

## Is Your Subconscious Sabotaging Your Success or Producing the Results You Desire?

*by Joy S. Pedersen*

Do you struggle to bring in enough business, money, or clients? Do you feel uncomfortable with sales? Do you work hard, do all the “right” things, and yet fail to get the results you desire? Your subconscious holds the key to success, as well as the cause of the challenges you experience throughout life. Learning to work with the subconscious can help release the blocks that prevent you from building a thriving business.

If you have never worked with your subconscious as a way to have greater fulfillment, you are not alone. Although my work is unconventional and not for everyone, after years of failing to reach their goals using a variety of business models, a number of my clients have had breakthrough success after learning how to use their subconscious. If you are open to a new experience—to a new way to have what you desire, especially a thriving business—read on.

You are made up of three selves: the superconscious, the conscious, and the subconscious. Yet most people focus on and live life from just the conscious mind. However, it is the subconscious that not only holds hidden and valuable information—it is the part of you that manifests what you desire. Unless you know how to work effectively with the three selves, you won’t produce the results you want or achieve them easily.

To attract new business, you might have no problem defining your target market and reaching them. But for some reason, your phone doesn’t ring. When your phone doesn’t ring, you might blame your current circumstances and reevaluate your marketing strategy. If you’re like most people, you do not look within to determine what is going on inside to attract those less-than-stellar circumstances. Yes, *you* attract those circumstances. Your subconscious beliefs attract what you experience. Therefore, no matter what you think you want, if your subconscious mind has other ideas—you will sabotage your efforts.

### Clarity Leads to Business Success

The first step to business success is to clarify what you want. Once you clarify what you want, look within to determine if your subconscious is in alignment with your thoughts and actions so that you achieve what you desire.

This can be the tricky since most people aren't tuned in enough to their subconscious to know what it actually believes. But your outside results can help you identify what your subconscious believes, because your outside world is a reflection of your inside world. So, if your outside world reflects an abundance of business that comes easily, then you know your subconscious believes that this is a comfortable reality for you. If, however, abundance is not reflected back to you, you know there is something in your subconscious that is sabotaging the results you crave. What could be sabotaging the results you desire? The memories that the subconscious holds go back to the beginning of time. They include memories of this life, past lives, and the lives of your ancestors from all the lifetimes you have lived. Those experiences are an accumulation of judgment, perspective, decisions, and emotions that become attached to those memories—and you operate your life from them.

Your past sabotages your future because memories wreak havoc when they trigger something within that sets off an alarm signaling you to avoid the outcome you seek—such as acquiring new customers. With the ability to see past lives and the sabotaging thoughts of the subconscious, I help clients identify their sabotaging memories and clear the cause of them, using an ancient spiritual process.

For example, you attend a networking event, gather cards, and then fail to follow up, so you lose the momentum created for any potential new business and blame your busy schedule. What may be at the root, however, are, for example, your subconscious memories of being forced into a loathsome lifestyle of stealing from innocent victims and then selling the items for survival. Although the choice was made in order to survive during a past life when there were few options, the memory is so distasteful that any thoughts about selling cause you to avoid selling. Lifetimes of servitude also block success. I often end up identifying and clearing these memories when working on financial issues with business owners who work long hours for little or no money because they worked for little or nothing in past lives.

When a client complained of attracting prospects who couldn't afford her fees, I identified two lifetimes that were affecting this situation. First was an impoverished lifetime in which she tried to sell flowers in a neighborhood where the people couldn't afford them. She avoided the neighborhood where people could afford her flowers because she was embarrassed by her shabby appearance. In another lifetime of poverty, she was a man who begged in order to survive, and suffered the guilt of watching his wife and son starve to death because he could not support them. After clearing those lifetimes, my client reported receiving two new paying clients that very afternoon.

## Attract What You Desire

Guilt often blocks you from attracting what you desire. Because you aren't conscious of past memories and the guilt attached to them, you don't realize that you sabotage the very same results you seek. Until you let go of the negative memories and emotional charge attached to them, you will continue to live from those memories.

Not all memories are triggered and active at once. A chance meeting or a new experience can be the trigger that activates the memory. Once the memory is activated, the subconscious begins to operate from it and the fear of repeating an unpleasant experience prevents you from achieving the results you long for.

When you set a goal and notice what thoughts emerge, you will begin to identify the subconscious beliefs surrounding it. If you don't notice the thoughts, but notice you aren't achieving what you desire easily, those thoughts may be more hidden than others. At those times, consider seeking assistance to identify them.

Remember, your results identify what you really believe and show you if you are in harmony with what you desire. Using life as a mirror helps you identify what is out of alignment. Looking within to the subconscious is not only the key to resolving the discrepancy—it is the key to your success.



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