

1 - Ideas

Ideas are that which you notice in the memory (often in the same way) each time you go to that memory.

When you revisit a memory, that memory, itself, is an idea... made up of smaller ideas. Meaning, every aspect of the memory is also an idea.

Let's think of Ideas as representations of thoughts that show up as either:

- Descriptions
- or
- Conclusions

Descriptive ideas in memories orient our bodies to what is unfolding in the memory as:

- **VAKOG** - what you see, hear, feel, smell, taste
- **Perceptual Positions** - the position from which you are seeing-feeling-hearing things
- **Context** - the who, what, where, when, how of the memory

Conclusion ideas in memories create the rules, framework, or norms of our reality and come in the form of:

- **absolutes** like good/bad, right/wrong, all/nothing, have/have not
- criteria that eliminates large groups of information to focus efficiently

We work on the various kinds of ideas in memories because they influence your current experiences in little and big ways. Working with a problem as an idea empowers you to loosen the reasoning to reference new ideas instead.