

Energetics of relationship

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Understanding Your Subconscious Blueprint

Your subconscious mind is responsible for about 95% or more of your perceptions, behaviors, interactions, and relationships. It was programmed by your early environment, and was mostly programmed by the age of seven. This programming is your subconscious blueprint.

Your early environment influenced your core beliefs about your worth, and how you must interact with the world in order to receive attention, affection, validation, or to avoid danger, abuse, or neglect.

These core beliefs became the filter through which you perceive the world, also known as your subconscious blueprint. These beliefs/blueprint are one cause of attracting relationships and situations into your life which mirror the energetics of your childhood relationships.

In this book, we will use self-inquiry exercises to help you unveil what is hiding in your own subconscious beliefs/blueprint about yourself, your value, and how you must interact with the world in order to feel seen, heard, and relevant.

To make useful discoveries about ourselves, we must be willing to move beyond judgments and labels. For instance, you will be asked some questions that invite the voice of your inner child (subconscious) to vocalize a feeling. If you are too attached to labels of yourself such as “strong” or “spiritual” or “good” or “healed” then you may miss out on a very important opportunity to meet this hidden aspect of your psyche. Please welcome your inner child to be present and communicative with you here, without needing to show up in any particular way.

You will also be asked some questions about your childhood. This is not to shame your caregivers or parents. All people are doing the best that they can with the level of awareness that they have. However, as a child, you had some very strong feelings about certain things, and those feelings are what we need to contact in order to understand our subconscious blueprint. In fact, those feelings *are* your subconscious blueprint which, again, governs about 95% of your perceptions, behaviors, interactions, and relationships.

Before diving into the deep matter, you will be offered self-soothing exercises to help you stay grounded, present, and calm as you make new self-discoveries.

Importance of Self-Soothing and How to Do It

Self-soothing is important because it helps you stay grounded, present, and calm amid situations that could be otherwise stress-inducing. In order to make new discoveries about ourselves, we have to venture into inner territory that may feel a bit uncomfortable.

Healing happens when we are able to merge a feeling of safety with the uncomfortable aspects of our psyche. Self-soothing can help us do just that.

**Self-soothe with Narration**

When your mind is wandering, or when you notice that you are dissociating from the present moment, one way to bring yourself back is to self-soothe with narration. That means to narrate what you see and feel in the moment. This could be as simple as:

“I notice my body is feeling flushed. I notice my mind wants to wander,” or “I notice the sun is shining through the window and the room feels warm.”

**Self-soothe in a Container**

When you feel yourself becoming anxious, agitated, or hyperaroused, you can self-soothe by creating a safe container for your feelings within a body posture. Here’s how:

Place your right hand under your left armpit. Place your left hand over your right shoulder. Breathe several breaths in this position (it should look and feel like a hug). This helps stabilize your nervous system while allowing you to be with whatever emotions arise within you.

**Self-soothe with Body Brushing**

Before beginning deep self-inquiry, establishing a feeling of safe presence within yourself is important. Body brushing can help you do just that. You can also use body brushing any time you experience hypoarousal (dissociation) or hyperarousal (anxiety or even overwhelm). Before beginning the exercises in this book, self-soothe with body brushing by listening to the Body Meditation for Safety and Vitality at:

[**www.psychebodysoul.com/magazine/categories/meditation**](http://www.psychebodysoul.com/magazine/categories/meditation)

Subconscious Awareness Exercises

This section will invite you to explore your subconscious mind. If you notice yourself become dissociative or overwhelmed, use a self-soothing exercise from page 2.

**Exercise 1: Journal about a Trigger**

Recall a recent emotional trigger and journal ONLY the following:

* any emotions you felt during the trigger
* how you felt about yourself amid the trigger
* how you feared others felt about you at the time of the trigger
* the feelings/sensations in your body as you felt all of the above

**Exercise 2**: **Pandiculate**

Recalling stressful events can create tension in our bodies. Pandiculation helps us move tension out of our bodies, and alleviates stress stored in muscles. Try this:

* Stand up, stretch your arms overhead, and yawn
* Ask your body how it would like to move, and then follow your body’s intuitive guidance, executing those movements

This may look like the erratic movements of a playing child, or like yoga postures and stretches. There is no wrong way to do this, it’s all about what your own psyche and body are asking for in the moment. You intuitively know how to move energy and release tension, so just let yourself do it.

**Exercise: Inner Child Voice**

What is the one statement you wish your caregivers or parents would have told you when you were a child? What was the one expression or demonstration of love that you wish you would have heard or seen more? Write this down.

**Exercise: Self-Revelations**

Is the one thing you wish you would have heard from your caregivers/parents the same type of frustration you experienced in the most recent trigger you journaled about in this section?

Subconscious Awareness Exercises

**Exercise: Self-Healing**

Each time you are emotionally triggered by life, practice saying the one thing to yourself that you wish you would have heard from your caregivers/parents. Say it in first person, for example:

“I love spending time with you.”

This begins the process of melding your adult aspect with your inner child aspect.

However, in order for the inner child to begin accepting this statement as truth, you must follow-through with aligned behavior, by also doing what the inner child needs you to do to cultivate an inner sense of being safe, acknowledged, and loved. This will result in deep healing at the level of your subconscious, and we will explore how to unlock this in later sections.

What is Your Personality?

As we grew through childhood into teenagers and adults, our attention turned increasingly outward, with a focus on the world. Meanwhile, on the inside, we yearned for someone to demonstrate the kind of love, attention, and validation that we did not receive as a child (specifically searching for that one expression/demonstration of love we wish our caregivers/parents would have provided).

We develop personalities rooted in the feeling that this love is lacking in our lives. Our personalities are a series of behaviors that either shield us from re-experiencing the pain of this lack of love, or that desperately attempt to demonstrate that we are worthy of finally receiving the type of love that we feel is lacking. Our personalities are an expression of what we need, crave, and fear.

When we fail to gain from the world the love that we feel is lacking, then we turn on ourselves. We begin to believe that something is inherently wrong with us, and we tell ourselves that is why this love never arrives, or never lasts when it does.

We then push ourselves to become more “lovable.” This creates an even stronger personality, yet this personality is still rooted in our fundamental fear of not being loved, or not being good enough, and it is further reinforced by the belief that we are inherently not good enough.

This begins a vicious cycle of stress, conflict, and self-doubt. No human is immune to this behavior. This is part of the universal human condition, but there is a more conscious way forward.

We can learn to accept all aspects of ourselves, and thereby heal the fragmented parts of our psyche, cultivating an inner sense of safety and self-love that will change our lives and bring clarity to all of our relationships.

Subconscious Projection

Because stress, conflict, and self-doubt contain so many uncomfortable emotions, it can be incredibly challenging to accept these emotions as part of ourselves. As such, projection becomes a common survival mechanism that causes so many conflicts in relationships.

**Example 1: Attracting Reinforcements of your Subconscious Belief**

Sally grew up with parents who were always too busy to spend time with her. Her subconscious blueprint contains the belief:

“Everyone is too busy for me.”

As Sally gets older, she marries a man who is a workaholic. This is because she has projected her belief that people are too busy for her into the world, and thereby subconsciously attracted a partner to reinforce her belief.

**Example 2: Confusion / Projecting your Subconscious Belief onto Situations and People**

Jonny grew up with parents who always pushed him to perform perfectly in school, music, and sports. He could sense his parents’ disappointment and disapproval when he performed below their standards. This was such a painful feeling for him, that he pushed himself to never let anyone down with substandard performance.

Later in life, Jonny becomes chronically stressed, ill, and overly submissive in relationships because he is projecting the belief that he will not be loved, or that he will cause disappointment if he does not do everything and do it perfectly.

Meanwhile, Jonny’s wife actually cares about him and wants him to slow down and take better care of himself. While Jonny’s wife does not want him to do everything and do it perfectly, Jonny is still confused by how to show up in life because his subconscious beliefs tell him a different story. Because the subconscious rules 95% of our perceptions, it is very hard for Jonny to make new choices.

**Exercise 3: How do you project?**

Consider again the recent emotional trigger you journaled about earlier. Could it be possible that your subconscious beliefs about yourself and your worth in the world could be projecting into that situation? If so, how? Can you discern what is true of the circumstance, and what is only true in your mind?

Avoidance

Avoidance behaviors and dissociation prevent us from becoming clear about what is happening inside of ourselves when conditions become a bit uncomfortable. The opportunity for healing at the level of the subconscious mind/inner child is lost when we project our beliefs, avoid, or judge our emotions.

Projection and avoidance are two ways that our minds try to protect us from feeling what is uncomfortable. While well intended protectors, projection and avoidance actually hinder our ability to fully accept ourselves. This lack of self-acceptance limits our ability to sense what we need to heal ourselves. The inability to heal ourselves blocks our ability to feel and sense love from others.

To begin inner child healing, we need to identify our unique avoidance patterns. These patterns vary greatly person-to-person, and usually hide within the unconscious aspect of ourselves. Identifying these patterns increases our consciousness, providing us an opportunity for healing and harmony that was not previously available with the unconscious patterns in place.

**Exercise: Identifying tendencies**

What are your tendencies when you are triggered? Journal about how you:

* Avoid
  + Do you stay busy through service or helping or overworking?
  + Do you engage in compulsive behaviors such as eating, drinking, or watching TV, social media, shopping?
  + Do you use substances?
* Handle confrontation
  + Do you blame others?
  + Do you shame others or yourself?
  + Do you take responsibility for how you feel or accuse others of making you feel that way?
  + Do you withdraw into silence? If so, what do you feel when you do this?
* Journal about any other avoidance behaviors you notice for yourself

**Exercise: Projection of Pain**

Journal about how projection of your pain shows up in your life. Does it show up in:

* Blame, resentment, shame, conflict?
* Grudges, resentments, stories?

Triggers and Self-Healing

Emotional triggers are part of the human experience. There is nothing to shame about being triggered – even if we behave in ways that we wish we didn’t. However, we can begin self-healing by using the triggers as a portal into acknowledging and loving the wounded aspect of ourselves that feels the pain.

**Exercise: Fulfilling your Needs**

When you are triggered by something, create some space for yourself by moving into a space where you can be alone. Place your hands over your heart, with your left hand on top, and ask the part of yourself that feels wounded:

“What do I need?”

Wait for this aspect to reply. Then, ask yourself:

“How would you like me to provide this to you?”

Wait for the wounded aspect to reply. Then, make a commitment to execute this request coming from your inner child/subconscious.

**Integration**

To help you integrate this material, schedule your decompression call by emailing me at [**amanda@psychebodysoul.com**](mailto:amanda@psychebodysoul.com)**.** In this call, we will clarify any areas of confusion with this material, and create a roadmap for immediately integrating it into your daily life.