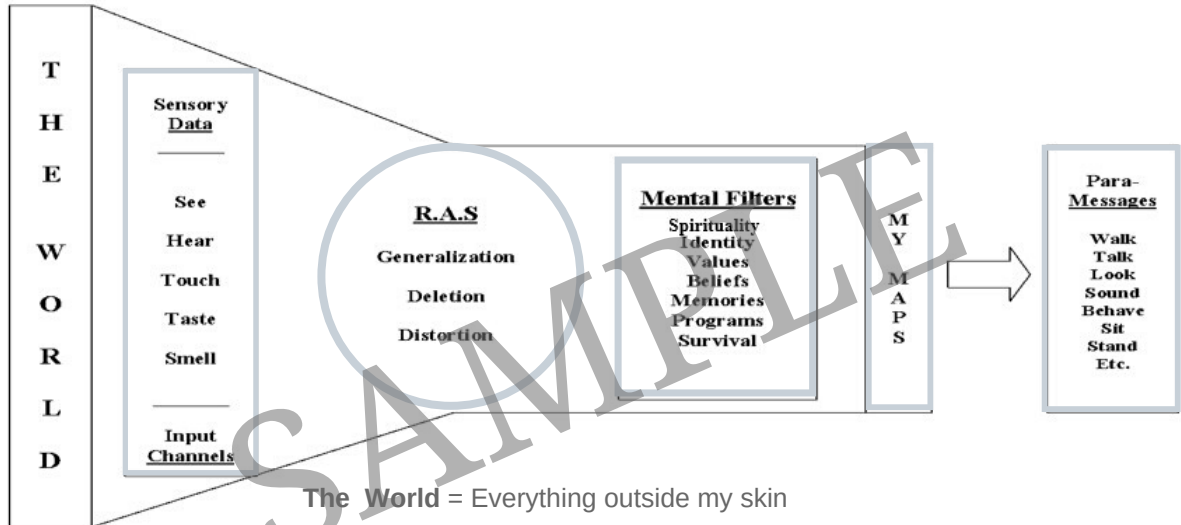


# My Map of the World

## Summary of Subconscious Processing



**The World** = Everything outside my skin

**Input Channels** = 40,000 of 2 Million available bits of data/sec

**RAS** = "Doorman" Reticular Activating System, Thalamus, etc.

**Mental Filters** = Strongly-Held Beliefs (positive & negative)

**My Maps** = All of my neural networks (how-to's)

**Para-Messages** = Outputting 2 million bits of "my maps" data/sec

# Changing My Mental Filters

Core Belief/Mental Filter: \_\_\_\_\_

## ACCEPTED

*Sensory input that fits my  
mental filter*

## DELETED

*Sensory input I DELETED that did  
not fit my mental filter.*

## DISTORTED

*Sensory input I DISTORTED that  
did not fit my mental filter.*

SAMPLE