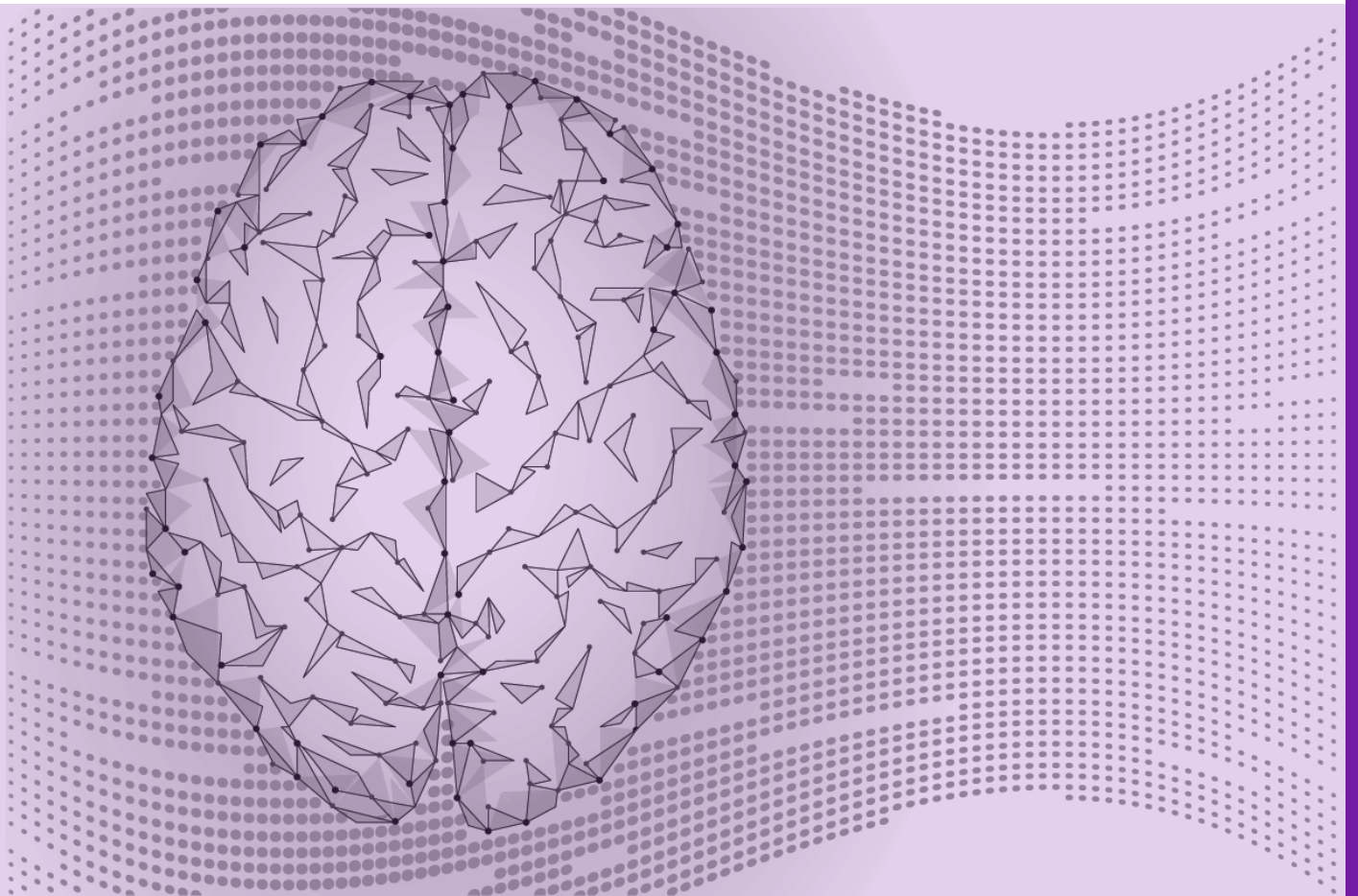


Unlock Your **SUCCESS CODE**



**Subconscious Success
Repatterning eBook**

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Unlock Your SUCCESS CODE: Subconscious Success Repatterning

You've already been having another "one of those days," and now you're about to step into a meeting your boss called, unexpectedly. You're not sure what it's about, but there's a tight knot in your stomach and you've had to continually remind yourself to breathe. Your mind is racing and your antiperspirant is giving out. Everything starts to spin and your whole body goes numb as you vaguely make out her words: "I'm so sorry . . . necessary cutbacks . . . severance package . . ." It can't be real. You're losing your job and you were just getting yourself grounded again after that painful break-up a month ago. Your body feels like it's about to turn in on itself and become a black hole, which is just as well because everything in your life seems to be dissolving and disappearing into the great unknown.

OR

It's been a day full of excitement. New challenges opening up into new connections and opportunities you'd been hoping for, and now they're showing up in ways you'd never have expected. You've watched yourself respond to everything with a sense of grace and confidence that makes you feel proud. Now, you're about to go into that meeting your boss called, unexpectedly. You have an intuition that you're one of the people who are being let go as the company downsizes and while you're a little nervous about moving into something new, you are certain deep down that this is the nudge you needed to push you forward on your path.

I have a potentially life-changing question for you – not to answer, necessarily, but to ponder.

What if EVERYTHING that came your way was a gift?

What if the flat tire, the lost job, the unexplained fatigue, the extra work-load, threat to your housing, stock market fiasco and dog crap on your shoe were all gifts? I know it may sound a little crazy or maybe even completely ridiculous, but let's just imagine for a moment. What if everything you encountered was a gift? What would be different in your life?

The Alchemists were devoted to working with base metals like lead and mercury, a poisonous substance, to create gold. What if YOU could do the same, metaphorically speaking, that is.

In Nature, there is no such thing as garbage. Every animal, plant and element engage with each other and the elements in ways that create a natural balance and a perfect environment for life to emerge from. The dead leaves, rotten fruit, and other matter that are cast away, decay and return to the earth, becoming the fecund humus from which the seeds of new life have the best chance of growing.

So then, it is logical (and accurate) to deduct that the most graceful, effortless and natural way to heal every part of the human experience (which is also a natural phenomenon) is to assume that the same elements of the natural world are also true for the human element of Nature. Everything is precious . . . a gift, even if it looks and smells like compost.

Subconscious Success Repatterning* is the practice of learning how to release old stuck experiences of shame, guilt, unworthiness, depression, abandonment, victimhood and any other heaviness and stuck patterns from the subconscious and allow them to evolve into helpful beliefs, feelings and physical vitality, which can cause almost immediate healing of the lost, abandoned, judged, abused and forgotten parts of ourselves. *PLEASE NOTE: When I first developed this practice, I started to call it "Spiritual Composting." I used this term because I believe, and this practice is based in the belief, that everything about us is a precious resource, just

like in nature. We may need to let go of old ways of using our internal resources and let their transition support new life, just as old rotten food and other waste can be transformed into rich, fertile soil that supports new life. I realize that it might be easier for you to grasp the real power of this work if I picked a less metaphorical name and simply call it what it is: Subconscious Success Repatterning. So, it's less creative, but I hope it helps all of my readers and potential readers to quickly understand what amazing potential lies within this relatively short and simple practice and book. You may still find copies of "Spiritual Composting" out there. It's all the same information. "A rose by any other name . . ." It will still help you get out of those stuck patterns just as quick. So, let's move forward this this powerful and simple process.

It is powerful and simple, but not necessarily easy.

I'd like to share with you how I came to discover this quantum speed healing practice and then reveal the most powerful, valuable and healing beliefs and practices that have brought me to where I am now.

"WHERE EXACTLY ARE YOU NOW?"

Glad you asked! (I'm just going to pretend you asked even if you didn't because it's a book and I gotta keep it moving forward. Thanks for indulging me!)

Right now I live in a gorgeous home in one of the most amazing cities on the planet, Oakland, California. It's absolutely stunning and the best of both worlds: close to the bustling urban scene that Oakland is beloved for and yet it feels like a retreat sanctuary where I can enjoy peace and quiet and have all the resources I need to do any sort of ceremony or other work I can imagine (ceremonial work is the heart of my life calling as an ordained priestess and minister for Medicine Path Native American Church).

I have plenty of time to meditate and pray, do yoga, dance, spend time in nature and take good care of my body. I hardly ever have to wake up to a blaring alarm clock

and I have the time I want to be there for my friends and family – not just when they need me, but to regularly connect with them and cultivate my relationships with them. I live a life of opulence that, truthfully, I never even imagined was possible just a few years ago.

I LOVE the work I do, and most of my clients come to me through word of mouth and through my social connections. I constantly feel valued and know that I am making a positive impact in the lives of my students and clients. There's truly nothing more affirming than the feeling that I am honoring my life's purpose, being valued by those I help AND living a rich and abundant life at the same time. There's nothing more satisfying, and on the other side of the coin, there's almost nothing more devastating than struggling to survive, doing work you're not valued for and drowning in a sea of self-doubt, feeling like what you do doesn't really matter. I

know that side of it too because my rich, abundant life hasn't always been so rich or abundant or joyful for that matter.

When I was in my twenties, my life was much different than it is now. I was disconnected from any sort of spiritual or centering practice. I was doing work that I knew was important (Child Protective Services), but it was full of crises and stress and very little acknowledgment for the hard work I put in every day.

Social Workers are not particularly known for their large incomes, so even though I was pretty good with my money and saved up to travel now and then, I had a limited and simple lifestyle.

None of that was particularly challenging, but deep down I knew that there was so much more I had to offer than case management, writing court reports and answering to a burned out, apathetic supervisor. Sometimes I could feel a screaming inside that was the voice of my deepest self, who knew my true calling, and was desperately trying to get my attention. But, since I didn't really know what that true

calling was and had no clue how to even uncover what it was, I mostly just pretended that screaming wasn't there.

Over the next few years, I would have several potent experiences that would help me to open my eyes to my greater calling, start seeing what was possible for me, and start stepping outside of my comfort zone and into the Unknown, where my joyful, vibrant life awaited me.

The biggest turning point, the one that showed me how to start seeing everything as a gift and showed me the basic practices and foundations of Subconscious Success Repatterning is what I'd like to share with you and it requires just a little bit of context, so settle in and let's go for a brief journey back to 1981.

I was about nine years old and the signs were already there. I'd started to develop breasts at the tender age of eight (which I tried to hide with a chest tightly bound by an "Ace" bandage.) Pubic hairs had started to grow, and despite my constant trimming, they insisted on growing back, ignoring my ridiculous ritual to somehow reverse the first sprouts of puberty emerging from my too young body.

I was really tall for my age, and not just smart, but mature as well. I just looked and acted older than the kids my age, and now it seemed that I was actually skipping ahead chronologically as well. I was incredibly angry about going through puberty so early and felt like there was some sort of cruel cosmic joke being played on me. I was a tomboy who liked to be the fastest runner and the best soccer player, but despite all the ways I tried to be like the boys, my body was insisting on maturing at light-speed into a young woman. I hated it. I hated my breasts, I hated the pubic hair, but most of all, I hated it when I started my menstrual cycle.

Not only was I incredibly embarrassed because I felt like even more of a freak, it was painful too, and at least one day each month, I had to stay home because of the pain. The pain and the stigma of being too young to have a moon cycle, and having to go through the embarrassment of puberty at such an early age brought on incredible

resentment, and though no one was to blame, I found a place to dump the rage: my womb.

Fortunately, around this time, I was placed in a program for “gifted students.” This was an amazing break in my day. My imagination was encouraged and I could geek out on science, art, and philosophy and this is where I learned something that would change the rest of my life: “Fantasy Trips!”

Fantasy trips were basically guided imagery journeys lead by our teacher, Mrs. Teichert. We’d all lay down on the floor and she would have us do a full body relaxation and then she would have us imagine different scenarios and take us on fantasy trips to the beach or abandoned castles. I loved it! We explored foreign landscapes and learned to go into our imagination and cultivate it like valuable real estate.

Around this same time, I remember learning about what a placebo was (not from my program, but from the television show my whole family watched every evening, M*A*S*H, a show about Americans in the Korean war). In this episode, they’d run out of morphine and they had lots of wounded who needed pain relief. Once I learned what that was my mind was blown. I realized that, basically, our minds could do anything, or at least, I was inspired and determined to discover WHAT, in fact I could do with my mind, and so, with this new “fantasy trip” tool and a totally *naïve* lack of skepticism or sense of “logical limitations,” I started on an exploration that, to this day, has inspired immense healing on all levels for myself and countless family members, friends and now, clients.

I would use unusual “fantasy trip” methods to alleviate my 10 year old menstrual pain (I would see my womb being chopped up into pulp so there were no parts of me large enough to even process any pain. Pretty graphic, I know, but it did work). Eventually, my young body adjusted to the pain, however, and quit needing the fantasy trips to help me to cope. Once I hit the “normal” age for puberty, things seemed to even out. It quit being a big deal and my fantasy trips faded away.

Fast forward to my late twenties. I'm not sure what triggered it all, but suddenly, one month, as my cycle began, I started to have the most intense pain I've ever felt in my life. It was so terrible that I felt like I was on some psychedelic journey and even feared that I might go insane. Nothing seemed to help. My description earned me a potent prescription from my doctor for a controlled substance, which made the pain bearable, but I'm the kind of person who really doesn't like to rely on pills to solve my problems. For the time being, however, I was just grateful to no longer be subject to the unbearable suffering.

Now, what I'm about to share is worthy of a whole book in itself, but honestly, it's so dark and toxic, I don't really want to recreate it in too much detail. For the sake of conveying the potency of my Subconscious Success Repatterning work and how it developed, however, it is important to share some of the pieces with you.

Just before the crazy menstrual pain kicked in, I had met my husband, Dan, in Utah, where both of us had been born. We were so in love that total strangers would stop us on the street to comment on the palpable adoration they could feel that we had for each other. We had so much fun and I thought he was "the one." We got married quickly because we just knew, without any doubt, we wanted to be together. Soon after that, our lives took us away from our amazing community in Utah and landed us in the Bay Area of Northern California.

The stresses of disconnecting from our families and our friends impacted us differently. I went right to work getting out to see where "our people" were, and, unbeknownst to me, Dan started using methamphetamines.

I'm so grateful that I had started doing yoga and meditating (go figure, it's like a requirement for living in the Bay Area, right?) because as our marriage quickly unraveled and Dan's drug use turned into mental illness, then a nightmare, and eventually, a threat to not only all that I owned but to my own personal safety, I started having panic attacks. I really needed those practices to keep me grounded. During one particularly challenging time, I was meditating and I got this potent message: "This is NOT a punishment. This is a strength-training course. You are here

to do important work and you are going to learn important things, so you need to PAY ATTENTION to how you get through this because you are going to be showing other people how to navigate the chaos and tragedy of their lives.” Fortunately, that was not the first, nor would it be the last time I got a message from my Creator and I knew I could rely on it, so I stayed glued to my meditation and yoga practices and sallied forth with blind courage.

On Valentine’s Day, 2002, I was in court fighting to uphold a restraining order I had taken out against the man I loved. It broke my heart, but every step I had taken on that journey was guided by Source instead of my fear, and somehow and miraculously, I came through on the other side, with a diagnosis of Post-Traumatic Stress, but NO REGRETS. Not one. I recognized, throughout the whole experience, that if I had not had my meditation, yoga and firm faith from my Creator that all was well and all I needed to do was tune into Source for clarity on how to proceed, I would have let my fears take over. Because I chose to listen to my strong connection with my Creator and ignore my fear’s frantic reactions, things had turned out so much better than had I let fear run the show. That in and of itself was a HUGE learning experience, but it didn’t end there.

All of this had taught me that there is no such thing as punishment (Certainly if losing the love of my life, all that I owned and my sense of safety to methamphetamines wasn’t a punishment, then I don’t know what would qualify). Everything is a gift. The gifts of that experience for me were that it solidified my relationship with my Creator. I felt like there wasn’t any experience I couldn’t go through with courage and confidence. What had started out as a simple meditation and yoga practice just to check it out had turned into not only a life line, but a portal to magic, guidance and possibilities that I had no idea existed.

I had, indeed, learned some potent things during that time. Things that I would eventually pair up with all that work I’d done early on with my “fantasy trips,” to create Subconscious Success Repatterning, but I still didn’t quite have the pieces in place on how I could share it with others, and there were some important pieces still missing. I had definitely gone through a crazy and traumatic experience with flying

colors, but how was I going to help OTHER people with their challenges? Everyone is different. Everyone has different belief systems, different values, different strengths and different challenges. What was I going to offer them that could help them with their unique circumstances? I had no idea.

Within just a few months after Dan was permanently removed from our home and I had cleaned up the toxic waste dump that he had turned our residence into, I had the opportunity to study Divine Feminine Archetypes with Ariel Spilsbury in her 13 Moon Mystery School. This was a ceremony we participated in each month to connect with different facets of the Divine Feminine. I was already familiar with some of these, and recognized that these were some of the guiding voices that had helped me through my trauma with Dan. It was so powerful to see that they showed up for other people as well.

The first archetype we learned about was The Great Mother, whose realm of influence included the womb. Are you seeing what's coming?

Through a conscious dialogue with Ariel as an embodiment of The Great Mother, I realized that all the hatred, resentment and rage over being a "woman" so very young, being a female in general (who had less privileges and power in the culture I was raised in), and having so much physical pain had planted some really dark seeds in my womb which were now angrily blooming and crying out against the abuse I'd given myself. I recognized that it might be possible to alleviate the immense pain by working on ameliorating all those negative messages I'd been sending into my uterus, my yoni, and my ovaries for so long. It was time to revive my "fantasy trip" tool!

I chose a time when I would be able to really go deep. I set up my meditation space so that I would not be disturbed. I had created an altar to represent The Great Mother, lit a candle and started the meditation. Almost immediately, I started to get cramps, even though it was not time for my moon cycle (which I now call it, instead of a "period"). My first instinct was to start to get up to get my prescription, but then I stopped myself and recognized that I had asked for this conscious dialogue and

was actually amazed and grateful that my body was so obviously and potently responding to this request to connect.

What happened next would change my life forever. It would not only help me to heal this incredible physical challenge, it would create the foundation of all the healing work I would do for the rest of my life and help me to connect all the pieces that had come in from the different challenges I'd had.

What happened next, as I was focusing inward, witnessing the experience in a place of empty presence, was that I was shown that I had been running from this pain.

Consciously, I was turning away from the discomfort and using the medication to turn off the painful communications that had been coming from my body. In a blessed moment of clarity, I was shown that the "pain" I was experiencing was really just a message my body was sending to me. Very much like a fire alarm, it was my system trying to get my attention to say "Hey, something is not right here. Please bring your attention over here so we can heal this." In that moment, I was shown how to quit turning my consciousness away from the pain and instead do a mental U-turn and go right to the center of the blaring alarms. For just a very brief moment, the pain got more intense, but, very much like moving into the eye of a storm, I found incredible peace and the pain completely vanished once I had complete presence with it. Now, it did require all my focus and concentration, but when I was fully present with my womb, the pain disappeared. My mind was open and curious and since I had been shown that the pain was simply a system alerting me to something important, I had also let go of my negative judgments. In fact, I even realized that I could (and indeed had) let go of the label of "pain," and was simply seeing this experience as a strong and important communication from my body. As I focused my open and curious consciousness on my womb, and as the pain subsided, what I witnessed was a lot of grief and sadness over having sent so many angry, ashamed, resentful messages to my womb.

In that potent moment of stillness, I was able to, empathetically, acknowledge that I had been abusive to myself and I found great compassion for that young me who

had really difficult and unusual circumstances. I recognized that it was perfectly understandable that I was angry, and I also recognized that that anger being focused on myself also created a perfectly understandable agony that had been trying to get my attention to say “Hey, that anger hurts and I really just need you to love me.”

So, after I had listened to what my womb had to say with openness, curiosity and compassion, I just sent all the love I could manage. I apologized and sent the kindest and most loving thoughts I could think and feel and I aimed them right at my womb. I gave thanks for being able to nourish and support new life inside my body, gave thanks for being a woman, which I was finally realizing was a great gift, not a curse, and gave thanks for the potent cycles and power I hold inside of myself because I have a womb that ebbs and flows along with the cycles of the moon (and thus why I call it my “moon cycle”).

I did that meditation one more time a few days later and had the same experience. At first, the intense pain, but then remembering to turn an open, curious, loving, kind consciousness toward the “pain,” which I had quit labeling as pain, and started seeing purely as communication. Again, the “pain” or challenging sensations subsided and I found immense peace. In fact, I even felt a sense of bliss as the contractions softened and I let go of the last little fragments of anger that had become lodged in my belly.

By the next time I had my next moon cycle, my cramps were so incredibly faint, all I could do was feel excited, and from that day forward, my moon cycle became a celebration and a reminder that my pain was just an illusion, a label, and the relief to that pain resided at the center of the contractions. All I needed was a curious, open mind, the willingness to let go of all labels and judgments, and the commitment to listen and understand.

I also realized that the message I had gotten from my Creator (“This is not a punishment . . . Pay attention . . .”) had generated a similar response. Letting go of judgments of bad or wrong, staying open and curious and looking for the gifts and lessons that were along that challenging path. I could see some consistent elements

in the fantasy trips, my meditations, yoga, and all that had come to me in my journey with my marriage and the healing of my womb.

I started to get curious about whether this emerging practice might apply to other challenges, and when I started to have sharp pains in my knees at the age of 29 (as a result of having casts on my legs for the first year of my life to straighten out “pigeon toes” I’d been born with), I found that it healed that too. In fact, any time I felt any sort of physical discomfort, I would go in as I had done with my womb, and found that I could alleviate almost any physical challenge without any doctors, prescriptions or pills.

Could it work for mental, emotional and spiritual challenges? Absolutely. In fact, what I found was that this practice of turning my attention to what seemed the most challenging parts of myself with the belief that there was no actual problem allowed me to heal and navigate all sorts of intense obstacles. I helped to heal myself from an eating disorder and over time have used it to heal my misaligned attractions to the wrong men (Dan was not the only tragic partner in my life, but was, thank goodness, the last).

Anxiety, self-doubt, parts of myself I had once labeled as weak or unattractive or annoying or worse all shifted into new perceptions, wisdom, insights and strength I never thought I could attain.

Over the years I have been putting all of the potent life lessons I’ve been blessed with together: the fantasy trips, the inspirations as a “gifted child,” the gifts from the total tragedies and traumatic losses, my fascination with the power of the imagination and the subconscious mind, yoga and different styles of meditation. I started to see it all coming together and, just as Spirit had said as I sat in meditation while my husband went crazy on methamphetamines, I started to see how I could share what I had been through with others so that they, too, could face their wipe-outs (I like to call them Kali Etch-A-Sketch shake downs. Kali is the Goddess of Birth, Life and Death and she is the great Liberator, freeing us, sometimes very abruptly, from that which does not serve).



What I've found since then is that ANYONE who is WILLING to really compassionately and curiously look at what appears to be their pain, demons, shadow, weaknesses or any other sort of challenge through the practice of Subconscious Success Repatterning, will find that inside of it all lies all sorts of hidden treasure that may have been wrapped up in a funky package, but once unwrapped, reveals superpowers that are priceless and can lead to a sense of limitless joy. I mean, learning how to turn the hard stuff into treasure means that everything is a gift, and if you are living a life that is only full of gifts then it's hard to be anything but grateful and filled with a sense of unconditional joy. That is living life as a true alchemist.

One really potent insight that has come in as I've continued to explore the imaginal and subconscious realms is that the imagination is the one part of the human experience that is limitless. No matter how creative you are, you could hear a new idea or creative thought and still have room for it in your imagination. It can expand infinitely. I believe that, because it is the one part of our consciousness that is limitless, this is our personal portal to the Divine (You can use the word Creator, God, Goddess, The Universe, The Holy, Source or anything else that feels right for you. I use them all at different times). In these realms we can access wisdom that is

from the Infinite. This is what makes this work miraculous as well as incredibly practical. (In this book, I focus more on the subconscious states and how to help to transform them into healthy conscious states. In my forthcoming book, *Sexual Bliss Through Good Housekeeping: The Extraordinary Woman's Guide To Having It All*, I will focus more on how to access those more limitless and expansive states to manifest abundance, bliss and ease).

So, now, after over 10 years of refining this practice, making my life better and better, and helping hundreds of clients to navigate their own Kali Etch-A-Sketch shake-downs with confidence and grace, I realized that it might be helpful to write a book about it so that even more people might have a chance at living a life filled with gifts instead of a life riddled with suffering.

Now, one caveat is that it really is true that all of this is easy to say, but not so easy to do. Even my most committed, bright and gifted clients have needed some personal guidance to learn how their particular way of communing with their “pain” works. Also, our subconscious fears and survival programming is hard-wired with all sorts of cunning tools like denial, resistance and procrastination and they are used with such incredible acts of reasoning, it can sometimes feel like it's our intuition telling us it's not safe to connect with those subconscious parts. It really does require masterful support and navigation to really be able to dig deep and learn to detect the difference between those clever subconscious patterns and our true inner wisdom. But once you've got it, you will have indestructible confidence and wisdom to change your painful patterns for a lifetime.

Another thing I should mention here is that this work is basically accessing subconscious patterns. These are programs, voices and experiences that have gone “underground,” below the realm of conscious thought because for one reason or another (it's embarrassing, shameful, scary or downright dangerous), it's got to hide out. Resistance is the guardian of the subconscious realm. Resistance's number one job is to make sure that you survive, which is nice, but I can tell you that living in survival mode kind of sucks. In fact, it doesn't just kind of suck; it completely sucks. Survival mode means everything is guided by fighting, avoidance and fear. That is

exactly what leads us to doing things we regret and keeps us from being able to see what comes our way as a gift. Our resistance means well, and it will do its best to make sure you get through the obstacles that come your way, but it doesn't have a clue how to avoid calling in the obstacles in the first place nor can it help you to actually live your life with a sense of ease, joy or delight. If you want to just survive, stop now and carry on with how you've been doing it, but if you want to thrive, then carry on!

Resistance is super clever and it is really good at sounding reasonable, so trying to get past that sort of gatekeeper is tough and without some support from someone who is an expert at identifying the bullshit that resistance throws at you, it can seem almost impossible.

Now, we know that about 90% of what we do is ruled by the subconscious mind (Isn't that a mind-blowing number? Seems unreal, but it's true), so being able to access those programs is the key to being able to shift old stuck painful patterns into growth and opportunities for greater joy.

Einstein said "You cannot solve a problem with the same consciousness that created it." I'd say that this also needs to include the subconscious as well because if your subconscious is really the thing that's running the show then even shifting your consciousness completely really only gives you a small advantage compared to the 90% that the subconscious influences.

And trying to shift it by yourself is like trying to pluck your own eyebrows without a mirror. It's way more painful than it needs to be, almost completely ineffective, and you're likely to end up with results you're not too happy with.

So, don't put pressure on yourself to be able to read this book and instantly solve all your problems. It is likely that reading this book will shift a LOT of things in a positive direction for you, but to be able to truly see those deep hidden programs that are stuck in loops of fear, go easy on yourself and consider giving yourself some support.

Even I have “my people” I go to that help me to see the shadow pieces I don’t have the perspective to see for myself. These people are mirrors for me, and that is what I am to my clients. I mirror to them how their resistance is trapping them and keeping them from the treasures that await them inside their pain. Would you try to look at the back of your head without a mirror? Of course not. I don’t know anyone who can see every part of themselves without the help of a mirror, both physically and spiritually. We all need them. But we need to make sure that our mirrors are clear and hold us in high regard, have our best interests in mind and heart and have the capacity to reflect to us our truth in a way that empowers us to have, be and do better. If your mirrors are tearing you down, quit looking to them for reflections and get help from a guide you trust and who has demonstrated that they are there for you, by your side, in your corner and wise enough to help you.

The following information is a description of how I do that. My prayer is that it serves you in recognizing that there is no need to stay stuck in loops of pain and failure.

You may have invested thousands of dollars and hundreds of hours into shifting your consciousness, but if you’re not able to shift the subconscious, your investments are never going to pay off. Nine to one (that 90% subconscious vs. 10% conscious) are not favorable odds. I have written this book so that you can finally shift the odds in your favor.

So, without further ado, I give to you **SUBCONSCIOUS SUCCESS REPATTERNING**.

The Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes

As an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.

He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

~Rumi

The Art and Alchemy of
SUBCONSCIOUS SUCCESS REPATTERNING:
Unlocking Your Success Code

*“There is no better than adversity.
Every defeat, every heartbreak, every loss,
contains its own seeds, its own lesson on how
to improve your performance the next time.”*

~Malcolm X

What IS Subconscious Success Repatterning?

Subconscious Success Repatterning is the art and alchemy of turning your subconscious patterns, shadows, and saboteurs into your allies, wisdom, strengths, insights and treasure.

It is a guided imagery journey that helps you to go within and connect with those hidden programs that are running the show most of the time in a way that is soft, gentle and helps those subconscious defenses to soften and rise to the surface so that they can be seen, understood, polished up and celebrated. It is a process of inviting those hidden patterns to come up into the conscious realms so that they can sit at your mission control as invited guests of honor and help guide you toward your goals as powerful, wise and incredibly tuned in allies.

It has been compared to hypnotherapy, which I believe can be very powerful, except that you are learning how to do this for yourself. You get to be fully awake and take

the journey inward so that you get to cultivate a personal relationship with these parts of yourself and you get to decide the goals, values and mission that guide your healing journey instead of relying on someone else to do it for you.

I have often seen it like a shamanic soul retrieval because we are retrieving lost parts of the self that have strayed into the subconscious for safety. But, again, instead of relying on someone else (this time a shaman instead of a hypnotherapist), you get to learn how to do it for yourself. Making it a regular practice, especially after the really deeply hidden and stubborn patterns are cleared out and brought into the light, gives you a deep sense of knowing yourself, which amplifies your sense of self-confidence. There is a great sense of clarity when you are faced with important decisions and choices and instead of asking for someone else's help, advice or guidance, you know you have all you need to drop in and find the answers from within.

We are going in to make friends with these long lost forgotten parts and ameliorate any damage that has been done by our past experiences so that we genuinely like and trust ourselves. I see it as a reflection of how healthy ecosystems work. In Nature, there is no such thing as bad or wrong or waste. Everything is important. Even when something dies, it decays and feeds something else that is important. Once the decay is complete, it becomes rich humus that provides the fertile ground for something new to grow. When we can look at all of our emotional, mental and spiritual experiences as helpful, important and precious resources and allow their inherent value to emerge, then we have more energy, better insight, new wisdom, strength and power to move forward in a good way.

Subconscious Success Repatterning is a gentle but thorough and courageous full-on cleaning of the basement. Dusting away the spider webs and mucky muck and unearthing the natural talents, instincts, and other gifts that were once mislabeled as shameful, weak, annoying, bad or any other negative disguises. Once we remove the inaccurate labels and clean off the negative projections, it's really easy to see how amazing these once hidden treasures really are. Then we take them upstairs

into the light of the conscious mind and they become a really valuable asset that helps us move toward our goals with greater confidence, clarity and vitality. Again, this is a guided imagery journey, a self-inquiry, that takes you into the dark places, so it can feel scary at first. That fear is what has kept us from going down there in the first place. We're horrified we're going to find demons, poisonous spiders and snakes, maybe a serial killer, some toxic waste, maybe some death and decay that will infect us or even a monster that will attack us, tie us up and trap us down there with all those frightening and disgusting things. I've NEVER seen that happen. It's those beliefs that not only keep us from doing the work that would liberate us, but it also sends really harmful messages to those treasures that are lost down there in the basement of the subconscious. We end up burying the gifts even deeper. So the longer we wait, the deeper the digging we will have to do later on.

All I've ever found is, at worst, some of those treasures are a little reluctant to be seen because they're afraid they'll be tossed in the trash or treated badly again. And even that is rare. Usually, when I guide people down into their subconscious basements, those gifts start to unearth themselves. Once they realize that we're finally paying positive attention and have come with good intentions for cleaning things up and allowing those treasures to really shine, they come out of the woodwork, excited to finally offer their blessings, insights and help. They WANT to be seen. They long to be remembered and respected.

This is why I love this work and want to share it with as many people as possible. It is gentle, loving and it can be incredibly fast. Parts of the self that were bound and determined to never be found come right out to say what's on their mind when we go in with the olive branch extended.

So, now you know a little more about what Subconscious Success Repatterning is. It's basically learning to understand those once hidden parts of the self and allowing them to really shine their gifts in your life and finally join the team that's heading for those big dreams and goals, rather than staying stuck in the survival programs.

*“All the adversity I’ve had in my life,
all my troubles and obstacles,
have strengthened me . . .
You may not realize it when it happens,
but a kick in the teeth may be
the best thing in the world for you.”*

~Walt Disney

Why is Subconscious Success Repatterning so important?

If you want to stay on the hamster wheel of survival, stuck doing the same painful things over and over just getting by in your relationships, your career or your personal life, then Subconscious Success Repatterning is not at all important. Stop now and go back to the same old grind.

If you want to allow your big visions and dreams (maybe even visions and dreams that have not yet become clear) to become realized and enjoy better relationships, better health, more joy and greater success and abundance in your life’s work, then Subconscious Success Repatterning is essential.

If 90% of your behavior is ruled by the subconscious mind, and the subconscious mind is riddled with stuck programs and patterns that are run by fear and old negative reflections then it’s going to be almost impossible to have even a tolerable life. If, no matter what you do to shift your consciousness, you can’t break free of repeating tragedies, failures and other unpleasant phenomenon, the human spirit, no matter how strong or courageous, starts to lose hope.

Almost every single one of my clients, when they came to me, disclosed that they often even wondered what the point of living was. They weren't necessarily suicidal, but they didn't see the value of their life. Needless to say, they were not experiencing true joy. The best they could hope for was escape and distractions from the pain and sense of being stuck. Television, unhealthy food, drugs, alcohol and other anesthetics were used to synthesize a sense of enjoyment, but there's never enough of that and too much of those things can quickly cause an even deeper sense of being stuck, hopeless and devoid of happiness.

Subconscious Success Repatterning allows us to dig ourselves out of the state of depression, darkness, emptiness and meaninglessness we've been stuck in and starts to give us new hope, new confidence, energy and joy. We realize that we can actually move forward and the more we go in that basement, the easier it gets. Every single visit creates a sense of lightness and renewal. It turns depression into hope, pain into freedom, despair into joy and numbness into ecstatic celebration (maybe not instantly, but I will testify that my regular state, even when the s#!% hits the fan, is pretty joyful and ecstatic).

So, why is it important? It allows us to ENJOY our lives and live our true purpose, feel like we're doing good things in the world and honoring our talents and sharing our gifts, rather than scrambling to medicate ourselves against the repeating pain that we get stuck in when we forget our inherent value.

It helps us turn what we thought of as garbage, weakness, inadequacy, "not-enoughness," and shame into treasure, strength, wisdom, insights and confidence.

Yah, no big whoop. It just makes life worth living, and gives meaning to our path, that's all.

“Let me embrace thee,
sour adversity,
for wise men say
it is the wisest course.”
~William Shakespeare

So, how do we DO IT?

This is something like a meditation practice, so it's great to set a regular time and have a regular place to do it, because regularity in place and time can support dropping into the work more easily.

The basic concept of Subconscious Success Repatterning is that there are painful subconscious patterns that are operating and running the show, but we can't change them if they are out of reach. I view these patterns as distinct parts of the self that are almost like separate little characters, each with their own set of values, ideals and agendas. Most of the time, they don't really match up with our conscious values, ideals and agendas and that's why it's so painful and feels like sabotage when they take control. We've got several different "people" pushing and pulling in different directions and it's sucking all your energy and you're still not getting anywhere.

In Subconscious Success Repatterning, we find a way to go down into the basement (the subconscious), find what's, or rather WHO's there, and work at creating a loving, accepting, kind relationship with that part of the self so that it doesn't feel like it needs to hide out in the basement anymore. It can come on up into the conscious level so that its wisdom, insights and other helpful qualities can join the team that is your conscious self. You may question how helpful those qualities can be if they've

been causing you so much pain and despair, but I assure you, your subconscious patterns are really only trying to look out for your best interests. They're just not up in the light, and their communications have been muffled and misunderstood, and they may not realize that there are other options/ways of doing things yet. Once you get the communication lines up and have a mutual understanding, you'll realize like I have that, most of the time, these "saboteurs" are really some of your most valuable allies. They're just working with old outdated equipment and haven't been able to communicate clearly what they're up to.

So, we go down in the basement, make contact with those patterns. Here is where it can be tricky and where having support comes in handy, but if you're patient and committed with yourself, you'll figure it out. Seek only to understand them (even though we WANT them to change, we can't get anything done if we don't first approach them with a deep sense of respect and that requires letting go of agendas), and then work together with these subconscious voices to come to a place of mutual respect and agreement. Once you have ameliorated any disconnects with these subconscious voices and they have had the opportunity to express themselves, then they're usually pretty good at getting on board with your big dreams and visions. There are sometimes exceptions, and in those cases, you will either have to be creative and patient and committed to mutual agreement or get professional help from someone who knows how to help you navigate this tricky inner landscape.

Sometimes when we go in, these patterns run away from us. They are afraid of being seen. They went underground for a reason. They were hurt: judged, abandoned, labeled . . . and they may not just instantly trust you because you are waving the white flag at them. Sometimes, as with human relationships, it requires a steady and consistent presence that shows these parts of the self that you are really serious about mending the relationship. Once they feel safe, they'll emerge and the dialogue can commence.

Sometimes these parts are communicating (physical sensations, accidental or contradictory words, gestures, body language and other behavior, memories, sounds, and other sensory experiences), but we are so out of touch with them that we have no idea what they are saying (if we recognize they are saying anything at all). So, it can take a little while to learn the language of this subconscious voice. Often, however, I have found that within just one session with me, clients make contact and start the dialogue. If this is not your experience, don't give up. It just means that you need to keep with it until it is familiar and until the trust is built with your subconscious.

Sometimes when we go into the basement, as we have been fearing, those voices have some not so pleasant things to say. They can be angry, resentful, sad, or even sound weak and pathetic and we may have a whole lot of feelings and judgments about that. Without the help of a guide, this is where it can get messy and tangled up. Who is saying what to whom, etc . . . but if you can just accept that whatever emotions, words or stories are coming up are perfectly understandable and allow them to just be, without defense or taking it personally then you'll probably find that, soon enough, the anger, resentment or other negative expressions quiet down and you can then start a gentler dialogue. I know that sounds ironic to not take it personally since it's one part of you dialoguing with another part of you, but still, it is important to just allow and not get swept up in defending against or smoothing out the uncomfortable feelings and communications. Just remember: You are there to understand only, at least in the beginning. The ultimate goal may be to shift those painful patterns, but it has to start first with being willing to see, understand and allow what is there.

I mentioned this before, but it's good to review again. In nature, there is no such thing as "bad" or waste. Everything in nature is a vital part of sustaining the ecosystem. When something dies, it feeds something else. Trees fall and rot and mushrooms help them turn into rich soil that grows new life.

Humans, despite all we do to pretend we are not, are indeed part of nature too, and I believe that there isn't any part of the human being that should be cut away, extracted, manipulated or otherwise processed in any way. There are some psychotherapy and healing practices that, to me, are the equivalent of spiritual plastic surgery, but I'm not a believer in that way. When we are vulnerable, sometimes there are energetic "beings" that can attach themselves to our life force, and those should be extracted, but they aren't you, and that is a WHOLE OTHER BOOK that I am probably not going to be the one to write. Suffice it to say that when you bring your shadow up into the light of your consciousness, it's really hard for any energy that is negative and attached to you to stay.

So, imagine that Subconscious Success Repatterning is going down into your basement, finding old lost treasure that has been gathering dust and spider webs, maybe causing a lot of clutter, taking up space, keeping you from operating at full force, and you polish them off, clean them up, turn them on and all of a sudden you have a bunch of amazing treasure to bring upstairs and start using to support a more productive, energized and joyful life.

One of the things I LOVE about Subconscious Success Repatterning is that when we become familiar with how to engage our subconscious in a respectful and kind way, we have also learned how to engage with others (and their subconscious patterns) in a really respectful and kind way too, and we are more likely to know how to cultivate really joyful interactions with our loved ones, co-workers, clients and even total strangers. We not only eliminate the behaviors that have been holding us back from our dreams, we have added insights and "bandwidth" to initiate really awesome interactions that lead to beautiful relationships. When someone feels respected, they're much more likely to be an ally to you, and you start to notice that old patterns of frustrating human interactions are now turning into delightful exchanges. It ripples out beyond the subconscious and into your outer world. Cool, huh?

So, now that you know the basic idea, let's get into the details. That is where they say the devil is, and he's also probably just a painful program that can be shifted back into light with a little love polish. So, are you ready? Let's go!

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom”

~Anaïs Nin

SETTING & TIME:

Find a nice place where you won't be disturbed and where you have the most peace and quiet possible. I sit at my altar and often make it a part of my meditation and prayer practice, but now that it is an incredibly familiar process, I can do it anywhere and don't even need to go into any sort of meditative space. Now it has become a new “operating system” for when some unexpected s#!t hits the fan. Eventually, you'll also benefit from being able to do it in the moment when something challenging pops up and the more familiar you get with the practice, the easier it will be and eventually, you'll be doing it without even thinking about it consciously (You will have replace old, inefficient, painful programs with this new, bright, sparkly ecstatic one!).

GROUND:

Once you are settled in, you'll want to do some sort of grounding practice (If you're not familiar or comfortable with this yet, you may be interested in the MP3 Guided Journey I've created called “Subconscious Success Repatterning Guided Journey.” I created it as a companion to this book or stand-alone tool for the practice of Subconscious Success Repatterning.

Basically, you want to feel like you are all the way here, in your body, in the present moment, and that you have an energetic cord that is reaching down from the spine,

the perineum, and maybe other contact points, into the earth and keeping you grounded while we do this potent inner landscape journey. It's helpful to do a grounding visualization because some people can kind of float away when they enter the imaginal realms and then you are not fully embodied and when you're not in your body, you are subject to energetic and physical ailments as well as injury.

CURIOUS MIND:

Now that you have found your spot, gotten settled in and grounded, it's time to start the practice of going inward. Again, the MP3 I created for this practice is really helpful and I highly recommend it, but I'm going to give you everything here so you can Do It Yourself.

Please be patient with yourself. Some people take to this incredibly fast and some people take a little while to be able to drop in. Whether it comes easy or not so easy, I've noticed that ALL of my clients who are really committed to doing this practice get potent results pretty quickly. Some of them get really potent results JUST doing the practice with me weekly, but some really take it on as their own, do it daily as well as in their sessions with me, and it accelerates their healing exponentially.

Also, if you know you have some trauma in your past that has not been addressed, it is wise to take on this work with the help of a mentor. I've supported many through what seemed to be almost crippling anxiety, depression, and post-traumatic stress and strongly encourage you to make sure you have plenty of professional support as you start this deep dive in.

While it is essential to push the edges of your comfort zone, it is also important to feel safe and grounded as you do it. Don't try to take on too much by yourself.

And without further ado . . . Let's dive in to the practice!

WHAT IS IT?

A curious mind is one that is open and focused on asking questions for the purpose of deeper and more expansive understanding. The open mind is okay with not having “the answer,” has let go of projections, predictions, analysis, computations, labels, and all sense of “figuring it out.”

The open mind is curious about contradictions, things that are unusual, and also the ordinary. Open minds value the journey at least as much as the destination.

Open minds are sacred witnesses that focus all of their energy on questions and then observing what stimulus, response and communication comes as a result of those questions.

Your open mind has let go of old stories, is willing to at least pretend that it doesn't know the why's or how's for the sake of letting some new possibilities in.

WHY IS IT IMPORTANT?

A curious mind is one of the most potent power tools to fight against stuck and repeating patterns.

“The definition of insanity is doing the same thing over and over and expecting different results.”

~Albert Einstein

If we can be willing to let go of the way we've been “figuring it out,” and start allowing new points of information, new ideas and new possibilities onto the scene, then we can change ANYTHING in ourselves and our life circumstances that we don't like. I see a mind that says “Oh, I already know *that!*” as one who has closed the book on the great manuscript of LIFE SECRETS. Bored minds are the ones that already know everything.

Staying curious is one of the most potent ways to disarm anyone who has an agenda (including yourself, which is why this is such an important practice to cultivate).

Curiosity allows us to be in the experiment of life, to try on new things, to listen to new sources and to have new experiences. Your curious mind will allow you to let in perceptions, wisdom and truths you never would have imagined possible before.

Curiosity is an act of aliveness – accepting that things are always changing and to stay in tune with those changes, curiosity keeps us right at the forefront with eyes, ears and brains open to the new stimulus. Curiosity keeps us fresh and on the cutting edge of our own evolution.

If your mind isn't open, you will never be able to have a new experience. You will keep forcing new feedback and responses through the same old worn-out algorithms, spitting out the same old painful results. You'll ignore new possibilities, opportunities and invitations because they don't fit your stuck paradigms.

Curiosity can help others to be curious too, and it helps us to build deeper relationships with ALL beings, not just ourselves. When someone is asking you questions about yourself and you can really tell they want to get to know more about you and understand who you are, you usually feel valued and worthy of attention, which feels really darn good. This practice helps those parts of yourself that have been shoved down into the basement to feel like they matter. They'll be more likely to trust you and start sharing their insights, perceptions and wisdom if they know you don't have an agenda and are truly inspired to just get to understand them better.

HOW TO CULTIVATE A CURIOUS MIND:

Now this is where it gets a little tricky because our minds love to fall into habits of thinking. It's also particularly challenging because our minds have been told, over and over, that they are supposed to know what's going on and have some sort of plan of action. Stepping into the unknown is uncomfortable at the very least and

absolutely horrifying to some. When we know there is really dark stuff down there in the basement, like unaddressed (or even addressed) child abuse, guilt or shame, behavior we've exhibited that we don't want to face . . . we're afraid that they've become monsters with all the neglect and negative self-talk we've been feeding them. We're afraid they'll attack us if we go down there. As I mentioned, if you have some pretty heavy experiences, it is important to go down into the basement with a guide who can help shine the light on those guys and help you know how to engage with them so they aren't scary monsters. Really, they just want to be set free. Once you do that, you realize the hell you've been living in trying to hide those demons was really unnecessary torture of a precious part of yourself.

“If you keep your demons on a leash,
they'll never be able to get the hell away from you.”

~Amanda Elo'Esh Johnsen, M.A.

Setting out reminders for yourself is helpful. “Stay in the ‘HOW?’” is one I like to have posted around and have my clients do the same. Any time they tell themselves “I can't,” I ask them to instead focus on “How can I?” If your body and soul truly desire something that is healthy and good for you, staying focused on the “How” is essential to break through the old crappy excuses of “I can't” that your resistance throws out at you.

Sitting down regularly and asking your mind to switch gears is essential. To let go of computations, analysis, and forecasting, to ask it to simply be curious and to know that there is no story involved with what the mind observes is so powerful. Stories are what the mind puts together based on previous experiences. Out of millions of moments, stimuli, interactions, etc. our mind picks out a few points of interest, pieces them together (again, based on old observations and patterns) to fit certain

formulas we think we “know” about how life is. Eg: “I went to the store, and on the way I stopped to give someone directions and then I was late so I ran a stop sign and got a ticket. Therefore, when I take time to help people, bad things happen to me.” The story could just as easily be: “I went to the store, and on the way I stopped to give someone directions. I was late so I ran a stop sign. Fortunately, I didn’t cause an accident! I must have guardian angels watching out for me!”

Same incidents, different perspectives and that doesn’t even take into account the many other mini-milestones that get included or excluded to support the mind’s story about the incident.

A curious mind has to stay out of making up stories.

It is the stories we tell ourselves and others that reinforce what we think and how we respond. Until we allow ourselves to just continue to observe in a place of open curiosity, we are stuck repeating old stories over and over. Nothing new can emerge because a closed mind won’t let anything new in.

So, I know that it seems almost impossible, but letting go of your stories can save your life. Recognizing that your stories are often only miniscule particles of the BIG REALITY, and they are skewed by biased cause-effect thinking based on your limited previous experience is key. Then being willing to forego story-telling altogether is the next challenge (until you have the amazing reality you never thought possible, then *THAT is* a good story to tell).

“Who am I without my stories?” You may ask. “A completely different person!” And isn’t that the point? Don’t you want to be free from stuck, painful patterns? The stories have to go into the compost along with the patterns. They are basically one and the same.

So, staying focused on what you observe, even if you are observing your tendency for making up a story, is really helpful. Constant observation. If you can master that, the world is your oyster.

COMPASSIONATE HEART:

After we've been able to get our mind to be open and curious, we then drop down into the heart. It needs to be open too, and its role in this process is at least as important as the curious mind.

WHAT IS IT?

A compassionate heart is the heart version of the open mind. The compassionate heart has let go of stories too, and the judgments that like to hop on board when we make up those stories. Then those judgments recruit feelings and then we have a whole body investment in the old worn-out patterns and they wreck us every time they get triggered.

A compassionate heart is willing to suspend judgment and to also be curious. Even if it is having feelings, the compassionate heart lets go of the stories and justifications and just NOTICES and ACCEPTS. When that happens, usually there are no actual emotions involved. When the mind and heart are both open, what we have is physical and energetic experiences that we can observe and then serve.

For example, if your partner comes home late and you were planning a special dinner, it would be easy to put some old pieces together: "He is ALWAYS late! And he knows how upset that makes me. This is a special evening we've planned and he's late again. He must not care!" OR "Maybe he's been in an accident, oh my god!" In the first response, you're building a case up based on old stories and judgments. You'll be clouded in a blanket of anger once he comes home and instead of that lovely evening together, you'll probably get in a fight, or you'll hold it in and seethe during a disconnected dinner that was supposed to bring you closer. Or you're riddled with fear and worry as he comes through the door and then it has stressed you out unnecessarily and that will get in the way of your time to connect or the fear will soon turn into anger when you realize you worried for nothing. No good will come of these responses.

What if you just stayed curious about what was happening, focus on taking care of YOURSELF and any feelings that are coming up: “Oh, I’m starting to get upset. Time to breathe and allow myself to calm down. No need to carry that around. We can discuss the timeliness issue if it is relevant.” Or “Wow, I’m starting to freak out with worry. I need to ground myself, breathe and help myself to be present.”

The Subconscious Success Repatterning definition for compassion is the insight to truly comprehend and accept a person or circumstance without an agenda for changing, fixing or judging. Compassion offers a loving kindness and inclusiveness to all that come into contact with it. Compassion is a badass who can meet the smelly drunk man on the street and offer a heart-blasting dose of love, a kind smile and is willing to, at the very least, greet that person warmly and wish them a beautiful day. Compassion is NOT obligated to take him home and become responsible for his “recovery.” Compassion in its highest and truest forms will disarm any anger or negativity because it dissolves any sense of needing to defend. There is total allowance and acceptance with compassion. Compassion is NOT without discernment, however. In fact, compassion requires immense wisdom and insight.

Compassion knows how to set healthy boundaries that are loving and helpful to everyone (on each side of the boundary). And those who come into contact with compassionate boundaries usually feel honored, safe, and invited to be kind, gentle and loving with themselves.

WHY IS IT IMPORTANT?

Your resistance is a full on Ninja master. It can hide your subconscious patterns with whole search teams on call. It can outsmart most of your smartest attempts at getting past it using reason and logic that make perfect sense. It’s been kicking your ass and running the show for quite a long time (using that 90% to 10% advantage without mercy) and it learns all of your tactics and then uses them against you.

The curious mind is one of the amazing super power weapons against resistance and the compassionate heart completely takes resistance by surprise and catches it off-guard. When there is a lack of judgment and a sense of loving kindness, what is there to defend against? Nothing at all. Compassion allows stealth entry into the subconscious. With compassion, YOU are the Ninja master.

Besides, the reason all of that resistance and other inefficient programming is down in the basement is because it was mistakenly labeled as some sort of misfit: not worthy, not valuable, ugly, shameful, guilty, weak, annoying, mean, stupid . . . and if we're ever going to heal that up, we have to start with some kindness. This whole process is about ameliorating the broken and painful relationships we have with ourselves, specifically the parts of ourselves that have gone underground to be safe. They're riddled with fear, self-doubt, cunning and survival instincts. What they really want is to be valued, to be accepted and to be understood for who they really are: SUPERSTARS! Once we can convey that to these subterranean parts, they tend to feel a lot better and eventually (sooner, usually, rather than later) they come up out of the basement and start operating on the main level at mission control (your conscious mind) with incredible insights, perspectives, intuitive powers and other super-powered senses (nothing like surviving in the dark to give your "spidey" senses a boost).

All of that starts with a compassionate heart.

HOW TO CULTIVATE A COMPASSTIONAT HEART:

This, just like the open and curious mind, will take a lifetime of practice to master and even then, it is still a practice, requiring continual attention to keep it going strong. While it is unlikely any of us will ever get to a point where we have "made it," we can get really amazing at opening our heart up to the dark parts of ourselves that we've mistaken for broken, messed up or weak.

Some of my clients come in with such harsh self-judgments that they can't even pretend to suspend those judgments. So, I like to invite them (and even my other clients who can momentarily let go of negative self-talk) to bring in (through the imagination) a Compassion Avatar. This is someone they may know personally like their little old grandma who always had a big hug and sweet smile no matter what, someone who really existed but they never knew, like a guru: Jesus, the Dalai Lama, or Mother Teresa, or some archetype such as Tara, Goddess of Compassion, or an angelic guide. We invite that presence into our heart and see our shadow through those eyes.

In my personal sessions with clients, it is easy for me to reflect a sense of loving kindness and lack of judgment because of my many years of honoring my own shadow. I know that these are simply parts of our human existence doing their best to help us out. Sometimes just having a human being we can show the hidden parts of ourselves to without judgment can be life-changing. Then, over time, I help my clients to start having their own sense of compassion and loving kindness towards these parts. Usually, it doesn't really take a whole lot to help someone see that, but on a few rare occasions it can take quite a while to really authentically allow ourselves to have a kind, gentle and loving attitude towards subconscious patterns. We have seen them, for so long, as the parts of ourselves that sabotage our success, make us feel weak and vulnerable, and trip us up just as we're about to make it to some important goal that we've worked hard for, it's difficult to drop the blame and judgment.

One of my clients, when we started looking at her subconscious patterns, had so much incredible anger toward one of her most vulnerable and tender patterns that it was like untangling a spider web dipped in crazy glue. At first, I had to be the one reflecting to her small and broken-feeling self that she deserved to be happy, deserved to be loved, and was a valuable part of this woman's being. Once she had it reflected to her enough from the outside on a consistent and authentic basis, she started to go easy on herself too and over time really embraced that part of herself.

As she did that, her ability to feel joy, to communicate boundaries in a clear and calm way, and her sense of calm all shot off the charts.

As one of my former clients, who is a plumber, once noted: “Your work is a lot like mine! You never know what you’re going to find until you break open that wall and get a look at what’s causing the mess. It could be a simple leaky pipe, could be a whole electrical, plumbing and structure make-over.” Indeed! So many of us go around doing our best to “hold it together,” when there’s all sorts of internal battles, parts of ourselves trying to hide, parts of ourselves trying to annihilate those hiding parts, and survival patterns running on automatic while we, on the conscious realm, do our best just to manage the basics of living and try to seem “normal.”

Another common response I find is that we don’t want to soften our hearts because if we do, then the sadness and regret at not having loved ourselves this whole time might just be too overwhelming to allow ourselves to feel. It’s easier to just pretend it was never possible, so there’s nothing to regret or grieve.

Well, the consequence of not doing it consciously is that our subconscious patterns will end up running our health, relationships and business into the ground while we try our best to avoid making amends with those hidden patterns. So, forgiveness plays a very strong role in this work.

We have to be willing to forgive ourselves for avoiding going down there to see what was making all that mess in the basement before now. We have to be willing to forgive ourselves for taking on the role of perpetrator to our most vulnerable (and I’d venture to say most valuable) parts of ourselves. We have to be willing to forgive the people and circumstances that initiated the subterranean migration of these precious parts of ourselves, and we have to be willing to let go of regret for the fact that we and other people and the patterns we created for ourselves made it feel like there was no hope.

Sometimes it seems easier to just continue to believe that there is no hope than to realize that we've wasted so much of our life living with sadness, pain and fear that were just illusions and misunderstandings.

That's why it takes courage to do this work. It's not easy, but the payoff is so incredibly worth it.

"Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it."

C. Joybell C.

So, to do this on your own (cultivating a compassionate heart that you aim at your skeletons hidden in the basement), it may take some time, but I guarantee that even though it may take you months or even years to get to a place where you can do it easily, from the MOMENT you begin you will start to experience positive results that will make the forward momentum of the practice easy and incredibly enticing.

Most of my clients experience instant relief, calm and serenity. They notice a powerful shift that tends to last (if they can remember and commit to stay in the practice), and they come back excited and curious about how it can get better.

You will probably also notice that as you go easier on your own humanness, you start to have more patience, acceptance and compassion for others: loved ones, associates and even total strangers are much less challenging and much easier to connect with. Even if you don't have a chance to actually say or do anything that expresses this new capacity for compassion, the shift in your presence is likely to bring out more kindness and softness in others because they feel it from you. Just as you can feel when someone is in a heavy place or just had a fight ("You could cut the tension with a knife!"), you can feel when someone is holding themselves and others in a place of loving kindness and acceptance.

In this work, we are cultivating a healthy relationship with a part of ourselves that has gone underground, and the basic practices for initiating and then developing a kind, mutually respectful relationship with ourselves are really the same for doing that with others.

How do you feel if someone you just met treats you like they already know everything there is to know about you, and has some pretty set judgments about those assessments? Even if they are positive, you are likely to feel objectified, projected upon and not really seen, valued or engaged for YOU. The same goes for the inner work. We have to let go of previous assessments and judgments if we are going to build a healthy relationship with our subconscious self.

That is much easier said than done, I know, and what I usually have my clients do is to simply suspend the judgments or “pretend as if” they are working with a blank slate until it becomes their reality. Pretend you don’t have this history. All you have is this moment. Let go of all the disappointments, frustrations and failures that you have blamed on this part of yourself and simply let your heart (and mind) be curious about what may be there that you hadn’t noticed before.

Another important piece that often needs to be moved through as we help the heart to be open and compassionate is the experience of JUSTIFICATION.

Several years ago I was driving through Marin County, California, where I lived at the time. I was working with the archetype of Compassion and I caught myself going over a story in my head, connecting another person’s behavior, point-by-point, to some painful feelings I was having. I was building my case for why that person was to blame for this pain. And truly, it is a story I could have told almost anyone and gotten their support for being justified in feeling the way that I did and pointing the blame in the direction I was.

Fortunately, I was trying on the powerful lenses of Compassion, and was shown that all of the effort I was putting into JUSTIFYING my feelings was really me just doing the best I could to make up excuses for staying stuck and in a position of powerlessness and victimhood. I realized in that moment that it didn't really matter how "justified" I was in feeling the way I did, and it didn't matter if the whole world and a court of law agreed with me, I was wasting my time building up prison walls to keep me stuck in a feeling that was painful and actually harmful. Being able to point the blame at someone else wasn't worth the pain I was stuck in.

Compassion showed me that what I really needed to do was to take full accountability for where I am right now and do my best to release myself from the prison of pain I had been ignorantly and very myopically building for myself.

I also saw how it is impossible to hold on to a sense of blame over someone else (especially if it is a subconscious part of ourselves) and be free from the pain. If we want to be free from the pain of a wound, no matter how unjustly inflicted, we **MUST** be willing to forgive the person(s) and circumstances that lead to the wounding. The prison guard is still looking at the same set of bars and is still stuck in the prison.

So, I know this riles up the ego like nothing else. We love to tell our stories of injustice and get people to rally on our side and help us to feel supported, but it is a trap. Justification is like a drug. It feels good for a moment, but it takes so much more out of you than it gives.

Applying this philosophy to the self, then, we have to let go of all of our reasons and excuses for why we feel or think or act the way we do. We must be willing to truly humble our minds and hearts and go inward like a president offering a pardon to a convict, or even better, like a mother coming to feed and nourish and love an angry child who was yelling and hitting just moments before.

*“Forgiving is not forgetting.
It is letting go of the hurt.”*

~Anonymous

Sometimes, if the heart is having a hard time letting go of the pain, I lead my client in the potent forgiveness practice called “Ho’oponopono.” The origins are based in Polynesia and, based on the tribe practicing it, has different methods. The basic belief is that when there is harm done, then it is essential to make amends or the unaddressed harm will be passed on to children and can have negative impacts that ripple out into the community (sounds similar to what I understand about karma). Today, it has turned into a 4 step practice (which I will share), and I have added to it, so what I am sharing is absolutely no official version of “Ho’oponopono,” but is inspired by it. You will notice there are a few extra steps to my process and I will note the four most common steps of the practice.

1. In a still, and hopefully sacred space (Such as out in nature, at an altar or in a place where you feel you best connect with your higher power(s)), allow your body, mind and spirit to come to stillness.
2. Ask the all the Sacred Elements, Direction Keepers, and Spirits of Place to help create a safe and solid container for the work you are about to do.
3. Invite in all of your ancestors (and if you are doing this healing in regards to a relationship with someone other than yourself, ask that person’s highest self and ancestors to come as well).
4. Ask for assistance in correcting or making this offering complete from all the guides and allies who are present.
5. Ask for your Compassion Avatar to help you cultivate a sense of love, kindness and peace.

6. (This is the first step of the modern, common practice of Ho'oponopono) See the part of yourself (or the other person) you are doing this healing with and communicate to them "I'm so sorry."
7. (This is the second step of the modern, common practice of Ho'oponopono) Now say to this person "Please forgive me."
8. (This is the third step of the modern, common practice of Ho'oponopono) Next you will say "I love you."
9. (This is the fourth step of the modern, common practice of Ho'oponopono) And then you say "Thank you." As in, "Thank you for this opportunity to heal, to see myself more clearly, and to be free."

When I do this, I like to put myself into every possible perspective that I can for each of the 4 statement steps. Ex: I'll say "I'm sorry" from my own perspective, taking accountability for any role I may have played in making the circumstances happen, then I'll put myself in the role of my subconscious self (or the other person) and apologize from that perspective, and so on. I have noticed that I will start to get a greater understanding of the circumstances and my heart can naturally open to that "other" who I initially felt was to blame for causing the pain. I've even had experiences where I heard the stories of ancestors explaining the karmic debts that lead to the infraction.

This practice of apologizing, even when we feel "justified" in the idea that we were not to blame, is NOT about taking on the burden of guilt. It is a radical practice that acknowledges that we cannot change anything outside of ourselves. We only have power to make changes from within and as we heal ourselves, and take positive action as well as accountability for making positive change from our own unique place inside the vast hologram of existence, we then ripple out that positive change into the Universe. It is a position of EMPOWERMENT, not punishment, so make sure that if there is any part of you that is caught up in a label of guilt, shame or self-blame that you make that powerful and important differentiation.

I have read about, heard (from clients and students), and personally witnessed seemingly miraculous results that seemed completely beyond redemption just from doing this one practice.

When we focus on truly coming to peace and acceptance of all our hidden parts, we become so much lighter, happier and we shine that light for others so they can find their way to their own forgiveness.

I'm sure there are many other ways to cultivate a compassionate heart, and like I said before, it is a life-long practice that you may never master, BUT choosing to start now will yield IMMEDIATE positive and noticeable results. Don't take my word for it. Try it yourself. Just try to prove me wrong.

CULTIVATE A HEALTHY RELATIONSHIP WITH THE SUBCONSCIOUS SELF:

As I mentioned before, a healthy relationship with the subconscious self is not really so different from building a healthy relationship with another human being (or plant, or animal, or place).

It's really helpful to start out by letting go of any sort of preconceived ideas about the self. My beloved won me over by being incredibly curious about me and wanting to get to know me. Not in an investigative or pushy way. What he conveyed with his questions was "Wow, you are fascinating and I really value getting to know you!" I felt like he really saw that I was worthy of his time and attention. It made it very easy for me to open up to him.

What I've found as I've done this work with myself and hundreds of clients is that, most of the time, when we go in with an open mind and a compassionate heart with the intention of simply getting to know and connect with the subconscious patterns that have been hiding out, they are just like I was with my beloved the first time we connected: undefended, willing to be seen, and happy to share openly. From there, the communication happened easily.

When you go inward with that curious mind, compassionate heart, and an intention to understand and connect (sent by the breath, which brings immense serenity, and the essence of life), most of the time, if you are like most of my clients, you are going to get a pretty quick, usually objective and even kind response.

Most of my clients have been avoiding facing their shadow because 1) They have always seen that part of themselves as bad/wrong/broken/not worthy and then 2) They recognize that they've been unkind to this part of themselves and fear the backlash that may happen if they go down into the basement.

Truth is, the fear is not really warranted. The worst that I have ever witnessed happening is that, once we make contact with one of those voices, it rants for a little bit, maybe there is a bit of a wrestling match that tries to happen between the inner critic and the subconscious pattern we're trying to connect with. Sometimes there is a new vulnerability that requires getting familiar with. Once the venting has happened and we have NOT engaged in self-defense, attempts at soothing, or taking the venting personally, then that part of the subconscious also becomes curious.

"Hmmm, he/she didn't fight back. Didn't try to 'fix' me. Didn't defend against what I had to say. He/she is still there, offering an open mind and heart and just wanting to connect. What's up with that?"

After we have taken the time to understand the perspective of the unconscious, we can then ask: "How can I help you to feel safe and valued? How can we build a respectful relationship?" Once the dialogue has gotten to this place, you are less likely to find any sort of negative responses. Usually the subconscious is now willing to share what it is he/she needs to heal and to quit hiding out so much. If done on a regular (ideally, daily) basis, then you might even be amazed at how quickly that subconscious pattern is no longer "sub" and no longer a pattern. It is now connected, healthfully and safely, to the consciousness. Now it is an extra set of eyes, perceptions, wisdom and experience sitting in at your conscious mission control.

Instead of using up precious energy going around and around in a stuck pattern just trying to get your attention, but instead wearing you out and dragging you down, it's now on your team and adding precious energy and insights to help you get where you want to go. I've NEVER had a subconscious pattern become conscious that did not want to join in the movement towards an individual's dreams. Those patterns want joy, too, except in the subconscious realm, all they can imagine is survival, so they do what worked in the past to survive. As painful and ineffective as it may have been, you're still alive, so it worked. Now that they have a new position (up in the conscious realm) and are not burdened by your judgments and fears, they have immense gifts to add to the consciousness team. Go TEAM!

Now, we've looked at the best-case scenario: your subconscious quickly starts communicating in a positive way with you that you understand. We've also looked at the worst case scenario: your subconscious is pissed off and has to vent before it can participate in a productive dialogue. But what happens if we go in there and there is NO response?

That does happen sometimes. There are a few reasons for this.

- 1) We are not familiar with how our subconscious is trying to communicate with us and we are not familiar with tuning into our physical body, emotional body, and/or energetic body. It is just like learning a new language. Instead of it being confusing, we are not even picking up on a signal at all. Don't give up hope. Keep going in with the intention of being able to see, hear, feel, sense, and eventually fully understand the subconscious. I have some really helpful practices for this, but they are tailored to the strengths, values and experience of my individual clients. Practices like breath-work, yoga, dance, and other forms of meditation can help cultivate the skills necessary to understand the language of the subconscious and getting support from a professional to tune into your own subconscious may be incredibly helpful and worth the investment.

- 2) The subconscious voice we are trying to connect with is incredibly frightened and does not trust that being contacted is safe. Again, this just requires time. Coming back, again and again, with a message of loving kindness. If we show up consistently and patiently and lovingly, that part of ourselves will eventually realize our intentions are true and that we can be trusted. I'd like to share a story with you here that may help you understand this dynamic better:

I did child welfare for 11 years. I came into contact with lots of different children who had been through all sorts of challenges, traumas and pain. Some of them were incredibly resilient and loved my visits. They loved the chance to talk with someone they knew they could trust. Some of the kids acted out; sometimes they acted out the most when they were with a foster family or a worker (like myself) who was really kind and a good match for them. Why? Because they had so much anger and pain from the past and knew it was safe to "let it fly." Sometimes they just shut down and wouldn't talk at all. These were the most challenging in a way because there is nothing to go on. But, it has been shown that over time, if at least one reliable person consistently shows up and expresses caring and kindness and can just be with that child, sending love, even in silence, occasionally conveying a caring message here and there, the child will eventually open up. It can really try the patience and if you don't know how much of a positive impact you're having, then it can be easy to give up. But I know it makes a difference. It made a difference with the kids I worked with, and I believe, just as with everything else I've shared, that the relationships with the inner self are very much the same as the relationships we have with others. So, even if it is quiet, don't give up. These are the times it is even more important to keep going.

Cultivating your relationship with the subconscious is going to look different than someone else's. You have different subconscious "personalities" in there with different ways of communicating, and you have different strengths and challenges when it comes to being able to recognize and understand what is being communicated. Don't get down on yourself if you don't have quick transformations just by reading this book. I am STILL working on my subconscious blocks and patterns and I've been doing it my whole life. I go and see someone (an amazing sister who is clairsentient who can see things I cannot). She can help me detect the patterns that are too clever for me to uncover. We ALL need support, so go easy on yourself. This book is meant to be of service to those who have a knack for this work, to inspire those who have lost hope, to supplement those who have worked with me and have already gone on this inner journey with my support, and to open the door to new possibilities for those of you who are just exploring the subconscious possibilities.

Some important things to keep in mind:

While you are cultivating your relationship with your subconscious, always make sure to set up a plan for the next time you will connect. It always feels good to know when we are going to see that special person again when we are developing a relationship with someone. No different for the subconscious. Set up when you will connect again, and then, make sure to follow through! You can't build trust if you set up a plan and then flake out. Don't excuse yourself just because it's you that you are making the plan with. If you know, in the beginning, you're only really likely to sit down and do this practice once a week, then make that commitment. Don't say you're going to do it every day because it sounds like a good idea if you suspect you won't follow through. You'll be doing more harm than good.

Always acknowledge the courage and strength your subconscious displays in showing up for these dialogues and thank this part of you for being willing to develop this healthy relationship.

Your conscious self can have some “real” feelings too. You may have some doubts, upsets and annoyances at your subconscious. Once you’ve taken the high road first and been willing to show up consistently to understand the subconscious, there’s nothing wrong with being truthful about difficult feelings (Ex: “I still find myself getting really frustrated when I think of that time you made me blow that awesome graphic design job!” or “Sometimes I still worry that you’re going to steer me into the ditch with my partner.”). Owning your own feelings is important and pretending you don’t have your own feelings, ultimately, will keep you from cultivating a deep and connected relationship. It isn’t really often that my clients have these lingering negative feelings. Most of the time, once they have gotten their mind to be open and their heart to be compassionate and they’ve listened, truly listened for the purpose of understanding, to their subconscious patterns, all anger, frustration and fear tend to dissolve, but if there is anything lingering after you’ve done the initial work and you are in a strong and connected dialogue, it is good to be honest.

WHAT DOES IT LOOK LIKE WHEN YOU PUT IT ALL TOGETHER?

So, in the singular practice, it looks something like this:

- 1) We sit in a place where we will not be disturbed and do a grounding practice so that all of our conscious self is truly present.
- 2) We tune into the mind and ask it to get curious and once it has shifted into sacred witness only mode . . .
- 3) We then drop into the heart and ask it to let go of any judgments. Once the heart is open.
- 4) We join the heart and mind and the breath and we allow ourselves to conjure up the last or most powerful time we were feeling the impact of the subconscious pattern we want to shift. We allow the physical and emotional

response to happen (usually some sort of tightness or discomfort somewhere and there can also be feelings like frustration, shame, or anger).

- 5) We identify where that subconscious pattern is residing in the body by recognizing that physical response (Ex: "Ooh, just as I thought of the that time when I felt so embarrassed, my stomach got really tight and I even felt some nausea).
- 6) We allow the breath to be the vehicle for our curiosity and compassion and we go, gently to the place in the body that is housing that subconscious pattern. We use the breath to give that part of our body spaciousness and permission to feel and be exactly as they are. I like to imagine there is a tiny deflated balloon at the center of the tightness or discomfort and every single inhale is blowing up that balloon and giving that tightness a nice, gentle, expansive stretch. Every exhale is letting go of the tension.
- 7) As I am breathing into that place, my mind is curiously paying attention to see if there is any communication happening (in the form of sensations, memories, songs, visuals, flashes of imagery, words, ideas, smells . . . any of the senses may be used by the subconscious to communicate).
- 8) The compassionate heart is communicating a sense of full acceptance, even if the communication from the subconscious includes uncomfortable or even unpleasant feelings, messages or sensations. Keep in mind that sometimes when we first make contact there can be some pretty intense feelings about being delegated to the basement, not feeling safe and being judged for so long. It's important to just witness the communication without defending or trying to soothe. Be accepting and allow that compassionate heart to understand those feelings, no matter how sad, angry or scared they may be.
- 9) Once the subconscious has had an opportunity to express him/herself, THANK the messenger. Even if it was full of piss and vinegar and swore like a sailor at you. It has had the courage to come up into the conscious realm to dialogue and that is HUGE.
- 10) It is good to then offer some form of reflection to make sure you have understood what was just communicated. The way you express this will come naturally to you. You may simply think of what you might normally

Speak out loud to a person, you may choose to say it out loud, you may offer an energetic response, a movement, a tone . . . you are learning the unique language of this subconscious voice and so it may feel silly or awkward or even confusing at first.

- 11) Ask how you can best serve this new relationship and wait for a response.
- 12) Make a plan to follow up with that response: (“I will come back here tomorrow and check in with you.” OR “I will notice when you are trying to get my attention by making my stomach tight and I will stop and breathe and listen to what you are saying instead of ignoring you.”)
- 13) Rinse and repeat as often as possible with anything that is blocking you from moving forward.
- 14) Give it time. Most people find that, pretty quickly, they are able to go into silence, identify where the subconscious “voice” is, connect with it and understand what it is saying and offer coherent responses. Over time, the subconscious voice quits hiding out altogether, comes up from the basement and has a seat at mission control and starts offering powerful insights and support that are in full alignment with your conscious goals and visions. At that point you’ve turned a painful shadow into a valuable ally. Pretty cool, huh?

Again, I encourage you to get the guided journey MP3 to help take you through these steps. It can make it easier to be guided through each step, rather than try to guide yourself through them, and I want to shoot completely straight with you. This isn’t necessarily as easy as just reading this little book.

As I mentioned before, digging around in the shadows can sometimes bring up stuff that is really difficult and painful and should not be addressed without professional support. Also, the subconscious is sub for a reason. It is incredibly clever at staying hidden and so it may be a good idea to just get some help, at least in the beginning, to experience and learn this process the way it is meant to be done. It is possible that your subconscious could run circles around you and leave you feeling

frustrated and wanting to give up. Don't get down on yourself. This work, done alone, is just not always that easy. When done with an experienced guide, yes, it is incredibly graceful and you can move through old blocks and stuck, painful patterns in months or even weeks where traditional therapy and coaching may NEVER support shifting the root cause. This work goes gently but swiftly to the core of the challenges instead of addressing and eliminating symptoms. This work is results oriented, not so much process oriented.

If you want to do this work, but it's not coming to you quickly, don't hesitate to get help.

Of course, I can't guarantee that this offer will last forever or that spaces will be available for you because my time is limited, but as I write this, each month I offer about fifteen 60 minute one-on-one "Break Through To Success" Discovery Sessions through my website: www.amandaeloesh.com.

In these sessions you get to explore where you are now, what you want, and what may be possible for you, and you'll get a clear vision of what is keeping you from moving forward. You'll also go away with practices and resources you can use right away to support you in moving up and out of those painful cycles. These sessions are priceless and my time is very valuable, but I do offer a limited number of them each month on a first come first served basis as a gift - no strings attached - to those people who are really serious about doing the work it takes to break through their stuck patterns. If you are really serious about exploring this work further and are committed to no longer letting your subconscious run the show, then take a moment now to go to my website (www.amandaeloesh.com) and see if you can claim one of my limited sessions. It has the power to change your whole life.

Thank you, courageous one, for going on this journey with me! I so appreciate it and honor you for doing the important work of learning how to connect with, embrace and honor your shadow. The more the world learns how to do this, the less likely we are to perpetuate conflict. In a way, this is the most important work you can do to be of service to a more peaceful, loving and joyful world.

All blessings on your journey and 13 Thank Yous!

Amanda Elo'esh
♥



PS: If you liked reading this book, you'll want to check out "Go Ask Alice Oracle & Tea Party Game," and keep an eye out for my other upcoming book: *Sexual Bliss Through Good Housekeeping: The Extraordinary Woman's Guide To Having It All!*

Book cover info:

DESIGN: Amanda Elo'Esh Johnsen