

Self Reflection And Questions To Ask Yourself

The Importance Of The Subconscious Mind As A Key

Unihipili:(*u·hi·ni·pi·li*) is the Hawaiian name for what is sometimes called the subconscious /inner/emotional/intuitive mind. I use the name 'Unihipili' because there is nothing sub about the subconscious mind. It may need our LOVE and guidance; however, in many, and probably in most ways, it is much more powerful than the conscious mind. Even though the Unihipili is much more powerful than the conscious mind, it is in many ways like a three or four year old child. It needs guidance and LOVE. It also likes to investigate. The Unihipili, or child within, will respond or react according to your "choice". The Unihipili, like children, dislikes work and likes to play. Therefore I use the word *work* carefully when doing any kind of healing, transmuting, releasing and integrating.

Follow the sections below in order and realize that after you have investigated, healed, transmuted, released and integrated at each section you may want to go through them in order several times. As your clarity and awareness increase, you will be able to heal more each time. This is an ongoing journey.

The first twelve sections of this chapter are inspired by and based on the book, *Everyday Enlightenment - The Twelve Gateways to Personal Growth* by Dan Millman. There are twelve sections or categories closely based on what Dan Millman calls 'gateways'. I prefer to allow you to decide for yourself how to think of them and what to call them.

1 - Worthiness

<u>Worthiness</u> - Statements/Questions	Best If	Before Clearing	After Clearing
Do I believe there is a need to be worthy in order to attract and accept 'good'?	NO		
Do I feel unworthy?	NO		
Do I <i>feel</i> deserving of 'good'?	YES		
Do I feel that I am worthy?	YES		
Do I feel totally worthy?	YES		
Have I transcended the need for self-worth and am I simply willing to accept life's blessings and opportunities no matter what my <i>feelings</i> of self-worth?	YES		
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

2- Reclaim Your Will

Reclaim Your Will - Statements/Questions	Best If	Before Clearing	After Clearing
Do I turn what I know and want to do into what I do?	YES		
Do I apply my will to eating healthier?	YES		
Do I apply my will to exercise adequately, appropriately and properly?	YES		
Do I apply my will to my budget and finances in order to prosper?	YES		
Do I apply my will to act with kindness or courtesy even when I <i>feel</i> unkind, impatient or <i>feel</i> like being rude?	YES		
Have I committed to “Reclaim My Will” and do I have a simple routine in place that I can follow each day in order to (<u>plan</u>)?	YES		
Have I “Reclaimed My Will?”	YES		
What is my goal this minute? (_____)			
What is my goal this hour? (_____)			
What is my goal this week? (_____)			
What is my goal this month? (_____)			
What is my goal this year? (_____)			
Repeat the same questions using your full birth name and any other name you go by instead of ‘I’			

3 - Energize Your Body

<u>Energize Your Body</u> - Statements/Questions	Best If	Before Clearing	After Clearing
Do I normally eat well.?	YES		
Do I normally exercise regularly and adequately?	YES		
Do I normally get enough rest and sleep.?	YES		
Am I energizing my body by <u>(exercising)</u> each day?	YES		
Am I energizing my body by <u>(eating healthy)</u> each day?	YES		
Am I energizing my body by <u>()</u> each day?			
Am I clearing the mental, emotional and physical blockages and allowing energy flow as intended by <u>()</u> ?			
Am I clearing the mental, emotional and physical blockages and allowing energy flow as intended by <u>()</u> ?			
Am I clearing the mental, emotional and physical blockages and allowing energy flow as intended by <u>()</u> ?			
Am I releasing excess energy in a healthful positive manner by <u>()</u> ?			
Am I releasing excess energy in a healthful positive manner by <u>()</u> ?			
Am I releasing excess energy in a healthful positive manner by <u>()</u> ?			
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

4 - Money And Abundance

Money and Abundance - Statements/Questions	Best If	Before Clearing	After Clearing
Do I have judgment towards money?	NO		
Do I have mixed, negative or judgmental <i>feelings</i> about people like Deepak Chopra or healers/teachers who possess money in abundance and have houses valued in the millions?	NO		
Do I have mixed, negative or judgmental <i>feelings</i> about people like actors and athletes who possess money in abundance and have houses valued in the millions?	NO		
Do I have mixed, negative or judgmental <i>feelings</i> about people who are insensitive, uncaring and dismissive towards those in need?	NO		
Do I have a <i>feeling</i> of guilt that keeps me from having money in abundance myself?	NO		
Do I associate Poverty with humility, goodness and spirituality.?	NO		
Do I associate wealth with greed, badness and arrogance?	NO		
Do I associate poverty with virtue?	NO		
Do I associate wealth with 'sin'?	NO		
Do I have an aversion to having my own money in abundance and being wealthy?	NO		
Do I have a fear of having my own money in abundance and being wealthy?	NO		
Do I believe that true teachers should expect nothing for their teachings except gratitude and thanks?	NO		
Do I feel it will help others if I remain poor?	NO		
Do I confuse the idea of letting go of attachments with giving away all my earthly goods?	NO		
Do I clearly see my negative and limiting beliefs about having my own money in abundance and being wealthy?	YES		
Have I honestly examined my values, beliefs and inner hurdles that stand between me and self sufficiency, having my own money in abundance and my being wealthy?	YES		
Have I examined and healed, transmuted and released all my negative or limiting beliefs about money and abundance?	YES		
Am I willing and ready to attract, accept and enjoy abundance, wealth and respect?	YES		
Do I gratefully and openly accept gifts for my sharing?	YES		
Do I recognize and accept that times have changed and money, if freely given, is the same as accepting food, shelter, moccasins, a chicken or any other gift for my sharing.	YES		
Do I know and am aware that free exchange of gifts, including money, is part of the Divine Plan and Divine Flow.	YES		
If I had enough money to live on for the rest of my life and money was no concern what would I be doing at this exact moment?			
If I had enough money to live on for the rest of my life what would I do with my time? (When you have the answer find work in the area if you can.)			
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

5 - Tame Your Mind

<u>Tame Your Mind</u> - Statements/Questions	Best If	Before Clearing	After Clearing
Do I try to tame my mind by trying to subjugate, control or quiet it?	NO		
Do I tame my mind by making peace with it and my thoughts?	YES		
Do I examine my subconscious in order to heal, transmute, release and integrate the positive aspects of what I have considered bad or negative?	YES		
Do I listen to my intuition without interference of my conscious analyzing mind and without subjective filters?	YES		
Do I combine my intuition and logic as is best	YES		
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

6 - Trust Your Intuition

Trust Your Intuition - Statements/Questions	Best If	Before Clearing	After Clearing
Do I place more faith in the guidance and intuition of others than I do my own?	NO		
Do I distrust my intuition.?	NO		
If someone offers guidance that conflicts with or disagrees with my intuition and guidance do I trust my guidance more?	YES		
Do I know what intuition is?	YES		
Do I usually trust my intuition?	YES		
Do I trust my intuition rather than relying on the intuitive skills of others?	YES		
Do I trust my intuition above all others?	YES		
Do I always trust my intuition?	Best If YES		
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

7 - Accept Your Feelings And Emotions

<u>Accept Your Feelings and Emotions</u> - Statements/Questions	Best If	Before Clearing	After Clearing
Do I sometimes suppress my <i>feelings</i> or emotions?	NO		
Is it ok to act on any feeling or emotion even if hurtful or negative?	NO		
When I <i>feel</i> anger, jealousy, judgment, fear or hatred do I hold onto the feeling and let it affect me?	NO		
Do I accept my <i>feelings</i> and emotions with unconditional LOVE and acceptance?	YES		
When I <i>feel</i> anger, jealousy, judgment, fear or hatred, do I heal, LOVE, clear and release it?	YES		
Is it is ok to <i>feel anything</i> ?	YES		
Do I choose to <i>feel</i> and be LOVING instead of feeling angry?	YES		
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

8 - Face Your Fears and Feelings

Face Your Fears - Statements/Questions	Best If	Before Clearing	After Clearing
Do I sometimes avoid trying anything new to avoid <i>feeling</i> incompetent or appearing foolish or silly?	NO		
Do I avoid fully committing to an effort so that I can console myself with thoughts such as "If I had really tried, I could have done it."?	NO		
Do I avoid, whenever possible, any situation in which someone else has control. because of the fear of being out of control?	NO		
Do I sometimes hold myself back from achieving success out of the fear that success will leave me unfulfilled or with nothing left to do?	NO		
Do I sometimes avoid expressing my true <i>feelings</i> out of fear that the <i>feelings</i> may come back to me and cause discomfort?	NO		
Do I sometimes give myself a label that becomes both explanation and excuse: An example is, " I have a phobia about (_____) and therefore it is beyond me."?	NO		
Am I sometimes timid, shy, insecure, or suffering because of self-doubt?	NO		
Do I fear opening my heart.?	NO		
Do I fear vulnerability through the achievement of success?	NO		
Do I know that the expression of vulnerability can be my greatest gift and strength?	YES		
Do I have at least one habit that acts as a block in order to avoid facing my fears and feelings?	YES or NO		
If so, what is the habit and what is it blocking. (_____)			
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

9 - Illuminate Your Shadow

Illuminate Your Shadow - Statements/Questions	Best If	Before Clearing	After Clearing
If someone offends me, calls me a name, or accuses me of something, do I automatically defend myself?	NO		
Do I <i>feel</i> resentful when I give more than I receive?	NO		
Do I know my self's fears?	YES		
Have I illuminated my shadow as is best at this time?	YES		
Have I explored beneath the veneer of my personality and self image as is best at this time?	YES		
Have I LOVED and accepted my shadow as a part of me?	YES		
Have I transcended the need for self-worth and am I simply willing to accept life's blessings and opportunities no matter what my <i>feelings</i> of self-worth?	YES		
Have I ever stolen or lied? Unless you are a saint the answer is yes			
Have I forgiven myself, my-self and my-Self for past lies or thefts?	YES		
Name two or three of other people's traits or behaviors that bother me the most. 1 (_____) 2 (_____) 3 (_____)			
Is there a part of me that would like to behave that way?			
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

10 - Sexuality And Sensuality

<u>Sexuality and Sensuality</u> - Statements/Questions	Best If	Before Clearing	After Clearing
Do I judge my own or other's fantasies as 'wrong'?	NO		
Am I ashamed of my negative/destructive fantasies?	NO		
Do I judge those who choose a hedonistic path?	NO		
Do I judge those who choose a puritanical path?	NO		
Do I fully accept myself as I am?	YES		
Do I love myself.?	YES		
Have I embraced myself as I am and released all judgments about my perceived lack of perfection?	YES		
Have I embraced my soul's and body's sensuality.?	YES		
Have I unified both hemispheres of my brain and transcended my gender role so I can animate at will both masculine and feminine qualities?	YES		
Am I capable of hardness or softness and am I able to turn outward or inward?	YES		
Am I whole, and even though I am physically male or female, my character and qualities have evolved to a state of inclusive androgyny. (Inclusive androgyny entails the ability to access and embody both masculine and feminine qualities and capacities.)	YES		
Am I unconditionally LOVING and accepting of my fantasies?	YES		
Have I found and embraced a balance between self-denial (puritanical) and self-indulgence (hedonistic) tendencies? (Remember neither is superior to the other)	YES		
Do I sense and accept the value of either self-denial or self-indulgence depending on the situation?	YES		
Am I aware of my puritanical and hedonistic aspects?	YES		
Have I balanced and reconciled my puritanical and hedonistic aspects?	YES		
Have I embraced and integrated my spirituality and sexuality?	YES		
Have I balanced my use of sensory experience under the dominion of my higher -self?	YES		
As I recognize my fantasies do I heal and release them with LOVE and without judgment?	YES		
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

11 - Awaken And Open Your Heart

<u>Awaken and Open Your Heart</u> - Statements/Questions	Best If	Before Clearing	After Clearing
Am I willing to risk the pain and sorrow of loss?	YES		
Do I trust myself enough to open my heart to joy?	YES		
Do I know there is no safety in love and none is needed?	YES		
Has my attention risen to the level of LOVE and service, and to the mystical levels beyond? (Some people call this the level of the heart or fourth chakra.)	YES		
Have I opened my heart to love and to LOVE?	YES		
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

12 - Serve Your World And Your Self

Serve Your World and Your Self - Statements/Questions	Best If	Before Clearing	After Clearing
When I do something for someone do I expect thanks?	NO		
Does a part of me <i>feel</i> I need to do healing, transmuting, releasing and integrating for others?	NO		
Have I resolved, for myself, the apparent contradiction between serving myself and serving others?	YES		
When I do something for someone is it possible I should be the one thanking them?	YES		
Do I know and am I aware that I do all healing, transmuting, releasing and integrating for myself even when assisting others.	YES		
Am I combining my unique talents and abilities to serve LOVE?	YES		
Do I have passion for what I do and am I expressing/sharing my unique talents and gifts as is best?	YES		
Do I ask, "How can I help/assist?" instead of "What is in it for me?"	YES		
Do I ask for all guidance to come from my "Higher Self" and Great Spirit/God and that I understand the guidance clearly and as is best?	YES		
What are my unique talents and abilities? (_____)			
What am here to give and share? (_____)			
How can I best serve? (_____)			
How am I best suited to serve humanity? (_____)			
Repeat the same questions using your full birth name and any other name you go by instead of 'I'			

The practices above are a process, an ongoing journey, rather than a destination. Adapted by author from *Everyday Enlightenment - The Twelve Gateways to Personal Growth* by Dan Millman

Other Thoughts To Ponder

Am I here to contact my higher self or to become my higher self?
What do I really want to do with my life?
What are my definitions of success? (health, wealth, wisdom, power and prestige, well-being, joy)
Do I value information (data) or intuition and wisdom more?
Do I set aside at least five or ten minutes each day for quiet time?
Do I turn off my cell phone, TV, stereo, radio, tablet, computer and email and truly disconnect from distractions for at least a few minutes per day?
Do I slow down enough to search my soul?
Do I react with fear and anger or do I act with Love and compassion?
Does anger, hate and violence breed and attract anger, hate and violence?
Does Love and compassion breed and attract Love and compassion?
Are ‘primitive’ societies that are filled with joy and peace with a close connection to nature really primitive? Are they actually more advanced than ‘civilized’ societies?