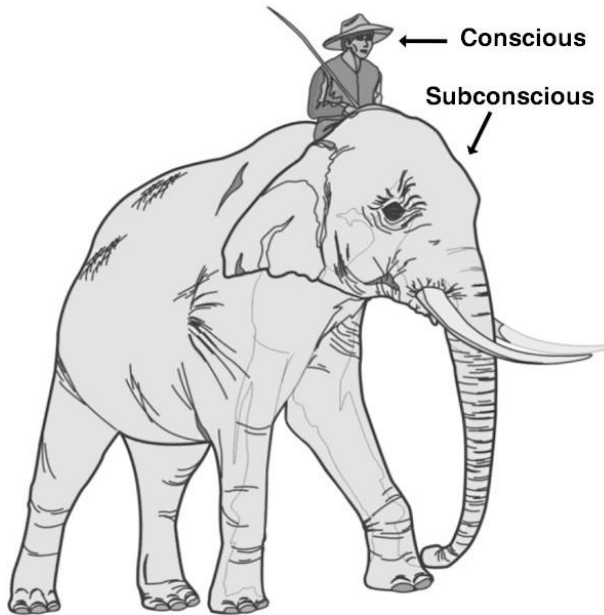


How to Ride Your Elephant

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 patterns in incoming information that confirm its beliefs and experiences.
2. It distorts and molds new information to make it fit its preconceived concepts to confirm its beliefs.
3. It filters out information that doesn't fit its preconceived concepts or confirm its beliefs. What a person actually says may not be what our elephants let us hear.

Think about that for a moment. This is why we encourage people to include people with different beliefs on their *Discussion Teams*. You may not be aware something your elephant is doing, but another team member may be able to see it clearly. This is why we have the second part of the team guideline – "*my belief system will be open enough to be examined and questioned.*" Every member gives others permission to do this.

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. If you change the things swallowed by a mouth, it could have profound effects on a person's life. And, if you change sensory information a brain process, it could also have profound effects on a person's life.

The biology of beliefs has not entered mainstream discussions about belief systems 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.