

The Mind

Conscious, subconscious and unconscious

Memory storage





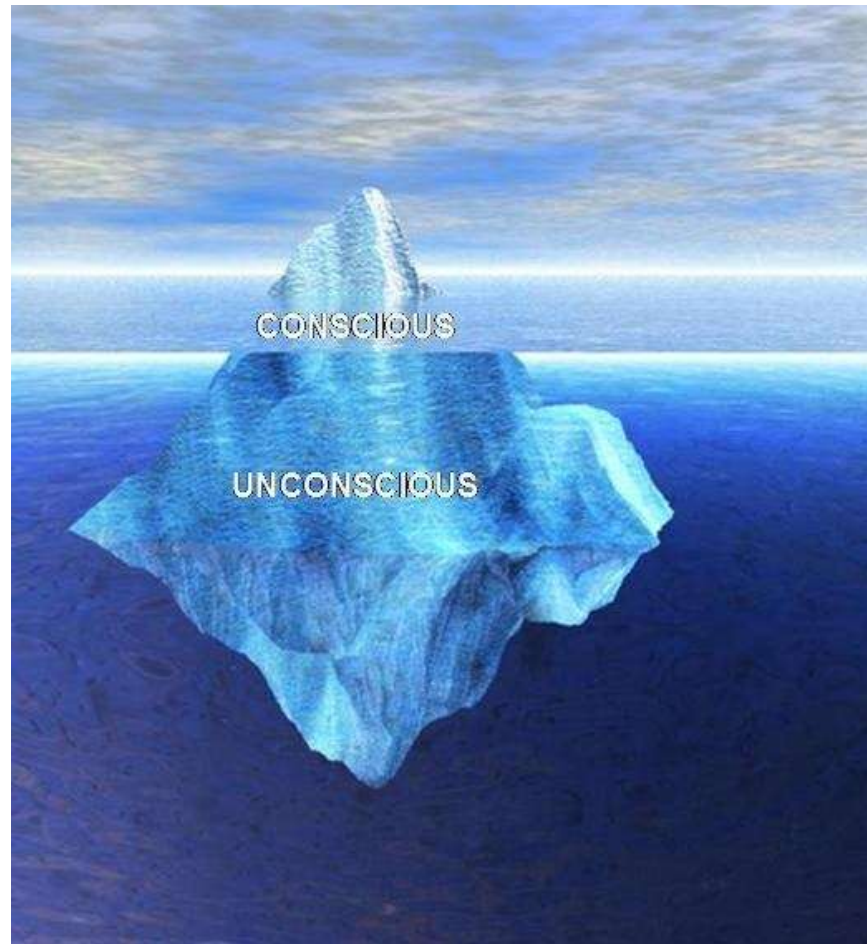
Data input



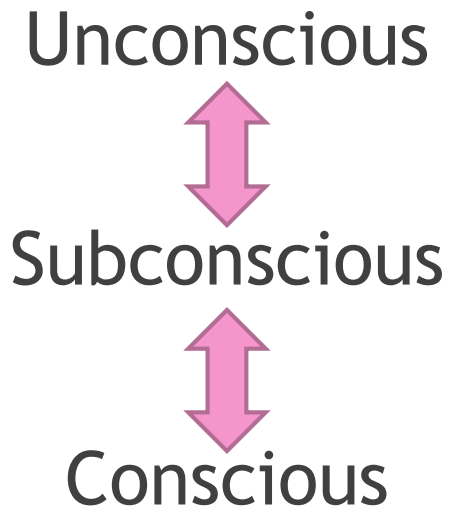
Memories stored as images



Memory; 10% conscious and 90% subconscious and unconscious



Mind communication



It communicates through feelings, emotions, imagination, sensations and dreams

Your subconscious does not
know the difference between
reality and imagination





Unconscious mind program development

Programs are developed to;

- ▶ help you make sense of the world
- ▶ protection from physical and emotional harm
- ▶ to seek pleasure

Where memories come from

Inherited memories

Childhood memories

Trauma/pain memories

Trauma/pain memory reactivated →
conscious thinking bypassed →
unconscious mind reacts according to
it's programming (to keep us safe)

How do you know that you have wrong programming in your unconscious?

You respond in a way that is not directly connected to your current circumstances.

These responses can be:

- ▶ Your feelings
- ▶ Your thoughts
- ▶ Your behaviours

