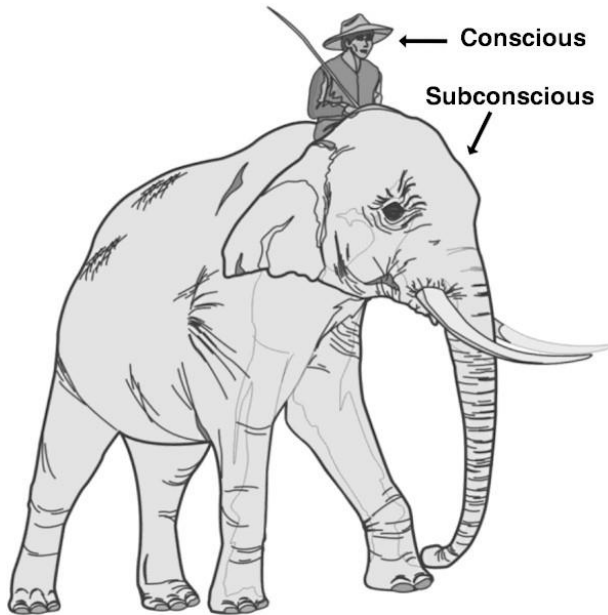


How to Ride Your Elephant

Do you know the roles the *subconscious function* of your brain plays in processing information? It is absolutely essential that you become aware of what it does.



The brain functions on two levels – *subconscious* and *conscious*.

The *subconscious level* interprets and responds to over 40 million nerve impulses per second.

The *conscious level* processes about 40 nerve impulses per second.

As an information processor the subconscious function is one million times more powerful than the conscious --and it contributes 95% of cognitive activity. Think of the relationship of the *conscious function* to *subconscious function* as that of a rider to an elephant. The rider will go

wherever the elephant wants to go -- *unless the rider learns how to coax it to go somewhere else. It is essential to learn those skills and it takes a team to help.*

The brain's most important mission is survival and most of that activity takes place at the *subconscious level*. The elephant devotes lots of time and energy to *predicting what will happen next*, so that the body will be ready for any contingency. Every moment it is issuing thousands of predictions at a time -- *based on its past experiences*.

An important part of making predictions is based on the beliefs a person holds. The elephant is the guardian and protector of the most trusted beliefs.

1. It searches for information that confirm its belief models and experiences.
2. It distorts and molds new information to make it fit its preconceived concepts to confirm its belief models.
3. It filters out information that doesn't fit its preconceived concepts or confirm its belief models. It does this at the subconscious level with the rider being aware of it.

The rider and elephant are two parts of a biological process that we call it the *biology of beliefs*. Stomachs process solids and liquids that enter it through the mouth. Brains process information that enters it through sensory organs – *eyes, ears, nose, tongue and skin*. Brains and stomachs are living organs that do what they are genetically hardwired to do.

1. Memorize the Explorers Pledge

*My belief system will be large enough for all facts,
open enough to be examined and questioned,
and flexible enough to change if errors or new facts are discovered.*

2. Make Distinctions Between Beliefs & Facts

A fact is something that is sensory perceptible and can be detected by one or more of your sensory organs.



3. Explore as a Team

We encourage people to explore with at least one other person. It is important to include your eyes and ears on this journey. Listening causes your elephant to slow down. You will spot differences in beliefs more easily. In addition, you have already given each other person to ask questions about each other's beliefs.

4. Believing is a Biological Process

Stomachs digest things that come from the mouth. Brains ingest information coming from sensory organs. Believing is a biological process. *The biology of beliefs has not entered mainstream discussions yet, but it soon will. We have no doubt that the biology of beliefs will ultimately be one of the most important discoveries in history – and BHC Discussion Team members will be way ahead of the learning curve.*