

The Mental Revolution: The Doorway to Your Subconscious

by Richard Welch

Welcome To Tomorrow®. This slogan of Subliminal Dynamics® carries great meaning to the people who have experienced this unique process. We are "earth shakers" and "ground breakers". As our technologies carry us forward into the future, we must enlist a new paradigm of thought: that we truly are limitless beings.

Subliminal Dynamics® had its mundane beginnings and initial breakthroughs in 1975 in Phoenix, Arizona. There, a retired insurance executive strolled out of the desert and into history making. With extended research with speed reading, Richard Welch discovered a new brain process: Subliminal Photography®.

Richard Welch funded the research for Subliminal Dynamics® and protected it with a "trade secret". Independent Psychologists from Arizona State University and The Stanford Research Institute were involved in the research in the mid to late 1970's.

Subliminal Dynamics® statistics show that people from ages 5 to 93, with I.Q.'s ranging from 58 to genius and learning disabilities including Dyslexia and Attention Deficit Disorder have been successful using the process. People from all backgrounds -- Holistic Health Practitioners, the Medical community, students, business and industry, education, professionals, law enforcement, military, scientists, and others -- have experienced the course and endorse it. The Subliminal Dynamics® course is also included in the 1994 book, *The Learning Revolution*, a best-seller in New Zealand, Australia, and Europe.

Our conscious mind is smart; it has the ability to think about things, thus, it also has the ability to procrastinate. In the *American Psychologist Journal*, June 1992, representing the 25th International Congress of Psychology, it has been levied that the "subconscious" or "unconscious" is dumb. Therefore, the subconscious does not think

about things, thus, does not procrastinate. It does, however, have the ability to process information at extremely high rates of speed. This wonderful mechanism is fully programmable. Many have compared it to the personal computers what we have become so accustomed to. The point is: **The subconscious does not procrastinate, it just does.** It does what it is programmed to do.

In a study conducted in 1988, by Pawel Lewicki of the University of Tulsa, the subconscious not only demonstrates the ability to process information, but can also learn by patterning the information input. Even though the people could demonstrate high proficiency in this testing, they could not explain how they accomplished it on a conscious level. **This is intuition.** Intuition is finding a correct solution to a problem without consciously knowing the steps in between. This occurs through subconscious processing of all the information expediently.

A research article in *Advances, The Journal of Mind-Body Health*, Vol.9 No.1, written by Henry L. Bennett, titled *The Mind During Surgery: The Uncertain Effects of Anesthesia*, discusses learning while under anesthesia without conscious recall. These studies have concluded that when a post-operative surgery patient cannot remember anything from the surgery, it is not sufficient to conclude that nothing is permanently implanted in the mind from operating room conversations. These conversations that do exist in the operating room can have very beneficial or very detrimental effects on the recovery of the patient. Research studies show when positive therapeutic messages about health and recovery are used with the patient under anesthesia, it is profoundly effective. This leads to improved recovery, reduced postoperative stays, and less need for pain medication. The patient has no conscious memory of any of the subconscious programming. This information has started a very positive trend in hospitals and clinics around the nation. Unfortunately, the majority

of hospitals still do not update their treatment even though studies, conducted by David Cheek and Bernard Levinson in the late 1950's, indicated that a problem existed. Their studies site the authoritative figures in the operating room making comments that led to mental problems of the postoperative patients.

In *Life* magazine, July 1994, the feature article is *Brain Calisthenics: How you can think faster, improve your memory, and defend against Alzheimer's Disease*. This article discusses the application of "whole brain learning" to stimulate the growth of dendrites in your brain cells. The dendrites are the memory storage compartments of the brain. This in turn will give you more memory capacity and the ability to remember more things, past and present. The article falls short by only giving very vague methods of "whole brain learning".

The Subliminal Dynamics® process is a very advanced system of whole brain learning that is taught in the U.S.A., Canada, New Zealand, Europe, Singapore and Malaysia. By incorporating synergistically several tools including Subliminal Photography® and Educational Kinesiology, the Subliminal Dynamics® process stimulates an accelerated dendritic growth.

Subliminal Photography® is the primary vehicle that expediently creates a very strong rapport between the conscious and the subconscious. It opens many doors to our vast potential by building these bridges. As a learning tool, it allows people to assimilate information at 100 times the average reading speed with 100% retention for life. But, **this is not limited to learning**. More importantly, it opens a pathway to a part of the brain that has fantastic abilities. Over 350 applications have been discovered. This part of the brain acts as a conduit to universal energies and controls many autonomic functions such as heart rate, breathing, etc. This gives you the tools to take control of your life like never before.

Many Subliminal Dynamics® students claimed when using the Subliminal Dynamics® process and applying it to their health issues, it provided healing of bones,

tissue, organs, and cures or remissions of diseases and decrease in stress. Authorities, such as Deepak Chopra, M.D., are coming forward to educate the populace about the effects of stress in our culture. Simply put: stress propagates disease. A major factor of increasing stress is information overload — as Rutherford D. Rogers stated, "We're drowning in information and starving for knowledge." To get a conceptual understanding of what information overload symbolizes, there are approximately 1,000,000 books published every year globally. This does not include periodicals or other documents. To read 1,000,000 books in one year would be 2740 books per day; 114 books per hour; or approximately 2 books per minute.

Bon appetit!

As the information revolution is fully realized by the information capacities of the smallest computers, **the next step must be the "mental revolution"**. Simply to keep up is not good enough anymore. Only by getting back to assimilating information as a small child would, can we ever hope to hold our own in today's fast paced market. By achieving this with the Subliminal Dynamics® process, we can take a sufficient chunk out of the stress we must suffer. By strengthening and toning the brain in this natural way, we can create a better, healthier, and happier life.

References

- Bennett, H.L., Ph.D. 1993. "The Mind During Surgery: The Uncertain Effects of Anesthesia." Kalamazoo, MI: *Advances: The Journal of Mind-Body Health*. Vol. 9, No. 1, 5-16.
- Chopra, D., Ph.D. 1990. *Quantum Healing*. Bantam/Doubleday.
- Golden, D., & A. Tsiaras. 1994. "Building a Better Brain." New York: *Life* July, 1, 63-70.
- Lewicki, P., T. Hill, & E. Bizot. 1988. "Acquisition of procedural knowledge about a pattern of stimuli that cannot be articulated." *Cognitive Psychology*, 20, 24-37.
- Lewicki, P., T. Hill, & I. Sasaki. 1989. "Self-perpetuating development of encoding

Touch For Health International Journal, 1995

biases." *Journal of Experimental Psychology: General*, 118, 323-337.

Loftus, E.F., & M.R. Klinger. 1992. "Is the Unconscious Smart or Dumb?" Brussels: *American Psychologist*, 25th International Congress of Psychology Vol. 47, No. 6, 761-765.

McCue, P., & T. White. 1985. "Information Explosion Beyond Human Ability." Lincoln, NE: *The Lincoln Star*, April 5, 1985.

Selway, C., M. Jacobson, & F. Parente. 1977. "The Availability and Accessibility of 'Photographic Memory', Evidence for Eidetic Imagery in Adults." (Research Article -- Title 17 U.S. Code) Towson State University, Towson, MD.

Richard Welch, Subliminal Dynamics® 14700 E. Kentucky Drive, Suite 535 Aurora, CO 80012 Phone: (303) 755-4215, Fax (303) 755-5993
--