

Manifesting with Florence Membership

Re-write Subconscious Records/Neural Pathways of Belief

When we do not *consciously choose* our energetic vibration each day, our creation energy DEFAULTS to the most dominant energy of our subconscious. Unfortunately, that energy is usually less than love.

The subconscious is where we bury the energy of traumatic, painful experiences. We hide the energy away because we don't know how to deal with it. While hidden away, this energy feeds off our fear and grows – revealing itself when we're triggered by a life event/situation.

As a result... our default energy is less than love FEAR energy most of the time.

The Subconscious Records or Neural Pathways of Belief are imprints of an experience that are formed from a belief. When we're children, our child brain takes in the information and forms a belief. Because we're a child, our understanding of the bigger picture of the experience may be misunderstood.

For example, if a person of authority, like a parent, is angry about a situation, we may hold the belief that they're angry with us. Or if a person of authority tells us we're worthless, we believe it, because they hold authority.

The painful experience creates a Subconscious Record/Neural Pathway of Belief. Since we don't know how to overcome the pain, we bury it in our subconscious to be hidden there for years. Then as an adult, we get triggered by some innocent event that causes us to become irrationally upset – far exceeding the gravity of the experience at face value.

Example: getting a minor papercut, but reacting like we're bleeding out, moments away from death.

As a result of these childhood experiences, we hold beliefs that we're:

- unlovable
- undeserving
- unworthy
- not good enough

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

However, since the 1960's, scientists have proven that our brains are neural plastic and have the ability to rewrite neural pathways – from birth to death.

FYI - Florence taught that these pathways or subconscious records could be *RE-written* a hundred years ago – she was considerably ahead of her time.

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With all this information, we can clearly see how our brain's archive of the energy of these beliefs began with our perception of reality as babies, toddlers, and children - way before we could see and understand the bigger picture of life.

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

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

- lovable
- deserving
- worthy
- good enough ...to live happy, joy filled lives of prosperity - our version of Heaven on Earth.

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

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

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

The belief that isn't true reveals itself through uncomfortable Resistance Energy.

The key is to recognize the uncomfortable Resistance Energy for what it is – the clue that leads you to the energy of a belief isn't true and must be healed.

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

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OVERVIEW

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

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

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

Follow the breadcrumbs of the energy:

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

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

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

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

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

AND... how it's been between you and experiencing what really makes you happy.

And most important! *You'll see how the belief began and that it is NOT true.*

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

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WORKSHEET

Re-write Subconscious Records/Neural Pathways of Belief

1. Identify the Resistance/Conflict Energy you feel in your body.
2. Ask your Angels to SHOW YOU the origin of the Resistant/Conflict Energy. They may show you with a vision in your mind's eye or simply a knowing in your heart.
3. Suggestion: use the Quiet Your Mind exercise to fully focus on re-writing this record of belief. This is accessible from both the Foundation Basics page and Game of Life Soul Food > the Meditations.
4. From this safe place, I name the Resistance/Conflict Energy revealed to me:
5. I pass through this (name from above) _____ energy to observe the energy that is supporting it. I name this energy: _____

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

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

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

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

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deserving. You may discover that you did something that didn't warrant the reaction of people around you – or their words/energy was their experience and had nothing to do with you. You may discover that what someone said or did to you was just mean and hateful.

Write about what you discover here:

7. Ask your angels to disconnect any remaining cords from this life event and to SHOW you the disconnection. Allow yourself to experience the disconnection. If you need help disconnecting the cords, you may access the Disconnect the Cords to Heal the Wounds of Your Heart by clicking on Game of Life Soul Food > MasterClass Programs. Write about your experience - including any questions that come up for you:

8. Ask your Angels to support you to forgive the situation, everyone involved and yourself. If you need help forgiving, go to the MasterClass Programs section of the Game of Life Soul Food to access the Give the Gift of Forgiveness program. Write about your experience here:

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9. Infuse the entire situation, all involved and yourself with LOVE energy. Write about your experience here:

10. Evaluate the level of the initial Resistance/Conflict Energy. If you can't find it, this energy is healed. If you feel any remnants of it, ask your angels to show you where it is coming from, transform it to love energy, and write about it here:

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

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CONCLUSION

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

However, we are as an onion, and as we expand our spiritual growth, another layer may be revealed, but now you know what to do! And... remember, you live in a human body and humans like to ruminate about past events... recreating the energy – taking it back to play with it. This is a normal human behavior, but counterproductive. When you catch yourself doing this, don't get upset, instead remind yourself, that you know what to do with this and go back through the worksheet.

Look at the bigger picture – were you “willing” to release the need to hold onto the energy? After all... even though it's painful, that uncomfortable energy is familiar – and sometimes the pain serves us. As a fellow human whose caught herself doing it, I can say this – it sounds harsh, but it's the human way of doing things – we wallow in our pain. Many times, the pain serves us in some way.

Example: A lifetime ago when my daughter was little, my ex-husband became a meth addict. We had to hide out at times because I was afraid he would either kill us or take Jesse. Through a series of events, I had become isolated from people and had no friends and no local family. When I was trying to go through the courts to protect Jesse (we had joint custody) nothing went ‘right’ – it was as if we were on a perpetual cycle of terrible experiences.

When I look back, I can clearly see how my “terrible experiences” were supported by my repeating them to co-workers – who showed me love and compassion. I perpetuated the cycle of fear by repeating them, reaping the love, repeat, reap, repeat, reap. It was awful.

Then I met Florence's teachings and I pulled myself out of that “terrible experience” energy and created a new life.

No matter what's going on in your life, no matter what you have or have not done, you deserve to live a happy life – and you have the power to create it.

When you consciously choose the energy you wish to BE each day, the energy that doesn't serve you will reveal itself.

Evaluate – consciously make the decision – “I am willing to release the need to hold onto what does not serve me.”

Use – Your – Power.