

mindvalley

TRANSCRIPT

Clear Your Beliefs

Session 3: Clear Your Limiting Beliefs About What You're
Capable Of

by Lion Goodman

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YOUR OFFICIAL PROGRAM TRANSCRIPT

Session 3

Clear Your Limiting Beliefs About What You're Capable Of

Lion: Welcome, everyone. Today we're going to Clear Your Limiting Beliefs About What You're Capable Of. Last session, we talked about beliefs that limit who you are – the Being side of life. In this session, we're looking at beliefs that limit your Doing side, your capabilities, behaviors, and your ability to create what you want.

Participants asked a couple of questions about core beliefs. I want to discuss this before we enter the topic of the day. The questions were: "What makes a belief a core belief?" And, "How can you tell?"

A core belief is a belief that's buried very deep in the subconscious mind. You're usually not aware of it, although you see its manifestations in your world. It may appear as a voice that repeats its message over and over in your ear, or a limitation you keep running into, or a circumstance in the world that keeps coming up over and over. They're like an annoying sound or a bothersome itch in the background – one you can feel back there, but you can't scratch. When you recognize a core belief, it really rings true at a deep level. It's kind of "Bong... Oh, yeah, there it is."

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Most of our core beliefs were acquired when we were very young – before we could talk. So it's not easy to identify them in words. It's easier to recognize the feelings they bring up.

They are usually at the core of very strong negative feelings, and they're also at the core of your personality. Your earliest beliefs were like bridges that you built as an infant in order to understand what was happening to you.

Here's an example. Let's say you born into a family as the second or third child. Your dad goes to work every day to make a living, and he's the sort of person who isn't very warm or friendly. That's because of HIS core beliefs, of course. Your mother is busy with other kids, and a house to take care of, and a husband who isn't very loving. She's struggling herself, and doing the best she can do under the circumstances.

As an infant, you have needs – all the time. Infants are little bundles of needs. Your mother can't be there all the time for you. She can't fulfill all your needs – she has a whole family to care for. So you're often left by yourself, to fend for yourself. You even cry yourself to sleep sometimes. Now, babies need to be cared for, and they can waste away if they don't get nurtured. You, as a baby, need to be cared for, and you weren't getting what you needed. So, like any survival-oriented animal, you began to care for yourself. Now, your little mind is just like a scientist's – it's trying to find a way to understand what's happening. You have to explain this lack of care to yourself. So you come to certain conclusions. One conclusion is, "I'm on my own. No one is there to care for me." Another is, "I have to take care of myself." Another one might be, "It feels awful to feel this abandonment. So I'll stop feeling."

It's now known in developmental psychology is that babies cannot blame their parents for the discomfort or pain they're feeling. They can't threaten the primary bond they depend on for survival. A baby doesn't have the capacity to say, "Gee, what a rotten deal my parents got. Dad got no love, so he's in his head and works all

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the time. Mom is busy with three kids and a house, and she's doing the best she can, but she's frustrated and sad because she's all alone caring for everybody and everything. I guess I'm just a good person born into a bad situation."

No, children can't blame their parents, or even find fault with them. So the child blames herself. The conclusion might be, "I'm unworthy of love." Or "There's something wrong with me."

Remember, these beliefs are not being formed in words. The infant won't have words for another one or two years. The beliefs form first as conclusions, or concepts, to explain the situation. They come in as a bundle of feelings. These conceptual beliefs begin to form the personality. From there, the baby chooses specific strategies to respond to the situation. They behave in certain ways, which further develops the type of personality the baby has – compliant, or fussy, or colicky, or sullen.

Let's pause here and feel into this situation. Something like this probably happened to you – especially if you're in your 50s or 60s, when Dr. Spock was advising parents that they should let their children cry, and not respond to them. You wouldn't want your child to believe that he or she is in control, would you? That's what he actually taught. So our parents did what Dr. Spock said was best, and we grew up insecure, anxious, and disconnected from love.

Feel what it feels like to have these beliefs. This is a feeling exercise, not a thinking exercise. Just take each of these phrases on, as if they're true, and feel what it feels like to have them. If you have them at some level of your consciousness, it will feel familiar. If you don't, it will feel like an outfit that you've tried on that doesn't fit you. It may be interesting to try it on, but if it's not yours, just discard it. Close your eyes and take a breath or two. Quiet your mind, and let these phrases come in, as experiments you're going to try, like clothing outfits you're going to try on in a dressing room. Just notice how you feel with each one, and then discard it when you're done trying it on. Here we go.

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- There's something wrong here.

Feel it, notice whether it's familiar, then take it off.

- There's something wrong with me.
- I'm all alone.
- No one cares for me.
- I'm unworthy of love.
- I'm flawed and broken beyond repair.
- I have to take care of myself.
- I can't express my feelings.
- I can't have needs.
- I should just give up.
- It would be better if I'd never been born.
- I am a sinner.

Okay, now make sure you've taken all these beliefs off of you. Cleanse yourself, like taking a shower, and make sure any remnants are washed away. Take a couple of breaths, and feel what it feels like to hold the belief, "I am a sacred and worthy being."

You should never be left holding a negative belief. I'll always conclude with a positive belief, and you're welcome to use whatever positive belief suits you. You are always free to choose your own beliefs. This freedom prevents me from indoctrinating you – either with negative beliefs or positive beliefs that aren't yours. You are ALWAYS at choice in the BeliefCloset.

Core beliefs are difficult to locate because they're such a deep part of you that they're hard to see.

Take out the sheet of paper, or bring up on screen the beliefs you wrote down in our earlier exercise. You may see some that are written in a way that a sophisticated adult would say it. If so, there's a simpler, more essential core belief down underneath that one. You can discreate any belief you want, at any level you want.

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But when you delete a core belief, the results are much more profound.

For example, if you wrote down a belief like, “I don’t make friends easily because I get frozen when I go to reach out to people,” try simplifying it and putting it in child language. A child might say, “Nobody likes me.” Or, “I’m afraid of them.” And of course, look for beliefs that got indoctrinated you, also. Like, “Don’t talk to strangers.” That might be good advice for a little child, but it plays havoc with adults who are trying to be market themselves, or even make new friends.

When I train coaches and healers to use the BeliefCloset Process in their Practices, we spend a lot of time on finding core beliefs – because when you get down deep, and you pull out a core belief, a lot of things shift all at once. It’s like doing major reconstruction on the inner landscape. Even the personality can change, which psychologists will tell you is nearly impossible, because our personality is pretty well set by the time we’re 5 years old. When we do this work, we can go in and change the earliest beliefs that set your basic personality. And this changes your life.

You'll be writing down beliefs throughout the talk today. So get out your journal, or pen and paper, or your belief file on your computer. As I'm talking, when you notice a belief that you have, write it down. I'll also guide you through an exercise or two where you'll identify other beliefs you have. You'll be taking some of those into the BeliefCloset Process.

3.2 We'll start off with the centering meditation.

Close your eyes, put your feet on the ground, uncross your legs if they're crossed. Take a couple of deep breaths. These meditations help us drop down into the subconscious mind. If you have a very busy mind, it's hard to hear the subtle and soft communications of the subconscious. We're going to quiet the busy mind with a focus on the elements.

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Feel the ground beneath you. Extend your awareness down through your body, down through your legs, and through your feet into the floor. Extend it further on down, through the house, through the building materials, through the foundation of your house, and ultimately all the way into the earth. Continue to feel your way down through the earth: You'll notice the topsoil, below that some more rocky material and below that more rock. Continue your way down, way, way, way down.

As you feel that earth beneath you, recognize that your body is made of earth, of matter, the molecules and the atoms that make up matter. Feel the earthiness of your body as weight, as mass, and feel how it attracts the earth, as the earth attracts your body and pulls it down. Your trillions of molecules and atoms are a part of the earth as much as those rocks and dirt are. In the same way that plants are born out of the earth, you were, too. Your mother was part of the earth, as was her mother, and her mother before her. In fact, the word "matter" comes from the same root as "mother." Take a breath and just send appreciation to the earth for loaning you these molecules for your lifetime.

Now feel the water in your body. Your body is made of about 70% water, with a composition about the same as the ocean. We evolved out of the ocean and the ocean is still inside of us. Move your body a little bit and feel its fluidity. You are mostly fluid. This fluid water is inside your 50 trillion cells, and it flows around all those cells, bringing nutrients to all the tissues in your body. It flows through the rivers of your veins and arteries. Your blood carries food and energy to your cells and carries waste away. It's a grand network of rivers, similar to the network of rivers and water on the earth.

Water evaporates from the ground, from rivers, and from the ocean, becomes clouds, and the rain or snow comes down and feeds the plants, and flows into rivers and then back into the sea. That cycle of water is also in you. Just feel this grand cycle of water that moves into you, through you, and out of you. You're part of the grand cycle of water that keeps life going on the planet.

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Send some appreciation to the water in your body and the water cycle on the earth for all that it brings.

Now, feel the fire in your body. Chemical reactions are going on all the time. There are trillions of molecular changes every second in your body. This is the element of fire, and it keeps you warm. When you're active, it makes you hot. This chemical fire is going on all the time. It's part of life living on earth.

Inside your body, you're transmuting elements, burning energy and food as fuel, which keeps everything moving. Your heart beats by itself, pumping your blood and oxygen throughout your body to feed that fire. Fires need oxygen in order to burn. When you eat food, it was grown with the fire of the sun, in the form of light. When you eat it, you take in that sunlight and give the energy back as heat and life. All of this is fueled by the great burning fire of the sun. Even our fossil fuels we burn in our cars and factories are using ancient sunlight, buried in the form of oil and gas.

Send some appreciation to the sun for its original fire, and to your body for taking in the fuel keeping everything moving and warm and heated up in just the right way.

Now we'll move to the element Air. Breathe in. Feel the air filling up your lungs. Take it in consciously, and then breathe it out. Let go of the carbon dioxide you don't need. Recognize that we're in a grand exchange with the trees and the plants. They take in our waste products, the carbon dioxide, and they use it to fuel their growth. They breathe out what they don't need, which is oxygen, which we take in to fuel our growth and our lives. You are part of this grand cycle.

The plant world needs us and we need them. The air you breathe in brings oxygen that feeds your fire. Our breath is life. No air, no life.

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Send some appreciation to the air, the flow of oxygen and carbon dioxide and all the elements that come in and out of your body. Air is also space. Feel the space around you, and feel the space inside of you. There is a huge amount of space inside every atom, between the nucleus and the electrons around it. Space is both inside of you and outside of you, and you take up a specific amount of space. Recognize that you are space. You are air. And appreciate being a part of that.

The final element, the fifth element, or quintessence, is consciousness, awareness itself. Recognize that you have awareness and you have attention that you can direct wherever you wish to direct it. It appears to some that everything has awareness, and we know for sure that living things have awareness. It may be that the earth herself, Gaia, has a kind of awareness. It's possible that even stars have their own kind of awareness, and perhaps galaxies, as well. It appears that awareness does not need a physical body to function, so there may be levels and layers of consciousness that we can tune into. We don't have to know for sure, it's part of the great mystery. Send appreciation to the source of awareness, the source of consciousness. It has always been there, it is always present, and it always will be, in a myriad of forms, including your own form.

Feel the great expanse of consciousness throughout the world, and throughout the universe. You are part of this great chain of being, this awareness that permeates all things everywhere, like space. Appreciate yourself for being part of this, partly earth, partly water, partly fire, partly air, and awareness of it all, here and now, in your unique form. You are a manifestation of the universe. You are glorious. You are you.

When you're ready, feel your body – wiggle your fingers and toes, and take a conscious breath. When you feel yourself back in your body, open your eyes. Return here. Those are the five elements that make up you, make up who you are.

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3.3 Welcome back. We're going to dive into beliefs that limit about what you're capable of. After the "who I am" beliefs, which are "being" beliefs, the second most common area for limitations are the "doing" beliefs – what you're capable of, what's possible for you to do. The truth is, that if anyone has ever done anything, you could do it too. You're just as capable as anyone else, if you put your mind on developing that capability.

It's also true that people have different natural abilities. But even if you don't have a natural ability, you can develop that ability with study and practice. If someone can do it, you can do it. The only limitations we have are the ones that we place on our self, or the ones that other people programmed into us, and we accepted. Remember, all beliefs create limitations – that's actually what they're for. And if you remove a belief about a limitation, what gets opened up are possibilities.

In the last session, we talked about "no limits being". If you took all the limitations off of you, you would be in "no limits being". In this session, we're going for "no limits doing". No limits on what you can do.

The question is, what do you want to do? You can't do everything, but you can do anything. Let me say that again. Unfortunately, due to the laws of physics, you can't do everything. You don't have time. But when you focus your attention, you can do anything.

Let's take a moment and divide the world into being, doing, and having. Most people think that if they DO something, like work hard, then they can HAVE something, like enough money. Then they will BE something, like be happy or be secure. This is called DO HAVE BE. If I do, then I can have, and then I can be.

Other people believe that if they HAVE something, like a new car, then they can DO what they want to do, like take people out on fancy dates. Then they will BE something, like be in a relationship, or be admired. This is HAVEDOBE.

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In my book on manifestation, ***Creating On Purpose***, we teach that the best way to create something new is to "BE" first. For example, if you want to write a book, just decide that you ARE an author, then do what authors DO. Write four to six hours every day. Then you will have a finished manuscript and a published book. This is BEDOHAVE. It takes all the doubts away. Do you want to play the piano? Consider that you already ARE a pianist, then go take lessons, study, and practice.

Being comes first, which is why we first handled limitations on being. Doing comes second. Today, we're going to handle your limitations on doing. Then, you can HAVE whatever you want to have, by BEING and DOING first.

Skills are developed by study and practice. And beliefs get in the way of your studying and practicing anything. "Oh, I could never learn to play the piano." And guess what happens? You don't decide to take lessons. You don't practice. So you prove that your belief is right. This is what stops people from doing the things they need to do to have what they want to have.

Get ready to do some writing. I'll prompt you to look for beliefs you may have in this arena. Write down anything that comes to mind. Capabilities and abilities are most often created by "I can" and "I can't" beliefs.

Listen to my prompt and just see what comes up. Say to yourself, "I can't..." and then fill in the blank. "I can't..." Just write down descriptions of what you can't do. "I can't..." What are you incapable of doing? What don't you give yourself permission to do? What do you know you can't do? Just keep writing down whatever comes to mind. It might be a long list.

"I can't... find the right partner." "I can't... make enough money." "I can't... get my body healed." Whatever your can'ts are, write them down.

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Now think about the things you WANT to do, but you can't do. And write those down. "I can't..."

Think about things that other people can do, people that you admire, and recognize, "I can't do THAT." Write down whatever comes up.

Now fill in this blank: "I'm not supposed to..." We got a lot of programming about what we're not supposed to do. "I'm not supposed to run around naked." "I'm not supposed to act strange in front of strangers." "I'm not supposed to speak to strangers." "I'm not supposed to..." Write a few more down.

Now say to yourself, "It's not okay for me to..." It's usually not okay with someone ELSE, so think of people who it's not okay for you to do certain things. "It's not okay with Mom if I'm independent. Write down whatever comes to mind.

Let's move on to "I'm not able to..." "I'm not able to jump 6-foot barriers." "I'm not able to rollerblade." If you're in a wheelchair, "I'm not able to walk." "I'm not able to get everything done."

Next is, "I'm limited by my..." Identify the limitations that you have. "I'm limited by my intelligence." "I'm limited by my looks." "I'm limited by my skills." "I'm limited by my lack of resources." What are you limited by?

Next is, "It's not possible for someone like me to..." "It's not possible for someone like me to be a Hollywood star." "It's not possible for someone like me to be happy." What is it not possible for someone like you to do?

The next one is, "They won't like it if I..." This is very early childhood programming, "They won't like it if I jump and scream." "They won't like it if I... run around the house and explore." What is it they won't like?

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The next is, "They won't let me..." "They won't let me... do whatever I want."

We're going even deeper now. "They'll stop loving me if I... " They'll stop loving me if I don't do what they say." "They'll stop loving me if I move away." "They'll stop loving me if I love someone else." Write a few of those down.

We'll do a few more with a different form. What is something that someone else can do, or a lot of people can do, but you can't? Write down a few things that you can't do even though other people can do it. Write down whatever comes to mind, whether it makes sense or not. Allow the mind to flow. Allow your subconscious mind to answer the questions.

What's something that you've tried to do, and someone else has done and succeeded at, but you haven't succeeded?

Take another minute and add to any of these categories. I'll give you another minute. And feel free to keep adding to this list in the next day or two. You'll start to notice a lot of other beliefs come up.

As I said before, all beliefs are inherently limiting. A belief is like a bubble that separates what's inside the bubble from what's outside the bubble. For example, inside the Self-bubble is "I am this," and outside is "I am not that."

As soon as you say, "I can do this," you're putting a number of things outside the bubble. "I can't do that." Some of that is purely practical – like "If I focus on developing this skill, I won't have time to build other skills." So when you have "I can't..." inside the bubble, you're forever separated from the possibility that you can. What we're doing is trying to pop some of those bubbles, and create more possibilities for your life.

Remember that the word "decide" comes from the Greek word that is also the basis for the words suicide, insecticide, and

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genocide. It means, "to cut off." So whenever you decide to do something, you're automatically deciding that you can't do a bunch of other things. When I found out that I actually had limitations on what I could do in my life, I was really pissed off. I thought I could do anything! When I found out I couldn't, that there just wasn't time, I was really angry with God for giving me all these limitations.

Because our beliefs create our experience of reality, when you say, "I can't do that," then you make it so. The way you make it so is by not trying, or by quitting. It's not because you couldn't, it's because you quit or you didn't continue. As I said, skills are developed with study and practice. Whenever you start something and then stop, you stop getting better, so you prove that you can't do that.

Before I learned this lesson, I quit a lot of things in my life. I had a lot of "I can't..." beliefs. Experiments have been done with children in which they're offered the opportunity to get a small candy right away, or more candy if they wait for a couple of minutes. Some kids just can't wait. They just scarf it down. That's going for immediate gratification. Other kids wait, and fidget, and distract themselves in order to get the bigger portion of candy. It turns out that these kids, the ones who can manage themselves, and delay gratification, do much better in life. They're willing to put in the hard work to get the bigger reward. Which type of person are you? If you want to succeed, you have to be willing to do the hard work to get there. I worked my butt off to become a good headhunter, which is what I did before becoming an author and teacher. Then I worked really hard to become known as a teacher and author. I don't know any shortcuts, except for those few who are sudden successes. But you can't control that. Sometimes the universe comes and picks someone up and carries them to glory, or fame, or riches, or enlightenment, but you can't stand in line and wait for it. As someone said, Luck comes to those who work hard.

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If two people want to play the piano, and one has natural talent and the other one doesn't, the one who has natural talent will have an easier time learning. But both people can practice and learn and master the skill. Whoever quits first, whether it's the person with the natural talent or the one who doesn't have natural talent, the person who keeps practicing will get better and better.

It doesn't matter what the natural talent is. Whenever we quit or get disinterested or something becomes more important, then that's what limits us. It's not about your natural talent or your ability. It's just the fact you stopped practicing or getting better at it. And as Malcomb Gladwell pointed out in his book, "Outliers," the key to success and mastery in ANY field is, to a large extent, a matter of practicing a specific task or ability for a total of around 10,000 hours. That's five years of full time practice, or ten years of half-time practice. And if you practice one hour a day, it will take you about 27 years to master your craft.

Now, as you mature, your needs and desires and interests change. There's nothing wrong with changing what's interesting to you. The question is, "Was that the real reason that you quit? Or was it an excuse for quitting?" Did you cut something off from yourself by quitting? Like the joy that comes from getting better at something? Or accomplishing something because you ended up deciding not to keep going?

Think back to your school years. Which subjects did you say "I can't learn that." Write it down. For me, it was Chemistry and Calculus. I took Calculus three times, got Cs all three times and I still don't know what the hell a Function is. This happened because I missed some concept in the middle of the class and kept going, instead of getting it handled and understood. And that stumped me from that point forward.

About what did you say, "I can't do that well, so I might as well give up?" For me it was Art. I actually was pretty good at Art, but I got the belief that I couldn't do it well, so I might as well give up.

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Write down a few things that you decided you might as well give up on because you couldn't do it well, or as well as other people.

What books did you stop reading because they were too hard?

What did you stop doing because it was uncomfortable? For me that one was skiing. My dad took me skiing when I was a kid. I was uncomfortable most of the time. I was kind of a miserable kid. I was cold, and it was hard, and I fell down a lot, so I stopped skiing, and I stopped getting better at it, of course. Whenever you quit trying and practicing, you don't get any better. That's just the way it goes.

Now let's look at the other side. What can you do now? What are you able to do? What have you mastered because there was someone there to mentor you, encourage you, tutor you, or in some cases demand that you continue to practice beyond your resistance or your desire to quit?

When you talk to people who play the piano well, most of their parents said, "You will practice the piano for an hour a day when you get home from school." Even if they didn't like it. Even if they complained, or tried to manipulate their way out of it, like I did. They practiced because they were forced to. And they got better and better at the piano, and eventually mastered it. What are you able to do precisely because there was someone there to support you in your growth and development? What were you encouraged to do?

Often, we're encouraged to do things because we have natural talents, even if it's not something we actually want to do. I call this the tyranny of talent. A kid might be encouraged to do Math and Science because they're good at it when in fact inside their heart, they actually want to write or do art. They grew up to become very miserable scientists because they didn't follow their heart. Someone gave them bad advice, and said, "You're good at that so you should do that." Did you have this experience? If so, write it down. That's one of those "I'm supposed to... beliefs."

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What did you rebel against and stop because you were over-encouraged? Sometimes parents get to be a little too much. They want you to be something or do something. You just say, "Screw that. I'm not going to do it precisely because they're telling me to, even if I like it." Did you have any of those in your life?

I was very fortunate. I had a wonderful man in my life who was my teacher and life coach. He prodded me and motivated me. He was a tough and loving mentor. He encouraged and supported me, and he took an interest in me. Most successful people have at least one person in their lives who did this – took a special interest and encouraged them. This fellow, T. D. Lingo, encouraged me to think that I was special, and could do special things. My life really started to turn around when I met him at 19. He was a consciousness explorer, so I became a consciousness explorer, just like him. I was very fortunate to have him in my life.

Did you have a mentor or a person who encouraged you in a particular direction? Then ask yourself the question: Are you above average in that field of study or discipline? The usual answer is yes because of that encouragement.

It may have been one of your parents, or a teacher, or a relative, or friend. These are precious people. And have you been that to a young woman or young man? We need to pass that gift on. If you haven't, find a younger person and mentor them. You have so much good to offer, and you will make a huge difference in their life.

I want to look at education very briefly because a lot of us got stopped in school. The root of the word education is "*educare*" which means, "*to draw out.*" It doesn't mean "*to stuff in.*" Our education became very narrow because we were being programmed and socialized, not educated.

We were all being taught as if there was only one kind of intelligence, measured by IQ. It turns out there are many types of

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intelligence, and every child has a unique mind. Howard Gardner wrote a book called “Frames of Mind”, where he said that intelligence is not a single ability, but a very wide range of abilities.

He divided them up into many categories, including Logical-Mathematical, Spatial-Mechanical, Linguistic, Bodily-kinesthetic, Musical, and Interpersonal-Relational. A lot of children are very good at interpersonal relationships, which is a required social skill for success in life, but those kids may not so good at language or mathematics-based skills.

There are a few other categories, as well. Naturalistic, which is classifying and identifying – which is great for biologists and sports-casting, for example; Existential, which is self-awareness in a spiritual or religious sense, and Practical-Survival, which is great if you're lost in the woods, or live in nature, Creative-Artistic, which of course is required for artists, Storytelling, very handy in the movie business, on stage, and in literature, Sexual-Seductive – we know what that's good for, and Problem-solving, which is important for anyone during times of change. There's even one called Financial-Accumulative, and you can bet most rich people have that one in abundance. All of these are skills and abilities that we all have – though in different amounts. Because we're all unique, these various intelligences inform our decision-making abilities, our executive functions, and so on.

Schools focus on one set of intelligences – the cognitive ones. Facts poured in and regurgitated out. If you were weak in that one, but strong in others, you would not have gotten recognition for your own abilities – except perhaps negative recognition – criticism, being demeaned, or humiliated - for not having the intelligence styles that the schools were designed to enhance and support.

If this happened to you, your probably took on beliefs about yourself - you became negative about school, and learning. You may have spiraled down into trouble. Our schools are full of this problem – brilliant kids with a lot of skills and abilities don't get

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supported. They end up in trouble because they feel bad about themselves.

As I mentioned last week, mistakes are the way we learn. If you made mistakes and got humiliated for them, you're going to believe that mistakes are bad and of course that will stop you from learning.

A better way to look at life and learning and your abilities is to see difficulties and problems as great signs of forward movement. Imagine running into a problem in life and saying to yourself, "Hurray! I've got a new problem! Something has come up. Isn't that exciting? What does it tell me? What's the way around it, or through it, or past it? What do I need to learn? What beliefs are holding me back, or causing this situation? Who can I get help from? If someone has solved this problem, so can I. I just have to figure out how."

Whenever you try to create something new, blocks and barriers and resistance come up naturally. It's one of the laws of the mind. You say you're going to do something, and all your old beliefs that are in conflict with that new creation pop up and re-assert themselves. You can count on this happening. It sounds like doubts, or second thoughts, or the voices in your head that discourage you. Or people on the outside will take this role and tell you it can't be done.

If someone had taught you that this situation is normal, you could have taken on bigger challenges. You could have handled the doubts, and the old negative beliefs, and kept going. You'd be successful because successful people are just people who figured out how to deal with the stuff that comes up automatically.

When you clear your belief-lens about who you are, and you clear the negative and limiting beliefs you carry, you can begin to see your own magnificence. When you clear your belief-lens about what you can do, you can begin to see your own capacities and your capabilities. There are no limits on what you could do. You

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could accomplish anything. We go from no-limits being to no-limits doing and eventually get to no-limits having. There's no limit to what you could have if you're willing to do what needs to be done.

Now we're going to swing to the positive. Now write down your answers to these questions:

If you didn't have any limitations at all, what would you be doing? Take a minute and conceive of what you do would do if there were no limitations at all. You can keep adding to this list in the coming days and weeks.

If you didn't have to earn a living, what would you choose to do with your time? Most of us trade our time for money so we can do the things we want to do, but we end up spending more time doing what we don't want to do instead of what we do want to do.

If you had all the money and resources you needed, what would you spend your time and money on? What would you build with your wealth? What kind of legacy would you create to leave behind? I wanted to grow up and be a philanthropist – giving money away and supporting other people with my immense wealth. I'm still working on that one!

If you followed your dream, your highest vision and your purpose in life, what would you be doing? If you could create anything, what would you create for yourself, for your family, for your community, for the children, and for the world? Just keep adding to this list as you go through the week.

Look at these beliefs that you wrote down, especially the negative beliefs, and choose one, or two, or three to clear with the BeliefCloset Process this week. Go through what you've written down and circle ones that you'd really like to be rid of. If you haven't written any down, take time now to write down a few beliefs that you'd like to change for yourself this week. I'll give you a minute to do that. Circle one to three beliefs that you want to delete from your psyche.

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[Pause for 1 minute.]

Once you've done that, think about the belief that you'd rather have instead. Your new belief should make you feel wonderful, glowing with radiance. It will make you feel really good about yourself. You can start with the opposite belief, but then upgrade it so that it makes you feel wonderful.

This is a good approximation. Once you're in the BeliefCloset, you'll be able to upgrade it. Because once you've cleared an old belief, you're freed of its limitations, so you can think through more possibilities. That's why we delete an old belief first before we replace it with something even better.

I want to encourage you to take yourself into the BeliefCloset Process, and clear at least three beliefs this week. Do it on your own, with the recording of the Journey from last session. I want you to build your skill and ability to change your beliefs. As you build this skill, you're building your power to do what you want to do. Because any time there is a barrier, a block or resistance, you can clear it. It's a very powerful skill for your future.

We're going to go into the BeliefCloset right now, and we're going to do a variation of the process. We're going to work with the beliefs you got from your parents.

Put your paper or your keyboard away. I'm going to guide you through a very important process for clearing your early programming about your limitations.

- 3.4 Close your eyes. Find your center and take yourself to that beautiful ideal house that you built. See it from the air, breathe and smell the surroundings. Fly yourself down to the front door. Feel what it feels like to be home. This is the ideal house for you. Walk into the house.

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Get whatever impressions you're getting. If you see things visually, appreciate what you can see. If you're getting it by smell or by feel, just appreciate that. However the information comes into you is the right way for you to get information. It doesn't matter whether you see things clearly or not. Just feel what it feels like to be home, surrounded by exactly the right kind of house for you, exactly the furnishings that you would want, that you wanted to have. They're here.

Make your way to your master bedroom. Find the doors to your BeliefCloset. Open them up, and enter your BeliefCloset. Take a look around or take a feel around. Notice that everything is where you left at the last time. You might notice additional details that you didn't notice last week.

Walk up to the mirror and notice what you're wearing. This outfit, like any outfit, represents a particular belief. We're not going to be working with this belief today, so take this outfit off and set it aside. Then close your eyes – the eyes that you have in the BeliefCloset. Begin remembering back through your life all the way to the beginning, to your beginning when you came into existence in this life.

You might have come from somewhere else, or from nowhere, or from God, or from a moment of love, but you came into existence. This little unique *you* came into form. It took nine months to bring you all the way in. During that time, your body was growing, and you can feel this. Feel yourself growing in the womb. You were hanging around with an open awareness allowing the world to take shape around you, allowing your body to take shape.

At times, you were floating in a quiet safe bubble, and you heard the deep rush of your mother's heartbeat. At times, you could hear noises and voices. You were feeling what your mother felt – because you were a part of her. As if they were your own. You took on these feelings and beliefs and these thoughts that she had – because there was really very little difference between you and your mother.

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Her thoughts were your thoughts. Her feelings were your feelings. Her conclusions were your conclusions. Your little infant brain that was developing was trying to sort out all of these impressions. If she was suffering, you suffered. If she was anxious or afraid, you were anxious or afraid.

Most of the experiences you took on as you developed your little brain was actually your mother's. It's as if she clothed you in her beliefs. She gave them to you along with her cells and the nutrition she gave you from her bloodstream.

Then you came into the world. Whatever happened at your birth, you took on certain beliefs. As you grew up, you took on your father's beliefs, too. They weren't yours. You just grew up inside them, like a fish grows up in water, and doesn't know the water is there.

You're going to have an opportunity to pull these beliefs out of you, and give them back to your mother and your father. Think about this opportunity – it's like sweeping the hearth of your mind. The hearth is the fireplace that was the warm center of a home. Decide whether you're ready to let them all go, to give them back, so you can create your own beliefs, and your own life, separate from your parents.

You're going to be sweeping these old beliefs into two piles – one for your mother's beliefs, and one for your father's beliefs. If you had another primary caregiver, someone who raised you, make a pile for that person, or those people, as well.

Some of your mother's and father's beliefs were about survival – about food, money and the physical world. These beliefs reside in your first chakra, at the base of your spine. Pull all of mother's and father's beliefs about the physical world, and about survival, out of your base chakra. Let those beliefs fall to the floor. You don't need them any more.

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Feel the programming you got from them, and pull all those ideas out about what you were supposed to do, and had to do, to survive. Did they tell you that life was hard? Or that you had to be a certain way to survive? Anything that's not yours, that belonged to your mother or father, pull them out of yourself and let them fall to the floor. And feel what it feels like to no longer have them inside of you.

Some of your parent's beliefs were about pleasure and passion and sensuality, about men and women together. These got lodged in your second chakra, in your sex center. Reach in and pull out all the negative beliefs that your mother and father had about sex, and pleasure, and what you should or shouldn't do about your own body, and pull them out. Let them fall to the floor. Their beliefs had nothing to do with you – you just inherited them. Pull all of them out and let them fall to the floor in those two piles.

Your mother and father had beliefs about power. Who is in charge? And who got to be in charge? Who could use their will, and who couldn't? Who could use force? What could you do, and what couldn't you do? Pull all of these beliefs out of your third chakra, called the Dan Tien, just below your naval. Some people see it a little higher, in the solar plexus. Wherever these beliefs are lodged, pull them out and let them fall to the floor in those two piles.

Pull them out of your body, out of your mind, and your heart, and your soul. They never belonged to you. You just inherited them. If you're ready to give them up, pull them out and let them fall to the floor.

Now we'll move to the fourth chakra, the heart center. Your parents had a lot of beliefs about love and loving, about feelings and emotions, and about relationships with other people. Anything they believed, pull those out of your heart. They're not your beliefs, they're theirs. If they had good beliefs, you can keep those, or you can re-create them for yourself. Anything that's held your love back, take those beliefs out and let them go.

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Your parents had beliefs about speaking and listening, about speaking the truth or expressing yourself. It's okay to say things only a certain way. Who gets to speak in what way? What were you taught about expressing yourself, what you can say and what you can't, about telling the truth and telling lies. Pull all those old beliefs out of your throat chakra, your fifth chakra.

Pull out anything they believed that doesn't belong in you. Pull out of your physical body, and your psychological body, and your emotional body. Pull it out of your mind and heart. Let whatever you pull out fall to the floor.

Your parents had beliefs about what was true and false, what was right and wrong, and what was possible and impossible. In the sixth chakra between the eyebrows, the third eye, pull out all of your parent's beliefs about the you, and your future and the past, and what was allowed and not allowed, what you should study and what you shouldn't study, what you should think and what you shouldn't think.

Pull all those beliefs from your parents out of your third eye chakra, out of your mind and your brain, and let them fall to the floor, into the two piles, one for your father, one for your mother, and the third if you had another caregiver.

Move to the seventh chakra, at the crown of the head. Your parents had beliefs about God and spirit and the universe and existence. They had beliefs about who you are and what you are, and what your connection is to Source or to God. Pull all of their beliefs out of your crown chakra and let them fall into a pile in the floor.

Now look inside your body, and look inside your mind, and look inside your heart, and look inside your soul and your spirit, for any other beliefs that you inherited from your parents and from their parents. Pull out the ones you inherited from your family, and

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your culture, and your community. Pull them out and let them fall into piles on the floor.

These beliefs that you inherited, they weren't yours. They had nothing to do with you. It's not your fault that you inherited them? You just absorbed them. Now some of them are good beliefs. Some are useful. You will be able to re-create the ones that are good and useful whenever you need them. You can consciously create good beliefs anytime. But for now, just feel what it feels like to be clear of them, to have all that stuff out of you.

When you're ready, step away from the pile and feel that clean and clear feeling of "Whew! I'm so glad to be rid of that stuff."

Who are you now, in this moment? This is your True Self. Free of all that programming that you got from your parents. Really look at yourself and see yourself as a radiant light. You are unique. There is no one that's ever been created that's like you. No two stars are alike and no two people are alike. This is really who you are – without all that programming.

Enjoy this feeling of being free to be you – only you without all that history, without all that programming. Breathe. It feels so good to be clear of all that stuff. Now it's time to give them back. Invite your mother and father into this space, or your other caregiver if you had one. Invite them to appear in front of you, to come into your BeliefCloset and take form there in front of you.

They've come here only by your invitation. Whether they're still alive or if they've passed on into the spirit world, you can invite their spirit here to meet with you. Take a minute and bring them here. Allow them to appear in front of you, standing on the other side of these big piles.

Feel your mother and father and caregivers in front of you and say these phrases. Repeat them after me. Feel free to adjust

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them to what's right for you. These are suggestions. They will carry you through this process and through the ceremony.

Say to them: "Mother, father, (and include the other person, if you have one), I know you loved me. And I know you still love me. (pause) I know you did your best to raise me, to turn me into the person you thought I should become. (pause) From the very beginning, I took on your beliefs –sometimes by choice, sometimes by your indoctrination, and sometimes just by absorbing them from you." (pause)

"I have now outgrown these beliefs. I don't need them anymore. (pause) So I'm now giving them back to you. (pause) You can do with them whatever you wish. I no longer want them in my space. (pause) They're yours and they were never mine. I now give them to you with my blessing and love. It's time for me to let go of them and give them back to you." (pause)

Now sweep up these piles, and compress them into the size of a basketball, or bowling ball. Then pick them up and hand them to each of your parents, to each of the people in front of you. Give them back this collection, this pile of beliefs. Make sure they take it and invite them to speak to you.

Now listen and find out whether they have anything to say in response.

When that feels complete, bow to them or hug them and send them on their way out of your BeliefCloset, carrying all those beliefs with them. When they're gone, take a deep breath.

Feel what it feels like to have all those beliefs out of you, out of your space. Feel yourself as light, radiant, shining. This is your True Self. You're free to create whatever you want from this space, to choose the beliefs that are good for you, to change beliefs anytime you want, unlimited – no limitations from the past.

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Feeling this feeling, make your way out of the BeliefCloset, and your master bedroom. Continue feeling this presence of yourself, free of the past. Make your way all the way back to the front door and outside of your house. Feel your radiance every step of the way, including as you rise up in the air, looking back at your house, your beautiful house and flying your way all the way back to where you're lying or sitting, listening to my voice. Feel that radiance and that freedom. You are an open possibility, creating your life just the way you want it to be.

Come back into your body, wiggle your fingers and toes, and feel your body as a whole, shining and radiant, with your presence.

When you're ready, open your eyes, and look around the room. Check to see whether the room looks different. It might. Welcome back! Feel what it feels like to be you right now. You may be different than you felt before.

In a minute, we're going to enter the Q&A period. I'd like to start with a few shares, people who had an interesting experience and would be willing to share it with us. Then we'll get to questions, and then we'll work individually with a few of you.

3.6 Let's start with [Participant] who is willing to share. Go ahead, [Participant].

Participant: Hi. I really enjoyed that. The description of being in the womb was very different from my memory of it, but that was okay. The interesting thing was huge scores of ancestors showed up. It was really interesting. It was a very beautiful experience. I just wanted to thank you for that and share that.

Lion: Thank you. Thank you.

Yes, the ancestors are important because we took on not only our parents' beliefs, but also the beliefs that they inherited from their ancestors, and from theirs, all the way back. It's wonderful that

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your ancestors showed up to take back their beliefs. We get a lot of them that way. Thank you very much for sharing that.

3.7

Lion: Let's do a little work with [Participant]. What's up, [Participant]?

Participant: Well, it's interesting. If I re-imagine myself back in the BeliefCloset, my mom isn't very interested in leaving.

Lion: Remember that she is there at your invitation and you can invite her out as well. If she is not interested in leaving, these kinds of things happen, it probably means she has a message for you of some kind. She wants to deliver it. Did she say anything to you after the ceremony?

Participant: No, I didn't hear. Well, the messages that came to me were my dad saying, "We want what's best for you." I didn't get a specific message from my mom.

Lion: Okay. What I'd like you to do is to close your eyes and just return to your BeliefCloset where your mother is waiting for you. Tell me when you're there.

Participant: Okay. I'm there.

Lion: Okay. Is your mother there?

Participant: Yes.

Lion: With great gentleness and love, just ask her the question "Mom, what do you want to tell me?"

Participant: Mom, what do you want to tell me?

Lion: Just receive whatever comes in whatever form it comes. It may be in words, it may be in pictures, it may be in full movie reels or memories, maybe just feelings or sensations. What impressions are you getting?

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Participant: That she needs me to know that she did her best.

Lion: Yes. She wants you to know that she did her best. Did I get that right?

Participant: Yes. Correct. She's sharing a very strong message. Her message is about her. That she did her best. That she wants the best for me. It's an issue of what she provided. I'm hearing some guilt on her part.

Lion: She feels bad about her own limitations. Can you just reflect that back to her and say, "Mom, what I'm getting from you is that you want me to know that you did your best and that you had limitations that you feel bad about."

Participant: Mom, thank you for sharing that message with me. I hear that you did your absolute best. You raised me the best way you knew how and that you want what's best for me, and you still do.

Lion: Then ask, "Did I get it right?"

Participant: Did I get it right?

Lion: What was her response?

Participant: Well, I'm sensing a message of "I'm wondering if I have done enough." I'm not sure where that's coming from.

Lion: You're wondering whether you did enough in the relationship with your mom?

Participant: Well in terms of achievement I'm getting a question about "Am I good enough? Have I achieved enough in life?"

Lion: Interesting. There's a question coming up about your own capabilities. Just ask the question "Whose question is this?"

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Participant: That's a good question. Whose question is this? Whose judgment are we using?

Lion: Yes, it's somebody's judgment.

Participant: Right.

Lion: Does it appear to be coming from her or from inside of you?

Participant: It's more mine.

Lion: It's inside of you?

Participant: Yes.

Lion: Okay. Just let your mom know that you got a kind of judgment from her, so that you now judge yourself and that you're willing to let that go.

Participant: Right. I appreciate everything that you have given me mom. I know you're judging yourself and I can feel myself judging myself. That's definitely something I would like to let go of. Change those beliefs from negative to positive.

Lion: Just ask your mother if she feels complete and is willing to now go.

Participant: Mom, do you feel complete now? Are you willing to go? She is. That completed the visit.

Lion: Great.

Participant: She left.

Lion: Okay, good. Send her your love and your blessings and then return back to your body. Feel what it feels like to have that be complete.

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Participant: My shoulders feel more relaxed.

Lion: Good. This could be considered completion with your parents. We have to let go of our parents' expectations and our parents' beliefs and our parents' desires for us so we can find ourselves. Because all of us have carried those things around our whole lives, now that we're adults, we get to choose.

Thank you for bringing this, [Participant].

Participant: Thank you.

Lion: Okay. Let's go to [Participant] next.

Participant: I need a little clarity on this. I felt that when I was in that Closet and giving back to the three persons, mother, father and grandmother on mother's side, I felt something in the top part of my shoulders between my heart, horizontally, that I couldn't let go. Something in my body just didn't want to let go.

I could feel the strings and almost the whole attachment of my body to that. But I did a little bit different, a little twist where I just used the fire. I don't know if that was a little bit too abrupt or something. I have no idea. I need a little clarity.

Lion: Okay. Often, we're not able to let go of beliefs because they are attached to our relationship with the person. This has come up many times in my work with people. I'll say, "Are you ready to let go of the belief?" They'll say, "Yes." Suddenly, they realize that that belief is what has kept them tied to the person, to mother or father or partner.

The fear is: If I let go of that belief, I will also let go of my relationship – because the belief represents the relationship. It's so closely tied to the relationship that it's loyalty. If I give this up, then I'll be disloyal. Are you aware of what the belief is that you were not able to let go of or was it just a sensation?

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Participant: I believe it has to do with religion, and it had a long history of religion. Emotionally, it's in the relationship with my parents. I say, and I've said before, and I've taken more of an action in saying, "I'm giving up my family." That's something deeper than me. I'm okay with that in my cognitive aspect.

Inside, it's like somatic. It's like in my body. Especially the first time, I felt it so clear across shoulder to shoulder at my heart level. Now, as I'm speaking, it's all this heat all the way up to my head.

Lion: Okay. Would you be willing to go into your BeliefCloset and do a little work there?

Participant: Yes.

Lion: Okay. Close your eyes and take yourself back to your BeliefCloset. Let me know when you've arrived.

For those of you who are listening, if something like this happened, just follow along with the process and work it yourself – because every person is an echo of every other person. You may have had something like this, as well.

So, [Participant], are you in your BeliefCloset?

Participant: Yes.

Lion: Great. Walk up to the mirror and close your eyes. Feel the sensation that's across your shoulders, in your heart and up into your head. Just feel it as a sensation.

Participant: Fire, it's all burning.

Lion: Just feel the burning. How hot is it? Can you tell the temperature, sort of hold a thermometer up to it? What temperature?

Participant: From one to ten, I'd say eight, between seven and eight.

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Lion: It's very hot. Just feel how far it extends out to your shoulders. Maybe even beyond your body. How high up into your head and how far down and how far into your heart area. Feel the whole volume of the burning.

Participant: I feel the most burning on my neck, my ears, my chest, at the heart level horizontally.

Lion: Good. Now, as if the sensation were a person, you can speak to sensations in the BeliefCloset and they will respond. Just ask the sensation "What belief are you?" Then listen to what it says.

Participant: What belief are you? What belief are you?

Lion: The answer comes in any form. It may be in words, it may be in pictures, it may be in other sensations or memories.

Participant: I keep hearing "I don't want to hear. I don't want to hear it."

Lion: You don't want to hear it.

Participant: Yeah. "I don't want to do. I don't want to hear. I don't want to know."

Lion: Are you aware of what it's about?

Participant: No.

Lion: Okay. Just go ahead and ask it "What do you not want to hear?"

Participant: What do you not want to hear? "That you are love." That I am love.

Lion: You are love. Ask the sensation, "What would it mean if I heard and knew that I was love?"

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Participant: What would it mean if I knew and heard that I was love? I keep getting an "I don't know" in my heart chakra.

Lion: Okay. Now ask, "Would it mean that I didn't need my parents?"

Participant: Would it mean I didn't need my parents? I feel more at peace with that in my body. It's like it's calming and soothing.

Lion: If you knew you were complete in yourself, if you were truly love, then it would mean you didn't need them. As a child, you needed them. Because of the religion and the traditions that you grew up in, you needed your family, right? You needed the family to survive. You needed family to be okay. You needed family to feel loved. If you became truly independent, if you truly knew that you had everything you needed inside of you, you wouldn't need them any longer.

Participant: Right.

Lion: To the child self, this is what it means. What it really means is that if you were complete and whole in yourself, you could love them from a different place. Not from a place of need but a place of true love, unencumbered, unbounded by needs of family.

Tell the sensation "If I know that I'm love, I will be able to love my family even more profoundly."

Participant: If I know that I'm love, I will be able to love my family more profoundly.

Lion: Then ask, "With this understanding, are you willing to let go?"

Participant: With this understanding, are you now willing to let go?

Lion: What response did you get?

Participant: Yes, a weak yes.

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Lion: Okay. This belief is precious to you. You don't have to let go of a belief if you believe it's precious. You can put it in a special place in your BeliefCloset.

Tell this belief, this sensation that you're going to make a special place for it in your BeliefCloset. That it can live there and watch you and make sure that you love your family. Make sure that you are connected to your family. That's what it wants. It wants to make sure you're connecting and connected.

Give it a special place. Make a little display case for it, or a special shelf, and put it on that shelf or display case. Make sure it's comfortable there. It understands that it can continue to be aware of your connection to your family and support you by letting you know if you get disconnected.

Participant: Thank you. Thank you so much.

Lion: Does that feel good and right?

Participant: Yes. It's right on because I've been working so much, without wanting to leave that resentment that's beyond my cognitive sense – the love that I feel, and appreciation, and understand the awareness that I have so far. There has always been that particular resentment strain from my heart that I wake up to every morning, that is, wanting to express in some way. I have not known how to appease it.

Lion: Beautiful. Thank you so much for sharing this.

Participant: Thank you so much. I appreciate it. Thank you.

Lion: You're very welcome.

[Participant], we'll give you the microphone. Go ahead.

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Participant: Okay. I didn't seem to have any problems with the exercise itself. But I did have some intense belief come up during the question process. I could work on that in a support environment, right?

Lion: Yes. Definitely do bring those into the support calls. Is there one in particular that gave you trouble or that overwhelmed you?

Participant: Yes. "All attention is bad."

Lion: "All attention is bad." Did I get that right?

Participant: Yes.

Lion: Let me ask a question. This is very personal. You don't have to answer it. When you were young, did you get a lot of bad attention, meaning attention from adults that was alloyed with sexual intent or bad intent or like that?

Participant: How to answer that? Just seemed like any attention. Like if I had some favoring by a grandmother for instance, that was bad and it was my fault.

Lion: Whose opinion was that that was bad? Who didn't like that?

Participant: Well, especially my mother. She still talks about it.

Lion: Okay. How about attention from your mother? Was that okay with her as long as she got attention? Or does she not even want you to be in the room?

Participant: I still get that she doesn't want me. She'd rather not see me. I really feel like...

Lion: She would rather not see you at all.

Participant: Yeah. When I speak to her, when I see her, I always see this sort of face like "Oh, God. I have to deal with her." That's how I take it anyway. But all attention is bad. It just seemed like if I got that

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attention that was bad in some level. I couldn't do anything right especially with mother. Since I'm the oldest, it seems like that went through my family.

Lion: My intuition is to recommend a book to you. Tell me if you've heard of this book, or read the book. It's called *Children of the Self-Absorbed*. Have you heard of it?

Participant: No.

Lion: It's a very powerful book. It's about narcissism in parents. Essentially, if our parents didn't get enough attention from their parents, they became narcissists. All the attention had to be on them. If attention went off of them, it was bad because they needed the attention.

It's possible that your mother was a real narcissist and that you were a problem because you took attention away from her. If you got some attention from someone else, that took attention away from her. The only thing that was working for her is if she got the attention. Does that sound right?

Participant: Yeah. I guess I just thought I was a scapegoat.

Lion: You probably weren't the only one.

Participant: Pretty much. It was all me.

Lion: Were you an only child?

Participant: No, I was the oldest. I felt like my sisters were taught the same thing and it was focused on me.

Lion: Well, it's quite possible also that she just didn't like you.

Participant: Right.

Lion: Parents don't like all their children.

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Participant: Yeah, I get it.

Lion: "It's not your fault" is the most important thing to recognize, that your mother's own psychology was the cause of this problem. It wasn't you. There was nothing ever wrong with you. Because of your mother's neurotic tendencies and her narcissism, you became the scapegoat for her problem. You are the problem.

In family systems, it's called the identified problem. You were the identified problem in the family. All the attention focused on you is the problem. That's not true. It wasn't real, but that's what it looked like and felt like and seemed like. So you took on the belief that you were the problem. Consequently, all attention on you is a problem. Your taking attention is a problem.

What we've done is we've identified sort of the core complex here. The cluster of beliefs includes: I'm the problem, all attention is bad, no one should look at me, I shouldn't talk to anyone, I shouldn't do anything that draws attention to myself.

Participant: If something good happens, I get afraid. This is not just when something bad happens. I get afraid and anxious as much as I would if something bad happens. It's like a catch-22.

Lion: It's a total catch-22. In plainer language: you're fucked if you do and you're fucked if you don't, right?

Participant: Exactly. So my income has been so unstable. I will make really good income and then it will just go really bad.

Lion: Well, of course, because if you earn a lot of money, then it's going to draw attention to you. You better stop that.

Participant: I just realized it. I mean, I knew it was going on. I just didn't know why. It just came across very intense.

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Lion: Let me suggest that you do a little writing about the beliefs that are in this cluster and to recognize it. The reason to write them down is because it starts getting clear to the conscious mind "Oh, these are just old programs. They're just beliefs. They're not true. They're not who I am. They're just clothes that I took on or that other people put on me. I can choose to take them off."

We're separating you from the beliefs and from the beliefs that you took on because of your circumstances. It's totally understandable that you took them on. It's not your fault.

Participant: Yeah. It's shocking to me because I do understand what you're saying about separating and not identifying with the belief, not coupling all that together. Thank you. That's very helpful, really.

Lion: You're very welcome. Do get that book, *Children of the Self-Absorbed*. It's one of the best books that identify this problem with parents who are narcissists or destructive narcissist.

Your parent was actually a destructive narcissist. That means not only am I the center of attention, but I'm going to destroy you and make sure you're not going to be the center of attention. That was what she did. I think that book will help you in uncovering some of this pattern.

Participant: Thank you so much. That really helped me. Thank you.

Lion: We appreciate it [Participant]. Thanks for being so vulnerable and willing to talk and share with us.

Okay. Now, we'll go to [Participant].

Participant: Okay, thanks. I guess I need a little bit help in identifying some of the beliefs. Because when I think about money, I know that there is a lot of confusion and stress there. But something about me is kind of numb and I cannot articulate the beliefs.

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Lion: Great. I love this problem. Thank you. What I'd like you to do is go into your BeliefCloset. Tell me when you're there.

Participant: All right. I'm there.

Lion: Walk up to the mirror and just notice what outfit you have on right now.

Participant: All right.

Lion: What does it look like?

Participant: Well funnily enough, it looks a little bit like I'm in the roaring '20s. I'm wearing sort of a black and white flapper dress. I've got a headdress. It's also black and white and fancy feathers.

Lion: Wonderful. How does it feel to be in this outfit?

Participant: It's entertaining me to look at it. Let's see, do I feel anything about it? Yeah, I think like the strap of the headdress and there are gloves and there are certain parts of it that feel rather confining.

Lion: Just ask the outfit "What belief are you?"

Participant: I'm paraphrasing it. The belief is "I'm here to just entertain others. That's my purpose."

Lion: Interesting. For you, what does this have to do with money? First of all, do you feel like an entertainer? Are you an entertainer?

Participant: Not on purpose.

Lion: Okay.

Participant: Let's see. Yes, I mean I had some relationship. I had a really crazy alcoholic, rage-aholic father. He just demanded so much control. He controlled the money. You never knew exactly when

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he was going to blow up. But for sure, you can guarantee he would be upset when it has to do with money.

I guess some sorts of beliefs were that he was the only one allowed to have it or take care of it. There were all sorts of fear associated with it. Especially when I was a kid, I was psychic as all hell. I could see his thoughts.

He gambled. A lot of the upset he had around it had to do with his fears of what would happen if he didn't pay his gambling debts. I would see that and not really know whether those were events that happened or just his thoughts. I still don't.

Anyhow, those are some of the memories I have. But the discreet beliefs, it just feels like there is one in there that's really it, some real stinker of a belief. I just don't have the words for it.

Lion: Okay. Take off the flapper dress and set it aside. Maybe hang it up in the closet. You might need it sometime, especially when you're going to be entertaining people. Some beliefs are useful sometimes. You don't have to wear them all the time.

Participant: Sure.

Lion: Now close your eyes. I'm going to do a little bit of guesswork to pry out the belief. Thinking back into your childhood, feel what it feels like to hold the belief "Money is dangerous."

Participant: Yeah, a lot of fear. Yes, there's a lot of truth to that.

Lion: Really feel the feeling of it. Let the feeling come in to you. Let the fear rise up. This is not a good feeling. It's a bad feeling. See if you'd be willing to feel it fully just so that it can come through you and not be stuck in you. Money is dangerous. What does that feel like?

Participant: It feels terrifying.

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Lion: Feel the terror. Just be willing to feel how much terror was associated with your father's terror about not paying his debts and being beaten, or worse – not being able to take care of his family, the addictive nature that he had with gambling, the addiction he had both with gambling and rage, his misery, his shame. These were huge feelings in a man. If you were open and obviously you were, you felt them. Feel all the fear that he had.

Participant: There's a lot of demonic energy. Yeah.

Lion: See if you're willing to feel it, because only if you feel it can you reveal it and then heal it.

Participant: Okay. I'm feeling it.

Lion: Good. Just let it come through. Take a breath. Breathe through it. Recognize that these feelings are created by the belief. The belief was founded on the experiences that you had of your father. Recognize them as his belief and his feelings. When you're ready, open your imaginal eyes and see what outfit has been produced to represent this belief.

Participant: Okay. My eyes are open. Funnily enough, I'm dressed in a bird outfit. I'm a wren. I'm wearing feathers. They're actually very pretty, very downy and just a very beautiful marble-type pattern of feathers.

Lion: Okay. To me, the outfit does not quite jive with the belief. Simply ask this outfit "What belief are you?"

Participant: There's no safety on earth. You better fly away.

Lion: There you go. All right. It's a related belief.

Participant: Yeah.

Lion: Thank it for appearing and speaking with you. Take it off and set it to the side.

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Participant: Okay. It's done.

Lion: Now close your imaginal eyes again and feel what it feels like to hold the belief "Money is dangerous." Feel it in your body.

Participant: Yeah. There's a lot of anger, which is quite delightful after all the fear.

Lion: There's also power there. Those big feelings are feelings of power. Let the power come through. When you're ready, open your imaginal eyes and see what outfit has been created to represent this belief and this feeling.

Participant: Well, I'm dressed like a warrior. Basically, there is a white robe or gown, sort of Grecian. There's metal and jewel-crested waistband and epaulets and a type of headdress.

Lion: Are you masculine or feminine in this?

Participant: I'm feminine.

Lion: Okay. You're a female warrior.

Participant: Yeah.

Lion: Okay, good. Again, ask this outfit "What belief are you?"

Participant: You are dangerous.

Lion: You are dangerous?

Participant: Yeah.

Lion: Okay, good. This is about the father. Just ask it "Are you...-

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Participant: No. Actually, it's saying to me, "I am dangerous." Yeah, I guess I could feel my father's fear at anything that he couldn't control. He couldn't control me.

Lion: Good. It's your father's belief that you are dangerous.

Participant: Belief that I'm dangerous, yeah.

Lion: Good, Thank the outfit for appearing. This is another related belief.

Participant: Okay.

Lion: Go ahead and take this outfit off and set it next to the bird outfit.

Participant: Okay.

Lion: What we're doing is we're undoing the cluster here. Close your imaginal eyes and again feel the belief "Money is dangerous." Let all of these factors, your father's gambling, his anger, his control, his rage, just see how it's all kind of glommed together with money.

This is a big complex thing with lots of parts to it and lots of experiences and lots of junk, lots of bad things happening, bad feelings. Just feel the complexity of it and the richness of the negativity. It's like it's a big negative bundle of crap.

Participant: Yeah, okay.

Lion: Again, open your eyes and look in the mirror and see what outfit has been created.

Participant: Well, it's a costume. I look a little bit dressed like Peter Pan. But I'm carrying a sickle.

Lion: Interesting combo. Okay. Now once again ask this outfit "What belief are you?"

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Participant: You'll only get out of this by dying.

Lion: That's big. Thank it for communicating. We could go on, but we don't have time to go on. What I want to suggest that you do is to write these down. By the way, just write each of these down that you've just said. Write down the description of the outfit that comes with each one. Keep going on your own. Keep trying to sort through this.

This is a big complex for you. If we had another hour, we could keep going and find the core. The core, remember, is experiential. I'm using the term "money is dangerous" as kind of the core that I intuit. The core belief is actually your set of experiences that are all clustered together.

It's a big complex. It can be unwound one at a time. You could take each of these beliefs and work with it in the BeliefCloset. Put it in the incinerator. Get rid of one at a time. You may need to do that for a while. You may need to go through a number of them and clear one at a time until the core sort of makes its appearance.

Participant: How will I know it's the core one?

Lion: When the core belief gets discreated, there's kind of a big explosion and the whole complex disappears or most of it –

Participant: No. I mean, how will I know? You told me to keep going through it. We've brought up all these different beliefs without discreating them and working with them. It seemed to me that we were on a quest to find the outfit that was really "money is dangerous."

Lion: That's true. But what's happening, which is fine, is that your subconscious mind is saying, "Well, here's a part of it and here's a part of it and here's a part of it and here's a part of it." We could keep going. I suggest that you keep going because it will take some time to uncover and pull apart this cluster.

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Each one of these is valid. Each one of these is a belief that you have, a conclusion you came to. It's no wonder that you have trouble with money. It's associated with power, fear and anger and rage and all this stuff. It's really mixed up together.

It will take some time to sort out. There's not a silver bullet here that we can get to very quickly. This is a process for you. I want to encourage you to keep going because you're on it. You've got it. You've got the right target. You just have to pull it apart step by step.

At some point, there will be some very awful experience that's at the core of all this stuff or a combination of experiences. When that happens, it will become like a big gong going off. "Gong!" You go "Oh, there it is. There is the core." It'll be really obvious. It will feel like the core, look like a core and look big and messy and nasty. That's when you get the gold at the core.

It might take a while. It might take many sessions to pull this apart. It's perfectly okay. You're doing great. It's just this is one of the big sticky ones.

Participant: This is one I want to do myself actually.

Lion: Great. Feel free to contact me for help because there is a difference between cutting your own hair, which you can do, and doing your own brain surgery. These big complexes are more like brain surgery than a haircut. Do as much as you can yourself, but then ask for help and get help to move you past the things that you can't even see yourself.

Participant: Okay, great. Thanks so much.

Lion: You're so welcome.

Lion: Thank you all for hanging in there and listening. I so appreciate your time and attention. I love your support for each other and for

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your own work. With that, I will say good night. I look forward to seeing you next week.

Good-bye, everyone!