

## Map of the Mind

Conscious Mind (CM)	Ego (Part of CM)	Subconscious Mind (SCM)	Unconscious Mind
<ul style="list-style-type: none"><li>• Is the command center (focuses attention, has desires, makes decisions, forms beliefs)</li><li>• Is aware of the physical world (through the body), the ego (by thinking), and the SCM (through hunches, intuitions)</li><li>• Focuses on the present, but it can remember the past and anticipate the future</li><li>• Has temporary memory (for focus)</li><li>• Is limited to 7 to 9 bits of info at a time (for focus)</li><li>• Protects against present physical dangers (fight or flight) and mental dangers (threatening ideas)</li></ul>	<ul style="list-style-type: none"><li>• Is a comparing mechanism that acts like a filter placed between the conscious and the subconscious minds, to protect beliefs stored in the subconscious mind</li><li>• Thinks analytically/logically</li><li>• Resists change (resulting in the personality)</li><li>• Protects against changes in beliefs and habits stored in the SCM</li></ul>	<ul style="list-style-type: none"><li>• Is a database of information</li><li>• Is unlimited in capacity (permanent memory)</li><li>• Starts empty and is filled by experiences</li><li>• Stores all beliefs, habits, thoughts, and emotions</li><li>• Generates emotions (which in the body become “feelings”)</li><li>• Perceives all events as occurring right now (even if they happened twenty years ago)</li><li>• Is wise, creative, imaginative, and resourceful</li><li>• Seeks to fulfill all goals established by your desires and beliefs</li><li>• Protects you and helps you fulfill your needs and desires by motivating you with emotions</li></ul>	<ul style="list-style-type: none"><li>• Is the part of the subconscious mind that regulates the body</li><li>• Generates feelings in the body, so the conscious mind can become aware of subconscious emotions</li><li>• Responds to conscious commands and beliefs stored in the SCM</li><li>• Protects from pain, illness, and injury by using the immune system and reflexes</li></ul>