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# TRANSCRIPT

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## Clear Your Beliefs

Session 6: Clear Uncomfortable Beliefs About Your Body  
and Health

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*by Lion Goodman*

# Clear Your Beliefs

## Session 6: Clear Uncomfortable Beliefs About Your Body and Health

*with Lion Goodman*

# YOUR OFFICIAL PROGRAM TRANSCRIPT

## Session 6

### Clear Uncomfortable Beliefs about Your Body and Health

Lion: Welcome to Session 6 of Clear Your Beliefs. I'm happy to be here with you. Today's topic is, "Clear Your Uncomfortable Beliefs about Your Body and Health."

We're going to look at all kinds of issues about your body, including body image, and your physical health, including diet, exercise, and illness. In the last session, we talked about your experience of abundance, flow and prosperity – what you could call financial health. Today we're going to look at your experience of physical health, and your beliefs that create – or influence – these physical conditions. We'll also touch on emotional health, intellectual health and even spiritual health. Mostly, we'll focus mostly on body issues, because almost everyone has some of them.

We'll have a Clear Beliefs session in which we go down into the body and really feel what the body is telling us. The body has a lot of information for us if we just tune in. Most of the time, we ignore, or override its attempts at communicating. So we're going to re-learn that art of deep listening to the body. Many of you are already good at it. Most of us could use a refresher course.

6.2 Let's start off with a centering exercise about your body and your health. Get yourself into a centered place. Put your feet on the ground if you can. I like to be barefoot so I can feel the floor with my feet. If you can, take off your socks and shoes. Obviously, if you're driving, don't close your eyes. Keep your attention on your

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driving. If you can pull over and be safe while you do the exercise, that would be best.

What we call getting grounded is quite important for the body. Your body is an electric circuit, a kind of electronic component that connects the earth and the heavens. When you touch your bare feet to the earth, you ground that circuit, and the energy flows through you. When we wear rubber shoes, we're actually insulating ourselves from the natural grounding that takes place. This makes us ungrounded, and you know how that feels. A wonderful way to get yourself grounded is to take a walk barefoot, on the grass or on the dirt, or at least on cement. It's an electro-physiological phenomenon that's good for you. Do that at least once a day if you can.

So feel your feet on the ground right now, if you're in a position to do so. Stand up if you can and feel your weight pushing down onto the earth. The body is made of matter, and it exists in the physical universe. Your mother created it for you, in her womb, gathering together material from her own body, and from the world, based on an ancient pattern in your DNA. It operates based on its own principles, so to be healthy, we need to align with its natural operating principles.

Feel your body as a whole from the top of your head, down through your torso, and down through your legs. Feel your way all the way down to the soles of your feet, and also out through your arms, hands, and fingers to the end of your fingertips. Feel the volume of your body. Feel the whole thing at once, as if you were a kind of funny-shaped bottle. Feel the volume of space that you occupy.

Most people think of themselves as ending at their skin. However, your skin is porous – it allow sweat and salts out. So it's not so solid. And your heartbeat can be detected by sensitive instruments up to twenty feet away, so you don't actually end at your skin. Notice that some of your body sensations actually

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extend past your skin. Just allow your perception to open up and feel your body extending past your skin bag – maybe six inches or even a couple of feet. What we call your aura is like an energetic cloud. How far out do you extend?

Take a couple of breaths and notice the volume of your chest increasing and decreasing as you breathe in and out. You have somewhere in the neighborhood of 50 to 75 trillion cells in your body, and they're all cooperating with each other, keeping you alive in a kind of magical way. They don't argue over who should do what. The liver cells do liver things and the heart cells do heart things. It's a huge cooperative venture. And the cool thing is, you don't have to be in charge of the whole enterprise. It pretty much runs on its own. You just have to feed it and maintain it. Pretty cool.

Now you know that when someone is sending you bad vibes, critical thoughts or hateful feelings, you can feel it. And when someone sends you love, you can feel that in your body, too. So the question is, what messages are you sending to your own body?

Do you love your body? Or do you judge it harshly? Are there parts of yourself that you hate? Is there something you're uncomfortable with about your body? Maybe it's your stomach, or thighs, or breasts, or butt, or skin. If you're putting out unkind thoughts or feelings, your body can feel those things. And it makes your body feel unhappy.

At this moment, let go of all your judgments, and send love to your body, pure love. Appreciate the support that your body has given you. This is the temple that you inhabit on earth. It gets you around, allows you to do all those things you do with your head and hands and feet. Send some deep appreciation and love to all the cells in your body that are doing their job so well, without your supervision. It processes food and feeds your cells, and discards what isn't needed. Your immune system protects you from

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invaders. Your heart beats unceasingly, billions of times during your life, pumping oxygen and food throughout hundreds of miles of arteries and veins. Your lungs take in oxygen from the atmosphere, and push out the carbon dioxide that you don't have any use for. Your muscles and bones do what they do without a second thought from you. This body of yours is precious. You wouldn't be alive if it weren't alive, and doing its best to keep you alive. This body of yours deserves your love and appreciation, so send it to all parts of your body, and see how it makes your body feel.

This is your precious body. You only get one of these vehicles during your lifetime. Get to know it intimately, as your best friend. Treat it nicely. Do loving things to your body, and for your body. Of course, you're also carrying some negative and limiting beliefs about your body. We'll get to those later. For now, feel the comfort and warmth of having a body, and loving your body. (Pause) When you're ready, open your eyes.

6.3 In the last session, we talked about money, abundance, and cash flow. We asked, "Are the right things, in the right amounts, coming in and out of your bank account? Do you have a good flow of cash, money, and other assets? Or do things get stuck outside of you, or inside of you?"

This is similar to the body. The body isn't an object – it's a process, a huge flowing enterprise. Your 50 trillion cells aren't just sitting there. They're not still. They're pumping molecules in and out of each cell. They're communicating with each other through chemical messages.

There's a flow of both matter and information. If the flow is good, if the right things are moving in and out, you are healthy. If stuff gets stuck somewhere, either outside of you, so it can't get in, or inside of you, so it can't get out, you become unhealthy. Every cell needs a flow of the right elements in, which is called nutrition, and all of



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the other elements that are no longer useful, which we call waste products, taken out.

Your specialized cells have a particular job to do. For example, your lungs separate out oxygen from the air, and transfer that oxygen to your red blood cells, which contain a special molecule called “heme,” which is based on the element iron. This iron molecule can take an oxygen molecule and kind of lock it in. Then, that oxygenated blood cell gets moved through your arteries until the blood cell gives up it’s oxygen out in the periphery of your body, in your capillaries, then it flows back to your lungs to pick up another molecule of oxygen. This is an astonishing system. I’m going into this kind of detail so you can see how marvelous your body is. Every one of your 50 trillion cells has a particular job to do, and if it does its job well, you have a healthy system.

That’s the micro level, where there are trillions of chemical transactions every SECOND. At the macro level, where you’re aware that you have a body, you have some responsibility for feeding this system the right foods, and getting the right exercise, and breathing the right air. If your flow gets stopped in some way, your cells will die, and you’ll get sick, or you’ll die. What we call abundance, or in this case health, is an open, easy flow throughout all the systems in your body. A healthy balanced system has plenty in, and plenty out. Nature has its own natural balance, and feedback mechanisms that keep it balanced. It’s called “homeostasis,” although it should be called “homeodynamics,” because it’s not static – it’s a dynamic balance, always changing and shifting.

And your body sends you signals to let you know what it needs. When it needs to release waste products, it sends you a strong signal – get to the bathroom – NOW! When it needs a particular element, like salt, it gives you the urge to eat something with salt in it. The problem is, this subtle feedback mechanism can get fooled, or co-opted, easily. And one of those ways that can

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happen is through your beliefs. And the big food manufacturers have mastered the art of convincing your belief system that you should eat their foods, even if your body doesn't need or want it. We'll talk more about that later.

If you have negative or limiting beliefs about your body or your health, they can act like crimps in a pipe. They may slow the flow in and out, or they cut it off completely. If you have too many calories coming in, and not enough being burned through your activities, you increase the holding capacity of your body. You gain weight. You can become obese.

Or if you don't get enough in and you have too much going out, you can suffer from starvation, or anorexia. You can see this in children who have been abandoned. If they don't get held and loved, which is a form of nutrition the body needs, they just fade away. It's called "failure to thrive."

Ease and flow is the natural state of the body. Dis-ease is something that's gone awry. A lot of ill-health and disease is the result of beliefs that were either indoctrinated into you, or conclusions that you came to, based on your experience and circumstances.

What do you believe and perceive about your body? And about your health? This is a good time to get out your notebook or your beliefs document on your computer, and begin writing down some of the beliefs that come to you as I ask these questions.

What are your beliefs about your age, and aging? This is a big one for most people, what do you believe about your attractiveness? Do you believe you attractive? If so, you'll feel attractive, and look attractive to others. Or do you believe the opposite? That you're ugly, or homely? We've been programmed with artificial standards of beauty – you all know this. The fashion and celebrity magazines shout out these beliefs from every newsstand. We also know that that standard of beauty

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represents only about 1% of the world's population. These are culturally-programmed beliefs about what we "should" look like. And when we don't, when we're part of the 99%, we feel bad about ourselves, even hate ourselves for the way we look, even though we're much more normal than those skinny models in pretty clothes.

What do you believe about your body's abilities? What do you believe you can do and can't do? High-performing athletes spend a lot of time working with their bodies and expanding their capacity to run, jump, throw, and perform. They have made a commitment to optimizing their body's functioning over time. And again, that's a small fraction of the population. What can we learn from them about their belief in their capacity?

What do you believe about your ability to heal completely? The body knows how to heal. It has all the mechanisms already built in. However, it can't heal everything by itself, which is why modern medicine has been such a boon to extending our useful lifetimes. Physicians and scientists have explored ways to enhance our healing, and replace parts that have worn down. I have two hip replacements. My hip joints deteriorated until there was too much pain, so I subjected myself to surgery, and now I have these bionic parts made of metal and ceramic and plastic where my hip bones used to be. My body adjusted around them and said, "Okay. Well, if this is what we've got to work with now, let's work with that." I tried everything to avoid surgery, but my hips were following the laws of physics, not the laws of the mind. Changing my beliefs didn't prevent the laws of physics and chemistry from working. However, it DID change my PERCEPTION of what was happening at the physical level, and how I responded to it.

What do you believe about the future of your body? Those of us who are past middle age look around and we see our parents and friends aging and dying. We see lines around our faces, sagging skin, weight that doesn't come off as easily as when we were younger. We see people around us declining into old age, and we



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get scared. Our mortality starts getting very real. When you're young, you're immortal. You can do anything and recover quickly. The body is responsive, vibrant, and you believe it's going to be that way forever. Then, as we accumulate beliefs, our relationship to our body changes.

There are many beliefs that might be standing in the way, blocking you from the experience of vibrant health. Some beliefs may make you vulnerable to disease or injury. Let's start by thinking about the positive side first. Imagine yourself as your ideal self; healthy, fit, sleek, that's my favorite word, sleek and vibrant.

I think of a cougar or a panther with all the muscles and sinews just perfectly coordinated, moving through the forest, being able to run fast and catch prey. I'm a Lion, so of course I think of those terms. However, think in your own terms, however you think of your body. What would be optimum health? What would be sleek and powerful for you? What would be vibrantly healthy?

Think about the body that you want to have. That's inside of you as a potential. Take a minute and visualize that body. It's waiting there inside of you. You know that if you worked out enough, if you had the right diet, if you did all the things that everybody tells you to do, you could have that ideal body. It's there as potential, waiting only for your action to bring it out into the world.

Feel what it would feel like to have that body, to be able to run and jump and dance and frolic in a healthy way. Feel what it would feel like to have that body.

Now, whether you're sitting or standing, move your body around a bit. If you can, stand up to do this. Move your body around. Feel what it would feel like to have that body; there's no pain, there's strength, the ability to do anything, without restrictions. Enjoy that – because that is your potential. It can be your future if you choose it.

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Make yourself comfortable. If you stood up, you could sit back down. I'm often asked whether the Clear Beliefs process can heal diseases or injuries. Obviously, I can't claim anything of the sort. I'd be jailed for practicing medicine without a license. We don't say those sorts of things.

What I can do is read some of the reports that we've gotten from people who have used the Clear Beliefs process to shift things in their physical body. I'm just going to read a few of these reports to give you the sense of what's possible. A woman named Jane, who is considered morbidly obese (it means a very fat person if you're not familiar with the medical language), reported this:

She said, "The journey you took me on, all the way back to the womb was unbelievable. After our session, I felt a bit strange. Clearly, something deep had shifted. I didn't feel like myself. After a few weeks, I realized that I'm no longer hypersensitive about what others think about me. I used to worry about being judged. Those thoughts just don't appear anymore. Life is more open to me. For example, I would have been self-conscious about going to the gym because in the past, people made fun of me there because of my weight. Now I just go to the gym. I have a newfound confidence, a feeling that I'm worthy. I feel differently about my body too."

"I'm not judging myself anymore which is amazing. I'm not sure how much influence this process had on my eating and exercising program, but I've kept it up and lost 27 pounds so far. I've been working on myself with different methods for quite a while. This process really brought it all together. It brought it home. It's a new me. I'm going to integrate the Clear Beliefs process into my coaching practice."

That was a great letter to get.

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This was from a man named Andre in Italy who came to me for coaching. His complaint his whole life was feeling like his perception of the world was off and that he didn't fit into the world.

He wrote, "I have great news. The perception problem has definitely disappeared. After our session, it took a little time for the change to integrate. Today, I feel I'm completely free from this terrible problem. In these years I've suffered much and tried everything but nothing worked. Changing the beliefs I had about myself with your process was the key that opened the lock to resolve this problem. Now I feel even stronger. Even other physical symptoms I had are better, such as sweating too much. In the meantime, thank you again for what you've done for me."

And here's one from a client named Barbara in New York. She said, "Thank you, Lion, for spending years developing your belief clearing. I used it again as I took a walk today. I had lost about 40 pounds of the 50 I wanted to lose, and I was able to keep 30 off. I'm still holding on to those last 20 pounds. I realized that my belief was, "I can't get those last 20 pounds off." The picture in my Belief Closet was an icy old man. After thanking him and telling him that he's no longer needed, I melted him in the fire. What appeared in its place is a lovely, young, gentle queen dressed in a long, pink gown. My new belief is: I am easily losing and keeping off the next 20 pounds."

One more which is a very exciting one. This is from a Clear Beliefs Practitioner who works in Japan. She said, "My first professional Clear Beliefs client in Japan three months ago complained to the office staff right after her session because she didn't have any instant results. Two weeks ago, when I was back in Japan, this woman ran up to me and profusely thanked me for her session. She told me that it took about a week after the session, and then she noticed that her problem, which is that one side of her face was frozen and unfeeling, had totally healed itself. The problem had existed for many years and she was thrilled. Thank you."

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Those are just some examples of what can happen when you change the belief at the core of whatever's going on.

You can think of your body as a vehicle, or a temple in which you reside, or as one of my teachers called it, “your piece.” He was thinking of Monopoly. You either have the little racecar or the top hat, or whatever. It's your piece on the board of life. How do you think about your body? As a machine? Or as a temple, something sacred? How you think about it determines how you will care for it.

If you change the oil in your car periodically, and keep it running smoothly, it lasts longer. The same is true with your body. Do you get regular oil changes in your body? Do you put good stuff into it? Or junk? Do you do things that are good for it so it stays healthy? Or do you ignore it until it gets sick enough that you have to lay in bed and recover?

Because our thoughts and beliefs impact us so profoundly, it's important to be as kind with your thoughts about yourself as possible. You can send love to your body, and to your cells and your tissues, and even to the painful places. We all need love. Every cell needs love. In my view, everything in the world needs loving attention. Your home, your garden, the earth itself, everything benefits from loving attention. Remember that the word “ignore” is the root of the word “ignorance.” When we're ignored, we feel left out. Whatever we ignore misses out on the benefits of our love.

Get out some paper or open your beliefs journal on your computer. We're going to go through a list of beliefs you may have about your body and your health.

Again, the instructions are, say the phrase to yourself, out loud or silently, and then watch your mind and body for whatever comes up. So if the thought, “I am fat” comes up, write it down, even if

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you don't believe it at a conscious level. We're scouring the subconscious, looking for leftover beliefs from the past that are still operating under the surface.

Okay, here we go. Regarding my body: "I am..." Fill in the blank, thinking about your body. "I am..." Maybe it's "I am healthy" or "I am unhealthy." Or "I am weak" or "I am strong." Whatever comes to mind, positive or negative: regarding my body, "I am..." Get a bunch of them written down.

The next one is very similar but when you phrase it differently, you get different answers. This one is "My body is..." Say to yourself, "My body is..." Write down whatever follows that. If you only get one or two, that's fine. If you get none, that's also fine. Whatever comes to you is just right for you.

The next one is "Regarding my health, I am..." healthy, maybe. Or unhealthy, sick. "Regarding my health, I am..."

Next: "My health is..." "My health is important to me." Or, "My health is a distant memory." "My health is..."

Next is "Regarding food, food is..." It might be "Food is yummy," or "Food is fattening." "Food is... something I need to survive."

Next is "Regarding exercise, I believe..." Or "Exercise is..." "Exercise is hard." "Exercise is one of those things I think about doing, but then I lay down until the thought goes away." "Exercise is..."

"Regarding making good choices about my body and health, I..." Or "Making good choices is..." "Making good choices is something I can't do." "Making good choices is a daily practice." Whatever comes up for you.

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Next is "Regarding caring for myself, I..." Or "Taking care of myself is..." As we continue the discussion, other beliefs may spring to mind. Add them to the list as they come up.

Let's discuss the other aspects of mental, emotional, and spiritual health and well-being. When we think about mental well being, we call it mental health, but those words usually indicate that we're actually talking about mental illness. This has changed somewhat with Positive Psychology, but the traditional view was that you were "healthy enough" if you didn't have any major problems that prevented you from working or from landing in jail. We know a lot more now. What is mental well-being? It has a lot to do with the thoughts in your head. Are they positive? Balanced? Healthy and good for you and for others? What beliefs are expressing themselves inside your mind all the time?

It's said that we have tens of thousands of thoughts every day, and 90% of them are the same thoughts we had yesterday, and the day before that. Isn't that scary? That's the power of belief. Those old programmed thoughts are still cycling around in there, expressing themselves, and creating their expected conditions. What are the thoughts that you have over and over again? It's time to change some of them! These kinds of thoughts are simply habit patterns, well-worn grooves. If you want to learn about the neurology behind this, I recommend the book, "Buddha's Brain," by Rick Hanson. He also offers lots of habit-changing practices you can use to change those habits of mind.

There's great advice that you see on bumper stickers from time to time, which is "Don't believe everything you think." That's really good advice. I recommend that you put that up on your mirror or in front of your computer. We usually believe whatever we think, because it sounds like it's coming from inside of us – so it must be our opinion. But it's usually someone else's opinion or point of view, and we picked it up somewhere along the line. We think our thoughts are original and important, but 90% of them are just a



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function of the beliefs we've been programmed with, and how beliefs function in the psyche.

Bruce Lipton says in his book, "The Biology of Belief," "If you're not thinking consciously, if you're not consciously choosing your thoughts, then you're being run by subconscious beliefs."

You can change these patterns by deleting your old beliefs, one by one, in the BeliefCloset. That cleans out what's already there, taking up space. Then, when you've cleared the old stuff out of the way, you can decide what you WANT to believe. That's a real choice.

A healthy mind also requires learning new skills. Learning a new language or a musical instrument creates a huge number of new connections in the brain. Are you exercising your brain? Reading books is more engaging to the brain and the imagination than watching TV, which is a passive act – although there's nothing wrong with entertainment by itself. It's only the over-consumption that becomes a problem. What was the last great book you read?

I'll share a recent one with you. I was really excited by this book. It's called, "The Breath of God" by Jeffrey Small. It's kind of like "The Da Vinci Code" by Dan Brown. It's about the search for evidence that Jesus spent his early years in India and Tibet and learned eastern spirituality there. It takes place in modern times, and it's a great read. A real page turner. I read it in three days. It was well written, offered some new ideas, and it was really entertaining. You could join a book club – it's a great way to turn reading into a fun social activity.

Mindfulness and self-awareness practices are also important to keep your mind healthy and awake. What practices are you doing to keep your mind healthy? A practice is something you do over and over and over... not to accomplish something, but rather to cultivate a skill or ability. It's like playing scales on the piano. They're boring as hell, but after awhile, they become automatic,

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and you can play the piano without consciously figuring them out. That's what practice gets you – that ability to achieve a level of competence. You increase your ability to be mindful from 1% of your day to 10%, then 30%, then 60%. You're living a more conscious life, and you have more choicefulness, and happiness.

We also look at emotional well-being. You need another bumper sticker that says, "Don't believe everything you feel." How you deal with your feelings is an indication of emotional health. How do you feel when you wake up? How do you feel when you go to bed? Are you happy most of the day? Do you feel joy and gratitude? Or are you grumpy and complaining a lot? Or do you feel lonely? Do you feel all loved up and satisfied?

Rick Hanson points out in his book that there are three major parts of the brain: the lower brain (which is called the old reptile or lizard brain); the midbrain, which is the limbic, or emotional brain, which he calls the mouse; and the forebrain, the cortex, the thinking brain, which he calls the monkey.

Each part of the brain has a particular need. The lizard needs to feel safe. The mouse needs to feel satisfaction. And the monkey needs to feel connected. How much of the day do you feel safe, satisfied and connected? You could say that's a pretty good definition of emotional health. What are you doing to keep yourself emotional healthy?

On the spiritual side of health, how much time do you dedicate to spiritual practice, such as feeling grateful, meditation, quiet reflection, or prayer? How close do you feel to God, or Goddess, or your own Divinity? Again, that's what practices are for – to rewire our brains and remember what's important, rather than getting swept up by our old beliefs and patterns.

Let's not forget social well-being. Larry Dossey talks about this in his book *One Mind*, where he said that both happiness and unhappiness are contagious. Your attitude can impact other

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people – out to three degrees of connection. That means that your friends of friends are affecting your health and happiness, and your health and happiness – or lack thereof, are affecting not only your close family and friends, but their circle as well. It's now been verified that our social network affects our health directly. What are you doing to stay positively connected to positive people? And what are you doing to avoid negative people in your life? It's important! Beliefs are contagious, too. We tend to take on the beliefs of our social group. Facebook now filters the news to match your own preferences, so you rarely see the opposite opinion in your feed. This might be good for Facebook's revenues, but it's not very good for us socially. We end up with the same beliefs we started with.

I told you I'd get back to our beliefs, brains, and behavior getting hijacked, and I want to focus on food for a couple of minutes because it's important to understand the link between our biological and genetic beliefs, and our behavior.

If we ate like our ancient ancestors ate, and were just as active as they were, we'd be in pretty good shape. With modern medicine and health care, we'd probably live to 120 years or more. However, due in large part to our lifestyle choices, especially the foods we eat and our lack of movement, our cells get and tissues get clogged up. We don't get good waste removal. We begin to degenerate, or get long-term diseases like diabetes.

We can think about our biological structures as beliefs. For example, our DNA is a belief structure that says, "This molecule goes here, and this molecule goes there." That's how I think about the biological basis of belief.

With regard to food, we are biologically programmed to be attracted to foods that are sweet, salty, and fatty – because those three tastes represent nutritional elements that our bodies need. When we were early hominids roaming around the African veldt, those elements were not easily available, so our bodies created a

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craving for them. Not just us – rats will work harder for their food if it contains any of those elements. And if you give them food that's sweet AND salty AND fatty, they will work their little tails off for that food. So this is a belief at the biological level. "Those things are good for me." The problem is this: food manufacturers know this, and they load their products with lots of sugar, salt and fat. We respond with our biological drive, and eat lots of them. And the companies experiment to make them maximally addictive.

Our healthy biological drives have gotten hijacked by modern corporations who are out to make money – not make people healthy. Of course they're not good for us. They're now available everywhere, 24 hours a day, everywhere you go. We eat too much of them, and we gain weight. It creates obesity and diabetes, which are huge health problems in this country. And it becomes a social and economic problem, too, because it costs so much to manage those disease states. But so far, our government hasn't made the food manufacturing companies to start paying for the problem they create. They say, "It's their choice to eat it." But it really isn't. Their belief system and biology has been hijacked.

We're also programmed to eat whenever food is available, because food wasn't always available to our ancient ancestors. So when food is available, the appetite said, "Okay. It's time to eat. Let's eat!" Today, food is available 24 hours a day, seven days a week, 365 days a year.

That's another biological drive that's been hijacked. And a third drive is emotional. We need and want to belong, and to feel comfortable, and to be liked, and be happy. So the advertising industry knows this, and tells you that if you eat this particular food or drink this particular drink, you'll be happy and connected to others, and satisfied. They're hijacking these social needs with artificial programming of beliefs that manipulates us into eating and drinking things that are really not good for us.

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Until we change our beliefs and habits, like deciding not to eat empty carbohydrates, or to stop eating comfort foods, we just keep responding to our ancient drives and belief structure that's been hijacked. You do have free will, but only if you exercise it. You know what you need to do to stay healthy physically. You know that if you have a clean diet and you exercise and you keep a reasonable amount of stress, you will be healthy.

I want to talk a little bit more about weight gain in women because it's a problem for so many women, and it's become a big industry with very uneven results. A lot of people come to me for belief work because nothing else has worked for their weight issues. Some weight gain in women is hormonal, but it's important to recognize that hormones are released during stress. Constant stress puts the pressure on the hormonal system and organs.

Basically stress says to the body, "I'm in danger. Do something to survive." The easiest thing available is eating, so you eat more. When you try to diet, you starve yourself, so the body thinks, "Oh, my God! There's a drought. Food is not available. Eat more now!" Diets usually cause people to eat more – which is why so many people gain the weight back.

Weight gain and obesity can be a biological response to abuse in childhood. There's a research program I mentioned the Adverse Childhood Experiences study. You can go to [acestudy.org](http://acestudy.org) and read about it. It was a big study by Kaiser Permanente and the Center for Disease Control. In their report, they said, "Childhood stress increases the chances of almost every disease including drug abuse, ADHD, and crime."

The more adverse childhood experiences you had, the more of the negative health factors come up - from heart disease to weight gain. I've worked with many women who were sexually abused as children, or who were sexualized when they developed breasts, or were raped. Those awful experiences created beliefs

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and strategies. The belief is often, “I don’t want to be seen as attractive,” or “I don’t want that kind of energy near me.”

This began a pattern of protection, padding and insulating the body from those energies. The mind is strong. It will do whatever it has to to protect itself. In order to release the weight, you have to get down to that very deep layer of trauma and beliefs in order to clear the body's belief system. This is true with any trauma or “adverse experience” you had in childhood.

If you got hurt and you were taken care of by a parent, or an adult, that's different than if you got hurt and were abandoned, diminished, or punished. How did your parents treat you when you were injured or traumatized? Let's take it into the experiential realm.

We're going to do a process called BodyWisdom. It's another way in, to find your core beliefs through a practice of listening carefully to the body. It's a beautiful practice, very simple, and you can do it anytime. You can also use it to help others who have been hurt or traumatized, or someone who is just freaking out in some way. I call it a “First Aid Kit for the Mind.”

- 6.4      Begin by think about a part of your body that you have trouble with. It might be the site of an injury that's hasn't healed completely. It could be a place where there's disease or pain. Concentrate on that part of your body – one part you're struggling with.

As you consider this body part or body issue, focus your attention on any body sensation that's associated with the problem. It might be very localized, such as low back pain, or it could be more general, such as the weight you want to lose. We're going to move from THINK to FEEL. Put your attention on whatever sensations are coming to attention.



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Focus on your actual body sensations – things you can feel, right now, not memories or ideas. Your body is giving you feedback all the time in the form of sensations. If you don't take the time to feel the sensations, you don't get the feedback, the information. Open yourself to really feel whatever is there, right now.

Welcome in the feelings and sensations that are associated with this body problem or issue, even if they're unpleasant or painful. If it's helpful, imagine that these body sensations are a best friend that comes knocking on your door because they're in pain, and they need your help. You'd welcome them in and immediately come to their aid. That's the attitude, caring, and interested.

Focus now on the shape and size of the sensation. Every sensation has a specific space that it occupies, and it has outermost edges. So find the outermost edges of this sensation. Sometimes the edges extend past the physical body, and if that's true, it's perfectly okay. Use your attention to investigate where this sensation is located, and what its shape is. It might be regular, like a sphere, or it might be irregular, or amorphous, like an amoeba. Whatever shape your sensation is, get a sense of where all of its outermost edges are, and what the general shape is, and where it's located. How would you describe it? Take a moment and describe it to yourself.

Sometimes the outermost edges are clearly defined, and sometimes they kind of fade out. If yours fade, find the edge by exploring out until it's not there any longer. That's the outermost edge.

Now I'd like you to measure, as accurately as you can, the exact dimensions of this shape. You can use inches or centimeters. How many inches or centimeters is it from side to side? How many inches or centimeters tall? How many inches or centimeters in depth? Pretend you are holding a ruler or a yardstick up to the sensation. Sometimes sensations extend way out of the body – so if yours goes out twenty feet, that's fine.

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Whatever is true for you in your experience is true. There are no limitations in this space. Just report to yourself what your measurements were.

Now I'd like you to notice that this sensation has weight. If you put it on a scale, how much would it weigh? You can estimate it, or take an imaginary scale and weigh it on the scale. Get a sense for how much weight it has, and note that to yourself. It might be lighter than air. It might weigh a ton. Whatever is true for you, that's fine.

Some sensations have a pressure, and if so, that pressure pushes in a particular direction, with a particular amount of force. For example, if you feel pressure pushing in on your chest, you can notice that it's the amount of pressure that ten pounds of weight would push. So if your sensation has pressure, notice its direction and the measure of pressure in pounds or kilograms. Whatever answer you get, it's fine. Just allow the information to come through, and take note of it.

Next, notice that the sensation has a particular temperature. Is it warmer or cooler than your surrounding body temperature? If you put a thermometer up to it, what would the thermometer read? Your body hovers around 98.6 degrees Fahrenheit, or 37 degrees Celsius. Is your sensation warmer than that? Cooler than that? About the same? Note to yourself whatever the temperature is.

Now notice that you can detect a color to this sensation. If it had a color, what color would it be? How would you describe this color to another person? Is it brick red, or lime green? Does it have sparkles, or a variety of colors? Whatever you notice, take note of it, and describe it to yourself.

Sensations also have texture, as if they're made of a material. If your sensation was made of something, what would it be made of? It might feel like cement, or steel, or clay, or foam, or even emptiness. Whatever it feels like it's made of, take note of that.

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Whatever comes to mind is fine – even if it doesn't make sense. There are no right or wrong answers – only your experience.

Now I'd like you to notice whether your sensation has some movement to it, or vibration, or whether it's still. Take a look and see what's true. And decide how you would describe the movement, if it has one.

Next, we're going to have a short dialogue with this sensation. In the imaginal realm, sensations will answer our questions. So put your attention on this sensation, and ask it, "What belief are you?" And listen to whatever it says. Listen closely and take whatever information it may give you. It could come in any form – words, pictures, movies, memories, or just knowledge. Take whatever you get.

If your sensation hasn't spoken, say to it, gently and firmly, "I want to know: what belief are you? Please answer me in a language I can understand." It may give you a picture, or an experience, or anything. Accept what you get as the answer, even if you don't understand it, and thank it for communicating with you.

Now say to the sensation, "Do you have any other information for me?" Then listen and watch carefully, and receive whatever information it gives you. When you've received it, say, "Thank you for giving me this information."

Now say to the sensation, "I have received your message. You may now go if you wish." And then let it go. Take your attention off of it. You don't have to do anything else. Just let it do whatever it does.

Now I'd like you to travel to your BeliefCloset. You know where it is, so you can travel there quickly. I'll give you a minute to go to your ideal home, and make your way to your master bedroom, and into your BeliefCloset.

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Find yourself standing in front of your mirror, and close your imaginal eyes. Then feel what it feels like to hold the belief, or the information, that you were given by the sensation. Say the belief to yourself, or repeat the information, and feel it as if it's 100% true. When you're really feeling it, open your imaginal eyes and look into the mirror to see what outfit or form your subconscious mind has painted to represent this belief, and this information.

Whatever appears there, allow it to appear. If nothing appears, that's okay too. Just feel whatever you're feeling, and see whatever you're seeing. Now you get to decide: Is this a belief that you want to keep? Or is it one you want to let go of?

If what you have is a sensation, rather than a belief or an outfit, the question still applies: Is this a sensation that you wish to keep? Or is it one you want to let go of? If you've decided to let it go, go ahead and take it off – just as you would any costume of clothing. If it's a sensation, just step out of it, because it's something you took on.

Let everything fall to the floor – including any outfit, feelings, sensations, information, or experiences. Check to see whether it's inside your body, and if so, pull it out from inside you, and let that fall to the floor, too. Then step away from all that stuff on the floor, and feel what it feels like to not have it in you or on you anymore. Take a breath, and feel the relief.

When you're ready, pick up this whole thing and ball it up so that it's about the size of a ball you can hold in your hands. Now we'll go through the appreciation ceremony.

Say to it, "Thank you for having served me in my life. (Pause) I've outgrown you and I don't need you anymore. (Pause) I have received your message, and your job is now done. (Pause) I'm now sending you back to the nothingness from which you came."

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Feel free to add anything else you'd like to say to this belief, this experience. And when you're ready, walk over to your incinerator, open the door if it has one, and place it into the fire. Watch it burn until it's completely gone, nothing left – not even ash or smoke.

Sometimes there is residue, something left. If that's the case, take it out of the fire. Thank it for being there and set it aside. You can take it into another Belief Closet session and work with it to dis-create it. It's just another belief.

Okay, great. Now you have cleared your field of this sensation-belief, this experience. Now you get to decide what belief you want to have about this part of your body, or this issue that you've had. So come up with a belief with a statement of what you would like to believe about your body.

It may be something you believe about your whole body such as "My body is healthy in every way." Or "I am shining radiant health." Or "My immune system is functioning perfectly." Or "I naturally move toward my ideal weight." Or "My body knows how to heal itself."

Come up with something really great that completely eliminates the particular problem or issue you deleted. What would you like to believe? What's the experience you'd like to have about your body? When you've chosen your new belief, we'll move on.

Okay, feel what it feels like to hold this new belief. Let this new belief be a song that every cell in your body is singing, and dancing, and shining out in all directions. Let your radiant health glow in every one of your 50 trillion cells, every tissue, every bone, muscle, and organ.

Feel your body radiating with health, healing, and joy. See the vision of what your body will look like when you do all the things that you know you should be to be healthy and happy, alive and

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radiant. Feel that body shining out, wanting to come out from your current body.

Your physical body is made of matter, and in the physical universe, action is needed to change what's already so in the physical world. Shaping your body requires physical actions on your part. So make a commitment to yourself right now. What are you going to do regularly to move yourself toward that ideal state of mind and body? Make that commitment just right for you. Don't make it something you can't do – that's not helpful. Make it just right for you.

It might be as simple as, "I will stretch three times a week, every week." Or, "I will go to the gym once every seven days." Or "I will eliminate gluten from my diet." Whatever it is for you that will keep you healthier, whatever will bring you to a better state. Commit to it right now, knowing where you want to be in your body, and knowing that you have the power to get there.

Bring that commitment also into every cell. Let every cell acknowledge and approve of this commitment and celebrate it. "Yay! That's what I want. That will get me closer to the ideal that I'm looking for. It will bring me health and happiness."

See yourself keeping that commitment week after week, month after month, all the way to the end of your life. Feel the impact it will have on your life. As you keep that commitment, you'll get healthier and healthier, more and more toward your ideal weight. It will get your body moving more easily, and gracefully. Whatever it is for you, whether it's healing an injury, or clearing an illness out of your body, just let that radiance shine.

When you're ready, walk over to the mirror, and see what you look like, shining with this radiance, shining with health. See whether an outfit appears, or maybe it just looks like you, standing there, shining and healthy. Whatever you see in the mirror, accept it.



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Now be sure to add mental well-being, and emotional well-being, and spiritual well-being to the mixture, so you can see yourself growing healthier in each of those areas. What the heck! Throw in financial well-being, and social well-being as well!

You're just one big well-being now! Feel that feeling of health and wellness. Take a few deep breaths, and move your body around. Feel what this new body feels like. I feel like going dancing! Who wants to go dancing with me?

Okay, that was really fun. Now look around your BeliefCloset, and then make your way out into your master bedroom. Then move yourself to your front door, and then outside your home. Feel this new healthy body as you move yourself. And fly yourself back to this physical body, where you're listening to my voice, sitting in a chair or lying down.

Feel your physical body still shining with that radiance shining outward, and with the commitment you made to your own health and well-being. Before you open your eyes, feel the health in your tissues and cells. This body is your temple, your embodiment in this life. This is your precious body. Make a commitment to take really good care of it. Love it, just as it is, and just as how it will become.

Give yourself a hug. When you're ready, open your eyes and come back to your room.

Welcome back! I hope you enjoyed that journey as much as I did. Check out your body, especially where you felt the problem or issue before, and see what's there now. I hope you're feeling wonderful. Now we'll move to the recorded Q&A session so we can hear what happened for those who attended the live program. Thank YOU for taking this journey with me.

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6.6 I want to open it up for Q&A or comments. I'd love to hear what happened for you in the BeliefCloset, and that experience with body sensations.

Let's see. Let's start with [Participant]. Go ahead. Share what you would like to share.

Participant: Well, first of all that was just lovely. I addressed some digestive issues. At the end of it, I had a sun in my belly. It radiated warmth and love to the rest of my body. It was really nice. It was very helpful. It was very interesting.

I guess this brings up a question. When we went through the sensation, I could feel the sensation. Then it changed. I got a color immediately in all the things that you asked. When we went into the Closet and I looked at it, it was an entity. It was a person. It looked like that.

Lion: Was it a recognizable person?

Participant: Yeah.

Lion: Did it look like someone you knew or just a stranger?

Participant: A stranger. It was a little amorphous. It wasn't completely clarified. It was more of a face and a partial body.

Lion: Did it go into the fire willingly?

Participant: There was some resistance. There was something you said that was a little different. You know how we thank it for whatever it gave us and that kind of thing?

Lion: Yes.

Participant: Well, I couldn't figure out what was the good in it for a few minutes and then I did. Once I figured it out, it would leave.

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Lion: Beautiful.

Participant: It refused to leave until I figured out what its goodness was.

Lion: Wonderful. That's a great report. Thank you.

Entities are a whole study. I've done a study of entities. It depends on what you believe, but it's quite likely. We are humans, there are animals and plants – we've acknowledged those. There are fungi and bacteria and viruses. We know those.

You could call them all entities. They take different forms and shapes. There may be disincarnate entities. Again, it depends on your belief structure. It's quite possible that there are entities that come into us, or take a ride for a while and function inside of us, feeding off of us just like a virus or bacteria could do.

It is quite possible that it was an entity or it could be anything. We don't know this, because we just don't have the scientific basis for determining it. We can still work with it in the same way. You can still get rid of something out of your body in the same way. Whether it's an actual virus or bacteria, whether it's an actual disincarnate entity, whether it's a ghost from a past life, we don't know what the heck it is. We just know that we can get rid of it.

Well done. I'm really glad to hear that [Participant].

Participant: Yeah. What was funny, what you said about feeding, it didn't want to leave because it didn't want to leave its home. It had a warm place with lots of good food.

Lion: It sounds like a tapeworm or bacteria.

There's a new book out. The subtitle is "A Journey Down the Alimentary Canal." From our mouth to our other end is a long tube. It's got many different kinds of bacteria in it.

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Depending on our diet, different bacteria flourish. There are hundreds of different bacteria. All of which fit into an ecosystem. If you don't have the right bacteria, if you have the wrong bacteria, it can make a real mess of your digestive system.

It's a wonderful book. It's by a journalist who just studied everything about digestion. It's quite an astounding piece of work.

We could consider those bacteria entities. There are certainly viruses that hide out in the body. We've been living with them for millions of years. They're even part of our DNA. We don't know what they are, but we can work with them.

Thank you again.

Participant: I have another question that was not related to that. If you take the premise that every single cell in the body has its own memory and intelligence, then when you get rid of a belief... does that change your whole body or is it just related to a part? Can you talk about that a little bit?

Lion: Sure. You're asking a very good question. Again, we're probably 30 or 40 years into a 300-year research project. We don't know for sure. All we have is experiential evidence. The experiential evidence is that when you discreate a belief and it's really gone, it's gone. It doesn't come back.

Now where beliefs hide, we call it the subconscious, we call it the imaginal realm. We don't know where they live. We don't know a lot about this. There are shamans who have thousands of years of history exploring these regions. We're still new at it.

Certainly, there is intelligence in cells. In fact, they used to think that the intelligence of the cell was in the nucleus. They now understand that the intelligence of the cell is in the cell wall, which

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allows certain things in and allow certain things out. It keeps certain things in and keeps certain things out. That's where the intelligence of the cell is.

Yes, cells do have intelligence. They have regulatory mechanisms. Where beliefs are stored, I don't know. I think they can be stored anywhere because we live in an infinite universe. It could be stored in a cell, in a tissue, in a bone. Viruses can hide inside nerve cells or inside bone. These creatures have been around for a lot longer than we have. There are lots of unknowns.

Great question, I don't have an easy answer for you. Just we're in the exploration. Thank you.

Okay, [Participant], let's go with you, [Participant].

Participant: Hi.

Lion: Hi.

Participant: That was beautiful. I have a lot of appreciation for the whole thing, a lot of gratitude. Mine morphed a whole bunch. I really like this exercise because it did help me come up with something I wasn't aware of. I had several beliefs, but this one came up.

I just started with my fibromyalgia. I went to like a fire and anger. I didn't like the way I was being treated. My body wasn't liking the way it was being treated at all, very angry, enraged.

Finally it morphed into a belief "I deserve to be punished," which I actually remember as a small child, hearing someone say about after being mistreated. At the end, I had a little bit of a tough time but how I ended was the belief "I am aglow with unconditionally radiant health and well-being."

Lion: I love that. I love it. Say it again, would you?

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Participant: It's choking me up a little bit here.

Lion: Just let the feeling come in. Just enjoy the feeling that it produces. Let the tears flow because it's so important. It's so crucial to your well-being.

Participant: I am aglow with unconditionally radiant health and well-being.

Lion: I love that. Welcome home. This is your natural state. That's what I love about this.

Participant: It's all right. I was just going to say this is surprising – startling, even. I really trust it.

Lion: Yes. When you get to that place of discreating something that's been with you for a long time, especially something as core as this, really well done, [Participant]. I'm so happy to hear this.

What happens is that you recognize at a very deep level that you are not the belief. You *have* the belief. Up until that moment, in some way you believed you were the belief, that that just was true. It was just true about you.

That's what's powerful about this process is that when you recognize, when you take off the outfit and you recognize that – “Oh, that's just something I took on. It's not who I am. I can take it off.” That's true empowerment – because you're now in your true self. Because only the true self can take off beliefs.

From that place of being your true self, you are naturally radiant. You are naturally light. You are naturally healthy. You are the natural true self with all of the positive characteristics that you carry, all of your virtues and your values. It is your soul that is shining.



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I'm so glad you said this just so I get a chance to repeat this. You are the true self when you discreate a belief. When you create a new belief from that place, it is your natural state. It is who you are. Thank you.

Participant: Thank you very much.

Lion: We'll take one more share.

[Participant]. Go ahead, [Participant].

Participant: Hi. It was about two or three weeks ago, I went into the BeliefCloset. I saw that I was completely covered with chains, ropes, tied up very, very tightly. So tight that it was digging into my skin and my skin was growing out around it. I don't even know what the belief was. It was just that was what I saw even though I didn't really have a specific belief.

I managed to get the chains and ropes and rags, even rags with knots in them. It all came off. I was able to burn it. When I looked for my new clothes and my new belief, I went into a deep sleep almost like Snow White and the Seven Dwarfs. I was laid out on like a slab with a, if you saw that Disney Movie, with that crystal dome over me.

Lion: Yes.

Participant: I was in that for like two or three weeks now. Even though I participate in your BeliefCloset, I haven't been able to do any more beliefs, still waiting in that coma sleep.

Lion: Wow. That's cool. Is it a little disconcerting for you? Or do you feel comfortable?

Participant: Oh, it feels comfortable. I've tried different things because I know in Snow White and the Seven Dwarfs the prince or your animas comes and kisses you and brings you back to consciousness. I

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tried that. That didn't work. I said, "Well, maybe my body just needs rest.

Lion: Would you be willing to do a little work on it right now?

Participant: I would love to do some work on it right now.

Lion: Great. We have five or ten minutes. For those of you who are listening, thank you for hanging in there and supporting [Participant]. [Participant], just close your eyes and bring yourself back to that crystal slab. Just feel yourself in the deep sleep. Let me know when you're there.

Participant: I'm there.

Lion: Okay. Just feel what it feels like to be here.

Participant: It feels very comfortable to be asleep.

Lion: Yes.

Participant: Or unconscious, or numb, or whatever it is that it is.

Lion: Remember before you got here, you were covered with all those chains and locks and ropes and rags. That must have been very uncomfortable.

Participant: I was shocked to see it. It was very tight. Yes, it bound me up completely. I was completely bound.

Lion: Right. Being bound up like that, let's imagine that there were lots of beliefs that bound you up. Being bound was painful. Even your skin was growing over the locks and the chains. By taking off what kept you locked in but yet covered, you were taking off a protective layer. Even though the chains were restricting you, they were also protecting you.

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Participant: Oh, I hadn't seen it that way. Yeah, I can feel that.

Lion: What were they protecting you from?

Participant: Growth, movement, feeling alive.

Lion: What was the bad thing they were protecting you from? What was the bad thing that might have happened had you not been locked up and tied up?

Participant: Hurt by love. Love comes to mind.

Lion: Love, okay. Just feel for a moment what it felt like to be tied up. Although it was uncomfortable to be tied up, it was better, it was even safer than being out in the world with potentially your heart being broken. Even though you were restricted and tied up, you were protected from that heartbreak. Taking off those ropes and chains and rags actually exposed you to having your heart be broken.

Participant: Yes, or to feel the break.

Lion: Exactly. Now, what would be the next best thing so that you didn't have to feel that heartbreak?

Participant: Be asleep.

Lion: To go to sleep, exactly. You have this crystal protection over you so that you can't be harmed.

Participant: Right. I can even see the seasons change around me. I'm in the woods. You can see that it's sunny and warm or it's snowy and cold. I'm completely protected.

Lion: You are. Just accept this protection of the sleep and the crystal shell and recognize that you created another kind of safety.

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Participant: Yes, I see that.

Lion: Now the question is: What's more important to you, being fully alive and with a possibility of having your heart broken or being safe?

Participant: I'd rather be fully alive.

Lion: Okay. Now there's a part of you that would rather you be safe. You're going to have to invite that part into the crystal slab. You're going to have to invite it in, the safety manager. Talk to the safety manager and say, "Thank you for protecting me all these years."

Participant: Thank you for protecting me all these years. You did a very good job. Thank you.

Lion: "But I've outgrown you now. I'm a grown woman."

Participant: I've outgrown you now. I no longer need this kind of safety

Lion: Exactly. "I can provide my own safety because I'm wise and have discernment."

Participant: I can make my own decisions to keep myself safe.

Lion: "Are you okay with me taking over the protection job?"

Participant: Yes. Yes, the safety part is worn out. "Sure, you take over. I'm worn out."

Lion: Great. Tell the safety part that it can either go back into the light or can take a vacation in Tahiti or wherever it would like.

Participant: It's going back to the light.

Lion: Wonderful.

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Participant: I see my arms raising up and pushing the dome off. I'm pushing it off myself. Oh, this feels pretty good. Now I'm sitting up. Thank you. Thank you. I'm sitting up. I'm wearing like a... Yeah.

Lion: Go ahead.

Participant: I'm wearing what Disney had on Snow White, that cute little dress she was wearing. But I'm saying that's kind of a young dress for me. I'm looking in the BeliefCloset. I'm taking that dress off because it's too young.

Lion: You can either burn it or you can put it in a special place in the Closet. It represents something precious. You may want to keep it in the Closet as a memento or you might want to put it in the fire, whichever you prefer.

Participant: I'm keeping it. I like it. I'm packing it up as a memento.

Lion: You can have a special display case so that you can see it but you're not going to be wearing it ever again.

Participant: Right. I'll put it in plastic.

Lion: Wonderful. Good. Now close your imaginal eyes. What would you like to believe about being fully alive, fully available, heart open, with the potential of heartbreak, with also the potential of love and relationship and juicy joy? What would you like to believe?

Participant: Yes, I like that feeling. Yes, I am feeling. I am feeling everything, joy and sadness, love and heartbreak. I am capable of feeling all kinds of feelings and being safe while I feel all the feelings, yes.

I've got on I guess like a brocade caftan, sort of. It's got gold and red and silver threads through it, looks nice. I like that.

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## Session 6: Clear Uncomfortable Beliefs About Your Body and Health

*with Lion Goodman*

Participant: Oh, I'm out of the crystal. Thank you. I've been stuck in there for about three weeks now. I haven't been able to go into the BeliefCloset since I was in there. Thank you.

Lion: You're welcome. Welcome back out. What a wonderful new life you have to look forward to.

Participant: It's very exciting. I feel very alive.

Lion: Terrific.

Participant: Yes, because you know what? I've been doing so much sleeping that whenever I'd go in and look at myself, see, "Are you still sleeping in the crystal?" I've been spending so much time sleeping these past three weeks. I've been sleeping my life away. It just put me into my own sleep, a physical sleep. Well, this is great. Now I'm wide awake. I won't be able to go to sleep tonight.

Lion: Wonderful. Go out and enjoy yourself.

Participant: Thank you so much.

Lion: Thank you, [Participant]. It's been a pleasure.

Lion: Thank you everybody. It's been a wonderful treat to be with you. I just want to open the microphones in case you want to say goodbye. Let's see if we can do that. Good night.

Participants: Thank you. Bye! Good night. Thank you very much. Thanks so much, Lion.

Lion: You're welcome. You're so welcome, everybody. Bye-bye. See you next week.