
HOW TO COMMUNICATE WITH YOUR SUBCONSCIOUS



Learn how to receive clear yes/no
responses from your subconscious without
hypnosis or reliving trauma

KRISZTINA BALINT

THE PAL EMPORIUM



COPYRIGHT NOTICE

Copyright © 2026 Krisztina Balint | The Pal Emporium

All rights reserved.

This workbook and its contents are protected by copyright law. No part of this publication may be reproduced, copied, distributed, shared, transmitted, sold, republished, uploaded, stored in a retrieval system, translated, adapted, or used in any form or by any means, electronic or mechanical, without prior written permission from the author, except where permitted by applicable copyright legislation.

DIGITAL PRODUCT LICENSE

Your purchase grants you a single, non-transferable license for personal use only. You may:

- Download and print copies for your personal use.
- Complete the worksheets and exercises for your own self-development.

You may not:

- Share, forward, or distribute this workbook to others.
- Resell, sublicense, or redistribute this workbook in any format.
- Upload this workbook to websites, social media platforms, membership sites, cloud storage services, file-sharing platforms, or third-party marketplaces.
- Copy, modify, adapt, repackage, or claim any portion of this content as your own.
- Use any part of this workbook, including its text, images, exercises, or concepts, to train, develop, or improve artificial intelligence systems, machine learning models, or automated content-generation tools.

DISCLAIMER

This workbook is intended for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical, psychological, or mental health condition.

The information presented reflects the author's professional training, practitioner experience, personal insights, and interpretation of publicly available research related to emotional well-being, nervous system regulation, and subconscious patterns.

The techniques, exercises, and concepts shared within this workbook are designed to support self-awareness, personal reflection, and emotional growth. They are not a substitute for medical advice, diagnosis, treatment, psychotherapy, or other professional healthcare services.

Readers are encouraged to exercise personal responsibility and seek guidance from qualified healthcare professionals regarding any physical or mental health concerns.

TRADEMARK NOTICE

Any trademarks, service marks, product names, or registered trademarks referenced within this workbook remain the property of their respective owners. Their use is for educational and informational purposes only and does not imply affiliation, endorsement, or sponsorship.

CREATED & PUBLISHED BY:

The Pal Emporium

www.thepalemporium.com

Krisztina Balint

Ontario, Canada

Version 1.0

Published 2026

YOU MADE IT

Perhaps you have reached a point where you have quietly asked yourself...

"How did I get here?"

Maybe you have worked hard, read the books, listened to the podcasts, gone to therapy, or tried different healing modalities. You have invested time, energy, and money searching for answers, yet the same thoughts, emotional reactions, and patterns keep returning.

Not because you are broken.

Because understanding something consciously is not always enough to change it.

Many of the habits, beliefs, emotional responses, and survival patterns that shape our lives operate beneath conscious awareness. The subconscious quietly stores what feels familiar, what feels safe, and what it has learned through experience. Until those patterns are recognized, they often continue running in the background.

That realization changed everything for me. I stopped searching for more external answers and became fascinated by the intelligence already within us. The subconscious isn't something to fear. It is one of the most powerful systems we have, influencing our habits, emotions, memories, and automatic responses every day.

I created this booklet to help you begin communicating with that deeper part of yourself in a simple, grounded way. My hope is that you will stop searching outside yourself for every answer and start building trust in the wisdom that has been within you all along.

Because lasting change does not come from finding the right person to fix you.

It begins when you learn to understand yourself.

A handwritten signature in a cursive script, reading "Krisztina".

Krisztina (Pal) Balint
The Pal Emporium

INSIDE THIS BOOKLET

Conscious vs. Subconscious	4
The Subconscious Through History	5
Your Body May Be Communicating	6
The Hidden Control Panel	7
Before Testing, Try This	8
The A.C.C.E.S.S. Method™	9
What Is Muscle Testing?	10
Muscle Testing Methods	11
Testing Practice Sheet	13
How to Ask Better Questions	14
Additional Support to Deepen Your Practice	15
Exercises: Apply What You've Learned	16
When You're Ready, I'm Here	19
Explore What's Next	20
References	21
Glossary	22
Printable Tools	24
Final Reflection	27

CONSCIOUS VS. SUBCONSCIOUS

Two parts of your mind, working together 24/7.
They shape your thoughts, feelings, and actions.

THE CONSCIOUS MIND

The part you are aware of.
It helps you:

-  Analyze
-  Reason
-  Plan
-  Make decisions
-  Use logic



It represents only a small percentage of your mental processing. It sees a little. It thinks.

THE SUBCONSCIOUS MIND

The part you are not always aware of. It helps you:

-  Store memories
-  Automate habits
-  Regulate the body
-  Recognize patterns
-  Influence emotions
-  Filter information



It runs in the background 24/7. It sees everything. It remembers everything. It creates your automatic responses.



WHY THIS MATTERS

You can know better, want to change, and try your best...



But if your subconscious patterns don't change, you'll keep repeating the same results.

LASTING CHANGE HAPPENS WHEN YOUR CONSCIOUS AND SUBCONSCIOUS WORK TOGETHER.

THE SUBCONSCIOUS IS ALREADY RUNNING YOUR LIFE

- ☐ You don't consciously beat your heart.
- ☐ You don't consciously digest food.
- ☐ You don't consciously regulate body temperature.
- ☐ You don't consciously recognize your own face.
- ☐ You don't consciously remember how to walk.
- ☐ You don't consciously decide what feels familiar or safe.

THE SUBCONSCIOUS THROUGH HISTORY

For thousands of years, humans have been curious about the mind beyond conscious awareness.



ANCIENT EGYPT (3000 BCE+)

Dream interpretation was used in temples to gain insight, guidance, and healing.



ANCIENT GREECE (500 BCE+)

Healing temples used rest, ritual, and altered states to access deeper wisdom and promote healing.



FRANZ MESMER & ANIMAL MAGNETISM (1700s)

Pioneered the idea that unseen forces influence the mind and body. Laid groundwork for hypnosis.



SIGMUND FREUD & CARL JUNG (1800s–1900s)

Explored the unconscious mind, childhood experiences, archetypes, and the impact of hidden patterns.



MODERN HYPNOSIS (1900s)

Developed techniques to access the subconscious for behavior change and pain management.



POLYGRAPH TESTING (1920s+)

Measures physiological responses believed to reflect subconscious reactions to questions.



MUSCLE TESTING & BIOFEEDBACK (1960s+)

Tools developed to identify subconscious stress, beliefs, and emotional patterns in the body.



NEUROSCIENCE & HABIT FORMATION (2000s+)

Modern research shows how the subconscious shapes habits, decisions, and automatic behaviors.

YOUR BODY MAY BE COMMUNICATING

Most people think communication only happens through words. But your body communicates constantly. A heavy feeling after speaking with someone. A sudden wave of anxiety attached to a memory, place, or situation. These reactions are not random.

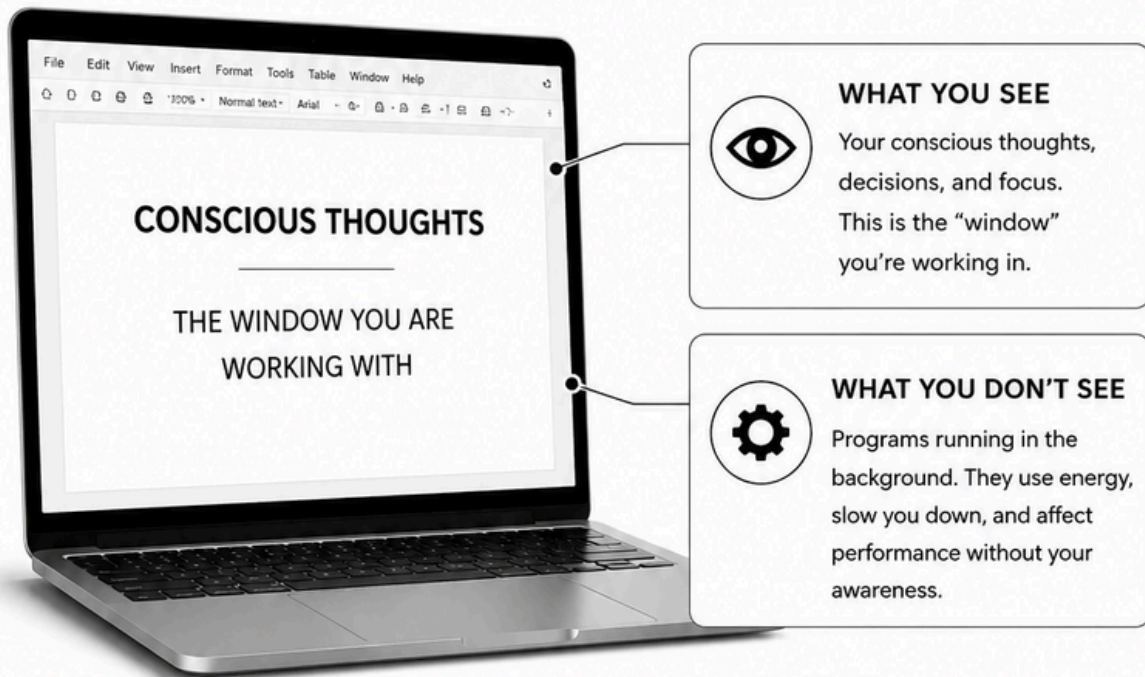
Your nervous system is constantly scanning your environment and responding to information, stress, emotional associations, and subconscious patterns beneath conscious awareness. Long before the conscious mind processes something logically, the body often reacts first. The subconscious mind stores emotional experiences, learned behaviors, protective responses, beliefs, and associations gathered throughout life.

THIS CAN SHOW UP AS:

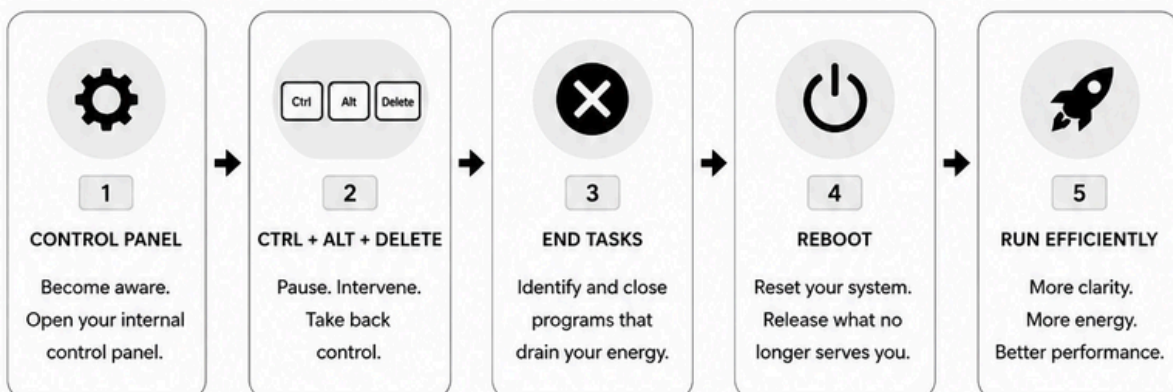


THE HIDDEN CONTROL PANEL

You can only see what is on the screen.
But many programs are running in the background.



WHAT YOU CAN DO: GO TO CONTROL PANEL



When you clear what's running in the background, you free up energy, improve performance, and feel like yourself again.



Awareness is your control panel. Choice is your power. You are the one who decides what stays running.

THE FOUNDATIONS OF CLEAR COMMUNICATION

Simple grounding techniques can improve awareness dramatically.

BEFORE TESTING, TRY THIS:	WHAT IT DOES FOR YOUR NERVOUS SYSTEM
Take 5 slow breaths	Helps shift the body from survival mode into a more regulated state.
Drink a glass of water	Supports focus, body awareness, and nervous system function.
Unclench your jaw	Releases one of the body's most common stress-holding patterns.
Drop your shoulders	Signals the body that it is safe to stop bracing for a threat.
Sit quietly for 2 minutes	Reduces mental noise and improves observation.
Focus on your feet touching the floor	Brings awareness out of the mind and back into the body.

REMEMBER

THE GOAL OF GROUNDING IS REGULATION.

A regulated nervous system is more likely to recognize subtle subconscious responses than a nervous system operating from fear, urgency, or emotional overwhelm.

A.C.C.E.S.S. METHOD™

6 STEPS TO SUBCONSCIOUS COMMUNICATION

Use this simple process before your session
to get clear, accurate yes/no answers.



A

AWARENESS

Become aware of your body, your thoughts,
and the present moment.

Awareness brings you into the now.



C

CALM

Calm your body and nervous system.

Take a few deep breaths and release tension.

A calm body = clearer communication.



C

CLEAR QUESTION

Ask *one* simple, yes/no question at a time.

Keep it specific, focused, and unambiguous.

This prevents mixed signals.



E

ESTABLISH BASELINE

Test your baseline before asking your question.

This gives you a reference for yes, no,
and maybe/neutral.



S

STRENGTHEN AWARENESS

Increase your focus and intention.

The stronger your awareness,
the more accurate your answers.



S

SEPARATE FEAR FROM INTUITION

Check in with your body.

Release fear, doubt, and overthinking.

Stay anchored in truth, not emotion.

HOW MUSCLE TESTING WORKS

Muscle testing is a biofeedback technique that observes subtle changes in the body's response to simple yes/no statements, using the body's natural physiological signals as a way to explore subconscious patterns and internal awareness.

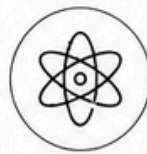


HOW IT WORKS

The subconscious mind communicates through the nervous system.

When a statement, belief, or stimulus is presented, the body produces a slight change in muscle strength.

These changes are involuntary and happen faster than conscious thoughts.



THE SCIENCE BEHIND IT

Muscle testing is based on the principle of biofeedback.

The brain and body are constantly communicating through the nervous system.

When the subconscious perceives something as true, safe, or aligned, the body remains strong.

When it perceives something as false, unsafe, or misaligned, the body weakens slightly.



USED BY PROFESSIONALS

Muscle testing has been used by a wide range of practitioners, including:

- Chiropractors
- Kinesiologists
- Energy Healers
- Functional Medicine Practitioners
- Therapists



HOW IT CONNECTS TO THE SUBCONSCIOUS

Your subconscious mind stores your beliefs, memories, emotions, and past experiences. It is always working in the background to keep you safe and guide your decisions.

Muscle testing creates a bridge between your conscious questions and your subconscious responses—allowing you to receive information you may not have access to through thinking alone.

WE CAN ONLY RECEIVE YES OR NO ANSWERS.

Just like a lie detector machine, your body can only respond with "yes" (strong) or "no" (weak).

WAYS TO COMMUNICATE WITH YOUR SUBCONSCIOUS

THE SWAY TEST

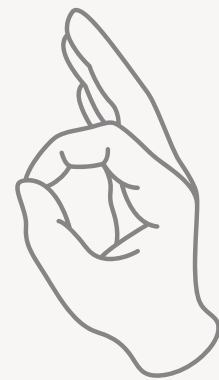
1. Stand comfortably with both feet on the ground.
2. Relax your shoulders.
3. Close your eyes if comfortable.
4. Say a true statement aloud.
5. Observe whether your body naturally leans forward, backward, or remains neutral
6. Then repeat with a false statement.

(Typically people tend to lean forward with a true statement & backwards with a false statement.)

THE FINGER RING TEST

1. Create a ring with your thumb and finger.
2. Use the opposite hand to gently pull the ring apart.
3. Test a true statement.
4. Test a false statement.

(Does the ring open easily on a false statement?)



THE SWALLOW METHOD

1. Sit calmly and take a few slow breaths, maybe a sip of water before you start.
2. Relax your jaw, throat, and shoulders.
3. Ask a simple yes/no question aloud or internally.
4. Immediately after asking the question, try to swallow.
5. Notice whether swallowing feels: • easy • neutral • tight • delayed • uncomfortable • restricted

(Many people notice that emotionally stressful questions or internally conflicting statements can create subtle throat tightness or resistance while swallowing. The throat is closely connected to emotional expression, stress responses, nervous system activation & suppressed communication.)

HARD TO SWALLOW A LIE ISN'T IT?

For visual demonstrations of each muscle testing method, visit @pal.emporiumofficial on YouTube.

WAYS TO COMMUNICATE WITH YOUR SUBCONSCIOUS

THE CHAIN METHOD

1. Take the middle finger and thumb of each hand and connect them together like two interlocking circles or links in a chain.
2. Relax your shoulders and breathe slowly.
3. Say a true statement aloud.
4. Gently attempt to pull the finger circles apart.
5. Repeat with a false statement.



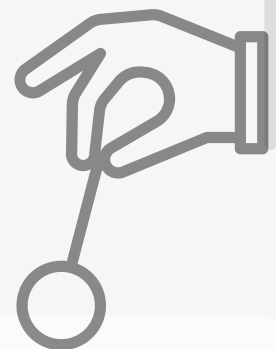
(Many people notice that true statements create stronger resistance while false statements create weakness or separation in the finger chain.)

PENDULUM BASICS

A pendulum is often used as a visual extension of subtle body movement. The pendulum method uses subtle nervous system and muscle responses that can create small movements through the hand and arm.

1. Get comfortable and sit in a chair with an arm rest.
2. Place both feet flat on the floor.
3. Rest your elbows on the arm rest or at table for stability.
4. Allow the pendulum to hang freely between your thumb and index finger.
5. Relax your shoulders, jaw, and hands.
6. Then establish your baseline with yes or no questions

(It is important to remember that pendulum responses can look different for everyone. Some people experience a forward and backward swing, others side to side, circular movements, diagonal motions, or subtle changes unique to them.)



WHAT IF NOTHING HAPPENS?

This is normal. Some people experience immediate responses. Others require practice. Many beginners are so focused on “getting the right answer” that they miss small body shifts already happening.

MUSCLE TESTING PRACTICE SHEET

EXAMPLE

ESTABLISHING A BASELINE

MUSCLE TEST METHOD: ex. swallow test

TRUE STATEMENT: Say an obvious true statement, such as: "My name is Krisztina"

How did my body respond? I slightly move forward with head and shoulders

FALSE STATEMENT: Say an obvious false statement, such as: "My name is Bugs Bunny"

How did my body respond? I slightly move backwards

BODY RESPONSES EXAMPLES

- ☐ leaning forward
- ☐ leaning backward
- ☐ finger weakness
- ☐ body tension
- ☐ relaxation
- ☐ emotional heaviness
- ☐ emotional calmness
- ☐ stomach sensation
- ☐ breathing shift

PRACTICE #1

ESTABLISHING A BASELINE

MUSCLE TEST METHOD: _____

TRUE STATEMENT: _____

How did my body respond? _____

FALSE STATEMENT: _____

How did my body respond? _____

PRACTICE #2

ESTABLISHING A BASELINE

MUSCLE TEST METHOD: _____

TRUE STATEMENT: _____

How did my body respond? _____

FALSE STATEMENT: _____

How did my body respond? _____

ASK BETTER QUESTIONS

One of the biggest mistakes beginners make is treating subconscious communication like a fortune-telling tool. This creates fear, dependency, emotional confusion, and obsessive thinking patterns.

Your subconscious is not meant to replace critical thinking, personal responsibility, medical support, or healthy decision-making. It is a self-awareness tool. Not an escape from uncertainty. Avoid questions rooted in fear, panic, obsession, or emotional dependency.



QUESTIONS TO AVOID

Subconscious communication is a self-awareness tool, not a fortune-telling tool.

Avoid questions rooted in fear, panic, obsession, or emotional dependency.

- ✗ Am I going to die soon?
- ✗ Does everyone secretly hate me?
- ✗ Is my partner cheating on me?
- ✗ Am I cursed?
- ✗ Is something bad going to happen?
- ✗ Will this person text me?
- ✗ Should I keep retesting this answer?



BETTER QUESTIONS TO ASK

Focus on questions that create **awareness, clarity, and understanding.**

- ✓ Does this situation create stress in my nervous system?
- ✓ Does this relationship feel emotionally safe right now?
- ✓ Is this environment emotionally draining me?
- ✓ Does my body feel calm or activated around this decision?
- ✓ Is there unresolved emotional stress connected to this situation?

KEEP YOUR QUESTIONS:



- ✓ Specific
- ✓ Grounded
- ✓ Emotionally neutral
- ✓ Yes/no based

AVOID QUESTIONS THAT ARE:

- ✗ Future obsession
- ✗ Dependency
- ✗ Panic-based questioning
- ✗ Obsessively retesting



ADDITIONAL SUPPORT

Many people believe subconscious communication “does not work” when the real issue is that their nervous system is overwhelmed, emotionally reactive, or searching for answers from fear instead of awareness. Before attempting subconscious communication, it is important to understand something most beginners overlook.

INTERFERENCE BLOCK	HOW IT CAN AFFECT CLARITY
Dehydration	The brain is composed largely of water, and even mild dehydration can affect concentration, attention, memory, and cognitive performance. When the body is under physiological stress from dehydration, it becomes more difficult to accurately notice subtle internal sensations and body responses.
Emotional Panic	During states of fear or anxiety, the sympathetic nervous system activates the body's survival response. Blood flow shifts toward threat detection and away from reflective thinking. This can create urgency, catastrophizing, and heightened emotional reactivity that may interfere with clear observation.
Alcohol or Substances	Alcohol and many substances can alter perception, reaction time, emotional processing, memory, and nervous system regulation. Because subconscious communication relies on noticing subtle responses, altered states may reduce reliability and increase misinterpretation.
Obsessively Retesting the Same Question	Repeatedly asking the same question often signals uncertainty or anxiety rather than curiosity. Research on cognitive bias suggests that when people strongly seek a particular answer, they may unconsciously interpret information in ways that confirm their expectations rather than objectively observing what is present.
Strong Emotional Attachment to the Outcome	When we desperately want a specific result, the brain's predictive systems become more active. Instead of observing what is occurring, attention shifts toward confirming the desired outcome. This can make it harder to distinguish genuine body responses from expectations, hopes, or fears.

EXERCISES TO TRY TODAY

The best way to strengthen subconscious communication is through simple real-life practice.

EXERCISE 1 – TEST YOUR ENVIRONMENT

Stand in different rooms or environments.

Ask: “Does my body feel calm here?”

Notice: • tension • relaxation • heaviness • breathing changes • emotional shifts

EXERCISE 2 – TEST A THOUGHT

Think about a stressful situation.

Observe your body.

Then think about a peaceful memory.

Notice the difference.



EXERCISE 3 – TEST DAILY HABITS

Ask: “Does this habit support my emotional well-being?”

Practice observing honestly instead of forcing answers.

EXERCISE 4 – TEST EMOTIONAL TRIGGERS

Think about a recent emotional reaction.

Ask: “Does unresolved emotional stress still exist around this situation?”

Observe your body calmly.

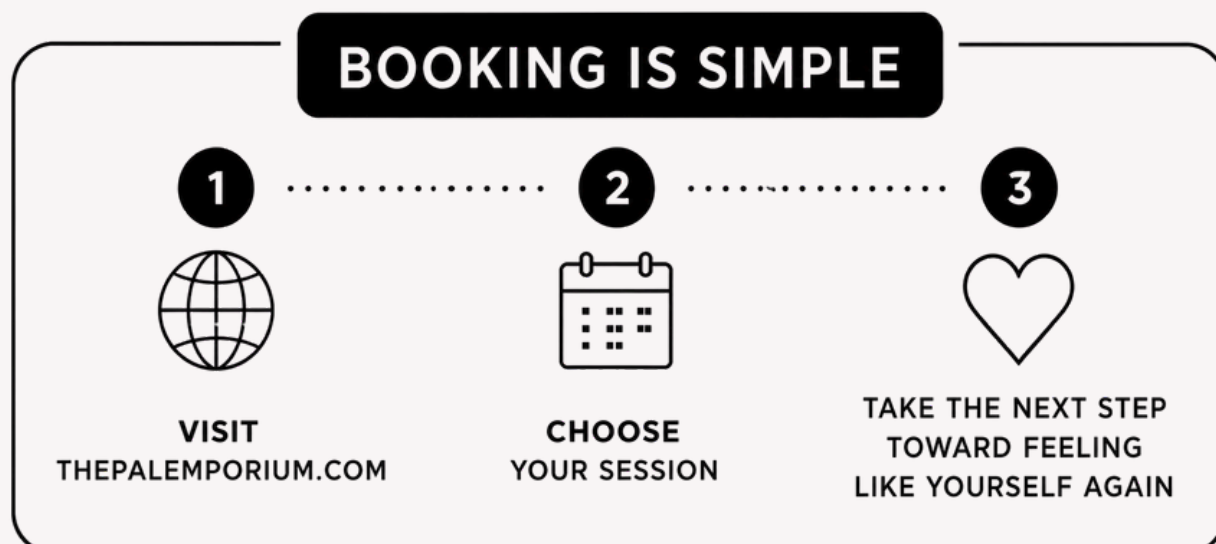
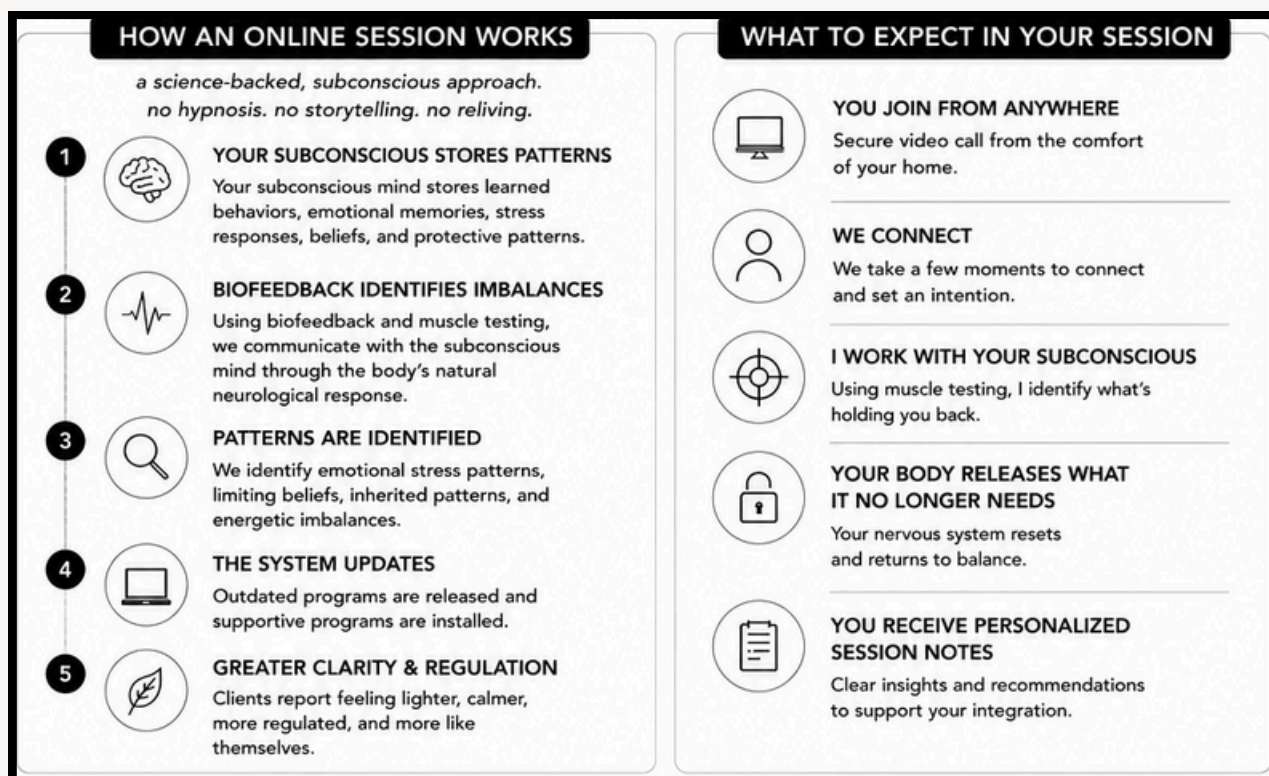
EXERCISE 5 – BODY AWARENESS CHECK-IN

Several times throughout the day, pause and ask:

- Is my body tense or relaxed?
- Am I emotionally overwhelmed right now?
- What emotion am I carrying?

READY FOR DEEPER SUPPORT?

FOR 1 ON 1 HEALING SESSIONS



WHAT TO EXPLORE NEXT?

YOUR SUBCONSCIOUS HOLDS MANY LAYERS.

Discover the next step that aligns with what you are ready to understand, release and heal.

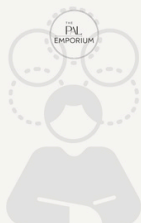
IF YOU ANSWERED YES TO:

- ✓ Emotional triggers
- ✓ Overreactions
- ✓ Emotional heaviness
- ✓ Old memories that still affect you



THE INVISIBLE WORLD OF UNPROCESSED EMOTIONS

UNDERSTANDING THE EMOTIONAL ENERGY STORED BENEATH CONSCIOUS AWARENESS.



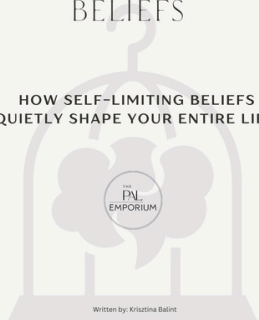
IF YOU ANSWERED YES TO:

- ✓ Self-sabotage
- ✓ Procrastination
- ✓ Doubting yourself
- ✓ Repeating the same mistakes



UNDERSTANDING SELF-LIMITING BELIEFS

HOW SELF-LIMITING BELIEFS QUIETLY SHAPE YOUR ENTIRE LIFE.



Written by Kristina Baint

IF YOU ANSWERED YES TO:

- ✓ Family patterns
- ✓ Relationship cycles
- ✓ Inherited fears
- ✓ Generational struggles



DECODING GENERATIONAL TRAUMA

THE INTER-GENERATIONAL TRANSMISSION OF EMOTIONAL IMPRINTING STORED WITHIN THE DNA & NERVOUS SYSTEM.



Ready for all three?

THE SUBCONSCIOUS FOUNDATIONS COLLECTION



The complete bundle for understanding the hidden patterns that influence your emotions, decisions, and relationships.

- ✓ DEEPER INSIGHT
- ✓ LASTING CHANGE
- ✓ EMOTIONAL FREEDOM

SAVE MORE WITH THE BUNDLE



www.thepalemporium.com

WHAT TO EXPLORE NEXT?

YOUR SUBCONSCIOUS HOLDS MANY LAYERS.

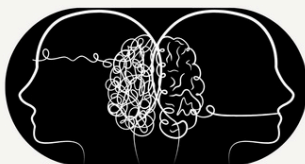
Discover the next step that aligns with what you are ready to understand, release and heal.

IF YOU ANSWERED YES TO:

- ✓ Emotional triggers
- ✓ Overreactions
- ✓ Emotional heaviness
- ✓ Old memories that still affect you



THE INVISIBLE WORLD OF UNPROCESSED EMOTIONS



Understanding the emotional patterns stored beneath conscious awareness.

IF YOU ANSWERED YES TO:

- ✓ Self-sabotage
- ✓ Procrastination
- ✓ Doubting yourself
- ✓ Repeating the same mistakes



BREAK FREE FROM SELF-LIMITING BELIEFS



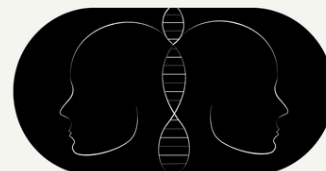
Escape the Stories You've Been Living By

IF YOU ANSWERED YES TO:

- ✓ Family patterns
- ✓ Relationship cycles
- ✓ Inherited fears
- ✓ Generational struggles



DECODING GENERATIONAL TRAUMA



Understand what was passed down, what no longer serves you, and how to create a different future



Ready for all three?

THE SUBCONSCIOUS FOUNDATIONS COLLECTION



The complete bundle for understanding the hidden patterns that influence your emotions, decisions, and relationships.

- ✓ DEEPER INSIGHT
- ✓ LASTING CHANGE
- ✓ EMOTIONAL FREEDOM

SAVE MORE WITH THE BUNDLE



www.thepalemporium.com

REFERENCES & FURTHER READING

The concepts presented in this workbook have been influenced by a combination of personal experience, professional training, practitioner observations, and ongoing research into the subconscious mind, nervous system regulation, emotional well-being, and human behavior. For readers who wish to explore these topics further, the following resources provide valuable perspectives and insights.



SUBCONSCIOUS MIND & HUMAN POTENTIAL

- **Dr. Bruce Lipton**
The Biology of Belief
- **Dr. Joe Dispenza**
Breaking the Habit of Being Yourself
Becoming Supernatural
- **Maxwell Maltz**
Psycho-Cybernetics



EMOTIONS & THE BODY

- **Dr. Candace Pert**
Molecules of Emotion
- **Dr. Gabor Maté**
When the Body Says No
- **Dr. Bessel van der Kolk**
The Body Keeps the Score



EMOTIONAL HEALING & ENERGY-BASED APPROACHES

- **Dr. Bradley Nelson**
The Emotion Code
The Body Code
- **Dr. David R. Hawkins**
Letting Go
Power vs. Force



TRAUMA, STRESS & THE NERVOUS SYSTEM

- **Dr. Stephen Porges**
The Polyvagal Theory
- **Deb Dana**
Anchored
The Polyvagal Theory in Therapy
- **Peter Levine**
Waking the Tiger



BODY AWARENESS & SELF-OBSERVATION

- **Research on Interoception (Body Awareness)**
Interoception refers to the body's ability to sense and interpret internal signals such as heartbeat, breathing, tension, emotional shifts, and nervous system activation.
- **Research on Biofeedback**
Biofeedback explores how individuals can become more aware of physiological responses and use that awareness to support self-regulation.

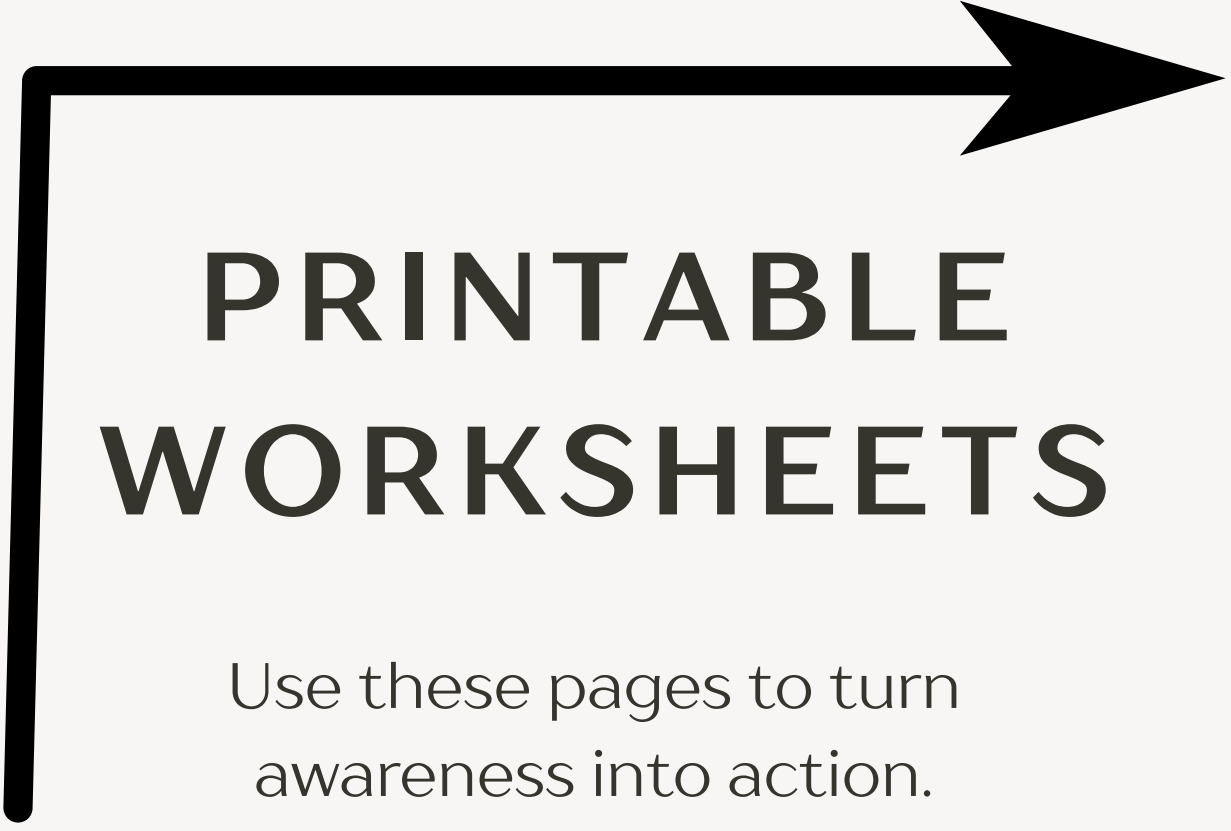
IMPORTANT NOTE

This workbook is intended as an educational self-awareness resource. It is not intended to diagnose, treat, cure, or prevent any medical or psychological condition. The goal of this workbook is not to tell you what to think. The goal is to help you become more aware of the patterns, reactions, and responses already operating within you.

GLOSSARY

These terms are used throughout this workbook. Understanding them can help deepen your self-awareness and support your healing journey.

SUBCONSCIOUS MIND	The part of our mind that stores our memories, beliefs, habits, emotions, and automatic patterns below conscious awareness. It influences much of our automatic behavior
CONSCIOUS MIND	The part of our mind we use for logical thinking, decision-making, and willpower. It processes information and interacts with the world around us.
COMMUNICATION	The intentional exchange of thoughts, feelings, and energy between your conscious mind and subconscious mind. Effective communication creates understanding, alignment, and positive change.
INTUITION	The inner knowing that comes from your subconscious mind. It often speaks to you through feelings, images, or sudden understandings.
INNER VOICE	The gentle guidance, wisdom, or messages you receive from your subconscious. Learning to listen to it helps you make choices that are aligned with your true self.
TRAUMA RESPONSES	Trauma responses are automatic protective reactions developed by the nervous system in response to perceived threat or stress. Common responses include fight, flight, freeze, and fawn. These patterns often operate below conscious awareness and can influence how you communicate, make decisions, and respond to challenges. When your nervous system is in a trauma response, it can become difficult to distinguish intuition from fear. Learning to regulate your body creates a clearer connection with your subconscious mind.
VISUALIZATION	The practice of creating mental images of what you desire. It helps your subconscious mind understand and accept your goals as real.
BELIEFS	The thoughts you accept as true about yourself, others, and the world. Your beliefs shape your reality and drive your experiences.
LIMITING BELIEFS	Negative or unhelpful beliefs that were learned over time and create barriers to your growth, happiness, and success.
REPROGRAMMING	The process of replacing old, limiting beliefs and patterns with new, supportive ones through consistent thoughts, emotions, and actions.



PRINTABLE WORKSHEETS

Use these pages to turn
awareness into action.

SELF – ASSESSMENT:

WHAT MIGHT BE OPERATING BENEATH THE SURFACE?

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE BASED ON YOUR CURRENT EXPERIENCE

YES / NO

01

(TRAPPED
EMOTIONS)

DO YOU SOMETIMES REACT MORE STRONGLY
TO A SITUATION THAN YOU FEEL THE
SITUATION ACTUALLY DESERVES?

YES

☐

NO

☐

02

(TRAPPED
EMOTIONS)

DO CERTAIN MEMORIES, PEOPLE, OR
SITUATIONS STILL CREATE EMOTIONAL
DISCOMFORT LONG AFTER THEY HAVE PASSED?

YES

☐

NO

☐

03

(SELF-LIMITING
BELIEFS)

DO YOU OFTEN KNOW WHAT YOU SHOULD
DO, BUT FIND YOURSELF REPEATEDLY DOING
THE OPPOSITE?

YES

☐

NO

☐

04

(SELF-LIMITING
BELIEFS)

DO YOU EVER FEEL LIKE SUCCESS, HAPPINESS,
LOVE, OR ABUNDANCE COMES EASIER TO
OTHER PEOPLE THAN IT DOES TO YOU?

YES

☐

NO

☐

05

GENERATIONAL
TRAUMA)

DO YOU NOTICE REPEATING PATTERNS IN
YOUR FAMILY SUCH AS ANXIETY, FINANCIAL
STRUGGLES, UNHEALTHY RELATIONSHIPS,
ADDICTION, ANGER, OR EMOTIONAL
SUPPRESSION?

YES

☐

NO

☐

06

GENERATIONAL
TRAUMA)

HAVE YOU EVER CAUGHT YOURSELF THINKING,
ACTING, OR REACTING EXACTLY LIKE A PARENT,
GRANDPARENT, OR FAMILY MEMBER—even
when you promised yourself you never would?

YES

☐

NO

☐

WHAT YOUR ANSWERS MAY REVEAL:

Your "YES" responses may highlight areas where trapped emotions,
self-limiting beliefs, or generational patterns could be affecting your life
in ways you may not have fully recognized.

These insights can be the first step toward greater awareness and change.

CHEAT SHEET

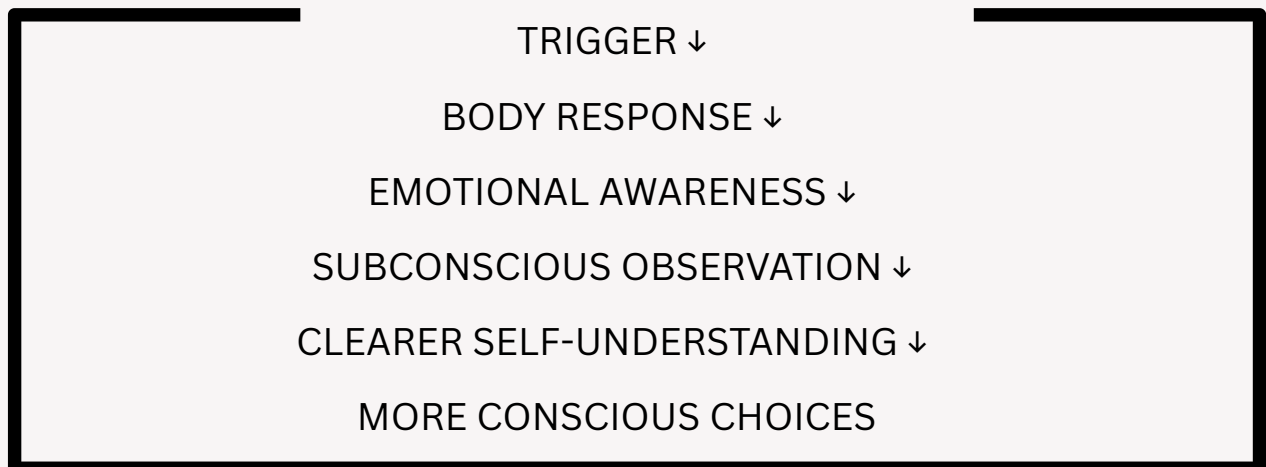
(PRINTABLE)



THE A.C.C.E.S.S. METHOD™

- A → AWARENESS** Notice emotional and physical sensations honestly.
- C → CALM THE NERVOUS SYSTEM** Slow down before seeking answers.
- C → CLEAR THE QUESTION** Simple questions create clearer responses.
- E → ESTABLISH YOUR BASELINE** Test obvious truths before questions.
- S → STRENGTHEN BODY AWARENESS** Observe subtle physical shifts.
- S → SEPARATE FEAR FROM INTUITION** Fear is urgent. Intuition is grounded.

THE SUBCONSCIOUS COMMUNICATION FLOW



THE FEAR VS INTUITION

FEAR

• urgent • emotionally loud • catastrophic • reactive • mentally obsessive

INTUITION

• calm • grounded • clear • simple • emotionally neutral

DAILY OBSERVATION LOG

Date: _____

BEFORE TESTING

Current emotional state:

- | | | |
|----------------------------------|--------------------------------------|--------------------------------|
| ☐ Calm | ☐ Stressed | ☐ Tired |
| ☐ Happy | ☐ Anxious | |
| ☐ Neutral | ☐ Overwhelmed | |

Energy level (1–10):

1	2	3	4	5
6	7	8	9	10

METHOD USED

- | | | | | | |
|---|---|--|--|-----------------------------------|---------------------------------------|
| ☐ Sway
Method | ☐ Ring
Method | ☐ Chain
Method | ☐ Swallow
Method | ☐ Pendulum | ☐ Other: _____ |
|---|---|--|--|-----------------------------------|---------------------------------------|

QUESTION ASKED

RESPONSE RECEIVED

- ☐ Yes ☐ No ☐ Unclear

BODY RESPONSE NOTICED

- | | |
|--|--|
| ☐ Lean forward | ☐ Relaxation |
| ☐ Lean backward | ☐ Emotional heaviness |
| ☐ Finger strength | ☐ Internal calm |
| ☐ Finger weakness | ☐ Other: _____ |
| ☐ Tension | |

OBSERVATIONS

What did I notice?

AFTER TESTING

Do I feel more aware of my emotional state?

- ☐ Yes ☐ No

What insight did I gain today?

WAS THIS RESPONSE COMING FROM:



☐ Fear



☐ Intuition



☐ Emotional Trigger



☐ Unclear

30-DAY SUBCONSCIOUS COMMUNICATION PRACTICE TRACKER

Instructions: Spend 2–5 minutes each day practicing subconscious communication.
Use any method from this booklet and simply track your consistency.

DAY	PRACTICED TODAY?	METHOD USED	CLARITY (1–5)
1	☐	_____	_____
2	☐	_____	_____
3	☐	_____	_____
4	☐	_____	_____
5	☐	_____	_____
6	☐	_____	_____
7	☐	_____	_____
8	☐	_____	_____
9	☐	_____	_____
10	☐	_____	_____
11	☐	_____	_____
12	☐	_____	_____
13	☐	_____	_____
14	☐	_____	_____
15	☐	_____	_____
16	☐	_____	_____
17	☐	_____	_____
18	☐	_____	_____
19	☐	_____	_____
20	☐	_____	_____
21	☐	_____	_____
22	☐	_____	_____
23	☐	_____	_____
24	☐	_____	_____
25	☐	_____	_____
26	☐	_____	_____
27	☐	_____	_____
28	☐	_____	_____
30	☐	_____	_____

Reflection: ♥ What patterns did I notice during these 30 days?

FINAL REFLECTION

What patterns surprised me most while reading this booklet?

What emotional reactions did I notice repeatedly?

What situations make my nervous system feel safest?

What do I want to become more aware of moving forward?



What is one small action I can take to build more trust in myself?

You Are The Greatest Project You Will Ever Work On.

Restart & Reset As Many Times You Need To.

Just Do Not Give Up.

HEAL YOURSELF. CHANGE THE WORLD.

Awareness creates choice.

Choice creates change.

**Change creates a ripple that extends
far beyond what you can see.**



 www.thepalemporium.com |  Book a Session



If this guide helped you, consider sharing it with someone who may benefit from it.