

The Logical Soul® - How It Came to Be

By Michael Craig (Original blog post published 2/16/11)

As you may know by now I am a former chiropractor/acupuncturist, meditation instructor, and author of *The Logical Soul* (available through our website and Amazon). Many have asked me how I came to develop this unique method . . . so today I'll give you my thoughts.

I taught meditation (TM) back in the 70's and became a chiropractor in 1983. As a doctor, I came in touch with – and learned – most of the techniques developed for my profession, and was considered by most others to be a good and capable doctor.

Despite my care and diligence, however, I noticed over the years that results from adjustments and the usual techniques were hard to come by. Through no apparent fault of my own, results were often mixed, marginal, or frustrating. While I was able to affect positive changes in more than half of those I saw, I was hard-pressed to determine (if I were completely honest) that these changes would not have happened on their own without my intervention!

The ones who *didn't* respond to treatment caused me the most concern. These patients would often return with the same ailments or problems, despite my treatments, and often despite their having been to dozens of other practitioners, therapists and psychologists.

After years of trial and error, I was able to narrow the deeper cause of disease to memories and patterns in the mind and nervous system. There seemed to be an *underlying self-sabotage* going on that remained hidden from patients, and that frustrated all my attempts to override it. To find the remedy I dove into more psychology-based studies like hypnosis, visualization, meditation, affirmations, and other behavior modification techniques, looking for answers to help my patients get better faster. Yet even after treating these underlying “causes” the problems still came back.

Years later I finally had to admit that the main reason things like hypnosis and visualization seldom worked is because there was a lack of coordination and cooperation between these things we call the “conscious” and “subconscious” minds. In fact, they often seemed to be at war with one another.

But why? The normal psychological model had me believe that the subconscious mind – Freud's “id” – was the untrained animal part waiting to sabotage on any and all efforts we made, and that this part had to be controlled or we turn into the proverbial Mr. Hyde in an instant. I knew this was not entirely true, however, since I had witnessed this so-called “part” of me perform amazing miracles and exhibit flashes of unexpected wisdom.

Further research led me to conclude that my so-called “subconscious mind” *was actually a living being* with its own awareness, logic and motives. It was, therefore, separate and distinct from our conscious “being,” the one we normally think of as “I” or “me” . . . the one who thinks and makes conscious decisions. As so-called “individuals” we seem to actually be TWO people inhabiting a single body – a type of psychic Siamese twin without each of them knowing the other even existed, except as some vague abstraction! Repeated testing confirmed this as an observable fact.

My theory is that we in the western world were raised on the **Newton-Cartesian** concept of a mechanical universe, i.e., a machine with infinite moveable parts that we can “fix” by just tweaking this part or that. This is actually our continued model for therapy: we want to “fix” problems that arise in our mind and body. We have, therefore, been conditioned to look on our subconscious mind as a “thing” to be overruled or circumvented. I found, however, that the results seldom follow when techniques based on this approach (e.g., hypnosis, affirmations, and other direct programming methods) are used.

Then back in 1991 I accidentally discovered the key to accessing the subconscious being without hypnosis or other tricks we normally use to bypass our conscious defenses. I also discovered this inner being has its own intelligence – and knows ALL our tricks! It was very much alive.

Upon digging deeper, I found that Hawaiian **Huna** cosmology matched my discoveries to a “T.” Based on the Huna model, behavior modification only happens as a negotiation between the inner and outer selves . . . a process of cooperation and synthesis between these inner and outer beings. In other words, there has to be a good enough reason – both inside AND outside – for our lives to really change! If the *inner reasons* have not been met and fulfilled, the inner being – Hawaiians called it the “*Ku*” - will resist any and all efforts to change directions until they have!

This, then, was my revolutionary discovery: we don’t need to *program* our subconscious mind . . . **we only needed to get his or her permission!** I called the method of finding deepest motivations and changing the decisions related to them the **Logical Soul®**.

Most people don’t have access to the deeply-rooted hidden decisions that run their lives. There are vast networks of thoughts and motivations for every area of our lives – I call each one a “matrix” – that is hidden from conscious awareness. And often each “matrix decision” was laid down at the same time our bodies and nervous systems were developing, from conception until our early twenties.

Using tools like *Applied Kinesiology* (AK) and various other modalities, anyone can now discover the causes of each hidden matrix decision, get access to them, and change them with remarkable speed and effect. Hundreds of testimonials verify this approach not only works, but is the fastest and most complete method of transformation since the work of Freud himself!

“When making a decision of minor importance, I have always found it advantageous to consider all the pros and cons. In vital matters, however, such as the choice of a mate or a profession, the decision should come from the unconscious, from somewhere within ourselves. In the important decisions of personal life, we should be governed, I think, by the deep inner needs of our nature.”

– **Sigmund Freud**