

Wayne is Being Content, in this Moment

“Be happy with what you have and are, be generous with both, and you won’t have to hunt for happiness”, William E. Gladstone



The other day I was reading that our brain can store somewhere in the vicinity of 280 quintillion bits of information. That is 280 with 18 zeros behind it. Talk about one huge hard drive we have at our finger tips at any given moment. When we access our brain, we do so at a faster speed than any other computer existing currently on this planet, whether we know we are accessing it or not.

We all or at least most of us have only one brain that basically consists (for the purpose of this article) of two different areas, our conscious and our sub conscious minds.

Our conscious mind is the function that we are most connected to as this is the one that we are most aware of. It follows us through our day to day lives, seeing what there is to see, people around us, making plans, what date it is etc.; basically probing then taking that information and moving it forward to the next steps needed.

Our sub conscious mind contains a record of literally everything we have ever experienced, emotionally, physically and mentally throughout our entire lifetime. Wow that is a lot of information in that part of the brain.

Since the mind is more or less formed at the young age of seven years old, we take in many beliefs for us to have floating around in our minds for our future life. Whether we are aware or not we are taking actions in life that are already set inside of each and every one of us long before we take the action.

Here is a perfect example of how the two portions of the mind works as illustrated through some recent reading by [Gregg Braden](#), **The Spontaneous Healing of Belief**.

Standing on the street corner, we are at a red light waiting to cross. Our conscious mind knows of the danger of stepping into to traffic and it makes a choice of whether to make the crossing or not. We know of the danger so we continue to wait for the green light to cross. If for example we are talking on our cell and the masses of people dart out between traffic for the crossing, and since

we are focused on the cell call, our sub conscious takes over and we go with that flow. So simply put, we do not think about it, we just react.

Everything we have ever done in life with the feelings and emotions behind it is in our subconscious mind for it to react at any given time under certain situations.

We have been programmed from our experiences overtime.

Since our conscious mind is actually very slow, usually our subconscious mind takes over it with what has been programmed into us. The conscious mind has been studied and determined that it operates at about 40 bits of information per second. The subconscious mind operates at about 20 million bits per second. The subconscious mind can be great when something is thrown at you and you duck without even having time to think about it but what about all those other presets that we have built in. How about growing up knowing and learning that life is a struggle? We have no money for what ever in life. What about the effects of losing a partner or having a divorce or a couple in my case. These are all imbedded in the subconscious and they will jump out at the most surprising times with a simple reaction.

Now comes the purpose of this being content article. I have been very fortunate through many wonderful friends, spirit guides and great readings to look inside of myself to see some of these beliefs that have taken me down a different path. Notice I did not say wrong path as I have always believed that there is no right or wrong, just choices we make. Well sometimes it is the subconscious that sways the outcome and I have reacted in a manner that I must look at later as something that did not really jive within me, not too mention others.

Recently I have come up against a few of these in my life and I do whole heartedly believe that I have changed some of my beliefs within me and altered what my subconscious mind is able to react to. The bottom line came for me when I asked myself, what is it that I really believe in? Rather than what my personal experience was taught to react to over my life. Talk about a real shift for me and some true personal growth for the development of Wayne as a whole. Whoa, another shift, another belief worked out to a more positive one.

I will not give out personal details but just let me say that I appreciate my soul-ular connection in life that placed this before me and now I can move forward with great happiness on several particular beliefs for me. You are so appreciated and loved my friend for hanging in there with me on this.

Being content to me is delving deeper into the subconscious mind and seeing what really works for me or should I say, what I truly believe in.

Today I am taking another step forward in my being content in life and wow do I feel so much more charged, lighter and happier as I create a higher me in life. Inch by inch, thought by thought, belief by belief, I create my being content in the moment

So for any of you readers out there, why not take a few moments and look into your own beliefs and see if there is any that you may desire to look at. You might be totally amazed that with a few different thoughts, your newer beliefs will serve you forever in life and help in your being totally content.

“When you’re content you feel at peace with yourself and the world. You’re confident with who you are, where you are and where you’re going. You neither feel the need to defend yourself, nor to blame anyone.

It is a state of inner peace that allows you to reach out to the world with focused energy and the least amount of distraction. Your thoughts are clear and your creativity is high. That’s when you’re the most productive and results come in a seemingly effortless way. Being content starts with being thankful for who you are and where you are in your life. You’ve forgiven yourself and others for past mistakes.

At the same time being content doesn’t necessarily mean that you’re simply happy with your current state. It rather means that while you approve of yourself and all the things you’ve accomplished, you’re also open to recognize and embrace new opportunities for advancement in your life.” Author unknown

Take the leap and seek out being content, it is so worth it. Remember to be content in this moment, the next moment and then one after that. This is Wayne signing off, BEING TOTALLY CONTENT in this moment. *S*

Peace and Love
Wayne
[Email Wayne](#)