

SINKING YOUR TITANIC

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;

[STOP]

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.

THE.POSITION.OF.A.BELIEVER.IN.CHRIST_ PHOENIX.AZ SUNDAY_ 55-0227A E-25 I've seen people come to the platform. I'd say, "Do you believe?" "Oh, I've got all faith, Brother Branham." Now, I don't mean to be belittling them. I respect that. **But they're supposed to be up here, and here they are way down here.** But do you know what it is? It's hope instead of faith. Faith does the job right now. Hope hopes for it, but faith is the product. Faith really does it. See, we have lots of hope, but not much faith. So we want to change from hope today to positive faith. **And there's only one way we can get positive faith: that's by positive thinking of positive things.....**

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. Your intuition or psychic powers arise from your subconscious mind.

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.

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

E-4 Now, what if he sends an order down, "Two knots to the left," and this man turns two knots to the right? Won't do no good which way he turns it here, you just all... You're going around and around in the--in the harbor. You'll never get out.

Well now, that's the conscious and the subconscious. Now, this fellow here, he believes all right, but this won't cooperate with him. Now, the reason it don't cooperate, when you come here and get prayed for, each night I say, "Lay your hands on each other. Believe with all your heart and you shall receive what you ask for." God comes around and confirms it, just exactly what's said is the truth of His Presence being here. There's not a mortal mentally right but what would know that that's the truth. **Then you say, "Yes, I believe." The next night, right back in the prayer line again. See? It goes to show that there's a little fear down here. You--you say, "Yes, I believe it, but really, it is for me?" That's the subconscious saying that.**

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

E-5 **Now, if the subconscious and this conscious will agree perfectly together,** and then when an order comes, "I'm the Lord that healeth thee." Right here, "He's the Lord that healed me," and the subconscious says, "He's the Lord that healed me," the ship goes out to sea. You see? There you are. **It's all got to be in agreement: God, first conscious, subconscious. Then there's not a shadow of doubt, no matter if the next day you was twice as sick as you was when you come to church that night, you're healed anyhow.** Just... You're just healed anyhow. There's nothing can take it out of you. It's going to be done.....

GOD'S.PROVIDED.WAY.OF.HEALING_ CHICAGO.IL MONDAY_ 54-0719A

E-26 Now, in you, up here, every person here this afternoon, I want to believe, believes in Divine healing, every one of you. You say, "Sure, Brother Branham, I believe in Divine healing." Now, maybe you mean that with all the intelligence you know how to speak it. You believe it. **That's in your head. But remember, there's a subconscious down there, that's got to say the same thing. If it doesn't, you'll never get nowhere.....**

THE SUBCONSCIOUS MIND:

Think of the subconscious mind as the storage room of everything that is currently not in your conscious mind.

The subconscious mind stores all of your previous life experiences, your beliefs, your memories, your skills, all situations you've been through and all images you've ever seen.

The best way to understand the subconscious mind is to look at the example of the person who wants to learn how to drive a car. At the beginning he wouldn't be able to hold a conversation with anyone while driving as he would be focusing on the different moves involved. That's because he's still using his conscious mind to drive.

The subconscious mind; your Autopilot!

A few weeks later driving becomes a natural habit that happens automatically without needing to think about it. That person could even start using his cell phone or talking to his friends while driving.

This happened because the driving habit has been transferred to his subconscious mind and so the conscious mind become free.

SIRS.BE.OF.A.GOOD.CHEER_ CHICAGO.IL WEDNESDAY_ 54-0721

E-27 **Now, if you notice, the subconscious is where you live. That's where you, yourself live.** That's the reason people, it's hard for them to have faith. Up here, first, they say,"

Yes, I got faith," **but down in here something says, "but it's not for you."**

It's like a ship going across the sea. The man up here in the--in the deck, you look at him, you say he's running the ship. No, he isn't running the ship. The man down in the bowels of the ship is running the ship: the engineer. Now, what if he'd ring a sign down through and say, "So many knots forward." And the man down there would ring and go backwards? What if he'd say, "Go to the right," and he'd turn to the left? He couldn't steer it. The man down at--he--down in the inside is one that sends the ship.

Well, this fellow up here says, "I believe God heals, and I believe He's the same yesterday, today and forever."

And your subconscious down there says, "But it's not for you." And you see...

SIRS.BE.OF.A.GOOD.CHEER_ CHICAGO.IL WEDNESDAY_ 54-0721

E-28 **Now, if you get that man up there to say, "forward," this man down here say, "Forward," you'll go forward. If you can get God to say, "I'm the Lord that healeth thee," this first conscious said, "I am the Lord that healeth thee," and the subconscious said, "I am the Lord that healeth thee," you're going forward. But when God says, "I'm the Lord that healeth thee," and the subconscious said--or this conscious said, "I believe it's so," and the subconscious said, "Are you quite sure?" Then you're not going anywhere.** You're just run around in circles. See? You've got to get both--all working together, here, here, and there, all in harmony. Then you can move forward; there's nothing can stand in your way then; you're moving forward.

WHY.ARE.WE.NOT.A.DENOMINATION_ JEFF.IN V-11 N-7 SATURDAY_ 58-0927

7.....And then when you let your faith run out to its end, till you begin to believe, **then let your subconscious go to acting, then the faith of God will back it up;** then you'll go right on out. See? 'Cause your faith won't do too much; **your subconscious has to move in the direction that your faith is moving, and then God's faith moves in behind and**

confirms it all. See? But if it's your faith, "Oh, yes, I got it right now"; and even **your subconscious rolling back here, saying, "I wonder if it'll work on me."** It--it won't do it right then. See?.....

The subconscious mind is responsible for the automatically triggered feelings and emotions that you suddenly experience upon facing a new situation. If you were about to give a presentation then all the fear and anxiety feelings you might experience are in fact launched and controlled by your subconscious mind.

The conscious mind is, on the other hand, responsible for logic, calculations and all actions that are performed while you are conscious. The subconscious mind also controls other functions in your body like breathing and heart beats.

Another good example that can help you better understand the subconscious mind is the process of breathing. Before you started reading the previous line your breathing was controlled by your subconscious.

I want you now to try and control your breathing for one minute. You will be able to do so of course. This time it was the conscious mind that was controlling your breathing ,but when you let go of your focus your subconscious mind will take over again.

How you can you program your subconscious mind

When the information about driving is stored into your subconscious mind it's stored as a program. Think of your mind as a computer and the driving information as software that can be run automatically whenever needed.

The same goes for lots of other activities and emotions. If someone annoyed you, the installed program of anger is going to be launched and the result will be a behavior that you may regret later.

By programming the subconscious mind with new programs you can fix many problems in your personality. The subconscious mind learns by repetition and not by logic. This is why you can convince someone to believe in something by repeating your argument again and again rather than using logic.

Another way to look at **how the mind works between the conscious and subconscious is to think of it from this point of view**: when you develop a thought, it is analyzed by the conscious mind which then starts to send electro-chemicals within the brain. As the electro-chemicals travel through the brain, neural pathways are opened and the data passes through the brain. As the data travels, **additional cells throughout the brain are imprinted with the data being processed**. The conscious mind then attaches emotion to the thought based on its perceived interpretation of the data. **This increases the vibration of the thought and at that time a belief is established**. This belief is then stored in the subconscious mind. This belief could be based on truth, reality, or a lie. It depends on where the thought came from and how it was interpreted. This data can then be accessed and utilized in the future by the conscious mind to either support or deny any further thoughts that are inputted into the conscious mind.

When the conscious mind receives the same input again, it is the job of the subconscious mind to locate and provide that data which was stored previously, **send it back to the conscious mind with an emotion of some type included**, which was also stored previously with the data, **which will create a vibration based on the frequency of the data presented**.

This really is not a hard process to achieve. It just takes work and determination, and **having faith doesn't hurt either**. You must always remember that the subconscious mind does not know the difference between what is real or imagined. It only responds to what is fed to it.

QUESTIONS.AND.ANSWERS_ JEFF.IN COD WEDNESDAY_ 59-1223

491-97.....with the mind of Christ you serve God. See, the inward part (See?), the inward part, you serve God. **That subconscious, there's where faith lies.**

I want to ask you. Was there many times that you people in here, many of you have seen times where you would--**you just knowed something was going to happen.** It looked like it was impossible for it to, but you did, knowed it was going to happen. Did you ever have that? **That's that faith, that subconscious a-working.....**

GOD'S.PROVIDED.WAY.OF.APPROACH.TO.FELLOWSHIP_ KLAMATH.FALLS.OR
SATURDAY_ 60-0709

E-10 And so, they thought that it was a... Perhaps... You could catch it coming from the audience, and I do that many times. They think it's telepathy, and yet they'll say, "Praise the Lord!" But yet, they don't... They don't really believe that in their hearts. See? **Your inner conscience speaks louder than your mouth does. You see? That time... It's your subconscious on the inside, what you really think, that's what the Holy Spirit catches and reveals.** And then, when...
Do you believe that? "Jesus looked upon the audience and perceived their thoughts." That's right. All right.