

# *The Unconscious Mind*

## *Prime Directives*

### **STOREHOUSE**

Stores memories - files & logs - by timeline & subject. Represses memories that contain unresolved negative emotions so that you can function in everyday life.

### **EMOTIONS**

Where emotions reside. It responds well to & utilizes symbols & patterns. It manages emotions & memories so as to not overload the whole system.

### **BODILY SYSTEMS**

It runs our bodily systems such as heartrate, breathing, digestion, etc. Your autonomic nervous system is part of your unconscious mind. It regulates energy based on input/output information.

### **PRESERVATION**

Its primary function is preservation, to keep you alive and whole. It wants to serve you by taking orders from your conscious mind with the goal of self-preservation.

### **REPRESENTS MEMORIES**

It stores unresolved memories but allows certain ones to be accessible to attain new resolutions & learnings. This is so that if the experience happens again, you will know what to do.

### **RECEPIENT OF EXTERNAL DATA**

It receives external data via the senses & filters it before representing the remaining information to your conscious mind. It is where our implicit memories & learnings reside.

### **MOVES**

It moves you towards whatever it is that you continuously put your attention to. It will always adopt the easiest route to a goal or outcome.

### **INSTINCTS & HABITS**

It maintains our instinctive behaviors & intuition. It needs repetition in order to form a habit.

### **NEGATIVES**

It cannot process negatives. The best it can do is represent what you don't want to think about & then make it disappear.