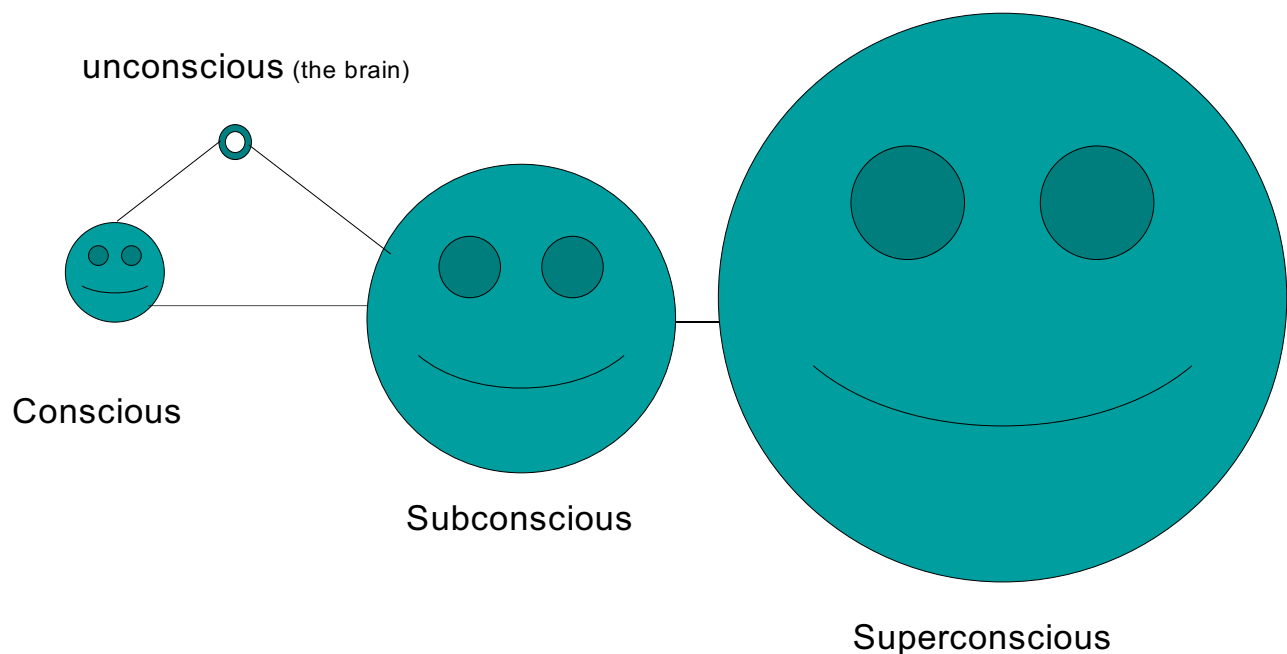


# Ultra Depth® Process Mind Model

Traditionally speaking, the mind has two components. The superior Conscious and the lesser unconscious/subconscious. It is professed that the unconscious/subconscious are one and the same. The Subconscious is also believed to be subservient to the Conscious. Also, that these all are a result of brain function. I personally do not find this model of the mind to be accurate what-so-ever.

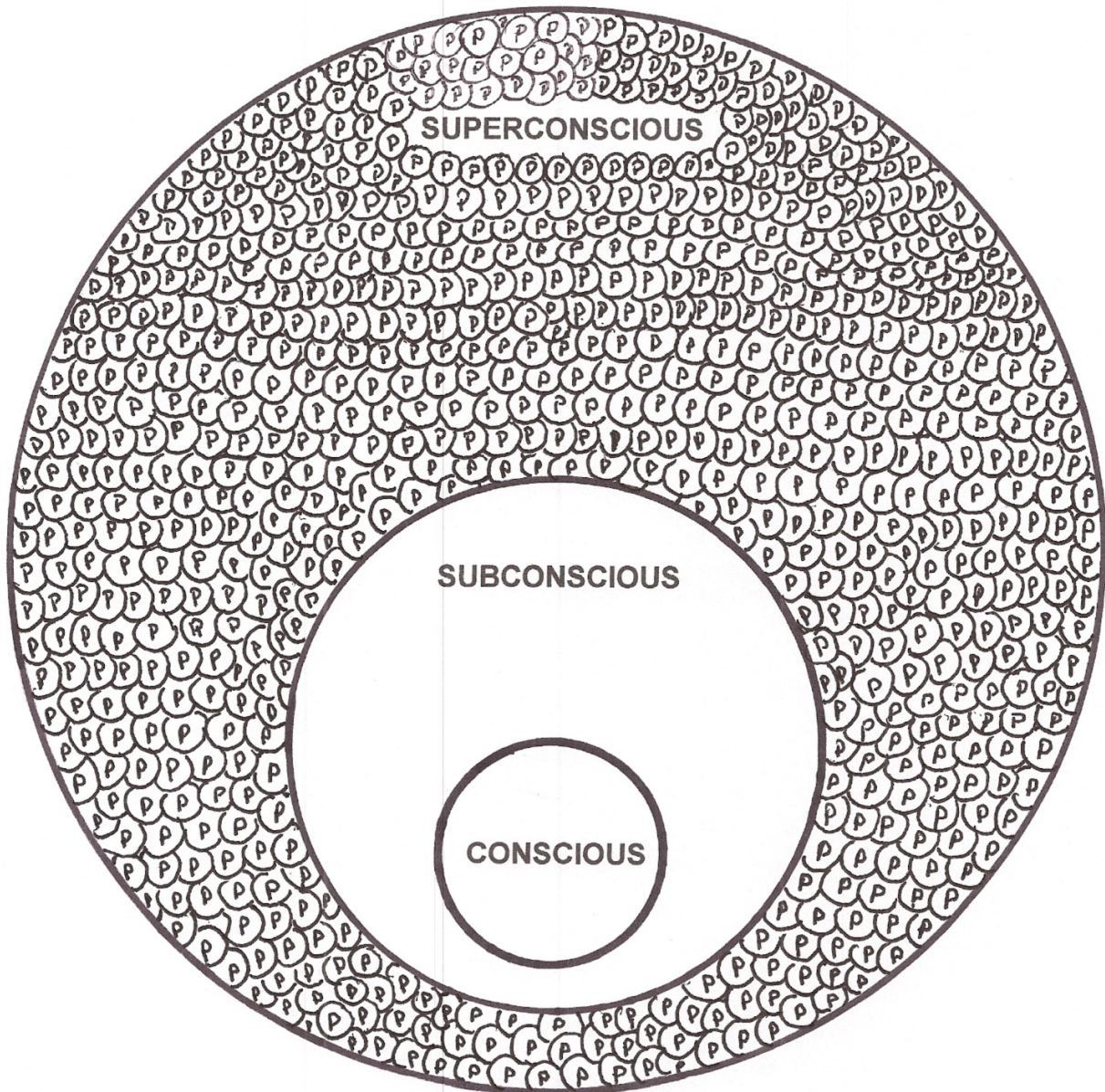
Practitioners of **Ultra Depth® Process** work with a far different model of the mind than what tradition offers. The complete mind model used in **Ultra Depth®** consists of four major separate parts.

The Conscious, the unconscious which is only brain function, the Subconscious and the Superconscious. Each one acting independently of the other and together to make important changes in a person's health, well being and personality makeup. Below is an illustration which indicates this.



The Subconscious and Superconscious work through feelings to communicate with the Conscious. The Subconscious can adjust all body functions and present life matters. Super Conscious is where pre-birth experiences are stored, but can integrate them into the Conscious personality, strengths or weaknesses that may be a part of the present Conscious personality. In some situations this can be a benefit to the present Conscious personality, yet in other situations it can prove to be counter productive. The following page give a better example of this integration but excludes the brain.

# Elements of the Human Mind



Within the Superconscious are smaller circles with the letter “P” inside. Each represents a personality from a previous or future life which we have lived somewhere in the distant. Whether on this planet or elsewhere within the universe. Through the Step Regression and Reverse Staging Process that can be used in the *Ultra Depth*® Process, we can bring to the surface and experience a far more profound regression or progression than ever dreamed. Notice how I show that the Conscious is within the sphere of the Subconscious and the Subconscious is within the sphere of the Superconscious.

The reason for the four element mind model used in the **Ultra Depth**® Process, is to signify the differences of each aspect of mind, spirit or consciousness. Each aspect has its purpose and carries them out separately of one another and sometimes works with another element to be in an assistance capacity to help overcome stumbling blocks within the life being experienced.

First we have the Conscious which is the element that seems to be making all of the choices of the life being experienced. It is truly not physical in nature but, instead it is truly spirit but, expresses through the physical form. Expressing itself as a physical being through the brain. Usually believes that it is in charge of the life and is more powerful than the Subconscious.

The brain that runs the organic mechanism which we call the body has no awareness or consciousness. It is through a process of repeated action that the unconscious brain displays action and reaction (habit) throughout the life being experienced. This may at times display negative patterns such as fear and or anger. Many times it will create stumbling blocks that we must learn to overcome within the life being experienced.

Then we have the Subconscious, an aspect of higher-self, spirit guide, teacher, master or what ever you would like to call this greater knowing self. Experienced throughout the life being experienced as intuition or gut instinct. The all loving, all understanding part of each of us that is very wise and is willing to help us through our journey through the life being experienced. Subconscious is the gate keeper between the Conscious and Superconscious.

Now we have the Superconscious or the soul. This is another aspect of the higher-self and can present itself as a form of a spirit guide, a master or what ever form the Conscious can accept, as well. This is the actual repository of all the wisdom from all previous and future incarnations. This sometimes is where unknown acquired talent and gifts come from.

The wisdom of the accumulated total some of previous and future life experiences. The ability, which some express, to suddenly know how to do something or understand something which has never been experienced previously in the present life, comes from the repository of the Superconscious as additional assistance to the Conscious or Subconscious within the present life experience.

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