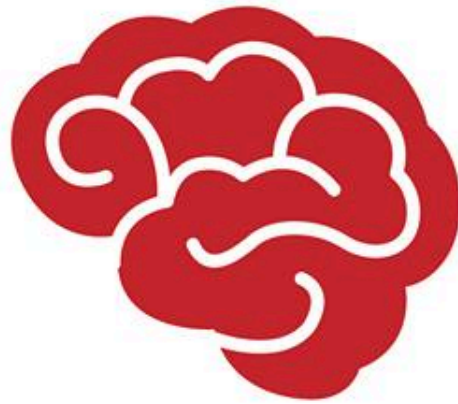


WHAT THE HECK IS MY UNCONSCIOUS MIND?

UNDERSTAND YOUR OWN MIND,
TO BE, HAVE & DO MORE!



Janelle Fraser

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Preface

When I hear all the stories I do about people's struggles, their obstacles, their lack of control over their lives, and their confusion about how to create a better life, my honest internal reaction is "*it doesn't surprise me*". Time and time again, I am shocked at the lack of knowledge people have about their own mind, how it works, and how to use it to create a life they love. In my opinion this needs to be common knowledge, this needs to be taught from the time we are born until the time we pass on, and until this is the case, we will continue to have a world filled with unhappy, dependant, and disempowered people. Although some of these people make some well-known organizations millions of dollars every year, I seek to live in a world with happy, independent, and empowered people who know how to use their own minds to take control over their lives.

Most people know they have a mind (duh) but what most people do not know is that they have an Unconscious Mind as well; a part of their mind that is learning, creating, deciding, behaving, and processing information completely out of their conscious awareness. *What The Heck Is My Unconscious Mind* has been written to shine some light on the part of your mind that creates your BEHAVIOURS, where true LEARNING takes place, and where CHANGE and DEVELOPMENT is long lasting.

It does not matter what area of life you want to improve and get better results in because last time I checked you use your mind in all areas of life. This is essential knowledge for true happiness, complete health, financial success, passionate relationships, confidence, parenting, education, performance enhancement, and everything else in between. You have an amazing system that you carry around on your shoulders everyday and when you learn how to harness its power nothing will ever stop you again.

In short, you better keep on reading; your life is waiting.....

Important Information

- ✓ Unconscious and subconscious mind are describing the same part of your mind. I choose to use Unconscious because the word “sub” linguistically means below or less than, which does not adequately represent the importance of the Unconscious mind.
- ✓ Many coaches, speakers, and trainers use other words to describe this part of your mind such as intuition, long-term memory, imagination, creative mind, gut instinct, and so on. Yes, the above are all elements of the Unconscious Mind and what it does, but alone those terms do not adequately depict its full range of expertise. The lack of knowledge about our Unconscious Minds is concerning and I believe that if we continue to call it other names that may sound better or look better for marketing, we are inhibiting this powerful information from becoming common knowledge.

Meet Janelle

Since we're going to spend a little time together, would it be ok if I told you a little bit about myself so you have context for who I am and why the heck you should even listen to me? Thanks.

Since starting my business, I have been personally able to help hundreds of people from all over the world in their health, relationships, businesses, and everywhere in between. I have the honour every single day of having people trusting me with their time, money, and energy to help them achieve their goals and create a life that they love. Not only do I get to help individuals, but I also train, certify, and mentor coaches and other leaders to go out and share their message and to help others. This allows me to be a part of the bigger, more global impact I want to make. I am able to work full time for myself, and in my early twenties have become in charge of my own time and finances.

I have an amazingly supportive fiancé, I am committed to eating local and organic food, I engage in regular exercise and meditation routine, I have an extremely close and connected relationship with my family, and on top of all of that I regularly take time for travel, new courses, and mindless fun...like watching movies and going shopping.

But my life didn't always look like this. Just a few years ago when I was completing my degree in kinesiology and psychology my life was totally different. I was struggling to deal with past childhood abuse, which was destroying my relationships, health, confidence, education and everything else. I was not helping anyone or doing anything productive because I had fallen into a depression where I was completely overwhelmed, full of anxiety and had panic attacks. My relationship with my fiancé (boyfriend at the time) was passionless. We didn't fight very much, but instead we suppressed everything and almost daily were destined to be frustrated, the result was that this caused me to avoid intimacy of any sort. I avoided communicating with all friends and family because I couldn't admit to anyone how much I was struggling or hurting, so in many ways I just isolated myself. No one in my life knew about my past trauma and I felt like I was alone because I couldn't talk to anyone.

What The Heck Is My Unconscious Mind?

After about three years of enduring this struggle, my health began to fail and each month it seemed like I was running to the doctor for something new. My blood work showed my immune system was suppressed and hormones were completely out of whack, both being a sure sign of excessive stress. There was a complete imbalance in every aspect of my life. I was not looking after my own needs; I was lying to myself and everyone else by telling them I was fine, keeping a smile and having an externally positive attitude that everyone knew me for. I would attempt to make things better by going shopping, out for dinner, getting my hair done; I was trying to scratch the surface of a much bigger issue.

I thank my lucky stars everyday that I signed up for the class I did in third year university, because it was after the first class that I had with this professor that my life began to change! I got my fight and power back, and I sincerely believed there was hope to get over these lingering feelings. Most importantly, I started to take action towards creating a life I loved. Since then, I have continued to seek out the leading trainers in the world who have knowledge and expertise on all topics related to human potential, mind power, leadership and business development, finances, relationships, and health.

I have had the honour of being trained and now directly mentored by the creator of the most powerful tools on the planet today for creating massive and lasting change. I have studied with the world leaders in this area and been certified as a master coach & trainer in coaching, NLP, Hypnosis, and Time Line Therapy®, and I finished at the top of my international class. I also hold two yoga teacher certifications. I regularly seek out and attend seminars and trainings so that I can deliver to my clients and audiences the hottest and most impactful information that exists. All with the purpose to help others create a life they love.

I wholeheartedly believe I must practice what I preach and I do that every single day so I do not know just in theory what works but also in practice. This is a big claim but I only speak the truth when I say that my entire life has transformed since I committed to this knowledge and journey and I now have a deep and sincere desire to share this knowledge with others. I truly love what I do with every cell in my body and I see infinite potential in everyone I meet which motivates me to do whatever needs to be

done to help them get the results they are looking for. Often I learn just as much from my clients as they learn from me. But enough about me, let's get back to you!

Unconscious Mind Introduction

When you went to sleep last night, what kept you breathing? As you sit here reading, what mechanism is beating your heart and digesting your food without you even having to think about it? Can you remember a time you got a cut or a scrape; what allowed your body to heal itself?

The answer to all of these questions and so many more is your Unconscious Mind (UM). Your unconscious mind is the part of your mind that is out of your conscious awareness. You have many processes happening in your body every second of every day that you do not have to consciously think about and if you did it would be impossible to do any of your other daily activities. For example: can you imagine if you had to consciously remember to blink each time you do so or you consciously had to tell your digestive system to do each of the hundreds of steps it takes to digest your food? It would be impossible to have conversations, work, drive or do anything if our conscious mind had to take care of everything the unconscious mind is in charge of.

When my clients and students first approach me and ask for help I always ask them the same question. "Do you know you have an unconscious mind?" 99% of the time I get the same response "I have a what?". This, my friends, is a problem, and not just a tiny problem. Most of our society does not know they have an unconscious mind and most people are unhappy or unfulfilled in at least one area of their life. Trust me...there is a direct relationship between these two facts.

My mission is that you will not only become aware of the fact that you have an UM but that you will begin to build a relationship with your UM so that you can create a life you love, so you can understand yourself and your behaviours, and of course so you can become genuinely happy, wildly successful, and a dynamic leader.

What your UM is in charge of

Your unconscious mind has MANY important jobs (in fact, we cover over 20 of them at our Coaching Certification) and below are 7 of the most important that will allow you to begin to understand its important role. The unfortunate thing is that most people look at me with complete confusion when I mention the word, which shows me that most people don't know even know they have an unconscious mind. When you continue reading you will discover why this part of your mind is so important to your happiness, health, and success.

Your Unconscious Mind:

1. Stores your memories
2. Organizes all your memories
3. Is the domain of the emotions
4. Represses memories with unresolved negative emotion
5. Presents repressed memories for resolution
6. Enjoys serving, needs clear orders to follow
7. Maintains instincts and generates habits
8. Runs the body
9. Preserves the body

Note: The descriptions that follow are highly simplified to make this easy for everyone to understand. I like to make things easy to follow because when you learn to work with your UM you will be amazed at how simple it is to create what you want. I admit the work I do often sounds "to good to be true" or "to simple to be true" but the results don't lie.

1. Stores your memories:

Your UM is the home of your long-term memory, it is the storehouse for everything that has ever happened to you. Your UM records everything you see, hear, feel, taste, smell, touch, and think in every experience you have ever had. You are probably now trying to consciously remember past events and you may be thinking that you do not have past memories from early childhood. The key word here is that you are doing this consciously and your conscious mind is the home of your short-term memory and it is not its job to remember all those past events; that is the job of your unconscious mind. So, although you may not consciously remember past events that happened when you were a child your unconscious mind does. This job is given to the unconscious mind because can you imagine if you had to have all your memories and everything good and bad that has ever happened to you in your attention at all times?

Have you ever heard a song, smelled something, or saw something and it took you right back to a memory you forgot about? This happens to us all the time; all it took was a trigger to bring that past memory up. They are always there just stored out of your conscious awareness.

2. Organizes all of your memories

Not only does your UM store all those memories it also organizes them...thank goodness! Can you imagine the mess in your head if you did not have such an amazing filing system!

You somehow know the difference between a memory that happened two days ago and a memory that happened two years ago, right? Your UM organizes all your memories in such a way that we are able to easily know the difference. Your UM has various ways in which it organizes your memories and some may be unique to you. The most common ways your memories are organized are in relation to time (as in the example above), around a particular subject, or a particular emotion or feeling. For example: all of the times in your life when you would have experienced anger would all be stored together as well as positive emotions like love.

The particular way your memories are organized is an essential piece of information that I use when I work with clients to release past events that hold them back as well as to help them let go of negative emotions such as anger, sadness, fear, guilt, depression, and anxiety.

3. Represses memories with unresolved negative emotion

In life, well bad things happen, and sometimes we need to get on with life and life keeps going. So our UM will repress memories with unresolved negative emotions so that we can focus on something else that has to be done. This also acts as a protective mechanism; for example, if something is too much for us to handle at that exact time, such as a childhood trauma. This can be positive for the time being; however, a lifetime of repressed memories and emotions can lead to many health issues and an unfulfilling life.

If you have ever talked to someone that has been through trauma in their childhood it is extremely common for them to have repressed memories. We all do this in varying degrees. It is when this becomes a common pattern that it become dangerous.

4. Presents repressed memories for resolution

Your unconscious mind is brilliant and will present memories to us for resolutions, so we can move on, learn what we need to learn, and free up some headspace. I am sure you have had an experience where a random thought popped into your head and you wondered where the heck did it come from, and why am I thinking about that situation or that person?

This is your unconscious mind presenting a memory to you for resolution or learning. What do we normally do when that happens? We block it out or repress it again. There is a reason that this is being presented and if you take the time to discover what that is, then there will be no need for the memory to reappear again. I should also mention that your UM is symbolic and NOT literal. Therefore, if you have a memory of an ex-lover that does not mean you want to be with them or still love them. That would be literal. Your unconscious mind is symbolic so you can discover what that memory represents or what themes are present. Later in this book I will give you exercises that will help you to do this for yourself!

5. Enjoys serving, needs clear orders to follow

Imagine that your UM is a small (and adorable) puppy that loves you and wants your attention. Just like a puppy your UM enjoys making you happy and fulfilled. Just like a puppy your UM needs clear and consistent orders or commands to follow so it does not get confused. Just like training a puppy you can train your own UM to do “tricks” ...tricks that are far more impressive than “shake a paw”.

Also, I encourage my students and clients to treat their own UM like they would a small puppy or child, with love and kindness. Can you imagine yelling, degrading, and putting down a small child or puppy? Of course not and if you did it would break your heart. Your UM wants to serve you, benefit you, and work with you. So treat it with the upmost respect!

6. Maintains instincts and generates habits

You know that incredible flight or fight response, that instinct that kicks in and saves the day without you having to think about it? That as well as all other instincts are maintained by your UM. Instincts are completely unconscious and you do not have to think about them or consciously choose to activate them; they just happen.

Habits tend to work the same way, whether they are positive or negative habits. Think of one of your habits or behaviours, like chewing your nails, biting your cuticles, picking up your phone constantly for no reason, addictions. You typically do not consciously decide it is time to do _____ (insert your habit); it just happens, correct? Generally, the more you do it the stronger it becomes.

If your UM is where your instincts and habits are generated it only makes sense that when changing these we would want to work with the part of your mind that is actually in control of them. All too often these are being dealt with consciously, which results in incompleteness, relapse, or failure.

7. MOST IMPORTANT: Runs & **Preserves the body**

When you went to sleep last night, what kept you breathing without you having to think about it? As you read this, what is beating your heart and pumping blood throughout your body? What about your last meal, how is that digesting without you even having to think about it?

Your UM keeps your body running without you having to consciously think about it, and for this we need to THANK our UM's. Can you imagine if you had to consciously focus on all the millions of processes that occurred every minute in our bodies? We would certainly not get anything else done.

Not only does your UM run your body, it preserves your body and that is its most important job. Above all, it will do everything it can to keep your body going. Think of the last time you cut yourself; we put a Band-Aid on it and all of a sudden we take it off and poof we are healed. You did not have to sit and consciously stare at your finger and think "*heal heal heal heal*". No, your body just knew what to do to preserve itself and it did it. Therefore, your body knows how to heal itself and it has done so time and time again.

This is important information when dealing with health issues. Your body is meant to heal itself and for some reason it sometimes does not do so. What is causing it to not heal itself? What is blocking the healing process? I will stop there because I don't want to push your thinking too much...yet.

Meet your own UM

You have already completed the first step to getting everything you want in life because you now know you have an Unconscious Mind and some of the jobs it is responsible for. You are now probably wondering what you are supposed to do with this information and I want to remind you of what I mentioned in the Preface:

“What The Heck Is My Unconscious Mind has been written to shine some light on the part of your mind that creates your BEHAVIOURS, where true LEARNING takes place, and where CHANGE and DEVELOPMENT is long lasting.

It does not matter what area of life you want to improve and get better results in because last time I checked you use your mind in all areas of life. This is essential knowledge for true happiness, complete health, financial success, passionate relationships, confidence, parenting, education, performance enhancement, and everything else in between. You have an amazing system that you carry around on your shoulders everyday and when you learn how to harness its power nothing will ever stop you again.”

The next step is to begin to build a relationship with it. Your UM has been with you for a long time and it is about time you quit ignoring it. When you build this relationship you will be able to give it the clear and consistent orders I mentioned earlier that will help you to achieve what you want in life. On the following page is two exercises to get you started on this incredible journey.

NOTE: Although this book focuses on the importance of the UM I want to urge you to not forget about your conscious mind. It is not about choosing sides or that one is better than the other. The best-case scenario is that you integrate the two; that you learn to work consciously with your unconscious mind. This is so you can make conscious decisions to create a life you love and so that you can do it is as effortlessly and unconsciously as breathing.

Exercises

1. Listen to “WHAT THE HECK IS MY UNCONSCIOUS MIND?” Hypnotic Mediation. The 24-minute Hypnotic Meditation is guaranteed to relax you, inspire you, and strength the relationship you have with your own mind. I encourage you to listen to this over and over again as the more you do the stronger your relationship to your UM will get.

If you do not have your copy, get it TODAY: www.janellefraser.com/hypnotic-meditation

2. PAY ATTENTION

If you remember in point number four, I mentioned your UM presents memories to you for learning and resolution and that these memories may not necessarily be literal because our UM is symbolic. Here are a few suggestions to begin to pay attention to these presented memories and to gain insight from them.

1. **PAY ATTENTION**, notice when a thought, past memories, or a situation is mentally presented to you. Notice what it is and give it some thought.
2. **REMEMBER THIS MAY NOT BE LITERAL**; ask yourself what is it about this memory, thought, or situation that I need to learn? What is it that this is trying to tell me, remind me of, or express?
3. **LOOK FOR THEMES**; what is the big picture or the overall themes of what your mind is presenting to you? Is there something in your current life situation where a similar theme is present? What do you need to learn?

When you ask these questions to yourself, it is then your job to LISTEN. Trust whatever comes to mind and in fact, trust the first thing that comes to mind. This is regardless of how crazy, impractical, or difficult it may be. If you fail to pay attention or ignore the answers, your UM will not be very happy with you. Can you imagine if you had a friend who did so much for you and you continually ignored them over and over again? How likely would they be to want to continue serving you? Exactly, this is no different.

I also suggest you take this a step further and act on whatever your learning was. For example, if the first thing that popped into your head was you need to take care of your own needs before others, then act on that in a current situation. Take care of your own needs first in a real life, current situation. This will begin to solidify the learning you are getting; it will create positive change and habits, and ultimately lead you towards a life you love.

What The Heck Is My Unconscious Mind?

I encourage you to continue to pay attention, to continue to strengthen this relationship you are building. The stronger your connection to your UM the more power you will have to use your own mind to get the results you want. You will have consistent results, the secret to happiness, success, and health. You will be independent from any webs of dependence our world has in place. You will be FREE!

Conclusion

You now have the key information that the general population is missing. What will you *choose* to do with it? Being unaware and unconnected from our Unconscious Mind keeps us limited, makes us sick, and prevents us from actualizing our true potential.

Everyday in my office and training rooms I see miracles, transformation, successes, and triumphs; it is when we choose to take control of our lives and discover our own minds power that these achievements happen consistently and deliberately. Otherwise, these achievements will only happen by chance or luck. As Carl Yung says, “until you make the unconscious conscious, it will direct your life and you will call it fate.”

I encourage you to be all you can be, do all you desire to do, and have all you want to have. Even if I have never met you, I believe in you. I know that we all have what it takes to overcome anything and achieve everything.

I would be honoured to support you on your journey and I assure you this is only the beginning. The more I dive into this world the more fascinating things I find and I expect it to be the same for you. I believe everything happens for a reason and therefore I believe you have received this book for a reason. Only you know what that reason is and if there is any part of you that is curious to do, be, or have more I urge you to contact me personally and let’s figure out how you can make it happen!

I look forward to hearing from you and being a part of your success and transformation!

MAKE it a great day!

Janelle Fraser