

# Inner Architect

*By Donna Root*

## Dialing in Your Destiny

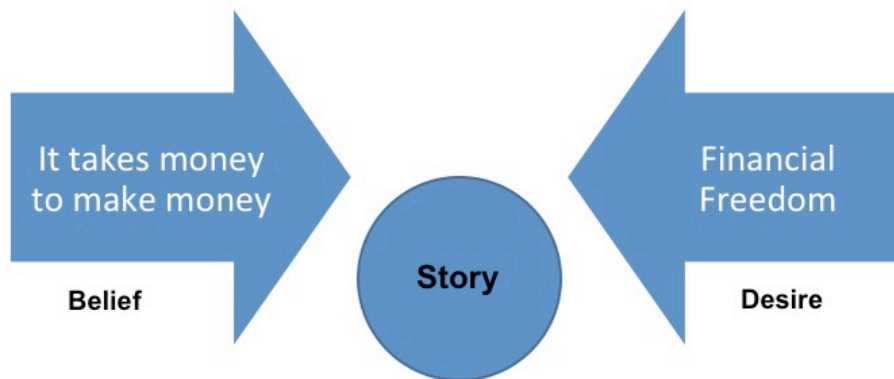
### The subconscious Mind and Conscious Manifesting.

Understanding how we bring the unseen into the 3 dimensional realities of our lives through charged thought.

The subconscious mind is like a computer with multiple components running at the same time. It takes in information from the five senses as well as information sent out into the field of consciousness from multiple streams of consciousness that are unseen but real. The subconscious mind stores the data, organizes and files the data it takes in. The subconscious mind is not a respecter of persons, meaning that it will allow you to store any data as real and factual. Your subconscious mind will in fact create by default rather than by design if you allow it to simply run without guidance or input. A significant amount of what we create in life comes from the unexamined patterns, beliefs, programs and habits that we run from the subconscious mind.

I disagree with some of Napoleon Hill's information in his chapter on the subconscious mind to some degree. I do not believe, and science would support, that the subconscious mind will pull first from desire in an effort to create in our 3-dimensional reality. The subconscious mind will draw on what is stored and what it has experienced in previous situations, what we have believed is real in our lives rather than what we want to be true. If you have a desire that differs from what you believe you will always bring into reality what you believe not what you desire. This is what I call an opposing force paradox because your subconscious mind will draw from what it knows and that knowing comes from previous belief patterns we have agreed consciously or subconsciously.

We create opposing force paradoxes and then reconcile the difference between our beliefs and our desires in the stories we tell.



### Opposing Force Paradox

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We will always create what we think we know and we draw this from our storage unit of our subconscious mind. Note that the mind and consciousness are not the same. Mind is the computer that accepts, stores and retrieves files while consciousness is the all knowing and connected aspect of each individual to the universe and Universal Intelligence.

These patterns and beliefs once brought to the conscious mind for examination can be re-trained and dismissed. It is imperative to be aware of the subconscious thought patterns that run through our minds. There are two types of thoughts that have a profound impact on our creating on purpose in our lives. There are thoughts that run through our mind like streakers that simply pass through our minds but that we do not charge by adding emotion. We simply notice them as they pass. This thought is not creative thought.

There are also those thoughts that are creative thoughts in our lives. Any thought that we charge with emotion expands. Expansion is always happening in our mind. Any thoughts that we add emotions to are charged thought and all charged thought expands and is creative thought whether it is positive or negative, good or bad, helpful or hurtful. All charged thought has the potential to create. This is why we have been told in many religious texts to guard our thought unceasingly and to not have vain repetition even in our prayers or meditation. It is also why we need to unceasingly examine what emotions we are attaching to thought both consciously and subconsciously. It

is true that even in our minds we cannot serve two masters and where there is no supply through charged thought there will be no demand or reflection in your 3 dimensional realities we call life.

So our thoughts must be retrained.  
We cannot serve two masters

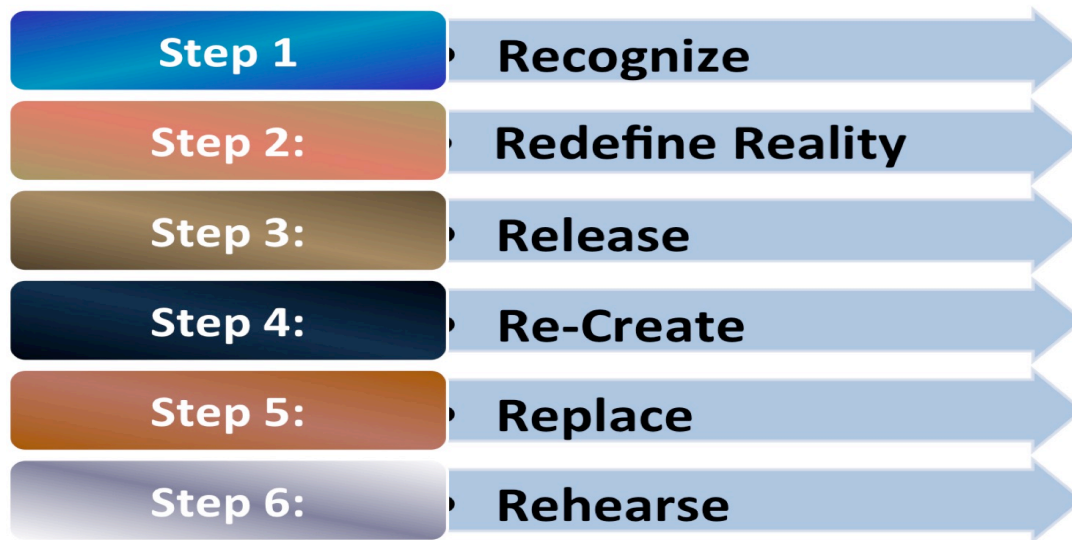


*For where there is no demand there  
will be no evidence of supply.*

If the subconscious mind does not have the ability to discern imaginary thought from the logical thought then the ability to use imaginary thought and store it as reality in the subconscious, as previously address in the book, is imperative. The subconscious mind will pull from its database what ever you dare to store as your truth and will then create that as your reality.

There is a 6-step process of transforming and programing subconscious thought. Step-1 is simply to be aware and to recognize the thoughts you charge. Step-2 is to re-define the reality of those thoughts. If they are not thoughts that are serving you well then they should be released. This releasing is what is spoken of in the Christian scriptures of 1 John 4:18 There is no fear in love: but perfect love casteth out fear: because fear hath torment. He (She) that feareth not is made perfect in love." The use of the word "Casteth" is a wonderful visual term. It denotes that we have the ability and the responsibility to catch and release those charged thoughts that are not fostering our highest growth and development, which is Step-3 of the transformation process. Step-4 is the understanding and use of the imagination and understanding of what we truly desire to create, Step-5 is the replacing of old thought with purposeful charged thought and emotion and Step-6 is the practicing of purposeful charged thought. It is in the practicing of intentional charged thought the new creation and new realities magically take form in our lives.

## The 6 R's of Transformation:



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When we practice the 6R's of transformation and create intentional files for our subconscious minds to pull from we begin to have true personal integrity and alignment is a conscious endeavor.

We have true personal integrity when our beliefs, emotions, thoughts, desires, behaviors, and intentions are all going in the same direction or sending out the same signal, vibration or frequency which we call alignment. That alignment can be stored as real into our subconscious minds to be a creative force from which our realities play out. We often struggle with being faithful in these six areas of our life at the same time. The simple understanding and clarity of belief, emotion, thought, desires, behaviors, and intentions create alignment, which is registered as one single vibration in the field of consciousness. When we are not aligned we send out separate signals or multiple different signals or frequencies in each of these areas and wonder why we are not manifesting quickly or at all.

The understanding that vibration is the one and only law of the universe and that God itself is bound by this law helps us become aware of what we are putting into the universe in each of these six areas and through awareness refine our skills of being aligned and having each aspect sending out the same vibrational essence. Remember all charged thought is creative thought!

## 6 keys to True Personal Integrity



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We do in fact, with disciplined thought, managed emotions, purposeful behaviors, clear intentions, defined desires, and aligned beliefs, have the ability to decide the programming from which our subconscious minds will draw data, animate it and bring it into our individual realities. When however, our beliefs, emotions, thoughts, desires, behaviors, and intentions are scattered and we are not clear and faithful to them we see lives that include drama, chaos, a life not working, struggle and difficulty.

It must be stated that many individuals fall short of creating wealth, health, glorious relationships, abundance and prosperity in their lives because they do not practice using the imagination as a source of reality or they imagine too far outside of their current reality. It is advisable to begin storing in your subconscious mind things you can accept as true even if they seem like baby steps to great imagination. It is through this process that you will create evidence of those small-accepted truths and as you fine-tune and refine this

process your logical mind will be able to fully disregard any logical limit to creating anything in your world.

## **Understanding Our Sixth Sense**

We have in every text of scripture, philosophy and mysticism been told that we have been endowed with abilities beyond taste, sound, sight, touch, and smell, all of which are senses that can be logically explained by our mind and therefore have been given greater credibility.

There is however additional abilities that each person is capable of developing a great capacity for that we call a sixth sense which enhances and magnifies all aspects of life, including the ability to increase wealth, wisdom and joy.

We are all born with a sixth sense; much of the population has previously placed a low value on the illogical gift of knowing the unknowable. Intuition, especially for women has been the deep gut impression or knowing that something unseen is guiding the way. Intuition is the capacity to forge ahead using an intuitive knowing without having to have a logical explanation. The ability to continue to enhance this sense is in fact a matter of discipline of thought and emotion for both men and women.

This ability to create from and be totally in tune with this sixth sense is a conscious way of living in the world, this intuitive gift that we all have is honed in as we raise our consciousness. It is difficult to be intuitive when our minds and emotions are cluttered in the lower vibrational consciousness levels because we have created unreliable emotional patterns and thinking patterns. When we practice holding in mind the thoughts we plant in our minds and when we practice the emotional awareness attached to those thought patterns, we can once again trust and develop our intuition on higher and higher levels.

We are living in a great time where science has disrobed some myths previously embedded in our culture and thinking. Today we know we are living in a totally connected universe and that we can reach higher in consciousness than our current state of consciousness allows.

Through the science of quantum physics we now know that just because you have never seen something it does not mean it isn't real. In fact the frequency, vibration and energy of every aspect of the universe that is real yet unseen is the cause of what is unfolding in each of our individual 3-dimensional realities. That which is unseen is in reality what brings the unmanifest into the manifested reality of time.

I have had intense real life experiences with developing this sixth sense. After a lengthy illness I began using a unique form of meditation to relieve the overwhelming pain I was experiencing in my body. As my ability to quiet my

mind increased my ability to remain highly connected to my sixth sense increased. It was quit unnerving to me at the time as I began experiencing things that were completely outside of my current, and previous, scope of understanding. With discipline I was able to reach a space of consciousness that previously resided outside of me but that was in everything. The answers to almost anything could be brought into my concrete three-dimensional reality by simply quieting my mind asking and receiving. There were many times as I was learning how to fine tune this sixth sense that the deliverer of the information was made known to me and at other times I was very aware that it came from a pool of higher collective consciousness that I had simply allowed myself access to over the course of practiced discipline.

I do not believe that there are miracles in the traditional sense. The absence of the miraculous happening in every day life is experiences through the barriers or filters we place in a unified field of consciousness and thereby limiting our ability to receive. We hold judgments, limitations, comparison, and contrast about what is possible consciously and sub-consciously every moment. What we call miraculous occurs when we let go of any limitation of current or previous belief, judgments, limitations, comparisons, contrast and suspend our current knowing for a request from Infinite Intelligence that we have not judged as impossible and allow for expansion of what we thought we knew. The moment of miraculous occurs when we release previously held beliefs and allow the previously unknown to occur.

There are truly no unknown truths in our individual lives; our limits are self created by running old patterns, programs, limiting beliefs, judgments and faulty habits. When these previously held judgments are released and surrendered the opening of the portal occurs enhancing this most delicious and delightful sixth sense and creates unlimited possibilities for us in our personal and professional life. We have come to understand that intellect can be a detriment to moving into a truly magical space where we can play freely with the intangible forces that govern and organize the universe and most certainly our own 3-dimensional realities.

In “Think and Grow Rich”, by Napoleon Hill he addresses the topic of “The Startling Power of Imagination” Imagination” and our ability to draw from the consciousness of men and women who accomplished great feats of courage, intelligence, art, music and literature while in form. As we now are aware that all things are happening in the moment of NOW and that the idea of time is a reality that we have decided to make real while in form, the idea that we could bring into our conscious space the essence of the hero’s we admire is not so far fetched at all. The connectedness of the universe would in fact allow us the access the essence of any individual and their character, including eccentricities they possessed while here in form. I practice this calling together of a board of advisors as Napoleon Hill suggested and the outcome has been nothing sort of fabulous. My board of course consist of both men the women who have shaped my thoughts and

character, some of the women include Rosa Parks, Margaret Thatcher, Hatshepsut, Eleanor Roosevelt, Helen Keller, Amelia Earhart, Audrey Hepburn, Jane Austen, and Mother Teresa. Some of the character traits and leadership skills I was looking for in my board included freedom, courage, social networking, responsibility, integrity, determination, candor, honor, resilience, confidence, hope, boldness, perseverance, endurance, patience, reason, creative thinking, intellect, justice, curiosity, personal responsibility, curiosity, adventure, commitment, class, style, beauty compassion, generosity, unity, love, and humor. It is important to note that I was looking for and had specific targeted characteristics I was looking to find. This was no lack of specificity and I was clear on the development outcomes as I looked for inspiration. This is an important key aspect of understanding not only our sixth sense but in manifesting on purpose.

I recommend a study of your hero's and heroin's with an intent to increase your personal capacity in intellect and character to adopt from them the characteristics which they spent a lifetime cultivating. You will be amazed at the outcome.

For more Information of Creating Transformational Change in Your Life on Purpose

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