

Utilizing the Unconscious

1. Signals

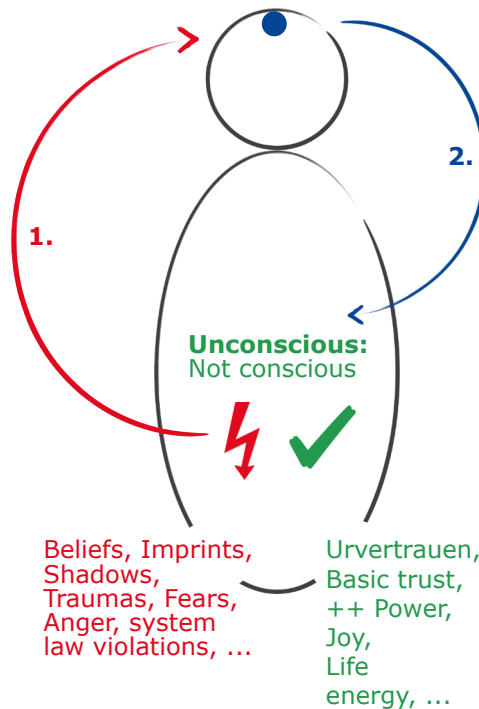
continuously sends signals to the conscious.

These **signals** include feelings, symptoms, dreams, events, thoughts, coincidences, accidents, illnesses... so that one's personal issues can be addressed.

The unconscious

- Controls everything
- Stores everything
- Is connected to everything
- Is infinite (in terms of space and time)
- Knows everything
- Operates based on cause and effect
- Can be consciously utilized

Conscious: Thinking, Perceiving



2. Questions to the Unconscious

1. What is the positive intention (the good) of this signal?
2. What do I need to do so that this signal is no longer necessary?
Answers are usually spontaneously occurring thoughts. They can also be a feeling, a dream, an impulse...
3. If the answer or its implementation is clear, then act upon it.
If not, continue to ask the unconscious: How exactly...? Please give me another answer that I can understand better.
4. Keep asking until action is possible.
5. Final question: Is that all I should do? If yes, then act. If not: What else do I need to do?

Cognitive- and Base Feelings / harmonious or disharmonious

1. Desire / Goal

Thinking influences the unconscious, e.g., positive/negative thinking, desires, fears, doubts, decisions...

2. Response

In response, the unconscious sends the signal:
harmonious or disharmonious.

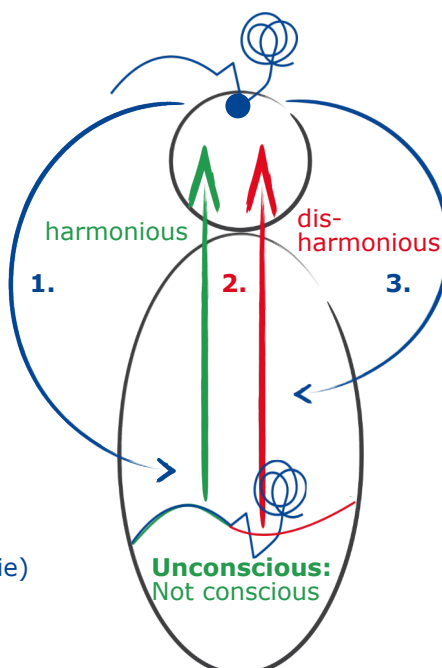
Harmonious:
Cognitive feeling = Base feeling

disharmonious:
Cognitive feeling ≠ Base feeling

Cognitive feeling
(arising from thinking - Mental movie)

Base feeling
independent of thinking

Conscious: Thinking, Perceiving



3. If disharmonious: Questions to the Unconscious

1. What do I need to do to make it harmonious?
2. Continue as above with steps 3-5.

Request for a Solution

Show me the right path, please find a solution for this issue.

Request for Excellence

Remember the five times in my life when I was successful in this matter. I ask you to spontaneously provide me with this behavior and these skills at crucial moments.

General Request

Let it turn out very well and be very good.