

To let the Unihipili know it is loved and to teach it and your conscious mind to communicate with each other and the Divine as is best, I suggest you do the following. This exercise will help you and your Unihipili's connection to become stronger and more loving. Unihipili can be thought of as 'you' too. During the exercise the Unihipili will be referred to as 'U'.

Exercise to consciously connect with your Unihipili:

From a state of LOVE, say hello to your Unihipili. "Hello, I love you and am happy that we are strengthening our bond. Please show me a representation of what you look like and/or give me a sense of you. *Thank you.*

You may get a vision and/or *feeling* of a very small child who is sad, lost, lonely and/or angry. Then again, you may find a happy child who is already fairly mature, connected, happy and LOVING.

Ask permission before continuing to strengthen the bond with LOVE using steps 1-4 below:

1) Hold your hands out in front of you, at shoulder level, with the palms up, in invitation. Allow the Unihipili to approach. When you see or sense that 'U' is present and ready, position your hands, palms down, on Unihipili's shoulders with LOVE.

When it *feels* right, ask Unihipili, "Are we ready for the next exercise?"

2) Again hold your hands out in front of you, at shoulder level, with your palms down. Allow the Unihipili to approach you and stand up so your hands are touching the top of 'U's' head. Gently stroke the top of 'U's' head or just allow 'U' to stand there and experience your LOVE.

When it *feels* right, ask Unihipili, "Are we ready for the next exercise?"

3) Now hold your arms out wide, with your palms facing in, and allow Unihipili to approach you. Allow 'U' to hug you, and only when invited, slowly, gently and lovingly close your arms for a mutual hug. Allow Unihipili to experience your LOVE.

When it *feels* right, ask Unihipili, "Are we ready for the next exercise?"

4) Finally, hold your hands out in front of you at waist level with your palms up. Allow the Unihipili to approach you and put 'U's' hand on yours. You may stroke each other's hands to share the LOVE.

When it *feels* right, tell Unihipili, "I love you and thank you". Be open to any response and when done open your eyes.

Only with reverence, LOVE, and self-discipline will you win your Unihipili's cooperation. When allowed, Unihipili will respond automatically and you will have a renewed and powerful helper.

Remember to maintain communication with your Unihipili and to support Unihipili, realizing that even though it is very powerful, 'U' is in many ways childlike and innocent.

Preferably every morning and evening, or at least when prompted, request the following:

1) "Unihipili, please always remember to stay connected to and accept things from Great Spirit and Great Spirit's Helpers of Pure Divine LOVE and LIGHT only."

2) "Is there anything you want or need: toys, nourishment, clothes, swim/bath/shower, laundry bag, backpack, laundry done or guidance by me or Great Spirit"? Allow the Unihipili to choose as long as what 'U' chooses is of Pure Divine LOVE and LIGHT.

Remember the Unihipili is present in a non-physical realm, so 'U' is free from the rules of the physical world. The Unihipili can wear anything 'U' wants; eat as much as 'U' wants; have 'U's' backpack as large or as small as 'U' wants, and any color. The backpack and its contents are also free from the rules of the physical world and can be expanded or contracted as the Unihipili desires, therefore the Unihipili can carry as much as 'U' wants by shrinking and then re-expanding the items. Allow "U" to play!