Twitter Thread by [redacted]

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@Listen2UrMind

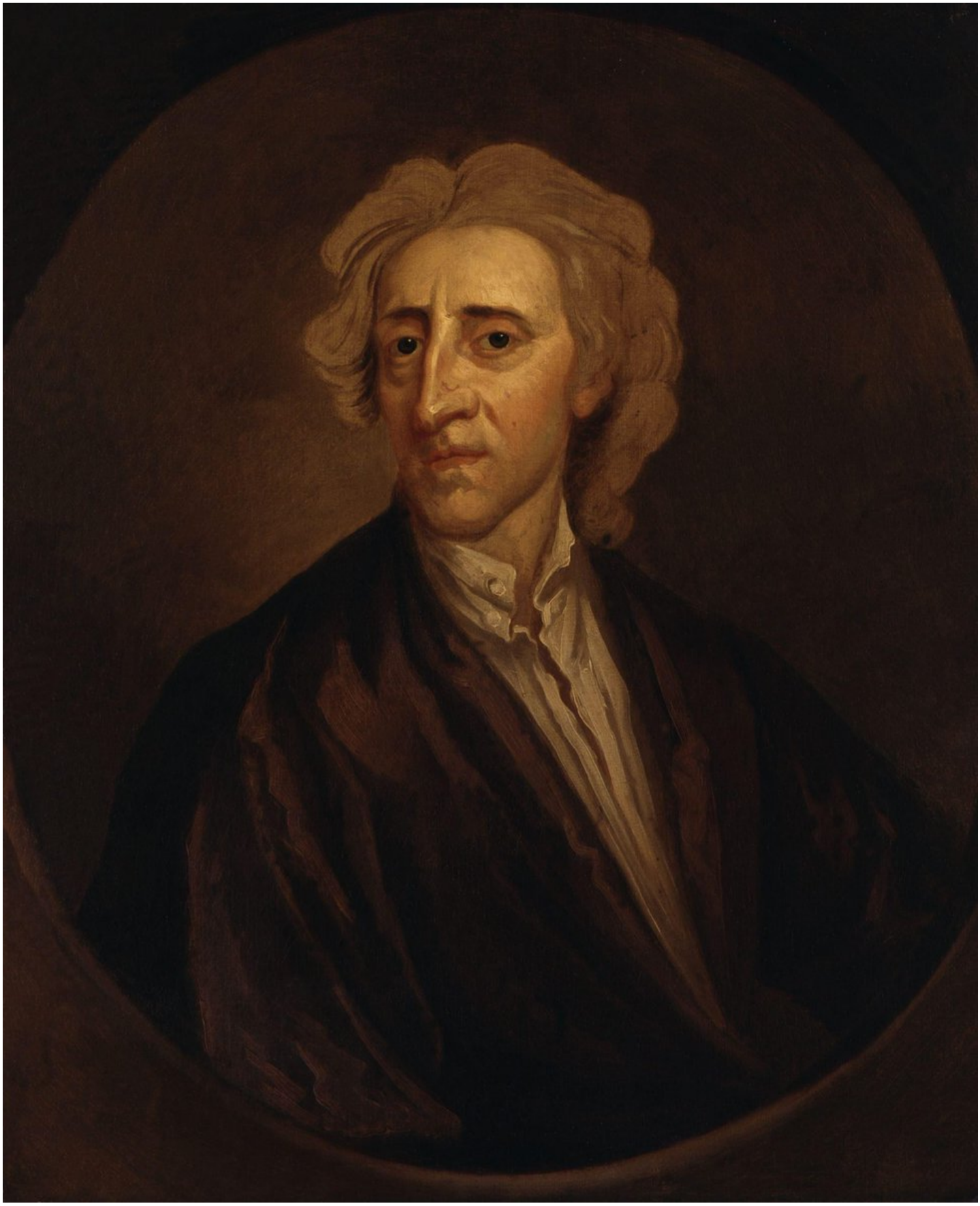
SUBCONSCIOUS MIND

(THREAD)

The subconscious mind is the master of your reality. It is the man behind the curtain and the instinct in your blood.



It is more responsible for you, than your conscious mind. Humans are often a byproduct of their environment during infancy, this is when their subconscious mind is most malleable. This explains why John Locke's Blank Slate theory (Tabula rasa) is so widely accepted.



We are a “blank slate” at birth and people write the first initial lines for us, whether they realize it or not. I’ve always thought of the subconscious mind as your starting software. They are your thoughts that stem directly from God himself.



He’s implemented you with basic software, and that software adapts to its forever changing environment. Subconscious thoughts are different from the conscious because you can’t simply explain them away like you could a rational conscious thought.



Your environment won’t be the same forever, so your subconscious won't be the same either. In the beginning stages of life, it repeats what has been written on the “slate” since birth.



Your subconscious thoughts are raw thoughts, their instincts (stem from hardware). They are the little ideas that pop into your head out of no where, they’re your nightly dream - simply unexplainable.



Your subconscious thoughts are ALSO not your own, they've been inscribed on your tablet and are manufactured in infancy for you.

In a sense, thoughts stem from nothing and everything.



The subconscious mind is always listening. Doesn't matter if you are asleep, awake, or daydreaming, it just records what's around it. (stems from everything)



The issue with this is that your subconscious mind has probably been poisoned from your environment, early infancy, and “popular” culture.



Odds are your environment has been infested with malevolent ideas. And if the subconscious has been poisoned, then it will lead to a poisoned conscious mind, inevitably leading to a self destructive mind.



Over time your brain follows what the subconscious is hearing, it's indifferent to what it hears, all it does is listen.



Want high culture? Feed it high culture.

Want low culture? Feed it low culture.



Feed yourself positive thoughts. Stuff it down your throat like it's going out of style. This is no easy game though. You have to ask yourself, with EVERYTHING you do, “how does this serve my subconscious?”



This is how your mind works, it takes ideas and environmental factors and cements them in your mind as instinct.

“But it doesn't work for me”



It's not working because the mind can't be fooled by a quick five step plan to change your internal software.
If you really think about all the negative talk or toxic themes that your subconscious has ingested over your life. It's going to take time to restructure your software.



The subconscious is all dependent on the inputs it receives, better input = better outputs.

Some ways I've been restructuring my subconscious mind are…

-Replace negative talk with positive affirmations.

(positive thoughts are stronger than negative thoughts, you've just never been taught to think positive.)

-Meditation

-Baroque classical music.

-Nutrition (zero soy, and veg oils) (obviously).

Remember your body is controlled by your mind, what you feed your mind is what you become, inside and out.
Your thoughts aren't yours either, that voice inside your head is not you, it just moderates you. You have been cursed with a self conscious subconscious.

