

mindvalley

TRANSCRIPT

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and
Relationships

by Lion Goodman

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

YOUR OFFICIAL PROGRAM TRANSCRIPT

Session 4

Clear Your Outdated Beliefs about Love and Relationships

Lion: Welcome to Session 4 of Clear Your Beliefs. Today we're going to clear some of your outdated beliefs about love and relationships, which are at the heart of so many of our difficulties. We are social creatures – we can't survive without relationships. Even a monk meditating in a mountain cave needs people who will bring him food. An artist who works completely on her own still needs a dealer, a gallery owner, and customers in order to survive in the world. Most of our problems in life are problems with other people – if not directly, then indirectly. And most of us want a secure, positive relationship with a special someone. We want to be married to a good person, bring children into the world, become a parent, then a grandparent. We want to be successful in the world, which means being successful with other people in the world. Today, we're going to focus on loving relationships – with family members, and with our beloveds.

We've had three sessions so far. My question to you – particularly you, dear listener, is: what results are you seeing from this work? The changes you're experiencing could be dramatic – or they could be subtle. When you clear out beliefs at the subconscious level, the results can be invisible. There's a reason for this: we're deleting beliefs that have been there for decades, and that process of destruction creates the **lack** of something that was there. What does that feel like? A sense of space, or possibility. You feel clearer – because the thing that was holding you back is

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

now gone. If you installed empowering new beliefs, you're likely just feeling better about things, because your system is operating normally, or optimally, rather than with the grinding of gears that comes from holding opposite beliefs at the same time. Instead of putting one foot on the gas pedal, and one on the brake, you're just pressing on gas, and there's no resistance.

When you discreate a belief, you create space – that is, room for something new. When you replace the old belief with a new, empowering belief, it's the truth about who you really are, and what you can do as a creator of your own life. It creates new possibilities for how you relate to other people, and to the world. What's gone is the struggle, the pain, interference, blocks, and barriers. What's present is possibility. Open space, in which you can create what you want.

You might notice that life in general, or some things in particular, are easier – or less troubling. Something that was bugging you before is just... gone. Your mind may be quieter. Your responses to others may be kinder, or clearer, or less reactive.

When you remove a block or a barrier that had been standing in the way, it just looks like a beautiful clear day for moving ahead and taking action.

There are times when you get a big WOW reaction to a belief clearing, or a revelation. A huge brick wall in your life just crumbles at your feet, or disappears completely. But usually more subtle than that. Those subtleties add up -- to more ability, more good feelings, more forward movement without resistance. So take a moment and look to see whether this might be true for you. Give yourself a once-over with your attention. Have these past weeks been a little better in subtle ways? Easier? More productive? Less pressured or less frustrating?

Some people actually experience things getting a little worse. That's actually good news, too. Discarding some beliefs is like taking a plate off a stack of plates on a spring at a lunchroom

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

counter – you know, when the one below your plate pops up to take its place. A deeper beliefs that's been hiding in the subconscious comes up to the surface and makes itself known. This is a good thing! Although it can be uncomfortable. Sigmund Freud said that the goal of therapy is to make the unconscious conscious. And Carl Jung said, "The unconscious is not just evil by nature, it is also the source of the highest good: not only dark but also light, not only ... demonic but superhuman, spiritual, and... Divine" That's what we're doing – exposing what was unconscious to your conscious mind, so you can make a conscious decision whether you want to delete it, or keep it. Is it serving you? Or not serving you? If not, get rid of it.

So if something negative is happening that wasn't happening before, know that your subconscious is handing you the next key that will open the next lock. Did you have one of those toys called a jack-in-the-box when you were a child? If you did, you know that you turn the crank until the top pops opens and a clown pops up. It was in there all the time, coiled up, putting pressure on the top. When the top springs open, it suddenly appears. If you watch a young child with one of those things, the first time it happens, it scares the hell out of them. It's really frightening. But then, after awhile, they turn that crank and look forward to the surprise. Beliefs are like that! When they pop up, they can be scary. But they were there all the time, putting pressure on your system. Once they come out, you can deal with them, and discard them. Then, the pressure that was there, and the fear that it caused, are both gone.

We're going to be talking about two of my favorite topics today: love and relationships. There's a bonus call I'm very excited about, and highly recommend you listen to it after you listen to this session. Carista Luminare is both my colleague in this field, and also my life partner. We created a program together called "Confused About Love? The Keys to Creating a Secure and Passionate Relationship." We also have studied two particular personality traits in detail – narcissism and codependency, and we

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

have another program called “Healing from the Impact of Narcissism and Codependency.”

In the bonus call, Carista describes bonding patterns – the early attachment that forms early in our lives. These are beliefs at the very core of our consciousness, and they were determined by how our parents treated us as infants. We learn “what love is” and “how love works” and whether we’re worthy of love from interacting with our parents, and watching our parents interact. The beliefs we accumulate either make us feel secure or insecure about ourselves and about others. We call these attachment or bonding styles the “LoveStyles.” The particular style you form in childhood impacts your adult relationships in a big way. I don’t want to give too much away – just know that you’ll get a LOT out of listening to that bonus program. It’s a perfect fit after today’s session. And there’s an additional bonus, which is a free assessment that you can take in about five minutes, called the LoveStyle Profile Quiz. Take that quiz after you listen to Carista’s bonus call, and you’ll get a customized ten-page assessment describing your own unique LoveStyle.

My hope is that you’ll continue this work on your own this week. By listening to just the recorded journey on this recording, you can take another belief through the process. Some people go through the process five or six times with different beliefs, and that’s great if you can do it.

4.2 And now, get yourself centered. This is going to be a meditation on relationships.

Close your eyes. Make yourself comfortable. Wherever you’re sitting, or lying down, take a couple of deep breaths. Feel yourself, your whole self. If you’re listening to this as a recording, feel free to stop the recording anytime, and match it to your own pace.

Find your center, wherever that’s located. (Pause. Slowly.) And

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

from this center of yourself, notice how far out you extend. Notice that there's a kind of bubble that separates you from everything that's not you. Some people feel this bubble at their skin, and some people feel it a bit further out. Some people feel it w-a-y out there. Find the outside of your bubble where you say, "This is me, and that's not me."

I'd like you to begin thinking about the people that you're closest to – your intimate partner, and closest family members and friends. Imagine them standing around you, close to you. I'd like you to reach out energetically, and feel the quality of your connection to each one of them.

Now I'd like you to arrange them around you, with distance representing how close they feel to you. Your intimate partner or lover is probably right next to you. Some of your family members might be a fair distance away. Simply notice where each person stands in relationship to you. You're at the center, like the sun, and they're like planets, revolving around you. (Pause) Feel your appreciation for each of them, and send them some love and appreciation for being in your life.

Notice, too, that there's a particular quality to each relationship – like a unique energetic signature. You're in relationship with each one of them. You have a special connection between the two of you. These people – the ones you're closest to, are people you can be your full self with, with nothing left out. Feel the quality of each of those relationships, and notice the uniqueness of each "we."

Now think about the group of people that would form a second layer of relationships around you. These are family members and friends you know well, and may even hang around with, but you don't feel that intimate bond that you do with your best friends and close family members. They may be people you interact with every day, like people you work with, but they're not as close as that first group of people. Just see and appreciate your

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

relationship with each one, and allow them to stand around you at a distance representing how close they are to you. Notice that there's still a quality you can feel in your relationship with each of them, a unique set of qualities that defines your relationship. Feel your appreciation for each one of them, and send them some love and appreciation for being in your life.

Now bring in a third layer of people around you. These are the folks you know, but you're not that close to. This might include people at work, acquaintances, business prospects or customers, even the person who works in the coffee shop that you go to who recognizes you. You have a particular role that you play in each of these people's lives, and they play a role in yours. Just feel them standing more distantly, and feel the different qualities of each relationship. It's been reported by anthropologists that we're pretty comfortable with a group of up to 125 to 150 people around us, people whose names we know. You probably know thousands of people, and thousands more on Facebook or social media, but this tribe size of 100 to 150 people is around the scale we're talking about here, where you can feel them. This is the community of people that you're connected to.

Now extend your thoughts out even further to people that you have contact during your day. Grocery clerks, waiters, and waitresses. The last person who held the elevator for you. The person you looked at in the eyes for a moment as you crossed the street. The person you exchanged a few words with at a store, or while waiting for a bus. Those are relationships, too. As distant as they are, there is a certain quality to each one. Invite these people to stand at a further distance from you, just for a moment. It might start to feel a little crowded, so give yourself some room. Breathe deeply, and send appreciation out to all those people.

You're still standing here at the center of all these relationships. Now let's go even a step further. There are people whom you know exist, but you have no real contact with them. They're strangers. They may stand in an elevator with you or drive in a car

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

next to you on the freeway. Some of these people worked in manufacturing plants, and made the things you use everyday. They include actors on your favorite TV shows, and reporters who discuss the news. This group includes your ancestors – people you never met, who fought in wars for your freedom or who worked hard for their family so that you could have this life that you have. Feel those people at a distance. You're barely connected to them, but there's a thin thread that connects you to them. Send appreciation and love out to everyone around you – everyone you're connected with. And feel that all of them are sending love and appreciation to you right now.

You're connected to all of these beings. You are at the center of your life, and they are each at the center of their life. And all of these centers are connected together, like a vast network, like the Internet, with a shiny jewel at each intersection of two people's lives, where they are linked. It's like a multidimensional spider's web, covered with dew drops in the early morning. Every dewdrop contains the reflection of all the other dewdrops. Every one is connected to every other one. In the Indian Vedas, this is called "Indra's Net." It's a way of describing the interconnectedness of everything in the universe to everything else in the universe.

Notice now that you're also connected to animals, including the ones you eat, and the trees, that produce oxygen that you breathe, and other plants, including the ones you eat, and the people in other countries who made the things that you use, and who grew the food you eat. There are people who cut and paved the roads that you drive everyday, and ones that built your car. There are people who built the buildings you live in and work in. Continue to expand your awareness to all the people you're connected to throughout the world, and also throughout history. Feel the genetic link that you have with all of your ancestors, going all the way back, hundreds of generations.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

You're there at the center of this huge network, thousands and thousands of people in your life, millions of people in the world, billions of animals and plants. Each one is a shining jewel. Each connection is precious. How much love would you need to have to love everyone and everything?

If all that love had to come FROM you, you might not feel big enough, or loving enough, or capable of that much love. Instead, imagine that love is coming THROUGH you – from the Source of Love. It comes into your heart, and flows outward. And that Source is unlimited, so there's enough love coming through you that you can distribute it to everyone and everything. And notice that that same Source of Love is also coming through everyone in your network, and they're flowing love back to you. (Pause)

Recognize now that each person you can see or feel has struggles in their own life, just as you have. They are each trying to live a good life, just like you are. Each person has some glorious days and some terrible days, just like you. Each person has desires, and takes actions to fulfill those desires, just like you. Everyone has suffered and experienced loss – just like you. This is the human condition, and you're part of this huge club, called the human race.

As you feel this human condition of desire and suffering, let your compassion for others flow. Compassion is holding other people's suffering and feeling bad that they're suffering, and recognizing them as precious, and hoping for the end of suffering. It's not joining them in their suffering – it's a slight step removed, like a Mother holding her crying child, loving it, and wanting to stop its suffering. The goddess of compassion is Quan Yin, so you may want to invoke her in this space, and invite her compassion to come down into you, and then let it flow through you to all the beings around you who are suffering. (Pause)

Bring these feelings of love, compassion, and understanding with you as you begin to return to your body. Feel your body, out to

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

the skin, or a bit beyond your skin, and remember your separateness. Gently close off the vision of everyone around you, and let them go back to wherever they came from. Wiggle your fingers and toes, and when you're ready, slowly open your eyes, bringing all that love and compassion back here; bring your open heart with you into this moment.

Welcome back. Take a couple of easy, full breaths. And if you got some insights, or if you'd like to write down your experience, feel free to write them down now. Stop the recording if you'd like some space to do that.

- 4.3 We human beings are social creatures. We are designed for relationship, and we are built for developing relationships. We survive based on relationships, and we establish our sense of identity through our relationships. You could say that we are actually made of relationships. None of us can do anything alone (although many of us try). I like to say that Love Is Simple – but it gets very complicated as soon as a human being comes into the picture. We are confused about love... but it's not love that's confusing. It's the conditioning and the programming that we got when we were growing up that's confusing.

We learned about love from our parents. We saw how they treated each other and how they treated us. They were our models of excellence. We patterned ourselves after them. We learned “what love is” by watching them carefully, from the time we were born. And most of them weren't very good role models.

If you were one of the lucky people who had parents who loved well, congratulations. You won't have much to do today. If you're one of the many people whose parents had some ability to love, but they had a lot of neurosis mixed in, you're more typical. Your experience of love was colored, or tainted, by their psychological wounds, their emotional reactions, their insecurities, and their inability to love, which probably came from their parents' inability to love. They gave it their best shot – they really were doing the

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

best they could, but for most of us, their love was mixed in with patterns of abandonment, rejection, contempt, anger, frustration, criticism, and for some of us, physical or emotional abuse.

As a child, you took it all in. You said, "Oh, that's what love is." Children have a real problem. They cannot think to themselves, "Wow, Mom and Dad are really screwed up. They don't even know how to love themselves, or each other, or me. They really need some education and some therapy. I guess I'm just a good person caught in a bad situation."

Of course, as children we don't have the experience or education to know about that. Here's the second problem: children cannot threaten the survival bond they have with their parents. They're dependent on those people, so they cannot judge them as bad or wrong. If they did judge their parents as bad, they could get thrown out to the wolves. Our survival instinct is so strong that we'll do anything to survive. We'll wrap ourselves around those people – the ones we're dependent on. We'll do anything, be anything, to survive. This results in one of the greatest tragedies of human culture, in my opinion. When things go badly, children always turn it on themselves. Instead of saying, "They have a problem," the child says, "I am the problem." They come to conclusions like, "If I've been abandoned, there must be something wrong with me." "I must have done something wrong if I'm being punished." "I'm at fault if my parents are arguing." Children do not know, and cannot figure out that the suffering in their family is not being caused by them.

So we learn what love *is*, and isn't, and what love does, and doesn't do, by watching our parents, and this is how we take on false beliefs about love. When we're not cared for as an infant or if we're abused, we take on false beliefs about who we are, and how love is supposed to work. Let's find out what you came to understand and belief about love and about relationships.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

With your pencil or keyboard handy, ask yourself, "What do I believe about love? Write down whatever comes into your mind first, and then ask the question again: What do I believe about love? Keep writing, and asking the question, and write down everything that comes to mind. It's okay if you have some contradictory or opposing beliefs – we all do. You want to document ALL of your beliefs about love. Each time you ask the question to your subconscious mind, it opens up another layer and another layer and another layer. That's why repeating the question is useful.

We're going to move on now, so if you want to keep writing anywhere along the way, just turn the recording off and start it up again when you're ready.

Now, write down whatever comes to mind when you say to yourself, "Love is..." And again, keep saying the phrase, over and over, and write down everything that comes to mind. They're all beliefs you have, even if you don't believe some of them! (Pause)

Now ask the question, "What do I believe that has held me back, or limited me, or interfered with the free flow of love in my life?" Feel free to adjust the question for yourself if there's a better way to phrase it for you. You may get answers in words, or pictures, or memories, or sensations, or feelings. Whatever you get, just write it down, and then ask the question again.

Now ask, "What else do I believe about love?" You may suddenly remember something that happened, or an experience, or feeling. When that happens, ask an additional question, which is, "What did I conclude from that experience?"

Next, ask the question "What do I believe about loving others?" Think about the relationships that are problematic, or holding you back in some way. What do you believe about those other people? What interferes with your ability to be open and loving?

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

If you're in a marriage or partnership, you may want to ask "What do I believe about my spouse, or my partner, or my girlfriend, or boyfriend," however you phrase it, "What do I believe about them that may be holding me back or limiting me in some way?" Write those answers down.

You may have beliefs about yourself – like “I can't love.” Or you might believe it's about them, like “They can't love me in the way I need to be loved.” Whatever it is, that's okay. Just write them down.

As you repeat this exercise, deeper beliefs emerge. Because we have hundreds of beliefs about love and loving, you can keep doing this exercise until you feel like you've exhausted the supply – there are no more left.

Whenever you expose your subconscious beliefs to your conscious mind, you benefit in many ways. The first is that you're now conscious of something inside of you that may have been running you at the subconscious level. The second is that once a belief is conscious, you can now decide, “Is this belief still serving me?” And if not, you can choose to discard it with the Clear Beliefs process.

4.6 We'll take a few shares before we move on. Hi, [Participant].

Participant: Hi, Lion.

Lion: What did you come up with?

Participant: For the first question, that it's conditional, limited and performance based. What else do I believe? It came up as that it changes. It's not always meant to stay. That's probably the most concise of all of it.

Lion: Great. Yes, this conditionality is a real big one because our parents did not know how to love us unconditionally. They were

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

trying to control their own lives as well as ours, so they put on conditions. “If you do this, I'll love you.” That was a very deep lesson for many of us. Thank you for sharing this.

Lion: Hi, [Participant].

Participant: Hi. I was thinking about my partner. What I came up with is that love is dangerous and controlling, unpredictable. That I need to be less than I am to be loved.

Lion: Wow! Yeah. These are big. These are the kind of traumatic love patterns that can happen where love is connected to control. You're being controlled or you need to control. When love is unpredictable, it is dangerous. Those two go together very well. I really appreciate you're sharing that.

Participant: Thank you.

4.3

Lion: There are as many beliefs about love and relationships as there are relationships – because every relationship is different. You had a different relationship with your mother than you did with your father, and a different relationship with each of your siblings, friends, and those you've dated or worked with. Every two people create a unique relationship, and although there are some major patterns we all tend to follow, there's also something unique about each one. Every significant relationship brings up its own beliefs, and offers its own lessons.

When you look at all the problems people have in their relationships, you can say that there's one thing that runs through more of them: We're confused about love. Healthy love is quite simple. All you need to do is think about love from a baby's perspective. Every infant who comes out of the womb wants the same things – to be looked at with love, to be held with love, to feel secure and safe, and to be nurtured and cared for. When you get that, you feel good. When you don't, you feel bad. If you get

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

this kind of secure love from your primary caregivers, you come to the conclusion that love is generous. It's consistent. It's reliable. It's caring. It's connecting.

And if a baby doesn't get that kind of love and nurturance from their parents, or from someone in their family, love feels like a deficit. It feels like lack, like something's missing. It feels like unmet hunger, or irritation, or incompleteness. It may feel like the shame that comes when you're rejected, or the panic you feel when you're abandoned. It feels terrible. And to a child in this condition, this is what love feels like. And you know what happens, right? That person will grow up and seek out that feeling again, with their partner. Why? Because it's familiar. The word comes from family. If that's what love is, you want more of that. And this is the cycle that most of us have experienced. Our parents didn't know how to love us, and we don't know how to love our partners, and we create a lot of suffering in our relationship, and if we have children, we might do a little better than our parents, but we pass on some of those patterns to them, and so it goes. Generation after generation of unhealthy love, perpetuating itself.

The good news is, we can break the cycle by changing our beliefs. We can learn what love is, and how to practice it with our partner. And when you do, you suddenly start getting the love you've always wanted.

- 1.4 I'd like you to try something right now. I'm going to ask you to imagine that you're an infant – only days, or weeks old. I'm going to say some phrases, and imagine that they were being said by your parents. You may want to close your eyes and take a couple of deep breaths. Picture yourself being held by both your parent's strong arms, and they're looking right into your little face, with kind, loving eyes.

If you had difficulty in your relationship with your parents, imagine in this case that they were ideal parents – they were magically transformed into perfect parents. And if you can't do that, imagine

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

being held by the Mother Goddess and the Father God, who are holding you with divine perfection, beaming their love-light down into you.

We all need to hear these messages, even now, as adults. At this age, you won't understand the words, but you can fully feel the messages that the words convey. Feel what happens inside you as you take in these messages.

Again, picture being held by your ideal parents, either your biological parents, or your adoptive parents, or feel held by the Mother Goddess and Father God, and they're smiling down at you, completely happy with who you are. Hear them say these words, and feel their words coming into you, filling you up and settling into you.

"We see you, and we recognize you. You are a brand new, precious being here on earth. You are already whole, and you are perfect. There is nothing you need to do. We will take care of you. Relax, and let life carry you. Let the joy of being alive live through you. You can share in our delight that you are here."

"You are safe. We are holding you. At this new stage, you don't know how to control your body, but you will learn to do so. As a learning being, you'll learn many things, and learning is joy, and delight. We will take care of you and help you as you learn and grow and play. We will nurture you, and care for you, and make a safe space for you to explore the world. And one day, you'll learn how to care for yourself, just as we do. There's no hurry – you're right on time. Everything that is happening is okay. We know being in that little body can be uncomfortable sometimes. We're here to care for you when that happens, and bring you back to a comfortable feeling, so you can rest and be in the joy of being alive. "

"You are our top priority. We are dedicated to meeting your needs until you learn how to meet your own needs. We're here with you,

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

and we're not going away. If it ever appears to you that we're not here, know that we're nearby, watching over you to make sure you're happy and safe.

"You'll have other people around you who are wise and loving to care for you, and play with you, and love you. When you let us know that you're in discomfort or distress, we'll be there to make it better for you. Any way you communicate is just fine. We want to know whatever you have to say. We'll learn your language and we'll teach you ours so we can communicate more easily."

"We'll care for you all the time. If you need space to be alone, we'll let you have that space, yet we'll be nearby in case you need us. We love you – always and forever. We're all being held by an even greater, divine love, and that love is always holding you – even when you can't feel us holding you."

"We will protect you from harm. You can count on us to do that. You can just relax and take your time to learn, to feel pleasure, to grow, and to play. That's your only job. We know who you are. We love you, just the way you are. You don't have to do anything except be your delightful self. We will always care for you, forever and ever...."

Let these words carve their way into your heart, into your brain, and into your body. This is what every child wants to hear and it's what we all should have heard. This is the healthy expression of love. Take a minute to let these feelings settle into your body, your mind, your heart, and your soul. (Pause)

Okay, as you are emerging back from that delicious state, I want to share an important insight for your happiness and joy for the rest of your life: we never outgrow the need to be loved this way. The best relationships produce this feeling in both people. It's called secure functioning. We call it healthy love. The good news is: you can rewire your brain, mind and behavior toward healthy love. And here's a place to start the rewiring process: You have

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

an Inner Child inside you. Our inner children need to hear these words, that we may not have gotten when we were small. You can say these things to that little child inside of you.

Take a moment to do that now. Just reach down inside of you, and pick up your inner infant, or your inner child, however she or he appears to you. If you don't have contact with your inner child, simply imagine yourself at about six months or one year of age, and imagine lifting that young child up into your arms, and communicate those words to them. I'll give you a minute to do that. (Pause)

Okay, now bring yourself back to normal, everyday consciousness. Open your eyes if they've been closed, and look around at the world. Does it look different?

Here's another way of rewiring your brain, and changing your world: begin to say words like this to other people in your life. Treat them this way, the way ideal parents treat their children. This is how you can rewire your brain for love, and rewire your world for more love.

The sad truth is, most of us didn't get this ideal kind of love. We got something else. We got something that felt insecure, separating, abandoning, sometimes brutal, sometimes kind of needy and sucky, or selfish, or manipulative, or controlling. Whatever kind of dysfunction your parents' suffered, that dysfunction was alloyed with their love. So you got a kind of amalgam – love mixed with something else that wasn't healthy. And because your mind was a little open computer, taking in whatever the program was, you believed that that was love. So you spent the rest of your life reproducing it.

When you look back and investigate your history, you may see that in some way, you've invested a lot of time and energy on trying to reproduce that same dysfunctional form of love, even if it was insecure, or neurotic, or even destructive.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

Our beliefs about love from our childhood impact our adult relationships in a very powerful way. What you concluded about love became the foundation of your beliefs about love, and how it was supposed to look. You might have learned, “It’s my job to make them happy.” Or “To love is to criticize.” Or, “Relationships are based on the feeling of insecurity.” After you learned about love from your parents, you learned about love from your siblings, your other relatives, from your friends’ families, from your teachers, your priests or rabbis, and from those you dated and courted. You got advice about love from friends and fairy tales and magazines and TV and movies. You may have received hundreds of different beliefs about love and about how to relate to other human beings. Now, as a wise adult, you have the opportunity to go through those accumulated negative and limiting beliefs and delete the ones that don’t serve you, and replace them with beliefs that are healthy and empowering, that bring you the kind of love that you want in your life.

Any pattern can be changed. You have to become aware of the pattern first. Then it takes understanding the nature of the pattern, and how it’s impacting you and others. You have to feel into that, and in most cases, feel some remorse for the harm you’ve caused to yourself or others. Then it takes a commitment to change, and the clearing of the old beliefs that are at the core of the pattern. Then, it takes action, in the form of practice of new behaviors. Practices integrate the awareness you’ve gained, and the changes you’ve made, with action in the world. Then the cycle starts over – you get feedback from others so you can keep learning, and honing your new skills and behaviors, until you achieve satisfaction and the good results you wanted in the first place.

It’s a lot simpler to do all of this when you clear out your beliefs, and install new beliefs. The action and behaviors come much more easily. You don’t have to wrestle yourself into new actions,

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

or beat yourself up when you fall into an old pattern. Properly crafted new beliefs will naturally move you in the right direction.

We have hundreds of beliefs about relationships, and they're so deep in the subconscious mind, that it may take six months to two years or more to completely reprogram your brain, to rewire your old relationship patterns. This is what it takes to change any deep behavioral pattern, to rewire the brain. And, it can be done. You can try to do it by changing your behavior first – that works, but it's not as efficient as changing your beliefs first.

The truth is, we're all confused about love. There's nothing wrong with you. You're not broken, or flawed. You're a spectacular human being, and your soul is stunningly beautiful. You're just confused because you got some bad programming.

Once you recognize that, you can stop beating yourself up, and focus on rewiring your beliefs – deleting the ones that don't serve you any longer. It's important to remember that they actually served you at one time. When you accepted your parents' beliefs about love, this helped you align with them, so they accepted you in the family, so you survived. This is why we're so easily programmed. We actually WANT to become like our parents so we can survive. If we're too different, they may just leave us out in the forest to starve or be eaten. This is deep programming – it's at the core of our animal consciousness. So there's nothing bad about your taking on other people's beliefs – it's completely natural, and it helped you stay alive. The question is now: what beliefs will take you into the next phase of your life, where you get to have healthy, satisfying connections with other people? Are you showing up in your relationships this way? If not, there are probably a few beliefs in the way.

These very early core beliefs were formed before you had language, so they're sometimes hard to articulate in words. You learned what love is before you had words.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

However, we can use words to approximate those feeling. I'd like you to try a few beliefs out by feeling them in your body. Notice whether they feel true to you, or not. See if they resonate when I say them. It'll feel like, "Oh yeah, that's true," in your body, or it won't.

I'll give you a number of beliefs, and again, use your body, rather than your mind, to feel what it feels like to hold this belief. Take it on, and feel it as if it's 100% true. If it is true, add the beliefs to your belief list. Here we go:

- Love is unpredictable. Sometimes it's there, sometimes it's not.
- Love is dangerous. I can get hurt or betrayed.
- Love is missing, or absent. I feel abandoned, left alone.
- Love is confusing. Sometimes it feels good, and sometimes it feels bad.
- Love is safe. I feel secure in love.
- I need to perform in some way to be accepted, and to be loved.
- Love is uncomfortable. Sometimes I feel invaded, or I am suppressed.

Using these beliefs as a starting point, think about your own experience of what love is. What other beliefs are you're carrying about love?

Take a few moments, and write down anything you discovered.
(pause)

Okay, now, look over the list of beliefs about love you have written down. Highlight any that really jump out at you, that resonate strongly, or go "Bonggg..." in your psyche. Go through them quickly, and put a star, or circle, the ones that feel big, the ones that really get in your way.

Now, pick just one of them that you would like to clear out of your life. You'll be able to come back and do the others, one at a time,

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

by listening to the recording over and over. Just pick the first one you want to re-program. Any of the highlighted ones will do. Circle the one belief that you're going to work with as you enter your BeliefCloset.

Now that you've chosen one belief to work with, focus on it, and begin to feel it, and remember back through your life to see the impact that it's had throughout your life.

- Because of this belief, who did you get into a relationship with?
- Who didn't you reach out to and connect with, even though you wanted to?
- Did this belief produce fear or anxiety in your life?
- How did it affect your image of yourself, and your self-esteem?
- How did it affect your sexuality?
- What kind of desires did this belief produce in you?
- What actions did you take, or not take, because of this belief?
- What happened in your relationships as a result of this belief?

Without blaming yourself or making yourself wrong for having this belief, recognize that this belief has had an impact on you and your relationships throughout your life. When you change this belief, you can change your life, and change your relationships, from this point forward.

- 4.4 When you're ready, close your eyes, get yourself comfortable and begin moving toward your ideal home – the one that you created in the imaginal realm. Remember what the landscape looks like. Remember the house and feel yourself drawn to it like a magnet.

Find yourself landing on the front porch, and look at the front door. Recognize it as your door. This is your house, so you can enter it when you're ready. Feel how good it feels to be here. You may

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

want to take your shoes off at the front entrance and feel the floor underneath your bare feet.

Take a big breath and smell what it smells like to be here. However you get information in this realm, let it come in: you may get very clear visual pictures, or fuzzier ones. You may get feelings, or body sensations, visions, sounds... accept whatever you get as just right for you.

Now, amp up your energy while you're here – turn your energy up a little bit so that you're more awake, more alert and more aware of what you're experiencing. Feel the excitement you have to be here. You don't want to miss anything on this adventure into your inner landscape.

Look around your house and notice something you haven't noticed before. Begin making your way to your Master Bedroom. Look around, and feel how great it feels to be here. Then notice where your BeliefCloset doors are, walk up to them, and enter your BeliefCloset.

Look around and see that everything is where you left it before. The incinerator is still there. The mirror is still there. Your clothing and outfits that represent all your beliefs are still there. Now walk up to the mirror and see what you're wearing right now. You don't have to create it. Just look and see, and be willing to be surprised.

There are two possibilities here: One is that you have on regular clothing that looks like the normal clothes you wear. If this is the case, simply take them off and set them to the side. The other possibility is that the clothing looks strange or unusual. It's not the sort of thing you would normally wear.

This is the subconscious' way of getting ahead of the game and representing one of the beliefs you've already begun to explore. If you're wearing something unusual, simply ask the outfit "What belief are you?" The outfit will answer your question in some way.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

If you've gotten an answer for "What belief are you?," use that belief in the next part of the process. It may be surprising to you. Whatever it is, just take it as a gift from your subconscious mind.

If you're one of those people who took your outfit off and set it to the side, close your eyes, your imaginal eyes, the ones you have in the closet, and feel what it feels like to hold the belief that you circled, the one you chose to work on, about love. Say it to yourself – and feel what it feels like – as if it's 100% true, even though somewhere else you know it's not.

Feel what it feels like to hold this belief, and also feel the impact of this belief on your life, all the way back through time, since you took on this belief. It's as if you're reviewing your life backwards, seeing the movie reel of your love life running backwards. Notice how this particular belief manifested in your relationships at different ages.

How has it made you feel? How did it limit you? What has it moved you toward or away from? Feel its impact on your relationships and your life. For those of you who have not yet seen an outfit, open your imaginal eyes and look in the mirror. There, you'll see something like an outfit that has been painted to represent this belief.

It could be anything. It could be a cloak of invisibility, or it could be an outfit that keeps changing, or it could be something that makes you look very small or poor, or it might be something that looks extravagant. It might look like clothing, or it might look like something else. Whatever your subconscious mind created, allow it to be represented this way, and be willing to welcome whatever it is that showed up, in whatever form it showed up.

Now put your attention on what we call your belief-outfit. See what it looks like, and note some of its qualities. How does it make you

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

feel in your body? Where is it putting pressure on you? How is it limiting you? Is it urging you to move in some direction?

Now comes the moment you ask yourself this question: Is this a belief you want to keep? Or is it one you want to let go of? You're always at choice in the BeliefCloset. You always get to choose.

If you've decided to let this belief go, take this outfit off. You may be able to take it off as you do clothing, by stripping it off your body. Or you may have to find an opening in the back, like a circus costume. You may have to call on an angel or some other helper to help get it off of you. Use whatever works to take it off, and let it fall to the floor. Notice that all the feelings associated with this belief, and the consequences that resulted from this belief, come off with it and fall to the floor. The discomfort and limitations this belief has caused you in the past falls to the floor as you take off the outfit and let it fall away. All of those karmic patterns from your past come off with the belief-outfit. Notice whether you have to pull some of it out of your body, or from inside your head, or your mind, or your inner sense of self. Pull all of it out of you so that the belief is no longer in you or on you, or anywhere near you. Pull it out of your past and out of your future. Let it fall to the floor in a heap in front of you.

Now take a step away from it and take a breath. Feel what it feels like to not have it on you anymore. It's a belief that you picked up and took on somewhere along the way. It's like an old piece of clothing you put on a long time ago and forgot to take off. Now, it's no longer on you. You chose to remove it. How does it feel to be without it? It might feel a little weird, or even scary. That's okay. If it was part of your deep self, it may have been a structure you used to deal with the world, and other people. Tell yourself, "I will replace this old belief with a new, empowering belief that will make me stronger, safer, and even better."

Now, as we always do, we need to honor this belief before discreating it. Even though you may not know how it served you,

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

or why it served you, it served you in some way. It's important to acknowledge that before you disappear it. This is a way of creating wholeness in your life. Scoop up this outfit in your hands, ball it up until it's about the size of a bowling ball, or basketball. Regard it as you would a loyal servant in your life that you don't need anymore.

Feel free to change these phrases to suit you. Repeat after me. Say this out loud 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." And now add anything else you want to say to this belief before you discreate it.

Okay, when you're ready, walk it over to your incinerator. Open the door if it has one. Place this whole outfit into the incinerator and watch it burn completely, until there's nothing left – not even ashes, or smoke.

It may burn quickly for you, like "poof," or it may take some time. In either case let it burn until it's completely gone, until there's nothing left. When it's gone, feel what it feels like to no longer have it in your life. Take a moment and feel the space that's been created, the space where new possibilities can occur.

If you find, after awhile, there's a part of the outfit that isn't gone, that hasn't burned, just reach in and take it out and set it to the side. Don't worry, the incinerator won't burn you. It only burns beliefs. You'll deal with this leftover part later. This is usually another belief that needs to be dealt with separately. If most of the belief outfit is gone, that's fine.

Now you have the opportunity to create a new belief about love. You can create healthy love for yourself, a new way of being in relationship, a new understanding and feeling about love. So ask yourself the question, "What would I prefer to believe? What would I like to believe about love?"

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

You've cleared the ground. Now you can plant a new seed. Think about how you would like to feel about love, how you would like to experience love and how you would like to create love in your life.

Your new belief might be something like, "Love is available to me at all times." Or "Divine love comes through me and I connect with just the right people." Or "As I awaken, love expands." Whatever it is for you, come up with the right belief for you. You may want to write it down, and if you do, open your eyes for a moment and write it down, then close your eyes and you'll return to this space.

Create a perfect belief for you, one that really brings you the experience that you want to have about love. If you're not sure what belief to create, feel what you would like to feel like. How would you like to experience love? Imagine your way into that feeling, of having the love you want. Then ask the question "What belief would create this experience?"

The belief you decide on doesn't have to be perfect. It can be a good approximation right now. You can always polish it up later. Try on the new belief, as if you're trying on a new outfit at a clothing store, and feel what it feels like to hold that belief. If it fits you well, great. If not, upgrade it, make it even better, more fulfilling, more beautiful. Try on the improved version, and see if makes you feel great. If not, change the words until it does make you feel wonderful. Keep changing the words until they're just right for you. (Pause)

When you've settled on a new belief, feel what it feels like to hold that belief. Believe it as the truth of who you are. Bring it all the way into your core, all the way into your center. Let it shine like a radiant sun in all directions. Feel it in your heart. Feel it in your head, in your mind, in your body, and your soul. Feel it radiating from other people toward you, as well. Feel it radiating into your past, filling up the space that the old belief had taken up, that's

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

now empty. Feel it expand into your future, where it will create the love you want.

What would it feel like to be in a relationship with someone else where you both believed this about love, and about each other? What would that feel like? Shine the light that you're feeling, the light that you are, out to all those people who are in your network of jewels. You are now a sun shining in their direction. And they are a sun shining in your direction.

Feel the glory of this kind of love. This is Love as it is meant to be. Love as it's designed to be. It's clear of all that other stuff, the stuff that got in the way of love. This is just pure and simple, divine, caring, kind, and compassionate. This love is healthy and secure, comfortable, warm... all those qualities of true love – they're shining out of you.

When you're ready, walk over to the mirror and see what outfit has been produced to represent this new belief about love. (Pause) Notice the details of this outfit, and notice how you feel and how it feels to have it on. Check to see how it feels to move in it, and what you want to do wearing this outfit. Do you want to skip, or jump, or dance, or settle down and just feel loved, or love another person?

What are the qualities of this particular outfit? Whatever you get, whether you get feelings or visions or words, let it come into you and appreciate it. Appreciate yourself for being able to change your own beliefs.

Now ask yourself: Is this a belief you want to keep? Remember, you can always upgrade it later.

We're about to end this BeliefCloset session. When you're ready, look around your BeliefCloset. See everything in its place. Remember that you can come back here anytime you wish to change your beliefs, create new beliefs, and get rid of old beliefs.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

This is your place to do this. You have the ability to come here any time and delete beliefs that aren't working for you. Feel the power in that. Feel your own power, your personal power of being able to change your experience any time you wish.

When you're ready, move out of your BeliefCloset and back into your master bedroom, still wearing this new outfit. Feel what it feels like to walk around inside this outfit, and this belief. Feel it on your body, and feel your radiance. Feel your love-light.

Now move from your master bedroom back toward the front door of your house, take one last look around your house. When you're ready, exit your house, and find yourself outside, still wearing this new belief outfit. Lift yourself gently into the air, and as you're moving away from the house, turn back and see it there in the landscape. How perfect it is. How perfect it is for you. Know that you can come here anytime, because it's yours. You can do whatever you wish here. It's your house, your place, your home.

Still wearing this new outfit as you're flying, and feeling it, fly all the way back to where your body is, where you're listening to my voice. Feel the outfit still on your body, this body you have in this life. Feel yourself shining with it, radiating. It makes you look beautiful, radiant, and loving.

Now, for a moment, imagine the impact this new belief will have on the people and relationships you have in your life. As you walk around wearing this outfit, experiencing yourself through this new belief, and as you have contact with your partner and your friends and strangers, feel their reaction to you, looking and feeling like this. What will life be like, walking around inside this outfit all the time?

When you're ready, open your eyes. Come back to this time and place. Welcome back.

Thank you for going on that journey with me.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

4.6 If you're willing to share your experience. we'd love to hear from you and hear what your experience was. [Participant], let's hear from you.

Participant: Oh, boy. I had such a hard time with this initially. I really did. It was so intense. But it ended up well.

Lion: Good. What was the old belief that you got rid of?

Participant: Oh, it's like nobody cares, nobody's available.

Lion: Yes, quite common for infants who have busy parents or neglectful parents. What's the new belief?

Participant: I took the one that you said because it was about availability. Love is available to me at all times. It just hit home right in the heart for me.

Lion: What did your outfit look like?

Participant: It was lovely. It was really breezy, lightweight, carefree, touchable, knee-length red sundress.

Lion: Great.

Participant: It was really fun, really fun. Really touchable and open and receptive and...

Lion: Just like you.

Participant: Like dancing in the warm sunlight. That's how I felt. It was like dancing in the warm sunlight. I loved it.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

Lion: Yes. You are in that place where you know love is available. You are touchable. You are sunlight. You're approachable. People are approachable. Wonderful.

Participant: That's really emotionally touching. Thank you.

Lion: Thank you. Thank you so much. Okay. I'd love to take one more person sharing about what your experience was. [Participant], go ahead please.

Participant: My negative belief that I came up with is that I just can't trust it. I can't trust love.

Lion: "I can't trust love." Another quite common belief. What was your new belief when you got rid of that one?

Participant: I can trust that I am loved and supported unconditionally.

Lion: That sounds good. That sounds way better.

Participant: Yes, it is. Two things happened though were kind of interesting when I was taking off my old outfit. It was like it didn't want to go. It was sticky.

I finally got rid of it but then I had this like blowback on like ashes and smoke, came back on me so then I just decided to take a shower. I put a shower in my closet and...

Lion: That's great.

Participant: Took a shower and that helped. My new outfit was me as a little girl swinging in a pink dress.

Lion: Oh, wonderful, wonderful. What was the new belief? Oh, you said the new belief. Say it again because it was so great.

Participant: I can trust that I am loved and supported unconditionally.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

Lion: I love the image of you as a little girl swinging, because when you're on a swing there is something very secure about it. You see those big heavy chains. You know that you are safe. You can feel the world swinging back and forth. It's that wonderful feeling of a little bit like "Oh, my Gosh," when you get to the high point. Then there is the "Wheee!" of the swing in between.

Participant: Yeah.

Lion: Lovely, lovely.

Participant: I could see myself pumping my legs. The interesting thing was there were a lot of people around me, more like spirit people. They weren't necessarily people that I recognized. I just kind of sensed a lot of people who loved me around me.

Lion: Yes, that's right.

Participant: Kind of watching me swing.

Lion: That's wonderful because as children we look to see if we're being loved. Children experience love in those ways that I said, right? Is it secure? Is it dependable? Am I being accepted? Am I being well-regarded?

If we don't experience that, then we come to that conclusion that nobody loves me, that I'm not loved. There is obviously something wrong with me. I'll never have it and all those conclusions, right?

The fact is that there is always someone who loves us. The divine loves us unconditionally all the time. We've forgotten that as children. So it's part of this process to bring that back, to bring back that recognition that we are always loved. That it's always available to us.

That's wonderful. Thank you so much for sharing that.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

Participant: Yeah. There was just one other thing that I wanted to add that happened as I was leaving. I think this may be something I need to do more with. As I was leaving I decided I didn't want to leave my closet as a little girl in a pink dress. I put on this other outfit, which was quite nice.

It was just kind of regular clothes like a pretty black sweater and white slacks. It was something that I felt very elegant and confident in and just kind of relaxed in. I left in my closet. This started a couple of sessions ago, but instead of flying away from my house, a big black limo comes and picks me up at my front door.

Lion: Oh, a limousine, how wonderful.

Participant: Yeah. This limousine came. This is kind of standard now when I leave my home. A limousine just pulls up. I got in the car. When I got in the car, at first there was somebody else there who reached for me with a smile. Then this person changed to be somebody I was afraid of. That was it.

Lion: How did you interact with that person that you were afraid of?

Participant: I just kind of stopped it then because we again did visualization. It was actually going on a little beyond. I was trying to decide, I guess. I didn't really react. I just was thinking whether or not I really wanted to continue wanting this limo.

Lion: Well, you're bringing up a couple of wonderful things about the BeliefCloset. First of all, in the BeliefCloset you got the blowback and you created a shower. Perfect. What's wonderful about the BeliefCloset is it's unlimited. You get to create anything that works for you. So the shower, perfect.

People create all kinds of things in the BeliefCloset. Whatever you do, that's perfect for you. There are no limitations. The metaphors

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

that we use in the BeliefCloset Process, like the incinerator, some people say, "No, I prefer to throw it into the sun." Okay, great. Or "I prefer to just disappear into the light." Okay, great, whatever works for you. The answer is: whatever works for you is great, and there are no limitations.

The second thing is that things appear in the BeliefCloset, like it just appeared in your limousine, a person appeared in your limousine. Everything that appears is a belief. It is representative of another belief.

If we were working personally, we'd go and look and see who that person represents in your life? Or maybe they are actually in your life. What belief is beneath that person, in that relationship? Everything can be handled and talked about as if it's a belief, anything that comes up. Thank you for illustrating all of that.

Participant: You know I kind of felt that at the end. I felt like this was another belief coming on. I just kind of stopped it then and thought I'll deal with that later.

Lion: Great. Well, thank you [Participant]. I appreciate it.

Participant: I appreciate the information on that, Lion, because it scared me a little bit. I just said, "Okay, I'm just going to put this aside." I appreciate the better understanding.

Lion: Great. Thank you so much.

Participant: Thank you.

Lion: All right. There were a couple of questions on the webcast that I want to get to. From another [Participant]: "While all the sessions have been enlightening and uplifting, the good feelings from the new belief seem to fade within a day or two. Could it be that I'm addressing a lighter beliefs or some clusters not getting to more core or root beliefs?"

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

The answer is yes. Generally, if something is fading it means there are other beliefs that are deeper that are coming back and making themselves known. When you're working with a cluster of beliefs, it's important to realize that it may take three, or four, or five sessions to break a cluster apart and get rid of all the parts.

When anything comes up, including the belief, while that good feeling has faded, treat it as just another belief. Like, "This doesn't work for me" or "Things always fade" or "Nothing lasts." There is a belief under there that that's speaking, too. Or it might be other beliefs that are causing it to be brought back down from that initial high.

What we find is that when you actually get to the core belief, and it's gone, and all the parts of the cluster are gone, that doesn't happen. That suddenly there's just a new, clean and clear feeling that the new beliefs are creating. Thank you for that question.

Here is another person: "I did a support call last week. Once I voiced my stuck belief with others, it seemed almost silly to me. I could see it from a vantage point removed from myself and could then get beyond it. That helped me take that point of view with other beliefs which I have felt stuck with as well."

Absolutely, thank you for that. That's true. This process is meant to help you recognize that beliefs are just something you took on. They're not something that you're stuck with forever. The process of visualizing it and then taking it off is, in fact, this process of removing yourself, or distancing yourself, getting that new vantage point of saying, "That is a belief I have. It is not something I am."

In our past, we have identified with those beliefs. We've seen them as who we are. Like "I am broken," or "I am flawed," or "Love is not for me." When you get that vantage point, that's exactly what we're going for, is that vantage point where you say,

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

"Oh, that's just a belief." Once it's just a belief, then you can let it go very easily.

Thank you for that point.

All right, another question from [Participant]. "What's the value of seeing what you are wearing before you see what you are wearing when immersed in the old belief? It seems to just add confusion."

When you walk into the closet for the first time in any session, you always walk in with some belief. The first outfit that you are wearing is we're sort of preparing the subconscious mind by saying, "Okay, take whatever is at the surface at this moment and take it off."

Everything in the BeliefCloset Process has significance and a meaning. What we found is that if you just walk into the closet and you don't remove that first belief, the subconscious mind isn't quite ready. Now sometimes when you walk into the closet, you're already wearing this belief that you're working with. We teach the practitioners how to work with that.

If it's a normal outfit, that's kind of like "Okay, I am here." Or "I am okay." Or "I am comfortable." Then you take that off and then you feel into the belief. For you it may not actually be necessary, but it's part of the process. It helps set up the process. It's a very good question.

Feel free to just walk up to the mirror and see whatever you've got. Most people see some kind of a normal outfit when they first walk in the closet. That's just whatever is present at the moment. We want to take that off and become naked, which means without beliefs, in order to really cleanly feel what the belief is that we're working with. That's the answer to that question.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

Another person wrote in that says, "It seems like a lot of bad things have come up for myself and my immediate family members.

If you're experiencing bad things in your family, I'm going to interpret here. If you're experiencing bad circumstances, it's important to know that beliefs are an element in the circumstances. It's not your fault.

Let's say you have a brutal, abusive parent. It's not your fault. We're not trying to blame the victim. What we're doing here is we're inviting you to see how your beliefs have in some way created that experience or what beliefs you came to, what conclusions you came to because of the experience.

We can't change that person. We can't turn the abuser into a nice person. What we can do is work with you inside of your own BeliefCloset, inside your own beliefs, and give you a new experience.

Now, the past is past. So if someone abused you in some way or a bad thing happened; you had a loss; someone died, you can't change that. You can't change the past. What you can change is how it lives inside of you. That's the magic of this process – how an experience lives inside of you is what creates your experience in the "now".

There may be something to changing the past. What we found is that we can actually send a new belief back into the past and it shifts things. It's like changing who you were as a child. My favorite saying is "It's never too late to have a happy childhood."

By going back and working with the inner child in this process, you can actually shift who the inner child is, how they show up, how they're being with you. So you may be walking around with a happy inner child instead of a sad inner child or an injured inner child or a scared inner child.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

We're working with what is present. In the BeliefCloset, in the imaginal realm, everything is always present. We're working with whatever presents itself. I hope that answered your question.

Hi, [Participant]. What's up?

Participant: Okay. What came out for me, in the closet, is taking off this outfit that I was like early 20s, tomboyish, wearing gray pants, black belt, short hair, zigzag, chubby and short. So my feeling was like sort of contorted. My new outfit was I am Divine Love.

Lion: Can you tell me what the old belief was?

Participant: The old belief, I couldn't trace it. I couldn't trace it where it stems from.

Lion: That's fine. It was kind of a distorted self-image. Did you ever look like that or was it just something completely out of the blue?

Participant: Completely out of the blue. I had no idea where that came from.

Lion: Okay, good. That's fine.

Participant: All I can tell you is that I have been contemplating for a year to really cutting my hair really short.

Lion: Wow.

Participant: Yeah, in that zigzag kind of style. It's kind of weird that came up.

Lion: Did you happen to ask the outfit "What belief are you?"

Participant: I did not. I did not ask it.

Lion: That's what we do when something comes up. Sometimes the outfit will appear first. In this case that's what happened -- the

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

outfit just appeared. It's always some belief, and so we ask the question at that moment, "What belief are you?"

Participant: I did. I remembered just now. I did. I asked but I couldn't get an answer.

Lion: Okay. That happens sometimes too. Sometimes beliefs are kind of intractable. You have to kind of poke at them a little bit and say, "What belief are you?" I want to hear it in English or show me a picture.

You can respond to it in a way that if it doesn't answer right away, you can probe it and try different things. Cajole it. Say, "Really, tell me what belief are you?" Eventually it will give some information in some form. But that's fine. You got rid of that. And the new belief was?

Participant: Well, in getting rid of it I could feel my whole body jolting. In particular, I could feel that tingle in my legs. I've been having issues with my legs. It's almost like I feel they're like cemented, like there's hardly any flow in my legs. In trying to take off that outfit, that's what happened. I was melting that outfit down all the way down to the floor. But it was almost like it was not enough time for me to completely let it melt out or just take it off before I could come in and start wearing the new outfit. What happened was I was able to almost wear it on top of the old outfit. That's how it felt to me.

Lion: That's very, very understandable. The belief... the subconscious mind works in metaphors. What it's saying is, you haven't quite cleared that one, but you can still create a new belief. You can wear it on top. It's just that that old one is still not quite gone.

Let me suggest that you work with it and just redo the belief as you had it. Just bring back the outfit. Remember what it looks like. Then begin with the question "What belief are you?"

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

It sounds like it has something to do with your physicality because it brought tingles to your legs and you're having issues with your legs. It's something about your physical being, how you look or how you feel. Something is going on there.

Just bring it right in there and redo it. That's the great thing about this, is that there's no way to do it wrong. There is just lots of ways to do it right.

Lion: Thank you so much, [Participant].

Participant: Okay. Thank you.

Lion: Hi, [Participant]. How are you?

Participant: I'm doing pretty good. A couple of weeks ago you walked me through the BeliefCloset Process. The outfit that I came up with for the belief that we discreated was a black neoprene wetsuit. You had me hand that over... We invited my mom into the closet and then I handed the wetsuit to her. That seemed to work well. I felt great.

A couple of days ago I had a dream in which there was this wetsuit in a dumpster and I really needed it. I actually started climbing into the dumpster thinking "Oh, I need to get this out of there. That might come in handy some time."

Fortunately my partner, Mike, was with me in the dream. He convinced me that "No, we don't live anywhere near the ocean. We don't need that wetsuit. I should just leave it there." It seems to me like it represents the belief. Even though I threw it away, it's kind of still there perhaps on the fringes.

Lion: Dreams are great because dreams are another way that the subconscious talks to us. We're very close to our dream-self when we're in the BeliefCloset. Let's just imagine that this was a BeliefCloset experience or that the BeliefCloset's dream experience is. They're both in the imaginal realm. There was

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

some level at which you needed this belief. Can you remind me what the belief was that we got rid of?

Participant: Yes. It was "I am lazy and irresponsible."

Lion: Okay. Remember that, again, the metaphors that the subconscious uses are just wonderful. A wetsuit is protective, right? It keeps you warm in cold water. It keeps you from getting too cold and dying, right? It is a protection.

That belief was protecting you in a certain way. Even though it's a lousy belief to have, in some way it protected you, or it aligned with your mother, or it represented this thing that your mother was saying to you. In some ways it was representative of the relationship.

When we give up beliefs, sometimes there's a part of us that feels like "If I give that up, I'm also giving up the relationship."

Participant: Oh, right.

Lion: There's often a young part of us that says, "No, no. I need that." All right? Even though it's been terrible for me, I need that. I need that relationship.

What we often do in this case – this will happen when we try to discreate something in the BeliefCloset – It sticks around, or it comes back, or there is a part of it that doesn't want to go. The part that doesn't want to go, which is basically what your subconscious is saying, is usually some kind of protection or some kind of connection.

It represents something about your mom. There may be a time when you do need that belief to, for example, connect with your mom. Now you don't want to be wearing it all the time. Maybe it is useful, maybe not. It may just be a part of you that's saying, "It was with me for so long. I might need it again."

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

Participant: Right.

Lion: With your conscious mind, just decide: do you really want to be rid of it? Or is there something about it that you want to keep? I would explore that question. Go a little deeper with it.

Usually there's an aspect of the belief that we want to keep, like it's the connection or it's the protection. It's fine to keep those aspects then get rid of the rest of it.

Participant: I see. Okay.

Lion: The last thing is I find it interesting that you gave it to your mother and it ended up in a dumpster. She must have gotten rid of it also. Apparently she didn't need it either.

Participant: She just said, "Well I don't need this." Well good for her.

Lion: Yeah. Really. Really.

Participant: Okay. Well, thank you. I appreciate that, Lion.

Lion: You're welcome. Good-bye.

Participant: Bye-bye.

Lion: We've reached the end of our time together. I so appreciate your time and your being here, and your joining me on this journey.

I send you off with my blessings and my love. May all of your relationships be healed, be loving, and be compassionate. May you continue to deepen your love everywhere you go.

Remember that you can always write me with your questions, and to share your experiences. I'd love to hear from you. Write to me at liongoodman@gmail.com.

Clear Your Beliefs

Session 4: Clear Your Outdated Beliefs About Love and Relationship

with Lion Goodman

If you want to clear some more of your old beliefs, just play that part of the recording over again, and bring a different belief in every time. Do give yourself room to integrate, though. I suggest deleting one belief a day, two if you want to really clean out. Remember that when you re-arrange the inner landscape like this, it takes some time to integrate. If you can, take a walk in nature, or take a hot bath to give yourself time. You may have memories popping up, or new experiences. Welcome them all, and treat yourself gently.

Bye for now. We'll see you next week.