

Re-write Subconscious Records/Neural Pathways of Belief

When we do not *consciously choose* the energy we wish to BE each day, our creation energy DEFAULTS to our subconscious.

The subconscious is where we archive the energy of traumatic, painful experiences.

So... our default energy is less than love FEAR energy.

The “Subconscious Records” are an archive of beliefs that we've created based on our experiences this lifetime. Technically they are Neural Pathways of Belief written into the wiring of our brain.

Florence taught that these pathways or subconscious records could be written a hundred years ago. Scientists did not widely accept this to be true till the 1960s.

Our brain’s archive of the energy of these beliefs began with our perception of reality as babies, toddlers and children - way before we could see and understand the big picture of life.

As a result, we hold beliefs that we're:

- * unlovable
- * undeserving
- * unworthy
- * not good enough

These beliefs about ourselves are NOT true. Yet, these beliefs hold TREMENDOUS Power and create our life experiences of today. As stated above – this happens because we don’t consciously choose the energy we wish to create our day, leaving our energy to default to the subconscious archive of energy based largely in fear that has no supervision.

However, scientists have proven that our brains are neural plastic and have the ability to change throughout our lives – from birth to death.

Therefore we have the power to re-write negative/fear neural pathways of belief to love based energy. Re-writing negative beliefs to love open the way to create the highest possible outcome as the reality of our lives.

Inherent Truth: We are limitless spiritual beings inhabiting a human body. We ARE:

- * lovable
- * deserving
- * worthy
- * good enough

...to live happy, joy filled lives of prosperity - our version of Heaven on Earth.

How to learn what neural pathways need to be re-written:

The energy of negative thought patterns and beliefs are what lie between you and living the life that brings you joy.

You don't have to search for the negative/fear neural pathways or subconscious records that need to be rewritten. When you set your intention to improve your life, the negative, painful energy will be revealed. The energy will come forward – not to punish, but to be transformed to love to fulfill improving your life.

The key is to recognize the uncomfortable resistance energy for what it is – the clue that leads you to the energy that no longer, and probably never did, serve you.

Suggestion: Ask your angels to support you and guide you through the process of identifying and transforming the negative belief to love.

OVERVIEW

** think of something you want, but feel you can't have

** identify resistance/conflict energy in your body - that "feeling" that you can't have what you want (this begins the act of observation)

Quantum Physics teaches us that energy reacts differently when it's observed than when it is not. When uncomfortable resistance energy reveals itself, consciously choose to observe it instead of stuffing it back into the subconscious.

Follow the breadcrumbs of the energy:

** observe the energy by embracing it to your heart as best you can (we know energy reacts differently when it's observed) The energy will begin to lose it's power the moment you "observe" it.

** give that energy a name - e.g. betrayal, shame, guilt, unworthiness, undeserving, unlovable, not good enough, anger, overwhelm - do your best to name it. Once the energy is named it loses even more of its power.

** pass through the energy you named to see the energy that's supporting it and name that energy

** keep passing through the revealed energies till you see/know/feel the origin/core experience that birthed the Resistant/Conflict Energy that makes up the Subconscious Record of belief.

From this safe place in your present, you will see that the birth of this energy was not your fault. You'll see how the experience took on a life of its own through the less than love energies you just processed through.

AND... how its been between you and experiencing what really makes you happy.

And most important! You'll see how the belief is NOT true.

** Once you're discovered the origin of this Resistance/Conflict Energy by OBSERVING it, ask your angels to help you disconnect from the energy and heal it (you may find it has already healed through the process).

WORKSHEET

Re-write Subconscious Records/Neural Pathways of Belief

1. Identify the Resistance/Conflict Energy you feel in your body.
2. Ask your Angels to SHOW YOU the origin of the Resistant/Conflict Energy. They may show you with a vision in your mind's eye or simply a knowing in your heart.
3. Suggestion: use the Quiet Your Mind exercise to fully focus on re-writing this record of belief. This is in the Manifesting Tool Library under Meditations Made Simple.
4. From this safe place, I name the Resistance/Conflict Energy revealed to me: _____

5. I pass through this _____ name from above _____ energy to observe the energy that is supporting it. I name this energy: _____

Pass through the energy and name it till you get to the origin of it. (there may only be 1 or 2 energies, there could be several revealed)

I pass through this _____ name from above _____ energy to observe the energy that is supporting it. I name this energy: _____

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6. When you get to the core of this energy, the event that birthed the belief will be revealed. You may discover you're a toddler, baby or small child. You'll see that your perception is of the event being your fault and you're not good enough, not lovable, not worthy or deserving.

But from this safe space as an adult, you see that this perception of the event is askew from what really happened. It was NOT your fault and you ARE good enough, lovable, worthy and deserving.

Write about what you discover here:

7. Ask your angels to disconnect any remaining cords from this life event and to SHOW you the disconnection. Allow yourself to experience the disconnection. Write about your experience - including any questions that come up for you:

8. Ask your Angels to support you to forgive the situation, everyone involved and yourself. Use the Give the Gift of Forgiveness program from the Manifesting Tool Library to help you forgive. Write about this here _____

11. Anchor re-writing this belief by fully infusing the situation, the people involved and yourself with love energy. Write about this experience here. _____

12. If a thought comes in that “you can’t be, do or have” something you’ve healed the energy that’s been blocking you, recognize it and transform the thought energy immediately – by consciously choosing what you truly believe.

Re-affirm: I can Do _____. I can HAVE _____. I can BE _____.

If you find you aren’t 100% on board with *believing* you deserve this happiness, go through the steps again to transform the energy to love.

You have tremendous power within you – choose to USE it!

CONCLUSION

Typically when you address the core – where an energy is birthed – by following the energetic breadcrumbs and infuse all with loving forgiveness, you're done with it.

However, remember, you live in a human body and you may find yourself recreating the energy – taking it back to play with it. This is a normal human behavior, but counterproductive. When you catch yourself doing this, don't get upset, instead remind yourself, that you know what to do with this and go back through the worksheet.

Look at the bigger picture – were you “willing” to release the need to hold onto the energy? After all... even though it's painful, that uncomfortable energy is familiar. Evaluate – consciously make the decision – *“I am willing to release the need to hold onto what does not serve me.”*

Use – Your – Power.