The Prime Directives of the unconscious mind

We tend to use our conscious mind to help us to solve problems, to think logically, and to rationalise behaviour. But the conscious mind is limited, taking on a handful of pieces of information. However the unconscious mind is where it all happens! It takes on millions of bits of information at any one time, stores it, remembers it, and re-presents it for resolution or rationalisation. It has a number of ways of making sense of this myriad of sensory information

1. Stores memories
2. Is the domain of the emotions
3. Organises your memories in linear fashion, often called a ‘time line’
4. Represses memories with unresolved negative emotion
5. Presents repressed memories for resolution
6. It may keep the repressed emotions repressed for self protection, until such time as you have the emotional resources to resolve
7. Runs the body.
8. Preserves the body
9. Is a highly moral being
10. It enjoys serving. It needs clear and explicit orders to follow
11. Controls and maintains perception
12. generates, stores, distributes and transmits energy
13. Maintains instincts and generates habits
14. Needs repetition until a habit has been formed
15. Is programmed to continually seek more
16. Functions best as a whole integrated unit
17. Is symbolic
18. Takes everything personally (the basis of perception is projection)
19. Works on the principle of least effort
20. Does not process negatives

In knowing what is going on just below your surface of awareness, you are in a unique position to undertake permanent and deep change, alter your patterns of behaviour and remove many limiting beliefs you may have about yourself. You will find that NLP offers a range of strategies, techniques and methodologies to help with this process