

Weeding the Garden of Your Mind of Double Mindedness ‘Thinking Errors’

Have you ever asked, “How can anyone do such a thing to someone else, or to themselves?” Or, “Why do I keep doing what I do, even when I know I ought not to be doing it?” What are the keys to real behavioral change? How would learning the skills of behavioral modification being offered here at CHTS change yours and your loved ones lives? What if you could teach others how to control unwanted emotions, and be free of behaviors such as over eating, smoking, incessant video game playing, or pornography? What if you could help others enjoy increased self-esteem and personal self-confidence, enhanced sports performance, teaching them how to be free of fears and phobias, and enjoy pain control techniques reducing pain levels?

We want to explain a key principle of positive behavioral modification and change as an example of our course work. We teach students and clients how to overcome double mindedness. James 1:8 says, “a double minded man is unstable in all his ways.” We propose the double mindedness spoken of here is the incongruent predominant thought thinking errors that we have logged in our subconscious mind, that are in opposition to the goal achieving desires that we have in our conscious mind. When we have incongruent thinking and opposite beliefs at our conscious and subconscious states of mind it creates opposing forces within us, “*instability*”. We want to move forward, achieve new goals, and be our best self, consciously, and yet as we hold opposing incongruent thoughts and beliefs in the subconscious mind, we experience inhibitions, hesitations, and we procrastinate. We are unstable in all our ways!

There is an area between the two minds called the Critical Faculty or Critical Factor which is the area of our belief systems. It is a filter to the subconscious mind. When we do conscious critical, analytical, logical thinking, and we accept a thought as being right, true and correct for us, we allow it to pass through this critical factor filter into our subconscious functions of imaginations, memories, and emotions. Once the thought belief is in the subconscious it will generate a behavior. The extreme to which we demonstrate the behavior depends on how much amplification of our imagination we apply to the thought belief, and how much justifying, validating data, we can come up with in our memories to prove to ourselves that we are right in our chosen belief. The amount of amplification and justification is the amount of emotional content we experience as our feelings, driving the behavior, because we tend to behave the way we feel.

The “KEY” is that it requires hypnosis, trance, or pondering, (all three are synonymous to us) to penetrate the critical factor filter barrier to access and understand the incongruent thinking errors being held in the subconscious. It requires skill and training

in trance to know which hypnotic level (because there are five observable hypnotic trance states that we utilize in hypnotherapy), is going to be most useful to facilitate the therapeutic processes we wish to employ for a specific client's needs and goal achievement.

Hypnotherapy is a general term which is descriptive of three major categories that we teach at Certified Hypnotherapy Training School. They are: Suggestion Hypnotherapy, Clinical Hypnotherapy, and Positive Mind Management Hypnotherapy. The hypnotherapist chooses the hypnotherapy protocols that are going to work best to challenge and change the newly found thinking errors. Once these thinking errors are challenged and changed appropriately and brought into alignment with conscious goal driven thinking, the client is now in a state of being single-minded, aligned. Now people move forward in life fulfilling their dreams and goals more rapidly than ever before imagined possible. We like to say that we make behavioral changes very rapidly in these processes, at the speed of thought.

We use the metaphor that what we are doing is weeding the garden of our mind. Let's say we have a major thinking error, a big weed in our garden. (I am not good enough, or smart enough, or capable enough, or pretty or handsome enough, and so forth.) In conscious or cognitive therapy, we may whack away at the leaves above the ground, we may break off branches, and with sufficient time, we might even chop it down to the ground with enough logical and analytical reasoning. But, without hypnosis or trance access to the subconscious root and the training to know how to actually pull the root all the way out, when the individual experiences a similar stimulating event to the one that generated the behavior producing thought processes in the first place, the root is stimulated again and the emotions simply grow back, and so does the behavior. Such is the case with yo-yo dieting. So a major key to behavioral modification hypnotherapy is the ability to get to the root of problem thinking errors through trance access of the subconscious and overcoming double minded instabilities!

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