

The Conscious and Unconscious Minds

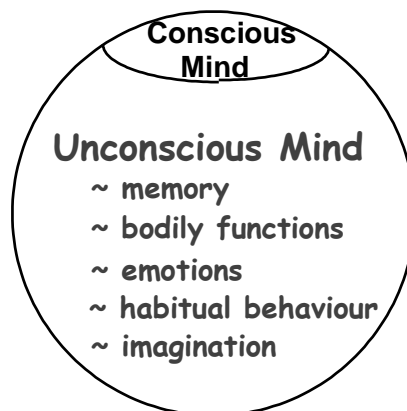
NLP makes the distinction between the part of us that is self aware and aware of the world - the conscious mind - and the part that is not - the unconscious mind.

It is estimated that our conscious mind occupies about 12% of total physical volume of the brain. Our conscious mind makes decisions, thinks, analyses, sets directions, decides what to do, and acts as if it were in control. It is like a searchlight. It shines the light of reason and analysis on the vast darkness that surrounds us and sees only what is in the light. However, our conscious attention is limited to between five and nine pieces of information at any one time.

The unconscious mind has far greater influence, and can accomplish far more than the conscious. Occupying 88% of our brain volume, our unconscious mind controls most of our behaviour. It controls and co-ordinates the autonomic nervous system, involuntary muscles, organs, glands and other aspects of our physical functioning that we don't consciously have to think about. It also controls most of our behaviour, and is the seat of many of our deepest beliefs.

Our unconscious mind functions as :-

- the memory bank of everything we have experienced
- the controller and regulator of involuntary bodily functions
- the seat of our emotions, which in turn govern our behaviour
- the seat of our imagination
- the controller of our habitual behaviour



If we presuppose that the unconscious mind is benevolent, we can begin to tap into its incredible resources and potential.