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TRANSCRIPT

Clear Your Beliefs

Session 5: Clear Out Your Old Beliefs About Money and
Work

by Lion Goodman

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with Lion Goodman

YOUR OFFICIAL PROGRAM TRANSCRIPT

Session 5

Clear Out Your Old Beliefs About Money and Work

Lion: Welcome, everyone. This is Class 5. I'm very happy that you've joined us for this session. I'm excited about our topic today. It's juicy, because everybody's got old beliefs operating in this area. This session is "Clear Your Old Beliefs about Money and Work."

We'll also be talking about creation and manifestation. Your ability to manifest abundance in your life isn't just a function of your good thoughts or affirmations. Nobody ever had a bag of money fall in to their lap because they were meditating on abundance. There's an entire inter-related set of processes involved in manifestation of anything – especially money, jobs, and career, especially if you're an entrepreneur or a service professional. We'll also talk about the lack of money and wealth, and what part your beliefs play. What do you believe about earning a living today in this economy? Do you believe that money is the root of all evil? That would be a good reason to keep it as far away from you as possible!

If you really want to experience true abundance, you first have to eliminate the belief that money is bad or a problem. We're going to be looking at those very deep issues. We'll get to it in just a minute.

I'm going to start by taking you on a journey into abundance. Get yourself comfortable, and if it's safe to do so, close your eyes.

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- 5.2 Begin to center yourself. We're going to open the door to your beliefs about flow, abundance, and prosperity.

If you're sitting in a chair, feel your feet on the ground. Find the center of what you call yourself. Take a breath. Take another breath. The breath is a flow, moving in and out. Just watch it moving in and out.

As it's coming in, when you feel full of breath, breathe in just a little bit more than usual. As it goes out, at the very end, where you're out of breath, just push it out a little bit more than is normal. Just increase the flow a little bit at a time, both out and in, and out and in again.

Recognize that your lungs are sending the oxygen –filled blood into your heart, which beats steadily, pushing that blood out into your entire body, through your arteries, to feed that oxygen to all of your tissues and organs. If you can increase that flow, you'll have more energy, more attention, and more vitality.

Quiet your mind, and feel your heartbeat inside your chest. You might feel some pulsing elsewhere, which is the echo of that heartbeat in other parts of the body. Wherever you feel it, that's great. The heart is an amazing muscle that beats billions of times in your lifetime and it keeps you alive. If the flow is good, you're healthy. If it gets sluggish, you have less flow, and you get unhealthy.

If you can't feel your heart beat, put your hand on your chest, or along side your neck where you can feel your pulse. Or feel your pulse on the inside of your wrist. Feel the pulse that's inside you. It's like your very own rhythm. Your heart is pumping your blood throughout your physical body, bringing an abundance of good things to your cells, and then carrying away what's no longer needed. You don't have to put any attention on this – it happens automatically. You don't have to know how to do this. It's a gift from life itself. Who or what is beating your heart? (Pause)

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It's an amazing system. There are fifty trillion cells in your body, and they're all getting along, cooperating, and doing their specialized tasks without complaining, and without getting paid. This is a system that works, and we could learn a lot about abundance and flow by simply studying the human body.

Send some love and appreciation to your heart, and to your entire circulatory system that's working all day and night, without thanks, to keep that abundant flow going, keeping you alive and vital.

As you're sending love and appreciation to this system, I want to dive even deeper into cell physiology. The body has a lot to teach us if we look and listen to it. Every cell in your body – 50 trillion of them – has a boundary, called the cell wall. The intelligence of the cell is in this wall. It allows certain things in, such as oxygen and sucrose for energy, and it allows certain things out, such as waste products. That cell wall also keeps what's supposed to be inside, inside. And it keeps what supposed to be outside the cell outside.

When the cell is healthy, there's a balance between input and the output, inflow and outflow. A healthy cell has a healthy boundary. Now think about the boundary you create around your body, around yourself. If you're healthy, you allow certain things in that are good for you, and you allow certain things out that you don't need anymore. And you keep what's good for you inside, and you keep what's not good for you outside. That's what keeps you balanced and whole and healthy.

Send a wave of gratitude, love, and health to every cell in your body, and ask every cell to find its right balance of inflow and outflow so that it's healthy and balanced. Visualize every cell as healthy, shining and radiant, with a healthy boundary condition. Send your breath, filled with the light of love, into all of your cells, and through your entire body.

When there is an abundance of flow, you're healthy, growing, and radiant. This is the way it's supposed to be with you in your life,

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and in your world. If you want to understand abundance, look at nature. Mother Nature is abundant. The apple trees don't get together and they say, "Hey, the economy is down. We should produce less apples."

No, the trees produce an abundance of apples, so birds and animals get their share, and humans get their share, and insects get their share. The seeds are produced in abundance, and some of them fall to the ground, where the abundant earth makes even more apple trees. That's the natural way of things.

Then humans get involved, and things go awry. It gets out of balance. Instead of enjoying and sharing the harvest, we accumulate and turn everything into commodities. We have lost our natural abundance.

So now, feel your own body, and see how balanced you feel in your life. Are you in flow with your life? And with nature? Do you produce plenty so you can have plenty? Do you feel restricted in some areas of your life? Is there lack, or struggle in some places?

Struggle and lack create stress in your body. To those places that feel stress or imbalance, or lack, send some warm love and good intentions to them. Bring in the idea that it's your intention to live in the natural way, in balance and flow in your life. Feel the abundance that flows through your body, and intend that this flow expand out to all areas of your life so you can feel it manifesting easily and effortlessly, just like your heartbeat. The stress melts away in the light of that natural abundance.

Let the radiance of natural abundance flow outward through all your cells in your body, and into all parts of your life. What would it feel like if life felt this way, and if you lived this way all the time? If you experienced this healthy flow in and out, in an out, you'd have healthy cells, healthy tissues and organs, a healthy life, healthy relationships, and we'd create a healthy culture, and a healthy economy. What would life be like if we all lived this way?

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When you're ready, come back to your normal consciousness. Feel yourself sitting wherever you are. Shift your body a little to wake it up. Slowly open your eyes if they were closed, and continue to feel that flow. Look around your world, around your room and around your life.

- 5.3 Notice that there's a wave, in and out, just like there is in your breath, and in your pulse, and at the ocean. Things are moving in and out all over the place.

Things come into existence, they exist for a while, then they blink out of existence. Forms change. Things get recycled into something else. Everything around you got here because of some flow. As I look around my room I see trees and flowers outside. I see glassware and dishes, bottles of vitamins, artwork, feathers, books. Everything that's here came here through some process of flow.

Someone made it. Someone sold it. Someone delivered it. I bought it. Or nature gave it to me as a gift. See everything in your life as part of a flow that comes through you. Send more waves of appreciation for this flow in your life.

Do you have more than enough to eat? Are you able to get what you need and want when you need it or want it? If so, you're luckier than most people on this planet. Do things come and go in your life easily? Or do they get stuck? Do you have a habit of accumulating things? Or do you let them go easily when you don't need or want them anymore?

If something gets stuck outside of you, you can't have it or get it. If something gets stuck inside of you, you might not be able let it go. If a cell stopped flowing things in OR out, it would die.

You're like a cell, and you, too, are a system of flows. The ideal, or optimum state, would be to have plenty of flow in, and plenty of flow out, with just the right things inside your system, and the

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wrong things for you outside and away from your system. This would make you healthy and balanced.

When I think about abundance, these are the things I think about. Thank you for going on that long journey with me. I hope you got some inspiration. Now let's talk about money.

Since we're focused on beliefs, it's a great way to look at money. Money is an almost pure belief system. Take a bill out of your pocket, or wallet or purse. Is it a \$1? 20? \$100 bill?

What is this money made of? It's actually a piece of paper with a design on it. How much did it cost to make? A fraction of a penny. It's a green piece of paper. That's all it is. However, our social structure imbues with value. We believe it has value, associated with the number in the corner. It's actually the belief that it has value that gives it value. What is money made of? It's made of beliefs.

If you take this bill to the store and exchange it for something you need, the person on the other side of the counter also believes it has value – because they can exchange it for something they need. What would happen if you took the belief system away? You'd have a bunch of green pieces of paper. You'd try to exchange them for something you need, and the person would say, "No, I don't need any more green pieces of paper. I need a chicken, or some seeds, or a truck."

These green pieces of paper would have no value if there was no belief attached to them. Money is belief – pure and simple. The economy as a whole is one gigantic belief structure. We exchange our labor for money. We exchange goods for money. When we sell things, we trade what we have for these bits of belief. We're part of a very large consensus belief structure. Isn't that a brilliant system? When you study the history of money, you learn a lot about beliefs. For example, during the Civil War in the U.S., there were about 400 different currencies, mostly very local, and there were exchange rates from one to the other, just like we exchange

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dollars for Yen or Euros today. If you have control over a country's currency, you have control over its economy, and over the country itself. A banker named Rothschild said that in the late 1800s.

So now we know that money is made of belief. It follows that your relationship to money is based on your beliefs, isn't it? So we need to dive deeper into your money beliefs.

How much money you have, and how much you earn, and how much you keep, and how much you spend, all depend on what you believe about money. If you feel distressed, or worried, or anxious, or even sick to your stomach when you think about money, it's important to examine your beliefs about money. If your relationship to money is difficult in any way, if you have too much, or not enough, or you're scared about your financial future, you need to look at your beliefs.

Most of us learn about money from our parents – that's usually where it began. Most of us heard words like these: “Money doesn't grow on trees, you know. You have to work hard to earn money. You can't spend more than you have. A penny saved is a penny earned. We don't have that kind of money. That's not for us, that's for rich people. We have to save money wherever we can.” That began your early programming. Then you had specific experiences with money as a child, and later as a young adult, and even more as an adult. You entered the economic system fully when you got your first job and started earning a living.

You got lots of messages about money from the culture you were in, and from other people around you. All of these experiences, and the beliefs you took on over time, have had an impact on how you think about money, and how you feel about money, and what your experience is with money. For example, a lot of people have the belief, “No matter how hard I work, I never have enough money to make ends meet.” It's quite a common belief. It's also a common experience.

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I'm going to remind you that there are two ways of looking at the world. Well, there are lots of ways, actually, but I'm going to give you to big ones. The first is that our experience determines our beliefs. In this case, if you keep finding that you don't have enough money, you would form the belief, "I don't have enough money." That makes sense, right? Experience creates belief. That's one way of looking at it. It's kind of a victimization viewpoint. "I am a victim of my circumstances. Therefore, there's nothing I can do about it. I'm stuck with my experience. That's just true. It's just the way it is." So actually, this is a disempowering viewpoint.

The other way to look at it is the reverse: Our beliefs create our experiences. That would mean that my belief, "I don't have enough money," would create the circumstances and experience of not having enough money. Is that really possible? Let's test it, and see if we can prove that it's true. I know a lot of very wealthy people – people who have a LOT more money than I have, many millions of dollars in assets, who also believe, "I don't have enough money." Does that seem possible? These people actually walk around with that experience of not having enough. So it's apparently not related to how much money you have. There's no objective measurement of "enough." It's subjective. There are also a lot of people with very few, or no assets at all, who feel wealthy. They have nature around them, they have community, friends, enough activity and rest, creative outlets such as music or dance, and they live in a state of gratitude and abundance. They may only have a mud hut and a few possessions, but they live in "I have enough," and they are happy. So again, the quantity of their having doesn't relate to their belief.

Let's try this experiment right now. Close your eyes, and feel what it feels like to hold the belief, "I don't have enough." Say it to yourself, with 100% conviction, as if it's 100% true, and see what it feels like to believe that. Breath in, and out, and say to yourself, "I don't have enough." Feel into your body. What's happening there?

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Okay, now let that go – shake it off, or discard that belief. Take a breath to clear your mind, then feel what it feels like to believe, “I have just enough.” Say it to yourself with 100% conviction, and feel how your body feels. “I have just enough.”

Okay, good. Let that one go. Take it off and discard it. We’ll try one more. Feel what it feels like to believe, “I have more than enough.” Say it to yourself with conviction, as if it’s 100% true right now, and forever. “I have more than enough.” And check your body sensations, your posture, your attitude, and see how it feels.

You’re welcome to take that one off and discard it, or if you like it, you can keep it on. You always are at choice about what to believe. So that’s a demonstration that your beliefs determine your feelings, at least, and your body sensations, and your attitude. But does that create a real reality?

Let’s play this out. If you have a job, in which you’re paid a salary – that salary might be enough to live on comfortably, or uncomfortably. If you begin to believe, “I have more than enough,” your attitude toward yourself and your life will change. You’ll walk taller, with pride. Your attention will be more out, on the world, instead of in, on yourself and your problems. People will interact with you differently, because you’ll be a different person. Looking outward, you may see opportunities you didn’t see before. If you interview for a job, the interviewer will see you differently. I was a headhunter for 25 years, and I can tell you this for certain. A person’s self-esteem and attitude shout loudly to you when you’re interviewing them, and your valuation of who they are, and what they’re worth, can change radically by the their attitude. A person who doesn’t feel good about their own value is usually offered less by an employer than a person who walks into the interview feeling good about who they are.

If you have the belief, “I never have enough money,” you’ll unconsciously create sabotaging habits, like spending more than you earn, or not keeping track of your money, which is one of the

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biggest behavioral culprits that can suck all the money out of your bank account so you can't meet your financial obligations. If you want a quick fix for that one, start keeping track of every penny you spend, and every penny you earn. Carry a small notebook with you everywhere you go, and even if you put 25 cents in a gumball machine, write it down. You'll get some reality on your money right away. I've done this a couple of times, for weeks or months at a time, and I can promise you that your relationship to money will change.

That process comes from the 12-step programs, Spenders Anonymous and Debtors Anonymous. And if you overextend your credit, or feel like you're always struggling to pay your bills, get to one of these 12-step programs. They're terrific, and they work, because you need outer habits to go along with your inner beliefs. If you believe "Money isn't real," or "Money isn't important," it's likely that you'll treat it as unreal, or unimportant. So you won't have enough awareness on its flow to become a good manager. You might give up your dreams for a better life because you feel defeated in the money arena.

On the other hand, you might be a person who has very positive beliefs about money and abundance, but you also have only one or two interfering beliefs that get in your way. For example, you might have a fixed idea about what you're worth, so you can't charge people what you'd prefer to earn from your work. I've had a number of my students say, "I'm perfectly okay charging \$60 per hour, but I can't imagine charging \$100 an hour. I'm afraid I'll lose all my clients if I raise my fee."

This is a self-worth belief. What do you deserve? How much are you worth? I can tell you – for sure – that if you don't value yourself highly, others won't value you highly, either. This is the reality that the belief creates. I know some coaches who charge \$400 per hour, and others who charge \$200, and others who charge \$80. Do you think that the \$400 per hour coaches are five times better than the \$80 per hour coaches? Do they provide five

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times as much value? Of course not. The only difference is in what they believe their time is worth.

There's an important concept in sales and marketing called "perceived value." Here's how I learned about it. Let's say I want to sell you the pen I'm holding in my hand. I've offered to sell it to you for \$5. You think it's worth \$10 – that's your perceived value. So if you buy it for \$5, what did you get? You got a bargain – you only paid 50% of the perceived value. Now the other side. I want to sell you this pen for \$5. You think it's worth \$1. So if you buy the pen for \$5, what did you get? You got ripped off, right? You valued the pen at \$1 – that's your perceived value. Now here's the kicker: What changed? Same pen, same price. The only thing that changed was the perceived value. That is, your belief in its value. The conclusion of this illustration is that a really good salesman, or a good marketer, or a good enroller, is in his or her ability to paint the value of whatever they're selling such that their customer believes they're getting a great bargain, that they'll get much more value than they're paying.

This may sound like manipulation, and it is. A good salesman manipulates their customer by creating a belief in their customer's mind. Is that a bad thing? If both people truly believe that the value is much more than the price to be paid, no one is getting hurt, and both people are getting a benefit. No one wants to be manipulated, but you have to recognize that you're getting manipulated all the time in the economic arena. If you've ever bought anything on sale, you've been manipulated. Companies are still making money when they put stuff on sale. They've just told you it's worth one thing, and then sold it to you at a lower price. You got your perceived value manipulated. The price of clothing, for example, has nothing whatsoever to do with the cost of manufacturing it. You know that some stores will sell the same item for much more, and some stores will sell it for much less. The same clothing with a different label will sell for a much different price. Slap a designer label on a piece of clothing, and its perceived value just jumped up. You get manipulated all day – that's the goal of marketing. I hope I haven't hurt your feelings or

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spoiled your perceptions. It's important to be able to see how our beliefs are manipulated by others all the time, so we can make more intelligent decisions about what to believe.

Let's talk more about wealth and money, and look into more self-beliefs. Imagine for a moment that you have great wealth, and loads of money. Most people have this as a goal, so it's good to imagine it, and see what happens. So here it is. You have immense wealth – enough money to do whatever you want, take expensive vacations, five mansions in different countries, buy art that's priced in the millions of dollars, and you have a private jet to take you to fancy resorts around the world, whenever you want to go. Enjoy that for a moment. Okay, if you've enjoyed that feeling, check to see whether you feel any embarrassment, guilt, or shame. Think about all those other people who don't have as much as you do. Do you have any beliefs like, "I shouldn't have so much"?

Do you believe that you deserve to be wealthy? It's such a funny thing. You either do, or you don't, and it doesn't depend on anything except your belief system. Some people who inherit great wealth have the feeling that they don't deserve it. There are people who earned every dollar of their wealth, and they don't feel they deserve it, so they lose it. Then they make it back, and they lose it again. People who are poor often feel that they deserve to be as wealthy as the 1%, even though they haven't done anything in particular that would earn them that reward. Your belief in "deservingness" doesn't have anything to do with anything. You either believe you deserve it, or you don't.

Regardless of how much you have, or don't have, or how much you'd like to have, your beliefs about money, wealth, and cash-flow unconsciously affect your ability to manifest what you want in your life. This is a complex issue because your sense of self-worth impacts your perceptions and your abilities, actions, and success. If you don't believe you deserve it, you'll miss out on opportunities that are right in front of you. You'll screw things up that would otherwise go well.

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Then you'll experience scarcity, and that will prove your proposition, your belief, that you don't deserve it. This is an illustration of circular reality creation. Your beliefs are always reinforced by external reality, because you're perceiving the world THROUGH them. Here's what's interesting: most very wealthy people in the world have the same kind of circular logic. Most of them believe that they're entitled to be wealthy. That allows them to accumulate more wealth. Their wealth proves that they deserve it. Otherwise, why would they have it?

I've talked to people who are part of what we can call the Republican Christian Right, and they have a strong belief that if you're rich, God wants you to be rich. They feel special. They have God's blessing, of wealth, and they know that they're better than those who aren't rich. They believe that people who aren't rich don't deserve it because they are not living in alignment with their God. They have Biblical quotations to back up their beliefs. Anyone who believes differently is not deserving of God's blessing.

Their belief structure creates their ability to be very wealthy. They say, "God is on our side. We're the winning team. God has proven that we deserve it because we have it." This shows that beliefs prove themselves whether you have a lot of money or you don't have much money.

The good news is, you can change your beliefs, and thus your perceptions, and thus your actions, and thus your results. But you've accumulated hundreds of beliefs about money and wealth throughout your lifetime. So you've got to do a lot of digging, and clear out all the interfering beliefs, in order to change your reality. You can't do it with an affirmation or two.

Our operating principle is that your beliefs create your experience of your reality. You have a mixture of beliefs about money and wealth. Some of those beliefs may be crimping your flow of money or wealth. If you have any feelings of guilt or shame or

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yuck around money, you will not want to have it – because who wants to hold something that's yucky and smelly? Ooh... take it away from me. Or you may have conflicting beliefs – in fact, that's quite common, holding opposite beliefs at the same time. This confuses the psyche. It created a mixed reality. Sometimes you have enough money, and sometimes you don't. Be sure and look for those opposite beliefs. Here's an example: "I want to be wealthy. I don't want to be greedy. Wealthy people are greedy." So that produces the opposite beliefs, "I want to be wealthy," and "I don't want to be wealthy." What's your psyche supposed to do with that? It either vibrates back and forth, or it creates some other kind of mixed reality, or trouble with money.

Grab a piece of paper and a pen or open your beliefs document on your computer. We'll explore the beliefs you have about money that may be interfering with your life.

And if you're in a very positive situation around wealth in your life, take a look at what beliefs enabled you to have that wealth in your life. We're looking at both your positive and negative beliefs – the working beliefs that create your human operating system around money.

Okay, begin to write down whatever you believe about money. Write whatever comes to mind when you say, "Money is..." Say to yourself, "Money is..." and note whatever comes to mind. "Money is..."

Say it again and again, and allow your mind to fill in the blank. To get to the deeper beliefs, you have to ask the question four or five or more times. Keep saying to yourself, "Money is..." and write down as many answers as you can. You want to exhaust the supply. Say again, "Money is..." You'll notice a mix of beliefs that come up – many from your parents, many from your culture, and many from the New Age or New Thought culture, like the Law of Attraction and Affirmation movements. You'll also notice commonly held beliefs from your friends, and beliefs from economic reports that you heard on TV news reports. The

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economy is up this year. There was a stock market crash. The value of real estate has skyrocketed, or fallen into the ditch. When you're done with "Money is...", go on to "The economy is...", and say that to yourself a number of times, to get different answers from your subconscious mind.

Now say to yourself, "Having money is...", and write down whatever comes up. The words you hear in your head are all beliefs that you have. Some may be conscious, and most will be subconscious. "Having money is difficult." Or, "having money is pleasurable." "Having money is freedom." Whatever it is for you, write it down. It's okay if some of your answers are the opposite of each other. That's normal, and expected.

Now let's explore the concept of wealth. Say to yourself, "Wealth is...", and write down whatever comes up. Wealth is not just money, it's also family and friendships and environment and freedom and beauty. What is wealth to you? "Wealth is..."

Now "Earning money is..." Maybe you have the belief, "Earning money is difficult." Or "earning money is easy." Or, "earning money means I lose my freedom." "Earning money is..."

We'll move on, and I strongly recommend that you continue this exercise on your own. Keep exploring your beliefs after class, and keep adding to your journal as you notice the beliefs that come up for you during the days ahead. Once you start listening to your subconscious thoughts, you'll be amazed at how many beliefs you have stored in there.

Now let's switch to work. We're talking about the work you do in the world to earn money. Your job, or your career. Or the job or career you want to have. Write down "My work is..." and begin listening to what your mind says when you say that to yourself. You might hear, "My work in the world is boring." Or, "my work in the world is a pain." "My work is difficult." "My work is joy." Whatever comes up is true for you at some level of consciousness. Keep going until you've exhausted all the

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possibilities. Again, it's okay if you have many beliefs that are opposites. It doesn't have to make sense. We're doing an inventory of the basement.

Now you can say either "My job is..." or "My career is..." Whichever feels right to you. "My job is a dead-end." Or "my career position is below my capabilities."

Ask it again and again. Just write down whatever comes up – even if the answers are strange, or even if you don't believe that thing anymore. This is a way of exposing your subconscious beliefs to your conscious mind, so you can do something about them.

The last one in this series is "What I should be doing is..." Or "If money wasn't a concern, I would..." Keep going, and keep asking variations of these questions. Some people can come up with hundreds of beliefs about this topic, and they've probably got a pretty complete inventory.

All right, that's a good start. There are lots of other questions we could work with, which you can explore on your own. A really good one to do on your own is, "People who have a lot of money are..." If people who have a lot of money are evil, or if they cheated people, then you wouldn't want to be anything like them. Another good one to explore on your own is in that area of worthiness, and deservingness. Work with, "I deserve to be rich." Or, "I'm worthy of having a lot of money or wealth." After you say that, listen for counter beliefs, voices that respond with denial or denigration. "You've gotta be kidding. You know you don't deserve to be rich. You're a lazy bum!" Just write all of those down – and for goodness' sake, don't believe those voices! They're just old beliefs coming up from the subconscious mind to re-assert themselves. Just write them down, and recognize them for what they are – old beliefs. Then, you can take all the negative beliefs into your BeliefCloset and discreate them, one by one. If you don't know they're there, you can't delete them.

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Another place to explore on your own is your beliefs about institutions. If any of these spark you, just write down the questions and work on them later. "Banks are (blank)." "The government is (blank)." "Lenders are (blank)." "Mortgage companies are (blank)." I've got a few opinions and beliefs of my own, and we all do. For example, if you want to buy a house, and you believe banks are evil, you might have a hard time getting a loan.

What beliefs do you have about your own abilities? Your own creativity? Your own success? Do you believe that you lack something that would make you successful? Do you believe you aren't creative enough or smart enough or greedy enough to be successful in this economy?

Explore all of these questions. You can see it's a very complex arena, and you probably have hundreds of beliefs that you've accumulated over your lifetime.

For now, look at what you've written down, and circle one belief that really interferes with you living a life of abundance and flow. Take a minute and review all of the beliefs you wrote down. You may even get a new answer when you ask the question, "What belief most interferes with abundance and flow in my life?"

Okay. Great. I'd love to hear some of your beliefs that you found as you did this work with me today. We'll take a few shares from participants.

5.6

Lion: Hi, [Participant].

Participant: Oh, hi! The belief I actually believe most is that I'm not worthy and I'm not good enough.

Lion: Yes. If all beliefs create evidence for themselves, which they do, those would certainly interfere with your accomplishing whatever you wanted to accomplish. Good. Well, take those right into the

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BeliefCloset and work on at least one of them. You may have the opportunity to work on two. Thank you for sharing that. Let's take the next participant.

Participant: Yes. My belief is that I have to spend carefully. It's just I feel as if I'm poor even though I'm not. Watch my money. I have to spend carefully because there's like a fear.

Lion: Why don't you say what the fear is? "I'm afraid that if I spend too much," what will happen?

Participant: Well, there's the worthy thing too. There's also the fear that I'll run out of money and God knows what, which is totally ridiculous.

Lion: Yes. One of the practices we use in our work is called "Worst Case Scenarios." What we do is we take a person and we say, "What's the worst thing that could happen if that happened?" We keep going into the worst and worst and worst and worst and worst.

There's something down there that is like the worst thing. Like, "I'm going to end up under a bridge homeless. Nobody's going to care for me. I'm going to die without anybody knowing it. And now I have to come back and do it all over again."

There's always something down there at that level of deep survival. Do you have something like that?

Participant: Yeah, that's the fear. That's the fear. I've had that in the past life. I carry the fear here now.

Lion: Yes. Well thank you for sharing that. That is a belief that that could happen. That's what fears are. Fears are the belief that you can't handle something. If that situation occurred, you couldn't handle it. You couldn't get out of it. That's what creates the fear.

Thank you for sharing that, [Participant].

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Participant: Thank you.

Lion: Do we have one more?

Assistant: We have one on the webcast that says, "Money is dangerous."

Lion: Money is dangerous. Oh, that's a good one.

If money is dangerous, you certainly don't want to have it in your pockets. You would not want to be carrying it around. It might explode at any time or it might warp you or turn you into a bad person. A good reason to stay away from money. Thank you.

Assistant: Another Participant says, "Earning money is at times difficult."

Lion: Yes. Now let's talk a bit about the reality versus the belief-created reality. We live in a very complex world. Money is not just a personal issue like health. It's also a social issue because it involves other people. I'll be getting into a little bit more in a moment when we talk about manifestation.

You could say in this economy it is sometimes difficult to earn a living. That may be true, but it does not necessarily limit you from, for example, being an entrepreneur and finding a way to earn a living or being creative or like that.

It's good to see that there are social beliefs that are basically true because of certain circumstances. Yet they don't necessarily have to limit you. Yes, if you are a buggy whip manufacturer, you would say really there's no business out there because nobody buys buggy whips except perhaps the Amish. You have a very limited market.

On the other hand if you are a manufacturer of tools, there are always tools that can be made. The question is: Are the beliefs limiting you and are they stopping you from being creative in creating something great for yourself?

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Okay. Let's take one more. [Participant?]

Participant: Money is unstable, undependable, disloyal, controlling and arbitrary.

Lion: Wow. That's a great set. Not great for you but...

Participant: If you want to not have any money.

Lion: Right. That means money is in control of your life. You're not in control of money.

Participant: That also feels schizo. You either have it a lot or don't have it at all.

Lion: Right. It's an on-and-off phenomenon. That would be true if it were arbitrary, controlling and unstable. Just like a light switch, on and off, on and off, on and off.

Participant: Right, right.

Lion: You might look for a belief that's deeper. That is "I have no control over money." Because what you've done is you pointed to the beliefs you have about money out there. You haven't looked inside to see what is it in there that you do have control over? Do you have control over other aspects of your life?

Participant: To some extent, yeah.

Lion: Okay. My guess is that those beliefs about money also apply to other aspects of your life. There's something about self-control, self-management in there that you could explore.

Participant: Okay. That sounds good. Thank you.

5.3

Lion: Okay, good. You can see there's a huge variety in the beliefs we have about money and work. Remember: money is a social

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phenomenon. It doesn't occur in nature. It's a human-made belief system. Let's talk about that for a few minutes. In my book, "Creating on Purpose," which I wrote with Anodea Judith, we clarify the process of manifestation, moving ideas into reality. The subtitle of the book is, "The spiritual technology of manifestation."

People say a lot of crazy stuff about manifestation, including the whole "Law of Attraction" business. You know, "think about it and it will happen." And that craziness creates a lot of resistance and skepticism from science-oriented or fact-based people, as it should. When you tell someone, "You can create anything with your beliefs," an intelligent skeptic might say, "Well, if you can manifest any reality, go ahead and create an apple in my hand right now. Or even better, a cold beer!"

There's a good reason why skeptics ask these questions – they are perfectly legitimate. So how do we reconcile my proposition that your beliefs create your experience, and if you change your beliefs you can change your experience, with this idea that you can manifest anything with your thoughts? Here's the important clarification: We're dealing with a very complex and infinite universe, and it follows certain laws, or rules. That's what physicists and other scientists study. They want to understand how things work. So do we, but we're dealing in the "noumenal" world – as opposed to the "phenomenal world." Phenomenal includes all objects and actions that are observable with the five senses. Noumenal includes all the other stuff we can't measure – such as thoughts, feelings, and experiences. Dreams and imagination. Faith and hope. You could say that's a different universe. A great model that works well for me is the three universe model. We take "everything that is" and divide it into three worlds, and each world has different laws of creation.

In order to make something happen, you need to understand all three universes and understand the laws of creation in each one. The first universe is the personal universe. This is the universe of You. Your thoughts, your feelings, your hopes and dreams, your internal resistance, your memories, your decisions. In this

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universe you can create any experience you want with your beliefs. You could believe, "I am happy," and create happiness. You could believe, "I am sad," and create the feeling of sadness. You could believe, "I am delighted," and experience delight. That's the personal universe. You have direct control over that. That's the place where affirmations do work (if you clear out all the counter-beliefs, which we'll get to later). It's where you can declare something into existence.

The personal universe is enclosed within a larger universe called the social universe. That's the universe of "you and I." This is where all human-made social institutions exist, such as money, religions, politics, schools, and organizations. In this universe, realities are created through communication, negotiation, exchange and agreements. It's where we make commitments to each other, such as requests and promises.

Money is a shared belief system, so it's in this social universe. We make an agreement about the value of a dollar so we can use it as a medium of exchange. There's no external value of money without a social agreement. It's just a piece of paper, plus belief.

The social universe exists within an even larger universe, the physical universe. This is the universe of matter, energy, space, and time. We can't create in this universe – it's all pre-created, before our time as humans. To create in the physical universe, you take some of the already existing matter, and you work it. You shape it, cut it, form it, join it with other things, and decorate it. This is art, architecture, and manufacturing. All that matter existed already. We just pick it up and do stuff to it.

For example if you're an artist, a sculptor, you can come up with a gorgeous sculpture in your mind. That's in your personal universe. In order to create it in physical reality, you'll have to engage in some social interactions. You have to exchange some of your money for a piece of marble at the quarry. You have to engage a trucker to bring it to your studio. Once you have the stone where you want it, you can cut it and carve it and shape it and decorate

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it to create the sculpture you had in your mind. Then you can engage with the social universe again, and bring it to a gallery, where people will see it, and someone will pay for it with money, and you get some of that money. You've had to work in all three universes to bring your vision into reality.

Coming back to the skeptic, if you said, "Go ahead and create an apple in my hand," I could say, "All right, I will. I drive to the store, buy an apple with some of my money, and bring it back and hand it to you. Fortunately, an apple grower took it from the physical universe of his orchard and trucked it to the store. I drove around in the physical universe, engaged in a social universe interaction at the store, and transported it into your hand. So I DID create an apple in your hand – I just had to do all those steps to create that reality.

That is why affirmations alone don't create anything. They don't get you engaged in the social and physical universe of interactions and actions. Affirmations can make you feel better, for a while, but they don't involve the laws of creation that are required in the other universes.

Wealth and money and abundance are social universe phenomena. You don't get to just create it out of thin air, like you can a thought or a belief. You can't print your own money. Well, you can, but you'll end up in jail. We call that "getting your vote cancelled." You can walk around acting like a King, telling everyone what to do, but they'll put you in the insane asylum and you'll get your vote cancelled that way. You gain prosperity not by thinking, but by exchanging your ideas and labor for money, or by making and selling and marketing things. If you're a service provider or a change agent, you bring prosperity to yourself through enrolling people in your programs. There aren't any shortcuts. You have to do the hard work. Sorry – that's just the way it is. However, you can learn the rules of creation and use the rules to create what you want in life.

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We have to involve ourselves with the institutions and organizations that control our medium of social exchange, such as banks and politics. Otherwise, we're victims of their decisions. Even though you didn't create those organizations – they were designed and built before you were born, you have a responsibility to engage with them, and get involved with them, because they control prosperity for everyone. It's part of being a citizen, taking ownership for the rules and agreements of the society you're inside of. Don't leave it to others, because then you're a victim of other people's decisions.

This is not to say that miracles don't happen, or grace doesn't happen. It certainly does. You just can't count on it. God, or spirit, or the universe is very unreliable. Very fickle. You can pray all you want, but if you're waiting around for grace or God, you're likely going to be waiting a long time. I once won a car in a sweepstakes. That was pretty cool. I had two cars at the time, so I didn't need another car, and you have to pay taxes on winnings like that – at about 50%. So even if you win that kind of gift, it's a pain. However, it wasn't pure chance. It required an action. I had to fill out a card and send it in. I took a chance, and won the grand prize. Magic and luck do happen, but you have to take actions to make them happen, and they're very unreliable. It's much more reliable to rely on your intelligence, discernment, choices, and actions.

Okay, let's move into the BeliefCloset Process and work with the belief you decided to get rid of – the one you circled earlier. Get it out in front of you so you can work with it. Whenever you clear a belief, as I've said, you create the space to create a new belief that will work better for your life. So now ask yourself this question: "What would I prefer to believe instead? What belief would create the reality I want to be living?" Consider that for a minute. and write down your answer below the belief you want to get rid of.

What belief would give you the experience of living in prosperity and flow and abundance? If you're not sure what the belief might

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be, imagine that you are standing in the middle of great flow, abundance and goodness. It's overflowing, and you feel more than fulfilled. You have more than enough for yourself, and for everyone you love. Then ask this question "What belief would create this experience?" And write down your answer.

This is a good starting place. But remember: once you clear the old belief inside your BeliefCloset, you may be in a position – a more open state – to come up with an even better new belief. It's good to have a prospective new belief in mind when you begin the process, and then be open to an even better belief once you're inside the BeliefCloset.

While you're thinking through that, there's another important concept that's useful, and we call it "the conviction scale." In the same way that you can't get a car or a plane from zero miles per hour, standing still, to 100 miles an hour in a second, you can't go from the belief, "I'm not worthy" to the belief, "I deserve to be a multimillionaire," instantly. It requires a gradient approach, one step at a time. So when you're choosing new beliefs, choose ones that you feel it's possible to believe. You can always upgrade it later. Conviction comes from the word "convince." Are you convinced that you can live with that new belief? For example, if you've been 100% convinced that, "I'm not worthy," a believable next step might be, "I am somewhat worthy." That may be as far as you can go as a first step. After you live with that and find out that it's true, you can shift up into the next gear, the belief, "I am worthy." After a while of experiencing that, you might be ready to believe, "I am worthy, because I am a child of God." And eventually you might be able to believe, "I have infinite value." Go as far as you can, step by step, toward your own ideal belief. But don't try to push it, because other parts of you will respond to unbelievable beliefs and tell you, "Who are you kidding? Who do you think you are, big shot?" Find the right upgrade level for you.

I've been asked a number of times about past lives. We know for sure that we inherit beliefs from our parents and grandparents that have been passed down through the generations as family

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beliefs, traditions, or cultural norms. They seem to come in with mother's milk, with the traditions of the family and religion you grew up with. Regardless of where they came from, or how long they've been around, our goal is to clear them from your entire life stream, and from your body, and mind, and even your DNA. When we take these programs on, we store them all over the place. They become part of our lives, right along with our thoughts, feelings, and strategies for survival.

For example, you may have inherited a belief from your family lineage, "We are poor people." Or, if you believe in past lives, you might have lived a life as a monk or a nun, where you took a vow of poverty. Or you might have been wealthy, but you were killed for your possessions. So you decided "I'm not going to go through that again!" And by having no wealth, you stay safe. We don't take any position on whether reincarnation or past lives are real, but I can tell you decades of experience with people and their beliefs has shown that we come into this life with beliefs from somewhere else. Maybe it's from the history of consciousness, the Akashic Records. We don't know for sure. It's a mystery. A lot of Belief Outfits show up as clothing from past civilizations. We're agnostic on the source. However, to make sure we cover the possibility, we'll be using slightly different words this time, with the intention of clearing your entire life stream, including past life influences. Just in case.

- 5.4 You should have a circled belief in front of you, and a new belief that you'd like to have instead. Now, close your eyes and relax. Take a couple of deep breaths. Let the outflow be a little longer than the inflow. This is a way to relax the body.

Let all of your thoughts, feelings and beliefs settle – like stirred up muddy water. It slowly settles down, and the dirt drifts down to the bottom. Let that settling occur inside of you. The matter moves downward and leaves clarity, clear space, in your mind.

Remember that beautiful ideal house that you built, that you created. Remember the landscape that it sits in, and fly yourself

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to that landscape, to your house. Notice how it sits, perfectly situated in the landscape, and how the house looks.

You're moving closer to the house. As you do, fly yourself down to the front door, landing gently. Then enter your house. As you look around, notice something that you hadn't noticed before about this beautiful house of yours. This ideal house that was designed for you.

Energize yourself with the beauty and the love and the warmth here. Let it energize your whole body, and wake you up to a higher level of awareness so that everything becomes sharp and clear in your experience. If you are not a visualizer and you're not seeing things, let your energy upgrade your experience so that you can feel things more acutely.

Make your way to your master bedroom and take a look around. When you're ready, enter your Belief Closet, and walk up to the mirror. Be willing to be surprised to see whatever you see, whatever outfit you happen to be wearing in the mirror. Take note of the outfit - what it looks like, and how it feels on you.

There are two possibilities here: One is that it looks like normal clothes. If your outfit looks like normal clothing, the kind you might wear on any particular day, take this outfit of clothing off and set it to the side. Then close your imaginal eyes, and wait a moment while I talk to the rest of the participants.

The other possibility is that the clothing is unusual. It looks like something you'd never wear, or it looks like some kind of costume, or a physical object of some kind.

Belief Outfits don't have to look like clothing. They could look like anything or be any kind of experience. It could look like a movie reel, or a memory of an experience from the past, or something completely different. Just take whatever you get.

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Simply look at the outfit and ask the outfit. "What belief are you?" Allow it to speak to you. It will tell you what belief it represents. Note what belief it is. It might be the one you circled, or a similar belief. It may be another belief. Either way is fine. You'll be working with this belief.

For those who took off your initial outfit, remember the belief you circled. Feel what it feels like to hold that belief. "Money is..." or "Work is..." Feel that belief fully in your body. How it limits you. How it controls you. And how it has stopped you, or prevented you from getting what you've wanted, all throughout your life.

For those of you who had an unusual outfit, feel what that outfit feels like, and feel what it feels like to hold that belief. Feel it fully in your body, how it limits you, how it has controlled you, or prevented you from living the life you've wanted, all throughout your life.

If you took your outfit off, open your eyes and look in the mirror, and see what outfit was created by your subconscious mind to represent this belief. See what that looks like, and feel how it feels to have it on.

Now you have a belief, and a Belief Outfit, a negative belief about money or abundance or flow. Ask yourself: Is this a belief you want to keep? Or is it one you want to let go of? My guess is you want to let go of it, but you're always in charge in the BeliefCloset. You get to decide at every stage.

If this is a belief you want to let go of, go ahead and take this outfit off. You may be able to peel it off like regular clothing, or you might be able to step out the back like a circus costume. Also, look inside your body, and pull it out from inside of your body. Many beliefs go back so far and so deep that you have to actually pull them out from inside of your body, and out from the inside of your brain, and mind. If you feel this belief inside of you, pull it out, and let it fall to the floor. If you find that you need help with this removal step, you can call on an angel, or an ancestor, or a

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powerful force, to come here and help you take it off and get it out of you.

As you remove this belief, notice that all of the feelings associated with this belief come off with it, and all of the limitations it produced also come off with it, and they all fall to the floor with the outfit. Any negative feelings you've had about money or wealth or prosperity that are associated with this belief come off with it. All of the circumstances and the stuckness or stickiness come off with it, and fall to the floor as you take this belief off.

Your belief, and the Belief Outfit, should be lying on the floor in front of you. Feel what it feels like to not have it on you anymore. Notice whether you feel some relief, some space, and possibilities that weren't there before. Take a breath.

When you're ready, reach down and pick up this old belief outfit. Kind of push it together until it's about the size of a basketball, and hold it out in front of you. You've had it inside you for a long time, and it's now outside of you. It's true that it limited you in some way, however, even beliefs that have limited us have served us in some way. So before you discreate it, say the following phrases, out loud, to this belief: "Thank you for having served me and others – both in this life and in all of my past lives back to the beginning of time." And feel free to adjust the words to fit your own understanding and point of view.

"Thank you for having served my family, and my culture, and all cultures back to the beginning of time. I have outgrown you and I don't need you in this life or any other life. I don't need you in this culture, or any other culture, throughout all of time. Your job is now done. You have completed your purpose. On behalf of myself, and my entire family lineage, and on behalf of my society, throughout the past, present and future, I now send you back to the nothingness from which you came." Feel free to add any other words or phrases that you want to say to this belief.

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Now walk over to your incinerator. Open the door if it has one. Place this old belief that's been haunting you and your family lineage for so long, place it in the fire. Watch it burn until it's completely gone so that nothing is left, not even ash or smoke.

Sometimes it goes "Poof!" and it's gone. Sometimes it takes a while. Sometimes there's even a little something left in the fire. If something is left, take it out and set it to the side. It's another belief that you can work on later.

Now that this belief is gone, feel what it feels like to have this belief gone out of your life. It's no longer limiting you in any way. It's gone. Feel the space that's opened up.

Now you've created this space, what would you like to believe? Think about the belief you came up with and wrote down. You can try that new belief on, and see how it feels. Then, you can ask, "What belief would be even better for me to hold, not only for myself but for my entire family, my entire family lineage, and for my culture as a whole."

You can choose a new belief that opens up space for prosperity and wealth, for yourself and for others as well. Make it spectacular. Make it one that will impact the entire future of this planet and all the people and cultures.

Here's an example if you feel stuck: "I, and all beings, deserve and can achieve a full measure of prosperity. I, and all beings, experience natural abundance and share it joyfully." See if something like that will provide you with an upgrade for your new belief.

Feel what it feels like to hold this new belief. Feel the possibilities that this new belief opens. Feel it down to your core, feel it in every cell of your body. Feel your 50 trillion cells dancing and singing this new belief into existence in your life. Feel it as light shining out from your heart, and from your brain, and from your guts, in all directions. Feel opportunities for wealth and prosperity

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that are opening in the world, right in front of you, as you walk around with this new belief.

And remember that you took on this new belief not only for yourself, but also for your family and its lineage back through time. So shine this light of yours into your family, and into your ancestors, going all the way back through the generations. The flow of prosperity comes through you with ease, and it flows out through others, including people in your family, and your friends, and everyone.

Feel how good it feels to hold this belief. Feel it to your core. Now, recognize that to fully manifest this belief, you need to take certain actions. So commit to taking those actions in the world that will open that flow of money, wealth, and prosperity. The strongest way to say this is. "I will do whatever it takes to manifest this reality for me and for everyone." If it feels right, make that commitment right here, right now, and feel the power of that commitment.

Commit to the actions required to bring this prosperity into reality, into the social world, and the physical world, and the emotional world, and the spiritual world. Belief plus action makes things happen. Let your belief and commitment to action radiate out like the sun, and also radiate inward. From deep within your heart, let it shine out in all directions into the world. Let this light bring prosperity and abundance to everyone around you. Feel what it feels like to hold this belief and this commitment to action.

When you're ready, walk over to your mirror, and see what this outfit looks like. The image you see will be a representation of this belief, painted by your subconscious mind. Take note of what you see. Feel it on you, and describe how it feels on you to yourself. Move around, walk around in your BeliefCloset, and if you feel like it, dance. Enjoy the beauty and glory of this Belief Outfit.

And feel how empowered you will feel as you wear this outfit in the world you live in. As you wear this new belief, you'll have this

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power to manifest and create prosperity and abundance for yourself and others. Recognize that other people may relate to you differently. They may see you differently. They may offer you opportunities to grow and expand and feel abundant. You'll have more customers for your products or services. If you work for someone, your boss will see and treat you differently. Imagine asking for a raise from this place, wearing this belief outfit.

When you're ready to leave the BeliefCloset, look around. See where everything is located. Know that you can come back any time and work with your beliefs any time. Exit the BeliefCloset. Find yourself in your master bedroom.

Look around, feeling this new outfit on you. Feel how it feels to be here, in your house, and what it will feel like to be in your world, and your life, with this new belief outfit on. Make your way down through the house to the front door wearing this new outfit and feeling this new belief on you and inside of you.

When you're ready, walk out of the front door and find yourself outside. Take a deep breath of the fresh air. And gently rise up, floating or flying up in the air, still wearing this outfit. Look back down at your house, and see how it's situated there, in the landscape, in the middle of all of that beauty.

Now fly yourself all the way back to where your body is sitting or lying down, listening to the sound of my voice. Continue to feel this outfit and this belief shining from inside of you, this abundance and this flow, the health that comes from being in this abundant flow.

Feel your commitment to doing whatever it takes – in whatever way you need to act in order to actually create this reality in your world.

When you're ready, open your eyes. Returning to this world, feeling the outfit still on you. Recognize that your world is different than the one you left. This new world has abundance and flow

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and prosperity available to you. With the right actions, that prosperity will come through you into your life. You'll be easily and naturally attracting and creating abundance for yourself, your family and your community.

Take a breath. Reorient yourself. We've reached the end of our journey together. You may want to go for a walk outside, in nature, or take a hot bath. Let all of this settle into your body, your mind, your heart, and your spirit.

We'll now return to the recording of the live class, where I've invited participants to ask questions, or share their experiences.

5.6 Let's see who's willing to share, who would like some support. Let's start with [Participant].

Participant: I think it was pretty complete. Shall I share?

Lion: Yes, please.

Participant: Oh, it was kind of cool except for the one they said they had the belief in "I'm not worthy." When I got to the closet and looked in the mirror, I was actually wearing pauper's clothing. It almost felt like another lifetime or something. I power washed it off.

Lion: Good for you.

Participant: I put it in the incinerator. There was a little something left that I don't know if I definitely have to deal with. Then my new outfit was kind of natural but sparkly. Thank you. It was really fun. It was really good. My new belief is something like I experience total love and goodness and abundance. Thank you.

Lion: You are so welcome. That's delightful. Thank you for sharing that.

Someone from the general PIN pressed 1.

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Participant: I just wanted to let you know I really appreciate you because you said something about being out of control. When I took on that belief "I'm out of control of money," it hit me in the gut. I remembered how much I felt my parents were so controlling about money and everything else in my life.

I'm the oldest of five daughters so very controlling. I needed help to get my new belief to: "I live an empowered and abundant life." And I feel like a million bucks, so thank you! You really helped me, both of you.

Lion: That's so great. Thank you for sharing that, because a lot of our parents were controlling about money. My parents certainly were. There are a lot of different strategies that we took on based on our parents' control. It sounds like the one you took on was, "I have no control." They've got it all, right? That control got transferred to the money itself and the circumstances and all that.

Participant: Unbelievable.

Lion: Yeah. Other people may choose the strategy of "I'm going to gain control. I'm going to master this." Some people just feel completely subjected to it. Other people choose the strategy of just keeping their head down and off the radar. We each had this programming...

Participant: I think I did both the extremes, Lion. That's why it was so extreme. I would have a lot of money or none.

Lion: You vibrated back and forth between the two extremes, right.

Participant: Exactly. Unbelievable.

Lion: When you have the reins in your hand, with horses, you can choose them to go faster or slower. You can control the amount of flow. You have the hands on the controls basically.

Participant: I'm empowered.

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Lion: Yes, you are. You are.

Participant: I love it. Thank you.

Lion: Yeah. Thank you. Great. Do we have anyone else or from the webcast?

Assistant: We do. We have a question from the webcast. [Participant] says, "I went through this session and got to a point where I simply could not continue and stopped. I pulled most of it out. Then I felt sick, nauseous and my head was feeling that I was crushed. Not sure. Any suggestions? Or should I just attend the support calls?"

Lion: Yes, good one. What we did is we triggered something big and old in you. This is not unusual. We opened up something very old, very big and very ugly. My recommendation is to first relax and secondly, to welcome the feelings. Even if they're terrible, to welcome them in, because it means there's something that's been underground for a long time that's suddenly come above ground.

We used to call these demons or devils or whatever. Really, they're just old beliefs. They're just beliefs. They have been operating in hidden shadows for a long time. Bring it into a support call. Welcome it. Treat it like a friendly ghost.

Actually there's a wonderful story I'll tell about this monk who is living in the high mountains. There is suddenly a huge, thundering pounding on the whole house. The whole house shook. Bang! Bang! Bang!

He got up from his table. He walked over and he opened the door. All he could see was gigantic feet and shins. He stuck his head out the door. There was this gigantic demon.

The demon said, "I am here to destroy you!" The monk said, "Oh, wonderful. Would you like to come in for a cup of tea?" The

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demon started shrinking. The demon looked at him with dripping teeth and said, "Aren't you scared of me?"

The monk said, "No. I recognize you as part of myself. What kind of tea would you like? I have lovely chamomile here." The demon shrunk more. Said, "Okay, I'll come in for tea. Chamomile would be nice please." They sat down and had a lovely cup of tea.

Anything that looks like a gigantic demon is simply a part of yourself that has come to tea with you. So bring that into a support call. Thank you for sharing it.

Participant: Hi. First of all, thank you. That was enlightening as usual.

My initial reaction when I got down to my belief or when I went into my BeliefCloset was I just burst into tears. I decided to just kind of stay with that for a while and feel sad. When I opened my eyes, I was resting. I just had newspaper all over me, and rags. I realized that I was a homeless person.

I had to wash off the newspaper because it was really sticky. It was like glued to me. Like another person said, I didn't so much power wash. I had a shower in my BeliefCloset because I needed it in the past.

Lion: Wonderful.

Participant: I went and took a shower. I brought in my Guardian Angel to help me. That really helped. Then I got it to burn up.

It was really interesting what you said about the lineage and the culture and all of that because I saw this whole line of people behind me as I was putting this into my... I have a wood stove. It was really amazing. It was like they were all lined up. I could feel their gratitude.

My new outfit was this sparkly white dress. I actually thought that it was kind of boring.

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Lion: What was the belief? What was the belief, [Participant]?

Participant: You mean the negative one or the positive one?

Lion: The new belief, the positive one.

Participant: Okay. I always have all the money I want and I manage it wisely.

Lion: Brilliant. Okay. You had this boring outfit on, yes.

Participant: Yeah. Well it wasn't really boring. It just seemed simple to me. So then I changed and I became Merlin the Wizard out of Camelot. I liked that a lot better because I felt like a wizard could manage their money really well. Also, I could manifest whatever I wanted with my wand.

Lion: Yes. It's a wonderful image. I just want to add that the first image you got which was plain and simple, that was your subconscious saying, "Yes, it is plain and simple to live that way. That, yes, you already have magical powers that you don't have to make a big deal out of them." You could just live that way, just simply.

It's also fine that you changed outfits, but I want to encourage you to really feel and hear your subconscious mind that manifested the outfit that way because it means something. Sometimes we think that abundance requires magic and power and all that. Really it's just simple.

Participant: Thank you for that. I really like that. Anyway, at the very end, I was Merlin. I walked out of my house. I have a limo come and pick me up.

Lion: Oh, great.

Participant: I started to get into my limo, but then I couldn't leave. For some reason or other, I just couldn't leave my house.

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Lion: What did you end up doing?

Participant: I'm kind of still there.

Lion: Oh, great. Well it sounds like you've brought your BeliefCloset right into this reality, which is brilliant. You might as well just live in that house now so that it'll be simply and easy and perfect for yourself. That's great.

Participant: I didn't think of it that way.

Lion: Enjoy living in this house. You've brought it with you. I think it's great.

Participant: Thanks.

Lion: You're welcome. See how simple it is? It's really quite simple. All right. Great, thank you.

Lion: All right, we have time for one more.

Assistant: [Participant] says, "My belief: Money creates stress and power plays. New belief: Abundance and prosperity are my friends. They appear unconditionally and bring peace and harmony to my core and my lineage, generations back and forwards."

"Old outfit: Green Incredible Hulk bursting at the seams, tattered, too small clothing ripped from my body, threads popping, seemed bursting back to self. I swing the outfit above my head like a lasso. I shall succeed! I am the conduit for my lineage!"

"New outfit: Multicolored peacock prancing with feathers, rainbow arcs my house, fresh scents of greenery, fireflies lighting the landscape."

Lion: Yahoo! That was beautiful. Thank you, [Participant]. That was brilliant, beautiful. It's a great way to close our day. Whatever you got and however it appeared to you, just be grateful for it.

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5.5 We're about to conclude this session. I want to remind you to keep doing this work. Take yourself through the BeliefCloset Process again, by listening to this last part of the recording, and follow the process with another belief, one more belief that's interfering with your life. Just follow along and clear it, then substitute a more empowering belief in its place. This is a process and a practice. It takes time and work – because you have hundreds of beliefs about money and finance and wealth and prosperity inside of you. It's like clearing land for a garden. You have to pull the weeds up, remove the rocks, and till the soil to get it ready for the seeds you want to plant.

It's hard work, true, and it's more than worth it. Once you clear the land, you can grow any seeds you want to. And to take this analogy further, you get to harvest the fruits and vegetables – the goods, the positive benefits, that you wanted in the first place. There's no "instant garden." You have to do the work and take the actions that will change your life. I'm giving you the formula to use, putting the tools in your hand – the shovel, the rake, the hoe. You've got the land – it's your subconscious mind. Are you willing to put the time and work in so you can harvest your life? You have inside of you all of this good stuff – the sweetness of you. It wants to come out and blossom into the world. You've got to do the hard work in order to make that happen. So make a commitment to clear one or two or five beliefs a day. It doesn't take that much time, and it has great rewards.

I also want to follow up on the topic of manifestation. Manifestation is the act of a god who can create a reality – create something out of nothing. Back in the 70's, Stuart Brand, who created the Whole Earth Catalog, said, "We are as Gods, so we might as well get good at it." I heard him say more recently that he had changed his mind. Now he says, "We are as Gods, and things are falling apart, so we'd better get good at it, and fast."

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Changing beliefs is a crucial part of the manifestation process, because if you have interfering beliefs, you can't manifest. But beliefs alone will not manifest anything in the world. You also have to take action in the other worlds – the social universe and the physical universe.

There are two outstanding bonuses we've included in this program, and it's a perfect time to listen to them. The first is my interview with Anodea Judith, called "The Spiritual Technology of Manifesting." It's about this process that we wrote about in our book. And the other bonus is the first two chapters of the book, "Creating On Purpose." I want to highly recommend that you get a copy of this book, either on our website, www.CreatingOnPurpose.net, or at your local bookstore, or on Amazon. The book is our entire workshop on the subject, with all the exercises we taught all over the world, and detailed information about the process of manifestation, and where beliefs fit in.

I send you off with my best, warmest wishes. Have a wonderful week. We'll talk again next week, and focus on clearing beliefs about your body, and your health. Until then, adios.