

BELIEFS, SUBCONSCIOUS PROGRAMMING AND RELEASING THE PAST

By Kim Wolinski

So much of our mind activity, thoughts and beliefs, choices and desires were created and programmed in the past, before we had any choice about what we could let in and keep out. They have become habits, subconscious defenses and knee jerk reactions that we don't even notice anymore. They are just, "Who I am."

It's so important to realize that when you are committed to forging new habits and directions in your life that your past directives and Internal Book of Belief Rules are "observed" (not judged) as they (and they will) "show up." Your Survival Rules and Armor will rise up to question and condemn, negate and block as well as support and entangle you in ways that can be frustrating, stressful, baffling, confusing and, yes, even humorous.

KEY: Staying open and fluid, unattached to what is happening and looking for the humor in every "aha" and "shift" towards your new path of JOY is really key in getting past your past while making Conscious strides for change.

ONE TARGETED QUESTION – ONE OF THE MOST IMPORTANT THINGS

When you feel blocked, frustrated and/or stressed, ask yourself just one question. When your past programming is putting up road blocks and taking out bridges to your desired goal, STOP, ask yourself ONE TARGETED QUESTION and listen. Trust your answer.

What do you want?

What do "I" want?

What do I *REALLY* want?

Like a scuba diver headed for the depths to find the gold treasures buried deep, dark beyond, the question "What do I want," must go through layers of past programming to rise back up to the surface with what are truly "your" desires. For most people it can take a lot of drama to get there, pushing against frustrating situations long enough to hear one's authentic voice scream out inside, "I WANT...!" Then, you'll feel it. A shift. You feel an "aha, OH!" in your very cells. You will have hit the *WALL OF ENOUGH* and everything changes.

Please note, that Indications of *ENOUGH* was slowly crawling up your leg for a long time, maybe since childhood! You'll feel it now and then, talk about it to others, complain, gripe, cry, stomp, blame, fuss; waste time, energy and resources; maybe even make it "go away" with soft or hard addictions and distractions... but you still don't face it and change it. "Because... they need me; they need my advice; they need my help; what will they do if I don't help? I'm just not ready to stop drinking, eating, shopping, being in bad relationships," etc. You know you want to stop doing things that frustrate you, in your head, and, hopefully, sometime soon you will change your compass, but not yet.

*INSANITY IS DOING THE SAME THING OVER AND OVER AGAIN,
AND EXPECTING DIFFERENT RESULTS.*

So, how can you stop ENOUGH sooner and from becoming a monster and almost ruining your life?

KEY: *Take care of yourself first* (while being balanced in all of your other "roles" in your life.) Ask, "What do I want?" and then build your WANT list. Take action toward your desires creating a new level of Consciousness that will help you to stop dramas, traumas and old worn out karmas much sooner. "THAT'S ENOUGH" will, over time and Conscious effort sound more like, "Oh, no, thank you." And, back to your world.

FIND AND TELL YOURSELF THE TRUTH

In order to be more Conscious means to be 100% responsible for our lives and to tell the truth to ourselves about everything. Yes, EVERYTHING. This is not always easy.

*"Drink deeply.
Live in serenity and joy.
The wise person delights in the truth
And follows the law of the awakened.
The farmer channels water to his land.
The fletcher whittles his arrows.
And the carpenter turns his wood.
So the wise direct their mind."*

~ Dhammapada, translated by Thomas Byrom

The following 4-Step Question Test will help you to tell yourself the truth, collapsing old patterns of thinking that keep leading you off your road to JOY and help to declutter your mind.

KEY: *The Universe Abhors a Vacuum.* All of the "open space" you create in your mind by letting go of and decluttering beliefs, thoughts and conditioning that doesn't serve your JOY can then be filled with all the good stuff you deserve! All the good stuff that's already ready for you – just waiting your higher frequencies and vibrations to meet them.

THE 4-STEP INQUIRY PROCESS TO FIND YOUR AUTHENTIC SELF

Whenever you feel confused about what direction to take whether about old relationships and patterns with people, decisions, opportunities or rising and questionable thoughts, behaviors, activities or habits use this 4-Step Inquiry to help give you distance, to detach and to give you the ability to make more focused, authentic and intuitively connected Conscious choices.

*"Progress starts with the truth."
~ Mark Twain*

1. Ask, "Is it true?" Question your resistance.

Is it true... that I have to do this?

Is it true... that everyone is like this?

Is it true... that if I risk doing what I really want everyone will leave me?

Is it true... that I will fail if I try?

Is it true... that if I fail it will be the end of me?

Is it true... that I can't say no?

Is it true... that if I take time for myself I have to feel guilty about it?

"The truth shall set you free."

~ The Bible

Whenever you feel confused about knowing for sure if something is true for you or not, ask "Is it true" over and over again. Ask your friends, preferably positive people who do this inquiry as well!

Go deep for the gold with 6 more questions:

When you get stuck in "I don't know," about whether something is true for you or not, deepen the inquiry to the following 6 questions. It may only take one of them to flip the switch and shift your understanding about what is really true.

Who said? Who said it is or isn't okay or true?

Where did I learn that that was true?

When did I decide that this was true?

How does it serve me to continue this belief?

Who would I be without this story?

What will really happen if I do what I want?

We were programmed by the people who raised us plus so many more: peers, teachers, religion, society, our culture, TV, radio and the media. We still are. Whenever you hear the "herd" mentality humming and stampeding over your truth on the nightly news, your family or friends or someone in the next isle while shopping, shut it off, ask them to think larger or stop being around negative, unconscious people.

Over time, as your mind becomes more Conscious and clear, you will learn to hear past it and to not hear it at all. You don't have to resist them or judge them, it's "their" story, not yours.

Examples of "herd" mentality:

I can't lose weight; don't even try, you know how it is when we get this age.

We just never risk, that's the way our family is.

You know how women are.... You know how men are.... You know how (fill in) are.

I can't remember things sometimes, it's that age thing, you know.
New ways of doing ... *this*... just aren't going to work, I've tried it already.
"Who do you think you are?" Stop doing that, just hang out with us.

There are just too many "herd" mentality examples to list, but you get the picture.

KEY: *Your Authentic Truth is the core* of following your path and living your JOY. If you don't seek the truth, tell yourself the truth and don't live your truth now, then when?

T The
R Real
U Universal
T Theme of
H Humanity

2. Tell the truth and invite others to tell you their truth about you.

What is your truth about: money, success, job security, relationships, health, weight, eating, exercise, your real desires, etc.? When you tell yourself the truth you break embedded patterns of denial, trance and unconscious filters limiting your life experiences and worldview. When you tell yourself the truth you will stop creating dramas, wasting time and losing precious energy and JOY.

Tell the truth about:

How you feel – about anything and everything.

What you really think.

Your opinions, ideas and dreams.

About what's important to you – what you value.

How you want to spend your time, money and energy every minute.

With whom you want to spend your time, money, energy, ideas and dreams.

What you need.

What you will and will not do.

About what you fear, so that you can face it and move on.

About what you love and what makes you happy.

*"Receptivity has many interesting areas. For example, our protests and objections to a truthful statement make a fine source for self-study. Notice how quick we are to object, and deny, and argue, whenever a new idea presents itself. We may think that we argue because we already know the truth, when, in fact, honest reflection reveals the exact opposite: we protest because our artificialities are threatened with exposure. This could lead to the honest insight, 'Well, I'm not as sure as I thought. Here is an opportunity to crack through my false ideas.'" ~ Vernon Howard, *The Mystic Path To Cosmic Power**

Be open and willing to let others share their truths, their "opinions" about how they see you. They may be right, they may be wrong, but all input and feedback should be

welcomed in order to break through and away from the illusions and misguided non-truths and lies of your past.

KEY: Be open and willing to hear all opinions and truth – then choose the best, leave the rest.

"Take a day to heal from the lies you've told yourself and that have been told to you."
~ Maya Angelou, Author, Poet Laureate

3. Write down the truth.

Make it REAL. Bring your legends of truth out of the basement, out from the attic and dig them out from in back of your emotional and mental closets. Bring up your gold and treasures, gifts and talents from the bottom of the deep blue sea. Remember, what you are seeking, is seeking you.

KEY: *Journal on a regular basis* to "see what shows up" from the recesses of your mind. Put your desires onto paper, make them real, and put them in front of you. It can be nothing less than magical to find yourself writing a sentence and something different is written than you had planned, something you really need to know and face. "Oh!" Shift! Aha!... The Cellular shift. The new you. Next level! Keep going!

"When you choose the truth, the truth chooses you." ~ Vernon Howard, *The Power of Your Supermind*

4. Create a new map of your life's truth and live it every moment.

Write down the bones, the skeleton in your basic, general wants and desires.

I want to:
travel
lose weight
be happy
find a new job
get married
move, etc.

Then, refine each of these into specifics on page at a time. Make them so visual, tangible that you can step into them right now in your mind with great JOY.

- I want to travel ... to Ireland in March of 2006 by airplane for 10 days with my friend and \$3,000 cash to play with, etc.

Create a map, a schedule, a blueprint to get from here to there with ease and flow. You are creating and attracting at the same time your future. Continue to tell yourself the truth all along your Journey Of You. JOY. It's a good thing! Let the Universe surprise you with great fun unexpected gifts and extras that you could not have

planned.

"To live in the presence of great truths and eternal laws, to be led by permanent ideals – that is what keeps a man patient when the world ignores him, and calm and unspoiled when the world praises him."

~ Honore De Balzac (1799-1850) French journalist and writer, one of the creators of realism in literature.

EnJOY your day!

Kim and Montana

Email anytime if you have questions.

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