

Philosophy, The Subconscious Mind & The law of Attraction.

By Roger Smith and Nikos Kalogeropoulos

The last few years, we have been asking more and more philosophical questions regarding our experience of life and the experiences of others. We used to think cynically of philosophy as a kind of 'airy fairy' abstract intellectual subject for people who wanted to avoid 'real life,' but then we realised that this cynicism was in itself just a philosophy on life.

We have since discovered that philosophy is the most real and practical thing that we can embrace into our life because it reflects our perceptions and beliefs about our self, life and the world, which in turn determine our values, thoughts, feelings and actions, which in turn determine who we are, what we do and what we have and most importantly, where we are going. We have discovered that people who have abundance in their professional life, personal life and health, operate on a different core philosophy than those that don't, often without realising it. Our core philosophy is what we all should be working on.

Our basic philosophical constructs ie; our perceptions, beliefs, thoughts, feelings etc. can exist on both the conscious and subconscious levels. It is at the subconscious level that things can get difficult, or interesting, depending on your philosophy.

The most basic philosophical question has always been 'why are we here,' or 'what is the meaning or purpose of life.' You are here to learn, grow, evolve, and ultimately to use your unique qualities and experience to bring your unique contribution to the world and fulfil your life's purpose. Suffering is the conscious or subconscious awareness that you are 'off track' in this process.

Many people are so caught up in their emotions, usually hopes and fears, that they don't stop to ask the most important questions. The quality of the questions you ask however, will in the long run determine the quality of your life. For many it is also difficult to think 'in the long run'. The more stressed we are, the more difficult it is for your brain to focus on anything long term. Our overloaded emotional system and stressed mind just wants to know how to get through the day week or month. As a result long term vision is lost causing many to greatly overestimate what they can do in the short term and greatly underestimate what they can do long term, resulting in more stress, disappointment, and ultimate under-achievement in one or more areas of life.

What you think determines how you feel which determines how you act, which determines how others react to you, which determines your results. But what determines how you think! The very wise can control their thoughts, but the masses are controlled by their thoughts. We have all had times in our life where those same thoughts just keep coming from somewhere in the back and we just wish we could switch that mind off like a TV.

The answer is in the 'script', 'story', or 'rules', which have been programmed into our subconscious minds by our life experience, especially as children. Because our perceptions are pure as children but we are at the mercy of often stressed and distorted adult perceptions, it is unavoidable that we will be made to feel, threatened, helpless, powerless, worthless, ashamed, guilty, unworthy, unloved at various times and in various degrees before teenage. Our response is to wall off experiences and feelings that we judge as unsafe, bad or wrong because as we grow up, we look to the adult role models around us for confirmation of and or to give meaning to our own experiences.

Our need for love and acceptance is supreme. We therefore wall off parts of ourselves and develop a false sense of self based on a 'rule book' of who we think we are supposed to be in order to be lovable and acceptable. But to 'wall something off' doesn't mean 'get rid of', it means that it gets stored in our subconscious memory bank. It gets 'filed' under the category of 'bad, wrong, shameful, dangerous or painful,' shut in a draw, locked and labelled 'do not open'. Our subconscious mind literally fills up with information that our conscious mind cannot deal with. So we must build a defensive wall between our conscious and subconscious in order to block information flow between the two. The more our conscious and subconscious mind are competing with one another, the more difficult life seems and the more stuck, helpless, depressed or angry we can feel in relation to one or more areas of life.

We are literally avoiding our true self and holding on to a false sense of self. We are then ripe for suffering. Our suffering is life's way of telling us that the person we are being does not honour our true self. The best way to prolong suffering is to miss interpret it, or to try to get rid of it without looking for its significance.

A huge discovery for us was that this defensive wall we build between conscious and subconscious shows up in the structure, posture, movement and tension of our physical body. This is why body language is such an effective communicator because it mirrors our internal beliefs and perceptions. American neuroscientist Candace Pert describes in her book "Molecules of Emotion" how information in the subconscious mind is stored as nervous tension in the spinal chord and the muscles and connective tissues of the body. This

is the basis of psycho-somatic illness. In order to maintain this 'wall', we must 'disconnect' our awareness of our body and sacrifice our ability to self regulate our posture and tension. Stuck in body, means stuck in mind which means stuck in life! And interestingly, this stuckness can show up in different areas of life, work, health, relationships etc. Our life's purpose has become to help people un-stuck and self heal through reconnection and reorganisation of body, mind and life. Network Spinal Analysis and Somato-Respiratory Integration are techniques which if followed through there different stages, can change the relationship between brain and body and create a new reality for us. To make this purpose real for us, we've had to be and continue to be in a process of personal development ourselves. We teach best what we work on in ourselves.

We attract people, events and circumstances subconsciously. Some of you maybe cynical and say; "That's B.S, some are lucky and some aren't." But that is only a philosophy, reflecting your subconscious perceptions, which in turn is controlling your personal circumstances. Understand, we were cynical for years until someone made us realise that was why we kept attracting circumstances to be cynical about. Hmm, Shit, that was a humbling moment. But all moments of humility are doorways to evolution.

Email: r.h.smith@lineone.net, kaloniko@hotmail.com

Sites: <http://www.reorganizationalhealing.com/ROH/Welcome.html>

<http://www.wiseworldseminars.com/>

<http://www.donaldepstein.com/>