



The **conscious mind** is the domain of the analyzer and critical factor, logic, reason, survival, daily practicalities and functioning in the physical world. This is your primary decision maker, the thinking modality you use for everyday decisions. The conscious mind is usually more involved with left brain activities.

The **subconscious** holds memories of every experience and sensation from the womb, and perhaps even previous to that. It is said that we do actually have perfect memory; we just don't have perfect recall.

The **subconscious mind** is also the seat of emotional complexes, instinct, habits, dreams, imagination, creativity and **right brain activities**. This part of your mind that works in the background, keeping your body functioning. When your conscious mind isn't functioning well, your subconscious takes over. This mind is very sensitive to comments and attitudes given by others...and never forgets!! So, your subconscious remembers the messages from your childhood, and when you make a statement, the SC remember it and goes by what you tell it.

The subconscious is like your right, creative brain, while the conscious mind is like the mind that you use to do your work and activities of daily living.

Source: <http://www.positivehealth.com/permit/Articles/Hypnosis/foss69.htm>

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<http://home.comcast.net/~hypnosisforbirth/>