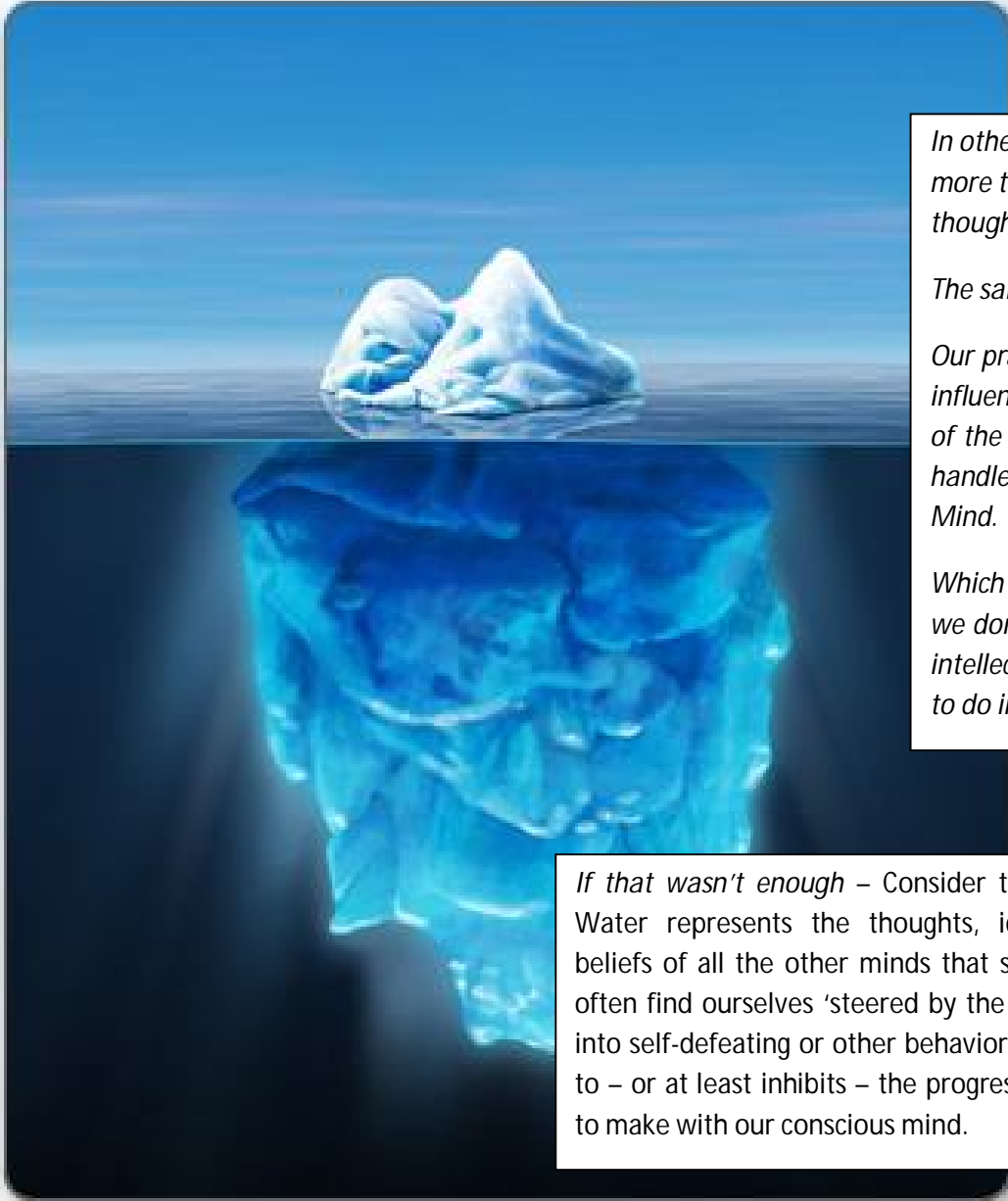


Aspects of Mind

Aspects of The Mind may be considered analogous to an Iceberg -

With the Conscious mind likened to the visible area above the water line - with the much larger part (under water) representing the Subconscious (containing all data collected since birth) and Unconscious (which handles all autonomic activity, such as digestion, heart rate, growing fingernails, etc.)



In other words, our Mind is MUCH more than simply our Conscious thoughts.

The salient point here is:

Our practical, day to day behavior is influenced by - and is at least 20% of the time actually determined & handled by - the Subconscious Mind.

Which at least partially explains why we don't always DO what we know, intellectually, is the best thing for us to do in a given situation.

If that wasn't enough - Consider that the Surrounding Water represents the thoughts, ideas, concepts and beliefs of all the other minds that surround us.. So we often find ourselves 'steered by the current' so to speak into self-defeating or other behavior that is in opposition to - or at least inhibits - the progress we are attempting to make with our conscious mind.

This can help explain why "Will Power" alone is simply not enough to get us where we want to go. Unconscious habits, and "programs" we acquired in childhood have a huge influence on whether or not we get the success we seek; in relationships, health issues, financial concerns, *and every other aspect of our lives.*

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