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Being 12 Years Old – Again

Nicholas Pollak / February 7, 2012 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)



[img]560|left|Nicholas D. Pollak|remove link|no_popup[/img]Re “***Two Kinds of People – Which One Are You?***” (</articles1-10518/TwoKindsofPeopleWhichOneAreYou>)”

As products of the environment in which we were raised, we observe the behaviors of our parents and siblings, learning from them.

By the time we are 12 years old, the behaviors we viewed are now learned. We find ourselves behaving the way our parents do, often without realizing it.

What we learned when we were young is the way we behave now. Amazingly enough we still solve our problems and behave the way we did when we were 12. The difference, of course, is that the older we become the more complex our problems are. Still, we handle them the same way we did when we were 12.

We learn so many things as we grow. Everything we learn is stored, held in our subconscious. The subconscious never decides what is right or wrong, good or bad. It only stores what we see, hear, touch and smell in the same way that a hard drive stores information.

The information is downloaded and stored without the hard drive determining its merits. A friend told me once that there was good news and bad news regarding computers. The bad news was, whatever you asked the computer for, it gave you. The good news was that whatever you asked the computer for it gave you.

Same with our conscious and subconscious. The information in our subconscious comes out when the conscious mind asks for it. None of us has to think about how to tie a shoelace. When we were very young, we learned.

Again and Again

After repetition, the actions were stored in the subconscious. The conscious mind says "I have to tie a shoelace." The subconscious sends appropriate actions. It is the same with our behaviors. Our subconscious gives the conscious mind what it asks for when it is asked for.

To change our behaviors we must change our subconscious. The conscious mind uses 10 percent of our brainpower whereas the subconscious uses 90 percent. To affect change, the subconscious must change. Ten percent trying to change 90 percent is not going to work whereas when you change the 90 percent, it will be easy to affect the change on the 10 percent.

Making a change in the subconscious is the same as making a change to a program in your hard drive. If there is an upgrade to the program already installed, you download it to the hard drive and the changes are overlaid on the old program so that when you, the user, type in the same commands as before, you will receive the new programming replacing the old. So it is with the subconscious and the conscious minds.

What About Hypnosis?

By using hypnosis to gain access to your subconscious and by placing images of the new behaviors you want, the next time the conscious mind asks for what it wants, the new

behaviors will come out instead of the old behaviors. The key here is to allow those new behaviors to come. Don't allow yourself to fall back into the old behaviors. This takes practice. As with all learned behaviors, we become accustomed to the new ones. When those changes are the ones you want, your life becomes a better one as you continue to unlearn the old behaviors and allow the new ones to take hold.

Good luck to you.

If someone asks you to move over a seat at a bar or restaurant, make the person happy by agreeing to that small change.

If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (mailto:nickpollak@hypnotherapy4you.net). See my website at www.hypnotherapy4you.net (http://www.hypnotherapy4you.net)



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A secret cache of letters brings together a former

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May 08, 2015

Repeat Every 1 Week(s) on : Friday,Saturday,Sunday

The multiple award-winning Echo Theater Company, n

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May 09, 2015

Repeat Every 1 Week(s) on : Friday,Saturday,Sunday

Love, incest, mental illness and murder. A 25th an

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