Kemila's Theory of Mind

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Conscious Mind

Reactive Subconscious Mind

Run by automatic programming from past. This is also called analytical mind. It goes automatically to defend, convince you what comes up is true. It's only true from the perspective with which you're viewing things. And, whether it's true or not, you're having an emotional reaction to that trigger, because you are making meaning out of it.

Intuitive Creative Subconscious Mind

Deep Down our subconscious mind is deep love, wisdom, compassion, beauty, freedom, peace, joy, happiness, safety...

Primitive Mind

Fight or Flight mechanism

All the good feelings you are craving are available within your deep self, when you tap into the intuitive creative mind. How to access it so you open up a new way of seeing the situation and a new way of responding?

- Have faith and step into the unknown fearlessly.
- Observe your thoughts and consciously make choices moment by moment.
- Enquire your thoughts.
- Access your Intuitive Creative mind by going to meditation and quiet your Reactive Mind.
- Reprogram your Reactive Subconscious mind by hypnosis or self-hypnosis!

It contains our values, personal goals, decisions, logic reasoning...
We always act on our thoughts. That's why it's essential to become conscious of our thoughts and choose the ones that lead us to the result we want.

Unless in very rare cases a person is very positively programmed, this is where our negative voices – e.g. of doubt and fear – come from. It tries to stop us from doing what's best for us. Worst of all, it has direct access to our intelligence reasoning, so it has the ability to argue with what feels like very valid points, therefore receiving justification and rationale. It perpetuates our unhappiness and causes us to move in the opposite direction of what we truly want.

It is loud, quick and aggressive. Wants to control, manipulate and run the show. It always puts up a fight. Or seek for escape through food, substances, alcohol, cigarettes, and excess stimulation from computer or TV, from other people... We don't know where we would be if we drop them – at least we have consistency and familiarity. It's destructive but we are comfortable with them.

By default, it's running you (see where it is located in the diagram!) until you decide to stop by turning to your intuitive creative mind, FAST. It pours out the data of "facts" about what you are experiencing, letting you know that you are right to be upset. That you are stuck and only it can protect you by being angry, hateful, depressed and even vengeful. It attracts other reactive minds that will agree with you.

The trap to avoid is to "fight" with our reactive subconscious mind. "Fight" never works, be it "fight" for peace, or "fight" against cancer, poverty... Only "peace" can bring peace. So we welcome our Reactive Mind as an opponent. What fun is a football game without opponent?