

## Is your Conscious and Subconscious mind in sync?

Folks, do you have situations when you feel overwhelmed with a zillion things running through your head and everything seems to be important? Do you get frustrated and exhaust your energy on trying to do everything in a haphazard manner and achieving nothing?

Do not worry. you do not need to fret and fume as those resounding drumbeats in your head is telling you something positive.

This is your wake-up call to be in resonance with those beats. It's your subconscious mind knocking at the doors and trying to break free the shackles that have adorned it for a long time. Engage your subconscious mind to communicate with your conscious mind and you will see this potent combination convert into a ball of power that will be an indomitable force in your arsenal.

So, what is this subconscious mind?

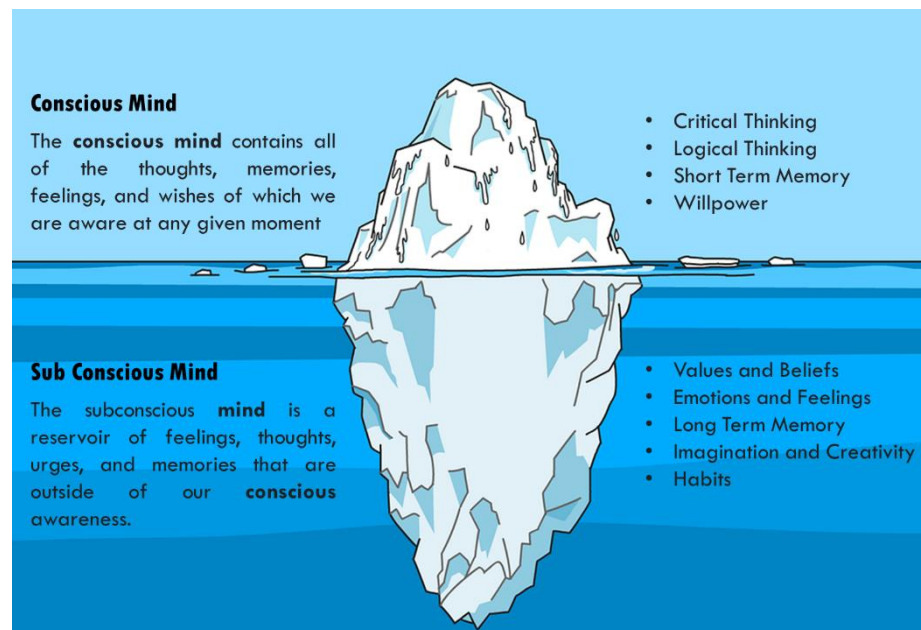
Folks, do you know that your brain receives humungous amounts of information from your senses every sec. How many? Give

a number that you feel is farfetched and that will be true.

Imagine if the brain has to process all that information, your brain will explode.

Well, there is a filter, call it a barrier if you wish that processes everything and passes the most relevant things to the brain.

That filter or a processor is the subconscious mind.



Did you know...

Neuroscience has shown that most of our decisions, actions, emotions and behaviour depend on the 95 percent of brain activity that lies beyond conscious awareness, meaning that 95% of your life comes from the programming in your subconscious mind.

What's are the questions that comes to your mind?

- ➔ "I want to crack, max the competitive exams like MBA, GRE, ILETS, TOEFL, CLAT, JEE, NEET exam and get a seat in the best college in India/abroad"
- ➔ "I want to play cricket for India at an international level".
- ➔ "My dream company is "XYZ" and I want to get a job in that company"
- ➔ "I want to move up the ladder and be a Senior Executive in the next 5 years"

These are a few examples of desires/goals we have. The list is endless. What is your desire? How can you turn that burning desire to reality?

When you set up a goal and are focussed on achieving it, there will be nothing stopping you from reaching the goal. When you train the subconscious mind to carry that unflinching desire, the conscious mind and the subconscious mind will work together to unearth and unlock different avenues to make it happen.

So how do you "Make it Happen". Here is the 5-step formula

1. **Visualize your goal:** Visualization is a simple yet powerful technique to create a strong mental image of you achieving the goal.
  - a. Firstly, find a quiet spot to write down the goal.
  - b. Use your senses (VAK: visual, auditory and kinaesthetic) to translate this into a visual representation of your choice. (Immerse yourself in that mental/visual image and create a detailed image of the journey to reach the outcome.)
  - c. Paint a picture in your mind of what achieving the outcome does to you? How does that make you feel, what do you see happening, what do you hear?

Visualization does not guarantee success; however, this technique will build on the self-confidence needed to march towards the goal.

2. **Create a Roadmap to attain the goal:** With the mental outcome strongly entrenched in your mind, create a plan by breaking down the journey into milestones. Ask yourself sincerely whether the milestones are doable and indulge in iterations if necessary
3. **Resources needed to achieve the goal:** Once you have the road map clearly laid out, check on the resources you will need to achieve the goal. Write down the internal resources (Values and beliefs) that will consistently keep you focussed towards the goal. Note down the external resources that you will need (Network, Family, Experts etc) to be a part of your journey.
4. **List down Constraints that can derail the goal:** You have surely heard this before “Life is not a bed of roses”. Writing down the constraints and knowing how to address them upfront will reduce the load and create the motivation and the confidence to drive towards the goal.
5. **Lay down the Evidence as proof of goal attainment:** A goal is achieved if and only if you have laid down the evidence in the beginning of the journey. The evidence should be measurable and time bound.

Repeat the 5-step formula multiple times and your subconscious mind will accept the things that you put into it. Constantly engage your subconscious mind to convey your unflinching goal to your conscious mind and your actions will be a mirror image of the roadmap that was created by you.

Do you have a desire? Convert that to an achievable goal using the 5-step formula.

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