

# WEEKLY SESSION GUIDELINE

**Topic: How To Align All Aspects With The End Result - The Superconscious Recode**

**Source Link:**

<https://fasttrackbusiness.mykajabi.com/products/magnetic-mind-masterclass/categories/2149303242/posts/2158127476>

**Creator:** Hannah Knies

**Theme:** We are all made of parts, aspects, memories and instructions that direct our focus and our ability to create our end results.

**Premise:** We have aspects that are not supporting the end results we're choosing.

**End Result:** Align all aspects with our true end results, create what you love with ease & flow.

**Story/Metaphor:**

- When we shift into the creative orientation we shift the way we orient to the world, to ourselves, to life and we shift the way we create our lives
- We make choices in alignment with our truth and we go for what we truly love
- For most people, this is profoundly different from how we have done life before
- The way we grow up, how we are conditioned and what society gives us is rooted in problem-solving where we react and respond to circumstances trying to move away from what's perceived as uncomfortable and painful, trying to avoid what we fear consciously and unconsciously
- This orientation is based on memories, experiences, identity level beliefs we have established to make sense of the world, assumptions we made based on what we experienced, conclusions we drew from these experiences and instructions we operate on that have been given to us through our family system and our relationships with others in the societal system we're rooted in
- All these codes and instructions are stored in our memory field, in all our aspects of consciousness
- Quite naturally, when we shift into the creative orientation, some of these instructions won't serve what we're going for

- They are out of alignment with this new orientation and with what we're choosing
- You might have already noticed that you have resistance towards your end results, e.g. you choose to create an ELF business, however, you find yourself not being able to make the sales call, put on the webinar, record the video, write that post...
- and you wonder what's going on, knowing that YES you want this, however, there's fear and overwhelm coming up, you end up distracting yourself, being confused and you oscillate
- This is what happens when we're operating from instructions and codes in our memory fields that are out of alignment with our end results
- And that's natural, it's just what happens
- We need to understand that our established "operating system" has served us very well so far - and it has been put in place by a very smart person, it has been created by you
- This operating system has kept you safe, has helped you orient to the world, has helped you "do life" and create all the things you've created so far
- And that's a good thing
- Nothing is wrong with any of those beliefs, patterns or emotions in the first place, they were created for a reason
- They only ever become relevant and problematic when they don't serve what we choose NOW
- This is when instructions need to be updated
- It's like creating a new user manual for your life's creations
- Cycling vs. motorbike
- When we make the shift towards becoming a Superconscious Creator, going from good to magic, we have to update and align all aspects with who we are becoming and what we are creating now
- And this is where the Superconscious Recode comes in - as the most powerful and profound way to create sustainable shifts in all your aspects of consciousness, re-coding and re-writing all the instructions so you can BE it to SEE it, being the person who has it all now and creating your true choices, taking one obvious action step after the other with ease, clarity and an unwavering focus on what matters most to you

### **Teaching Point 1 - 3 Aspects Of Memory**

- You are made up of a main personality and then many other personalities and aspects, when all aspects are working together we can use the recode to easily let go of any resistance that is stopping satisfaction in life
- We do this through connecting to your Superconscious memory which is a memory that was present before you were born and has been passed down through your family, when you give permission to connect to your Superconscious in a session I, Chris, Rochelle, the coach in the session can connect because at the Superconscious level we are one.
- When connecting to the Superconscious we can access what aspects are causing resistance and we can share commands to treat the emotion/pain/beliefs and leave the wisdom - this is because the superconscious
- We have 3 memories: A Superconscious memory that is physiological and passed down through family, it is a field structure that informs our cells/DNA how to act and what to turn on, this is memory number 1.
- We have an Unconscious memory which communicates feelings, it runs the body and is easily trained to interpret symbols (like language) through repetition it can automate complex tasks like driving a car or playing sports, this is memory number 2.
- We have a Self-conscious memory that is also known as ego and is our thinking brain or conscious experience this is memory number 3.

### **Teaching Point 2 - Active Vs. Dormant**

- The Active Experience is what we are experiencing in the moment, it is made up of both self-conscious and unconscious memory.
- Outside of the active experience, we have dormant memory that can be triggered into the active experience when needed
- “When was the last time you rode a bike?”
- We also have parts that are dormant, sub-personalities i.e. the part that is the achiever, the part that is created to avoid rejection
- These parts are created at a very early stage in our lives most of them pre-verbal (explain how we are amnesic to these parts)
- Through choices and actions, these can be triggered into the active experience and cause resistance

### **Teaching Point 3 - The Treatment Team**

- The Recode is facilitated through respect and we desire all parts to choose to let go of resistance, and we do this by explaining the benefits



- All parts that are awake are always listening and taking in information
- Here are some great advantages of the Recode process:
  - to get more satisfaction and less pain
  - to stop intrusions (takeovers)
  - to stop losing time
  - So all parts can run the body at the same time
  - to stop the main personality from hiding information
  - because a mono personality works best
- All these advantages serve your creations as you will have all of you working cohesively together, joining in on your true creations, with all information, wisdom, energy and focus available to create more satisfaction in life
- When doing the Recode we desire to organize all aspects of you into a cohesive group that will work together to create more satisfaction and less pain
- Parts may have good reasons why they don't want to join the treatment team and we respect that and help these parts by treating all barriers so they too can decide to join in on the process - this is a crucial part of the process and we will always make sure to communicate with all parts so they are heard, they can make an informed decision and their wisdom is respected and preserved

#### **Teaching Point 4 - Learning The Process In All Memories: The Recode Metaphor**

- Doing the Recode we work with your Superconscious aspect to treat painful memories
- It is not trance or hypnosis, during the process you are wide awake and in control
- When we connect with the superconscious we share instructions to shift and recode aspects in your memory fields that are out of alignment with your end results and hinder your success
- You can imagine the process like a football field (explain the metaphor)
- It's like a river of desire and at the end of the river is your end result (explain the metaphor)
- We don't have to "know" where resistance is coming from or how and why the memory has been created, we simply instruct our Superconscious aspect to shift what is no longer serving us, removing the charge from past trauma so pain can turn into wisdom and we can move forward creating what we love with more ease and flow

### Teaching Point 5 - Recode Is The Sizzle, Structure Is The Steak

- Here's what's for all of us to understand - resistance is not the enemy that's working against us
  - Self-sabotage is simply just parts of you disagreeing on what's the course of action, the best and safest path - self-C goes "this!", UC goes "nope unsafe!"
  - So when you are experiencing your end result you will feel some resistance towards it - shifting that in service of the ER is creation
  - "Just shifting the resistance" outside of creating the instruction you're giving is "we just need to fix"
  - And this is the key to creation - actions might look the same but in different structures, the results will look completely different
- 
- There's nothing wrong with a lot of modalities that create shifts and changes, it's just the structure they're in creates just more "stuff to work on" because it's problem-solving
  - The Recode is one process, one modality to shift resistance inside the creative orientation
  - Recode is also one modality to shift resistance inside a structure that needs to be the correct one - a creative structure
  - Structure is everything - Recode is the sizzle, structure is the steak
  - The Recode serves as a powerful modality to shift resistance inside the creative tension structure, it's a very profound process and one that shifts resistance in no time
  - However, it's a modality that needs to be applied in the correct structure
  - Here's the truth - you can put Recode in the wrong structure, and it won't work, you put it in the problem-solving structure and then you experience nice shifts - and then you'll have to keep coming back for those changes, and the next changes and the next changes... and then you'll buy the Recode and then Psy-K, and the Emotion Code and hypnosis and then the next one and the next one...
  - Recode is a great tool but placed in the wrong structure it won't work - consciousness is what creates - does this make sense everyone?

- Structure first and then change work, it's very important
- Remember you are not broken - in the creating reality we bring something into being, in the problem reality we want to remove something
- And we are creating, so we focus on what we want, experience that, love and live it as true, notice what's in the way and shift that

**Change Process:** Recode