

A Walk Through the Human Mind

The concept of three levels of mind is nothing new. [Sigmund Freud](#), the famous Austrian psychologist was probably the first to popularize it into mainstream society as we know it today. Even though his theories have subsequently been widely disputed in Psychology circles because they are very hard to scientifically prove, Freud nonetheless created a useful model of the mind, which he separated into 3 tiers or sections – the conscious mind or ego, the preconscious, and the unconscious mind.

The best way I have found to illustrate the concept of the three minds is by using a triangle. If you imagine at the very tip of the triangle is your conscious mind. It occupies only a small portion of space at the top, a bit like an iceberg where only a fraction of it is showing above the water. It probably represents about 10% of your brain capacity.

Below this is a slightly larger section that Freud called the preconscious, or what some refer to as the subconscious. It is much larger than the conscious mind and accounts for around 50-60% of your brain capabilities.

The section below this is the unconscious mind. It occupies the whole width of the base of the triangle and fills out the other 30-40% of the triangle. It is vast and deep and largely inaccessible to conscious thought, a bit like the dark depths of the ocean.

How They Work Together

Your conscious mind is what most people associate with who you are, because that is where most people live day to day. But it's by no means where all the action takes place.

Your conscious mind is a bit like the captain of a ship standing on the bridge giving out orders. In reality it's the crew in the engine room below deck (the subconscious and the deeper unconscious) that carry out the orders. The captain may be in charge of the ship and give the orders but it's the crew that actually guides the ship, all according to what *training* they had been given over the years to best do so.

The conscious mind communicates to the outside world and the inner self through speech, pictures, writing, physical movement, and thought.

The subconscious mind, on the other hand, is in charge of our recent memories, and is in continuous contact with the resources of the unconscious mind.

The unconscious mind is the storehouse of all memories and past experiences, both those that have been repressed through trauma and those that have simply been consciously forgotten and no longer important to us. It's from these memories and experiences that our beliefs, habits, and behaviors are formed.

The unconscious constantly communicates with the conscious mind via our subconscious, and is what provides us with the meaning to all our interactions with the world, as filtered through your beliefs and habits. It communicates through feelings, emotions, imagination, sensations, and dreams.

The Mind in Action

The following analogy may help to clarify the concept of how the three minds work a little more.

If you imagine your mind is like a computer ...

Your conscious mind is best represented by the keyboard and monitor. Data is inputted on the keyboard and the results are thrown up on the monitor screen. That is how your conscious mind works – information is taken in via some outside (or internal) stimulus from your environment and the results are thrown up instantaneously into your consciousness.

Your subconscious is like the RAM in your computer. For those who don't know, RAM is the place in a computer where programs and data *that are currently in use* are kept so they can easily be reached quickly by the computer processor. It is much faster than other types of memory, such as the hard disk or CD-ROM.

Your subconscious works in the same way. Any recent memories are stored there for quick recall when needed, such as what your telephone number is or the name of a person you just met. It also holds your current programs that you run every day, such as your current recurring thoughts, behavior patterns, habits, and feelings.

Your unconscious is like the hard disk drive in your computer. It is the long term storage place for all your memories and programs that have been installed since birth.

Your unconscious mind (and ultimately your subconscious mind) then uses these programs to [make sense of all the data you receive from the world](#) and to keep you safe and ensure your survival. The logic of these two minds is that if it worked in the past and you survived, then it will help you get through similar situations by the same means, no

matter how misguided, painful, and unhelpful the results may be to you personally in the outside world.

The Journey Begins

As mentioned, these sections and their functions have been hotly debated over the years by many other psychologists, philosophers, and scientists, because it's very hard to empirically prove they exist. Despite all this, I still find it a great analogy to use, and at the end of the day if it works for you and makes sense, then that's all that matters.

The Conscious Mind

If you ask most people to define what the conscious mind does you'll get varying answers. Some say what distinguishes it from the subconscious (or even the unconscious) is *awareness*.

But to say the subconscious is *unaware* is plain wrong. It has been well documented that you can be influenced by your surroundings or what people say even when your conscious mind is totally out of it, such as when you're under anesthetic or asleep. And what about when you drive to some destination but when you get there you have no memory of the trip. In those situations it's your subconscious that stays aware and performs the necessary functions.

Another argument people put forth is that the conscious mind is where you do all your thinking and logical reasoning. But that too doesn't entirely distinguish it from your subconscious or unconscious. Your unconscious minds are the storage place of all your memories, emotions and habits and are in fact very good at reasoning and logic.

Take, for example, when you were a baby. Your conscious mind had not yet developed enough to test and measure all the information from your environment, so at this age it sits in the background and it's your subconscious and unconscious that does all the data gathering and reasoning – identifying that the bottle or nipple is a source of food, that crying gets you attention, that cuddles from mum means you are safe. In this stage it's your other two minds hard at work forming logical patterns of association (habits, beliefs, and emotions) that help you to survive.

By far the best explanation that I have found for the two most powerful functions your fully developed conscious mind can do that the other two can't is ...

1. Its ability to direct your [focus](#).

2. Its ability to imagine that which is not real

It's these two very important abilities that can change your life. Let's take a quick look at each ...

Directing Your Focus

While your subconscious mind has a much stronger sense of awareness of your surroundings than your conscious mind (some suggest it's where your "sixth sense" comes from) and is always switched on, even when asleep, it really does just obey orders from your conscious mind. If all you do is focus your conscious thoughts continually on negative things, then your subconscious will obediently deliver the feelings, emotions, and memories that you have associated with that type of thinking. And because those feelings will become your reality, you can then be caught up in a never ending loop of negativity, fear, and anxiety, constantly looking for the bad in every situation.

Take, for example, when you are laying in bed late at night and hear something go "bump" in the night. If you let your thoughts and *imagination* wander to all the horrible things that might happen, then your subconscious will throw up the feelings, emotions, and memories of past events that you've associated with those thoughts. It's your subconscious way of protecting you and preparing you for fight or flight in those situations.

On the other hand, if you consciously tell yourself and direct your focus to more rational, calming thoughts, then the feelings will subside or disappear.

Some people find it quite easy and natural to direct their thoughts towards a more positive outlook on life and every situation. It really depends on the type of programming your subconscious and unconscious has had since birth. For example – do you sway towards pessimism or optimism, negative thinking or positive thinking, happiness or anger, or somewhere in between? Identifying which way you sway is the start to improving it.

This ability of your conscious mind to direct your attention and awareness is one of the *most important powers you have*, and to create change in your life you must learn to [control what you consciously focus on](#).

But how do you do that? The actual skill of directing your focus is quite simple ... all it comes down to is making a choice. *Deciding* how you will think and what thoughts you will *allow* into your mind will determine your destiny. It can literally be used for good or evil, for constructive or destructive means.

Our mental thoughts are probably the only one true freedom we have in this world that we can actually control. A man can be physically trapped in prison in absolute inhumane conditions and yet still be free in his own mind – Victor Frankl and Nelson Mandela (among many others) are testament to that fact. We alone can choose how we are going to respond to our experiences in life.

Using Your Imagination

The other important ability of the conscious mind is the use of visualization. Your mind can literally imagine something that is totally new and unique – something you've never physically experienced before. By contrast, your subconscious can only offer versions of what memories it has stored of your past experiences.

But the really neat trick is that the subconscious can't distinguish between that which the conscious mind imagines and that which is real, so whatever is brought up by conscious imagination and intently focused on, also brings up all the emotions and feelings that are associated with that image in your mind for you to experience.

For example, if you've ever day dreamed before about winning lotto, or perhaps looked forward to being with that someone special you love, then you would have felt the joy that those thoughts had conjured up in your head, even though you knew intellectually it wasn't physically happening at that very moment. *But your subconscious thought it was happening to you*, and that's why it offered those feelings and emotions it associated with those thoughts. It truly is a marvelous gift we have!

Visualization can be used to create some amazing results. In one sporting study three groups of people were tested on their ability to improve their free throw accuracy in basketball. They were tested at the start of the experiment and at the end.

One group was instructed to physically practice free throws for 20 days in a row. The second group was not allowed to train at all. The third group spent 20 minutes a day getting into a relaxed state and only imagining themselves performing the free throws. They were also taught that if they missed in their minds, to adjust slightly and see themselves getting it the next time.

At the end of the experiment the results were incredible. The group that physically practiced each day improved their score by 24%. The second group who didn't practice understandably didn't improve at all. But the third group, who had only visualized doing it, *actually improved their score by an amazing 23% – nearly as much as group one!* Don't under estimate the power of the conscious mind.

The Subconscious Mind

**Your subconscious is the work desk of your mind.
Controlling and directing it is the key to personal change.**

As I said earlier, your subconscious is a bit like the RAM in your computer. (For those who don't know – RAM is the term used for the short term memory in a computer, and its job is to hold the programs and data that are *currently in use* so they can be reached quickly and easily by the computer processor. It's a lot faster than the other types of memory, such as the hard disk or CD-ROM.)

Your subconscious works in a similar way to computer RAM. It holds short term memory and current daily used programs.

The Role of the Subconscious

Apart from short term memory, the subconscious also plays an important role in our day to day functioning.

It works hard at ensuring you have everything you need for quick recall and access to when you need it. Things like –

- Memories – such as what your telephone number is, how to drive a car without having to consciously think about it, what you need to get from the shop on the way home etc.
- Current programs you run daily, such as behaviors, habits, mood
- Filters (such as beliefs and values) to run information through to test their validity according to your perception of the world
- Sensations taken in via your 5 senses and what it means to you

If it doesn't happen to have a filter or reference point in its RAM for some bits of information that come in, then it has a direct line to the storage place of the mind – the unconscious. It will ask the unconscious to pull out the programs that it best associates with the incoming data to help make sense of it all.

The subconscious is also constantly at work, staying a lot more aware of your surroundings than you realize. In fact, according to the NLP communication model we are assaulted with over 2 million bits of data *every second*. If your conscious mind had to deal with all that you would very quickly become overwhelmed and not be able to get anything done.

Instead, your subconscious filters out all the unnecessary information and delivers only that which is needed at the time, around 7 chunks of information. It does all this behind the scenes so you can perform your daily work uninhibited. And it does this as logically as it can, based on the programs it has access to in your unconscious.

And as discussed earlier in the article, it then communicates all the results into consciousness via emotions, feelings, sensations and reflexes, images and dreams. It doesn't communicate in words.

The link into the Subconscious

One of the truly great things about the subconscious (and one which we need to take advantage of to affect change) is ... *it obeys orders!*

People often erroneously think that the subconscious is in charge and you are merely at its mercy. In fact it's the complete opposite. Your conscious mind gives it the direction, the environment if you like, for which it operates in. The subconscious will only deliver the emotions and feelings of what you continuously think about.

Now I'm not saying it's as easy as changing what you think of in one moment and your entire life will be changed. In most cases your default programs have too much energy attached to them to change instantaneously. It can be done though – such as after a massive life altering event or if enough pain is associated with the old behavior – but without a major shift like that it is likely the old programs will reemerge.

The Unconscious Mind

The unconscious mind is very similar to the subconscious mind in that it also deals with memories. But there is a difference between the two.

If you remember the symbol of the triangle I used to describe the levels of the [human mind](#), then you'll remember that the unconscious sits a layer deeper in the mind under the subconscious. Although the subconscious and unconscious have direct links to each other and deal with similar things, the unconscious mind is really the cellar, the underground library if you like, of all your memories, habits, and behaviors. It is the storehouse of all your deep seated emotions that have been programmed since birth.

If you want significant change at a core level, then this is the place to work on ... but it's not easy to get to!

Unconscious versus Subconscious – What's the difference?

There's been plenty of debate over what is the correct term – subconscious or unconscious.

Unconscious is the term usually preferred by Psychologists and Psychiatrists to refer to the thoughts we have that are “out of reach” of our consciousness. It shouldn't be confused with the medical term for unconscious, which basically means knocked out or anesthetized, although both definitions do have similar qualities.

In simple terms, the unconscious is the storage place for all our memories that have been repressed or which we don't wish to recall. A traumatic event in our childhood that has been blocked out is an example, but it doesn't have to be so serious as this. It could be something very distant like what you had for lunch on your first day of school or what the name was of the childhood friend you played with a couple of times.

It's a memory that we can't pull out at our choosing. It's there, but we can't remember it no matter how hard we try. Certain psychoanalytical methods can bring back these memories (such as hypnosis) or it can be triggered by a particular event (a scent, a familiar place etc..).

The important point to remember here, is that we cannot, by choice, remember anything in our unconscious without some special event or technique. This is the unconscious.

The subconscious, on the other hand, is almost the same, but the major difference is we *can* choose to remember. The memories are closer to the surface and more easily accessible with a little focus.

For example, if I were to ask you to remember what your phone number is, then you could easily bring that into conscious thought. The interesting thing is that before I asked you to recall it, you had no conscious thought of it at all. It was stored in your subconscious available for ready recall when needed, a bit like RAM in a computer because it's something that you require quite regularly to remember.

If, however, it wasn't important to you to recall your phone number that often then it may be stored a bit deeper, and as a result when you're asked for your phone number on the spot you might struggle to remember it.

The Role of the Unconscious

In many respects the unconscious deals with all the same tasks as the subconscious – memory, habits, feelings, emotions, and behaviors. The difference between the two minds, however, is that the unconscious is the *source* of all these programs that your subconscious uses

It is the place where all your memories and experiences since birth have been stored. It's from these memories that your beliefs, habits, and behaviors are formed and reinforced over time.

How to Change Your Life

If you want to affect change in your life at a core level then you will have to work on your programs that are held in the unconscious mind. There are specialized ways to make that happen, and if you've read the entire series of these articles then you'll know that the place to start doing that is in the [conscious mind](#).

By continuously being in charge of your own thoughts through directing your [focus](#) and using visualization, you can influence what programs the subconscious mind constantly runs. Do this often enough (and with enough emotional energy) then it will start to reprogram your unconscious internal representation and belief system.

And when that happens you'll experience change on a very deep level!

It's very much a top down approach. After all, it's how your habits, behaviors and beliefs were created in the first place. Give it a try and see how it works for you. And remember, enjoy the journey!

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The Roles of the Conscious and Subconscious Minds

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It's so helpful to understand the roles and duties of the conscious and subconscious minds and not confuse the two. Understanding the different duties of these two minds will help you give your conscious mind its proper job to do; this will reduce problems in your performance and your life. What follows is a brief summary of these two minds.

Conscious Mind

It is the job of the conscious mind to take in and sort through information and make decisions about what you want in life. The conscious mind can determine what is good and bad, right and wrong, fun and drudgery. It is the part of you that thinks and reasons. The conscious mind can accept or reject any idea. Your free will lies here. Your conscious mind is approximately five percent of you.

Your conscious mind is involved when you learn something new. In the beginning, it takes a lot of conscious focus and repetition before it becomes automatic and that task is taken over by the subconscious mind.

Remember when you first learned to drive a car? It was so hard to remember everything you had to do and pay attention to all the traffic signs and lights. It took intense focus and concentration. Now you drive from point A to point B while thinking about other things, listening to the radio, eating, etc. and you can't even remember how you arrived at your destination! That's because this activity is now being performed by your subconscious mind.

Conscious mind focuses on the past and future - I say it usually tries to beat us up about the past and scare the pants off of us about the future!

The Monkey Mind

There is a challenging aspect of the conscious mind and in Eastern traditions it's often referred to as the "monkey mind". Monkeys are very mischievous creatures...they are bouncing and jumping around and into everything! This is the nature of the conscious mind when left to its own devices and not disciplined.

The monkey mind will lie to you, make up stories, fill in the blank when it doesn't know the truth, and deceive you. The truth is, that part of our conscious mind is hard wired to look for trouble and warn us of anything it perceives as danger. I consider the monkey mind our default setting, especially when we feel stressed.

Believing what your monkey mind tells you can cause utter havoc and unhappiness in your life. I'll offer suggestions later about how to deal with the monkey mind so it stops running your life.

Subconscious Mind

Your subconscious mind is one of the most powerful information processors known. It observes the surrounding world, the body's internal awareness, it reads environmental cues, and immediately engages previously learned behaviors. It also runs your entire body. All this is done without the help, supervision, or even the awareness of the conscious mind.

Your subconscious mind is your dutiful servant. It can't veto, decide what's right or wrong, good or bad for you. It doesn't know a positive thought from a negative thought or a positive emotion from a negative emotion. It can only act upon what the conscious mind imprints on it. Subconscious is only aware of "now".

Any thought you consciously (or unconsciously) choose to impress upon the subconscious over and over becomes fixed and will manifest eventually. Your subconscious mind is approximately 95 percent of you.

Your subconscious mind can never "sabotage" you. It doesn't know how to do that. It is simply operating based upon what has been imprinted on it, whether you have conscious awareness of that or not.

Your subconscious mind is patiently waiting for direction from your conscious mind before it takes action to create what it understands you are asking for.

Here's an Example of How This Works

Imagine you are getting ready to hit a golf shot. Your conscious mind takes in all the information about this – it's 150 yards to the hole, there is a bunker on the left, a bunker on the right, the wind is blowing about 20 mph left to right - you choose a target, go through your pre-shot routine and stand over the ball to take your swing. All of this is the job of the conscious mind. Your subconscious mind then takes over to mechanically execute the shot.

- Scenario One – you clearly see your target and are locked onto it either visually or by feeling it; you know the shot you want to hit; you are committed to your club; you feel confident about hitting the ball to the target you've chosen; you expect your ball to land at

your target. Your subconscious mind, being the dutiful servant it is, will execute that shot. You are likely to hit your target or have a very close miss.

- Scenario Two – you see the bunker and tell yourself not to hit it in the bunker; you may or may not be committed to your club; you are scared you're going to put your ball in the bunker; some part of you expects to put your ball in the bunker. Your subconscious mind, being the dutiful servant it is, will put your ball in the bunker. (FYI, often it requires a much more precise shot to put your ball in the bunker than it does on the fairway or on the green!)
- Scenario Three – you can't quite decide on a target, you aren't sure exactly how you want to hit the shot; you're not fully committed to the club you've selected; you feel doubt, uncertainty or some fear about the shot; you aren't sure where the ball will end up. Your subconscious mind, being the dutiful servant that it is, will execute the shot it believes you want based on the indecisive information it has been given. You are likely to hit a bad shot or have a big miss.

You'll notice in all three scenarios the subconscious mind is waiting for three things:

1. What is it you're rethinking about, focused on, or visualizing
2. What feeling do you put with that?
3. What do you expect to happen?

Remember that your subconscious mind doesn't distinguish a positive focus from a negative one, a positive feeling from a negative one, or a positive expectation from a negative one. It is simply your dutiful servant and acts upon the information it's given. This is happening 24/7 in all aspects of your life.

Here are Some Amazing Numbers

- Your conscious mind processes **40** environmental stimuli per second.
- Your subconscious mind processes **20,000,000** environmental stimuli per second.
- Your subconscious mind is in charge of **100,000** chemical reactions per cell per second in your body.
- It processes a total of **400 billion** bits of information per second.
- Your subconscious is the **Divine** part of you and is in touch with the quantum field of all possibility.

There isn't anything your subconscious mind can't do. It is the job of your conscious mind to give your subconscious mind the clearest input and directions possible regarding what you want.

Dealing with Your Monkey Mind

It is believed that the conscious mind has approximately 50,000 – 70,000 thoughts per day! These thoughts are just a stream of consciousness and I'd say we are unaware of the majority of these thoughts. Don't fool yourself into thinking you can control these thoughts...it's not possible nor desirable.

The image of this I use is to see myself sitting on the side of the freeway and cars are whizzing by at high speed. These cars are the stream of consciousness and there's no problem as long as I don't jump into one of the cars and ride along!

But what can you do when the conscious mind becomes the “monkey mind” and begins to focus on what you don't want? (In other words, it jumps into one of the cars and goes for the ride!)

You can build your mental muscle by practicing something I call the “catch and redirect” method. When you become aware of focusing on *what you don't want*, simply acknowledge this and then ask yourself “*what is it I DO want?*”. Don't spend any time making yourself wrong for having a negative focus, just catch it and redirect your mind to *what you do want*.

It takes practice to build this new muscle just like it would take to build up any other muscle in your body. It's not about efforting to do this....it shouldn't feel like hard work or a strain. When you become aware of what you don't want, gently redirect your mind to what you do want.

One of the easiest ways to discover if you're focused on what you don't want is through your emotions. If you're experiencing a negative emotion, retrace your last thought and I'll bet you discover you were focused on what you didn't want.

Now that you are aware of it, simply redirect your mind to what you do want and spend a little time visualizing and feeling that. If you find yourself deep in thought and then suddenly realize you were focused on

what you don't want, just redirect your mind to what you do want and move on.

The more you practice this, the easier it will get. The more you practice this, the sooner you will catch and redirect your negative thoughts.

The Power of Affirmations

No, that's not a typo!

Another way to deal with the monkey mind is to use "Affirmations" rather than affirmations. This gives your conscious mind a productive task that imprints on your subconscious mind what it is that you do want.

Rather than making an affirmative statement, to which your mind can easily come up with 101 contradictory facts, an Affirmation asks a question.

Affirmations, invented by Noah St. John, take advantage of the fact that your subconscious mind must find an answer to any question you ask, that's one of its jobs.

The key is to ask the right kind of questions.

If you ask, "Why do bad things keep happening to me?" your subconscious mind will answer that question by bringing more "bad things happening to me." That's what you've asked the subconscious for more of.

But if you ask, “Why do I get such great results from my efforts?” your subconscious mind will answer that question by bringing “great results from my efforts” because that’s what you’ve asked the subconscious for more of.

Affirmations side-step the natural conscious mental resistance that comes up in response to a statement that doesn’t seem true (like an affirmation) by asking a positive question. There is nothing for the conscious mind to resist or contradict in a question. And the only course of action the subconscious mind can take is to answer the question.

Not only are they powerful, but they are actually pretty fun. The questions are always asked starting with “why” followed by a present tense statement of what you want.

Here are some performance-related examples as well as some everyday examples.

Performance Affirmations

- Why does the ball appear so slow, big, and bright?
- Why is my swing so fluid and free?
- Why does my ball always roll into the cup?
- Why does my technique improve every time I touch the ball?
- Why does it feel so easy to get such great results?

Everyday Affirmations

- Why do I always find the perfect parking place?
 - Why do sales calls seem fun to me?
 - Why do the right people and resources show up at just the right time?
 - Why do I have such a fulfilling relationship with my partner?
 - Why am I in the perfect position right now to create the success I want?
-
- Why do good things always happen for me?

Here's the Good News!

It is not the job of your conscious mind to figure out how to make your desires happen. Your conscious mind can't possibly process that kind of information and put all the pieces in place to create that kind of end result.

But your subconscious mind can do it with no problem! Remember your subconscious mind is in touch with the quantum field of all possibility. It is performing more simultaneous functions than we could ever grasp. You just need to let go and stay out of the way. When you find yourself consciously worrying or trying to figure out how to make some part of your goal happen, catch yourself, give it up and reaffirm that your subconscious is handling that part.

The only job for your conscious mind is to catch and redirect the monkey mind, use your Affirmations, visualize and feel what you want, and of course **take inspired action** toward your goals.

A mistake most people make is to look at current results and become discouraged and doubtful because what they do want isn't a reality yet. When you interject the feelings of doubt and discouragement, the subconscious becomes confused and will pay attention to the feelings that are the most intense.

As Bob Proctor says, "Relax and see yourself already in possession of the good you desire. Get lost in your vision or idea and stay in that vibration regardless of what is happening around you."

Practice Detachment and Gratitude

Now here's the tricky part! You define what you want, put positive feelings with that, and expect it to happen, but you must detach from the outcome. You have to let go of expectations about how and when it will manifest.

The two best ways to do this both involve gratitude.

First, express gratitude for what you already have and be perfectly satisfied with how it is right now. Second, express gratitude as if you already have what you desire. Practicing this will magnetize what you desire to you faster.

Summary

Conscious Mind:

- Takes in and sorts through information and makes decisions about what you want and don't want in life
- Has the job of learning a new task until it becomes automatic and taken over by the subconscious mind
- Focuses on the past and the future
- Is 5 percent of us
- Easily becomes the “monkey mind” when left unattended
- Proper job is focusing on what you do want by practicing the “catch and redirect” method, using Affirmations, feeling positive emotions while focused on what you do want, and taking inspired action
- Lets go of trying to figure out how to achieve the goal and turns that part over to the subconscious mind
- Expresses gratitude for how it is right now
- Expresses gratitude as if you already have what you desire

Subconscious Mind:

- Is a dutiful servant waiting for direction from your conscious mind before it takes action to create what it understands you are asking for
- Waits for three key things: What is it you're focused on or visualizing? What feeling do you put with that? What do you expect to happen?
- Takes over habitual tasks
- Only knows the present moment
- Is 95 percent of us

- Is in touch with the quantum field of all possibility and knows how to manifest your goals

You can develop and strengthen your mental muscle by giving your conscious mind its proper duties. This will assist your subconscious mind in delivering to you what you do want. Knowing the role and duties of the conscious mind and the role and duties of the subconscious mind allows you to more easily manifest your desires in life.

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Stacey Vonbrock