Twitter Thread by Carnivore Aurelius ©



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REWIRE YOUR BRAIN AND CHANGE YOUR LIFE…A Thread

Feeling stuck? Change starts with changing your consciousness.

This is a long one, but understanding this will change your life in incredible ways.



How can you get anything you want in life?

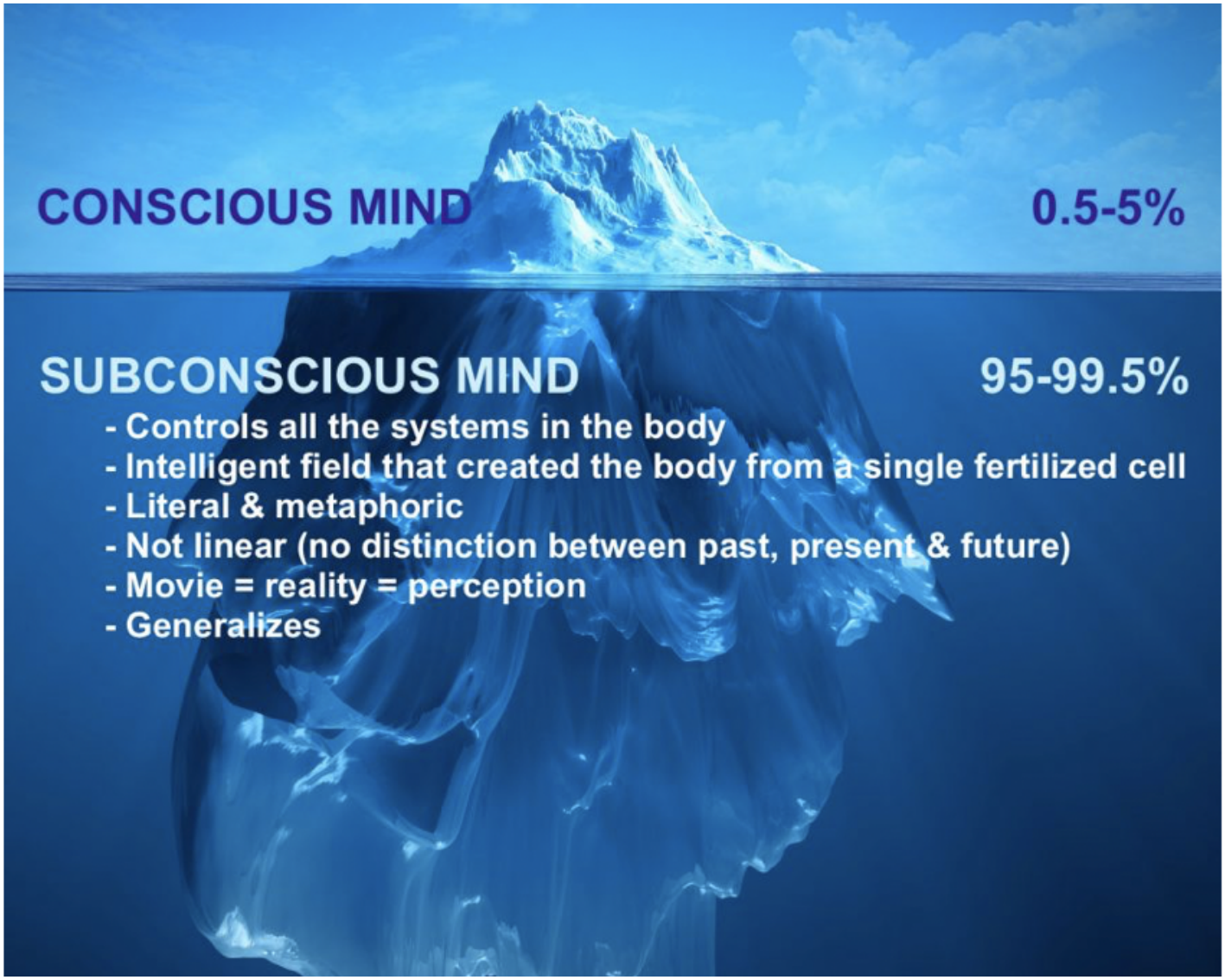
Your beliefs.

But this isn't just positive mindset in the traditional sense.

Merely thinking positive thoughts will DO nothing and can even do harm.

Why?

Because your subconscious runs the show.



Your positive affirmations are too superficial and can't actually change your behavior.

Before I get too woo woo, let me explain a bit more

Key Point 1: You are ALREADY manifesting.

Everything you've gotten in your life started with a thought.

That thought turns into a picture.

That picture changes your brain circuitry and habits

But where did those thoughts come from?

You didn't consciously create them.



They all stem from your SUBCONSCIOUS. But you’re only aware of them once they arise.

95% of your life is run by your subconscious thoughts

The problem is that you didn’t define your subconscious beliefs.

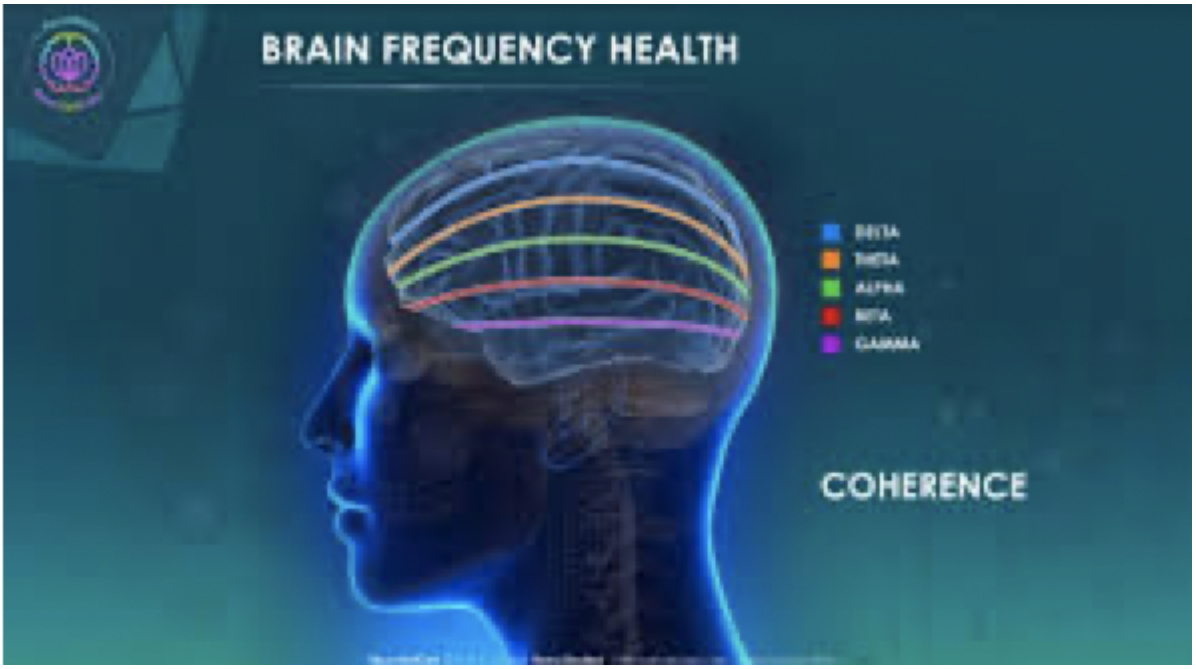
Where did they come from?



The first 7 years of your life your brain is in theta wave mode

This primes your brain to be hypnotized and download programs from your external environment

It’s how you learn to walk, eat, and behave so quickly.



The matrix is a documentary.

You are literally programmed like a computer.

The subconscious that runs your life is a product of everything you downloaded from 0 - 7 years old



How do you know what your subconscious beliefs are?

Look at your life.

Your life is a printout of these beliefs.

You know how some things come super easy to some people — like making money — but feel impossible to others?

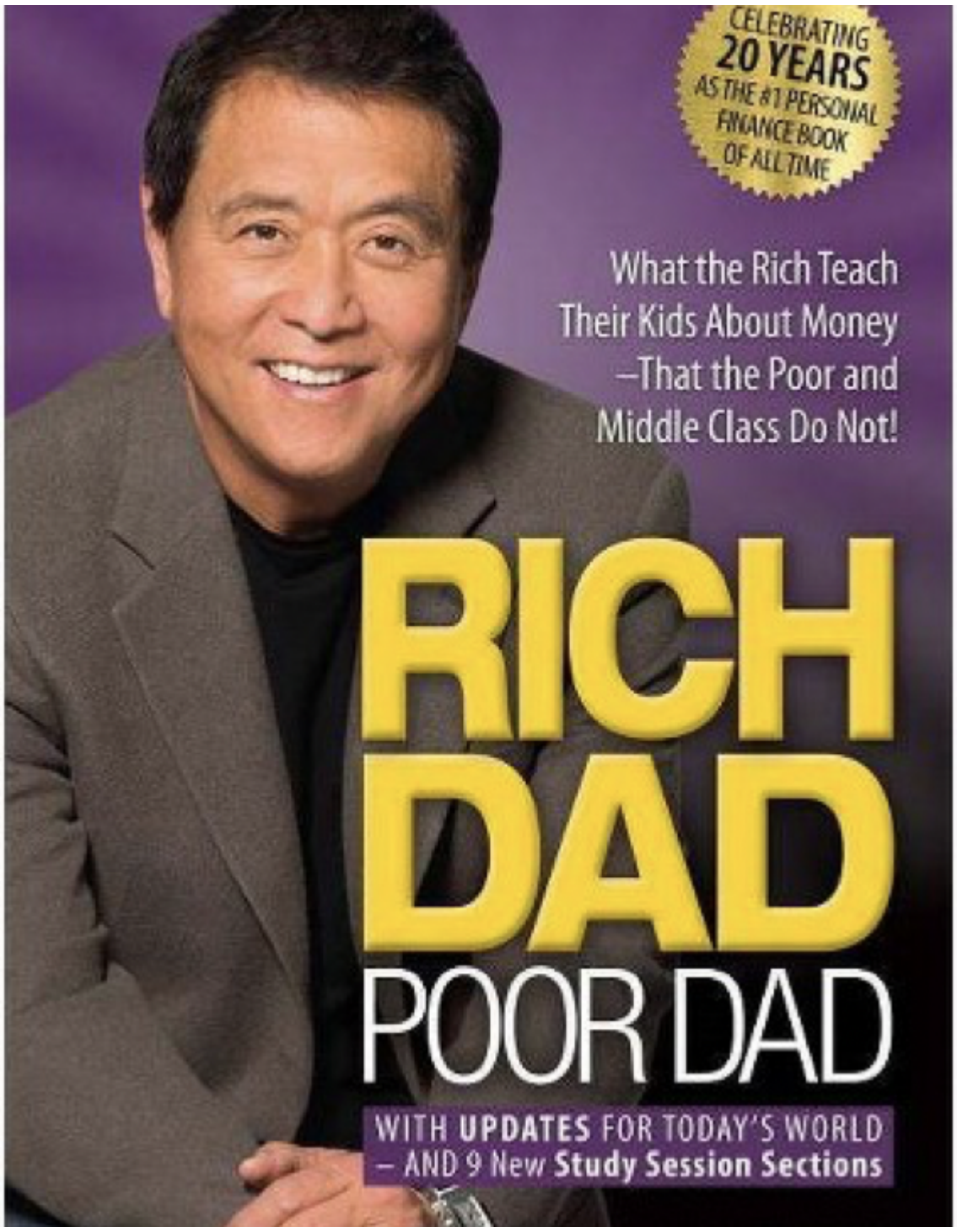
This is because of their subconscious beliefs

The book Rich Dad Poor Dad discusses this.

People who grow up rich tend to become richer because they believe in ABUNDANCE.

Opportunities fall into their lap.

But really its because their subconscious directs them towards and welcomes those opportunities



Your conscious mind is a coherence machine. It likes consistency

It will produce thoughts and direct you towards whatever your subconscious holds.

If you subconsciously believe you don’t deserve to be rich, you will never become rich.

Limiting beliefs about how hard it is to make money will prevent you from creating what you need to make money.

It will cause your mind to turn down things because they’re “too risky” or “will never pan out”

The problem is that most people's subconscious is riddled with absolute TRASH.

70% of your subconscious beliefs are NEGATIVE and LIMITING

Right now try thinking and visualizing something positive.

“I will be incredibly rich” “Everything comes easy for me”

Listen to all the negative criticism that comes up.

Feel it in your body.

Those are your subconscious limiting beliefs holding you back

They sabotage what you really desire.

“I cant be rich because I’m not smart enough”
“I’ll never find a loving partner because I don’t deserve it”
“I’ll never be healthy because my parents weren't"

You’ve just lost your free will to subconscious programs.



When people fail they think its because of the outside world.

But it’s really because of their beliefs.

Thoughts and emotions are the most powerful tools in the world.

They have the power to create anything you want in life.

Don’t believe me?

According to studies the placebo effect accounts for almost 33% of all the positive health results.

This is f**king crazy

Fake pills can cure you because it changes your thoughts and beliefs.

One study found that patients who received FAKE KNEE SURGERY did as well as people who got real surgery.

This is f**king insane and we need more research.

Background: Many patients report symptomatic relief after undergoing arthroscopy of the knee for osteoarthritis, but it is unclear how the procedure achieves this result. We conducted a randomized, placebo-controlled trial to evaluate the efficacy of arthroscopy for osteoarthritis of the knee.

Methods: A total of 180 patients with osteoarthritis of the knee were randomly assigned to receive arthroscopic débridement, arthroscopic lavage, or placebo surgery. Patients in the placebo group received skin incisions and underwent a simulated débridement without insertion of the arthroscope. Patients and assessors of outcome were blinded to the treatment-group assignment. Outcomes were assessed at multiple points over a 24-month period with the use of five self-reported scores--three on scales for pain and two on scales for function--and one objective test of walking and stair climbing. A total of 165 patients completed the trial.

Results: At no point did either of the intervention groups report less pain or better function than the placebo group. For example, mean (+/-SD) scores on the Knee-Specific Pain Scale (range, 0 to 100, with higher scores indicating more severe pain) were similar in the placebo, lavage, and débridement groups: 48.9+/-21.9, 54.8+/-19.8, and 51.7+/-22.4, respectively, at one year (P=0.14 for the comparison between placebo and lavage; P=0.51 for the comparison between placebo and débridement) and 51.6+/-23.7, 53.7+/-23.7, and 51.4+/-23.2, respectively, at two years (P=0.64 and P=0.96, respectively). Furthermore, the 95 percent confidence intervals for the differences between the placebo group and the intervention groups exclude any clinically meaningful difference.

Conclusions: In this controlled trial involving patients with osteoarthritis of the knee, the outcomes after arthroscopic lavage or arthroscopic débridement were no better than those after a placebo procedure.

But what most people don’t realize is that the OPPOSITE can occur

Negative thoughts can KILL YOU.

This is called the nocebo effect.

When youre afraid or anxious, your brain releases cortisol which down regulates your immune system and prepares your body for battle



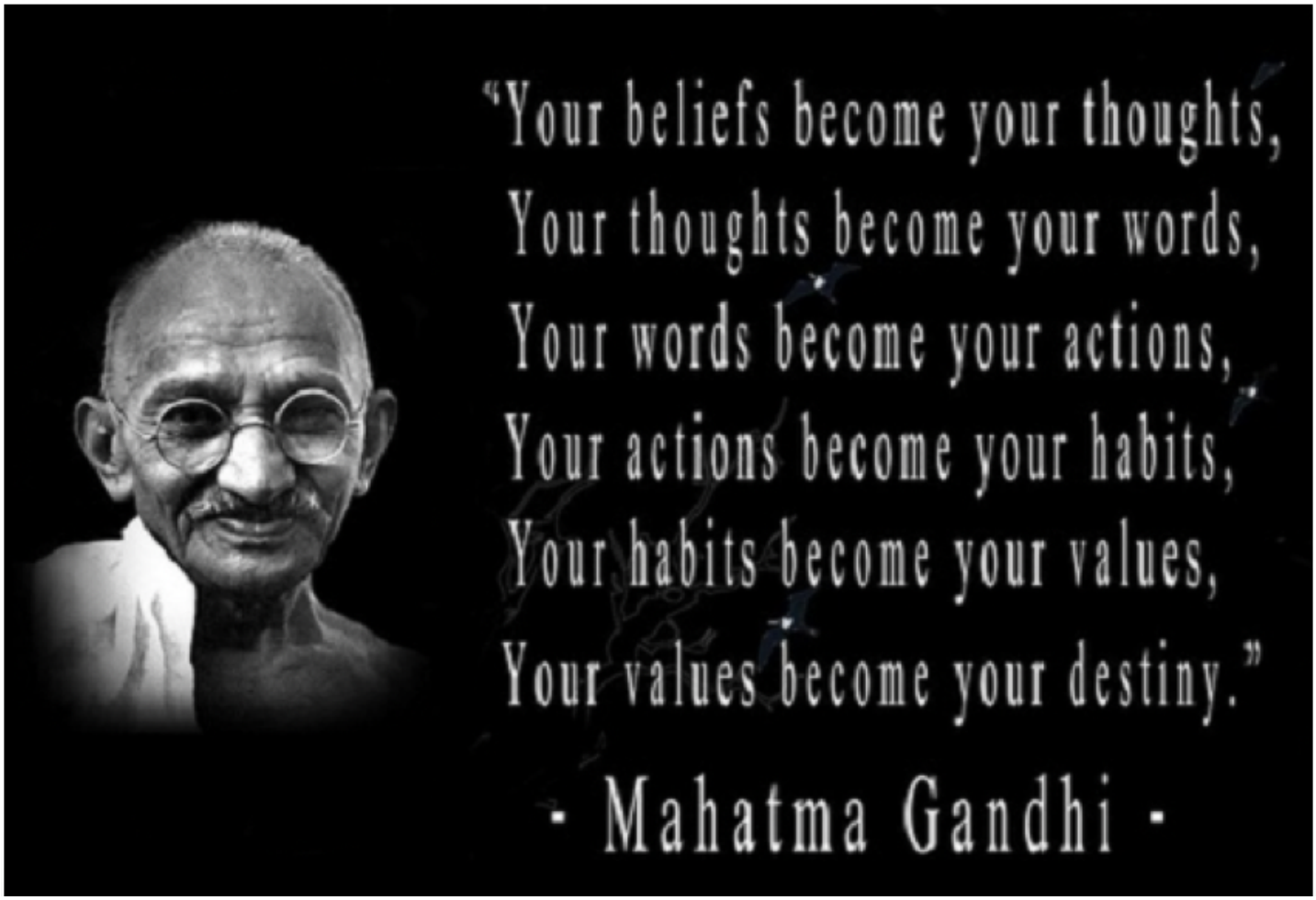
The ancients all knew this

“What we believe, we become.” — Buddha

Your beliefs ae filters that change how you see the world

And your biology changes based on them.

Theres a reason your life isn’t changing.

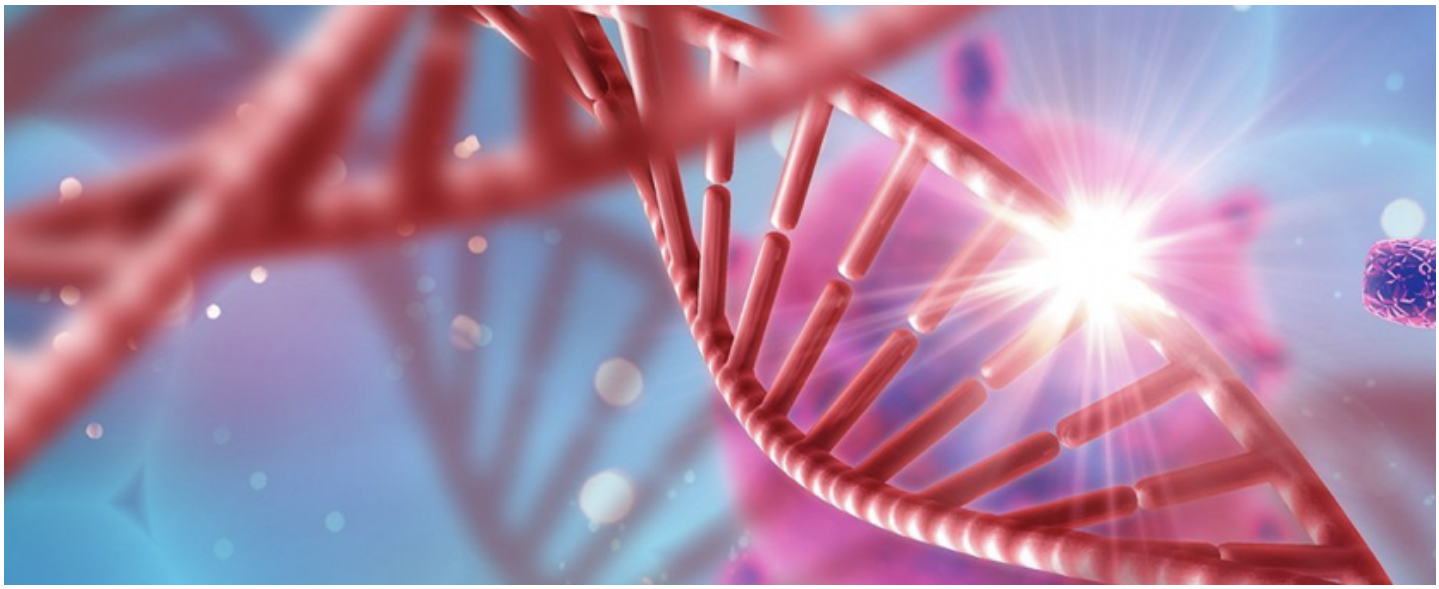


Its because you're living in groundhogs say with the same exact trained beliefs every single day

Before I get too woo woo on you, how does this all work?

Two new emerging scientific fields confirm this

#1. Epigenetics
#2. Quantum physics.



The latest research on epigenetics tells us that your genes aren’t fixed.

You can change your genes.

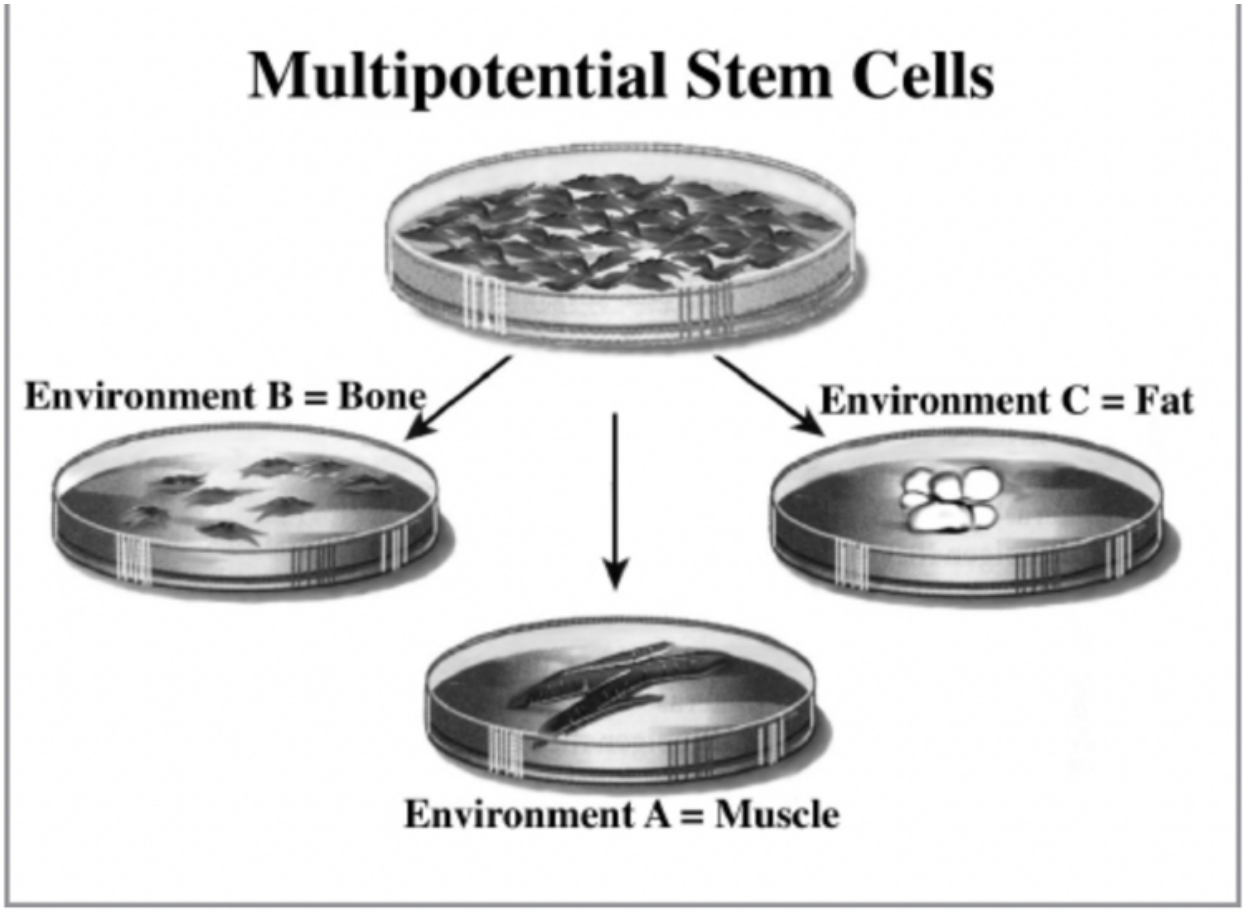
The environment a cell is in dramatically changes what the cell turns into.

What is the environment of all your cells? Your blood.

And how do you change that environment?

Thoughts and emotions. Through thoughts, your brain releases hormones and neurochemicals that affect every cell in your body.

Thoughts change neurochemical composition of the blood which in turn changes the biology of your cells



Meditation can change your genes

Rapid changes in histone deacetylases and inflammatory gene expression in expert meditators

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Associated Data

Supplementary Materials

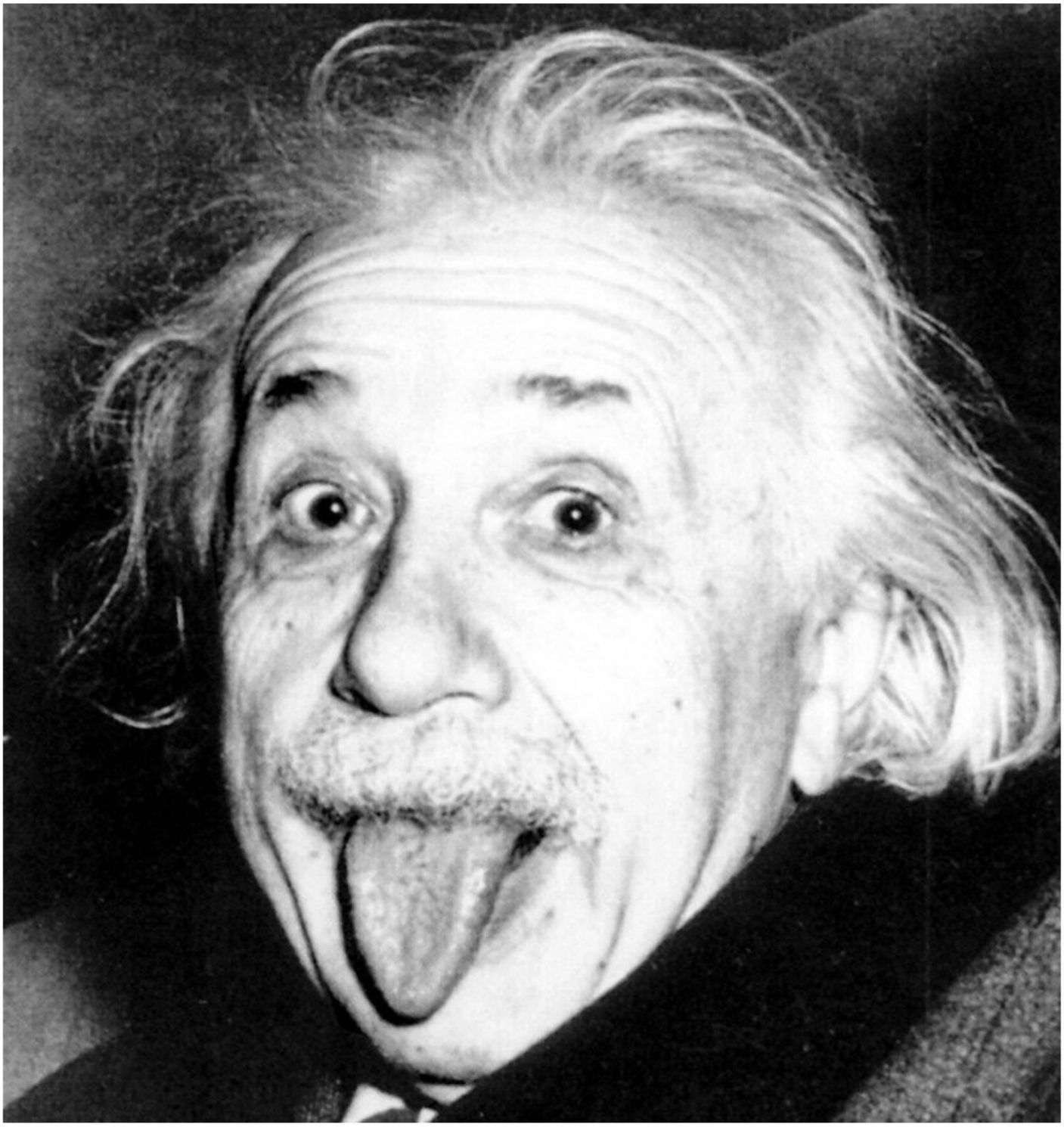
Thoughts also change your energy

The new science of quantum mechanics confirms this.

Quantum mechanics 101: What you think of as matter is really swirling energy.

This is what Einsteins e=mc^2 means.

That means that YOU are an electrical organism.



In fact every cell in your body is a battery that produces an electrical charge of 1.4V.

So your body has over 3 TRILLION VOLTS and is emitting these electrical signals and vibrations all the time.

You've no doubt noticed this.

This is where the concept of aura comes in.



Everybody is constantly emitting energy and electromagnetic fields based on where their consciousness is.

And you can FEEL THIS

All organisms use vibrations to communicate

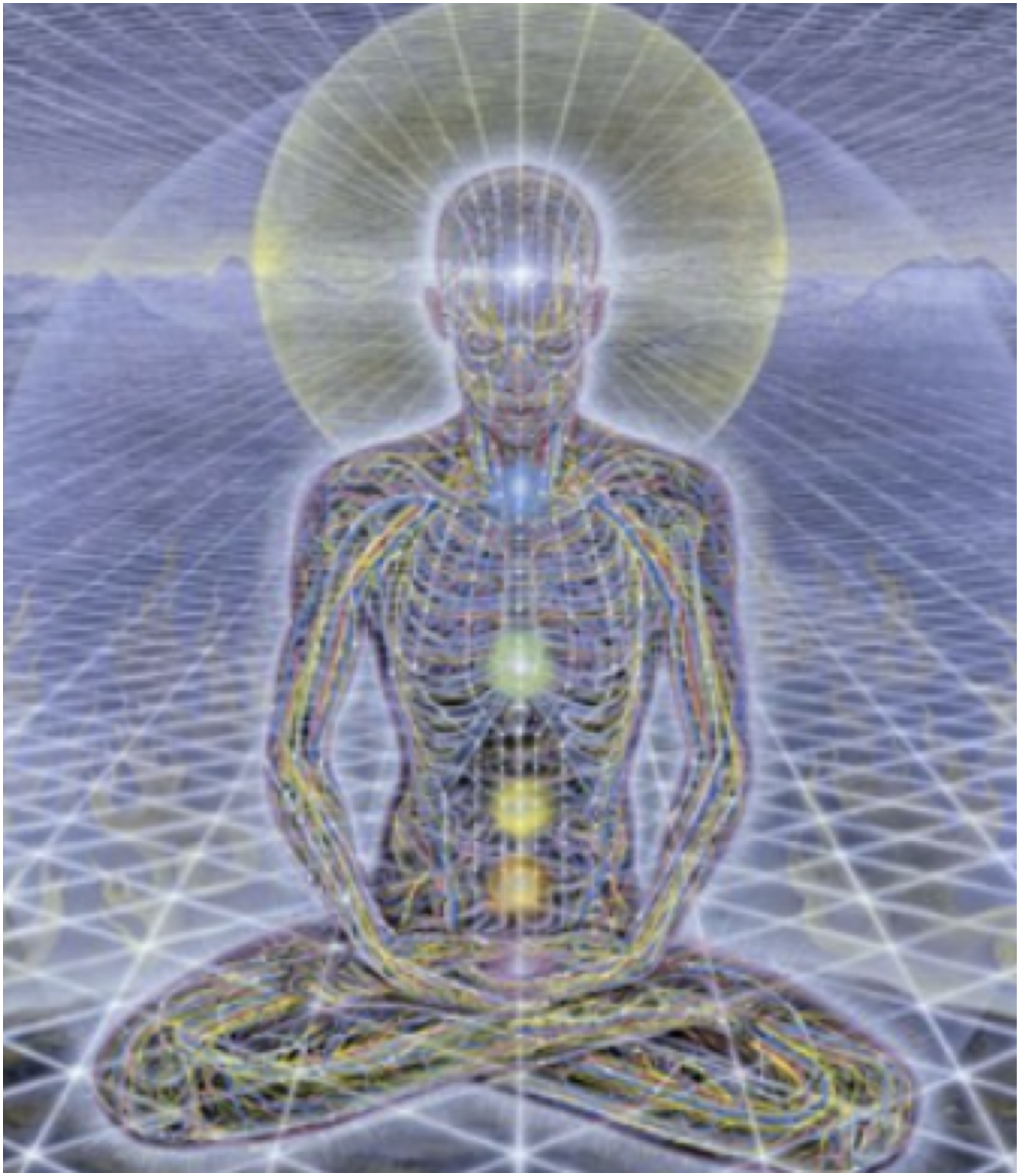
Ever walk into a room with angry, self centered people? If your consciousness is higher than theirs you'll pick this up immediately.

It feels painful.

Your body is an antenna that picks up other people's frequencies

Your VIBE creates your TRIBE.

Like attracts like.



Low consciousness people attract low consciousness people.

This is why all criminals end up together in jail and all drug addicts hang out on the same street corner.

Whereas on the other hand, higher consciousness will magnetically attract people.



When you feel good with somebody its because your vibes are in harmony.

Thus if you’re always fearful, you can only attract other fearful people because you will only feel good around them.

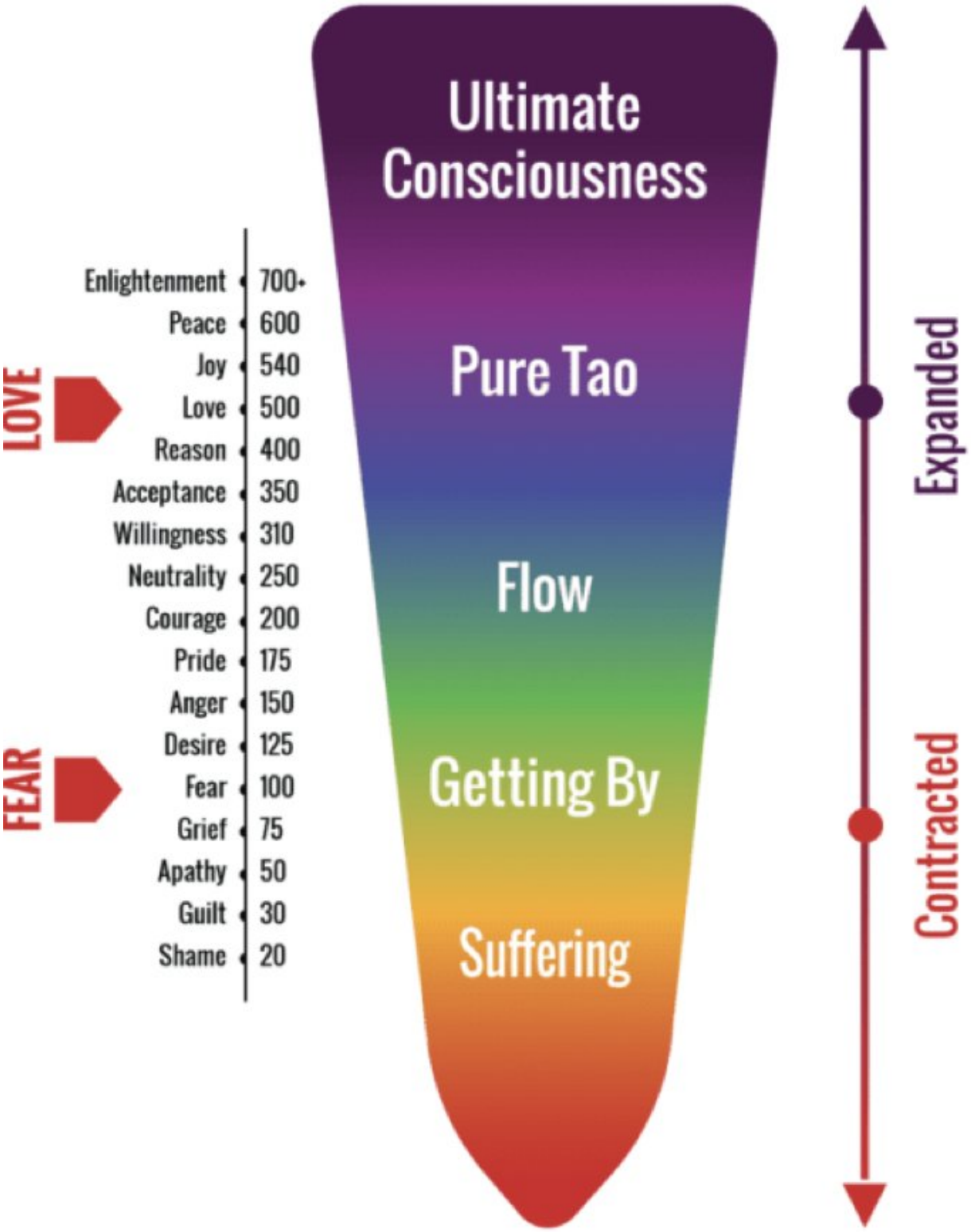
Love is harmony between peoples energy fields

The ability to change your vibration is the most powerful tool in the world.

Psychologist David Hawkins was actually able to QUANTIFY your vibrational state.

Through muscle testing, he could determine where you were on the consciousness scale.

THE HAWKINS SCALE



ALPHA POINT

If you hold an angry thought and press down on your arm wen it’s extended, your arm will be weaker than if you hold a positive loving thought.

This is wild. Your level of consciousness affects your strength.

Your body is a manifestation of your mind

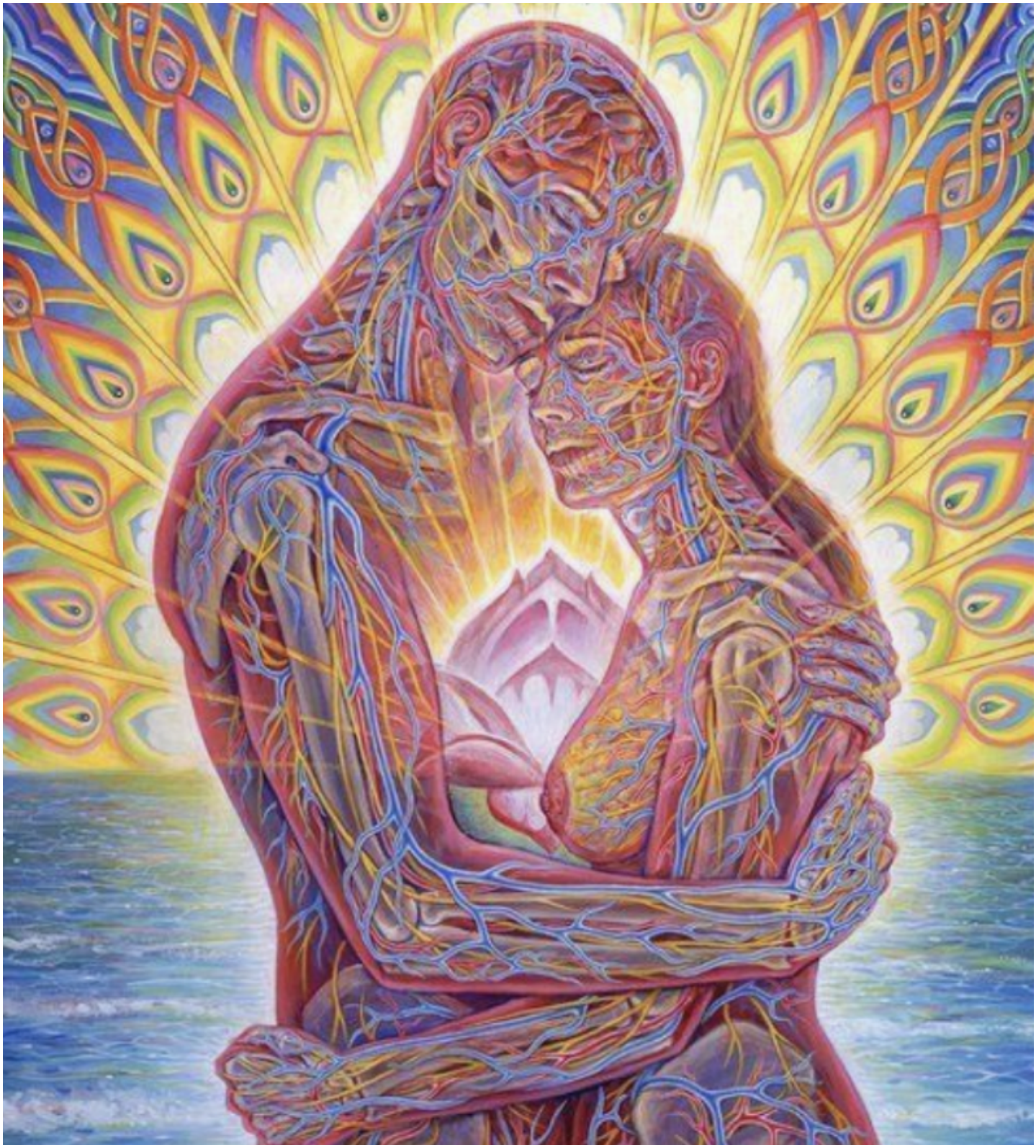


So this gets back to how to change your life

You change your life by changing your consciousness.

Higher levels of consciousness make you more magnetically attractive.

A state of love releases hormones like oxytocin and vasopressin which make people like you more.



Good vibes increase your energy. Bad vibes decrease your energy and repel people.

This is why it’s so important to not let the world program you.

Shut off the tv god damnit.

You are the creator of your reality. Embrace and enjoy this.



As you increase your level of consciousness, synchronicities and random coincidences will start happening more frequently.

So frequently that you cannot ignore them.

Things you never thought possible will just start happening.

Life becomes easy

But the hard part is changing your consciousness in the first place.

So how do you change your consciousness and start to manifest things?

The red pill of how to break out of the matrix and reprogram your subconscious will come in part 2

