

## SUBCONSCIOUS AND TECHNOLOGIES OF USE WITH IT

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**Abstract:** This article explains in detail what the subconscious mind is, how to use it, and how to apply it to our lives and the miraculous changes that occur after it. The concept of the subconscious mind is very complex and a lot of research has been carried out in the science of psychology, in this sense, the Canadian scientist John Kehoe in one of his most famous books "The subconscious mind is capable of everything" learns how to use the subconscious mind in life. and this article will focus on this work.

**Key words:** subconscious, John Kehoe, positive and negative thoughts, thinking, holographic universe, quantum physics.

Consciousness is one of the main philosophical categories that represent intelligence. Consciousness is multifaceted and complex, so it is the object of study of various sciences such as philosophy, psychology, psychiatry, physiology, cybernetics, computer science. In religious interpretation, consciousness is interpreted as a divine phenomenon, a miracle created by God. In many religions, the human mind is described as a tiny reflection of the great divine mind, a form of its manifestation. The soul in the human body is the carrier of our desires and thoughts. When the soul dies, so does the mind. Although the roots of such views are very ancient, they still have many supporters. After all, consciousness is directly related to the issue of man and his creation. As one acknowledges that the universe and man were created, it is natural for one to acknowledge that consciousness is the power of the Creator.

Consciousness is a tool that can receive and analyze all information from the external environment during our life. That is, it is the apparatus that manages and

controls what we think, what we do, what we are surprised by. And I call the subconscious mind "Big golden box", because it stores all the information, for example: you were bitten by a puppy, but you don't know when and what time it happened, what clothes you were wearing that day. you don't remember what happened, but every time you see a puppy, you begin to fear inside without knowing it, because this event is stored in your subconscious. Not only events, but also positive and negative thoughts, dreams, worries, fears, and blocks remain in our consciousness. The subconscious mind is so powerful that if we learn to use it properly, we can miraculously change our lives for the better. For example, without an applicant, your goal is to enter a higher educational institution on the basis of a state grant, but you yourself do not believe in it even partially, because in your subconscious mind, "Admission is too complicated", "Are you able to enter?", you have had close people who told you that you have learned a trade, and this has settled in your mind, admit it, you have believed these thoughts yourself. Now let's work with these ideas. First of all, we will start thinking correctly, and before that, we will change the phrases that convinced you, i.e.: "I will definitely go to school", "It's easy to go to school and I can do it," say to yourself. and believe in it, don't stop trying to improve your knowledge, you will definitely get a positive result.

We all know the iceberg, only ten percent of it is visible to us, just like our mind. Our mind stores ten percent of information, that is, what it needs, and the rest is stored in our subconscious, that is, our subconscious controls us. For example: a person who smokes cigarettes knows that it is harmful, but continues to smoke it, that is, even though he knows that he is doing wrong, he cannot stop it because he is addicted to it in his mind. Therefore, if we form our consciousness correctly, we can achieve success in all areas.

Man is a perfect biological mechanism, but not everyone uses the opportunities given to him by nature. Intuition, inner voice, subconscious ... these words have different sounds, but they are united by a common meaning. The ability to anticipate events, make the right decision, listen to the signals of your body or the world around

you, acquire knowledge that helps in everyday life - all this is available to everyone from birth. As people get older, they listen to themselves less and less. But it's never too late to start developing your subconscious mind. Mindfulness is the objective awareness of the mental, emotional, physical, and spiritual sensations of the environment in each moment of perception. Intelligence is the essence of interest. Developing your own mind can be difficult. Make your environment a place of practice.

When referring to the human ability to think, the terms consciousness and intelligence are synonymous: Both consciousness and intelligence are products of the human brain. A person understands, that is, he thinks. A person's understanding of social life, perception, and attitude to it takes place in his mind. The expressions of political consciousness and social consciousness came from this. The reflection of reality in a person's brain, which includes all his mental activity and is directed to a certain goal, is the manifestation of consciousness. Consciousness is also a set of spiritual, political, philosophical, religious and artistic views of a person. This is what is meant by social consciousness. A conscious person means a person who has consciousness and intelligence, and the expression of a conscious life expresses a purpose-oriented life. The phrase "conscious" is very appropriate for a person with a high consciousness who understands reality, social life, his position, and his historical and civic duty. The expression "conscious" is also used to refer to an educated, cultured person with a certain understanding. Conscious thinking is acting with awareness. A person can commit a bad deed intentionally, knowingly, that is, consciously. This is called his deed. A person's level of intelligence - understanding, perception, intellect, wisdom, maturity - depends on his mind. When we say sane, we mean a person with a whole brain.

Now let's see how to use the mind:

- Believe sincerely that all the processes that take place in the mind in your mind are reflected in the world around you. It is your mind that determines what happens to you.

- Know that the subconscious is always at work whether you want it to or not. But it is in your power to make it work to your advantage. If you are faced with a difficult problem, first try to find ways to solve it. Consider all options.

- Tell your problem before going to bed. Your subconscious mind is active during sleep. You see, when you wake up, you will find a solution to the problem. It is not for nothing that many great discoveries are made in a dream, and folk wisdom says: the morning is wiser than the evening.

- Trust your subconscious mind, it will surely answer the given question. But do not interfere with the thoughts that you will not succeed in it, that it is impossible to do such a complex task quickly. Everything will be the way you want it, it will not be done, it will not be. Consciously, you do not know how to solve your own problem.

- Close your eyes, relax, sit like this for five minutes, your state should be like a dream. The body is relaxed, the head is not occupied by any extraneous thoughts. Repeat to yourself several times: "I believe that my subconscious mind will help me fulfill my desire to benefit everyone around me."

- Relax, only in a calm state you can influence the subconscious. If you worry, that worry goes to your mind. And you leave it to solve your problem.

- Monitor your thoughts. The subconscious mind, of course, responds to the state of your heart and thoughts. If your thoughts are impure and your thoughts are evil and dirty, it can harm you and your health.

In conclusion, it can be said that consciousness is a higher form of reflection of reality, that is, all things and events in existence, unique to a person. Consciousness has a strong influence on human life, when a person not only learns to use the subconscious mind, but can apply it in his life, we are sure that he can achieve great success.

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