

Turn the Auto Pilot Off! Awaken Your Conscious Mind!

The majority of the vibrations that we're sending out are unconscious. They're out of our conscious awareness. So, we don't know the things that we're attracting and creating and putting out in the universe. We're not even aware of them. Those things have been programmed into us like a blueprint in our unconscious mind from our parents, our school systems, our clergy, our environments.

Dr. Morris Massey was a behavioral scientist who did research on human behavior and value systems. He found that most people core level values lock in by the time they're about 13 years of age. They very rarely if ever change. So, what we're dealing with here is a bunch of 20, 30, 40, 50 year olds who are really 13 years old inside. They are acting on those things that have been programmed into them at a very early age.

Most people very rarely move beyond the lifestyle of their parents. They improve maybe a little bit, but most people repeat the lifestyle of their parents with very little improvement. The reason is because they've been programmed at a very early age and those things have locked into the unconscious.

Most people are running around on auto pilot. For example, when was the last time that you consciously tied your shoes? You don't give it a second thought. You can carry on a conversation. You can eat a meal. You can watch a television program. You can do a whole host of things and tie your shoes simultaneously because it's totally unconscious behavior.

Well, the metaphor is true cross contextually. The things that we do every single day... the major portion of our life is unconscious. How many times have you gotten in your car and you begin to get on the highway and you're starting to head toward the office and all of a sudden you realize that it's Saturday--you don't have to go to the office. And you're like, why am I getting off on this exit? You know, it's not even the day that I'm supposed to be going there. But it's an unconscious thing that we just go on auto pilot and we shut our conscious minds off.

One of the most powerful things that we can do is to begin to dig into that blueprint and to begin to ask ourselves questions like, does this serve me? Where does this come from?

James Ray names three major human dilemmas – God, money and sex. Those three places are where people have more hang ups, more problems. The major reason that relationships have disconnects and arguments is money. A major reason for insecurity in our society is money. And then sex, most people don't even want to talk about that one. You know, they want to suppress that one or hide it away, particularly in the organized religious circles because it's just not something that is appropriate.

There's no more limiting and negative programs in life in my personal opinion and experience than in those three areas and that's why people have so many pathologies, problems and hangups. One of the things that I know for a fact is that money is a magnifier. You know, if you're miserable in your relationship where you're broke, you're going to be ten times more miserable when you have ten times more money.

About the Author

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