

POWER OF YOUR MIND - THE SUBCONSCIOUS/UNCONSCIOUS GENERATES YOUR WORLD (PART 2) - CLASS 014

Published 2 May 2026 by Space Academy - Sector Earth

Hello again! How are you today? Are you ready to continue with the subject we developed in the previous Class 13? I hope you are, as what we will talk about today is very important, and we will pick up where we left off.

Today we will see why many people sometimes question whether the manifestation process is real, as they do not see the changes in their lives they wish to see, or they experience events that seem opposite to what they consciously think they want. I am not an expert on the subject, but I will share what I know. Let's begin!

First, and this is not the key part of the video yet, although essential too and related, the manifestation in the physical reality is actually and usually slower than in the so-called more spiritual realms, where life is more energy, not so dense. For something to manifest here, to exist, it must be sustained as an idea that is focused and constant, not contradictory, doubtful and dispersed, not to mention it must or should be accompanied by the actions and changes to one's life as part of the vibrational compatibility with what we want, mentioned in the previous episode. And this is where most people fail.

They think they want something really bad, but at the same their focus is scattered, weak, not taken seriously, perhaps even sabotaging itself for different reasons, and so what is emitted is a signal that is confused and self-conflicting, it doesn't produce the result, pushing an individual even more into the self-perpetuating convictions of one's own incapacity and lack of creative power. This was explained in a nice way here:

"Your wants are relegated to being like unfinished plans in your mind, dispersed and non-focused, because you tend to jump from wanting one thing to another and then to a third and then back to the first. This is similar to being on a ship at sea and wanting to go to several ports at once. But knowing that you can only go to one at a time, you set a course to one, but you change your mind to another half an hour later and then to yet another. Your ship will obviously reach no port, and you will only be moving round and round erratically in high seas. Think of life as that sea in this case. To manifest anything in your life, you need order and clarity in your mind, and that will reflect on the reality you experience. You must know what you want and then move in that direction because wanting something clearly and with focus is not enough". (Mari)

And this is important. How many of us feel we want something but then begin to feel doubt, insecurity, conflicting ideas self-talking to each other within our head? "You may want something badly, but it does not manifest immediately because you still must process internally how badly you want it and if you indeed want it at all" (Mari). And even if we do concentrate on that one thing we want, how many of us take real practical self-confident steps towards it? I can tell you from the experience with some of the people I know, not many. And that is because people very rarely truly know what they want, or what they want is not properly defined, believed in with courage and patience. They simply lack a clear and harmonious direction within themselves, a lot of time simply drifting with whatever life throws at them, with the previously mentioned deterministic mindset of reality happening to them.

Ok, it is precisely here that we will look at the deeper level of the creation process, and at what else is important apart from simply wanting something. As I said above, people very often begin to doubt that it is really possible to achieve that something. They question it, fears and insecurities may creep in, and many thoughts and emotions may arise around the desired goal.

And where is all that coming from? Well, that whole array of attitudes and interpretations regarding the situation they desire comes not only from what they think they want on the conscious level, but also from the accumulated set of ideas and stored preconceptions about themselves and the reality around them, shaping their everyday life from the levels we call the subconscious and the unconscious.

This includes all the assumptions, impressions, and beliefs carried from the past into today, most of them built into our psyche throughout life, many of them since a very young age, about what is possible and what is not, what is achievable and what is not, what is hard, what is easy, where my limits are, what I can or cannot do, where I will fail, and where I will succeed, etc. In other words, they are the previously mentioned perception agreements we hold about ourselves and life, coming from the individual programming one has been subjected to, and from the collective one as well.

Whether we are able to focus on something with enough creative energy, and whether it will manifest with less or more time and accuracy, will depend on those preconceived, ingrained, and very often difficult-to-see ideas within oneself about the desired subject.

Everything we acquire in life, all the experiences, good and bad, revelations,

perceptions, continuously shape our self, make our soul grow, visibly and invisibly, and keep defining it as we advance through life. They form the way we interpret the world around us, and the way we interpret it in this and not in the other way in the first place has also been conditioned by experiences and perceptions prior to that. They are still active within us, no matter how far back we might have acquired them. There are embedded reaction patterns within our deeper mind, old limiting scripts, which tend to repeat if not reconstructed, and, and this is the key point, it is there we generate and create further reality from. This is where the manifestation truly takes place, where it generates, and not really in the more shallow levels of our conscious mind. This is important to understand.

For example, you might think you want to move to another country, and you might really want that, but there could be an embedded idea in your deeper self, maybe programmed by your upbringing, that staying close to your family is a priority and that staying united is the way things should be. You may be not even aware of that lingering programmed idea, but it will still be something that will participate in creating your reality, it will continue to form ripples, as explained in the previous video. And depending on how strong that deeper conviction is, it may sabotage your intentions to move. And this is just one simple example among millions of possible variables, all intersecting within you all the time, all breathing and shaping your life, all continuing to define you inside.

"You manifest from the unconscious. If you are 1000 points, your present consciousness with which you want things and with which you think, is only 20 (2%) of everything you are as a person. The 980 points are your subconscious and your unconscious. It is contained in your physical body as a direct program of interpretation. So you say, "I want to manifest a cake", and you say that with 2% of who you are, because the remaining 98% are spent constantly contradicting" (Swaruu of Erra).

At this point, you will ask: what is the difference between the subconscious and unconscious? Simply put, the main difference would be that the subconscious is just a layer below your conscious mind, storing, processing and operating some of your simpler memories, daily habits and information, while the unconscious is a much deeper realm of suppressed or simply harder to access drives, impulses, traumas, ideas, reactions, more complex memories etc. You manifest from both levels, and from the conscious ones too of course, especially if congruent with the others. You manifest from the entirety of your being. You manifest who you are, not what you want. And this is crucial. Know who you are, on all levels of your being, study your inner world and your programming, voluntary and imposed, and you will master the art of manifestation.

"Everything that happens in what we call the external world is perceived through the

senses and then interpreted by the brain, using previous patterns and ideas in the form of agreements to give value to the messages we receive. But everything is perception-interpretation. Therefore, everything an individual perceives as external reality is only a reflection of the experience he has had previously and of his value system. There is nothing external to our own particular interpretation of what we call the external world, that external world is not more than only more of ourselves. The mirror of our interior" (Swaruu of Erra).

I will give you a real-life example of this. If a person has been constantly abused as a child and made to feel unworthy of anything good in life, then no matter how much he or she may try to manifest something positive, even if they reach that level of positive thinking — which many times they do not because of that early-life programming — it may not manifest for them, or it may take longer, because they might still carry unresolved belief patterns of not truly deserving what is good.

They might only create more loops of failure for themselves that will further confirm and cement that ingrained idea of not deserving anything positive. What manifests, and how efficiently it manifests, does depend on how the mind was programmed in the first place.

And if trying to deprogram all of that sounds complicated to you, and like a lot of work — especially since many of those limiting patterns are in the unconscious, meaning we are not aware of them — well, I won't lie, it is not always easy to do. It is called shadow work: facing the hidden, unhealed, or not yet understood parts of oneself. Not many people spend time digging into that, but it is one of the reasons why things do not manifest, so it may be worth learning the techniques to access that part of yourself.

When you do, you learn to neutralize the effects those limiting self-beliefs and past traumas have on you. You unstick yourself from them. You recognize, heal, reprogram, and rewrite what they mean to you and how you react to them. You become a more integrated being, and manifestation becomes more efficient, as it generates from the congruent — not dispersed — core of who you are.

There is a lot of information, teachers, and practices out there to help you with the shadow work so we won't go into it at the moment, but one important thing to keep in mind is that you must be brave to face your fears, traumas, and things you may not even like about yourself. You approach them with patience and acceptance, even the negative qualities you uncover, as those

define who you are too. We must integrate it all, accept it, apply wisdom and calm self-love to transmute it, and it will eventually dissolve, leaving behind the unified self, complete and without self-fragmentation.

"Love is not the highest frequency — far from it. The highest frequency is integration" (Swaruu of Erra).

The more integrated you are, in touch with your shadows, inner contradictions, confusions, self-doubts, and even dark sides, the more powerful your manifestations will be. Call it congruency of self, when what's in your innermost being is harmoniously aligned with what you know and think of yourself and the reality around on the conscious level.

"The more congruent you are with your thoughts and values, the stronger and the clearer you are with what you want, the faster and stronger you will manifest anything" (Mari).

In order to bring out more positive manifestations into life, and since what you manifest reflects very directly a lot of what you carry inside, changing your inner world first, becoming the best version of yourself you can be, is an essential step forward. You can't change what you experienced in the past, but you can heal and reprogram the inner relation to whatever it was, the meaning it carries. You are not the victim of your past or ingrained reactions and self-perceptions, you can transform your inner world with the power, intention and focus you hold today. Know that you can!

Community Workshop (Kristi - in Youtube Video Only)

Fix yourself on the inside, step by step and patiently, and a lot of that will get reflected in the reality around you. Even the will towards that goal will reflect, if sustained and strong. This is in fact the most important aspect of the Law of Attraction. If you focus on aligning and fixing yourself on the inside, your life and circumstance will most likely adjust in the process. "You are your circumstances, the world you live in, and how you perceive it is only a reflection of who you are. The exterior world is the manifestation of who you were before and who you are today" (Mari).

Practically speaking, you can make a mental or physical list of all the things that you need to improve, many of them already leaked into your subconscious and running at the back of your mind as a computer program. Bad habits, addictions, repetitive destructive inner dialogue, emotional triggers you react to in a way you wish you didn't, we all have that baggage we have created throughout our life. Be aware of that baggage and the frequency you emit at all times, learn to control it. Matrix is designed to cause a reaction in you. It's how you manage those reactions what matters the most. Your attitude. It is what defines us. Be conscious of your thoughts and emotions and especially what triggers them. Develop techniques to deal with all that, and

advance with full self-belief, will and drive. You do have the power, it's in your moment of now.

Do not be afraid to let go of toxic situations and even people who you feel are not in support of your changes and who seem to block your progress. Remember something very important - "You are the result of the average content you consume, the information you read and incorporate in you, and of the people who you interact with the most in your life" (Mari). What you choose to surround yourself with is a direct reflection of who you are, but it is also something that, in turn, continues to shape you for the present and future moments. Be aware who you let into your reality, the conversations you are having, the beliefs you are being given and accepting, the energy you are allowing into your life. Be the master of your circumstances, never at the mercy of what seemingly happens to you.

Thank you, Kristie! "You manifest who you are, not what you want." I love that. It is quite deep and transformative if you think about it. It places the Law of Attraction in a whole new light and perspective, and that is why the Law of Mirrors is a much better term. We manifest and reflect who we are.

But now, is who we are always the result of individual choices, perceptions, and reactions? Are we always choosing what we believe? What about the collective perception agreements mentioned in one of the earlier classes? Do we manifest out of those too? This is where it gets even deeper, and we encounter another layer at work here. And yes, unfortunately, many times we do generate reality from collectively manufactured ideas and limitations — from the collective unconscious field.

And that is exactly where collective mind control comes in, and how the controllers keep us in their grip by directing mass beliefs. We will talk about it in Part 3 of this "Mind Matters" series, and also about the responsibility we have as more conscious individuals to maintain a creative, positive frequency for the larger collective. Yes, the more coherent and powerful our inner selves and manifestations are, the more influence we have on shaping the larger reality of the collective unconscious. Sounds incredible, right? I will explain all of this in the next episode. It is super interesting and important.

Before I let you go — and I am not letting you go just yet — stay until the end for a very nice comment from Swaruu of Erra, one of our past contacts up there (and I promise to explain a bit more about who they are quite soon), let's listen to Priya from the UK as she eloquently summarizes this topic in her own words. She is using the term "subconscious" here rather than "unconscious," but that is because it is often difficult to know precisely where one begins and the other ends, these two realms overlap.

Community Workshop (Priya - in Youtube Video Only)

Nicely said. Thank you so much, Priya, for your thoughts. We appreciate them. Priya also mentioned something here that I did not go into yet, and that is past lives, and carrying things within the subconscious or unconscious from there as well. And that is true, we do. But I purposely avoided that for now so as not to make this subject overly complicated. We will get into it in the future.

For now, I will say goodbye. We will continue this series soon with Part 3, but, as a surprise, before Part 3 I will do a quick "Off Script" episode where I will share unscripted personal thoughts and experiences on this subject. So do not go too far — I will be back very soon. See you then! And remember: the choices you are making today are what will define you tomorrow.

"I want you to know that you are not physical meat bags. That you are magical and eternal beings. Creators of worlds. That you are not powerless. In fact, you are the only ones that have any true power. That's why they keep you ignorant and mind controlled into believing a false reality that only serves a few. You are needed because you are the true creators. You are the gods and goddesses in the making. Kept there to generate a reality that is for the interest of a negative species, that is not only afraid but terrorized at the possibility of you waking up, because then they would stand no chance! I want to let you all know that you can be powerful and you can move the Matrix to your advantage, you are not victims, however difficult this may be to accept for most" (Swaruu of Erra).