

mindvalley

TRANSCRIPT

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You
Are

by Lion Goodman

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

YOUR OFFICIAL PROGRAM TRANSCRIPT

Clear Your Beliefs Session 2

Lion: Welcome back to Clear Your Beliefs! Our topic today is “Clear Your Negative Beliefs About Who You Are. We're going to focus on the issues and problems that keep you from being happy and joyful – the inner limitations that prevent you from expressing yourself fully and giving your natural gifts to the world.

Everyone has something in their way – it's just part of the human condition. If you're alive, you have problems. So don't think you're special!

The question we're asking today is, “what do you believe about yourself?” Your answer to the question, “Who are you?”, is based primarily on the beliefs and programming you got as a child. What messages did your parents and your caregivers plant in your child brain? Remember, you were on “record mode” for the first 4 or 5 years of your life, so you took in whatever was happening, and came to conclusions about it. If your mother said, “Don't be stupid!”, you concluded, “I am stupid.” If your father said, “You'll never amount to anything,” you took on that belief: “I'll never amount to anything.” We HAD to take our parents' beliefs on, because that ensured our survival.

All those beliefs that were indoctrinated into you are still there in your BeliefCloset. In the last session, I used this analogy: It's as if you kept ALL of the clothes you ever wore – and you stacked them up in your closet. You've got piles of infant clothes, including all those smelly diapers. Piles of cute toddler outfits, and piles of little kid outfits, like the poodle skirt and the cowboy shirt, and all your Halloween costumes, and piles of your school and church clothes, and every jacket and coat you ever had, and then

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

teenage outfits, and underwear, and every piece of clothing you outgrew and threw away or gave away. They're just all stacked up, taking up all the space inside your BeliefCloset, so there isn't room for anything else.

Our goal here is to clear out your closet, make some room, and give you the opportunity to buy some new clothes! Those old outfits don't fit you anymore – they defined who you WERE, not who you ARE.

There are a lot of ways to find out what's buried deep in your beliefcloset. Some of your old beliefs are useful. You might believe, "I can accomplish anything I put my mind to." That's a great belief. You don't want to get rid of that one. But you may have another belief like, "I'll never have what I want." That belief creates the condition in which you never get what you want. Let's get rid of that one! Most of us hear a critical inner voice from time to time. It may berate you or call you down. It may say things that are mean, or even destructive. Everything it says are beliefs that you took on at some point in your life – and it's usually when you were young.

These voices can sound a lot like our own voice. So we think to ourselves, "I'm stupid," or "I'm ugly." Most people hear something like that from time to time. When we're under stress, or make a mistake, that inner critic can really wail on us.

Today, you're going to make a list of your negative beliefs. If you don't hear them internally, you may just "know things" about yourself. Or you may hear what other people say about you that's negative – and that's another way to tell what your own beliefs are. Because if someone calls you a name, like "bitch" or "asshole," and you don't believe you are that, you won't get offended by the remark. It's like, "Are you talking to me? You must have me mixed up with someone else. That's not me." So if you are sensitive to criticism from others, you'll want to write down those things, because that indicates you believe it inside yourself

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

somewhere – even if you defend yourself and say, “That’s not true!” You wouldn’t have to defend yourself if you didn’t believe it.

Another way to find your negative self-beliefs is by looking at what prevents you from moving forward in your life, or what makes you stuck. You might say, “I just can’t market myself, because I think people don’t want to hear from me.” So there’s your belief – “People don’t want to hear from me.” Anything that’s in your way is probably a limiting belief – you just need to face into it directly, and ask, “What belief is that? What do I believe about myself?”

You’re first going to make a list of those limiting and negative beliefs, and then you’ll pick one to work on inside the BeliefCloset. You’ll see how easy it is to discreate, or disappear, a belief from your own psyche. By the time the course is over, you’ll be able to do this yourself, on your own, without guidance. You can then go through your long list and just discreate one belief after the other, until your BeliefCloset is cleaned out, and what was bugging you before just doesn’t come up.

Have a piece of paper and a pen nearby – or your keyboard and computer, and begin to write down the beliefs you have about yourself that are negative or limiting.

We’ll start with beliefs that begin with “I am”. These are identity beliefs – they form the basis of our identity – who we believe we are. If someone asked you, “Who are you?” you’d start by answering, I am.... You may start with your roles: I am a mother. I am a businessman. I am a daughter. I am an administrator. I am a quality control manager. I am a caretaker. I am a student. So begin this exercise by writing down all of the roles you play. Take time now, and pause the recording if you wish so you can do this part of the exercise completely. Just keep writing down these “role beliefs” until your mind stops and has to think hard. That means you got most of them, which is sufficient. When you’re done, un-pause the recording.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

Next, begin a list of “I am” qualities. These are statements like, “I am old. I am dynamic. I am pretty. I am homely. I am obedient. I am rebellious.” In many cases, you’ll notice that you have beliefs on both sides of the extreme. “I am strong, and I am weak. I am hard-working, and I am lazy.” That’s fine, just write down as many qualities as you can, focusing on the beliefs you have about yourself.

As you examine your beliefs, you’ll notice positive ones coming up as well. That’s fine. Write them down too. You’re going to be making a long list today. After you complete your list, you’ll look them over and decide on one in particular that you’d like to eliminate during the BeliefCloset Journey. The rest of them you can delete on your own.

Watch especially for the ones that come from your more critical voice. Those usually begin with “You are.” For example, “You are unworthy of love. You are worthless. You are selfish.” When you notice one of those, turn it into an “I am” belief. “I am unworthy of love. I am worthless. I am selfish.” Because you wouldn’t be hearing those nasty opinions about yourself unless you believed them at some level. Pause the recording if you wish and write as many of those down as you can. Then turn the recording back on.

Next, write down all of your “I am not” beliefs. This is where you see yourself as limited and incapable. “I am not smart. I am not disciplined. I am not able to take care of everything. I am not wealthy.” Keep writing until you’re out of ideas. Remember that we all have hundreds of beliefs about ourselves, because of what others have told us, and what we’ve figured out on our own. Don’t try to capture every single belief, just the ones that are the most “in your face,” the ones you hear about from your inner voices, the ones that interfere with your happiness. Pause the recording to give yourself enough time to make a complete list.

If you’ve done a lot of work on yourself, your old beliefs may be hidden by your more recent positive view of yourself. They don’t

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

come up very often. Your life is pretty positive and things go pretty well. But sometimes these old beliefs come out when you make a mistake, or you fail at something. They may pop up when you get negative feedback, or when someone treats you badly. Or when you compare yourself to others who are further ahead than you are.

It doesn't matter how strong they are, how loud they are in your head. What matters is that they're there and that they interfere with your life. They stop you from feeling good, and they prevent you from moving forward at times.

When you clear these old, limiting beliefs about who you are and what you deserve, you'll enjoy life more. You can open up and let life in. You can feel more pleasure, because you feel worthy of it. You can move your projects forward, make mistakes, and not spend a week beating yourself up. You can just face it, learn from it, and move on.

Mistakes are how we all learn, of course. But a huge number of people in this culture got the belief "mistakes are bad." Did you? Take a moment and feel what it feels like to hold the belief, "Mistakes are bad." It just takes a moment to feel whether that's true for you. You can feel it in your body. It's one of the most pernicious and damaging beliefs we ever received. Most of us got it in school, if we didn't get it directly from our parents. When you made a mistake, at home or in school, you got punished, or other kids laughed at you. It feels terrible to be humiliated in front of other people.

Most kids conclude from this, "Well, I'm not going to say anything any more." They just clam up – because who wants to be made fun of? Who wants to be laughed at? It's a terrible feeling. It's a very shameful feeling. And this stops so many kids from expressing themselves. There's a psychological term I like, called "interrupted enthusiasm." When your enthusiasm for anything gets interrupted, you experience a shock to your system. And so you become less enthusiastic about things, about life. It's a

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

strategy for survival. It makes sense. And the root of “enthusiasm” is the Latin roots “en” and “theos”, which means God, or Divinity. It’s God Within. And parents and teachers and even other kids cut into your inner divinity until you become just like them – cut off from emotion, cut off from taking risks, cut off from learning. It’s a human tragedy on a grand scale. So we conclude, “Mistakes are bad.” I highly recommend taking that belief into your BeliefCloset and deleting it!

Imagine your parents saying, “Hey, you made a mistake! Congratulations! You just found one of the ways that it doesn’t work. Celebrate every mistake, because that’s how you learn, and you’ll find the one that works. Every successful person out there will tell you they made lots of mistakes and kept going, and that’s how they learned to be successful.

Okay, back to your beliefs about yourself. You have quite a list built. Feel free to add to it this week as you’re going about your day. You’ll remember another belief you have about yourself, or you’ll hear one of those inner voices. Pull out a notepad and write it down. Just acknowledge it – that’s a great step all by itself. “Oh – I have the belief “I’m a jerk for screwing up that relationship.” Okay, groovy. I’ll write it down for deletion later.

As you clear your limiting beliefs, what will happen is that you’ll begin to see your own magnificence. A cataract is when the lens in your eye gets cloudy, and you can’t see things clearly. Clearing your belief clears the cataract in your inner eye. When you get your lens changed out after cataract surgery, suddenly the world looks much brighter – because you’re not looking through a dark lens anymore. That’s how your world will change as you clear your beliefs, one by one.

You could say, “All beliefs are limiting,” because a belief is a kind of definition – of what something is, and what it is not. I quoted William Blake last week: *“If the doors of perception were cleansed, everything would appear to man as it is: infinite.”* For most of us, our beliefs are black or white – they’re either true or

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

false, real or unreal. However, there's another way to look at beliefs. They MIGHT be true. Or they're SOMETIMES true.

Here's a great story I heard. A little boy named Billy comes running into his house crying. Mom asks, "What happened?" Billy says, "The boys called me STUPID." Mom dries his tears, and says, "Well, that's true sometimes, isn't it? You're stupid sometimes." "Yes," says Billy, through his tears. "And sometimes you're smart, aren't you?" "Yes," says Billy, brightening up a bit. "And sometimes I do stupid things, don't I?" "Yes," says Billy. "And sometimes those boys act stupid, don't they?" "Yes," says Billy. "Okay, so is it true that you act stupid sometimes, and so does everyone else?" "Yes," says Billy. "Can I go back out and play now?"

We only have trouble with the beliefs that are "always true" or "always false." If we can see them for what they are – temporary, partial descriptions of a small part of reality, from one point of view – we won't get so attached to their being right or wrong. And if we aren't attached, we don't have to get offended by them, or defend them, or resist them. Beliefs are just tools we use to experience reality from one point of view.

If every belief creates a kind of limitation, imagine what life would be like with no limitations, except the ones you're using temporarily to get something done? You take on the belief, "I am capable of exact measurement" when you're doing carpentry. But when you go home, you let that go, because it's not a good idea to measure your spouse on everything they've done. There, you take on the belief, "I love and care about my spouse." And when you leave in the morning, you believe, "I'm a safe driver." You take on the beliefs that are appropriate for the moment, for the task at hand. And if you find that one limits you, you make the decision to discreate it, or at least move it into the category of "sometimes true."

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

I call this "no limits being." What would life be like if you had no limits other than the ones you impose on yourself when it's appropriate to do so?

Your unlimited self, your True Self, is filled with your unique beauty, your glory, the amazing combination that makes you "you." Imagine seeing yourself that way all the time. You walk around loving yourself. You allow your light to shine. Other people are attracted to your light, and they want to be around you. They want whatever you're having. Remember that famous scene in "When Harry Met Sally?" In the middle of a restaurant, Sally shows Harry how she fakes an orgasm. And another patron says, "I'll have whatever she's having." It's like that. That's what's possible here as you move the negative, limiting beliefs out of the way. We're going for nothing less than your own glory.

What gets in the way of your joy and happiness? It's either the circumstances around you, something's happening that you don't like, or it's how you see yourself – what you believe about yourself, and who you believe yourself to be.

A lot of people blame their circumstances for their unhappiness, but most of us have figured out by now that our beliefs create our reality. Our circumstances are a result of what we've done, or not done. And we've behaved in that way because of how we see ourselves. And how we see ourselves come from these old programs we got as children, and teenagers, and adults.

If you see yourself as a person who is unworthy of love, you're going to filter out loving experiences. You're kind of blind to them. In Psychology, this is called "Confirmation Bias." We see through our beliefs, and therefore we accept the experiences that align with our beliefs, and filter out the ones that don't agree with our assumptions. So our circumstances are a reflection of our beliefs. Change what you believe about yourself, and it's almost guaranteed that your circumstances will change.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

I want to respond to comments from many people at this point who say, “You can’t just believe your way out of extreme poverty or discrimination.” I want to acknowledge that this is true. Circumstances and environment are powerful programmers of beliefs. And yet, we’ve all heard stories about people who did whatever it took to move up and out of their circumstances. We see these people as heroes, and they are. They had to fight hard against the world they knew, the political and economic situation that wanted to keep them down. They made a decision to change. They didn’t collapse. They found a way out. And many more people didn’t make it, even though they tried. There’s no guarantee. All we can do is the best we can do.

When you change your beliefs, your circumstances don’t automatically change. But you’ll be in the best position possible to deal with your circumstances – whatever they are. That’s how it works. And it’s just as important that we collectively, especially those of use with privilege, work hard to change the political system, and the economic system and every system that has been designed to keep some people down, and limited, and give every single person in the world the opportunity to shine their light and give their gifts to the world. That’s the world I’m dedicated to building. That’s the world I want to live in.

Over and over, we see people go through the BeliefCloset Process, and watch their circumstances change. I mentioned last week my friend who cleared 200 beliefs on his own. Since that time, he’s gone from poverty to being involved in multimillion-dollar deals. Another client of mine went from being a product manager in a big corporation to a Vice President in the company that bought his division. Another client went from being suicidal inside a mental institution to returning to her health, her marriage, and her successful practice. These are the big stories, and there are hundreds of regular people who have improved their lives. The noise inside their heads quieted so they could move their lives forward. Their intimate relationships became more secure and happier. Their relationships with their teenage children went from crazy to sane.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

When you remove the beliefs that cause limitations, blocks, barriers and stuckness, your natural self comes out, and your natural self is beautiful, attractive, capable, wise, and loving. Everybody wants to do be around you. You can accomplish miracles.

You're the only one that can clear your path. Nobody can do it for you. Even in psychotherapy, your therapist can only lead you down the path toward realization and your decision to make changes yourself. The old joke isn't far off: How many psychotherapists does it take to change a light bulb? "Only one, but the light bulb has to really want to change."

The BeliefCloset Process is not a magic bullet that will end all your ills and make your life perfect. I don't know anything that does that, except maybe the grace of God. It happens sometimes, but I don't suggest waiting around for it. This is a tool that you use. It's a practice. The more you do it, the better you get at it, and the faster you transform your life. A practice is something you do over and over and over. Doctors have practices. Football players practice all the time to get better and better. If you want to learn to play piano, you have to practice. The more you practice, the better you get.

If you have issues and difficulties along the way, remember that it's part of the path. It's just like walking on a trail up a mountain – there are stones and trees that fell onto the trail. They're obstacles. They're natural. You could take it as a sign that the path is not for you, and you can turn around go home. You can let them stop your forward progress. Or you can handle them, and keep climbing up the mountain. Winners and experts in every single endeavor are people who handled the stuff in the way and kept going. In the I Ching, the Chinese book of changes, it is said, simply, "Perseverance furthers."

Problems and difficulties are normal. In fact, they can be expected, because they're automatic. I'll tell you a little known

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

secret of the mind – one that I teach a lot, because I'd like everyone to know it. Whenever you bring something new into existence, – from a new thought to a new business, the new belief you create a stimulating effect on all the old beliefs that conflict with it. It's like a challenge to them. So they jump up and re-assert themselves. This is the cause of doubts, second thoughts, resistance, and many internal conflicts. Here's an example: You decide that you're going to market your product or service by reaching out and calling people you don't know. This is a new creation – a new thought – a new commitment. That creation stimulates all your old beliefs that in conflict with this action: "Don't talk to strangers. Don't bother people. Sit down and shut up. Who do you think you are? Stop being a pest. No one wants to hear your opinion. And don't EVER talk to strangers!"

Suddenly, your mind is filled with these thoughts, and it's enough to make anybody turn around and run for the hills. Here's the secret: They're just old beliefs re-asserting themselves. They're not true, and they're not real. They're just beliefs. What are you going to do about them? Simple: bring them into the BeliefCloset Process, and delete them, one by one. Then you'll be ready to make your phone calls, and you'll be able to do it with no resistance or hesitation. It's magic.

When you have the BeliefCloset tool in your pocket, it's like one of those multi-tools – you can pull it out and deal with whatever comes up.

Your doubts and inner voices and resistances and barriers are all very normal and you can expect them. The only difference between successful people and people who aren't successful is that successful people have ways of dealing with the stuff that comes up automatically.

That's what this process is for – to remove the barriers, blocks and resistance that gets in the way, whether it's a minor doubt or a major trauma from the past.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

There are some special beliefs that we need to talk about. This category of beliefs actually interferes with your ability to change your beliefs. For example, if you have the belief, “I can't change my beliefs,” or the belief “This process won't work for me,” or “These processes never work for me,” or “I never finish what I start,” those beliefs will stop your belief-change process like a brick wall. Here's the good news: You can bring those beliefs into the BeliefCloset and discreate them. That will free you to actually change your beliefs. You'll see magic happen.

When you clear a belief, what was interfering with you is no longer there. What stopped you is no longer stopping you. What wasn't working can now work. Your experiences are created by your beliefs. Change your beliefs, and you can change your experience. But don't believe me! Try it out for yourself, and see if it works. Find out the truth of your own direct experience.

When you rearrange the furniture in your house, you often find things you didn't know were there. The same is true when you rearrange your inner landscape. Beliefs are stacked up in your subconscious mind. When you take off the top layer, the second and third and fourth layers start coming up, pushing their way up to the surface. When you discreate a belief, the usual feeling is relief, a subtle feeling of something letting go. However, it's not unusual to have a negative reaction, or feeling even more stuck, come up. This is actually good news. It may not feel very good, but it means that something is moving and shifting at the core of your psyche. It means the process is working. Just recognize that it's another belief. And ask the question, what belief is this that's coming up? When you discover the belief, take that one into your belief closet and discreate it. Then, the next layer will appear, and then the next layer, and so on, until you've completely cleared the whole stack. That's when you feel clean and new and open, and new possibilities appear.

Another thing that can happen is that some strange feelings show up after discreating one of your long-standing old beliefs. What you may be experiencing is the absence of something that has

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

always been there. And it can feel weird. It's a little like the "phantom limb" experience some people get after a limb is amputated. The mind is trying to feel what isn't there. Just enjoy a little weirdness in your life! Most of us don't have enough weird...

When you replace an old belief with a new, empowering belief, you may feel lighter, or more spacious, or things are easier. But because it's the absence of something, rather than the presence of something, your mind can't relate to it the same way as having a great experience, like falling in love: "Wow, I had that great experience, and now I'm having it again." In that space that gets created, other beliefs will often make themselves apparent, so watch for that. When it happens, write them down, and take them into your BeliefCloset.

We talked about belief clusters in our last session. Groups of beliefs are hooked onto each other like with Velcro, and they reinforce each other. Often, when you discreate one belief in the cluster, another one will pop up, or come to the surface into your mind. This is normal. Just write it down and take it into the BeliefCloset.

I suggest having a piece of paper or notepad with you all the time, or use the notepad on your smartphone. Whenever you feel something new or strange, just ask this question of the experience: What belief are you? In the Imaginal Realm, in the subconscious, experiences and beliefs will talk to you directly, and answer. The answer may come in words, or memories, or pictures, or feelings. Whatever you get, write it down, and then bring that into the process.

We're going to return to the exercise now, looking for other beliefs you have about yourself. Get ready to write again. We're going to go a bit deeper.

We're still focusing on negative beliefs, so if a positive belief comes up, just write that down, too, and keep going. We're

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

looking for the beliefs that stop you, that slow you down, that defeat you, or that interfere with your life. These beliefs make you feel sad, or angry, or frustrated, or they block your forward movement. They create internal resistance, doubts about yourself, or places where you beat yourself up.

I'm going to ask you to allow yourself to feel some nasty feelings. We usually push them away – but the way to explore beliefs is to really allow them to be there. You have to be aware of something first, and feel it second, in order to get rid of it third. So open yourself up, very gently. Be kind to yourself. Feel all of that stuff that defeats you. Ask yourself "What do I believe about myself when I'm experiencing this?"

Write down whatever comes up, even if it appears weird or not like you at all. We're actually inviting the subconscious mind to bring up what's in the basement. It might not be pleasant, but that's okay. This is the exploring part.

I'll say some phrases, and whatever comes to mind, write that down. We'll start again with "I am" and then fill in the blank. "I am..." You can just say it to yourself. "I am..." Maybe it's, "I am weird." Or "I am not nice." "I am a bad person." If it's already on your list, just put a checkmark beside it, or highlight it.

Just allow another one to come up. "I am... stuck." "I am evil." "I am a mess." Whatever comes up for you, "I am..."

Now think about your abilities or your lack of abilities. "Regarding my abilities, I am..." This may take the form of "I can't..." Regarding my abilities, I can't... If more than one comes up, just write them all down. Let them flow out of your pen.

Now think about your body, and feel your body, and remember how you see yourself in the mirror. "Regarding my body, I am..."

Now consider your Intelligence: "Regarding my intelligence, I am..." or "Regarding my mental abilities, I am..."

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

Now consider your full range of feelings, and notice how they change throughout the day. They may change quickly, or slowly. They may be like the weather, or like the ocean. "Regarding my feelings, I am..." Perhaps it is "I have too many feelings..." or "I am too much for others."

Now think about your social status, where you stand in comparison to others: "Regarding my social status, I am..." Again, when more than one comes up, just write them down. Let them flow out of your pen.

Think about your money, wealth and financial status: "Regarding my financial status, I am..."

Okay, we're about halfway through this process. Consider your relationships for a moment. This is a complex area, because you have intimate relationships, friendships, acquaintances, and family. As you think about all these relationships, say to yourself: "In relationships, I am..."

Now say to yourself, "In my work, I am..."

I'm going to go a little faster now. Just allow the flow to come out. "When I'm at my worse, I am..."

"Compared to others, I am..."

"Compared to who I want to be, I am..."

"Compared to who I should be, I am..."

"Mom said I was..." Fill in that blank. "Mother said I was..." Or if you didn't have a mother, "My primary love source said I was..."

Next "Dad said I was..." "My father called me..." If you didn't have a father, what did that mean? You can use, "Without a father I am..."

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

And now remember the other important people in your life. Relatives, grandparents, your siblings, your friends, your priest, or rabbi, even your enemies. Here's the last one: "This important person in my life said I was..."

Okay, great. Take a big breath, and just sit with the feelings that came up for a minute. It might be a great big mess of feelings. That's okay. Give yourself some praise, or even a hug, for doing this hard work. It's like digging for gems. It's hard work, and the reward is fantastic.

This a good beginning. We have hundreds of beliefs about ourselves inside of us. Others will emerge during the next few days. Just add them to the list.

Take another breath, and bring yourself back to your normal, everyday consciousness. Gently, easily. Take a look around the room, and feel your feet on the floor.

Now we'll begin the next step in this process. What I'd like you to do now is to look over your list and circle the top five, the ones that most interfere with your life right now. They may interfere with your love life, or your relationships, or your work, or they may get in the way of creating your dream life in any arena.

Take a minute and look over the list. Circle the big five, the big, nasty five. We're going to bring your top one into the BeliefCloset, so put a star next to the top one that you feel most interferes with your life, the one that gives you the most trouble.

Okay. Take just another half a minute to do that. Look over your list, circle your top five, and then put a star next to the one that gives you the most trouble. That's the one we'll be using in today's journey.

If you haven't decided which one, just pick one. It doesn't matter which one you pick, actually. Deleting any of them will have a

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

good result. Just pick one arbitrarily if you can't decide which one is the top one. Which one would you like to work with? Then put your pen down and get ready to go on a journey.

2.4 The BeliefCloset Journey

Take a deep breath. Relax yourself. Relax your body. Find your center. That means notice where you come from, where you're observing from. Wherever that is, is okay. Allow your mind to relax, and rest from its busy-ness. I'm going to guide you back to your ideal dream house – the one you created during the last session. Close your eyes gently if they're not already closed. Take an easy breath, and let it out slowly.

Begin to remember that journey that you took last time in which you created your dream house. Remember the place it was located, the landscape and environment that you built your dream house in. Allow the imagery of that place to come into your mind. Imagine you're flying, or floating, and fly yourself to that beautiful landscape.

And approach your dream house – and see how it fits right into that landscape. This is the house you created. This house that's perfect for you, that has everything you want and need in it. Fly yourself down to the front door.

When you land there, look at the front door and recognize it as your own. "This is my door. This is the door to my house." Because it's yours, you can just walk right in. So go ahead and walk in, and close the door behind you.

Take a look around. Things might have changed since last week or they might be the same. You may notice that as you put your attention on certain areas of the house, the details become sharper, or they fill in. Enjoy this process. Allow whatever you're perceiving to come in, however it does. Feel how it feels to be there in your house.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

If you don't visualize, if you don't get pictures, feel how it feels to be there. Reach out and touch the furniture, the walls, the floor. You may simply know what's there, or you may perceive it in some other way. However you receive the information is perfect for you.

Feel what it feels like to be in this ideal place that's built just for you and is just right for you. Really breathe it in, feel it in your body. There's a sense of belonging and rightness and goodness, pleasure, even joy, being in this place that's just right for you.

Now walk through the house, toward your master bedroom. As you walk through the house, look at some of the details you hadn't notice before. Appreciate the craftsmanship and artistry -- you created a beautiful place for yourself.

Make your way to your master bedroom. When you get to your master bedroom, look around. Remember how it feels to be here. You might want to open a window. Look out at the view. Breathe in the air.

Notice how comfortable it is here. How everything is just right for you. You may be noticing new details, or you can consciously add details. See if there's any art on the walls. And if you wish, create some art on the walls. This is your place. You can do whatever you want to do here.

Look and see where your BeliefCloset doors are located. Walk up to them. When you're ready, open the doors and walk into your BeliefCloset. Take a look around. See the incinerator and its shape and form to your left. Look and see the mirror off to your right.

Look around and notice all the belief outfits hanging on racks, or stacked on shelves, or in drawers, each one a unique costume, a unique representation of your many beliefs. Many of them look like clothes, and some of them may look like other things -- even clouds or swirling wind or a dark stain or a cement block. They

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

could look like anything. Belief outfits can look and feel like anything.

Enjoy being here in your BeliefCloset. When you're ready, walk up to the mirror and look into it, and notice what you're wearing right now. Just be surprised. You don't have to create it. You're subconscious mind will create it by itself.

This is a reflection of the belief that you're wearing right now. It may look like regular clothing or it might not. However it looks, whatever it looks like, is fine. We're not going to work with this particular belief outfit, so go ahead and take this outfit off. Set it to the side – you can hang it up or put it over a chair. Put it in a place where you'll know where it is.

Find yourself without clothes and close your eyes. Close your imaginal eyes, the ones you have there in the closet. Now, bring to mind that number one big, negative belief that you circled on your paper. If you have to open your eyes to remind yourself what it was, that's fine. When you close your eyes again, you'll find yourself back in your BeliefCloset.

Now feel what it feels like to hold that belief, to believe that about yourself. Every belief creates a feeling and this is a feeling that isn't good. It's a bad feeling, but be willing to feel it fully, even though it feels bad. It's important to feel it in your body, and feel the impact it's had on you your whole life.

You may have resisted feeling this feeling your whole life. You may have been trying to push it away, or down, or trying to do something to change it. In this case, in this time, in this place, feel what it feels like to hold this belief as if it's 100% true.

Every belief creates a particular and unique feeling. What you're feeling now is the one that this particular belief creates. It may feel icky or bad or ugly. It may feel familiar, or very strange. Just allow the feelings to come in. If you can, welcome them in as if you're inviting an old friend in for tea.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

"Okay. I'm willing to feel this finally. I'm willing to let it in. I'm willing to feel its ugliness and its badness and its uncomfortableness." Let it come into your body. Feel what your body feels like when you believe this belief, when you believe this about yourself.

Notice that this feeling is produced by the belief itself. It's not who you are. Feelings are produced by the beliefs themselves. Next, I'm going to have you open your imaginal eyes and look in the mirror. You'll see something in the mirror that represents this belief. It may look like you, or it might not. It may look like you're wearing an outfit of clothes, or some kind of costume, or you may see something completely different than that. It might look like a movie or it might be a memory or it might be a natural object.

Whatever you see is what your subconscious mind has produced to represent this belief, so allow it to appear. Be curious and open to whatever is there. Just allow whatever it is to come in to your perception and just observe it. When you're ready, open your imaginal eyes and look in the mirror.

Notice it. Note what it looks like. Feel it with your fingers. Feel how heavy it is on your body, or how it fits. Is it comfortable or uncomfortable? Just allow your perceptions to come in and inform you. There's nothing to do here. Even if you don't get an image, that's okay. If nothing is there, take nothing as what you got.

If you're not a visualizer, allow whatever sensory perceptions you have to come in, in whatever way they come in. Just take it in. You're getting a message from your subconscious mind that this is what this belief looks and feels and experiences like.

How would you describe this? Decide how you would describe it to another person. This will help you remember it later. If you want to, you can write down a brief description by opening your eyes for a moment, but come back to this experience as quickly

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

as you can so you don't lose it. For most of you, you can just decide how you would describe it, and that is sufficient.

Okay, now you have a choice. You get to decide: is this a belief you want to keep? Or is it a belief you want to let go of? Make a conscious decision for your life. Is this something you want to keep around in your subconscious mind, in your BeliefCloset? Or do you want to discreate it, eliminate it, and let it disappear from your life? If you have some concern about letting it go, tell that part of you that's concerned that you will be replacing it with another belief that will be even better for you. If this belief has protected you in some way, the new belief will protect you even better. If this belief benefitted you in some way, the new replacement belief will benefit you even more. That's usually enough to allow the part of you that's afraid to allow the process to move forward.

If you've chosen to discreate it, to get rid of it, take this outfit off. You may be able to remove it like normal clothing, stripping it off. Sometimes you need to escape out the back like a circus costume, through a Velcro or a zipper. You may find that you can't get it off by yourself. If that happens, you can call on help – from an angel, or guide, or an ancestor, to come in and help you remove it. And make sure, as you're taking this outfit off, that you also look inside your body and see whether you need to pull some of it out from inside of you. Take as much time as you need, and use whatever means is required, to get it out of you and off of you, and let it all fall to the floor in front of you.

Notice that all of the feelings it produced also fall to the floor along with the outfit. All the thoughts you had, all the limitations it produced, and even the experiences you had that told you this belief was true, let it all come off of you as you take this outfit off of you. Let it all fall to the floor – outfit, feelings, experiences, memories, thoughts, limitations, urges, and whatever else was associated with this belief.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

After it has all fallen to the floor, step away from it. Notice that it's no longer on you or in you. The feelings it was producing are gone from your body. They're down there on the floor, part of the outfit itself.

Now, feel what it feels like to not have this belief on you anymore. It was just something you took on and you just took it off, like clothing that doesn't fit you anymore. You may be able to breathe a little easier. You might feel a little lighter, more spacious. Just feel what that feels like.

Now it's time to let this belief go. But like any belief, it wants to be acknowledged before it disappears. Gather all the parts of this belief outfit in your hands. Scoop it up. Grab it. If it's big, bunch it up and compress it until it's about the size of a bowling ball. Hold it in your hands for a moment. Recognize it for what it was, and what it created in your life.

When it was created, when you took it on, it had a particular function, and that function was to help you. Probably when you were a child, it was designed to help you in some way, to serve your survival, or protect you from something bad happening. Or it was someone else's belief, and you needed to align with them, or be like them, to survive and be accepted.

Whether you understand the reasons or not, feel some appreciation for this belief-outfit. It really had your best interests in mind, even if the results weren't good for you later in your life. With appreciation, say the following phrases, directly to the belief: "Thank you for having served me in my life. I've outgrown you and I don't need you anymore. Your job is done. I'm now sending you back to the nothingness from which you came."

If you would like to say anything else to this belief before you discreate it, go ahead and say that now.

Now walk slowly and reverently over to your incinerator, over to the cosmic fire that burns things back to their original

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

nothingness. When you're ready, open the door (if it has one) and place this outfit into the fire. Then, watch it burn until it is gone, completely gone, with nothing left, not even ashes or smoke.

Sometimes these things take a while to burn, especially if they've been with you a long time. Sometimes they just go, poof, and they're gone. However it happens in your BeliefCloset is just fine.

You may need to turn up the heat to get it all dissolved. You have a dial that you can just turn it up to nuclear hot so that nothing can survive. It's like putting things into the sun where it just gets burned back to its original nothingness.

Every once in a while something will remain in the fire.

Things that remain in the fire are other beliefs. They're associated beliefs or they're protection beliefs. If that occurs for you, simply reach into the fire (because it only burns beliefs, not beings) and just take it out. Take out whatever remains and set it to the side in a special place. You'll be coming back to the BeliefCloset and you'll work with that piece of the outfit at another time.

If it's still burning, that's fine. Just watch it until it's completely gone. If it's gone, feel what it feels like to have that belief out of your life. Feel the potential that wasn't there before. Feel the space that was formerly occupied by that belief, and notice that it's empty now. Spacious. Filled with the potential for something new to grow.

Here's a question to ask yourself now: What would I like to believe about myself instead? This is where you get to be creative. If we were working together, one-on-one, we would collaborate together, and talk about how to optimize the wording of this new belief. Listening to this recording, you have to do this on your own. I'll show you how.

Put your attention on the space that's been created. What would you like to believe about yourself? It might be "I am light" or "I am

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

good" or "I am a divine being." It might be "I am capable" or "I can" or "I have everything I need to do my work in the world," whatever you'd like to believe about yourself.

What would make you feel wonderful about yourself? Every belief produces a feeling, so if you're not sure what the belief is, think about the feeling that you'd like to have, the experience of being fully yourself, able to express yourself fully, and give your gifts to others, with nothing in the way. What belief would create that experience?

What would you really like to believe about yourself? Choose a way to express that – and it's best if it's simple – just a few words. For example, if you'd like to belief, "I am a divine being who is capable of anything I put my mind to," try making it simpler, like "I am divine." You're welcome to create any belief – we've just found that simple expressions are easier to work with.

So feel what it feels like to hold your new belief, then see if you can change the wording to make it even better. What would make it feel even more glorious? What would make you even more capable? More beautiful? More radiant? Then, when you change the wording, try on that belief by feeling what IT feels like. Just like trying on clothes at a department store, you can keep trying them on until you find one that's just right for you.

Does your new belief make you feel fabulous about yourself? Does it provide you with the courage and boldness that you could go into any situation and be yourself? And do what you need to do, and be with anyone you need to be with?

When you settle on your new belief, let yourself feel this belief fully. Know that you can always come back and work with it some more, and make it even better. For now, choose the best fit, and really take it on. Feel it radiating like a beautiful song from every one of your 50 trillion cells in your body. Feel it as sunlight radiating out from your heart in all directions, into all parts of your life. It's even radiating into your past, transforming your past with

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

its bright light, with the truth of who you really are. And it's radiating into your future, creating the life you want to be living. Let yourself shine in all directions, like a star, like the sun.

When you're ready, walk back over to the mirror and see what outfit has been painted by the subconscious mind to represent this belief. Just walk yourself back over to the mirror and be surprised to see whatever this belief and feeling look like in the mirror. Appreciate the beauty that is shining out of you.

How would you describe this outfit to yourself or to another person? Just take note of its qualities, what it looks like and what it feels like. Walk around a bit in it. Or dance around in it! Feel what you feel like. Think about walking around in your life with this outfit on.

Imagine that you could make it invisible and you could wear it all the time underneath your clothes. How would you feel? Imagine walking into a difficult or challenging situation wearing this outfit. How would you respond?

Feel the grace and the glory that comes from wearing this belief, and this outfit, and recognizing that this belief is true about you. It's your True Self. This is who you really are. This is who you are here to be.

As you're looking in the mirror and admiring this beautiful vision, ask yourself the question: Is this a belief I want to keep? If the answer is yes, then prepare to leave the BeliefCloset by looking around and seeing where everything is located.

Know that you can come back here any time. In this special place, you can try on new beliefs. You can get rid of all beliefs you don't need any more. You can experiment with other beliefs. You can get information about what beliefs are operating in your life. It's your special place where you can create anything.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

This is your BeliefCloset. It's a place you can come and make use of any time you wish. Send some appreciation to yourself, and to this place, for what it is, a tool to shift things in your subconscious mind. When you're ready, walk out the doors, and find yourself back in your master bedroom.

Take a look around at your master bedroom. Notice that you're still wearing your new belief outfit. Feel what it feels like to be in your house wearing this outfit, radiating your light, shining your beauty into the world.

Make your way all the way back to the front door, gently taking yourself through the house, admiring the beauty that you created here and what it feels like to be wearing this new outfit in your life.

When you're ready to leave, go ahead and exit the house. Take a deep breath of the outside air. Gently lift yourself up into the air. Look back and see how your home is situated in its gorgeous landscape. How perfect it is in its place. Then begin to fly yourself back to your body. Notice that you're still wearing your new outfit.

Fly yourself all the way back to where your body is, where you're listening to my voice. Feel this new belief outfit on you, on this body. Feel what it feels like inside your body to have this new belief about yourself. Consider how others will relate to you when you're wearing this belief, when you're interacting with others through this new belief that you've now planted in your subconscious mind.

When you're ready, open your eyes. Take a big breath, feeling good, feeling fully awake and alert, feeling this new belief on you, and in you, and ready to go out and bring yourself fully into the world.

Welcome back.

Take a few breaths. Write down your new belief, and a description of your new belief-outfit.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

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

2.6

Lion: I'll be happy to take a few shares, if you would like to share what your experience was in brief, one or two sentences. I would love to hear your new belief and a description of your new outfit in particular.

Lion: Hi, [Participant]. What did you experience?

Participant: I was the one that was stuck before. What I came up with was I am free to touch the sky and be fully me.

Lion: Ooh, I like that. I like it a lot. What was your outfit?

Participant: Yeah, I like it. My outfit went on for a little bit. It started off with angel with wings. There was a lot of iridescent, glimmering and shimmering. It sort of morphed into a butterfly and then it was like Columbo with wings on. I liked it. It was very authentic.

Participant: I was more comfortable. The more you talked the more I morphed like that. Then I felt really comfortable.

Lion: That is great, [Participant]. Thank you. That's beautiful.

Outfits often morph and change. That's perfectly okay. Some of them are shimmering and they change color and shape quite a lot. Others are very solid. Thanks, [Participant], I appreciate that.

Lion: Hi, [Participant].

Participant: Hi. I ended up with a Wonder Woman outfit circa the... I can't remember her name. '70s TV show?

Lion: Oh, yes, I remember it very well.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

Participant: Yeah, so my belief was something like I'm flawed and I ended up with I am perfectly perfect. That's just what suits me and, yeah, just makes me laugh too.

Lion: That's great. Laughter -S they call it enlightenment because we're supposed to lighten up. People who have lightened up laugh a lot. So that's wonderful. That means you're getting much closer to your true self when you can laugh. That's beautiful. Thank you.

Lion: Hi, [Participant]. What was your experience?

Participant: I had a strange thing happen because last week I never could see myself in a house. I saw myself in the air, here and there and that was okay. I just didn't see myself in the house anywhere. This time, what was so amazing was I still couldn't see myself. I was choked with surprise by that. I was like "Where am I? Where am I?" Then I began to realize that I was behind an invisible cloak. The person that has like a... You know in the movies years ago that had the Invisible Man? He put these clothes on and he was invisible.

Lion: Yes.

Participant: That's where I was. I was like "Wow. Okay, I'm going to take this cloak now in this place that just seems I did see the place to burn it up. I just didn't see the house. When it went away and it burned out, I feel like there's still something there that's still going to be revealed.

The amazing thing was when I came out of that, when I realized what I was really standing in, it was this gown. It had no seams. It was completely golden. It was elegant from head to toe. It was captivating to anybody who saw it.

Lion: Oh, that's beautiful. That's the "you" that you've been hiding all these years.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

Participant: Absolutely attractive. Everybody could take a look and see. I was laughing. I'm like "Wow, look at that." So that was my experience.

Lion: Thank you. That's beautiful. This often happens. That's why it's so important to work with BeliefCloset practitioners because these tricky things happen. The subconscious mind is communicating very clearly, including being invisible.

If you have the belief in your life "I need to be invisible to be safe," it's quite likely that you won't be able to see anything in the BeliefCloset because you are invisible. Once you take that outfit off, as [Participant] did, her natural, beautiful self shone through.

I'm so happy to hear that. Welcome out!

Participant: Thank you.

Lion: [Participant], go ahead.

Participant: Yes. My belief that I was working with is I don't believe in myself. I saw a blob in the BeliefCloset, kind of a lock, and it left. But in the process of replacing that belief with a more positive one, I moved around a lot.

When I finished, I tried to write it down. What I got was "I'm divine and able to do anything I want in the world. Help people have enough money, richness. Be powerful." I'm not sure that I've gotten the clarity that I need for that.

Then I saw myself in a shimmering, sparkly gown when I looked in the BeliefCloset with a crown and a wand and light, kind of almost transparent. The thing I didn't see was my face. I'm wondering if you can comment on whether or not it worked, this whole thing worked?

Lion: Yes, okay. The answer is yes, it always works. The question is what happened specifically?

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

This is where working with the beliefs themselves is so important and why it's good to work with a practitioner. Because for example, the belief "I don't believe in myself" is a belief, but there's probably something under that that's even more core. There's something that happened in your life or a belief that's deeper in you that is underneath "I don't believe in myself."

As an example, I'm not saying this about you but someone else that might have the same belief. It might be "I'm flawed," or "I'm broken," or "There's something wrong with me that will never be repairable. I'm a failure." Those are the sorts of things that are even more core than "I don't believe in myself."

So can you identify what that might be? What's underneath not believing in yourself?

Participant: I think "Something's wrong with me," or "I'm flawed." My father called me clumsy and stupid. I think somehow that has stayed with me.

Lion: Yes. Okay, beautiful. So that's what I want to suggest to you, is that you go to one of the support calls and work with those belief; "I'm clumsy," "I'm awkward," "I'm flawed." I think you'll get even more powerful results.

Because this is just part of their work, is finding out what's underneath that, what's underneath that and what's underneath that. There's a core belief that is down at the child level. That's the one you want to work on next. Thank you.

We have a number of people who volunteered. Let me just pick someone at random here.

2.7 Welcome [Participant]. Thank you for volunteering. Tell me what it is that you would like to work on?

Participant: First of all I have a question. You started to work on something and, boy, I must have been gone in Samadhi or something

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

because I probably heard everything and it worked, but all of a sudden I came to and I heard you speak again.

I thought "Oh, my goodness! We're already in a belief!" And then because I had been thinking deeply about certain issues during the last week, I thought, "Oh, well, I must have chosen that because I think it's a core belief." I started working on that. But I have no idea when all the leading and guiding that you did, to fly to the house and all that, all that, that's not even there.

Lion: That's perfectly okay. Is this something that you experienced in your life at other times, when you start to kind of blank out and then come back to consciousness? Or is it just unusual?

Participant: No. I do remember that this used to happen to me when I took Huna many, many years ago. You might be aware of Huna. Actually, Huna has certain concepts that you are working with as well. That used to happen. It reminded me of that. The thing is I still worked on it. The thing is I want to talk with you about that.

Lion: Yes. Good. First of all, this issue of going blank, some people call it falling asleep. It's actually a way for the mind to say either, "There's too much going on I need a break," and so it breaks off consciousness. Or it's like, "I have to go work on this myself." It goes off and it does some processing and then comes back. In either case, it's perfectly fine.

What you may want to do is listen to the recording for that part and just go through the process again using the recording. But it's perfectly okay. It happens. What we say in the BeliefCloset Process is anything that happens in the BeliefCloset is just another belief.

There's some belief about either being overwhelmed or having too much or "I need to get out of here," or a belief that you really didn't want to confront. It may be a belief that came up that you really aren't ready to handle. Any of those are possible.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

Participant: Yeah, I know. I just want to handle that belief. The thing is it's very deep-seated. It probably was created when I was in the womb and that belief is I am not safe. The thing is when I was in the womb, it was during World War II. My mother wanted to abort me because of the horrible, horrible times that she went through.

In fact, she had to flee because of the Russians coming two days afterwards. I think that all these things, being refugees, my mother not having anything and her husband not there, I think that that is so deep in my subconscious that I think that at times I go back I used to have nightmares and I was perfectly safe. In fact at one time I was living in a mansion in England and yet I was afraid not having a roof over my head.

Lion: This is so poignant because it really reflects both the in-womb and infant time. Because when we're in the womb we are merged with our mother. We are feeling her feelings. We are eating what she eats. We are breathing the oxygen she breathes. We're experiencing her beliefs and her feelings directly as if we are her.

Then when you're born, you get that primal separation but you need her. So you're clinging to her. You still are merged with her feelings or in her field. So everything she was feeling, you were feeling. Your first years of life were filled with this trauma and with this horrible situation of the world not being safe, you not being safe and her not being safe.

It actually went right directly into you as a deep program. You could say that you're a post-traumatic stress survivor. You had a traumatic stress in your first years. It was what everything else was built on top off. So getting to this core belief of "I'm not safe" is very powerful for you. Were you able to clear the belief?

Participant: Yes. But for me, the thing is I actually had to laugh because everybody is saying, "Oh, what glinting garments they put on and sparkling and all that." All my life, I mean, for decades I've been working on enlightenment and all these wonderful things, et cetera.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

In this case it was very, very odd that... See, this was when I was consciously working with you. I saw the garment that I had, oh, not feeling safe. I looked like a little fairy with these sparkling little things on, out of white tulle kind of see-through. You could almost see all my skin through it.

Lion: Was this the "I'm not safe" feeling?

Participant: Yes, yes, yes!

Lion: Okay. Let me just speak to this because sometimes you get an outfit that is unusual. In this case, this would be unusual. What it says to me is that what you did when you were little was to basically dissociate from the unsafe condition, and you went to a place where there are angels protecting you. Being unsafe actually got you to that spiritual experience of feeling angels protecting you, and they protect you in your life, right?

Participant: Yes. Yes.

Lion: That's why it's an unusual outfit for the belief, is because feeling unsafe for your subconscious mind, means "I'm here with the angels."

Participant: Yes. The other thing is though that very fleeting little dress that I had on... I do remember when I was like seven years old I would always have these fru-fru things on with little crowns and what-not. I was a little ballerina. Anyway, I had this on but you could practically see my skin through this outfit. See?

Lion: Yes. So you had no protection, right.

Participant: It may be unsafe or something, you see? I had good success burning it. The funny thing is very contrary to what everybody else chose as an outfit, what did I choose to replace it with because of the situation in which I am right now?

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

I just lost my husband. He left me with an abundance of debt and a company that is just bleeding. If my sister wouldn't help me out, I would actually be out in the street without a roof over my head. This is really interesting. Yet in my life I did so much to be independent, degrees, and everything under the sun.

Lion: [Participant], let me interrupt. What was the new belief that you created?

Participant: The new belief, let me see, there are a number of things that I wrote but I want to tell you the outfit that I chose.

Lion: Start with the belief. What was the new belief?

Participant: Yeah, this is something you suggested really and I took that. "I have everything I need to do the work in the world that I have come to do."

Lion: Great. Okay now, describe the outfit that appeared.

Participant: The outfit that appeared is a black designer power suit.

Lion: Beautiful.

Participant: However, with a very feminine chiffon blouse with frills on the sleeves and collar and I have very long hair.

Lion: Beautiful, that's perfect! I got it. Thank you for the description. So it's perfect for you.

Participant: What came was assertiveness. That's what I need right now.

Lion: Wonderful. You got the experience of assertiveness in the power suit as well as having what you needed. I think it's beautiful. Thank you for that. So you're doing everything great. This kind of deep belief of "I'm not safe" may take a few sessions to work on it at deeper and deeper levels. But you're doing great. Thank you. Thank you for sharing.

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

Participant: Thank you very much for your help.

Lion: Great.

Let's take one more person to work with. Go ahead, [Participant].

Participant: Where we wrote down what we believed about ourselves and kind of bubbled up to something else which was interesting when we started the process.

It bubbled up to something that said, "I am not worthy. I had very interesting outfit on "I am not worthy." I came to an outfit that was quite lovely. It was really dressed as royalty. I could see this very traditional kind of robe, velvet, deep red with a white trim, something that you see on a king or queen.

But I could just see it on the back. I couldn't see the front of myself. When I forced myself, it felt like it was a force, to see the front of myself, I had on this green velvet gown that felt like I was some woodsy woman. It was kind of cool.

Lion: That's very cool. What was the new belief?

Participant: The new belief was I am worthy. I am worthy of having what I need and want.

Lion: Beautiful. Okay, great. Thanks. I wanted to check that. So you saw this front and the back, which were different, which is very typical of belief outfits. How did you feel in this new belief outfit?

Participant: Well, that's the interesting part and the reason that I volunteered, is I felt good. I looked at it and "Whoa, this is a really pretty outfit." It was certainly better than the old one. But it's very heavy. The back and the front didn't match.

Lion: That is interesting. The wonderful thing about the BeliefCloset is that it's full of surprises and it's endlessly interesting. This is the

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

first time I've heard of this particular kind of outfit appearing. But to me, it always makes sense in some way.

Let's just take a look at it. If you were unworthy, I could imagine that you wouldn't have to take very much responsibility. If suddenly you're worthy, you might have to take on more responsibility.

Which would be heavy, which might be a good reason to stay with the not worthy part. "Hey, this is a good deal! I'm not worthy and nobody is going to give me anything to carry."

Participant: No, it's not worth it.

Lion: Okay. Is that right? Just checking. That makes sense to me, why the subconscious would say, "Well, it's kind of heavy outfit."

Participant: Yeah, it was hard for me to fly away from the house kind of thing.

Lion: Kind of dragging you down a bit.

Participant: Yeah. Also, it was velvet, like a heavy material?

Lion: Yes, which is very royal, right? Velvet was worn by royalty.

Participant: Yeah. I just thought it when you said that about being worthy, you have responsibility. To me, being a king or queen, a royalty, entails a responsibility. More than a responsibility to yourself, I mean, it does entail a responsibility to yourself, but it also entails a public responsibility.

Lion: That's right.

Participant: That's really interesting.

Lion: What do you get out of the front and the back being different? What do you imagine that might mean?

Clear Your Beliefs

Session 2: Clear Your Negative Beliefs About Who You Are

with Lion Goodman

Participant: The first thought that comes to mind is that the way I see myself and the way others see myself.

Lion: Ah, very good. Yes, so people see us differently than we see ourselves. I think that's very wise, a good interpretation, which is fine. It's true that other people see us differently than we see ourselves. That's another signal from your subconscious mind to just note that and just say, "Well that's interesting." So others were seeing you from the back, right? Were they seeing your back? Or from your front, do you think?

Participant: From my back.

Lion: Okay, good. Just notice that it has two different feelings to it. Just accept that as the subconscious's way of communicating that to you.

Participant: Yeah. I actually feel lighter about it already.

Lion: Wonderful. Thank you so much.

Lion: We're going to close now. We wish you well, and we will see you next time.