



# Subconscious Journeys

*Jack Mitchell*

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In *Subconscious Journeys*, Jack Mitchell explores the human mind and its connection to life, death, disease, and the probability of extended life. Most diseases, if not all, are formed and intensified through repressed fears that form emotional barriers within the subconscious mind. Lifestyles are then conscientiously directed and enforced within the conscious mind through the growing emotional needs of the personality.

*Subconscious Journeys* is a study of the human mind. The mind is divided into four parts: the conscious, the subconscious, the conscience, and the personality. The conscious mind allows people to knowingly initiate outer body movements and make decisions. Unfortunately, age and strong emotions, augmented by repetitious repressed fears and traumas, alter what the conscious mind has control over in regards to reasoning ability. As a result, the repressions are stored within the subconscious and form emotional barriers that disrupt conscious activity. Another part of the mind, the conscience, controls the inner workings of various parts of the body such as the heart, spleen, liver, and so on. It speaks to us in dreams and frequently communicates to the conscious during traumatic situations. People can communicate with it during therapeutic sessions by using the primary hand and labeling the four fingers as “yes,” “no,” “maybe,” and “I won't answer.” When asked specific questions regarding their repressed fears and emotions, the conscience will respond with the involuntary movement of one of the four labeled fingers. The personality is formed mostly by the time individuals are about nine or ten years old. It is formed through fearful traumas, the emulation of loved ones' behavior, and joyful experiences. Ultimately, *Subconscious Journeys* addresses how the four parts of the mind function and adapt as we deal with the inherent changes in life.

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