

Deep Design: Programming Your Future in the Unconscious

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Purpose. Deep Design, with its associated cassette tape, was developed with the goal of allowing you to bypass the conscious mind's defense mechanisms and communicate directly with the unconscious through the medium of mental imagery.

Why do conscious affirmations, new year's resolutions, and good intentions often fail? Most of us believe that our mind has an unconscious or subconscious part. Some people don't like those terms but would probably acknowledge that we have a "shadow side" that seems at times to take control and force thoughts, actions and behaviors that surprise us. This "other side" or unconscious is an extremely powerful determinant of our behavior and feelings. From the split brain research of the 70s we know that the unconscious appears to be manifest primarily in the right or nondominant hemisphere of the brain. Moreover, it generates it's own desires, goals, and agendas which may differ from our conscious (left brain) plans.

If this division of plans can occur, is it any wonder that at times we find ourselves doing things which our conscious mind does not wish to do, e.g., stopping at a fast food place even though we had consciously decided to avoid such places because we want to lose weight. Obviously, the unconscious has other plans and has won this round. Dieters and smokers know very well how powerful these unconscious programs can be.

How can these conflicts be resolved? Consider this: You have a conscious program (C) and an unconscious program (U). Let's say that the C program involves lying in order to sell used cars. The rationalization is to say, "Everybody does it - it's part of the job." However, an old U program from a deeply religious childhood says, "Thou shalt not tell untruths." In this actual case the conflict was resolved by the powerful unconscious in a unique way — it took away the man's voice by giving him spastic dysphonia so that he couldn't sell used cars. In this case the U took the moral high road and won out. Incidentally, the man's voice returned when he was able to get his old job back selling new Volkswagens — a job that presumably involved little or no untruths.

Most of us would say (consciously) that it is our U programs that are maladaptive or negative in some way. If that is indeed the case (think about it carefully before deciding) then you will somehow want to convince the U to change its program. Unfortunately, this is much more difficult than changing the C program.

Why is the U resistant to Change? Most of the basic U traits were established early in life and usually in association with emotional arousal, often of a negative nature. As such they have affected us ever since, even though we may have not been aware of these scripts. Any program that has been around that long is bound to be more resistant to change: after all, it is part of our basic personality. The secret to change in the U is an

extremely powerful emotional experience, of frequent repetition of an imaged goal (resolution of the conflict) in a deeply relaxed state. Deep Design presents the latter solution.

Moreover, it has often been said that the human brain functions much like a computer, and computer programs can be changed - if they can be found! The Deep Design AVS (Audio/Visual Stimulation) program with its associated cassette tape was developed with the goal of allowing you to bypass the C defense mechanisms and to communicate directly with the U through the medium of mental imagery (the medium of choice in the nondominant brain).

Bypassing the conscious mind. Yes, there are many ways to bypass the C processing. The ancients developed most of them. They included chanting, dancing, ingesting hallucinogens, torturing oneself, and even the extreme case that the Pharaoh-in-training underwent - being placed in a box and having the air slowly taken out. In near suffocation the brave prince would undergo a near death experience, or NDE, and would be saved only at the last moment. Now he knew first hand of the afterlife (especially if something went wrong!).

Neurotechnology. Fortunately today we have easier ways of finding and influencing the U. The EEG of brainwave is a fairly good indicator of our state of cortical arousal. Neurotechnology includes a number of techniques that influence the EEG to entrain or “frequency-follow” a pulsating sound or flickering light. In other words, the EEG frequency will tend to change in lock-step fashion with the stimulus. The Deep Design cassette tapes acts in concert with the audio/visual stimulation to allow your goal imagery to be presented to your U because the EEG is being gently urged into a theta or twilight stated pattern. In this pattern, most of the C mind is bypassed, and yet, it is a state in which a minimal amount of C is available off and on to present the imagery.

The plan. Develop your goal imagery as realistically as possible. Remember, you may get what you asked for so make sure it’s what you really want. Think about what life will be like when you’ve reached your goal. What does it feel like? Any down side? Does it feel icky in your gut? If there are nagging doubts, you’d better change your goals.

Research has shown that neurotherapy programs can be extremely effective even with alcohol addiction, but it must be done each day (preferably twice each day) and over a three to six month period. you may experience positive changes right from the first session, but please try to follow through for at least one month even if you achieve your goal(s) quickly.

Remember, for most people it takes regular practice and concentration on the imagery over a period of time to get lasting results. Make a place in your daily schedule right now. Do not say “I will fit it in when I can.” This probably won’t work. Plan ahead and — this is important — it can indeed change your life!

Finally, remember that you have to act on your goals. Wishing for them is not enough to make them come true — that only happened to Pinocchio. Do something each day to act on your goal. This takes courage (growth comes only from change) and change can be stressful. Go for it!