

How to Sound Like You Read

The Mind Gate Process of Empowerment:

Experience the Awesome Power of Your Subconscious Mind

INTERVIEW BY: Tera Daniel for Awake Empowered Radio on April 14, 2014.

Awake Empowered Radio:

Dr. Mitchell Mays is here with us today. He is the author of an exciting new book called “The MIND GATE Process of Empowerment- Experience the Awesome Power of Your Subconscious Mind”. Dr. Mays holds a doctorate in Chiropractic Health Sciences, is a Master Hypnotist and a Certified Hypnotherapist. With over 35 years of clinical experience as a licensed primary health care provider and now in-demand speaker, he teaches people how to recognize and break free from their conditioned, self-sabotaging habits and negative thoughts so they can reach and sustain the higher emotional states of joy, freedom and empowerment... Welcome Dr. Mays.

Dr. Mitchell Mays:

Thank you Tera, it's a pleasure to be here with you.

Awake Empowered Radio:

Could you tell us, in a nutshell, what your book is about?

Dr. Mitchell Mays:

Sure, it's about how to use your subconscious mind to control your moods so you can experience more joy more often and attract more of what you want into your life.

Awake Empowered Radio:

What is the MIND GATE process or maybe I should first ask, what is the mind gate?

Dr. Mitchell Mays:

Yeah, that's a really good question. Well, first of all, the mind gate is a term used by some hypnotherapists, including myself, to describe the critical area of the adult mind. The critical area or mind gate is that part that lies between the conscious mind and the subconscious mind and it develops between the ages of about eight to thirteen years of age. It's our critical thinking part, if you will. For instance, if six year-old Joey says to thirteen year-old Tommy, “Hey, let's steal some candy”. Tommy might say something like, “No, I don't think that's such a good idea.” That's critical thinking. Just to give a thumbnail sketch for a minute, I would like to point out that we have a *conscious mind* that is our logic, reasoning, decision making, analyzing, judging, weighing mind. It is also where our motivation and willpower reside. And you probably know what they say about willpower? It only works when you don't need it.

And, we have a *subconscious* or *unconscious* mind. It doesn't think, it doesn't analyze, use logic or reason. It's like a tape recorder or computer program that responds to information received from the conscious mind.

Now; going back to the mind gate or critical min, part of the critical area is in the conscious mind and the rest is in the subconscious mind. Its function is to critically analyze information that we take in on a day-to-day, hour to hour and moment to moment basis. It's a barrier of sorts to keep information that doesn't match our beliefs or subconscious programs out or from creating new programs or beliefs.

Awake Empowered Radio:

So what exactly does it analyze and why?

Dr. Mitchell Mays:

It analyses all of the information that we take in or are exposed to from our environments. Our external environment is like information read or listened to or watched and even the temperature of the room we're in and the lighting, etc. Our internal environment is our body's sensations such as aches, pains, intestinal activity, thoughts and emotions.

For example, as I'm sitting here talking to you, your mind is taking in all of my words, everything you see that's behind me, the tone and volume of my speaking voice, the temperature in the room, that little itch on your leg and your conscious mind and body's reactions to thoughts about what I'm saying and even perhaps some emotional awareness as I'm speaking.

We take in literally trillions of bits of information every day and that all comes into the conscious mind. But we are not aware of all this information consciously, in fact, we are only consciously aware of a very tiny percentage of the information we are exposed to and processing. Neuroscientists tell us that we are only consciously aware of a tiny fraction of all the information we take in each day. It's simply too much to process consciously.

Awake Empowered Radio:

Okay, so is all this happening when we go to sleep or ...what?

Dr. Mitchell Mays:

Good question! Actually, it is analyzing data all during our waking time. Under normal circumstances, the critical area analyses and stores all the information we've been exposed to in the last sixteen to twenty-four hours before it has to disorganize when we go to sleep. It then releases its analyzed information down into the subconscious mind. If

some of that information or I call message units, is negative and we have a program or belief that is *like* that negative information then that belief or program gets reinforced or grows stronger. If some of that information is *not like* any of our beliefs or programs then *that* information gets vented out through dreams. It's kind of like defragging your computer. So the mind gate or critical area is a clearinghouse if you will, for all the information we get exposed to on a day-to-day basis.

Awake Empowered Radio:

So what you are saying, if I've got this right is, our subconscious beliefs or programs are getting reinforced by the information our mind gate deems as... as familiar?

Dr. Mitchell Mays:

Exactly, yes. The mind gate analyzes information that we take in during our so-called waking hours to determine if it is *like* or *unlike* what we know the world and ourselves to be, in other words, our reality is determined by our known beliefs or programs. Our subconscious beliefs or programs are the filters or lenses through which we experience ourselves and the world.

We never see the real world, only our *perception* of it. In other words, if the information matches up to our known information about the world and ourselves then it is accepted as valid and reinforces our beliefs or programs. Remember, our beliefs and programs were largely developed before the age of eight years old.

Awake Empowered Radio:

So then, what is the MIND GATE Process all about?

Dr. Mitchell Mays:

The Mind Gate **process** is about controlling what goes into our subconscious mind to create a more empowering image of ourselves and a more positive view of the world, a view that serves us and others more dynamically.

In other words, what programs or beliefs would you rather have reinforced, positive or negative ones?

Awake Empowered Radio:

Well, positive ones by all means.

Dr. Mitchell Mays:

Exactly, and that's what the process is designed to do. You see, we all have negative beliefs or programs and we have some positive ones. Unfortunately, neuropsychologists estimate that over seventy percent of our beliefs or programs are negative! But, we do have some positive programs and those are the ones we want to be reinforcing.

Awake Empowered Radio:

Wow. Could you tell us a little bit about how you came up with the ideas in the mind gate process?

Dr. Mitchell Mays:

I've studied human behavior and higher consciousness for a long time now...I don't know, maybe forty years? For the last thirty five or so I've observed how patients in my own clinic have responded to information about their conditions when I gave them a report of findings such as what I found during their physical examination or when I showed them their x-rays. Some are excited to hear there is something that can be done while others seem almost disappointed that I found something that could easily be remedied.

What I discovered was this; the patients that had a *belief* or program that they could get better or well with natural and simple methods did indeed get well. Other patients needed more complex reasons and the treatment had to be more complex and so responded to that type of approach. Others still had beliefs or programs that they were incurable and so they couldn't even hear there may be a solution to their problem and they didn't get better.

Awake Empowered Radio:

So, does this mean that every kind of treatment by every kind of doctor is a kind of placebo? In other words, whether someone responds to one treatment or another depends on their beliefs?

Dr. Mitchell Mays:

Well, the answer to that depends entirely on your own beliefs and programs. Following a near fatal head-on car collision I knew that I had to find the answer to the question; Do we create or attract health, disease, healing, wealth, good fortune, bad fortune, accidents, injuries, love or hate to us by the beliefs and programs that we have in our subconscious minds?

My clinical experience as well as personal experience has shown me that that is exactly the case. The Mind Gate Process is a way to change the unconscious patterns, beliefs and

programs to re-create, attract or experience what we want instead of what we've been experiencing. I used the word change our beliefs or programs but what I meant to say was install new ones or at least reinforce the positive ones we already have.

You can't really remove or change negative programs but you can let them become weak and ineffective from lack of use. I also know, as a hypnotherapist that we can create new, more empowering beliefs and programs and grow them through repetitive use and tending to. Most of us have a mixed bag of programs...some are good and some are bad so you don't want to throw the baby out with the bath water (laughs).

Awake Empowered Radio:

So is it just positive thinking that re-programs our subconscious mind?

Dr. Mitchell Mays:

No. Positive thinking is as naïve as negative thinking. It has very little impact on our reality but it can help us stay in a little happier state of mind which *can have* an impact on our experienced reality. What re-programs, or more accurately *installs* new desired programs into our subconscious mind, is *visualizing* a new desired reality or good-feeling fantasy. In other words it's our imagination that creates new beliefs or programs that change our perceived reality. In my book I give a step by step process on how to do just that.

Awake Empowered Radio:

So, all I have to do is visualize what I want and my subconscious mind gets re-programmed?

Dr. Mitchell Mays:

Well, yes and no. The subconscious mind was originally programmed through associations like, warm hugs feel good, hot stoves feel bad and identifications like, being a fireman gets me respect or cowboys with black hats are bad. Of course I am using some simple examples but in addition to the associations and identifications there is the law of repetition. So, to add new and more empowering beliefs and programs into our subconscious mind, we need to use our imagination to visualize and fantasize using as many of our five senses as we can... *and* we need to do this repetitively for some time before the subconscious mind acts on it. But, most importantly, we need to consciously know how to access the subconscious mind and get it to accept our positive suggestions.

Awake Empowered Radio:

So can you tell us...how do we access our subconscious mind?

Dr. Mitchell Mays:

We access the subconscious mind naturally right before sleep when we pass from the beta brain wave state of consciousness into the theta brain wave state of consciousness. The other name for this state is hypnotical sleep. It is also known as the Shamanic state, creative state or bridge to the subconscious. It is when the mind gate disorganizes right before we go into unconscious sleep. Theta is also known as REM sleep or Rapid Eye Movement. This is our time to fantasize. Unfortunately, most of us are fantasizing about our worries. Now here is the great part. What goes through the mind gate *last* is what has the *strongest* influence on the subconscious mind. In other words, whatever you are thinking about within the last thirty minutes prior to sleep will have the greatest impact on your subconscious mind.

So, if you had a lot of negative stuff happen during your day but were able to draw your attention to something positive or pleasant for a few minutes right before you fell asleep, you would still be able to give your subconscious mind something positive to create what you want. And, not just positive thinking...it has to be positive fantasizing using our imagination, using as many of our five senses as possible

The other time we naturally go into the theta brain wave state is when we are waking up. For the first twenty minutes or so we are still in theta brain wave so this is an excellent time to fantasize about what we want.

Awake Empowered Radio:

It sounds like daydreaming to me. Can you tell me the difference?

Dr. Mitchell Mays:

I'd love to. The difference between daydreaming and fantasizing before sleep or first thing in the morning is this. In daydreaming, you are in the alpha brain wave state, which is a faster brain wave and the mind gate or critical area is not open. So, whatever you are daydreaming about does not affect the subconscious mind, however pleasant these daydreams may be. In the theta state, the mind gate is open and it is then that we can re-program the subconscious mind because we now have access. Most people are completely unaware of this and therefore do not make use of this time to give their subconscious a new idea or at the very least protect it from the dumping of negative information from their day that happens when they go to sleep.

Awake Empowered Radio:

Okay, now I know the difference. What about meditation, and can we use that time to re-program our subconscious mind, even if it is during the day?

Dr. Mitchell Mays:

Absolutely; your meditation time can be used to re-program your subconscious mind but it takes years of practice in most cases to learn how to quiet our monkey mind enough to get a positive suggestion into the subconscious. Our monkey mind is like our computers processor. It is trying to process all the thoughts playing in our heads like an endless loop. Psychologists are telling us that we have sixty to eighty thousand thoughts each day... that's 1.2 thoughts per second! Now you understand why it's so difficult to quiet our mind or what we think of as our mind. So yeah, your meditation time could work if you are able to go deep enough and focus on a central idea or fantasy long enough to impress that vision onto your subconscious mind. I just like going on the path of least resistance by using The Mind Gate Process that combines meditation, self-hypnosis, breathing, and visualization and at the times that I know are Theta times. It's quicker and more effective at achieving the higher emotional states of Joy, Love, Freedom & Appreciation.

Awake Empowered Radio:

Thank you, Dr. Mays for taking your time to be with us today.

Dr. Mitchell Mays:

Thank you Tera, it was a pleasure to be here.

Awake Empowered Radio:

*I'm looking forward to putting your MIND GATE process into practice. If any of you have questions for Dr. Mays he may be reached at Doc@DrMitchellMays.com. That's D. O .C. at DRMITCHELL.com. That email again is Doc@DrMitchellMays.com
Thank you all for being here with us today and once again the name of the book is *The MIND GATE Process of Empowerment* and the author is Dr. Mitchell Mays*

Awake Empowered Radio:

Thank you Dr. Mays.

Dr. Mitchell Mays:

Thank you Tera.