

Fundamentals of the Thinking Process (FoT)

- First FoT:** | All memories are stored with multiple tags of association.
- Second FoT:** | Memory can only be retrieved through association with sensory cues.
- Third FoT:** | The thinking process is sustained by sensory input and remains continuous in the waking state.
- Fourth FoT:** | The body spontaneously unburdens the conscious mind from continuous involvement in oft-repeated acquired skills.
- Fifth FoT:** | Memory recall of past events increasingly distorts with the lapse of time.
- Sixth FoT:** | The conscious mind can only be engaged in a single point of focus at any given time.
- Seventh FoT:** | The experience of an event can only be committed to memory after conscious experience of such an event.
- Eighth FoT:** | The body continuously manifests the emotional value assigned to thought content.
- Ninth FoT:** | Qualitative judgement of an experience is based on the body's sensory evaluation of such an experience.
- Tenth FoT:** | The human mind is devoid of exercising free choice.

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The 'Fundamentals of the Thinking Process' as defined by Anthony Penderis in his book *The Carpet Mind* is an attempt by the writer to find principles which guide our thinking processes. He reasons that similar to the Laws of Nature, which explain all natural phenomena there must be principles that guide our thinking as well. These Fundamentals may have applications in our everyday lives and in many fields of human endeavor.

Your comments are valued on his blog at www.anthonypenderis.com