

Self Reflection And Questions To Ask Yourself

With Unihipili ADDED

You may want to ask for another name in addition to your birth name too if you were given another name by a group or if you gave yourself another name. Nick names like 'Bill' for 'William' probably would be covered by asking for your birth name.

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1 - Worthiness

Worthiness - 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		
Does my Unihipili believe there is a need to be worthy in order to attract and accept 'good'?			
Do I feel unworthy?	NO		
Does my Unihipili feel unworthy?			
Do I <i>feel</i> deserving of 'good'?	YES		
Does my Unihipili <i>feel</i> deserving of 'good'?			
Do I feel that I am worthy?	YES		
Does my Unihipili feel that I am worthy?			
Do I feel totally worthy?	YES		
Does my Unihipili feel totally worthy?			
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		
Has my Unihipili 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?			
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		
Does my Unihipili turn what I know and want to do into what I do?			
Do I apply my will to eating healthier?	YES		
Does my Unihipili apply my will to eating healthier?			
Do I apply my will to exercise adequately, appropriately and properly?	YES		
Does my Unihipili apply my will to exercise adequately, appropriately and properly?			
Do I apply my will to my budget and finances in order to prosper?	YES		
Does my Unihipili apply my will to my budget and finances in order to prosper?			
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		
Does my Unihipili apply my will to act with kindness or courtesy even when I <i>feel</i> unkind, impatient or <i>feel</i> like being rude?			
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		
Has my Unihipili 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>)?			
Have I “Reclaimed My Will?”	YES		
Has my Unihipili “Reclaimed My Will?”			
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? Does my Unihipili 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? Does my Unihipili 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? Does my Unihipili 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? Does my Unihipili 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? Does my Unihipili 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.? Does my Unihipili associate Poverty with humility, goodness and spirituality.?	NO		
Do I associate wealth with greed, badness and arrogance? Does my Unihipili associate wealth with greed, badness and arrogance?	NO		
Do I associate poverty with virtue? Does my Unihipili associate poverty with virtue?	NO		
Do I associate wealth with 'sin'? Does my Unihipili associate wealth with 'sin'?	NO		
Do I have an aversion to having my own money in abundance and being wealthy? Does my Unihipili 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? Does my Unihipili 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? Does my Unihipili 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? Does my Unihipili 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? Does my Unihipili confuse the idea of letting go of attachments with giving away all my earthly goods?	NO		

Money and Abundance - Statements/Questions Continued	Best If	Before Clearing	After Clearing
Do I clearly see my negative and limiting beliefs about having my own money in abundance and being wealthy?	YES		
Does my Unihipili clearly see my negative and limiting beliefs about having my own money in abundance and being wealthy?			
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		
Has my Unihipili 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?			
Have I examined and healed, transmuted and released all my negative or limiting beliefs about money and abundance?	YES		
Has my Unihipili examined and healed, transmuted and released all my negative or limiting beliefs about money and abundance?			
Am I willing and ready to attract, accept and enjoy abundance, wealth and respect?	YES		
Is My Unihipili willing and ready to attract, accept and enjoy abundance, wealth and respect?			
Do I gratefully and openly accept gifts for my sharing?	YES		
Does my Unihipili gratefully and openly accept gifts for my sharing?			
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		
Does my Unihipili 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.			
Do I know and am I aware that free exchange of gifts, including money, is part of the Divine Plan and Divine Flow.	YES		
Does my Unihipili know and is it aware that free exchange of gifts, including money, is part of the Divine Plan and Divine Flow.			

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		
Does my Unihipili try to tame my mind by trying to subjugate, control or quiet it?			
Do I tame my mind by making peace with it and my thoughts?	YES		
Does my Unihipili tame my mind by making peace with it and my thoughts?			
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		
Does my Unihipili examine my subconscious in order to heal, transmute, release and integrate the positive aspects of what I have considered bad or negative?			
Do I listen to my intuition without interference of my conscious analyzing mind and without subjective filters?	YES		
Does my Unihipili listen to my intuition without interference of my conscious analyzing mind and without subjective filters?			
Do I combine my intuition and logic as is best	YES		
Does my Unihipili combine my intuition and logic as is best			

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?			
Does my Unihipili place more faith in the guidance and intuition of others than my own?			
Do I distrust my intuition.?	NO		
Does my Unihipili distrust my intuition.?			
If someone offers guidance that conflicts with or disagrees with my intuition and guidance do I trust my guidance more?	YES		
If someone offers guidance that conflicts with or disagrees with my intuition and guidance does my Unihipili trust my guidance more?			
Do I know what intuition is?	YES		
Does my Unihipili know what intuition is?			
Do I usually trust my intuition?	YES		
Does my Unihipili usually trust my intuition?			
Do I trust my intuition rather than relying on the intuitive skills of others?	YES		
Does my Unihipili trust my intuition rather than relying on the intuitive skills of others?			
Do I trust my intuition above all others?	YES		
Does my Unihipili trust my intuition above all others?			
Do I always trust my intuition?	YES		
Does my Unihipili always trust my intuition?			
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

Accept Your Feelings and Emotions - Statements/Questions	Best If	Before Clearing	After Clearing
Do I sometimes suppress my <i>feelings</i> or emotions?	NO		
Does my Unihipili sometimes suppress my <i>feelings</i> or emotions?			
Do I believe it is ok to act on any feeling or emotion even if hurtful or negative?	NO		
Does my Unihipili believe it is ok to act on any feeling or emotion even if hurtful or negative?			
When I <i>feel</i> anger, jealousy, judgment, fear or hatred do I hold onto the feeling and let it affect me?	NO		
When I <i>feel</i> anger, jealousy, judgment, fear or hatred does my Unihipli hold onto the feeling and let it affect me?			
Do I accept my <i>feelings</i> and emotions with unconditional LOVE and acceptance?	YES		
Does my Unihipili accept my <i>feelings</i> and emotions with unconditional LOVE and acceptance?			
When I <i>feel</i> anger, jealousy, judgment, fear or hatred, do I heal, LOVE, clear and release it?	YES		
When I <i>feel</i> anger, jealousy, judgment, fear or hatred, does my Unihipili heal, LOVE, clear and release it?			
Do I know that it is ok to <i>feel</i> anything ?	YES		
Does my Unihipili know that it is ok to <i>feel</i> anything ?			
Do I choose to <i>feel</i> and be LOVING instead of feeling angry?	YES		
Does my Unihipili choose to <i>feel</i> and be LOVING instead of feeling angry?			
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		
Does my Unihipili sometimes avoid trying anything new to avoid <i>feeling</i> incompetent or appearing foolish or silly?			
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		
Does my Unihipili 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."?			
Do I avoid, whenever possible, any situation in which someone else has control. because of the fear of being out of control?	NO		
Does my Unihipili avoid, whenever possible, any situation in which someone else has control. because of the fear of being out of control?			
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		
Does my Unihipili sometimes hold myself back from achieving success out of the fear that success will leave me unfulfilled or with nothing left to do?			
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		
Does my Unihipili sometimes avoid expressing my true <i>feelings</i> out of fear that the <i>feelings</i> may come back to me and cause discomfort?			
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		
Does my Unihipili 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."?			
Am I sometimes timid, shy, insecure, or suffering because of self-doubt?	NO		
Is my Unihipili sometimes timid, shy, insecure, or suffering because of self-doubt?			
Do I fear opening my heart.?	NO		
Does my Unihipili fear opening my heart.?			
Do I fear vulnerability through the achievement of success?	NO		
Does my Unihipili fear vulnerability through the achievement of success?			
Do I know that the expression of vulnerability can be my greatest gift and strength?	YES		
Does my Unihipili know that the expression of vulnerability can be my greatest gift and strength?			
Do I have at least one habit that acts as a block in order to avoid facing my fears and feelings?	YES or NO		
Does my Unihipili have at least one habit that acts as a block in order to avoid facing my fears and feelings?			
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		
If someone offends me, calls me a name, or accuses me of something, does my Unihipili automatically defend myself?			
Do I <i>feel</i> resentful when I give more than I receive?	NO		
Does my Unihipili <i>feel</i> resentful when I give more than I receive?			
Do I know my self's fears?	YES		
Does my Unihipili know my self's fears?			
Have I illuminated my shadow as is best at this time?	YES		
Has my Unihipili illuminated my shadow as is best at this time?			
Have I explored beneath the veneer of my personality and self image as is best at this time?	YES		
Has my Unihipili explored beneath the veneer of my personality and self image as is best at this time?			
Have I LOVED and accepted my shadow as a part of me?	YES		
Has my Unihipili LOVED and accepted my shadow as a part of me?			
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		
Has my Unihipili 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?			
Have I ever stolen or lied? Unless you are a saint the answer is yes	YES		
Has my Unihipili ever stolen or lied? Unless you are a saint the answer is yes			
Have I forgiven myself, my-self and my-Self for all lies, thefts and other 'misdeeds'?	YES		
Has my Unihipili forgiven myself, my-self and my-Self for all lies, thefts and other 'misdeeds'?			
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

Sexuality and Sensuality - Statements/Questions	Best If	Before Clearing	After Clearing
Do I judge my own or other's fantasies as 'wrong'?	NO		
Does my Unihipili judge my own or other's fantasies as 'wrong'?			
Am I ashamed of my negative/destructive fantasies?	NO		
Is my Unihipili ashamed of my negative/destructive fantasies?			
Do I judge those who choose a hedonistic path?	NO		
Does my Unihipili judge those who choose a hedonistic path?			
Do I judge those who choose a puritanical path?	NO		
Does my Unihipili judge those who choose a puritanical path?			
Do I fully accept myself as I am?	YES		
Does my Unihipili fully accept myself as I am?			
Do I love myself.?	YES		
Does my Unihipili love myself.?			
Have I embraced myself as I am and released all judgments about my perceived lack of perfection?	YES		
Has my Unihipili embraced myself as I am and released all judgments about my perceived lack of perfection?			
Have I embraced my soul's and body's sensuality.?	YES		
Has my Unihipili embraced my soul's and body's sensuality.?			
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		
Has my Unihipili unified both hemispheres of my brain and transcended my gender role so I can animate at will both masculine and feminine qualities?			
Am I capable of hardness or softness and am I able to turn outward or inward?	YES		
Is my Unihipili capable of hardness or softness and am I able to turn outward or inward?			
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		
Is my Unihipili 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.)			

Sexuality and Sensuality - Statements/Questions continued	Best If	Before Clearing	After Clearing
Am I unconditionally LOVING and accepting of my fantasies?	YES		
Am I unconditionally LOVING and accepting of my fantasies?			
Have I found and embraced a balance between self-denial (puritanical) and self-indulgence (hedonistic) tendencies? (Remember neither is superior to the other)	YES		
Has my Unihipili found and embraced a balance between self-denial (puritanical) and self-indulgence (hedonistic) tendencies? (Remember neither is superior to the other)			
Do I sense and accept the value of either self-denial or self-indulgence depending on the situation?	YES		
Does my Unihipili sense and accept the value of either self-denial or self-indulgence depending on the situation?			
Am I aware of my puritanical and hedonistic aspects?	YES		
Is my Unihipili aware of my puritanical and hedonistic aspects?			
Have I balanced and reconciled my puritanical and hedonistic aspects?	YES		
Has my Unihipili balanced and reconciled my puritanical and hedonistic aspects?			
Have I embraced and integrated my spirituality and sexuality?	YES		
Has my Unihipili embraced and integrated my spirituality and sexuality?			
Have I balanced my use of sensory experience under the dominion of my higher -self?	YES		
Has my Unihipili balanced my use of sensory experience under the dominion of my higher -self?			
As I recognize my fantasies do I heal and release them with LOVE and without judgment?	YES		
As my Unihipili recognizes my fantasies does it heal and release them with LOVE and without judgment?			

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		
Is my Unihipili willing to risk the pain and sorrow of loss?			
Do I trust myself enough to open my heart to joy?	YES		
Does my Unihipili trust myself enough to open my heart to joy?			
Do I know there is no safety in love and none is needed?	YES		
Does my Unihipili know there is no safety in love and none is needed?			
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		
Has my Unihipili's 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.)			
Have I opened my heart to love and to LOVE?	YES		
Has my Unihipili opened my heart to love and to LOVE?			
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		
When I do something for someone does my Unihipili expect thanks?			
Does a part of me <i>feel</i> I need to do healing, transmuting, releasing and integrating for others?	NO		
Does a part of my Unihipili <i>feel</i> I need to do healing, transmuting, releasing and integrating for others?			
Have I resolved, for myself, the apparent contradiction between serving myself and serving others?	YES		
Has my Unihipili resolved, for myself, the apparent contradiction between serving myself and serving others?			
Do I know that when I do something for someone it is possible I should be the one thanking them?	YES		
When I do something for someone does my Unihipili know it is possible I should be the one thanking them?			
Do I know and am I aware that I do all healing, transmuting, releasing and integrating for myself even when assisting others.	YES		
Does my Unihipili know and is it aware that I do all healing, transmuting, releasing and integrating for myself even when assisting others.			
Am I combining my unique talents and abilities to serve LOVE?	YES		
Is my Unihipili combining my unique talents and abilities to serve LOVE?			
Do I have passion for what I do and am I expressing/sharing my unique talents and gifts as is best?	YES		
Does my Unihipili have passion for what I do and am I expressing/sharing my unique talents and gifts as is best?			
Do I ask, "How can I help/assist?" instead of "What is in it for me?"	YES		
Does my Unihipili ask, "How can I help/assist?" instead of "What is in it for me?"			
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		
Does my Unihipili 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?			
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

