

Chapter Six

BYPASSING THE CONSCIOUS MIND

The conscious mind is opinionated, narrow in its scope of understanding, and denies any aspect of which it is not fully conscious. When one experiences a terrible painful trauma, the self protective unconscious barrier steps in and blocks the memory from emerging into full awareness. The unconscious tries to deflect one's attention from one's memory by causing the brain to manifest pain or allow disease to manifest in your body.

Perhaps, at the time, the emotional pain was too difficult to bear. However, with maturity, growth, and a change in perspective, there is no need to hide the pain. Psychiatrists work with therapy that they design to get past the conscious mind. The memory exploration, resulting in flashbacks, does provide some relief. However it takes time, a great deal of time.

The "Learning Path Integrated Technique," does bypass the conscious mind, easily contacting the unconscious barrier. Then the horrendous emotion, which was so well hidden, can be dealt with easily and comfortably, without having to experience it consciously. Learning and healing take place in the memory, relieving but not reliving the pain that the unconscious created in its attempt to hide us from our past.

Explanation:

According to Neuro-Linguistic Programming (NLP), the body expresses the unconscious thoughts through a physical expression. For example, in North American society, the shaking of the head sideways is a physical expression of 'no'. If a person is saying yes, and means it in his unconscious mind, his head moves up and down. If he is saying yes and means no, his head would shake sideways. (It is interesting to watch actors on television shaking their heads sideways when they are saying "I love you").

The body reveals the truth. In a way, it is a new language. One can talk with hand movements to the unconscious.

The "Learning Path Integrated Technique" has, as its root, a diagram that is drawn with hand movements. We attach specific meanings to each movement. Our unconscious does receive this message unhampered by the conscious aspect of ourselves. Not only does it receive the message, but it

also sends signals, through the body, as an answer.

The purpose of the diagram is to set up a pathway to the past where one can locate the first root cause of anything at all. The finding of this first root cause is the challenge. Looking for the first root cause, you move your left hand through the diagram until you feel a change. The unconscious tells you where the first root cause is by causing you to *feel tingles, heat, an energy wall in the palm of your hand or just a gut feeling to stop*.

Hand sensing is an advanced form of dowsing. The following section on hand sensing will illustrate a process you can follow to become aware of this ability. Then you can use it to find the first root cause.

Hand Sensing and Clearing

We live in an energy soup, unknowingly affected and often discomfited by the variety of qualities of energy that surround us. Becoming aware of these energies in order to deal with them is necessary. From a dowser's point of view, one learns to focus one's intention and use instruments to detect a specific energy field. After a period of practicing, one notices that one can detect these fields by sensing the energy with one's hand.

All that exists is energy and space. Even the so-called space is not empty of energy. This energy is radiated from each object. Water is an energy; each human being is a bundle of energy.

We can sense the edge of the energy field with our hands. We sense it as heat, pressure, coolness or tingles. It may be an impulse to stop your hand at a certain point.

Focusing our intention on a goal is necessary. When water is the goal, we are intending to be aware of the water. The dowsing instruments respond to our intention. The unconscious will guide us when we use our hands as sensors.

The following is a simple procedure that can allow you to become aware of different sorts of vibrations. Once you learn to feel tingles, pressure, heat or coolness in your extending hand, you will be able to use your hands as a sensing device as you would a pendulum, two L shaped wires or other mechanical devices.

Procedure (initial training to sense with the hands)

1. To sensitize your hands, choosing it to tune into the highest possible vibrations is wise. You may wish to choose different vibrations to

experience. This is your choice.

Place your RIGHT hand in front of you facing away from you. (As if you are making a stop sign)

(After each of the following, snap your fingers to disconnect from the energy.)

Then say:

A) “With great respect, may I please become aware of the vibrations of Archangel Michael.”

(Hold for about thirty seconds) Now be aware of the sensation of your hand. You may feel tingles, heat, cool or pressure or no feeling at all. Judge if it feels pleasant or not.

B) “With great respect, may I please become aware of the vibrations of Archangel Raphael.”

(Notice if the feeling in your hand is the same or different.)

C) “With great respect, may I please become aware of the vibrations of the Buddha.”

D) “With great respect, may I please become aware of the vibrations of Christ Jesus.”

E) “With the greatest respect, may I please become aware of God in my hand.”

The prime aim is to notice the sensations in your hand, to see if the sensations are the same or different for each of them. Now you might like to intend yourself or a person you know in front of your right hand. You are “tuning in” to the vibrations. See if they are the same or different in directing them to different people.

2. A) Now, place your right hand over the back of your left hand. Allow the right hand to hover about two or three inches above the hand. (Far enough away so that you do not feel the body heat). Be aware of the sensation.

B) Hover your right hand over the back of your neighbours’ left hand. Is the sensation on your hand the same or different?

C) Choose a partner. Move about five or six feet away from each other and face each other.. Walk slowly toward him/her with your palm with your right palm of your hand facing your partner. You INTEND to feel the edge of the energy field in the palm of your right hand..

Notice the sensations in your hand. You may feel a change in your hand as you approach the person. Notice the tingle, pressure, heat or coolness or simply a feeling as if you should stop.

If you have already practiced dowsing, check with your dowsing instrument to see if the results are the same or different.

D) Even books have energy fields. Each book has a different one. You may enjoy doing experiments of such a nature at home. Place a book at hand level and approach the book as you would a person. The dowsing instruments will show the edge of the energy field and so will your hand. Repeat with books that have different topics.

3. A) Now it is time to go to the map and see if you can find lost objects with hand sensations. Notice the change of energy as you scan the paper with your hand. Verify it if possible.

B) Look for the edges of the negative energy lines in your house using your RIGHT hand. This is very useful. Understand that it is important to avoid sleeping or sitting for any length of time on this energy field.

C) Hold a book between your hands and feel the energy. Does it feel good or not?

D) See if you can sense objects in a darkened room by having that intention in mind.

E) Walk over a field with your right palm facing down or before you with the intention to be aware of underground water, a specific mineral etc.

Intention is the clue here. It is the intention to locate water that causes the dowsing instruments to respond. It is also with intention that one can feel the energy with one's hands.

Understand that the purpose of this section is to develop training for your hand to become aware of energy in order to find the first root cause on the

diagram. Your hand experiences some sort of change when your hand finds the first root cause. The most common experience is a tingle, much like an electrical charge on the palm of your left hand. Other experiences include temperature change or a sense of just “wanting to stop”. The hand sensing of energy is the essential tool in finding the first root cause on the diagram.

As you become more and more aware of the *energy soup* in which you live, you will realize that it really is a “soup”, a most uncomfortable one at times. The following section deals the clearing of energy so that the chunky vegetable soup changes into the soft flowing smoothness of milk.