

Mind  
Over *Muffin*  
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# YOUR MIND

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CONSCIOUS VS  
UNCONSCIOUS

# *Your Conscious & Unconscious Mind*

It's important that you understand some of the differences between your conscious and unconscious mind and how they function. The work we're doing in the program is focused on undoing those unconscious programs that are running that are not serving you, so having an understanding of how this part of your mind works is going to be crucial.

So let's get into some of the basics.

There are two components to your mind: the conscious and the unconscious. They speak different languages, function in different ways and for different purposes, and yet have to work in peaceful harmony for us to live a life we love.

The more you know and understand about the different components of your mind, the more you will understand yourself – and that is the secret to unlocking everything you want!

The problem occurs when the conscious and unconscious minds become out of sync and conflict and unhappiness arise. For instance, you can make the conscious decision to change, and really want to, but without unconscious cooperation, that change will never occur.

For example, think about the times you've decided to eat clean, exercise more, stop smoking, or save money...only to fall at the first hurdle? That's because the decision was made on a conscious level, and while your conscious mind plays a hugely important role, it is your unconscious mind that really drives your behaviours.

Creating amazing communication between your conscious and unconscious mind is the key to achieving everything you want. Understanding the roles of each is one of the first steps to creating this cooperation between the two – which will bring you peace, harmony, direction and ultimately everything you want from life.

So, let's break it down.

## *A Few Facts You Need To Know*

Your conscious mind is what you're aware of at any given second. It's the part of your mind that works logically, rationally and sequentially, preferring to order things so they can be processed and understood. It likes to figure things out and understand them.

The conscious mind can process 7 pieces of information per second...plus or minus 2 depending on the situation, the stress you're under and other factors.

The unconscious mind is irrational, works symbolically and is where your imagination comes from. It is the domain of emotions and is the much older, more primitive part of your mind – meaning, it developed earlier than the conscious mind in terms of our evolution as a species.

To give you a good idea of the power of the unconscious mind...it is in charge of filtering the *millions* of pieces of information that your senses are receiving per second! Compare that to the 5-9 things that your conscious mind can manage, and you start to get the idea!

The unconscious mind filters this information through various means, but only processes a few hundred pieces *per second* – so it's still pretty impressive! However, it is still only filtering a small fraction of the whole picture – meaning you're only receiving selected information, off the back of which you determine your entire reality.

It is said that if we didn't have these filters in place to whittle out the 'important' bits of information we really need to pay attention to, and so instead were hit with the whole lot, we'd go mad in seconds! So it's a very necessary function – just be aware when you say 'that's what *really* happened', that in fact, that is your *interpretation* of what really happened!

Your unconscious mind doesn't differentiate between what is internal and what is external. Although consciously, you might recognise that that argument you had with your partner was yesterday, when you go over it again in your mind, your body releases all the same chemicals as if it were happening right then and there. This is what makes visualisation so immensely powerful – because unconsciously you don't differentiate between what is real and what is imagined.

Your unconscious also doesn't question – it takes everything at face value. Everyone has experienced a dream where they are, for instance, in their living room, talking with their partner, and all of a sudden the scene skips to something entirely different. It's only when you wake up, and re-engage your conscious mind, that questions arise. *That was weird, that didn't look like my house, and it didn't look like my partner either!* You never question it during the dream, because during the dream your conscious mind is switched off, and your unconscious is running the show!

Right now, your conscious mind is engaged with reading this. However, if I were to ask...how is your big toe feeling? Is it cool or warm, numb or tingling? You have become aware of sensations in that part of your body, haven't you? Those sensations were always there, but now they've been brought into your conscious awareness. Your conscious mind can be directed to a subject, whereas your unconscious mind is much more omniscient.

Your unconscious mind has *many* functions, including running your entire body (your breathing, digestion, nervous system, heart beat – basically all internal processes) and storing all your memories (every single one), experiences, thoughts and feelings.

We don't know how to consciously do those things. If your unconscious mind switched off and I said to you tell me how to make your heart beat, you wouldn't know how to generate the right nerve signals, muscle movements etc to be able to do it, but your unconscious mind knows, it's super powerful.

In addition, your unconscious always works in your best interests to protect you, it loves you, it's always learning, taking on new beliefs and experiences, shaping who you are today. However, despite its hard work, there are times when the 'best interests' can become out-dated and can create an imbalance with your conscious mind – therefore creating problems, conflict and unhappiness in your life.

Think of your unconscious mind, in part, as a huge storage facility for your patterns of behaviour. The reason we function so well and have evolved so far as a species is because of how we are able to utilise patterns of behaviour; habits, essentially. You'll have a certain way you drive to work, a certain way you react to certain work or family situations, a certain order in which you wash and dress in the morning.

Habitual behaviours are downloaded into the unconscious, and run on 'auto-pilot' – leaving your conscious mind free to do other things!

In order to resolve your problems, conflicts and unhappiness, the balance between the conscious mind and the unconscious mind must be restored. If you make a conscious decision to start that diet, go to the gym or quit smoking...but the unconscious wants something else, which one is likely to win?

Because the habitual behaviour is stored in the unconscious mind, we often lose sight of what triggers it, or the elements that make it up – it 'just happens' is a phrase we hear a lot when starting to work with someone new, and that's totally normal. However, it does not 'just happen', it's that it's happening unconsciously, out of your conscious awareness. When we regain that conscious awareness, suddenly you have a lot more control over those behaviours!

We're told that 'change is hard' and 'that's just how he/she is'...which is false! Learned behaviours that aren't working for you can be changed, it's just a matter of enabling good communication between your conscious and unconscious mind to create balance between the two. Creating inspiration for the unconscious mind to want the change, and getting real clarity on what you'll gain from making this extra effort is just the beginning!

Also playing a huge role in creating perfect congruence between the conscious and unconscious mind is to resolve conflicting 'parts'. You'll hear it all the time, from not only yourself but also others around you. Part of me wants this, but part of me wants that. Part of me thinks \_\_\_\_\_ is possible, but another part of me is terrified.

This is purely your unconscious and conscious working out of alignment – it wastes energy and it saps your potential. Imagine taking all the will of each of those parts and combining them into one – you'd be unstoppable!

And that really is where the magic lies. By creating great communication between the conscious and unconscious mind, you become unstoppable. And when you're unstoppable, you're going to achieve all the greatness you were born to achieve – which is what you, and the world as a whole, deserve