



TRANSCRIPT

Clear Your Beliefs

Session 1: Pull All the Old Junk Out of Your Belief Closet

by Lion Goodman

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with Lion Goodman

YOUR OFFICIAL PROGRAM TRANSCRIPT

Clear Your Beliefs Session 1

Lion: Greetings and Welcome to ***Clear Your Beliefs!***

I'm Lion Goodman. I'm the creator of The BeliefCloset Process, and I'm very excited to be sharing this powerful technology with you.

The BeliefCloset Process can change your life by clearing your beliefs from the core of your psyche.

I'm really pleased that you've taken this important step in your own evolution. No matter who you are or what you want to accomplish, your old negative and limiting beliefs are preventing you from moving forward toward your goals. They're interfering with your ability to manifest the life you want to be living. This process will help you clear the way forward.

If you haven't yet done so, download the ***Clear Your Beliefs Guidebook***. You'll find all the details and instructions you need for your course. Your Guidebook contains all the handouts, transcripts, homework assignments, and everything else you need for this transformative journey.

This program is an exciting expedition into the inner landscape of your subconscious Mind. Now, like any expedition, you need to be well-prepared. That means having your tools and equipment packed and ready, including your maps of the territory that you'll

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be traversing. We've provided them for you within these recordings and materials. The best attitude for any expedition includes excitement and an open-minded willingness to explore and the commitment to do the work required.

Here's our first tip for your successful journey: The results you get will be in direct proportion to your ability to focus your attention on this program and do the work. We want you to get the best results possible so please set aside all the other things you could be doing while listening to the program. If you really want to shift your reality, give it your full attention. Do the assignments fully and completely. You deserve to get great results, so put your best efforts into it, and experience real healing and transformation, the kind you've been looking for your whole life.

I'm going to be taking you through a journey into your subconscious mind. The subconscious is where your beliefs are stored. It's where they operate from outside your conscious awareness. Just to bring it into reality, have you ever suddenly reacted badly and then later wondered what the hell just happened? What did I do? Well, that's quite a common experience. By the end of this course, you're going to have a tool for finding out what happened and eliminating the cause, which is a belief at the core of that particular pattern. The BeliefCloset Process is a result of over 30 years of research into psychology, spirituality, neurology and brain sciences as well as other hard sciences. I've explored dozens of techniques for consciousness change and self-improvement. I'm kind of a proof of the pudding guy. I'm also very practical. I don't like a lot of hand-waving or woo-woo stuff or unfounded ideas with no grounding. Also, I didn't want to become a disciple of someone or something or some organization that required I take on a bunch of their beliefs in order to join their club.

I've been exploring techniques from the periphery and also in depth to really understand how does the brain work, how does the mind work, how does spirit work and how do we even have this

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human experience. What the heck is it anyway? Well, this has been my lifelong quest. I'm very happy to share what I've learned with you and to share this particular process, The BeliefCloset Process, which enables you to reprogram that bio computer of yours very quickly and efficiently. This process came to me really from spirit. After studying many other methodologies, I asked for a new way to change beliefs that was quick and permanent and simple and fun. And this process just kind of got downloaded into my consciousness. And as soon as that happened, I realized that the process itself made sense but I hadn't tested it yet so I began using it in my coaching process. I was amazed at how well it worked and how much power it had. I began seeing very fast change in people. Minute miracles you could call them and a few major ones as well as people changed their beliefs at the core of their psyche. That was more than 10 years ago. And from that time until this, thousands of people have gone through this process and had results that range from mild to amazing.

There have been shifts all of kinds and every area of life. In the financial area, people have broken through their money barriers. In relationships, they have found love and they have finished relationships that didn't work for them anymore. In the area of community, people have broken through from being held back to being really involved in their communities. In psychology, people have cleared old traumatic patterns and found their way back into a normal social life. So I've taught this process to coaches and therapists all around the world. We've got graduates in the program in Holland, Germany, Australia, New Zealand, Finland, Canada, Japan, France, Switzerland and even Turkey. It's really become an international phenomenon.

This is really deep therapeutic work. We're not just going to go in and tweak a few beliefs and make life a little better. We're interested in going to the very depth of you, the deepest most vulnerable aspects that are really causing a problem in your life. Whether you go to therapy or clear your beliefs, it doesn't really matter. What matters is that you dive in to the truth, to the cause of what's happening in your life. Now, we're not going to just

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indoctrinate you with more beliefs either. We're going to encourage you to create your own beliefs to find out what you want to believe, rather than just taking my word for it or getting more new beliefs and plant it up in you from someone else.

And after 30 years of doing my own research and developing myself through many, many different methods, what I found out is that when something really important happened, when there is profound change, I had changed one of my beliefs. It even happened when I was doing psychotherapy. If I shifted a belief, that's what actually made the therapy work. You know, when I discovered that it wasn't all my mother's fault, that was an amazing shift in my life and what shifted was a belief. It was my mother's fault to it's not my mother's fault. It was a major change for me.

Now, if the therapist could help me find out what I believed about something and I could recognize the belief wasn't true and I could change my belief or my viewpoint about it, that's when the real healing occurred. So that's what The BeliefCloset Process does. It skips over the story part of our past and goes right to the causal level to the beliefs themselves.

Think about the placebo effect. Now, most people know that that's when you give a person a sugar pill instead of a drug and then you see what percentage of the effect the placebo is.

Now the general rule is that it's usually 30% or more of the drug's effectiveness. When a person believes that the drug will work, it has more efficacy. It works better. But scientists say, "Well, that's just the belief that it will work." And my response is, "Well, duh!"

There are a lot of drugs that are less than 30% effective, why aren't they studying beliefs as a way of changing the body? Well, the reason is it's because you can't patent it and put it in a bottle. But beliefs are that powerful. Even among drugs, they have a 30% or more impact on whether the drug will work or how well it

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will work. So we're talking about something that has a very profound effect even on the body.

Now if I could hand you a tool that really worked to change beliefs, you could potentially clear anything that was in your way. Our proposition here is that our beliefs create your reality. If that's true, then you should be able to change reality by changing your beliefs.

Now, I don't want you to believe it. What I want you to do is to test it, to find out whether this is true or not for you in your experience. If it is true, it should mean that you could change your feelings at any moment or you could change the way that you relate to other people or you could change those inner voices that have been with you for a long time that criticize you or even annihilate you. You could change physical sensations or pains or your circumstances or you should be able to change what is showing up for you in the world. If this proposition is true, you should be able to change anything by changing your beliefs about it. So that's what we're going to experiment with.

TheBeliefCloset Process is like one of those Swiss army knives, a multi-tool that has a saw and a blade and three screwdrivers and an adjustable wrench and something you have no idea what it's for and will never use. You know, it comes in handy no matter what needs to be fixed.

And that's what The BeliefCloset Process is. It's a multi-tool that you can use to change anything you're experiencing, anything you don't like. Now, you don't need to change the experiences that you do like because whatever beliefs are creating them, you want to keep those. We're only interested in changing the ones that are interfering with our lives.

Do you remember how good it feels when you've cleaned out a closet at home or a drawer or the garage? You pull everything out and you sort through it and you find stuff in there that's been there for years, taking up space. And you look at it and you wonder, "What the hell have I been holding onto this for?" You may even

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ask, “I don’t even know what this is for. I have no idea. I don’t know where it came from. I don’t know what it’s attached to. It’s just taking up space.”

And it feels really good when you throw it away or you take a bunch of crap you don't need and you take it to the dumpster or you give it to Goodwill or a consignment shop. You make space for something new.

Everybody I know has one of those ‘everything’ closets or drawers, a place that accumulates all that old stuff that you don't use anymore. Now, maybe someday it'll come in handy, if you could just remember where it was when you needed it. Of course, when I need it, I usually go to the hardware store and buy a new because I can't remember where I put it.

But if you did clear all that stuff out, you'd have a great sense of freedom. Beliefs are like that too. Beliefs are like letting go of stuff you don't need anymore. Now, the thing about clothes in the closet is that they just sit idly on the sidelines and take up space, but beliefs are a little bit different.

Beliefs are active all of the time in the subconscious mind. They're like an annoying little itch that won't go away. And every belief creates a feeling or a thought and they can get stimulated and activated in which case they kind of jump up and take over from time to time. And we'll demonstrate this a little bit later.

So you may get taken over from time to time and wonder, “What the hell just happened?” Well, this is what happened. Some old belief, some old pattern got stimulated and it jumped up and grabbed you and it took over.

You can use The BeliefCloset Process to clean out those things, the fears, or doubts, or inner voices, or old traumas that come up and grab you by the neck. You can become more successful in your profession by using this process. You can change your self-esteem, how you feel about yourself. You can create better

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relationships. You can use it for anything to improve any part of your life.

And when you clean out your closet at home, you have space for something new. And so what we're going to be doing here is we're going to be planting new beliefs in place of the old in the space that gets created once you get rid of an old belief. Here's another analogy. If you were going to create a garden, what you do first is remove all the rocks and the weeds that were there on the land and then you'd till the soil and amend the soil and then you'd start planting what you want to grow.

So if you wanted to grow vegetables, you'd plant vegetable seeds. If you wanted to grow flowers, you'd plant flower seeds. Now, if you don't do that, if you just try to put the seeds in the old, weedy, rocky area, you're – whatever you want to grow is just going to suffocate. And beliefs are like seeds that create or grow particular experiences. If you want to grow them well, you have to clean the old stuff out first.

You've been accumulating this weedy garden of beliefs since you were tiny. Coming back to the closet analogy, it's as if you kept all of the clothes you ever wore from the time you were born, including your baby clothes and every one of those dirty diapers that you used once and instead of throwing them away, they just stacked up in the closet.

Now, your closet is stuffed with all of these clothes that don't fit anymore and that you don't need anymore. They're not you anymore but they're still hanging out there, still taking up space. So it's time to take them out, take a look at them, and get rid of the ones that you don't need anymore.

Now, most people have only three or four, maybe five major blockages in their life. In my 20 years of guiding and coaching people, that's what I've noticed. I call them 'belief clusters'. It's a group of beliefs that kind of got glued together and then they reinforce each other.

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Here's an example: "There's something wrong with me. Nobody likes me. I'm not lovable. I don't have any real friends. I'm alone and the reason I'm alone is because there's something wrong with me."

You can see that all these beliefs reinforce each other. So once you clean up and clear out those three or four or five clusters you've got in your life, you're pretty much cleaned out. There's nothing stopping you anymore. It's not – they're not bugging you anymore. Now, there will still be some minor cleanup to do but the things that have been really holding you back in life will be gone.

It does take some time to do this and some diligence and some concentration, but it can be done. I'll give you an example. I trained a friend of mine how to use The BeliefCloset Process. And two months later, he called me back and he said, "Well, I've cleared 200 beliefs in these two months."

And I said, "Wow, that is impressive. How do you feel?" He said, "I don't recognize myself. All those things that were keeping me from doing what I needed to do are gone. I'm just taking actions toward my goals and there's no more resistance."

Now, that was a few years ago. This was a guy who was living pretty close to the poverty level and he's now involved in multi-million dollar deals and doing great in all aspects of his life. So that's what's possible with this process.

Now, the process works whether you understand how beliefs work or not, but I think it's really helpful to understand the core of what you're studying, how beliefs work and function in consciousness. So I'm going to dive into that subject as preparation for the work we're going to do. I'm going to take you into The BeliefCloset later and you're going to actually experience removing a belief and getting a direct experience of it being gone and then planting a new belief in its place.

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Beliefs are made of the same stuff as experiences, and experiences are both multisensory and multidimensional. Now, think about how you might describe what you're experiencing right now. You've got some thoughts going on. You're listening to my voice. Maybe some feelings are coming up or memories. You've got body sensations. You notice how comfortable or uncomfortable you are.

Now, if I asked you to pay attention to what your big right toe is feeling, you could do that, you could just pay attention. "Oh, there's my big right toe. What's it feeling? Oh, there it is." So go ahead and do that right now. Just feel you're your big right toe is feeling. Now, that information has been coming in all along all through this talk, but you weren't attending to it. You were attending to what I was saying or the thoughts in your head, but all this information is coming in.

So experience is really complex. It includes all the senses that you have and your intuition about the future and past stories and your interpretations. So beliefs made of this experience stuff. Now, we put them into forms of words like, "There's something wrong with me," but they're really experiences.

Now, this process takes that idea and turns the removal of beliefs into the removal of whole experiences, not just of words. There's a lot of other techniques out there that work with the words and clear the words but they don't get to the subconscious experiential level. Now, the standard definition of belief is something you take to be true. And that's a good intellectual definition, but beliefs, the way I'm talking about beliefs, that goes much deeper.

Beliefs are actually like little reality-creating nanomachines. They produce a specific emotion, or a feeling, or a sensation. They guide your decisions. They guide your choices from somewhere back in the subconscious mind. And from time to time, they jump up and assert themselves and they create limitations as well.

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So I came up with my own definition of beliefs which is this, “Beliefs are the alphabet with which we construct the language of our experience.” I’ll say it again because I like it so much. Beliefs are the alphabet with which we construct the language of our experience. So way down deep underneath our experiences is this language, the beliefs and our words can only describe a tiny fraction of them, but that’s okay. We’re going to go after the experiences themselves through the words and through the feelings.

Beliefs are stored in the subconscious mind. They are literally sub or below your subconscious mind. So to talk about beliefs, we have to have a certain model of consciousness.

We could say that beliefs are the tools that are being used to experience something. We accumulate them as tools of survival. We accumulate them to understand how the world works so we can survive and thrive. This begins while we’re still in the womb.

Now, as we’re developing in the womb, we’re these little beings. And when we’re born, we’re unable to care for themselves so we have a very high capacity for learning. It’s built into the brain. We’re born in this very open and vulnerable state and so our brain and mind work very hard to ensure our survival. It takes on anything it can, any conclusions that it can that will help us survive.

So a baby is basically on record mode for the first four or five years of its life and everything that happens, goes into the mind as a belief or a conclusion. Now, one of the first beliefs is when we’re born, we go from this nice warm environment to suddenly being pushed around and wiped off and sucked out and slapped sometimes. And the first belief you have at birth is there’s something wrong here because you went from being in this nice perfect warm environment to being manhandled and it doesn’t feel good.

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Now, babies cry when they're uncomfortable. They're communicating, "There's something wrong here." And when parents respond, you figure out what will happen. "Well, if I yell and cry, I'll get my needs cared for." Now, the baby doesn't have language, they're preverbal but they're experientially taking on this belief and this understanding of, "How do I operate in the world? How do I get my needs met?"

Some of our earliest beliefs that we took on, the most powerful ones usually, got created when we had a traumatic event occur in our lives. It involved loss or pain or shame or some other overwhelming emotion or experience. That's the point where we start getting indoctrinated or we indoctrinate ourselves with our own beliefs.

Now, if you believe the people who are better than you or older than you, you will have a better chance of surviving. If someone older than you says, "Don't eat that mushroom. It will kill you," you're more likely to survive by not eating the mushroom. So that's how beliefs are born. You take on the beliefs of others, and since it helped them survive, it's likely to help you survive.

This is a really good system for accumulating cultural and worldly knowledge for survival. So as a system, it works really well. It allows us to take on the knowledge of others and survive better.

But there are a few problems with this good system. The first is that we don't have a built-in mechanism for discerning true beliefs from false beliefs or good-for-us beliefs from bad-for-us beliefs. There's no discernment built into the system. We have to learn and grow it.

The second problem is that beliefs don't disappear when they're no longer needed. They accumulate in the subconscious mind. Now, I always thought that beliefs sought to have an expiration date. You know, like food. It's like, this is good for the next five years, but then it's gone. It needs to be tossed out. But the problem is it doesn't. It just sticks around in the subconscious and

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keeps impacting you. So that brings up the third problem which is that anyone can indoctrinate us with their beliefs.

And because you were on record mode for the first four or five years, the people who loved you, like your parents, think it's really important to indoctrinate you the same way they were indoctrinated. Now of course, you want to belong to the family so you welcome the indoctrination.

Now, as you grow and learn and mature, your needs change. You don't need that protection that you once did. But these beliefs keep on producing the experience all the time, all the way into your adult life.

Now, you probably know an adult or two who believes, "If I cry and make a fuss, I'll get my needs met." Well, that was a really good belief when they were an infant. But as an adult, it's kind of unseemly. These indoctrinated beliefs keep hanging around with us and they interfere with our life. It's kind of like having a computer connect to the internet with no virus protection, no firewall. It's very easy to get bugs in the operating system.

So, I'm going to use another analogy. I love analogies. So, beliefs act like colored lenses in front of our eyes. We experience the world through them. We don't know that they're actually adjusting our view until you take them off. So if you put on sunglasses or if you're trying on different kinds of sunglasses, you'll see that the world looks different with each different colored lens.

Now, if you could take off all of your beliefs, you would see the world just as it is. It was a great quote William Blake. He said, "If the doors of perception were cleansed, everything would appear to man as it is: infinite." And that's what happens when you clear all your beliefs, you look around and see that everything and everyone is infinite.

On another topic, beliefs produce specific feelings. And what we're going to be doing is using this ability to feel a belief in the

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process. Now here's an example that you can try right away and get a direct experience. Take a moment, close your eyes, and take a breath.

And now, feel what it feels like to hold the belief, "There's something wrong with me." Just say it to yourself as if it's 100% true and feel what feeling this belief produces in your experience. What are the body sensations associated with this belief, "There's something wrong with me."

And notice what the limitations are that it produces when you believe that, and notice whether this is a fairly common feeling for you. Is this an experience that you have often in your life? Most people do. It's like a little annoying thing in the background. And this is the most common belief I found that's why I use it as an example so often is because most people have that belief somewhere in their subconscious mind.

So every belief produces a feeling. I'll give you an opposite example. So take that belief, "There's something wrong with me," and throw it away. Put it in the trash can. And now, feel what it feels like to hold the belief, "I am a sacred and worthy being." And just feel what it feels like to hold that belief. Notice the body sensations, notice what's possible in your life.

Most people report that it opens them up. They feel good. They feel secure. They feel real or true. So this shows you that any belief produces a particular feeling, and this is going to be very useful in The BeliefCloset Process.

Now, I call this process The BeliefCloset because clothing is an excellent metaphor for beliefs. Your subconscious mind understands from experience that every different kind of clothing you own makes you feel differently. A formal eveningwear feels different than work-out clothes or business clothes or pajamas.

So let's come back to the earlier belief, "There's something wrong with me," and imagine that this belief feeling is on your body like a

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set of clothing. So feel it again, "There's something wrong with me." Now, not all clothes are comfortable. You go into a shop and you try on different clothes and sometimes you say, "Oh, this is really not me," so you take it off.

So, again take this one off just as you would an outfit or clothing that you decide doesn't fit. It's not really you. You always have a choice as to what to wear or what to believe, so just take this belief off and throw it away. Put it in a giveaway bag for Goodwill or put it in a fire.

And now, feel what it feels like to have that belief off of you. Good. So now, we'll come back to the other belief. Close your eyes again and feel what it feels like to hold this belief, "I am a sacred and worthy being." Just say it to yourself as if it's 100% true. "I am a sacred and worthy being."

And again, feel the feeling that it produces. Notice whether it gives you a sense of greater freedom or greater possibilities. And that's as long as it takes, by the way. It only takes a moment to feel a belief and you can choose to take this one off or you can leave it on.

So you're always at choice in The BeliefCloset Process. Beliefs are invisible. They don't weigh anything. You're already living with hundreds or thousands or possibly tens of thousands of beliefs. And each one is producing a feeling in the background. That's those annoying little itches in the background and also the wonderful little feelings in the background. Life is a rich mixture of these feelings because we have so many beliefs, and each one is producing its own feeling.

I'm going to talk about one more thing and then we'll dive into the process. I'm going to talk about indoctrination. The word indoctrination comes from "in" and "doctrine" meaning that a belief is put into someone else. And our first beliefs, the first couple of years are nonverbal. We don't yet have language, but they are feelings, they're experiences that you take to be true.

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When you were an infant, you had feelings based on what was happening to you. Sometimes you feel "I'm loved." Sometimes "I've been abandoned." Sometimes "I'm comfortable," sometimes "I'm uncomfortable." And then you begin to learn language, and your parents begin that lifelong programming that they want you to have in order to become the person that they would love and accept.

So they assign a name to you and you learn that when they say your name, it means you. And they tell you, "Good" and "Don't" and "That's right" and "That's wrong." They're trying to shape your behavior into acceptable form. Depending on your parents, that might have been a very pleasant experience of learning to become a human being or it might have been a very unpleasant experience, especially if they were abusive or they weren't very good at their job.

Then your older siblings get in on the act. They start programming you with their beliefs. "You're a baby. You're an idiot. You're in the way." Then your grandparents or your nannies or caregivers, they provide other programming. And beliefs start getting layered on top of you. Each one is like a tiny snowflake, but they start adding up to huge snow drifts.

If you went to church or synagogue or a mosque, another layer gets added. "This is who God is. This is how to relate to God. This is how a good person lives. This is how you get the big reward in the sky."

And then you go to school and another layer of programming occurs. "This is who the Pilgrims were. This is how to do Math. This is how to be in class. Don't speak unless you're called on," and all the rest.

Those older beliefs keep getting pushed down into the subconscious mind and they continue to operate there. As you grow, you learn that some beliefs aren't true. You learn that Santa

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Claus isn't real. You learn that scientific truths keep changing. Everything that happens to you adds some other beliefs.

Somehow we manage to operate in this maze of beliefs, layers and layers and layers of beliefs. It's amazing that we can make sense of the world at all, but somehow we do. And it also makes clear why a lot of the world doesn't make any sense. It's because we can't sort through all those beliefs and find out what's true.

So let's get on with it. Let's get to the experience of being in the BeliefCloset. Now beliefs are creations. And like any creation, they can be dis-created. In Western culture, we talk about two thirds of what the Hindus called the Godhead. We talk about the ability to create, and the ability to sustain. But we don't talk much about the ability to destroy. In the Hindu, Pantheon, there's the god of creation, the god of sustaining and the god of destruction. And because we are gods in our own universe, we can destroy things consciously.

Unfortunately, beliefs don't get destroyed by themselves. They don't have an expiration date. But you can destroy them. You can take them out, delete them, disappear them. And even though they were put there originally for a good reason, you can choose consciously to take them out.

I use the term dis-create, which means to un-create what you created. Even if it was an indoctrinated belief, at some level of consciousness, you took it on and you accepted it into yourself and therefore you can un-accept it. You can take it out.

We work with three levels of consciousness. One is the subconscious realm, which doesn't speak in language as much as it does in experiences and pictures and feelings. And then we work with a conscious mind because you're always in charge of the process. If you don't like it, you can just change it or leave it at will.

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And the third is the super-conscious, or the higher self, which recognizes who you really are. It doesn't matter what you call it. You can call it spirit or source, higher self, but what it means is that we're working all three levels at once.

The BeliefCloset Process takes place in the imaginal realm. This is the realm where your night dreams are made and where you can imagine the future or come up with new thoughts. Anything can happen in the imaginal realm. If you watch your dreams at night, you know that you can transform from an animal to a plant, to a human, to a different person, from one place to another, very quickly because the imaginal realm has no limitations.

In The BeliefCloset Process, we invite your subconscious out to play because the subconscious is very playful. Remember when you were a kid and someone knocked on your door and said, "Can you come out and play?" It was really a wonderful invitation. It's like, "Oh, I was waiting for that to happen. Someone likes me."

That's our invitation to the subconscious mind and your subconscious is delighted to come out and play with us. Now, this isn't an altered state of consciousness or a hypnotic trance. It's called guided visualization. You'll be fully conscious and awake and you'll be guided on a kind of imaginative journey, but you are in charge the whole time. If you don't like what's happening, just simply open your eyes and come back into normal consciousness.

Like any practice, like playing a musical instrument, or meditation practice, or yoga or even medicine, it takes practice to get good at it. You'll need the seven weeks built into this program. I hope you'll do the process a lot on your own, because as you grow in your ability to use it, you'll get to the place where you can do it anytime and you can do it for the rest of your life and you'll have this tool to use no matter what comes up for you. You'll be able to change your experience of what's happening and change what's happening in your life.

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Because this is a guided visualization, I want to speak to the non-visualizers out there. This is about 20% of the population that doesn't visualize well. When you're told, "Imagine yourself walking on the street in Paris or imagine a giraffe," you may get fuzzy images or if you're really real non-visualizer, you may get nothing.

The first thing to know is that there's nothing wrong with you. I've worked with a wide range of people who are non-visualizers and everyone can do the process, but you need to make a few adjustments.

Non-visualizers get information in different ways, sometime it's kinesthetic like body location or body sensations, body feelings. Some people get auditory voices or sounds. Some people get full multi-dimensional 3D movie reels that can be very confusing. The instructions are, "Take whatever you get." However you perceive, that's fine.

When I say, "Look around and see what's there," if you're a non-visualizer, simply translate it into your own impression language. Imagine I'm saying, "Feel around" or "Feel what's there" or "Get an impression of what's there." However you take in information is perfectly fine. The process will work for you. Just be open to whatever you get and however you get it.

We're going to take one minute and I'm going to ask you to write down, if you haven't already, five or more beliefs that you think are at the core of your personality or your psyche. We're particularly interested in the negative ones. What do you believe about yourself deep down inside?

There will be more writing to be done later. The more you explore your beliefs, the better. For now, just take a minute and write down five beliefs that are negative. Like, "I'm not smart" or "I have no talent" or "I'm a slob. I'm unattractive. I'm poor. I can't get out of this hole." Anything negative, just write them down. I'll give you a minute to do that.

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As you're writing, I'm going to talk to you about core beliefs. Core beliefs were taken on when you were very small, when you were a tiny child. And they're usually phrased in a way that a child would say them. That's what we're going for.

An adult might say, "I have certain negative qualities that I don't accept about myself." And that's certainly true and a very sophisticated belief. But a child would simply say, "I'm bad." So when you look at your beliefs, write down your beliefs in that child way and you'll be closer to the core. And the closer you can get to your core beliefs, the more powerful this experience will be.

So continue to write down until you have at least five negative beliefs about yourself.

1.4 We'll now begin the process.

Set your pen down, or take your fingers off the keyboard, and take a big breath in and let it out slowly. We're about to go into the imaginal realm. As you breathe, let your outbreath be longer than your in-breath. It's a way to calm yourself in any situation.

Another big breath in, and let it out more slowly than it came in. And find your center. Feel the ground. It's good to have your feet on the ground in this process. It helps ground you.

We're about to enter a different zone, the subconscious mind, the imaginal realm, where your beliefs are stored, where those inner voices come from, and where your imagination is.

Remember that there will always be a choice in this process. You're empowered to make your own decisions. If something doesn't feel right to you in my instructions, simply don't do it or adjust it so that it does work for you. And if at any point in the process things become uncomfortable, simply open your eyes and you'll be back in your room in your normal state of consciousness.

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Allow yourself to settle, calm your mind. I'm going to be guiding you through an imagination exercise that will allow your conscious and subconscious mind to participate in exploring your beliefs. Begin by thinking about where in the world you would want to build your dream house if you had unlimited resources and could build it anywhere on earth.

Begin by choosing a location. Where would you like to have your dream house? Now, maybe you have – would like five or six dream houses but just choose one to start with, the first house that you'd build if you had unlimited money and resources. Maybe it would be near the ocean, or on top of a mountain. Perhaps it would be near a forest, or in a desert, or a canyon.

Begin to imagine the terrain and the environment that your dream house would be located in and allow it to form in front of your eyes. Now, about half of this is a choosing exercise where you'd choose what you want to see, and the other half is allowing your imagination to create the detail. So describe some of the features that you see in your dream house and in the location and describe them to yourself.

Allow the details to come in. Now, sometimes for some people, details come in fully blown, perfectly formed. And sometimes you have to work with them. Often, you get a clear and fuzzy images together. And as you pay attention to the fuzzy areas, they become more detailed. However it's happening for you is fine. And if you're a nonvisualizer, just get a sense of it in whatever way it comes. How does it feel in your body to be there or to be looking at your dream house?

Now, I'd like you to begin to imagine what your dream house looks like placed in that landscape in the perfect position. Take a kind of aerial view as if you're floating in the air and look down on your dream house and begin to fill in the details of the house on the outside.

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How many stories does it have? Is it all on one level or does it have multiple floors? What's the outside made of? Is it stone, or wood, or brick, perhaps adobe? And where are the windows located? Do the windows look out on a vista? Are there water features such as swimming pools or a fountain? Just describe what this house looks like to yourself.

Now, gently fly yourself down to the front door. And look at the front door carefully and recognize it as your own. This is your dream house. You built it. You designed it and you can simply walk in.

So walk in through the door and notice what you can see from this front entrance. Take a look around. What do you see? Are there stairs? Rooms off to the side? Is it warm and inviting? How does it feel to be here? Can you sense that you belong here? How is it decorated? From what can you see now, does it look very modern or is it more traditional? Listen to any sounds that you may be able to hear. Look out the windows and see what you can see as you begin to walk around and enjoy being here. This house was constructed by you for you and you can change anything you wish, anytime you wish. This is your house.

As you're walking around, looking at different rooms, notice the décor of each room. Can you see the kitchen? Is it very modern kitchen with all the proper appliances or is it more traditional like a country kitchen? Does the living room have big comfy chairs and couches or is it more modern and spare? Is there art on the walls? Are there plants?

Now, I'd like you to walk toward your master bedroom. Since you designed the house, you know where it is. And as you're moving in that direction, notice what else you can see. What other rooms can you see as you walk towards your master bedroom? Now, enter your master bedroom and describe to yourself what you see. If you don't see pictures, describe what you feel or sense or hear or just know.

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Take a look around. Is there a deck that you could go out on? If so, go out and take a big breath and breathe in the air around you. Take a look at the view from there or look out the window and see what you look out on from your master bedroom. What does the furniture look like? Let these images come or, if you wish, create them. Create what you'd like to have in your master bedroom.

Now, you'll notice that in addition to all the things that are there, suddenly, will appear large doors that lead to your BeliefCloset somewhere in the room. So just take a look around and see where they appear.

Often, they look like two large wooden doors that open from the middle, but they could be sliding doors or mirrors or steel or louver doors. It could be something else entirely. So look around and find the doors to your BeliefCloset and walk up to the doors, but don't go in quite yet.

I'm going to describe what you'll see when you enter your BeliefCloset. It's going to look like a very large walk-in closet, but there are some real differences. The first is that all the clothes that are there, in every shape and size and color imaginable represent your beliefs. Every belief you have will appear as some kind of clothing, and every piece of clothing or everything that appears on the closet will represent a belief.

Some of the outfits may be hung up on hangers and some may be on drawers or on shelves. And when you enter the closet, the light will come on automatically. When you do enter the closet and you look to your left, you're going to notice some type of incinerator.

Now, I don't know what yours will look like. It might be a stove, or a campfire, or even a nuclear furnace, or some kind of high-tech machine. But this incinerator uses a really hot fire to destroy beliefs completely, so that not even ashes are left.

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And also, when you walk in, you'll notice to the right, one of those three-way mirrors, the type that they have in tailor shops, and clothing stores, where you can turn to the side and see all around you. So those are the main differences in The BeliefCloset from a normal closet.

So go ahead now. Open the doors to your BeliefCloset and walk on in, and take a look around. And accept whatever you experience even if it seems strange to you. We have engaged your subconscious mind in a dialogue and it's speaking in pictures and impressions. So go ahead, walk around, look around your BeliefCloset and notice what's there.

The outfits in the BeliefCloset, the clothing, appear all by themselves. You don't have to create them. They may or may not look like clothes you have in your closet at home or even anything you'd ever wear.

So right now, just walk over to the three-way mirror and look at yourself in the mirror. Notice what you're wearing. It may or may not look like anything in your normal clothing closet. This outfit like every outfit in the BeliefCloset represents a belief. And we're not going to work with this one right now.

What I'd like you to do now is just take this outfit off and set it to the side. Just strip it off like clothing and set it in a place that you know where it is. Then you can come back to the mirror and close your imaginal eyes, those are the eyes you have inside your BeliefCloset.

Now, I'm going to have you feel a belief that you're going to get rid of. It's a belief that's one of the most common beliefs I found and it's at the core of almost everyone. Even if you don't believe you have it, just go along with the visualization because it never hurts to get rid of something you don't have.

So what I'd like you to do now is to feel what it feels like to hold the belief "There's something wrong with me." Really feel what

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this belief feels like in your body. Allow it to take over as if it's 100% true. As you're feeling the feelings of this belief "There's something wrong with me," your subconscious mind is creating an outfit of clothing to represent this belief.

And when you're ready, open your imaginal eyes, the ones you have there in the closet and look in the mirror. See what belief has appeared as if by magic that your subconscious mind has painted there to represent this belief "There's something wrong with me."

The image might come quickly and completely or it may not come quickly and all at once. It may take a while to develop and form. If you're not a visualizer, just feel what it feels like on your body. You can even feel it with your fingers and feel the weight of it on your body.

It could be anything. It could look like clothing. It could look like a Halloween costume or a natural object or a movie reel or a memory. Whatever you get, just accept it as the way the subconscious mind has chosen to represent it. Accept whatever impressions you get.

Feel what it feels like to be wearing this outfit. Is it uncomfortable? Is it painful? Is it tight or restrictive or is it loose and hanging? What are the physical qualities of this belief? What is it made of? How much of your body does it cover?

Feel as if you've been wearing this belief for your whole lifetime and feel the impact that it's had on your life, the restrictions that it's put on your life. How it's affected and impacted your relationships with other people. How it allows you or doesn't allow you to show up in the world. "There's something wrong with me."

Now, you're at a place of choice. The question that you get to answer right now is, "Is this a belief you want to keep or is it one you want to let go of?" If you want to let it go, take this belief outfit off as if it's clothing and make sure it comes off completely.

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Now, you might be able to just strip it off like normal clothing or you might have to find a zipper or a Velcro in the back that allows you to step out of it like a big one-piece costume. And notice that all the feelings that it was producing come off with it because they were part of the belief outfit.

So get out of this thing and let it fall to the floor and then take a step away from it. And feel what it feels like to no longer have this on you. And if it still feels like it is on you or in you some way, reach inside yourself and pull out all of the remnants of this belief from every part of your body; your brain, your mind, your soul, your heart.

Just pull it out and toss it onto the floor along with the outfit so that you can stand clean and clear without this belief. Now, it's just lying on the floor all crumpled up. Take a breath and feel what it feels like to not have this belief on you anymore.

It was just something you took on. It was just something you tried on early in your life. It was just a belief. It's not true. There it is lying on the floor.

Now, every belief has served us in some way during our life. Beliefs want to be acknowledged for their service before they're disintegrated and gone forever. So we do a little ceremony at this point. Sweep up all the parts of this belief outfit, pick them up in your hands and look at it.

And regard it with some appreciation for however it served you in the past. And even if you don't understand how it served you, trust that it has. Most of these things were formed to protect you in some way. So just trust that it did serve you and speak out loud the following phrases as you speak to the belief outfit in your hands. Say to it these things. "Thank you for having served me in my life. I've outgrown you and I don't need you anymore. Your job is now done. I am now going to return you to the nothingness from which you came."

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And now, add anything else that you would like to say to this old belief before you discreate it. Is there anything else you'd like to add? Just go ahead and say it to the belief outfit.

Now, when you're ready, I'd like you to walk over to the incinerator, the one that was to the left as you walked in to your belief closet. When you're ready, open the door, if your incinerator has one, and place it into the fire. Or if it's a campfire, just gingerly and respectfully place this belief outfit into the fire and watch it burn. It will burn completely until there's nothing left, not even ashes or smoke. It will be completely gone.

Sometimes these belief outfits burn completely and they go in one poof. Boom, they're gone. Sometimes it takes a while. However it happens in your BeliefCloset is fine.

If it's gone, just feel what it feels like to no longer have that belief in your life. Take a breath. Know that it's gone forever and just feel the space that's been created. If it's still burning, just be patient with yourself and watch it until it burns completely.

And feel what it feels like to no longer have this belief in your life, to no longer be wearing that outfit, that's no longer in your closet. And notice how you feel and describe those feelings to yourself.

When an old belief is discreated, what remains is an empty space. And you can now fill the space with a new belief that's positive and empowering for your life. It's like planting seeds in that cleared garden. What seed do you want to plant? What belief do you want to have about yourself?

Now, I'm going to make a suggestion or two but you are the ultimate decision maker. You will choose the belief you want to create to replace the one that's now gone. You could choose the belief "There's something right with me," but that's not very empowering.

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Or you could use "Everything is right with me," but that might be hard to believe. This is a unique opportunity to enhance your self-power, to find the truly powerful belief that will operate your subconscious mind from this moment forward. Try on each belief and feel free to adjust it or change it and make it to your own language or your own taste.

Feel what it feels like to hold this belief and see how it feels to you. I am a sacred and worthy being, and really feel it. If you like that belief, if it really fits you, feel free to use it in the next part of the process or if you found a better belief for you, please use that one.

Now, whatever belief you've chosen as your new belief, feel it as if it's a sun radiating from the center of your heart. It's radiating its light the truth of that light into all of your 50 trillion cells in your body, out to all parts of your life. Say it again to yourself and feel it, feel how it makes you feel to believe that new belief.

This truth of who you are radiates out like love and light. It radiates into the past, transforming the past. It radiates into the future creating a good future. It radiates into all of your relationships and into your work.

It radiates out into your personal life all the way down to your deepest needs and all the way out to your highest aspirations. This is the truth of you. This is who you really are.

And now, I ask, is there a way I can make this belief even more glorious, even more powerful, even better? Is there a way I can shape this belief so that it's really truly me? And, if so, change the belief and do the same process, feeling what it feels like to hold that belief.

This is the seed that you're planting in the cleared ground. And when you plant a seed in the right ground, it will grow and blossom. It will blossom into your entire life. So feel it fully. And

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when you're really feeling it, walk back over to the mirror and see what outfit appears in the mirror to represent this belief.

Your subconscious mind will actually paint a new outfit to fit this belief. Just recognize what you look like in the mirror. See the outfit or feel it. And if you don't see something, feel it on your body, feel it from the inside, feel it with your fingers, feel what you feel like.

Walk around or dance around in front of the mirror and feel what your life will feel like as you experience this belief fully throughout your life. Enjoy this feeling. Now, again, you have a choice. The question is, is this a belief you want to keep? If the answer is yes, feel it and know that it's going to be with you even as you'd come back into your daily life.

Now, we're going to exit the BeliefCloset. Take a look around and see where everything is; the outfits, the incinerator, the mirror, whatever you see there in your BeliefCloset. And know that you'll come back here quite often through these seven sessions.

This is a place where you can try on new beliefs. You can get rid of old beliefs. You can experience what belief feel like and how they affect your life and you can change them anytime you wish. This is your BeliefCloset and you are in charge here.

So when you're ready wearing this new outfit and this new feeling, walk out of your BeliefCloset, close the doors behind you, the light will go off automatically, and find yourself in your master bedroom.

Here in your master bedroom, look around and see the beauty that's here. This is a beauty that you created and it's a reflection of your own inner beauty. Feel yourself in this new outfit, in this new belief as you walk out of your master bedroom and go back through the house, back to the front door.

And as you're walking, look around and see a detail or two that you hadn't seen before. See how beautiful your creation has

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come in to reality. And, now, standing by the front door, take one last look around and know that you can come back here anytime and can change anything anytime you wish.

And walk out the front door and close the door behind you and you've stepped into the natural environment around your house. Take a big breath. Breathe in the fresh air and let yourself rise up into the air gently and easily. And as you rise up, turn back around and look at the house, your perfect home and how it's situated and the landscape just so, just the way you design it.

And feel pleasure with yourself and know that this is yours. You can come back here anytime you wish. And when you're ready, fly yourself gently all the way back to your body. While you're listening to my voice, you may be sitting or lying down in a room and feel this new outfit's still on your body, on this body, this form at this time right now.

This feeling radiating out of you, this new seed that is born and blossomed inside of you that will blossom into all parts of your life. And breathe into it. Recognize that this is who you are, it's how you are. And when you're ready, open your eyes and write down your new belief and the description of your new belief outfit.

This completes the BeliefCloset Process.

- 1.5 Here's a way to use this new belief of yours. If you're ever feeling out of sorts or feeling strange or uncertain or if you're about to work into a high-stakes conversation such as with your boss or a partner, just remember this belief outfit, what it looks like, what it feels like, and what it feels to wear it and, actually feel it on your body and feel it in your body.

And when you walk into any room wearing that, the room will change and people's reactions to you will change and you will change. You will be different. I'd like you to make a list of the beliefs about yourself that make you unhappy or afraid or doubtful

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or depressed or down on yourself. See how many you can write down.

There's an exercise in the back of the Clear Your Beliefs book called **Belief Self-Diagnosis**. If you really want to get into it, go through that exercise and write down all the beliefs that you have about all of those subjects. Focus on the ones that make you particularly miserable, make you particularly unhappy and do the exercise in the back of that book before the next session

Now, we'll return to the recording of the Q&A session from the live class.

1.6

- Lion: Let's take questions first. Hi, Joan, what's your question?
- Joan: So, when you can't find a new outfit to put on, what happens then?
- Lion: Well, first of all we're not asking you to put on or create an outfit, we're asking you to just see what comes up. Now, what did you actually experience at that moment? Did you see your body in the mirror?
- Joan: I didn't really have a visual. The phone was breaking up a bit so it was distracting me a little bit. And after I went through the incinerator process, it looked like a fleeting sensation of something, but then I couldn't like grasp it.
- Lion: Okay. What was the belief you came up with? What belief did you create as your new belief?
- Joan: I used the belief that you said, that "I am a sacred and worthy being."
- Lion: Okay, good. How did that make you feel when you felt that belief? What was the feeling?

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Joan: Warmth in my chest like it could be true.

Lion: Okay. So, it could be true. That's good. So it's not quite the right belief for you because it could be true, but it doesn't feel 100% true. So if an outfit doesn't show up, it usually means that it wasn't quite the right belief for you.

So let me recommend that you think about it a bit. So, write down a few possibilities and then feel each one, feel into what the best belief for you. And then either by yourself or with one of the practitioners, you can go back into the BeliefCloset and try on each of those possible beliefs. See which one produces an outfit.

And then your subconscious mind is basically saying, "Oh, that's the one. That's the one that works for me."

Joan: Oh, okay. Thank you.

Lion: Yeah, thank you very much. Okay, let's go on to Robert. Robert, what's your question?

Robert: Well, when it was time to find a new outfit, I went over to the clothes rack and kind of looked and found one that, you know, sort of drew me in. Is that okay?

Lion: Oh, sure, yeah, it's understandable because I have said that an outfit will just appear. And some people have picked an outfit from their collection. What I recommend is looking in the mirror and seeing what shows up. That seems to give the subconscious mind more active role in the creation.

And the subconscious mind seems to enjoy it. So it's fine that you did it that way and I recommend the next time, you just look in the mirror and see what it appears, just kind of be curious and open up to what shows up.

Robert: Okay, I'm fine with it.

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Lion: Good, good. Now, this is a guided visualization process and it takes place in the imaginal realm. You know people have different experiences in the BeliefCloset and that's perfectly okay. In fact, it's expected that everybody will have a unique thing to happen.

So whatever happens for you is right for you. And that's why our coaches are highly trained to work with whatever comes up and whatever happens because everybody is a little bit different.

You know, some people say, "Oh my God! This outfit just flew out of the sky and landed on my body!" And other people will say, "Well, it kind of grew out of my body." And other people say, "Well, I found it on the rack and there it was." So, however it works for you is fine. So, great, thank you for that question.

1.7

Lion: So, let's see who would like to volunteer to go a little deeper. Nancy, let's start with your experience in the BeliefCloset, what did you experience?

Nancy: Hi, Lion. It was very visual. I remember when the belief came on the outfit, it just was like, "Wow." It was black leather. It was very spiky-looking. It didn't feel good at all. It was very tight and quite suffocating.

Lion: What was the old belief and what was the new that you took on?

Nancy: The old belief was that no one wanted me around. The new belief, I kind of added to yours, so the new belief was I am a sacred and worthy being and I am welcomed wherever I go.

Lion: Oh, that's wonderful. And what was your new outfit?

Nancy: This is a little embarrassing. It was Cinderella's gown, pretty interesting. That might be a little bit better.

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Lion: Well, that's great actually. You know, the subconscious mind takes images from anywhere in our experience to create new ones. It's quite amazing. So what's an issue that you're dealing with in your life that you'd like to clear?

Nancy: Well, I've worked with beliefs on my own for, like, last six years now. And the one that came up for me when I was, witnessed was that one that I discovered back in the '90s, when I was diagnosed with cancer and my son had been diagnosed with bipolar.

And the beliefs that I took on back then that I'm alive as long as I take care of him because I felt at that time there was no one else that could take care of him. So, now, I notice, whenever he's in crisis or something is seriously going on with him, logically, I know it's not true, but that whole visceral experience it's just like, "I feel like I'm going to die if I can't fix it."

Yeah, so that's what came up about two weeks ago. And I've been trying to work with it and I'd really appreciate any suggestions you have to help me with this.

Lion: Great, great. Well, this is – it's not unusual to take on this belief and that of experience. You attached your own survival to your child's and your child's experience of life is connected to your experience of who you are. How old is your child now?

Nancy: 37.

Lion: Yeah, so he's a full-grown adult. And does he still have problems with his psyche?

Nancy: He does.

Lion: So he has his own life that he's living and you're kind of stuck taking care of him regardless of how old he is.

Nancy: Yeah, that's right.

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- Lion: Well, this belief actually served you when he was young. It kept you around and it kept you busy. It kept you occupied. And now that he's an adult, you know, you can't help yourself, right? You're just continuing to try to take care of him as an adult man.
- Nancy: Yeah, you're right. Yeah. That's what I do.
- Lion: Yeah. So what I'd like you to do is to close your eyes and go to your BeliefCloset. You know, you can just return there through the route that you created before. See your house, move to the front door, open the door and walk in and then make your way to the master bedroom and then back to your BeliefCloset and let me know when you're there.
- Nancy: I am there, Lion.
- Lion: Okay, great. Okay. So, now close your imaginal eyes, the eyes that you have in the closet and feel what it feels like to hold this belief, "If I stop taking care of my son, I will die." What does that feel like?
- Nancy: My whole body is shaking. It literally feels like I'm going to die. It's that strong.
- Lion: Yeah. So now walk up to the mirror and see what outfit has been created to represent this belief.
- Nancy: I see it's like, you know, hooded robe, it's like the Grim Reaper.
- Lion: Yeah. Yeah, it's death hanging over you. So if you stop doing what you promised to do, death will come to you. So, that's how the subconscious is representing this. Now, is this a belief you want to keep or is the one you want to let go of?
- Nancy: I will let go of it. Yeah.
- Lion: Okay, so go ahead and take this Grim Reaper outfit off like a costume. Just let it come off completely and fall to the floor

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including that big scythe that he carries around. And make sure it's completely off and out of inside of you as well. Pull it out of you if it's on the inside.

So this was a really deep soul commitment that you made way back then. So pull it out of yourself, wherever it resides. And tell me when it's off and has fallen to the floor.

Nancy: Okay. Yeah, okay, it's off.

Lion: Good. Okay. How does it feel to have it off?

Nancy: Oh, I can breathe, breathe a lot better. There's a long cord that was really stuck and that was like pulling off my heart. I had to work with that but it's finally just flung off.

Lion: Good, good. Okay, so now pick up this big Grim Reaper outfit that represents this belief and hold it in your hands tenderly because this is a tender, very heart-centered commitment that you made to a child a long time ago.

And this belief has served you in a couple of ways. You know, first, it served your child by keeping you close and keeping him well-cared for, which every mother wants to have. And it also served you by keeping you alive. It gave you a reason to live.

And know that once you get rid of this belief, you'll have other reasons to live. You'll find better reasons to live. You're only getting rid of this commitment that it's the only reason to live. Okay?

Nancy: Okay. Okay.

Lion: Great. So say to the outfit and say it out loud please, "Thank you for having served me in my life and having served my son in his life."

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Nancy: Thank you for having served me in my life and for having served my son in his life.

Lion: "I've outgrown you and my son has outgrown you. We don't need you anymore."

Nancy: I have outgrown you, my son has outgrown you. We don't need you anymore.

Lion: "Your job is now done."

Nancy: Your job is now done.

Lion: "And I'm now sending you back to the nothingness from which you came."

Nancy: Send you back to the nothingness from which you came.

Lion: Is there anything else you want to add to those statements?

Nancy: I don't think so. Nothing seems to be coming.

Lion: Okay. So, now, walk over to your incinerator and with great reverence and great appreciation, place this outfit and all of the other stuff, all of the side and everything else that's attached to it and all the feelings that it has attached to it and all the commitment that it has attached to it and place it all into the incinerator.

And then allow it to burn like a sacred fire. You know, take it back all the way to its original nothingness until nothing is left, not even ashes or smoke. And let me know when it's gone.

Nancy: A big sigh here. It's not quite gone yet though.

Lion: Okay. Sometimes it goes quickly, sometimes it goes slowly.

Nancy: It's gooey but, yeah, it's good, it's clear, it's gone.

Clear Your Beliefs

Session 1: Pull All the Old Junk Out of Your Belief Closet

with Lion Goodman

Lion: You're good, great.

Nancy: What was the interesting one is my son just showed up.

Lion: Oh.

Nancy: He sat there with me and watched that whole thing burn.

Lion: Oh, that is beautiful. That's really beautiful.

Nancy: Well, yeah.

Lion: So, yeah. So welcome him in, you know, and just turn to him and to say these words, and just adjust them to work for you, okay? What's his name?

Nancy: Jay. Jay.

Lion: Okay. So, just look at him and – yeah, just look at him and say, "Jay, I love you deeply as your mother."

Nancy: Jay, I love you so deeply as your mother.

Lion: "I've cared for you all these years because I made a commitment to take care of you."

Nancy: I cared for you all these years because I made a commitment, I've made a commitment I would take care of you.

Lion: "But now that you're an adult, you don't need that kind of care anymore."

Nancy: Now that you're an adult, you don't need that kind of care anymore. You're capable of taking care of yourself.

Lion: Yeah. "I'm going to love you in a new and different way that really supports you being yourself and being on your own."

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with Lion Goodman

- Nancy: I am going to be able to love you and take care of you in a whole different way. I will always be there to support you as you move in your life and however you might need me to be there.
- Lion: Yeah. So, I want to make sure that you're clear that there's a different quality of care that's needed, you know, maybe it's a kind of care that comes only when asked for. So put that in words so he understands what commitment you're making.
- Nancy: I'm not – okay. Jay, I want you to know that I will always be here for you and whenever you need me, all you have to do is ask.
- Lion: Great, great. What else do you want to say to him right now before we close?
- Nancy: I am just so proud of you and I have so much respect for. I really love you, Jay.
- Lion: Beautiful. Give him a hug and then send him on his way.
- Nancy: Great, thank you.
- Lion: Okay. So, now we need to create a new belief that will give you a reason to live. You know, what would you like to believe about your reason to live now?
- Nancy: I don't know. I'm pretty blank.
- Lion: Okay, it's understandable. So, do you have anything to offer the world other than your son? Do you have gifts of your own that you'd like to offer?
- Nancy: There's so much joy inside of me and I've always, from the time I was a child, you know, I wake up every morning, I used to, with this song in my heart. I would love to be able to reignite that feeling, you know, that joy I had and everyone that I come in contact with.

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with Lion Goodman

Lion: Oh, it's beautiful. So let's create a belief about that. So, just feel that feeling of your heart song coming out and bringing joy to the world. So, let's come up with a belief that describes that. Something like, "My life is for sharing joy." Or maybe "My life is for sharing this heart song and bringing joy to the world." How would you phrase it?

Nancy: I can feel it but I can't articulate it. It's like the words just don't come up but I can feel it. It's though I'm just walking in an ocean of joy, wherever I go that just follows me and spreads out away – around me.

Lion: Wonderful, wonderful. Okay, well, just feel that feeling and feel the phrase "This is what my life is for."

Nancy: I like that. This is what my life is for.

Lion: Beautiful. Okay, so, now just walk over to the mirror and see what outfit has been created by your subconscious to represent this belief. What does it look like?

Nancy: It's like out of the Wizard of Oz, you know, like the Good Witch. What was her name, Glinda?

Lion: Glinda, right.

Nancy: Like Glinda with her magic wand.

Lion: Beautiful, beautiful. Walk around and spread some of that, some of that beautiful sparkle that come out of her wand, out of your wand and spread joy around the whole BeliefCloset and everybody that might be around you and just keeps spreading that joy all through your life.

Just really feel that this is your life work. This is your life's job and it's your reason for living.

Clear Your Beliefs

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with Lion Goodman

Nancy: It feels great.

Lion: Yeah, wonderful. So, look around the BeliefCloset and know that you can come back here anytime. And wearing this beautiful Glinda outfit, this new belief, find your way back out of your BeliefCloset, and then down to your front door and then outside and then all the way back to your body where you're talking to me on the phone.

And just feel that outfit on you all the way to this body and let me know when you're back. Actually, feel it on your body right now.

Nancy: Oh, that's cool. It's just great. It just, kind of, took off and flew. Once I got outside of the door, I just flew, you know.

Lion: Yay, okay, great.

Nancy: It's the light...

Lion: Thank you so – yeah, thank you so much for volunteering and being part of this course. I really appreciate it.

Nancy: Thank you so much. Really, thank you. It's so great to have that clearing. Thank you.

Lion: Yes, you're very welcome. Okay, that's it for this session. Thank you all for being here and we'll talk to you soon. Bye all.

Participants: Thank you. Thank you, Lion! Love you. Bye- you're wonderful.

Lion: Bye now!