



Creative Thinking project.

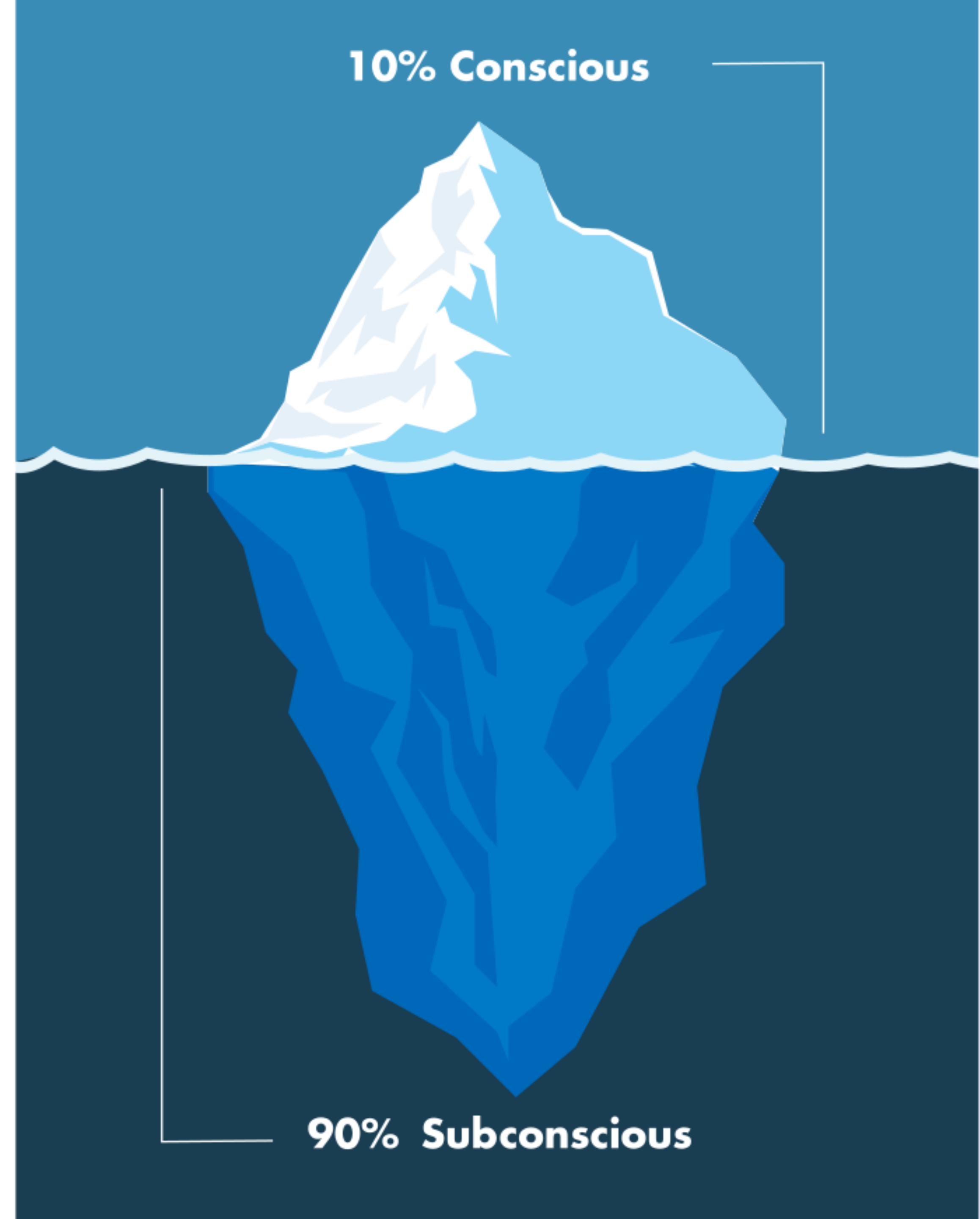
# Conscious & Subconscious thinking

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**The conscious mind  
10%.**

**The subconscious mind  
90%.**





# The Conscious mind

## The 10%

- The conscious mind is the part of the mind that is responsible for the logic and reasoning.
- For example if I ask you to make a sum of  $2+2$  then it is your conscious mind who will make this Addition.
- Conscious mind also works as a gatekeeper for the mind. If someone presents his/her beliefs which contradicts your personal beliefs then your conscious mind filter that given believe and make the decision whether to except it or reject it.



# The SubConscious mind

## The 90%

- Conscious mind is that part of the mind that controls all the involuntary actions for your heartbeat or breathing great etc.
- If you are performing any task initially then your conscious mind takes the charge but if you are performing any task on initially then your subconscious will be responsible.



# The SubConscious mind

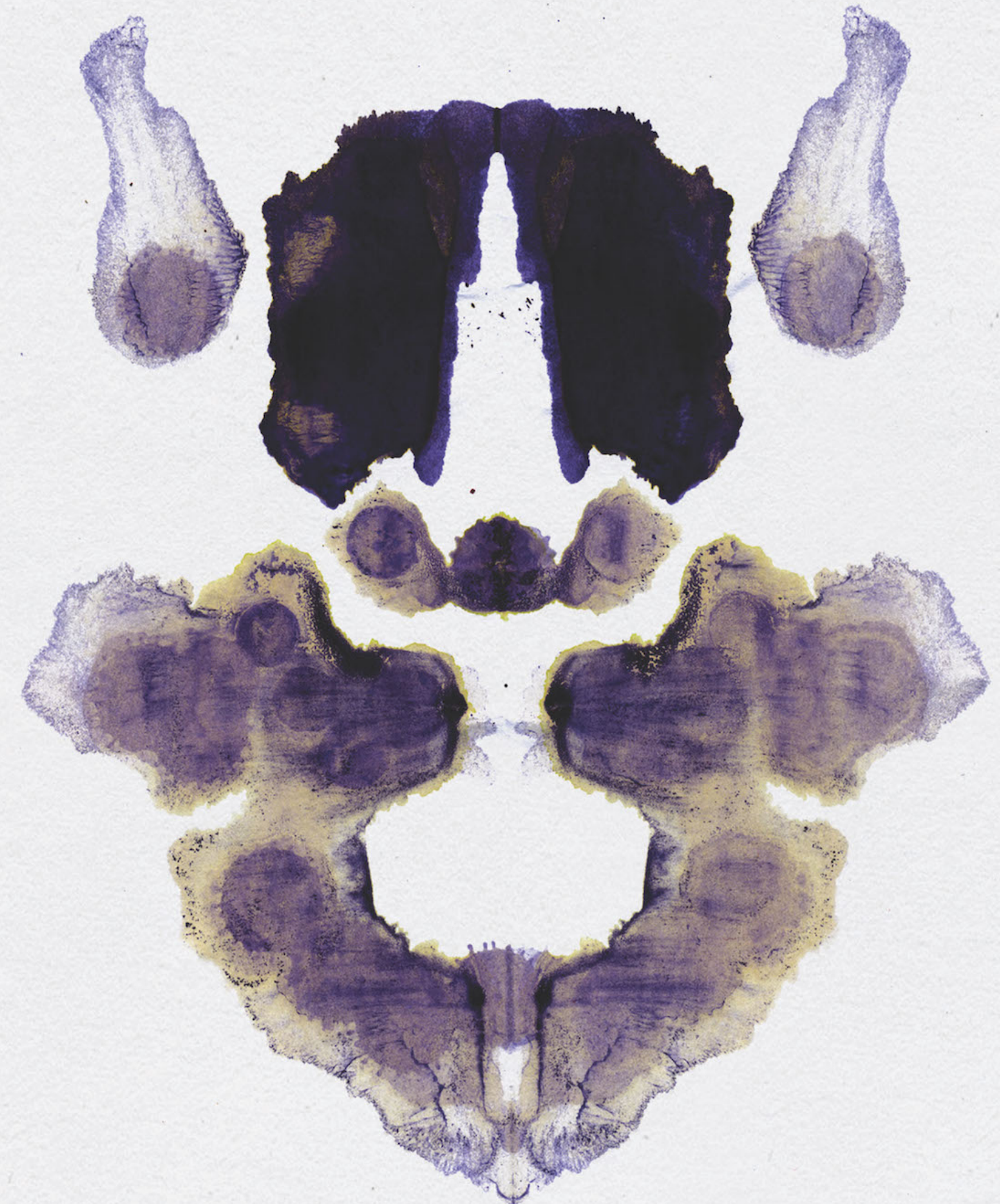
## The 90%

- Your emotions are also controlled by your subconscious mind that's why you often feel afraid, anxious or down without wanting to experience such feelings.
- Your beliefs and memories are also controlled by your subconscious therefore it requires the logical reasoning from the conscious mind for the amendments in the present belief.

# Exercise to understand the functioning of the two minds.

It's a simple exercise that you can do in order to perfectly understand the difference between the conscious and subconscious mind

- I want you now to start controlling your breathing rate as if you are going to apply a relaxation technique. While you are controlling your breath your conscious mind was in charge.

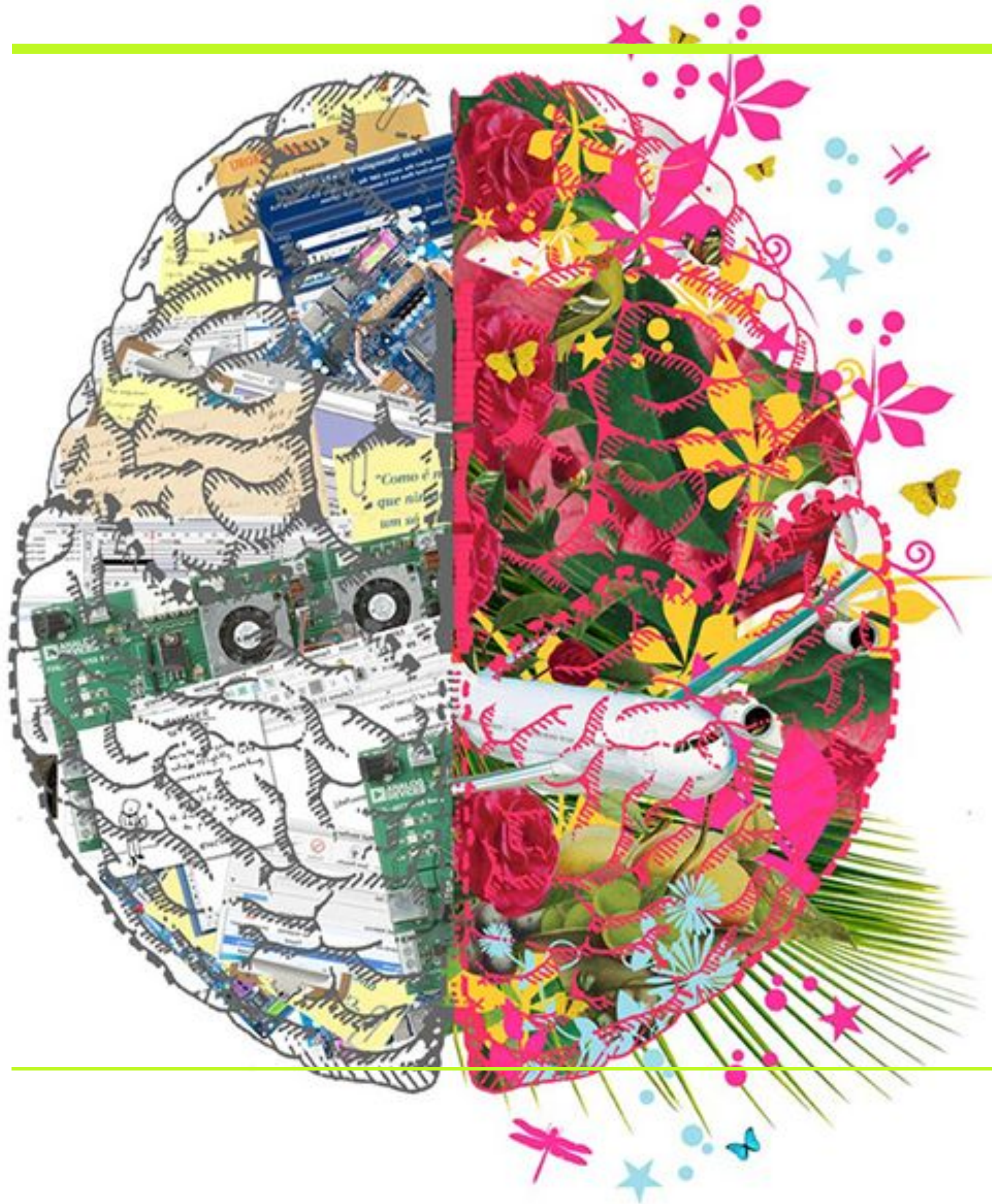


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# Exercise to understand the functioning of the two minds.

- Now stop controlling your breath and let it flow naturally. When you forget about this exercise you will notice how your subconscious mind returns your breathing rate back to its normal way.





## Which has the most power? Conscious Mind

- Running one or 5% of the time it is the creative mind Has to stay in the present to remain effective and to do not drift into the past or contemplating the future.
- A Mini processor, where you make your positive intentions and thoughts



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## Which has the most power? SubConscious Mind

- Running 95/99% of the time it is on automatic pilot programs set up between fontal development - seven years powerful processor



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# SubConscious & Conscious in prophets & Imams;



- According to some Muslim scholars generally Mankind have some kind of a curtain between the subconscious and the conscious mind therefore they need some time to recall their information from the subconscious mind which its not exact was they had previously fed in.
  - But in prophets & Imams this curtain does not exist or lifted by God, them to see any on through without even taking a second.
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**Conscious & Subconscious thinking.**

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**Thank you.**

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MARKETING MAJOR STUDENTS