

What is the Role of the Unconscious Mind?



✓ Check the roles/prime directives that are accurate

POSSIBLE roles/prime directives of our unconscious mind:

- Controls 95% of brain activity
- Controls learning, behavior and change
- Stores memories
- Organizes all memories
- Represses memories with unresolved negative emotion
- Presents repressed memories for resolution – to make rational and to release emotion
- Runs the body
- Preserves the body
- Is the domain of the emotions
- Is a highly moral being
- Enjoys serving, needs clear orders to follow
- Controls and maintains all perceptions
- Generates, stores, distributes, and transmits energy
- Maintains instincts and generates habits
- Needs repetition until a habit is installed
- Functions best as a whole integrated unit
- Is symbolic – uses and responds to symbols
- Takes everything personally – the basis of Perception is Projection
- Works on the principle of least effort
- Does not process negatives

THINKING DEEPER: For the roles/prime directives you checked off, consider why you think this is true.



Stronger Class, Book Signing & Coaching



Mindpowered Vision: How to Create Life to the Full

Moving Past Coping to Healing and Thriving

Wednesday, 8/3 @10:00 AM - Convention Center S220EF

Mindpowered Vision Book Discussion

Beginning Sept 10th - Check Website for Details and to Sign up



Stronger #635

- o HOW do we manifest God's plan for our lives - life to the full (*John 10:10*)?
- o **HOW do we crucify / eliminate negative emotional baggage and limiting beliefs?**
- o HOW do we optimize God's fearfully and wonderfully made brains/minds?
 - o HOW do we better handle challenges in our lives?
 - o HOW do we realize our desired outcomes/goals?
 - o **HOW to move past coping to healing and thriving?**



Book signing at class (S220EF)!!!

& throughout the conference at the

Illuminations Publishers book tables in the **Exhibition Hall**

Details on my 3 books on my website



Licensed Counselor, Master NLP Coach, & Time Line
Therapy® Master Practitioner - Breakthrough process
www.cresendajones.com

KEYS TO AN ACHIEVABLE OUTCOME

And the Lord answered me: "Write the vision; make it plain on tablets, so that it can be read on the run.
For still the vision awaits its appointed time; it points to the end; aches for the coming—it will not lie.
If it seems slow, wait for it; it will surely come; it will come right on time.

Habakkuk 2:2-3 (MSG & ESV)

Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

Ephesians 3:20-21

Forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Philippians 3:13-14

How is it possible that I don't have it now?

1. Stated in the positive.

What specifically do I want? *Philippians 4:8*

2. Specify present situation.

Where am I now? *Romans 12:3*

3. Specify outcome.

What will I see, hear, feel, etc., when I have it?

As if now. Make compelling. Insert in future ((Time Line Therapy® Creating Your Future@ technique). *Mark 11:22-24; Proverbs 18:21; Matthew 21:22; 2 Corinthians 4:13; Hebrews 11; Proverbs 29:18; Isaiah 43:19*

4. Specify evidence procedure.

How will I know when I have it? *Proverbs 21:5*

5. Is it congruently desirable?

What will this outcome get for me or allow me to do?" *Jeremiah 29:11; Proverbs 3:6*

6. Is it self-initiated and self-maintained?

Is it only for me? *Colossians 3:2*

7. Is it appropriately contextualized?

Where, when, how, and with whom do I want it? *1 Corinthians 12:12-27*

8. What resources are needed?

"What do I have now and what do I need to get my outcome? *Isaiah 40:31; Jeremiah 17:7; Matthew 6:33; Matthew 19:26; Matthew 21:22; Romans 8:28*

Have I ever had or done this before?

Do I know anyone who has?

Can I act as if I have it?

8. Is it ecological?

For what purpose do I want this?

What will I gain or lose if I have it?

What will happen if I get it?

What won't happen if I get it?

What will happen if I don't get it?

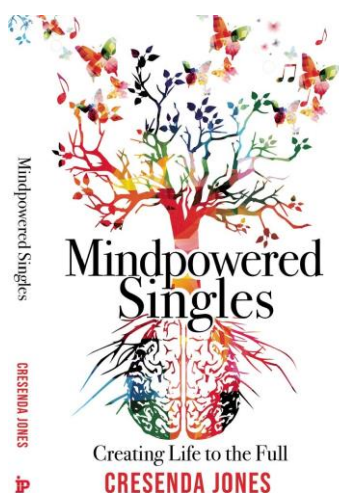
What won't happen if I don't get it?

Isaiah 32:8; John 4:34; Romans 12:2

So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised.

Hebrews 10:35-36

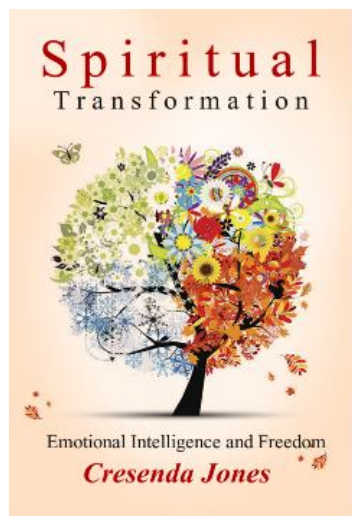
Cresenda Jones' Books Available Now



Mindpowered Singles

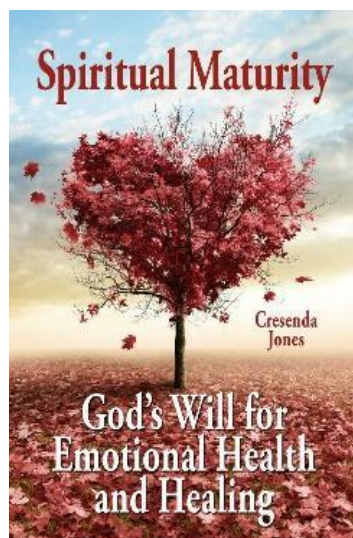
Foreword by Kyle Spears

1. My Story – Plans for Marriage...and Then None
2. God's Plan for Life to the Full – John 10:10
3. Spiritual Foundation
4. Our Unconscious Mind Is in Control
5. Stuck in Limiting Beliefs
6. At Cause Versus Being at Effect
7. My New Decisions & Keys to Achievable Outcomes
8. What Good Is It? – Mark 8:36
9. God's Grace Meets Our Needs
10. Our Brainpower – Creating Life to the Full
11. Think on These Things – Philippians 4
12. Chapter 12: Testimonies from: Priscilla Ojeda, Derick Stone, Michelle Wright, Courtney Wacker, Peter Awolumate, Melika Miller, Michele Smith, Ivette Brito, Danial Naqashi, Irene Umaña Lindo. Wendy Walker-Drakes, and Dana Wynne



Spiritual Transformation

1. Take the *Emotional Intelligence 2.0* appraisal – assessment is imperative!
2. Life without EQ
3. What is EQ?
4. Master Your Mind
5. The Cost of Repressing Emotions
6. God, Emotions and Emotional Intelligence
7. The Bible on the Four Core EQ skills
8. Build Your EQ skills - The Bible on *Emotional Intelligence 2.0's* 66 Strategies
9. Time Line Therapy® - Transforming our Neurology
10. Three Requisites for Mind Changes and Soul Transformations
11. Is There Anything Helpful Outside of God's Word?
12. Testimonies



Spiritual Maturity: God's Will For Emotional Health and Healing

1. What You Don't Know Will Hurt You
2. My Emotional Health and Healing Journey
3. You Are Not Alone: The Power of Healing Discussion Groups
4. My Personal Heroes: Courage and Healing
5. Spiritual Foundation
6. Dig a Little Deeper
7. Numbing the Pain and Repeating the Cycle
8. Our Fathers
9. How to Change: More Than Just a Decision
10. Still a Work In Progress
11. Mental Health Disorders
12. When to See a Professional
13. Additional Change Models