



**Shirley Solis**  
NCXP Trainer  
Founder, New Code Experience

# The Unconscious Mind

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## The Unconscious Mind Training

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## Video 3

# Communicating With Your Unconscious Mind

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## You Have Learned That...

- ☒ Generating a high performance team inside of you will allow you to make decisions faster, become more congruent
- ☒ Generating a high performance team will create more ecology and help you become a magnetic leader
- ☒ The key functions performed by your unconscious mind and how 95% of your daily outcomes are generated at the unconscious level



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## In This Video You Will Learn...

- ☒ About the signals your unconscious mind sends to alert you or get your attention
- ☒ The specific processes we use in New Code NLP to establish direct communication with your unconscious mind
- ☒ How having this ability will help unlock your human potential



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John Grinder

Richard Bandler



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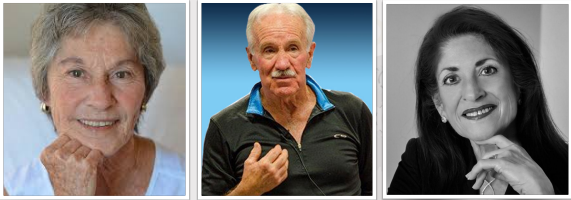
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Judith Delozier      John Grinder      Carmen Bostic St. Clair




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**New Code NLP** will actively engage the **unconscious mind** in every process of change and in every part of life to **unlock your human potential**




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**How You Unconscious Mind Communicates Spontaneous Signals**

- ☒ These are signals often generated from your unconscious mind to **alert you, warn you or get your attention** in regards to a specific situation or topic
- ☒ We often call these signals, **SOS signals**. They can be felt in a variety of ways and range from *palpitations, rapid breathing, increased heartbeat, itching, tingling, heat/cold, internal sounds, images, etc*
- ☒ How your unconscious is communicating with you and **recognizing the spontaneous signals it sends you**




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## How Your Unconscious Mind Communicates

### Solicited Signals

- ☑ These are signals generated after you ask your unconscious mind to communicate with you
- ☑ Two types of responses are Involuntary Signals and Balancing Signals
- ☑ Involuntary signals are signals that manifest in any form in your body, including kinesthetic, visual or auditory
- ☑ The balancing signal is performed while standing and a body "sway" is generated when we ask the unconscious mind to give us a YES or NO signal



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## Live Showcase

Fernando Muñoz  
Head New Code NLP Trainer



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## Communication With Your Unconscious Mind

### Many Uses Include:

- ☑ To activate mental resources
- ☑ To heal, to improve chronic illness
- ☑ To resolve traumas
- ☑ To work through conflicts or find solutions
- ☑ To release anxiety or stress
- ☑ To engage and improve your emotional state



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### Communication With Your Unconscious Mind

Many Uses Include:

- ☒ To optimize your resources at work
- ☒ In your personal relationships
- ☒ For better learning
- ☒ To overcome stage fright
- ☒ To find resources for work, to develop leadership
- ☒ To augment creativity, to improve communication and more!

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### World Class Certification

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7 Certifications in 1, Working in Multiple Languages

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

Go To [www.NewCodeExperience.com](http://www.NewCodeExperience.com)

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# QUICK RECAP

- ✓ There are **two types of signals** from your unconscious: **Unsolicited signals** and **solicited signals**
- ✓ You can solicit communication with your unconscious through **involuntary signals** and **through balancing**
- ✓ Once you **activate direct communication with your unconscious mind**, you can use this in any area of your professional or personal life to unlock your human potential

**Communicating With Your Unconscious Mind**

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**The Unconscious Mind**

VIDEO 3

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