



THE ALIGNED MAN

WEEK 3

SUBPERSONALITIES



Sexual Mastery NYC

Subpersonalities

Now, we are really building on what you've learned in the past couple of weeks. Creating a subpersonality allows you to fully connect with and build a relationship to a very, very specific neural network.

Let's say you have some mild anxiety whenever you see a woman you find very attractive, but you have no idea why. It prevents you from striking up conversation with her because the sensation is uncomfortable. Using the felt sense, you connect fully with the sensation. You observe and experience the sensation to it's fullest extent, making it ok to feel this part of you and keeping you from resisting and fighting with the feeling. Sometimes just allowing a sensation to move through you without resisting is enough to release it.

We know, from previous lectures, that the brain sends a signal through the nervous system when it is trying to protect you from something. Next, you project the sensation outside of you and further explore it's message, visually connecting with this part of you. You explore what it's trying to tell you, when it became a part of you, what it's protecting you from.

Subpersonalities

When we move into the subpersonality phase, you actually allow this sensation to become a character. It can be male or female. You give it a name. You understand it more fully and what it has been responsible for in your life. What behaviors it stimulates in you. What situations trigger it to come to life.

This is where the magic starts to happen. Think about it this way: When you have an uncomfortable sensation come up normally, our immediate response is to just ignore it, power through it or hope it goes away. But, by getting good at connecting, understanding and working with the sensation, you become FREE to make conscious choices about your behavior and your life - therefore shifting your entire experience of your reality.

- A thought or belief creates a chemical reaction in the body. This is what a feeling is.
- That chemical reaction creates an energy in and around you.
- This energy drives your behavior. Anything from being completely lethargic or so much energy that you have to run down the street.
- Your behavior affects your situation and circumstances.
- A string of similar circumstances creates your reality.

Subpersonalities

When you become conscious and you choose to stop believing in subconscious belief systems, you actually hold the key to your reality. And the only way there is to become aware. This is why awareness is so powerful and so utterly important.

Subpersonalities

Putting the felt sense, projection and subpersonality practice together:

What emotion feels alive in you now?

Where does this emotion live in your body? What location or locations do you feel the sensation of this emotion?

What does it feel like it's made out of? Is it solid, liquid or gas/energy? What can you compare it to in physical reality? Wood, metal, electricity, soda bubbles, ect..?

Does this sensation move or is it stagnant? If it moves, how is it moving? Is it chaotic? Is it moving in a specific direction? Does it start small and get bigger?

What does it weigh? Is it heavy or light?

What temperature is the sensation? Is it neutral, warmer than neutral, cooler than neutral, hot or cold?

Does it have a color?

Subpersonalities

Now that you have fully connected with this sensation, close your eyes and imagine projecting this feeling out in front of you so you can take a look at it. When you have a good visual, answer the questions below:

What do you see in front of you?

How does it make you feel to see this?

What do you believe about this?

Give it a name.

Ask _____, "What is your message to me? What do you want me to know?" Listen for the answer. Sometimes you'll hear an answer. Sometimes you will "know" something. Sometimes you'll see a visual. Just relax and allow the message to come through to you.

Resistance comes in many forms. If you feel resistant to communicating with this part of you, it's natural. Just allow yourself to go for as long as you can and if you still can't connect then try again at a later time or try asking different questions.

Subpersonalities

You may even feel like you can't trust what you hear or feel. Just stay open and notice what information feels **accurate** when you receive it.

Remember, this is an **art**. It will take time to fully hone this skill. Keep practicing.

Next, ask - Why do you want me to know this?

What do you need?

After connecting with this piece, it can be really helpful to explore some other questions:

Was this piece created by you or given to you by someone else? (We inherit quite a lot of our parents belief systems). Does this piece feel like it belongs to you or someone else?

How old were you when you first created this piece or were given this piece?

Why did it originally begin showing up?

How does this piece serve you? What is it's job? What is it responsible for?

What age does this piece feel? Is it young, old?

Subpersonalities

Now, moving in to creating a subpersonality around this piece.

Does it feel male or female?

What is he/she wearing?

Give him/her a name.

How do they move?

How do they speak?

What does their health look like?

How old are they?

What is this part of you showing you? What is it reminding you of?

How do you feel connecting with this part of you?

You may feel resistant, triggered or even scared of this piece. Allow those feelings to be there and remind yourself that this part of you was created BY YOU, even unconsciously you are powerful. This part was created out of a need.

Subpersonalities

What is the responsibility of this piece?

What does he/she protect you from?

What does this part of you believe?

How has he/she served you in the past?

What does he/she want? What is his main objective?

What is this piece most afraid will happen to you?

Is this in or out of alignment with what you truly desire?

If this piece of you is out of alignment, in what ways does he/she need to upgrade to be IN alignment with your desires.

If this part of you is out of alignment, what new responsibility can you give him/her to now be in charge of?

Imagine that responsibility as an energy. Draw that energy out of your piece and give it new energy. Energy of the new responsibility that you want him/her to have.

Subpersonalities

You can also sit down with your piece and physically write out a contract. State the new terms and sign it, embody your piece and sign as that part of you as well.

Now that you are aware of this part of you, practice noticing when this piece of you gets activated during the day. Take this week to write notes on when you feel this part of you becoming alive and what its message to you is. This is an unbelievably powerful way to create connection and choice in your life. It builds massive awareness.

Doing these practices can make you feel silly at first, but these tools are powerful ways to make an impactful and permanent impact on old belief systems that are running patterns in your life.

Open yourself to the process fully and you will be amazed at the changes in your nervous system and the reflection in your life.