

UNDERSTANDING ME

ROMANS 12:1

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

EPHESIANS 4:23

23 And be renewed in the spirit of your mind;

THE. ANGEL. OF. THE. LORD_ PHOENIX. AZ SATURDAY_ 51-0414

E-20 There's sometimes you get in such a rut till there is no really setting right to a man. Is that right? You just get to a place till subconsciously you're disbelieving when you don't want to do that. See? The thing to do is lay down everything and believe with all your heart.

THE. INSIDE. MAN_ CHICAGO. IL SATURDAY_ 53-1212

E-19 Would you. . . Do you ever think that inside of our body is another man? Did you know that, that there's another man inside of our body?

It works from an intelligent here that the mind subconsciously. . . Just maybe if I'd happen to think to reach over here; I don't have to think about it. It just look like. . . Now, there's where faith lays.

JAIRUS. AND. DIVINE. HEALING_ WOOD. RIVER. IL TUESDAY_ 54-0216

E-8 no matter how much we think that everybody's a hundred percent; yet there's got to be some that isn't. They. . . And they look this a way, and some of them will wonder in their heart, just subconsciously wonder.

Well, that's what I pick up here. Is what you're. . . See? And you think, "Well, I--I--I wonder what's happening. What--how's that man do that? What--what happened?" Well, just as you do that,

it just comes in like this, going [Brother Branham blows into the microphone--Ed.] against you like that. See? And you can feel it. You say, "Brother Branham, that's psychology. "

GOD'S. PROVIDED. WAY. OF. HEALING_ CHICAGO. IL MONDAY_ 54-0719A
E-30 A person setting in a group of people like this, where faith is gathered on every side, it'll help you to get well. There'll be people who listens at the Word being taught, that'll never be in a prayer line, yet they'll get well.

For something happens subconsciously, maybe, that they don't even realize what it's about. They'll get well. Somebody setting and watch one of the signs of the Lord appear, and [Brother Branham snaps his fingers--Ed.] they'll get well. See? It's when faith, anything that can stimulate that faith.

HE. SWORE. BY. HIMSELF_ JEFF. IN V-26 N-11 SUNDAY_ 54-1212
101 Listen. I'm going to say something. Look. Faith is unconscious. Amen. You believe it? I've learned that in the years of travel around the world and meeting the peoples of all different walks. But faith is unconscious.

You got faith and don't even know it. That's right. Jesus Christ, no matter if He was in a storm and the gale's knocking the boat from one side to the other, or He was standing in the face of mess of demons; if He was hanging anywhere, it never moved Him.

He walked right along just as calm and quiet as He could be. Why? He was simply unconscious of fear, anything around Him. That's right. Whether it was going to happen, or whether it wasn't going to happen; He knowed it was going to happen because God said so.

He didn't say, "Oh, wonder if I prayed through? Wonder if I fasted long enough? Wonder if I did this?" He just walked right on unconscious. That's right. He believed what God said was truth. The Words must be fulfilled, and He knowed what His life was to fulfill Them. That's right.

HE. SWORE. BY. HIMSELF_ JEFF. IN V-26 N-11 SUNDAY_ 54-1212
103 And you're here to fulfill It too. Just walk unconscious of fear. Walk unconscious of criticism. Walk unconscious of the world. Walk as you walk in Christ.

Walk with Him, not paying any attention to right or left hand, just keep moving on. If something comes up in the church, walk with God. Hallelujah. If sickness strikes you, walk with God. If the neighbor don't like you, walk with God. Just keep on walking with God.

Enoch, one day walked like that. You know what he done? He walked all the way home with God; got so far up the road, he didn't want to come back any more. Amen.
Walk with God. Doctor says you're going to die; walk with God. Yeah. Doctor says you can't. . . well; walk with God.

Just walk with God; that's all. For God has promised you, "I'll never leave you or forsake you. I'll be with you to the end of the world. " And He took an oath by that covenant that He give you, that He'd confirm it. Just walk with God then.

DIVINE. HEALING_ JEFF. IN V-26 N-9 SUNDAY_ 54-1219M
93 If you're suffering, just nearly ready to die, and God said, "I am the Lord that healeth Thee. " That don't waver you a bit; just go on. God said so. See? That's just that unconscious faith like. You see? Just go right on believing it. God said so, and that just settles it.

MELCHISEDEC. THE. GREAT. PRINCE. AND. KING_ JEFF. IN SUNDAY_ 55-0109M

E-16 We. Only thing we can do is accept and be grateful for what He has already done for us. Oh, that's so simple isn't it. And I'm positive that many times in people's thinking,

that they try to make Divine healing and so forth, some great outreaching something, way away, "If I could only reach it. "Could you imagine Jesus saying, "Now, let Me check My faith, and see if I've got enough faith to do this,

see if I'll have to fast awhile to see if I'll have enough faith to do this. " He was perfectly unconscious of the faith that He had. He just spoke it and knew that it would be so.

MELCHISEDEC. THE. GREAT. PRINCE. AND. KING_ JEFF. IN SUNDAY_ 55-0109M

E-17 Just like you come from your homes today, you probably want to return to your home, told your wife or your loved ones, "I'll be back sometime right after noon. " How do you know you are? You don't try to wonder,

"Have I got faith enough to go home? Have I got faith enough to drive my car? You just unconsciously turn your key on, drive on away and go home. See? It's a unconscious faith that does it.

That's the way it is: in Christ we just unconsciously just say, "That's His word; that just settles it; there's no more to it. " and go on. That's how we get well.

Your conscious mind is the part of your mind that deals with reason and logic. It is the director of your subconscious mind, which is the part of your mind that deals with energy and creation. Your conscious mind is the logical mind that functions with logic.

You think with the conscious mind and it is the programmer of the subconscious mind, which is the creative mind that carries out the program. Convince your logical mind so that it will send the right instructions to your creative mind.

The source of our ability to achieve anything we desire is the subconscious mind. The subconscious mind will accept any sustained impression, particularly fuelled by emotion, and therefore any sustained thought, and bring it into manifestation without question.

It is the task of the conscious mind therefore to choose carefully which sustained thoughts and impressions the subconscious mind receives.

The subconscious mind does not need reason to make things happen. When an impression is made upon the subconscious mind without conscious awareness, the subconscious mind will proceed to work on it automatically.

But its effect will soon become noticeable by the conscious mind and will be interfered by it. If your conscious mind cannot accept what is happening because it reasons against it, then it will send a conflicting impression that will undo the first.

THE. FUNDAMENTAL. FOUNDATION. FOR. FAITH_ CHICAGO. IL THURSDAY_ 55-0113

E-6 Now, we hear so many people say, "Well, if I only had faith." Faith is--doesn't mean long, drawn-out prayer meetings. It doesn't mean long fasts. Faith is an unconscious thing.

Your real faith, you're unconscious of it. You don't know that the faith you have got. It's an unconscious matter with you. Could you imagine Jesus questioning whether He had faith or not to stop the winds, or still the waves, or have faith enough to La--raise Lazarus up? Or. He never questioned His faith.

JESUS. CHRIST. THE. SAME. YESTERDAY. TODAY. AND. FOREVER_ CHICAGO. IL SUNDAY_ 55-0116E

E-37 Now, Jesus crossing in the boat (quickly now, just a few minutes), crossing this sea. I can just imagine how that was. He preached all day,

and that night a big storm come up on the sea and liked to sunk the little boat, and weary and tired but never afraid. I like that. Jesus didn't have to go out and fast all day, and pray all day, and then, say, "Now, I wonder if I've got faith enough to do this. " He was unconscious of the faith that

He had. Any men or women that ever make real warriors in the Kingdom of God is perfectly unconscious to their faith. You keep trying to test your faith. "Wonder if I've got faith enough to do this? Have I got faith. "Don't test your faith. God said so, do it anyhow. God said so.

Have you ever tested your faith whether you had enough faith to come to the meeting or not tonight? Did you test your faith to see if you had enough faith to eat your supper tonight? Have you tested.

Do you think you'll have to fast awhile and test your faith to see if you got enough faith to drive your car home? Certainly not. It's just automatically you believe it.

FAITH_ CHARLOTTE. NC FRIDAY_ 56-0427

E-96 Do you believe that, lady, setting right there? Yes. Had more faith than you thought you had. See? Faith is a subconscious thing, lady. Faith is not a mental act. See? It's something that you subconsciously do it.

People try to look to their intellects for faith, when faith doesn't lay in here. Reasons lay here. Faith lays in the soul. Now, the trouble with your foot and leg. . . You believe that Jesus Christ make you well? You do? You accept it? Believe it?

Had a little arthritis too, but Jesus Christ make you well. You believe it? All right. Then you can have it. Amen. Amen. She just kinda had to come to herself, for the Angel of the Lord was standing over her. See? Jesus said, "If thou canst believe, all things are possible. "

HEAR. YE. HIM_ OAKLAND. CA FRIDAY_ 57-0322

E-91 What do you think, setting there on the end of the seat, sir, suffering with catarrh? You believe Christ will make you well? All right. If you believe it, you can have it. That scared you.

You didn't know you had that much faith. Faith is an unconscious thing. Just have faith and believe. If thou canst believe.

A. GREATER. THAN. SOLOMON. IS. HERE. NOW_ DALLAS. TX V-19 N-10
FRIDAY_ 64-0306

199 Your faith is unconscious. Don't press now, or jump. You jump away from it. It's right with you. Just relax yourself and believe. Just believe now, have faith.

[A brother in the congregation, gives an exhortation--Ed.]
Amen. And be reverent, just have faith, just believe.
Sometimes your faith is unconscious, you have it and you don't know it.

JESUS. CHRIST. THE. SAME. YESTERDAY. TODAY. AND. FOREVER_
MIDDLETOWN. OH SUNDAY_ 58-0323

E-12 And many people have faith subconsciously and doesn't know it.

SHOW. US. THE. FATHER_ DAWSON. CREEK. BC SUNDAY_ 61-0521

E-10 You don't have to have any super faith. How did you come here? How do you know you're going to leave? How can you drive your car? How do you know you can move your hand? Well, you just subconsciously do it,

because you believe you can do it. Now, that's the way you believe for your healing. It's just settled and that's just all. It doesn't take some high education, some super-duper something. It just takes common faith in God.

Just believe it like you would, if your mother would said she would get something for you. Just believe it like that.

CONSCIOUS AND SUBCONSCIOUS MIND

An iceberg can serve as a useful metaphor to understand the unconscious mind, its relationship to the conscious mind and how the two parts of our mind can better work together. As an iceberg floats in the water, the huge mass of it remains below the surface.

Only a small percentage of the whole iceberg is visible above the surface. In this way, the iceberg is like the mind. The conscious mind is what we notice above the surface while the unconscious mind, the largest and most powerful part, remains unseen below the surface.

The unconscious mind holds all awareness that is not presently in the conscious mind. All memories, feelings and thoughts that are out of conscious awareness are by definition 'unconscious.

'Your unconscious mind is running your life! A new perspective of why we are the way we are has been introduced by some cutting edge molecular biologists. Foremost among them is former professor of medicine at Stanford University, Dr. Bruce Lipton.

He says the new science of epigenetics has shown that our genes are in fact controlled and manipulated by how our minds perceive and interpret our environment. It was formerly believed by science that it is our genes themselves which dictate our traits – that our genes form who and how we are.

The new findings are great news because it means that we can change many things about the way we are, including our health, by changing how we interpret events and situations which happen to us.

For example Dr Lipton shows that if we interpret things in a positive way, we start living healthier and better quality lives, regardless of the genetic makeup we started with. A new attitude, positive or negative,

sends new messages to the cells in our body and can actually reprogram their health and behavior. It can even change cellular structure, turning diseased cells into healthy cells.

This new science does away with the old scientific tradition, based on Newtonian physics, that the body is just a mechanical device, and actually acknowledges that mind and spirit also play a role in who we are.

Dr. Lipton explains that there are two separate minds that create what he calls the body's controlling voice. There is a conscious mind that can think freely and create new ideas 'out of the box'.

Then there is the subconscious mind, which is basically a super computer loaded with a database of programmed behaviors, most of which we acquired before we reached the age of six.

The subconscious mind cannot move outside its fixed programs – it automatically reacts to situations with its previously stored behavior responses. And it works without the knowledge or control of the conscious mind.

This is why we are generally unaware of our behavior, in fact most of the time we are not even aware that we are acting unconsciously.

Studies from as far back as the seventies show that our brains begin to prepare for action just over a third of a second before we consciously decide to act. In other words, even when we 'think' we are conscious,

it is our unconscious mind which is actually making our decisions for us. And it seems the unconscious mind is running us on its automatic pilot mode, 95% of the time!

Neuroscientists have shown that the conscious mind provides 5% or less of our cognitive (conscious) activity during the day – and

5% they say is for the more aware people, many people operate at just 1% consciousness.

Dr. Lipton also says that the unconscious mind operates at 40 million bits of data per second, whereas the conscious mind processes at only 40 bits per second. So the unconscious mind is MUCH more powerful than the conscious mind, and it is the unconscious mind which shapes how we live our life.

The scientists show that most of our decisions, actions, emotions and behavior depend on the 95% of brain activity that is beyond our conscious awareness, which means that 95 – 99% of our life comes from the programming in our subconscious mind.

So, our life reflects our unconscious programming. This is because the job of the subconscious is to create reality out of its program. So if you have negative programming in your unconscious, Dr Lipton says 95% of the time you will recreate those negative experiences in your life.

And as those of us who have ever taken the time to check out our unconscious thoughts know, most of the programs our unconscious mind runs are based in negativity – for example fear of what other people are thinking about us, fear of not being loved and respected as we are, etc.

So. how to get out of this endless cycle of old programs and start to be more in the conscious mind? Because of the power of the unconscious mind (one million times more powerful than the conscious mind),

and the amount of time it is running us (95 – 99%), Lipton says it takes a lot more than positive thinking to get out of it. Because as soon as you forget to be conscious, the unconscious is back in charge again.

LOOKING. FOR. JESUS_ PHOENIX. AZ SUNDAY_ 54-0228E

E-31 I have found this, that God will keep every Word that He says. It has to be. If you just get your heart set straight in Calvary yonder, without a shadow of doubt.

As I said, this afternoon, "Get your subconscious, and this conscious, and God's Word all in connection and watch what takes place. "

LOOKING. FOR. JESUS_ PHOENIX. AZ SUNDAY_ 54-0228E

E-45 You know you got a subconscious, don't you? We are conscious of that. That's the fellow, that subconscious is causing you all the trouble tonight. It don't agree with this one out here. It's scared and backs up.

But when it becomes in harmony with this one, and this one becomes in harmony with God's Word, you got--you're going then.

WITNESSES_ PHOENIX. AZ WEDNESDAY_ 54-0303

E-57 there's many people really think that they believe, but way down in the subconscious is a little something there that says, "No. " And you can feel that.

GOD'S. PREPARATION_ LOUISVILLE. KY THURSDAY_ 54-0401

E-3 If I'd ask, perhaps, ninety-nine out of every hundred in here tonight: "Do you believe Jesus Christ can heal you?" "Yes. " And without a shadow of doubt, they believe it. Well then, Jesus said, "If you believe it, you shall receive it. "

But that's just conscious believing it. Now, you got a subconscious that's got to act too. See? Like a man crossing the sea, when you go into the ship, the man who runs the ship, or guides it, sets up here in a pilothouse.

And the man that really runs the ship goes down into the bowels of the ship, down into the hull of it. He's the engineer; he. . . No matter how much this guy says up here, this is the guy that

does the work. That's your subconscious, this is your first conscious.

Well now, if this fellow here receives an order from the mate, or whoever it is, of what to do; he passes it on down; he guides the ship. But this man has to do the running of it. No matter how much he does the guiding, it won't do a bit a good until you got some steam down here or some pressure pulling it.

Using your conscious and subconscious mind together

The conscious and the subconscious mind can make a great team if you used them together. The first can handle some tasks then assigns them to the second while the second can send feedback and messages about the task in the form of emotions to the first.

So, what exactly does the subconscious mind do? Your subconscious mind is responsible for many of the emotions that you experience.

The feelings of anxiety you might experience before a presentation and the inferiority feelings that make you feel less worthy than others in addition to other emotions stem from the subconscious mind.

The subconscious mind is also responsible for involuntary actions like reflex actions, fight or flight response, and even the movement of your hand muscles while writing.

That's why your hand writing can reveal some of your personality traits and hidden emotions. Your subconscious mind is awake 24/7, unlike your conscious mind and that's why dreams may reflect suppressed emotions. While sleeping the conscious mind becomes dormant while the subconscious remains active.

The subconscious mind doesn't understand logic

Trying to get through to your subconscious mind using logic may not work. For example when you experience an emotion

like anxiety before giving a speech you won't be able to logically convince yourself that there is no need to be afraid.

You will find your heart beating and your fight or flight response will become triggered without being able to stop this from happening.

When dealing with the emotions that the subconscious mind generates, the best way is to dig deeply until you find the root cause of the problem instead of just focusing on apparent factors.

If you, for example, suffer from feelings of inferiority then never try to convince yourself by logic that you shouldn't be feeling inferior but instead examine your childhood until you find out the root cause behind such feelings.

Once you do dealing with inferiority will become a simple task. The subconscious mind stores beliefs. We humans know more than we can understand. The subconscious mind stores everything you came across.

Your subconscious mind also stores your beliefs. In order to change such beliefs you need to understand how the subconscious mind works and how can it be programmed.

The conscious mind is used to take in input through all five human senses and interprets this input. It then sends these interpretations to the subconscious mind for processing. The subconscious mind then manages these inputs by controlling what they do to the body or by what action the person takes.

And what is amazing about the subconscious mind is the fact that it is always working. It never stops functioning. This is why you have dreams at night.

The subconscious has processed all information and is ready to deliver the result to you, either through your dream, or by you obtaining what you thought about or wanted.

