

# MEET YOUR SUBCONSCIOUS MIND BLUEPRINT

# 2

*Lesson*  
**TWO**



*One of the best ways to connect with the subconscious mind is by asking questions while the conscious mind is in a resting place. Using a journal to intercept the conscious mind allows the subconscious mind to “speak” freely.*

Take a moment to experience both your conscious mind and subconscious mind at work.

You'll need a blank piece of paper and pen for this exercise or your own journal. You can also use the journal page created for you in this blueprint.

On one side of the paper write “*Conscious Mind*”.

On the other side write “*Subconscious Mind*”.

## CONSCIOUS MIND *at work*

As you read these words, you are using your conscious mind. *Stop for a moment.*

Notice the constant running of thoughts that are still there.

Write down the thoughts you are experiencing at this exact moment on the “*Conscious Mind*” side of your paper.

Perhaps you wrote: “*I am writing this down because I am being told to.*” Or, “*I like learning about the brain.*” Or, “*I wonder where this is going.*”

These thoughts are your conscious mind at work. Your conscious mind allows you to process the external world around you.

## Meet your SUBCONSCIOUS MIND

The subconscious mind, on the other hand, is the processing of your internal world. To get in touch with the internal takes a little more work. Or requires “letting go of work”, actually, as you let go of thinking and thoughts. Some people find this very difficult to do, so don’t worry if you have trouble with this portion of the exercise.

Before accessing the subconscious mind, write down one of the following questions of your choice on the top of your paper on the “*Subconscious*” side:

*Who am I?*

*What do I need right now?*

*What am I most afraid of?*

*What am I really feeling right now?*

### Read the exercise below before beginning.

Let go of the question(s) you chose for now. To access your subconscious mind, sit quietly for a few minutes. Breathe in and out deeply. Notice your breath. Notice each time you inhale and exhale. If you experience a thought, let it roll off the top of your mind. Come back to your breath. Notice any sounds around you – birds chirping, the wind blowing, your refrigerator humming. Breathe in and out deeply for another minute. Then open your eyes, read your question, and write down the first things that come to you.

Your answer may surprise you. It may not be something you have considered before. Or perhaps you felt your conscious mind taking over and answering instead. In any case, the subconscious mind was working to deliver an internal answer to the question. You may have to practice this a few times or at different times of the day. Come back to this activity at any time to practice accessing your subconscious mind.



