

## *Exercise to connect lovingly to your Unihipili*

The actual exercise is on the next page.

### **There is nothing sub about the subconscious mind.**

The subconscious is more in touch with 'Reality' than the conscious mind.

It is vitally important to have a Loving, clear and cooperative relationship with your subconscious mind.

Thesaurus for 'sub': subordinate, secondary and junior, which are all adjectives.

This DOES **NOT** describe the subconscious mind.

Thesaurus for 'conscious': aware, awake, cognizant which are all adjectives.

The subconscious is more aware and awake than the conscious mind. Without the subconscious the conscious mind is pretty much asleep.

The super-conscious and conscious minds seem to be ok with being adjectives.

I prefer the Hawaiian name, Unihipili, for the subconscious mind. The Unihipili is more in touch with 'Reality' than the conscious mind. It may be lost and need guidance from the conscious mind to connect to LOVE, and once it is connected to LOVE it will help the conscious mind and all aspects of you connect more strongly to LOVE. If you consciously chose "Anything Else" the Unihipili will connect you to something other than LOVE.

I will be referring to the subconscious mind as Unihipili in most instances.

Willpower comes from the conscious mind. The cooperation of the Unihipili is needed for the choices to remain in effect.

The Unihipili (subconscious mind or child within) will respond or react according to your "choice." This child within is different than "the inner child" as used in inner child healing and soul retrieval. The inner child as used in 'inner child work' and soul retrieval **is a part of** the Unihipili.

As we increase the clarity and strength of communication between our conscious mind and the Unihipili, new energy, greater understanding, improved creativity and a knowingness of our life purpose will develop.

The Unihipili can also be thought of as the Gatekeeper. Some of our *feelings* and beliefs become our Gatekeeper. As you begin to become aware of and develop a LOVING relationship with the Unihipili (gatekeeper) your awareness of and access to the unknowable will also develop. Part of the Unihipili's purpose is to protect us from becoming overwhelmed by accessing too much all at once.

The Unihipili is the link between the conscious mind and the super-conscious mind. Without this link/interpreter there is no connection, or a very weak and unconscious link.

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!