

Changeless Change

The Attic



All the old ideas I have carried with me since birth are stored in my subconscious mind—the place I call my attic.

Stored in our attics is all we have learned throughout our lives, and mostly what we learned during our first few years on this planet. This is what continues to direct our actions and reactions to everything.

What a powerhouse your attic is! Most of us have no idea that it is the fuel for the engine that spins our minds and directs our actions and reactions.

The information stored in our attics adds instruction and direction every day to what we are reading, or seeing, or being told. Additionally, some of the old stored ideas are added to current any instructions we give. To illustrate this, give someone 15 seconds to completely fill in an outline in a child's coloring book. Chances are they cannot complete the task. Why? Because, their subconscious mind added the instruction from deep within: "Don't color outside the lines."

So, clean out the attic!

This is not a project most of us look forward to. Most of us don't know exactly what is in our attics, or our subconscious minds. Exploring inside can be fun, exhausting, painful, scary, or dismal, and it is definitely not an overnight task. I put it off for a long time – for several years, actually – after I knew I needed to do it. Still, the circles keep turning – changeless change.