

The Game of Life for the 21st Century Module Transcript

Module 16 – Chapter: The Law Karma and The Law of Forgiveness –Subconscious Direction and Seeing Success!

This is Module 16 – Subconscious Direction and Seeing Success!

Florence teaches us that our subconscious mind is *power without direction*. In module 15 we talked about the energy we feed our subconscious – let’s look more deeply at this.

If the subconscious is power without direction, then it can only operate from the last energy we feed it. If we’re frustrated, stressed, worried or overwhelmed, then unless we consciously choose to feel something different, the last energy our subconscious is fed is frustration, stress, worry or overwhelm.

YIKES!! This scenario creates a troubling picture. No wonder we recreate over and over again life experiences, relationships, and situations we don’t like!

Our human way of doing things when we experience something uncomfortable is to replay that experience over and over again in our mind – like rehearsing for a Broadway show - rehearse, replay, repeat – over and over and over... becoming more upset, more uncomfortable, and we perfect being a victim. We judge, we blame, we get angry, and we infuse the experience with So – Much – Passion and Pain that we’d win an Oscar... if the experience were a movie.

And, as I stated in Module 15, this repetition results in our becoming a prisoner to the pain -- harboring anger, resentment, outrage, fear, and sometimes feelings of shame and feeling powerless. These painful energies become the *power without direction*... and run in the background shadows of our conscious and subconsciously this energy is reflected in our words, thoughts, and actions toward others... and ourselves.

PLUS... this energy is what we manifest with... and what do you think we manifest with this energy? More terrible, awful things.

AND... if we don’t consciously choose to vibrate in a better energy, this *power without direction* energy continues – it doesn’t stop. It has no direction – it just keeps manifesting awful things.

The really sad part is... we don’t know why we keep attracting like a magnet, awful experiences. We’re standing there scratching our heads, wondering what the heck just happened, and WHY?

Now we know... it’s because we’re subconsciously operating from negative energy without direction.

What can we do to course correct this unfortunate journey?

Well... this is what we can do - Use this simple *5 Step Energy Transformation process!*

1. Recognize you’re replaying a negative experience over and over in your head.

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2. Stop the replay and evict that energy by consciously choosing to face the energy – observing it from this safe space.
3. Follow the breadcrumbs, to process through the energy and heal it – forgiving everyone involved, the event and yourself.
4. Infuse the people and situation – including yourself with Love Energy.
5. Set your intention to recognize when you start replaying that event over and over again in your mind – this is called, “take the situation back and play with it.” So, when you catch yourself playing with it again, repeat steps 2-5.

Until this becomes your normal, you probably will take the energy back and play with it, because that’s what we humans do. So... be sure to implement Step #5 and set your intention to recognize when you replay that ugly experience again in your mind and then repeat the 5 Step Energy Transformation process.

With determination and taking the action steps, this simple process will become your new normal way of handling uncomfortable, hurtful experiences and you won’t be taking the situation back to play with it anymore.

Consciously choosing to take the action steps to heal this uncomfortable energy and infuse the situation, people involved, and yourself with Love, shifts the energy of your subconscious – that *power without direction* – it’s shifted to the LOVE vibration! Then the moments moving forward are of love energy, which in turn makes you a magnet for more experiences of LOVE!

Florence also teaches us in this chapter that we first “see” our failures or success. She states that our “joy or sorrow swing into visibility from the scenes set in our own imagination.”

When you decide you want something different or something new, what is your “go to” visualization? Do you immerse yourself in the excitement and joy of having what you want? Or do you immerse yourself in the fear of questioning how am I ever going to do that?

Florence teaches that “Man’s supply is inexhaustible and unending when fully trusted, but faith or trust must precede the demonstration.”

Let’s look at “man’s supply is inexhaustible” – this tells me that everything I want to be, do, or have – is already mine at a higher plane of existence – it’s all within my field of potentiality.

When I look at “My Supply” or “my field of potentiality” like my own personal Amazon delivery service, it’s really easy to feel full trust within me that *I-can-RECEIVE* and what I want *is deliverable!*

And... when I place an order, there’s no energy whatsoever given to “how” is my order going to be delivered – No! The energy I feel is excited anticipation that what I want is on the way!

How does this scenario feel for you? Do you have confidence with shopping online? Personally, I do, so this is really magical for me.

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Merging our manifesting skills with our confidence with shopping online through Amazon presents a new perspective. When shopping online, we place the order, expect it to be delivered and it is.

Now the concept of placing our manifesting order for what we want is just as simple. In our mind's "eye" we can first see and FEEL the joy of our success!

If you're "go to" energy is "how" are you going to be, do or have what you want, and you're confident with online shopping, give this perspective a chance.

You may have been taught through experiences as a child or from the past that it's "practical" to get all the details of *HOW* something is going to happen. Well... that's true if you're taking a trip to know what clothing you're going need, what size suitcase is required for carry-on on the plane, how you're going to get to the airport and what time you need to leave. All that *HOW* stuff... you need to know that.

BUT... if you're setting your intention to take a trip, *how* the money shows up, *how* you're going to afford to be off work – the universe can work out all those *HOWS* for you.

I had a friend who decided she wanted to go to France – to an area she'd never been before. She was between jobs – and actually she was sleeping on her son's sofa, so life was a little challenging. The reasoning mind, as Florence calls it, would have said, you're wasting your time thinking about going to France.

But... when she checked her email one day... there was an email there from someone she hadn't talked to in years. She almost didn't open it, but she did. The man was asking her if she would "help him out" – he needed someone who spoke fluent French – and she did - to join a tour group he put together. Not only would her travel, accommodations and food be paid for, but she would be paid, and the tour was for a part of France she'd never been to. She went and had a fabulous time!

When we let the universe figure out "How" the way is opened for miracles to happen.

Now that you have a full understanding of how the subconscious is *power without direction*, be sure that you give it direction by consciously choosing to be the highest vibration of love energy possible.

When you wake up in the morning, identify the energy you're feeling – is your heart happy? If not, use your tools to transform less than love energy to love. Then periodically check your vibration throughout the day. If something happens that upsets you, use the 5 Step Energy Transformation process – so you can BE the magnet for wonderful experiences that make your heart sing with joy! And give the Amazon Online Shopping for Manifesting a try. That perspective is magical!

This completes Module 16. Now go to the worksheet.