**Seven Layers of the Mind**

There are many wonderful layers of the mind, and we can influence our amazing lives on many levels. We will be covering these layers to have a better understanding as we navigate through our beautiful lives. When we have more knowledge on how to better engage with life, we will gain confidence and control over our decisions and experiences.

Our habits are programs that are running in the background, meaning that they are running in the subconscious part of the mind. Being aware of the different layers of the mind we can bridge the gap between the subconscious and conscious mind.

**Environment** is a layer that is part of the conscious mind. We have been led to believe the we are products of our environment, yet I believe that the environment is a product of us. We believe that once we become rich, then we will be happy. Thinking that an external solution will be the answer. Many blame their external environment for the way that their lives have turned out to be. If only I have been born in a different neighborhood, went to a better school, had a better car or nicer clothes, then my life would have been better. While some of these external things can have influence in people’s lives, this is only a small part from where change can occurs in our lives.

**Behavior** is the next layer of our mind. We can see more change on this layer by changing our behavior and attitude. Being more positive in your circumstances in life, seeing the good in things and not letting things get you upset, will allow you to have a better outcome in how you live your life. How can you be happy all the time? We cannot be happy and smiling 100% of the time, we are made up of all kinds of emotions. We all get angry and feel sad at times. Yet the question is how long are we going to stay in that emotion. And does it serve us? We are made to feel some of these more unpleasant emotions to alert and guide us.

**Potential** – is a layer of the mind that is on the border of your conscious and unconscious mind. What CAN you do and what are you ABLE to do? Who are you capable of becoming or developing into. You have certain qualities and abilities that can develop for your future success.

The next four layers of the mind are on deeper level of the mind, in you unconscious mind. The majority of these unconscious layers have been imprinted from your childhood. Studies in neuro linguistic programing (NLP) show the imprinting stage to be from age zero through seven years of age. Yet we can rewrite these imprints and mental programing.

**Beliefs** – are the things we have accepted to be true or that something exists? What or who have we trusted or put our faith and confidence in? Everyone is doing the best that they can with the skills and knowledge that they have at that particular moment in time. Sometimes there is information that is just being passed down and the information has not been updated and we are receiving misinformation. Where is the source of your information coming from? Check different sources and compare. Changing your beliefs is not easy, because certain beliefs have been imbedded and engraved into our minds. We have operated our lives with these set of beliefs, when we change one component of our beliefs there will definitely be some shifting in the way you view the world and your reality. Which can be a very good thing.

**Values** – dictate how you spend your time and energy based on what you feel is important to you. What has high significance in your life? Some might say their spouse or family, others will say their career or hobbies. Yet, they spend the majority of their time doing other things. I believe we have our current values and aspiring values. When one of our core values is violated we can equally feel emotional and physical pain. Which can cause all kinds of difficulties in relationships; but also grants opportunities for growth and change. Understanding people’s values offers a win-win, where both parties can come to an agreement on a course of action that respects each other’s sets of values. I’ve had to reanalyze and change certain values, because some values I took on as my own. Usually, it is someone we have looked up to in the past and learned to have those similar values. Yet ask yourself “What do I value, what is truly important to me?”

**Identity** – This is where you decide who you are. The “I AM” statement. I am \_\_\_\_\_\_ (fill in the blank). Not what you do, but who are you. Based on our identity we build our beliefs and values around it. In the past I caught myself saying, well that’s just not me, and maybe it’s because I’m choosing that I am, because someone else told me. You are \_\_\_\_\_\_\_ (this or that). Determine who you want to be and say something positive about who you are. I am awesome, I am beautiful, I am grateful, I am successful, I am \_\_\_\_\_\_\_\_\_\_\_\_ (blank).

Even if you don’t feel you are at the present moment, you say it long enough you start believing you are and you will become successful. At this level of the mind, once you decide who you are. You will begin to develop new values and beliefs about yourself. Knowing you have great potential and changing your behavior that will ultimately change your environment around you.

**Spirit** – This layer of the mind is the highest. You are a spirit that has no gender, no attachments, and you are currently borrowing the vessel you call your body. A vehicle to achieve your mission. You were meant for greater things.

Remember the layers of the mind as you continue your life’s journey.

You are special and have greatness inside you.

You are amazing!