

1



Shirley Solis
NCXP Trainer
Founder, New Code Experience

The Unconscious Mind



2




The Unconscious Mind Training



3

Video 2

Functions Of Your Unconscious Mind



4

In This Video You Will Learn...

- ✓ The main functions of your unconscious mind, so you can get a deeper understanding behind this powerful component inside of you
- ✓ How your unconscious mind prefers to communicate
- ✓ The role your unconscious mind plays in your daily activities, with your emotions and in your performance and growth



5

This powerful part of you **NEVER SLEEPS** and it
never takes a break!




6

Your **Unconscious Mind** allows you
to move from **DISEASE** to **EASE**




7

Your unconscious mind is the ultimate memory bank- storing all your memory!



8


Because it is so powerful and an integral part of the **high performance team** inside of you, it only makes sense you **learn to consciously use the unconscious mind** to its full potential



9

How You Unconscious Mind Communicates
Uses Symbols

- ☒ Many of the messages the unconscious mind creates, uses and responds to are symbolic
- ☒ These symbols can come in the form of images, metaphors, and visual forms, even things like dreams
- ☒ Other types of symbols are in the form of kinesthetic symbols
- ☒ Your unconscious mind is constantly trying to speak to you



10

How You Unconscious Mind Communicates

Enjoys Taking Direction and Following Orders

- ☑ It is best to have direct and clear instructions, **worded in the positive**
- ☑ Your unconscious mind does not process negatives like *"don't leave your shoes by the door."* Instead it hears, *"leave your shoes by the door."*
- ☑ It's very literal and there may be abstract things it doesn't understand, like *"falling in love."*
- ☑ Instructions to the unconscious mind should be **clear, direct and concrete**



11

How You Unconscious Mind Communicates

Makes Associations And Learn Quickly

- ☑ Your unconscious mind is always **looking for patterns**
- ☑ It thrives on the familiar to create **patterns** and **new habits** and it thrives on the **differences** because it likes to **learn new things**
- ☑ It **creates its own perception** of how things are, based on the experiences you have lived
- ☑ It then uses your experiences in the way of **programs, previous history**, etc. to base its current decisions on



12

How You Unconscious Mind Communicates

Runs And Preserves The Body

- ☑ It's the **"mind of the body"** and completely runs your physical body, without conscious effort
- ☑ Your unconscious mind lives in the **present moment, in the now**
- ☑ It's aware of all your surroundings and in case of an emergency it is the mind that **reacts in nanoseconds** to **save your life** or the life of anyone around you!
- ☑ Can be directed to **increase the energy** in parts of your body for healing and it can also **decrease energy** when needed



13

How You Unconscious Mind Communicates

Stores And Organizes Your Memories

- ✓ It stores every memory you've had since even before you were born
- ✓ It takes all your memories in relation to time and not in relation to time and also in relation to subject (also known as **gestalt**) so they can easily be retrieved
- ✓ These memories obviously produce emotions and feelings



14

How You Unconscious Mind Communicates

Manages Emotions

- ✓ It hosts all your emotions; in fact, all emotions come from the unconscious mind
- ✓ They may or may not be rational, according to the event, but when an emotion is unresourceful or considered "negative" by some, the unconscious mind will manage emotions
- ✓ The unconscious mind releases memories to be resolved only when it knows there is a solution and possible resourceful outcome for you



15

How You Unconscious Mind Communicates

Maintain Instincts And Generates Habits

- ✓ Your unconscious mind generates habits through repetition
- ✓ It remembers your previous actions and leads you to do things in the same way over and over to minimize your work
- ✓ The good thing about that is if you have a resourceful habits it minimizes your effort
- ✓ The unfortunate thing is that if you have an unresourceful habit, it will also keep doing it, because it doesn't judge if a habit is ecological or harmful



16

How You Unconscious Mind Communicates

It's Programmed To Continually Seek More And More

- ✓ The unconscious mind knows **there is always more to discover**
- ✓ Growth is its core value and in essence it will **create a personalized growth plan for you** so you can accomplish your goals
- ✓ If you don't use this in your favor, and rather ignore your unconscious mind, it **will stop guiding you altogether** and alerting you to growth opportunities available to you



17

How You Unconscious Mind Communicates

Makes Faster And Intelligent Decisions

- ✓ Your unconscious mind can help you **make decisions faster** than if you relied solely on your conscious mind
- ✓ Can also help you **make more intelligent decisions** that include information you are not aware of consciously
- ✓ When you communicate with your unconscious mind directly, you **create a high performance team** that is working towards your highest intention



18

How You Unconscious Mind Communicates

High Moral Being

- ✓ Your unconscious mind has its **own moral code** and will play events outside of its moral code over and over until resolved
- ✓ This is why you think about a problem over and over. What your unconscious mind is doing is **presenting you with a problem that needs resolution**, because it knows **something is "off."**
- ✓ By engaging in active communication with your unconscious, you would have the ability to **more easily resolve the event and move past the lack of congruence**



World Class Certification



NCXP
New Code Experience

7 Certifications in 1, Working in Multiple Languages



19



NCXP
New Code Experience

Book a complimentary call with
one of our NCXP Coaches to
learn more about **New Code NLP**



Go To www.NewCodeExperience.com




20

QUICK RECAP

- ☒ The unconscious mind was a taboo topic, but there has been a **shift** and the **personal development industry** and the world is now ready to understand and learn how to **directly communicate with the unconscious mind**
- ☒ You also learned that your **unconscious mind communicates through symbols and signals**
- ☒ And you learned that your **unconscious mind operates your body, stores and manages your memory** and can help you make decisions faster and in a more intelligent manner

Functions Of Your Unconscious Mind



21



Shirley Solis
NCXP Trainer
Founder, New Code Experience

The Unconscious Mind

VIDEO 2