

Video 273: How to Reprogram our Minds

by Wes Penre, September 11, 2021

The video to this transcript can be found on my video channel: <https://wespenrevideos.com>



I have stressed this in a few videos, but it is so important that I feel I need to make a separate video on this subject.

The saying goes that we are creatures of habits, and this is very true. We also call it routine. It is nothing wrong with that, and it's even necessary in order to function in an organized manner in life. This usually doesn't harm us in any way.

However, we also create programs for ourselves, sometimes based on trauma, that are not beneficial for us. If you think about your own life situation, there are probably things you wish you could change but don't know how. You see a few people here and there who actually managed to change permanently, and you have no clue how they did it when it seems so hard to do. But the fact is that it is not as hard as it appears.

The key is persistence.

Oh no, you think. If I want to change something about myself, I need to persist forever, and it's going to be a long struggle.

If this is your immediate reaction, I have good news. I've said it before, and I say it again: it only takes 21 to 30 days of persistence to permanently change a habit! There are even studies on this, and I know it works because it works on me, and I'm sure it works on others, too.

So, it's not necessarily the case that people don't try to change; the problem is that they give up too soon, thinking it's impossible. Some might even be close to a breakthrough when they give up.

Let us take a classic example: a person wants to quit smoking and has smoked for many years. Most people start again already the same day or within three days because the cravings are so bad, and they give up and think it's impossible to quit. If they instead went through the first 3-5 days of intense cravings, it would be easier after that. But it would still be hard in the beginning. Not until after 21-30 days would they notice that they have broken the pattern of lighting a cigarette--they have broken their routines and set up new routines for themselves. In other words, they have reprogrammed themselves.

Taking smoking as an example is quite helpful because smoking also comes with other habits related to smoking. For instance, they light a cigarette first thing in the morning, after a meal, together with coffee, on 10-minute breaks at work, and when they are stressed, etc. These are all routines that are intertwined, making it extra difficult to quit because one habit is connected to another. Still, the same principle applies for each habit. Quitting smoking takes about 3 weeks of persistence, but the smoker also needs to change their habits. They need to break the routines and do something else in the morning, after meals, and on work breaks, and so on. Many smokers are aware of this, and they try to do this but fail. Why do they fail? Because after a few days, it's getting stressful, and the body and mind want to go back to the old habits when everything "worked." So, they give up and go back to old routines, thinking it would take forever to break them, if at all possible.

Not so. If the smoker had only persisted with their new routines for about 3 weeks, they would successfully have managed to quit smoking and be able to stay off tobacco. All their routines would have changed, and they would have reprogrammed themselves to new habits that will hopefully lead to a healthier and more enjoyable life with some extra money to spend on something else.

This is how it works with basically everything. I first started paying attention to this when I listened to Out-of-Body Experiencers, such as William Buhlman, Dr. Tom Campbell, and Robert Monroe. They all have said that in general, it takes 3-4 weeks of constant and persistent training before a person can have a successful OBE. I investigated this some more and found that there are studies that verify this. So, I tried it on different things in my life I wanted to change about myself, and indeed, it works! Of course, I need to have patience, and sometimes go through some rough moments, but after about 21 days, I have a breakthrough, and after that, my mind is reprogrammed.

This also works when healing from trauma, which is even more important. Let's say you have a voice in your head saying that you are worthless. Now, every time that voice surfaces, replace it with some affirmations, such as, "I am worthy," and sit with this new thought for a few seconds. You can even repeat it, "I am worthy!" Then be persistent with this every single time the feeling of unworthiness, or the voice reappears, and repeat the same phrase, "I am worthy!" After 3-4 weeks, your confidence will have

increased significantly. Then do the same thing with all self-derogatory thoughts, and over time, you will have reprogrammed a significant part of your subconscious mind that previously affected your daily life negatively. The old thoughts will not disappear, but they will now be so diminished that you have no problem overriding them. They become like a weak echo because now your main programming is, "I am worthy."

I hope this helps. I might refer to this video in the future when applicable. I think it's that important. People pay a lot of money trying to heal emotionally, and I am not saying that some of these therapies won't work, but of everything I have tried so far, self-reprogramming has helped me the most and been very reliable.

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