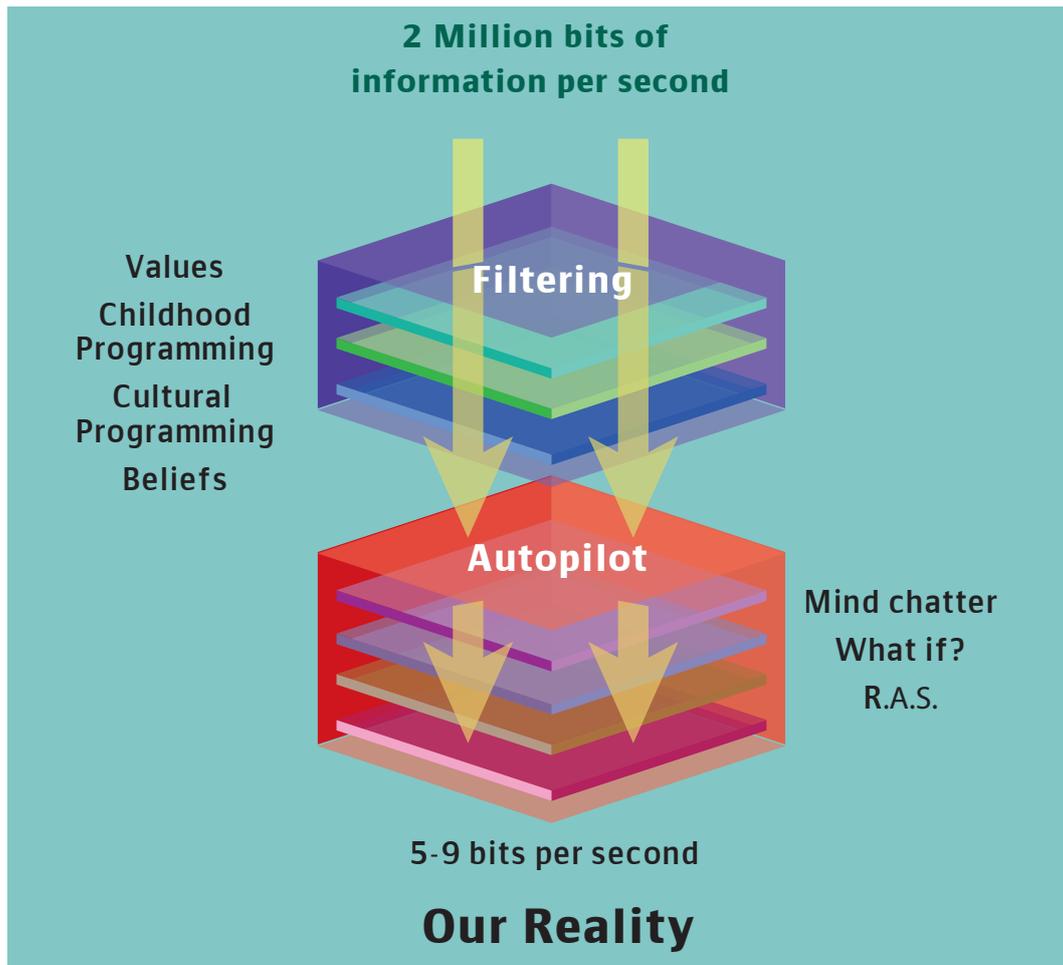


# The Mind Matrix ©



## What is The Mind Matrix ©

The Mind Matrix © is a simple, 'hands on' model of how the human mind works. The Matrix shows us how we create our world, our reality, and how we experience our unconscious emotional and habitual programmes. The critical factor is that 91% of our Mind is unconscious. In other words, 91% of the way we live our life and create our reality is unconscious: we are not aware of what we're doing to create it.

## The Starting Point

The starting point for The Mind Matrix © is that our total body/mind system can take in two million bits of information a second. Importantly though, according to cognitive psychologist, George Miller, the conscious mind can only deal with five to nine bits of information at any one time.

The big question is: what happens to the other one million, nine hundred and ninety-nine

thousand nine hundred and ninety-three bits of information that we remain totally unaware of? How an individual's mind deals with the incoming information creates that person's own individual Map of the World. Everyone has a different Map of the World.

## Our Unconscious Filtering System

The mind uses an unconscious filtering system, every second of the day to deal with the incoming mass of information, much of which is instantly deleted (you are not aware of what you're deleting). The unconscious filtering system decides what is relevant and what isn't. If the information fits with a particular unconscious programme, it will fire up that programme unconsciously. The filtering system triggers the generalised programming which we then dutifully run, without being able to consider whether it is productive or not.

The programming then activates the relevant behaviour. If the behaviour is negative or unwanted, then a negative emotion is tagged with it (anger, guilt, shame, anxiety). The negative emotion can then lead to more unconscious behavioural programming, followed by more negative emotional programming and the pattern repeats itself, eventually creating stress.

## Stress

Stress is all 'in the mind', it doesn't actually exist. This isn't to say that a person isn't suffering, it's just that the suffering isn't real. Indeed, the definition of stress is the perceived inability to cope with the demands being made on us. The person sat at the desk next door to us can have exactly the same demands being made on them, but cope admirably. They have simply filtered the two million bits of incoming information differently.

As stress gets more severe, it inevitably results in Mind Chatter - that nagging voice in the head that's telling us we're useless, we can't do this or that, the world's a nasty, dangerous place and so on. The Mind Chatter then gets us into negative hallucinations about what might happen if this or that happens or what we can and can't do etc.

The continuous Mind Chatter and negative hallucination, which are active in the background all day long and very repetitive, inevitably begin to unconsciously focus our Minds on what they are chattering or hallucinating about, so that we notice things that confirm the chatter or hallucination. "There you see, I knew I couldn't catch it", as we drop the ball! The part of the Mind that looks for the confirmation is called the reticular activating system (RAS). The RAS has a huge impact on what information gets focussed on or deleted as the incoming information hits the filtering system.

## How we create our Reality

So 91% of our Reality is created by our unconscious thinking and behavioural patterns and the gaps are then filled in using our imagination!

This whole process is unconscious and is therefore difficult to change consciously, particularly if we haven't learnt what the process is. Learning the process (allowing it to become consciously available) through The Mind Matrix © results in us being a long way down the path to creating less stress in the first place. It allows us to understand how we are creating our particular reality so that we can do something about it by consciously changing the way we look at things, our automated emotional, habitual and thinking patterns, as well as making conscious lifestyle changes.

Understanding The Mind Matrix © and the associated neuroscience exercises (carried out as Homework) allows the individual to gain real Self Awareness, but also to enables them to understand others more easily. This has a huge effect on Resilience, Team work and Leadership and in fact can transform the productivity of the Organisation

*For further information,  
please ring for a chat on*

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