

The Subconscious Driving Force

By Angela Treloar

Have you ever wondered why you do what you do? The direction for action is subconscious. This driving force is years, if not eons, of created thought forms in action - playing out.

I am sure most of you are familiar with Esther and Jerry Hicks' theory behind the 'Law of Attraction'. Basically, you draw to yourself that which you mentally dwell on. Beliefs have you doing just that and they are repetitive. Belief systems are programs that have been built up over time from perceptions of the environment around you or personal experiences - positive or negative. They are also built up by social conditioning and handed down from generations through genetics. Some beliefs are held in cellular memory from past lifetimes or other dimensional experiences. Each time you think or act, it is stemming from a belief. These beliefs can be so subconscious that you do not think twice about what you are doing. It is as though you are on automatic pilot. Something usually has to happen to bolt you out of this program otherwise you continue on. Hence, creating a future is more what you had in the past and most likely that which you are trying to move away from. This is because the belief system has you locked into it in the present moment, both physically and energetically. You are attracting what you perceive to be and your belief system dictates this. At this point people might wonder why they feel stuck or keep attracting the same experiences.

I have been on one of these roller coaster rides my whole life. There was always someone or something controlling and pushing me. Events happened and most of these made me feel under pressure. It ranged from the pressure to fit into a new primary school every 3 months when I was 6, to tax deadlines when I worked as an accountant. I used to blame the industry for the workload. As a person, my social and family life was also busy. When I began my natural healing practice, it, too, was busy. Everything I did was busy and I lived under constant, unrecognised stress. Why? I eventually figured it out. I created it!

I had set up a structure based on fear of abandonment and rejection, which unknowingly encouraged me to be everything for everybody and inadvertently, left nothing for myself. It wasn't until I had a brief illness and my physical body couldn't support the structure that I got my reality check. What about me! What am I doing and how invincible had I deniably become, by seeing there was no choice but to be there for everyone. I was happily and habitually rolling along. It never occurred to me to not live that way. Bizarre, you might think! I never once thought to put my hands up and say stop. I had the power to do it but I was so immersed in the belief that I couldn't see past it and it went on and on.

Through awareness of these beliefs, you can recreate your future. Beliefs control your life. It is interesting how the word control has the energy of limitation. When we experience restriction, it takes a wise, humble or perhaps responsible person to surrender to the outcome of his or her own manifestation. There is no blame for the external events that take place. This is the result of your thoughts and beliefs. It is fair to say that when there is trapped energy in an aspect of your life, the belief held will have fear at the core. Examples are fear of failure, and even fear of success, fear of not being good enough, and fear of not being loved. This list goes on. Think of your own fears then surrender to them. The process of surrender actually takes the 'fear energy' out because you have faced your fear by admittance. The subconscious driving force is the denial of the fear in the first place. Ironic, isn't it?

It is up to us to see where the old paradigm of fear controls and inhibits our choices. Through this awareness and intention you can start to let go of the driving force. Allow new energy and perceptions to filter through and stop feeding the old subconscious program. Get off the roller coaster ride that these outmoded beliefs keep you locked into and free yourself! ❖

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