

## THE HUMAN MIND WORKS:

# Understanding the power of both the conscious and unconscious minds

By Michael A. Grant, J.D.  
Special to Sentinel-Voice  
"The mind is its own place.  
It can make hell of heaven or  
heaven of hell" - John Milton

### Part two of a three-part article

For those seeking to take control of their destinies, nothing will assist your efforts like fully grasping the differences between the conscious (aware, logical) mind and the unconscious (unaware) mind.

Dr. Sigmund Freud, the alleged father of psychoanalytic theory, surmised after years of study and clinical observation, that human beings are not only guided by the conscious decisions of our conscious minds, we are inexorably directed by an incredibly powerful unconscious mind which is lodged within the human psyche as a non-stop tape recorder.

This "taperecorder," whose capacity endows each of us with a photographic memory, began collecting data while we were still snugly cradled in our mothers' wombs. Every feeling, every thought, and every occurrence that the individual experienced — overt or subtle — is remembered and stored in the unconscious mind.

Some people use the terms unconscious mind and subconscious mind interchangeably. For purposes of clarification, we will define the subconscious mind as the

reservoir of our emotions and as the servant — genius, that when persistently programmed with directed thoughts, clear pictures (creative visualization), and strong feelings will bring our desires to fulfillment.

The conscious mind, on the other hand, is the order-giver. The conscious mind has no memory capacity. It judges, it wills, it decides. Affirmations emanate from the conscious mind. Whatever comes to our awareness through the five senses and/or our present thoughts constitute the conscious mind.

An easy — if somewhat inept — analogy would be what you observe after you pour a glass of Coke or Pepsi. The dark part — the concentrated essence of the soda — represents the unconscious mind.

The more ephemeral, foaming substance (that which is at the top of the soda) would represent the conscious mind. Conscious thoughts are fleeting; unconscious thoughts are stored indefinitely.

Dr. Carl Jung, a contemporary of Dr. Sigmund Freud, took it one step further. He hypothesized that not only did individuals have both a conscious and unconscious mind, but so do groups. So, for example, the thoughts and feelings that construct the personal identities or self-concepts (i.e., what we think and feel about ourselves) of individuals may be multiplied

to reflect what groups think and feel about themselves.

For centuries, we, African Americans, were bombarded with negative messages about our innate value as human beings. Indelible impressions about our self-worth, our collective intelligence, our relative beauty, even how much we should trust one another have been programmed into our group (collective) unconscious mind.

To begin the process of re-programming our minds — as individuals and as a group — we should follow some variation of the 10-step plan below to elevate our individual and group self-esteem:

1. Become aware of the some 20,000 thoughts (coming from the unconscious mind) that run through your head everyday. Remember: Focusing on worries, doubts, and fears drain your energy resources.

2. Listen intently to the non-stop conversation (inside your head) that you are always having with yourself. Ask yourself whether or not you are making matters worse than they really are.

3. Decide as soon as possible what you think your purpose in life is (your role in the cosmic plan).

4. Decide what your highest single priority is.

5. Write down three specific, measurable goals with attendant dates for attainment, along with a brief explanation of why you want what you

want.

6. Avoid negative generalizations about people and situations.

7. Use partial solutions to begin problem-solving. Graduate to your master strategy.

8. Make fear's energy work for and not against you.

9. Use positive affirmations to guide your plans and to direct your statements about yourself, your circumstances, and other people.

10. Always remember that you are powerful beyond description and that, moment-by-moment, if you choose to be guided by active faith, literally "Nothing shall be impossible unto you."

God bless!!

Dr. Michael A. Grant is a motivational/inspirational speaker. His company G&C Motivational Consultants, also conducts seminars, facilitates workshops and team-building meetings.

## Women's groups launch campaign in support of Alexis Herman

Special to Sentinel-Voice

At a recent press conference, several of the nation's largest women's organizations and other political supporters, launched a campaign urging Senate confirmation hearings for Alexis Herman, the nominee for U.S. Secretary of Labor. Herman is the only Clinton

cabinet nominee who has not yet had a confirmation hearing scheduled.

Sen. Carol Mosely Braun (D-Ill.) termed the delay "Wonder in Alice Land," because she says she has been unable to ascertain the reason for the hesitation from neither republican nor democratic senators. Dr. Dorothy Height, president of the National Council of Negro Women said there should be no doubt about Herman's confirmation. "Alexis is well qualified professionally and personally she understands the issues affecting people and she will be a good, Secretary of Labor. She knows how to get the job done and she knows what is needed in the black community."

The coalition believes that Herman's experience as former director of the Labor Department's women's bureau and as co-chair of a Presidential Task Force To Promote Business Ownership For

Women under President Carter, makes her uniquely qualified for this position. She has also led the fight for equal employment opportunities for women and people of color as head of the Minority Women Employment program.

There is much speculation that Sen. Jeffers (R-Vt.), chair of the Senate Hearing Committee, will soon set a hearing date for the week of March 10. The coalition of women's groups includes: National Political Congress of Black Women, Feminist Majority, National Organization for Women, National Women's Political Caucus, American Association of University Women and Wider Opportunities for Women. Other groups strongly supporting the campaign include: The Black Leadership Forum, Inc., NAACP Legal and Education Defense Fund, the National Newspaper Publishers Association and the African-American Leadership Family.

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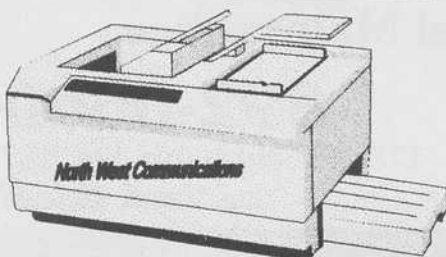
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