



Nanci Deutsch
Inspired & Empowered Living™

Handout on Aspects of Yourself

The Three Part of Our Minds

Conscious Mind

The conscious mind is the mind that helps you function in your everyday reality. It is the part of you that is logical, orderly, organized, has the power to reason, and the part that has the ability to make decisions and to have choice. Free will is our ability to choose how we want to live our lives. This part of our minds thinks in words.

Our conscious mind is the part of us that makes us different than the animal kingdom. By being able to make a choice in any moment of time you have a great power that can help you manifest the life you want.

For example, imagine your partner or a person who is close to you, has said something to you that has triggered you and you become really angry at him/her. In that moment you have a choice, to act out your anger or make a choice to say to yourself I will not react to this comment and speak with him/her until I have calmed down and processed my reaction. Then you have a choice to discover what issue has been triggered for you and when you have calmed down and gotten clearer you can then communicate to him in a healthy way. He/she is more likely to then hear you.

In any moment of time, you have the power to choose to heal yourself or give in to old unhealthy patterns of behavior. You have the power to choose to do an exercise or energy work to clear yourself to feel better. The power of choice enables us to live an inspired and empowered life!

Subconscious Mind

This part of the mind helps our bodies to function without us thinking about it. It controls our heartbeat, our breathing, digestion and all bodily processes that function without our thought. We can learn to control aspects of our bodies through certain alternative approaches like biofeedback. Our bodies are also representative of our subconscious mind. When we connect with the language and the messages our bodies are sending us, we are learning to communicate with our unconscious mind. The subconscious mind is the part of us that feels and thinks in symbols and pictures, and the part we access in dreams.

This mind has every aspect of information, and every event we have experienced from the time we are conceived to present time, and it is all stored in the cells of our bodies. We also have genetic coding and soul memory stored in our cells. Soul memory will be discussed more later in the program. We can connect with beliefs we received when we were in the womb and even before our birth. One of the beliefs I remembered from when I was in the womb was during a healing session. I got a sense of what the belief was, and as I processed it during the session, the overall perception was that "I didn't feel capable of being able to accomplish my mission. It seemed too big and I felt alone." I realized during the session that the only way I could change this belief was to have faith and trust in the Divine and know I was not alone. I needed to believe that I was in partnership with God, and once I knew that, I could surrender and trust that my Divine Plan would unfold.

Our subconscious mind is like a video recorder and what we see, hear and feel from our past and present is what will be shown back to us. It does not think on its own. It is our instinctual self; it is the part of us that reacts to situations. The way change can happen when we consciously choose to heal this part of it and transform it.

Free will and our conscious power of choice gives us the ability to choose what we want to program into our subconscious mind once we become aware of our belief system. The messages we received as a child from our families, peers, teachers, and culture are constantly being replayed in our lives. Whatever harmful messages we have internalized will be where we can see negativity being mirrored in our lives. However, once a negative belief is discovered, we can then correct it and turn it into a constructive one. As we do this, we begin to see changes in our reality. Learning how to reprogram our minds with new messages and tapes can transform our lives. For example, if you were told as a child you were stupid even though you were not; you will continue to

believe that and may do poorly on tests. It will affect you in your relationship(s), or at work and you will not live up to your true potential. If you were to reprogram yourself with new messages such as you are capable of learning easily and connect with your true abilities, you could then see positive changes in your how you relate to your partner and at work.

Jill is an example of how changing your beliefs can alter your life.

She continually received this message from her father about men, "He'll get smart to you. He won't stick around for long." From that statement, Jill internalized the message and felt unlovable and not good enough for any man. She would keep creating relationships where she felt she was "getting crumbs" and would seem to manifest time issues with her partners. She never felt she had enough time with them and they were reluctant to spend vacation time or commit to making plans in advance. Once she realized how her beliefs were affecting her relationships, she began to look at what she was creating. Through all her relationships, she continually worked on learning from each of them and getting clearer about what she needed to heal in order to have the kind of connection she wanted. She was in therapy for many years and went to many types of seminars and workshops and was constantly committed to her process of growth, healing and changing her childhood programming. She knew she had finally succeeded in shifting many of those old beliefs to healthier ones when she met a man with whom she was able to have a good relationship based on her new beliefs about herself. She has found a partnership where there is a more mutually satisfying connection. When a situation arises, she looks for the underlying belief she needs to change, works on it, and is then able to see a transformation in herself and a stronger connection with her partner.

The subconscious mind also works with the superconscious mind.

Superconscious Mind or God – Higher Power

This part of our minds is the aspect of ourselves we need to tap into in order to live an extraordinary life. The superconscious mind or God, Higher Power, Divine Intelligence, Universe, Universal Power, or whatever you choose to call it, is the aspect of Self we need in order to reach our highest potential. This is the Self we will work with throughout this program called the soul and Higher Self and when we tap into it we are connecting to our true potential. When we join with this aspect of ourselves we have the ability to achieve things we may have once thought impossible. When we allow this part of ourselves to manifest, magic and miracles can often occur. Other common happenings are synchronicities which are events that occur that some would

call luck or chance, but are really the work of the Divine. Two ways we can learn to connect with this part of ourselves on a regular basis is through meditation or by connecting with nature. As we get closer to our Source Self and learn to surrender more, our lives keep getting better and may exceed our expectations and imagination. I watch in my own life as I connect more with this Self, how circumstances and events happen that exceed my highest expectations. When I am willing to expand my vision of what could be, then I can surrender my expectations of how I think it should be. The more I am able to let go and trust my inner being to give me the best in any particular circumstance, I watch the miracles unfold.

This mind or Power also responds to exactly what we are programmed to believe. It responds to our beliefs and feelings about ourselves. So as we change negative messages to positive ones the Universe will respond accordingly. A simple example of this is a belief that you are destined to go around the block three times and still a parking space is a distance from where you need to be. So you decide to change your belief to "I always get a parking space close to where I am going." If you concentrate, visualize, ask for help and truly trust you will get a close parking spot, you can create that reality. It is truly amazing and it does happen!

Aspects of the Self

The following is a list of aspects of us that are important for you to know as you journey through this book:

Soul

This aspect of self is our consciousness that came from the Divine and part of our superconscious mind. It is our life force energy and the core energy and characteristics of who we are. When we experience it, we feel love, joy or peace. When working with individuals and we do soul journeys, it may appear as light or another form or image. When we access this part of ourselves we are connecting to core levels of our being. Our soul is a vast huge energy and is unconditionally loving. As we work with our soul, we come to know our true selves; the powerful magnificent beings we really are. We have soul lessons and soul contracts that we planned before we were born (more about this later in the program.) Soul contracts are the contracts that we made with people in our lives that we would each play a certain part to help each other learn and grow. Our soul contracts are with our partners, parents, children, close friends, and others who we have an important connection with that will enhance our growth. We all

have a purpose for being here and a mission that is an expression of our own uniqueness. It is our soul that knows what our purpose is here on earth and how to access that truth. Before our birth, our soul chose our purpose and the lessons we need to learn in order for us to accomplish this mission. This also will be discussed more later in the program. We will begin to access our soul by first connecting with our Higher Self.

Higher Self

The Higher Self is an aspect of our soul and part of our superconscious mind. The soul sends a piece of itself to work with us until we can access the larger part of it and work with that energy. It is the bridge and stepping stone between our soul and our ego or personality self. It translates messages from our soul to our personality self and it is easier to access this part of ourselves because we can relate to it better than to the expansive energy of the soul. When I work with people, they envision the Higher Self as light, an angel, a wise woman or man, or a beautiful woman or handsome young man. However you picture it, know that it is how it wants to appear to you in that moment and this may also change. Be open to all the possibilities. Also know that you may not see a visual image of this part of you or your soul, but you may be able to feel its unconditional love and you will feel that in heart and body too. It is also unique to you. Whereas our soul has had many lifetimes, our Higher Self is a higher wiser part of us.

Divine Self or I AM Presence Self

This Self is our source consciousness connected to the Divine, God, Higher Power or Universal Consciousness and part of the superconscious mind. It is the Self from which our soul is born. It is the highest part of who we are and connected to one consciousness in which we are all connected together.

Inner Child

Inside each of us is a child waiting to be heard and acknowledged. It is part of our subconscious mind and when we access the inner child we are in touch with our feelings, our bodies, and our wants, needs and desires. The inner child is the part of us that has learned the untrue and false messages and the wounded part of us that needs healing. Our inner child may have been hurt, abused or traumatized by physical, mental, emotional, sexual, or spiritual abuse, or even an accident. It was the inner child

who absorbed these hurtful messages that live on in the adult. This wounded part of us feels fear, sadness, anger, grief, hurt, rejection, and abandonment. This is the programming that needs to be changed and the part of us that needs our attention, love and kindness in order to heal the old patterns and learn new ones. In fact, messages that diminish a child in any way and do not empower and respect a child's individuality and humanness, are programming that needs to be healed. And since most of us grew up in families and in a culture that did not always empower our true potential most of us have messages that need to be healed.

The wounded child is the part of us that has needs and desires that may have not been met when we were children. So as we become adults, and if we have not healed and worked with this part in some way, we continue to look for those needs and desires to be met outside of us. But as you work with this part of you which we will be doing throughout this program, you heal, and as you do, you learn to satisfy many of those needs and desires for yourself instead of looking outside yourself to your partner or other people, or other substances like food, alcohol or anything can become a substitute. Once you have learned to meet your own needs, you won't depend on your partner or another outside yourself. As you learn to take care of yourself and your own needs more, the two of you can come together with more freedom and love or you can create a partnership if like this if you don't already have one. Instead of expecting him to make you feel better by satisfying a certain need, you learn to ask for what you want instead of needing it.

Janet constantly felt anger at her husband. She felt he never heard her and wouldn't listen to her and their communication would end up in arguments. As we worked with her inner child and she began to take more responsibility for meeting her own needs, she stopped looking to him to meet those needs and began to feel less angry toward him. As her anger decreased, she began to communicate in healthier ways and found that he was able to hear her and he began to give her more of what she wanted. Their relationship improved and it became easier to be together.

We will be working with the inner child throughout this program. As I have connected more and more to my inner child, I see how much I have learned to love and appreciate myself and how this has changed my life and my relationships. As I help others to work with their inner child they too have changed their lives and their relationships.