

The Subconscious Discovery and Release Process

Paul Bauer

Please print this exercise so that you can write the responses to each important question. Pretend that you spent \$1000 on this process. (It's worth far more than that.)

The following process will help you discover and release the subconscious beliefs, patterns, energies and traumas that may be holding you back.

NOTE 1:

Before you do this process, make sure that you're in a comfortable place and where you will not be interrupted. This is a serious exercise and if you are not ready to do some ***deep digging and discovery***, then it would be wiser to pick a time when you have the energy and intent to do so.

NOTE 2:

This process is not for the "faint of heart". It takes clarity, determination and focus to gain access to your subconscious. This is not about trying to get it to "do your bidding" (affirmations, positive thinking visualization, etc.). Your subconscious is ***far too intelligent*** to be "tricked" by those short term tactics.

Rather, it's about *inquiring* into the accumulated beliefs and traumas that block you from living life the way you choose.



The key to this process is coming from your Heart in the state of love. If you try to do it with your mind or with intent to "fix" or change your subconscious, it will not work.

If you think of this as a form of meditation, you will have success and discover unexpected gifts along the way..

My Story

I discovered this process when I was doing some inner work and was pleasantly surprised in how it took me to the very places that I was unaware of that were holding me back. I've been practicing subconscious release work for over 20 years and this is *one of the simplest ways* to do what it takes very long time for the average person to do.

If you're committed to your own development and are willing to have ***an open Heart and an open mind***, you will be pleasantly surprised at what you discover and the "bread crumbs" that you've left for yourself to reveal your magic and your genius.

Each major setback in your life forms a "golden thread". The golden thread is woven with pain, anguish, disappointments, setbacks and "negative" events in your life.

The purpose of the setbacks and the traumas that you've experienced is to help ***sculpt*** your purpose and your passion in this life. It may take several sessions for you to understand what's going on in your subconscious, but it will be worth every moment that you invest in this process.

By practicing this process, you will have access to the patterns of thought and emotion within your mind and body that have shaped your life. Over 90% of the thoughts and emotions you feel are positive. And they help create what you want.

But then there are those thoughts and emotions hidden away in your subconscious that create ***what you don't want***. These are the focus of this process. Keep in mind, you don't want to release every negative thought, emotion and experience all at once - that would create an energy shock that would harm you more than it would help you.

It's best to do this process occasionally when:

- A) You have available energy and curiosity
- B) You just experienced a setback and you want to discover the reason why (and heal it)
- C) You see a pattern in your life you want to discover the source of that pattern
- D) You want to move forward in life and are willing to do the inner work required

As with any tool or exercise, the more you practice this process, the better you will get at it. If you need my assistance, just send me a direct message through Facebook and I will help you.

It's my mission to help you release whatever holds you back.

With each negative belief, there can be a series of connected beliefs that are disempowering and can hold you back. In the next section, ask yourself what did creating the belief in the step above end up creating in your life?

Because of a situation in my life I created a pattern (or belief) of...

3. How does that hold me back?

4. What does a person have to believe in order for these issues to re-occur? (this tells you the direction that you're moving in from the subconscious level)

5. The Release

Now that you've done the difficult work, you're ready for the release of the old programs and patterns that no longer serve you.

Be gentle and patient with yourself - this process is not to be rushed. If you eliminate a pattern or belief without the requisite love and positive intent, you will create unintended consequences.

The key is to let your Heart guide you through this process.

Say these phrases out loud:

“From my Heart and Soul, I’m ready to release and forgive the negative events that happened in _____ (timeframe, part of my life) and any other events that caused me to disconnect from the flow of abundance and my wholeness”.

I understand the purpose of these setbacks and challenges in my life and I am ready to move forward with love and grace.

*I also understand that as I open my heart, I let the flow of Divine love expand my Heart and my ability to give **and** receive love.*

I am ready to let go of the past and how it has held me back from my Divine purpose, passion and life dreams. I'm ready to call forth the love and the power of my Soul's guidance.

...I'm ready to reclaim the love and energy that I gave away to the setbacks and challenges in my life. And I know that I am one with the light and the presence of the Divine.

So be it now...

Aho!

If you need help with this process (or anything related) feel free to message me through Facebook and I will be happy to assist.

Blessings, Paul Bauer

