so excited that I’m going to watch a movie now because I know these thoughts are going straight into my unconscious mind.”

“I love that regardless of the subject of my movie, these positive thoughts are going straight into my mind.”

Again, if we know we’re going to go into a hypnotic state, then let’s take advantage of it.

Now having said that, I will tell you that I have changed a couple of things about the way I view movies or TV. For starters, as I’m watching, I pay attention when my emotions get extreme. Then, I try to stay “aware” when I’m having an extreme emotion and say something to myself like:

“Isn’t it great that there are so many wonderful artists and actors in the world?”

“I’m so happy I can appreciate talent and a good story.”

“I love that I recognize a powerful story line.”

Or . . . “Didn’t the make-up artist do a great job creating that gun shot wound?”

The idea is to bring myself back to conscious awareness now and again during the movie. I may even say a few positive mantras before allowing myself to be pulled back into the hypnotic state of movie watching.

Now, I’ll be the first to admit I don’t have watching movies 100% figured out. Film is something I’ve always really loved and so I’ve had to experiment and evaluate.

I’ll also tell you that I have given up watching some types of quote unquote entertainment altogether. Any type of news show would be an example of that. I know that choice is not for everyone, but I haven’t watched the news for over 25 years and I haven’t missed it. Each of us has to make our own decisions about that.

Finally, I want to add that I’m sure you all can see in talking about these two experiments how much we can apply this material to every situation in our day-to-day lives where we have the potential to go “unconscious” or where we might go into a hypnotic state.

For example . . .

Some people stay on the Internet and surf long enough they enter the hypnotic state. If you know this applies to you, then take that time just before you get on the computer and say your mantras or do the hope exercise or start telling a good story or vision of your future . . . THEN get on the computer.

Another time you could go into a hypnotic states is playing video games. I know there are a lot of people who preach that video games are a waste of time and I'm not one of those people. Just as I said earlier, I don't really believe in hard and fast rules. If something is pleasurable and we're experiencing positive thoughts and vibrations when we're engaged in that activity, then who has the right to say it's a waste of time. So, if you're a video game player, chances are you will go into a hypnotic state while playing. If you know this in advance, take advantage of that hypnotic state and say those mantras and generate those positive feelings before starting.

You may go into a hypnotic state in the shower or when you're getting ready. This is why people say good ideas come to them in the shower and why it's so important to put up positive post it notes in the bathroom.

Another time is when you're engaged in a hobby that really absorbs your attention. These are the types of hobbies where you "lose all track of time". Examples might be knitting or crocheting or painting or playing an instrument or woodworking. Anything where you know you're going to become so absorbed that a lot of what you're doing will be done unconsciously.

Do you remember in Train Your Brain when we talk about 95 to 99% of our day being "unconscious" . . . well, these are all times during the day when if we use a little bit of awareness and forethought, we can be affecting our unconscious mind in a dramatic way.

I hope by now that you are all starting to see the power of this information. I have to tell you that I was really blown away by the possibilities.

To recap this section, I want to remind you all . . . thoughts stay in the conscious mind for around an hour and a half before moving into the critical mind for up to 24 hours. The longer they are in the critical mind, the more likely they are distorted. These thoughts automatically move into the unconscious mind when we either go to sleep or go into a hypnotic state. And now, we're all going to be taking bigger advantage of our hypnotic states.