

# Conscious and Unconscious Mind

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When working on healing the conscious and subconscious minds you want to work on balancing the energy flow patterns for both areas. Each one should be cleared for the issues that are associated with this (as shown in the diagram) and worked on for healing. The subconscious mind will take longer to complete as this is a larger portion of the controlling factor of the energy fields!

## MIND

Conscious Mind 10%

- \* Analyzes
- \* Thinks & Plans
- \* Short-term Memory

Unconscious Mind 90%

- \* Long-term Memory
- \* Emotions & Feelings
- \* Habits & Addictions
- \* Relationship Patterns
- \* Involuntary Body Functions
- \* Developmental Stages
- \* Spiritual Connection
- \* Creativity
- \* Intuition

## BODY

Body

Your body & it's cells also stores unconscious memories

