

**Metaphoric Suggestions for Changing Patterns  
By Doug O'Brien**

And as you continue to drift  
it might be reassuring to recognize  
that there is a part of your mind  
that knows how to learn  
even without knowing that it's learning  
which may not make sense  
to your conscious mind  
and that's all right  
because those parts of your mind  
beyond your conscious awareness  
are perfectly comfortable  
with this awareness  
just like the very first time  
you set about learning to walk  
it was tricky at first  
but you learned  
without even knowing how you learned  
or learning to count  
the fingers on one hand  
and at one point you may not have even been aware  
that that hand was your hand  
but it was  
and you learned that  
you can count the fingers  
your fingers  
one at a time  
and they add up to five  
five on each hand  
makes ten  
and you also had ten toes  
didn't you  
and you learned that  
so pretty soon

you just knew that  
without even thinking about it  
and  
when you learned to ride a bike  
it didn't seem, at first, even possible  
all those things to be aware of  
all at the same time  
peddling  
steering  
finding that balance  
it wasn't easy  
especially for that conscious part of your mind  
until it began to constellate  
in your mind and body  
and you learned  
to put it all together  
as one complete action  
and now today you can just get on a bike  
and go  
just like that  
well it's nice to know  
that that part of your mind  
is still with you  
here and now  
today  
and can learn new ways of thinking  
new ways of feeling  
because the patterns of living  
that we all do  
are just that  
patterns  
and you really can  
let go of the old way  
and quickly and easily  
learn whole new ways of being  
new ways of responding

and really enjoy  
discovering that  
it is as easy as 1, 2, 3  
naturally  
one step at a time

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