

## Video 55: Subconscious Creation (Transcript)

Written by Ariel Glad, August 5, 2018

Why is hypnosis often successful? Why do subliminal messages work so well? Why do subliminal messages exist at all, for that matter? Do we think that psychologists and researchers just decided to come up with the concept on a whim and for their own entertainment? No. They are aware of the secret of creation. We create our reality with the subconscious mind. They know that if they can implant a suggestion into the subconscious mind then the conscious mind will follow. When our conscious mind projects the thoughts from the subconscious mind, we manifest the reality in which we live.

\*\*\*

T. Harv Eker, author of "Secrets of the Millionaire Mind: Mastering the Inner Game of Wealth," knows what he is talking about when he says, "If you want to change the fruits, you will first have to change the roots. If you want to change the visible, you must first change the invisible."

\*\*\*

This seems like such an easy concept to understand. However, it's not so easily executed as we might think. Most people have it backwards. They think that by changing their outward thoughts, they will change their inner thoughts. It's the opposite. That is why silencing the inner critic is so important. The inner critic LOVES to sit between the conscious mind and subconscious mind, preventing the connection between the two. It's the gatekeeper to the subconscious mind. The inner critic knows what is in the subconscious mind, but it loves to keep it hidden from us. First, we need to become aware of our subconscious thoughts. We need to make the subconscious conscious. This is why integration and healing are so important. We are creating our reality with our subconscious thoughts on a continuous basis and if we are not aware of these subconscious thoughts, or are not willing to change them, this is irresponsible creation. It's no wonder we have such a hard time **here**.

Video 55: Subconscious Creation

---

\*\*\*

To create in a way that benefits not only ourselves as individuals, but also humanity as a collective, we must become aware of what we are creating from our subconscious thoughts. We must be willing to look at our own fears and lower frequency emotions to realize the consequences of these thoughts. If someone hurts us and we lash out at them, the reaction is conscious, but the reason may be subconscious. We may think that we want to hurt this person in the same way we were hurt by them. We feel justified to hurt people because we are hurt. That is a reaction. What is causing that reaction? Why did the other person's actions hurt us in the first place? Did this person threaten our ability to feel safe? Did the actions of the person make us feel unloved, unworthy, or trigger a fear of abandonment? When we can recognize that the other person is reacting out of their OWN subconscious, we may begin to recognize our responses and reactions from a higher perspective. When we can honestly say and act from a perspective of wanting the best for not only ourselves, but everyone around us, we will lose all motivation for hurting each other. Usually, we hurt others because they have not acted in a way we want them to act and we feel threatened by their actions based on our own subconscious fears.

\*\*\*

We spend far too much effort in trying to get others to change their behavior to make us feel better about our situation. We expend too little energy in trying to heal what is inside us that makes us feel we need to manipulate others rather than doing the work ourselves to overcome our own fears. We may even be so bold to think we do not manipulate people and this does not relate to us. Consider, however, that anytime we do or say something that is not in someone else's best interest, it is an attempt to provoke a reaction or response in the other person where we desire that they behave how WE want, and it proves an unwillingness to allow the other person to act with authenticity in their own life. When we can learn about and overcome our subconscious fears, we will no longer feel threatened by the actions of others, and our need to control the behavior of others will disappear. How might this change the world in which we **live**?

\*\*\*

---

Video 55: Subconscious Creation

---

To respect someone, and to be accepting of someone's authenticity, is to allow them to pursue and create their reality based on their own best intentions for themselves. To deny that for someone is an attempt at suppression and manipulation of the highest order. It is trying to control the other person and make them conform to what we would have them create FOR us. We see this everywhere in our society, from our political leaders and all the way down to our individual relationships. Look at the world we have created for ourselves.

\*\*\*

When we look around at the creation we are living within, what do we find? We find a society that is creating their environment based on NEED. We live in a constant state of fear of poverty, fear of abandonment, and fear of destruction. At the root of all these fears is ultimately the fear of death. Fear of death has forced us to fight wars, ruin relationships, manipulate and hurt each other based on the low frequency state of being called LACK. We fear that if we lack food, warmth, and shelter we will die. This is true. However, consider that we, who are supposed to be the most intelligent species on the planet, are the only species that have been convinced that we need to pay to live and eat, i.e. survive. We have been HEAVILY manipulated to live a lifestyle that is completely dominated by this fear. For humans, born into a world completely helpless and dependent, to have a lack of nurturing relationships threatens our survival. We must depend on others to feed us and keep us safe. This fear of abandonment is, at its subconscious roots, fear of death as well. Isn't this the state most of us are in when we try to create things for ourselves? Have we become so fearful in our lives that we have forgotten what abundance means? If the above concept is true and we create from our subconscious mind, and if we are constantly feeling in need of things (or in a lack of things), won't we create a reality of perpetual NEED? Who benefits from manipulating us into a state of being where all we create is more **need**?

\*\*\*

When we feel that we have an abundance of things in our life, we rarely seek to change things. Consider that this is the state of being where we are our MOST powerful! THIS is the state of being in which we SHOULD be creating reality. If we feel an abundance of love, prosperity, and security in our lives we should consider increasing these things even more. It is

---

Video 55: Subconscious Creation

---

then that we can share this abundance with others. When we feel lacking, we tend to become very closed off and self-centered, wanting to protect the precious little joys we are tightly grasping, all the while not realizing that it is our very thoughts of "not having enough" from our subconscious mind (which breaches the barrier into the conscious mind) that creates this state of being in need and these feelings of lacking.

\*\*\*

If we are willing to become responsible for what we create, then we need to learn how to be grateful for abundance, allow others to have abundance, and overcome our subconscious fears that prevent us from doing these things. To hold the intention of anything that contradicts this is your opportunity to go inside yourself, investigate your subconscious, and find the reasons why. How can we hold others in contempt for violating our freewill when we do the same to others? It is a hard lesson to know that there are those who exist side by side with us who are not able to see how their actions are hurtful. It is an even harder lesson and a disappointing realization to know that there are those of us who, even though they know their actions hurt us, they continue to do so with neither remorse nor willingness to treat others with responsibility for what they are creating around them. It is a process of maturation and emotional intelligence. When we discussed the inner child in previous videos, we must consider that some of us are permanently stuck in the state of a wounded inner child. They may appear as an adult on the outside, but on the inside is a fearful, wounded, and starving child who will reach out and scratch, bite, and kick at any hand that gets too close. Everyone is an enemy, and no one can be trusted. Let us not forget that these beings are also creators of our reality. Can we emphasize enough the importance of healing?

\*\*\*

When society is being influenced by most humans who are creating from fear, a state of need, and an inner child who does not feel loved, do you think that our society might resemble something close to what we see around us now? Do you think it is possible to change this?