

## **It is as Your Subconscious Mind Believes**

**Ho'oponopono can help....**

Laya Stettler

**It IS as you believe, every time, no exceptions. We are creating our realities in alignment with our most dominant beliefs!** Most of us have heard this emphasized from enough sources to agree with it, in principle. But how do you explain when things show up in your life that you do not think is a vibrational match to your beliefs? Well, you must understand the nature of mind in order to make sense of this.

Here is a brief and overly general picture of Mind – SubConscious and Conscious. Our Conscious Mind, in all of it's brilliance, is actually very limited. It memorizes, analyses, chooses and decides on things. But it is using less than 10% of mind to do all of that calculating for us. And it can only hold a few pieces of information at a time. Our SC Minds comprise over 90 % of our consciousness. It holds over 11,000,000. bits of information at a time. When we try to figure out what our limiting beliefs might be, most of us are doing that with our Conscious Minds, our intellect. Our intellect sometimes fools you into thinking you have a dominance of positive beliefs. But, the intellect wasn't created to know things below the surface of your awareness. For instance, your conscious mind is not aware of the misunderstandings or misconstrued programs from past experiences. The intellect is the part of us that makes choices and tries to figure things out, with the data that it has collected. It is always making a choice. But, if we are unaware of the limiting beliefs in our SC Mind, then how can our Conscious Minds really help us figure that out? The reality is, your SCMind is mostly responsible for creating your reality... And it does so based on over 11,000,000 bits of information that it vibrationally emits and believes as true. Our SCMinds are full of misunderstandings, misperceptions, and limiting beliefs that we are consciously unaware of. We are attracting and molding realities, via Law of Attraction, all the time. And much of what we are creating is based on the vibrational offering that is going on below the surface of our conscious awareness. We are creating, attracting, and manifesting by unconscious programs. So, it is not our fault that we have a life full of mixed results. It is not because of anything that we are doing wrong, or thinking wrong.

Please do not misunderstand what I am saying. It is also true that our Conscious Mind has great value. It can help us align with well being and attract more good into our lives, but we must come to terms with the fact that we are limited by what we don't know. Ideally, we want to balance the triune nature of our being and have all parts of ourselves be in agreement and in harmony – our Conscious Mind, our Sub Conscious Mind, and our Higher Self (Inner Being) Mind. When all three aspects of mind are in agreement as to our beliefs about ourselves, our lives, and our world, then Divinity (True Source Energy) delivers us into the stream of well being of the Universe, via Law of Attraction.

So, how do we release and let go of what we don't know we have? The best way I know of, at the moment, is to practice 'Incessant Ho'oponopono'. The remainder of this article contains quotes by Morrnah Simeona, regarding Ho'oponopono. She was the founder of this version of the original Ho'opono, a Hawaiian problem solving process. And she taught this to Dr. Hew Len, who is now the leader and presenter of Self Identify Ho'oponopono, worldwide.

**"We can appeal to Divinity who knows our personal blueprint, for healing of all thoughts and memories that are holding us back at this time,"** softly shares Morrnah Simeona. **"It is a matter of going beyond traditional means of accessing knowledge about ourselves."** Morrnah is talking about a way to release the SCMind's memories (limiting beliefs), by appealing to the Divine. It comes from the practice of Ho'oponopono. I have found this to be so profound that it has become my number one approach to self-healing and transformation.

Morrnah explains, "**We are the sum total of our experiences, which is to say that we are burdened by our pasts. When we experience stress or fear in our lives, if we would look carefully, we would find that the cause is actually a memory. It is the emotions which are tied to these memories which affect us now. The subconscious associates an action or person in the present with something that happened in the past. When this occurs, emotions are activated and stress is produced.**"

She continues, "**The main purpose of the Ho'oponopono process is to discover the Divinity within oneself. Ho'oponopono is a profound gift which allows one to develop a working relationship with the Divinity within, and learn to ask that in each moment - our errors in thought, word, deed or action be cleansed. The process is essentially about freedom, complete freedom from the past. Every memory of every experience, since the first moment of our creation, eons ago, is recorded as a thought form which is stored in the etheric realm. This incredible recorder/computer is also known as the subconscious mind, or inner child aspect within us. Only Divinity can erase or correct memories and thought forms. Since Divinity created us, only Divinity knows what is going on with a person. In this system, there is no need to analyze, solve, manage or cope with problems. Since Divinity created everything, you can just go directly to Source and ask that it be corrected, erased, and cleansed. The whole world is a reflection of what is happening inside us."**

**If you would like to learn more about Ho'oponopono, please ask me for some resources and I will be delighted to point you in the right direction. And, if you feel drawn to studying and practicing this work with me, please let me know, and I will contact you when the next training workshop is scheduled to begin.**