



An endeavour by Brighton International School, Raipur to reach out to Parents on the subject of Parenting & Child Care

THE POWER OF UNCONSCIOUS MIND

In the movie Taare Zameen Par, the art teacher tells the rude and cursing father of the dyslexic kid about the Solomon Islands. In those Islands, the tribal don't cut down a tree. They surround the tree and curse it for hours every day. Within a few weeks, the tree dries up and becomes dead. Many of us might find that example too difficult to believe. How can intangible and invisible thought and words kill a tree!

Well, if you get to read Bruce H. Lipton's THE BIOLOGY OF BELIEF, you not only believe in the Solomon Islands story, but would also think a dozen times before saying something demoralizing to yourself and the people you love.

In the book Mr. Lipton tells in detail about the power of conscious and subconscious mind. The subconscious mind is million times more powerful than the conscious mind, and decides most of the things in our lives according to the beliefs it has.

Many times we fail to change and unpleasant habit despite our will-power and consistent efforts. It's because the habit has been so strongly programmed in our subconscious mind that the efforts made by our conscious mind hardly make any difference.

Conscious Mind is just a shadow of our Unconscious Mind.

So, when the tribals of Solomon Islands curse a tree, they are actually installing negative and harmful beliefs in the tree's emotion (Yes, trees do have emotions too). Within a few days, those negative emotions become a belief & eventually change the molecular architecture of the tree and kill it from inside.

2500 years ago, when the Buddha said that **'You are what you think'**, he was not articulating a random philosophical theory. Actually he was telling a scientific fact which is now proved correct by Quantum Physics and molecular

biology. The book has a special chapter on Conscious Parenting where it talks about the beneficial and harmful effects of what parents say to their children.

If you are a parent and you keep cursing your child in the name of constructive criticism, you are installing beliefs in their mind, which will keep harming them forever. But if you keep appreciating them in a sincere way, you are installing beliefs in their mind that will help them their entire life.

Also be careful of what you keep saying to yourself about your child. Repetition of words and thoughts is the best way to install a belief in anyone's subconscious mind.

If you keep saying your child a loser, don't be surprised if he/she becomes one within a few months or years. And if your friends keep on saying such things to you, there is no harm in saying a quick goodbye to them. May be you value the friendship a lot, but you must

Never say this to your child:

- You are a loser and good for nothing.
- I feel ashamed to be your parent.
- You can never do anything in life.

You will have to suffer a lot in future.

Motivate your child by saying :

- I am proud to be your father/mother.
- You have a great potential, you can do wonders.
- I know you will never let yourself down.
- You will definitely succeed in life.
- Life all about winning and losing, respect every situation.

value your child and yourself a little more. So accept your children as they are. Love them unconditionally and always keep saying to yourself " I am blessed to have a child who is unique in his/her own way".