

mindvalley

TRANSCRIPT

Clear Your Beliefs

Session 7: Clear Out The Junk from The Rest of Your
BeliefCloset

by Lion Goodman

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YOUR OFFICIAL PROGRAM TRANSCRIPT

Session 7

Clear Out the Junk from the Rest of Your BeliefCloset

Lion: Welcome to Clear Your Beliefs, Session 7. I'm very happy to have you here for the last of our seven sessions together. This is the wrap up pitch, like they have in baseball, the final pitch of the game. We're almost done!

Now, I've noticed that in the realm of consciousness, whenever you think you're done, you find out that there's another layer deeper, or another level wider, or another dimension to explore. There's always more. I guess that proves that consciousness is infinite. In this session, we're going to wrap up some the concepts you've heard over in the past six sessions, and we'll discuss where you can go from here, and how you can use these tools to improve your life.

I want to begin by talking about the BodyWisdom Process I took you through in the last session. I consider this process to be a first aid kit for the mind. I want you to learn the process, and practice it so you get good at it. You can use it with friends, family members, even strangers who are having difficulty. This is a really effective process to keep in your pocket, and bring out to use whenever someone is in the midst of a problem, or trauma. Just follow the steps.

I teach this process to coaches and therapists as part of my Practitioner Training, and I also want to offer it to you so you can learn how to conduct this process. You'll find it in the Resources section as a bonus. It's called The BodyWisdom Process.

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It's best if you practice with a partner so you can give and get feedback to each other, and hone your skill. If you do use it with someone, I'd love to hear how it worked and what happened.

You can also use it on yourself, and discover subconscious beliefs. It's a great way to start your clearing process, because it gets you in touch with the FEEL of the belief, or whatever's going on. All belief change has to start with FEEL, because your subconscious mind uses feelings as one of its languages. If you find yourself stuck and you don't know what to do, whether the block is physical, emotional, mental, or spiritual, sit yourself down and do the BodyWisdom Process. It will open up some space. I promise.

My opinion, belief and experience is that when you do work in consciousness, you're having an impact on the world, improving it in some way. It's certainly true in your personal universe, and it can easily affect people that you're connected to: your family, your friends, your work-mates, and the people you interact with each day. Your awareness ripples out and impacts other people, whether it's conscious or not. Everything you do to clean up your past, and your resentments, and your conflicts, will have a positive rippling out affect on your local world. And everyone you touch will touch others, so it continues to ripple out into the fabric of the society, and humanity. When you do work on yourself, when you heal yourself, you're changing the world.

The more work you do on this, the more benefits you accrue. Do each practice you've learned here. They're a tool set, ready to be used to better your life. We've handed you the tools. You're now the official carpenter of your own life. Use these tools to improve your own life, and then help others.

It's important to remember also that consciousness work is an important beginning, but it's not an end in itself. You also have to take right actions in the world. You have to get involve politically to change the political situation. You have to get involved

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economically to change the economic situation. You have to get involved in efforts to end poverty to end poverty, joining together with others in organizations. That's part of consciousness expansion, too. We grow in consciousness by working in groups, and we expand consciousness when we're physically in the presence of others. If you want to have a real impact on the world, clean up your own stuff, and then leave your house and clean up some of the mess out in the world. It's not going to get cleaned up by our own enlightenment, unfortunately.

Almost everyone who experiences the BeliefCloset Process finds it amazing in one way or another. It's because consciousness is infinite. Hopefully you've experienced something fantastic. There's something that happens when you begin communicating directly with the subconscious mind directly. It opens a channel of intuition and information that you may not have had before, or if you did, it strengthens it, widens it, and makes it more fluid and helpful.

We have accumulated tens of thousands of beliefs during our lifetime. There are probably only three to five big clusters of beliefs that are interfering with your full expression, and your magnificence, and your creation of the life you want. Those clusters have been with you a long time, since you were very small. Each cluster may have five to ten beliefs that hang together and reinforce each other. Kind of like a mutual support group for beliefs! They strengthen each other, and can resist change together.

It takes some work to clear them, and it can be done. You may have only a dozen or two beliefs that really interfere with your life, and maybe a hundred or two that jump and express themselves when you try to create something new. You may have heard it said that we have tens of thousands of thoughts ever day. And 95% of them are the same thoughts we had yesterday, and the day before. If you clear the big bad dozen or so, you'll be changing a huge number of those thoughts, because they're being driven by those belief clusters.

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I told the story in an earlier class about one of my clients who took the process, went off by himself, and dis-created 200 beliefs in two months. When I asked him "How are you after all that?" he said, "I don't recognize myself." A guy who could barely pay the rent is now involved in multi-million dollar deals. So that's a good goal for you – 200 beliefs in two months. That's only 5 beliefs a day, 5 days a week, for two months. Even if you do one a day, every day, you can shift 60 beliefs in two months. That's 5 dozen!

You can really clear up what's in your way if you do the practice, working through and clearing the clusters and the big negative stuff that comes up. We've shown you how easy it is. If you want to really change your life, you've got the tool – all you need is the commitment to action. This isn't a magic bullet – it doesn't work by itself. You have to do the work. It's a tool that works if you work it.

You can free yourself completely so you're not held back anymore. You can actually manifest your life purpose, and a good life, and whatever the heck you want. That's my pitch to you – it's to keep going, keep using the toolset on your own. Listen to the classes over again, find a practice partner so you can stay on track and keep each other accountable. Since you have a choice, you might as well create a great life.

I want to talk about endings for a minute. There's a very natural, and very uncomfortable feeling, or set of feelings, that come when something is ending, no matter what it is. When your kid goes off to college, when you sell a house or move, when a job ends, or a relationship ends, what can come up is confusion, grief, discomfort. Endings are tough.

Remember I said that when an experience is experienced fully, it can move, change, or disappear. There are a lot of strategies available for NOT feeling the feelings that come up around an ending. You can look the other way, not go to the after party. You can do something else to avoid those feelings. Or you can ignore the feelings and pretend they don't exist. Or you can get

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distracted by something else. That's my favorite. Eventually, you come to the ending and you have to face it in some way. If you don't experience the feelings at the end, you'll have to experience them later. One of my teachers said you have a choice – you can either feel a very bad feeling completely, for a really short period of time, or you can feel it very subtly, for a really long period of time.

In this culture, we have a lot of beliefs and taboos about endings and death. In Hinduism, there are three major gods, kind of like the Trinity in Christianity. They are Brahma, Vishnu and Shiva. They represent birth, life and death – or more commonly, the creator, the sustainer/preserver, and the destroyer. All three are important aspects of life.

In the West, in Judeo-Christian cultures, we don't like destruction. We try to avoid it or prevent it. We don't like death. Death is taboo. It's changing a little, but when someone dies, we don't really know how to handle it. People get depressed. They go into a long period of mourning. If it happens to a friend or loved one, we often don't know how to comfort them or talk with them, or support them. Death used to be a hush-hush subject – like it was bad luck to talk about it.

We still have a lot of beliefs about death, like “death is bad” or “death is wrong” or “we should hold off death.” In the medical profession, 80% of the expenses spent on healthcare in most people's lifetimes is spent in the last few weeks or months of a person's life. We go to extraordinary lengths to hold death off – to keep the person alive for one more week or month or even a day, to the point of being ridiculous. What's wrong with death?

To the Hindus, death and destruction is part of life. It's what creates something new. To build a house, you have to destroy some of the landscape. To eat, you have to kill plants or animals. It's just part of life. In the BeliefCloset, we use this principle. We destroy beliefs when we say, “I don't need you anymore. I'm now going to send you back to your original nothingness.” And we put

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them in the fire, which is the element of dissolution. That's an act of destruction.

I want to bring this up to your attention so you can integrate this fact, that endings are good. When something is no longer useful, get rid of it. Leaves fall off before winter and they re-grow in the spring. The elders of a generation die in order to make way for the next generation of wise elders. Trees die and fall over to make way for younger trees. A painter destroys a perfectly white canvas in the act of painting. We need to destroy "what is" in order to create "what could be."

By the way, each of the Gods I mentioned has a mate, or a consort, representing the feminine side of each force. For creation, Brahma's consort is Saraswati. She is the patroness of art, music, and literature, and she was the creator of the Sanskrit language, which is a holy language.

Vishnu's wife is Lakshmi, the goddess of luck and prosperity. She's also called Sita and Radha. Shiva's wife is Parvati in its benevolent aspect, the growth that occurs on top of the fertile composted soil. There's also a destructive or awesome aspect, named Durga and Kali, who both look fearsome, but they're really destroying ignorance and evil.

These are archetypical forces. Archetypes are representations of common elements within the collective subconscious. Every god and goddess in the religions of the past are archetypes, so are astrological signs, the tarot cards, symbols, alchemical processes, and even superheroes and comic strip characters. Because you are part of the collective unconscious, you have access to these forces. You could say that these archetypes are inside of you.

For example, you have an inner Warrior whose energy you could tap into when you need some courage. You have an inner Queen or King, both actually, that you are meant to grow into as you mature from a Princess or a Prince. You have a Teacher inside of you, and also a Student. You have a Cooperative Collaborator,

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and also a Rebel. You have many inner children: a Hurt Child, and a Tyrannical Child that can throw a fit. These are all parts of you.

In the BeliefCloset, you can easily make contact with these larger forces. They are here to support your life. If you don't have contact with them, you may not be as effective as you could be. Archetypes have power, and many of us are afraid of power, because we've seen it misused. It's not easy to find examples of positive power in our culture. I guess the superheroes are as close as we get. Earlier cultures had lots of gods with lots of different characteristics. We mostly see power misused by politicians, government officials, corporate executives, and the military. We know the power of the Tyrant. You may have had a boss or family member who's holding that energy. They're usually powerful and destructive.

A lot of people who have encountered misused power react by saying, "I'm never going to be like that." That's a belief, right? A conclusion, a consciously chosen shunning of power because it could become destructive. We're supposed to learn discernment, and good channeling of our power, but a lot of people just don't get near their own power. "I'm not going to be powerful." Then they shut down their own power and become ineffective.

You can contact any of these larger forces through the BeliefCloset Process. I want to show you how.

Get ready for a journey into your BeliefCloset. Get yourself comfortable. This is going to be a fairly quick trip.

7.2 Okay, close your eyes, and find the ground with your feet. Take a few easy breaths and let yourself settle into a peaceful comfort.

Now begin to make your way to your ideal home. Go through your house into your master bedroom, and from there enter your BeliefCloset.

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Take a look around when you reach your BeliefCloset, and notice that everything is where you left it. Approach your mirror.

When you walk up to the mirror, just notice whatever you're wearing at this time. It may look like normal clothing or it may look like something else. It's just another belief, just the one you happen to have on at the moment. Go ahead and take this belief outfit off and set it to the side.

Close your imaginal eyes. We're going to try on a few different archetypes as energies and beliefs, and find out what they look like and feel like. Close your imaginal eyes. Now, feel what it feels like to hold the belief, and I recommend you say this out loud "I am Aphrodite, Goddess of Love."

Open yourself to her energy, and feel what her energy feels like. Aphrodite rules the realm of romantic and sexual love. She is the Goddess of Love. Let her love and her energy come into you and fill you up. Feel your heart warm, and feel that beautiful lover energy moving through you. If you don't want to use the Goddess Aphrodite, you can just say, "I am the Lover," with all of the Lover's energy swirling through you, making you feel yummy and attracted and desirous and sexy. Let it fill you up for a moment, and let it take you over. Don't worry – you'll be able to shut off the flow at will, so be willing to really open up the pipe and BECOME the Lover, or the Goddess Aphrodite. That form of power is yours to use, and you have to learn to use it wisely, because like any power, it can be misused. This is seductive power. You need some of it to attract clients, or attract a mate. If you don't have any of it, or if you resist it, you won't be as effective as you could be in your life.

When you're really feeling that lover energy, that beautiful, seductive, sexy, soft, yummy energy, open your imaginal eyes, and see what outfit your subconscious mind has created to represent this archetypal energy. Move your body and feel how good it feels to be the lover, the Goddess... romantic and sexual love, attractiveness, juicy heat, all rolled into one.

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Enjoy this energy, its warmth, sexiness. It's lovely. Look in the mirror, and accept whatever you get as a representation of this energy, and feel it deeply. Recognize that this is an outfit you can put on anytime it's appropriate. And you can take it off when its appropriate to do so.

For now, go ahead and take this outfit off. Hang it up in your closet, or fold it up and put it on a shelf, or in a drawer for later, a time when it's appropriate, when you want to bring it out. When you've done that, come back to the mirror and close your imaginal eyes again. Now we're going to try on another archetypal energy.

Feel what it feels like to hold the belief, by saying this out loud, "I am a warrior." Whatever warrior means to you let that come in to your body. You may feel the energy of a Samurai from Japan, or a Roman soldier, or a native warrior from a fierce Amazon Indian tribe. There are many different types of warriors. The higher energy and function of the warrior is protection, and fighting for what's right, not destruction or harm. Notice whether it's uncomfortable for you to wear the energy of the warrior.

If you can't fight for what you believe in, you can't be effective in the political or economic arena. You can't fight for your own boundaries, or to protect your environment. Other people could harm you or violate you. You have to be able to fight for your children and for your rights to live your life with honor, respect, and freedom.

So take on this warrior energy, and feel the strength and power that comes through your body. If you're still uncomfortable, try it this way: "I am a warrior of the light." Feel the power moving through you. Feel how you can protect and defend those who are weak or those who are threatened.

Feel the power of fighting injustice, and bringing peace to your land. This warrior energy is often misused, but that doesn't mean

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that you have to misuse it. It doesn't mean that power is wrong – only that it has to be channeled properly.

Feel yourself as a warrior of love and light and truth, protecting future generations so they can live a good life – your children and grandchildren, and all the children of the world. When you're ready, open your eyes and see what outfit has appeared. Open yourself fully to this energy, knowing that you have it available if you need it, to get done what you have to get done, to deal with any threats to your well-being, or the well-being of those you love.

You have access to this archetypal energy. Feel it as a resource that lives inside of you. When you're ready, take this outfit off, and hang it in your closet, or put it in a drawer or on a shelf, always ready for when you need it. Then return to stand in front of the mirror again.

Now close your imaginal eyes to try another archetypal energy. Feel what it feels like to hold the belief "I am the Queen," or "I am the King." Choose whichever one you wish, whether you're male or female. Try on either one, and find the one that's most comfortable. Feel what it feels like to invoke the energy of the honorable queen or king, the benevolent one who cares about their kingdom, or queendom.

These energies, and the roles, the positions of king and queen have been misused by many people throughout history. It doesn't mean that the energy is bad. It's just been badly misused for self-aggrandizement, wealth accumulation, or power. You can feel the positive side of this energy, the good king, the good queen.

Feel what it feels like to hold the authority that is endowed in that archetype, the ability and the wisdom to discern what is fair, and what is good. Feel that you use your power wisely for the benefit of your entire community, your kingdom. Open to the natural prosperity that flows naturally through the king and the queen, and the mantle of leadership, of wise guidance. There is honor bestowed upon you because of the authority and responsibility

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you hold, because of the goodness that you provide to everyone. Feel the generosity that flows through you, the many people who support you, because you support all of the beings in your care.

You might invoke King Solomon who was a benevolent and a wise king, or Nefertiti, a benevolent and wise queen. Or Arthur of Camelot. Or the King and Queen of Bhutan, who measure the Gross Domestic Happiness their kingdom as the most important thing. Feel that energy of benevolence, flow, and deep care that spreads out to hold everyone. When you're ready, open your eyes. See what outfit has been created to represent this archetype. Walk around proudly with your heart open and your thoughts of the community, your kingdom. What can you do to make it an even more peaceful, prosperous and happy kingdom?

When you're ready, take this outfit off. Hang it in your closet or put it on a shelf, ready to be brought out, put on, and used any time that's appropriate. Come back to the mirror. Close your eyes. Now feel what it feels like to hold the belief "I am me." This is you in your fullness, your magnificence. Who you are, what you came to earth to be, including all of your abilities and capacities, your amazing unique and creative nature, your ability to create anything you want, whenever you want.

Feel your humanness, both your full glory and your silliness. Feel the beliefs you took on in the past that have interfered with your full self-expression, the ones that have gotten in your way, and recognize that you now have the ability to delete them, to clear them out of the way. Feel your hopes and dreams that emerge from deep within. Feel your troubles and difficulties, recognizing that you have the tools to deal with them, one at a time. Feel the fullness of you. You are an amazingly complex unique being. You are amazingly resourceful. You have access to all of these energies of the universe, and more.

Whenever you complete a journey, it's important to offer appreciation to Source. Make your own prayer of thanks, or join me in this one: "Thank you, Source, for making me: me. I accept

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this assignment. I will do my very best with what I've been given, and I will give myself fully to my purpose in this life. I recognize my connection to all things and all beings, and I will do what I can to create a better world for our collective future." Turn those thoughts into your own thoughts in whatever way that's right for you.

When you're complete with your prayer, leave your BeliefCloset, and move from your Master Bedroom through your house until you're outside, looking around at the beauty around you, feeling good, feeling whole, feeling awake and alert. Lift yourself up into the air, and as you float away, look back down and see your house from the air. See how it's situated in just the right way in the landscape, and taking a last look around, fly yourself all the way back to your body where you're listening to my voice. Feel all of those archetypal energies around you, ready and able to come into you whenever you need them. Recognize that you have access to them, and to any other universal energies you may need, for the rest of your life. Feel yourself fully, wiggle your fingers and toes, and open your eyes, finding yourself fully awake and fully alive.

7.3 Welcome back! I hope that was a great journey for you, and that it brings great benefits to your life.

I'm going to cover a few more useful ideas, then we'll get to some individual work. Let's talk about reality. One of the reasons why it's useful to have the ability to tap into archetypal energies is because every day, we are engaging with reality – some days it's a breeze, and some days it feels like a battle.

What we call "Reality" is the generally accepted beliefs of the masses, the ones that most people accept. Some of these societal beliefs are, "we live in a democracy," "money has value" and "your car reflects your status." These societal beliefs are so common, it's like we're fish swimming in the ocean, and we don't know that we're in water – it's just our natural environment. Most of these beliefs and structures were created before we were born,

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or they were imposed on us, indoctrinated into us, when we were very young. We grew up inside them, so we rarely question them.

People who grew up 100 years ago wouldn't even recognize the place if they were suddenly dropped into our modern culture. They would think they were on another planet. It's changed rapidly, yet incrementally. We can adjust to small changes. Cell phones replaced landlines. Then smart phones replaced cell phones. We walk around with these powerful computers in our hands as if nothing is new. Yet they are miracles. So we can adjust to incremental change and not notice it. And we rarely challenge the assumptions of our culture. They're just "reality."

One of my favorite sayings that I made up is "We are honed on the whetstone of our experiences." You know that you can sharpen a blade on a whetstone, a flat stone that's much harder than the metal in a knife. You have to press the blade hard against the stone to sharpen it.

In a similar way, we're pushed up against our experiences, and this sharpens us. We don't like that feeling of being pushed, but it serves us. When you practice a new skill, you push yourself up against something that's hard, and this sharpens your edges. For example, when you practice yoga, or meditation, or exercise, and you get up and do it even though you'd rather be sleeping, that sharpens you. You get brighter, smarter, more flexible, stronger. When you push yourself up against your beliefs, and examine them, and clear out the ones that don't serve you anymore, this is also a practice that sharpens you. The more you do it, the brighter and stronger you get. You don't get good at something by doing it once and then going back to your old habits. You get the benefit by doing it over and over and over. So I recommend that you take the practices I've offered you in this program, and use them as once-a-day vitamins, or as a toothbrush, something you take out twice a day and use because it's good for your health.

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I want to return to a discussion we had earlier about a taboo subject, one that we don't talk about much, and that's death. It's probably the biggest, baddest reality we face, a big old whetstone. We don't talk about it very much, yet very plant and animal is born, and it lives and then it dies. Everything that's alive dies eventually. This includes you. That's the bad news. I'm sorry to bring it up.

There are scores of great books on this topic. One of my favorite series is the books about Don Juan, the shaman, written by Carlos Castaneda. In one of those books, Don Juan says to Carlos, "If you keep death over your left shoulder, you will live an impeccable life." What he's saying is that if you know you're going to die then you will live more impeccably. You'll live with integrity. You'll live well.

The Eastern religions have less squeamishness about the subject. Buddhists face death directly by contemplating it. Hindu holy men sit on the ashes of burned people, and put those ashes on their bodies to remember that they are mortal. They are acknowledging that they will die one day, and they don't take the substance of this world very seriously. They call it maya, an illusion. . .

If you can't accept death, or face your own mortality, you can't live fully. In biology, there's a really interesting phenomenon called apoptosis, or programmed cell death. It's part of life. Every adult has hundreds of millions of cells die every day. This is a good thing – it's like leaves in fall. You have to get rid of the things that are dying in order to create new things. We are not objects. We are more like processes – trillions of chemical interactions going on inside our body every second. Cells being born, cells dying. Your beliefs determine in large part how you live, and remember that the body has its own beliefs, including the laws of chemistry, biology, and physics. The law of entropy. Time. Your body works within those physical laws in the same way that your psychology operates inside a set of psychological laws. Your beliefs interact with your body, and give it certain instructions. As we discussed

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in the last session, make sure that your beliefs are positive about your body so your body gets the full support of your belief structure.

For example, the belief, "I'm going to live a long, healthy life," will stimulate your biological machine to align on that intention. Or "All my cells are healthy. They're born at the right time. They live and function in a healthy way. They die just when they're supposed to." That enables you to align with the natural process where some cells are being born and some cells are dying, as they're supposed to.

Bob Dylan wrote a song in which he says, "Those who aren't busy being born are busy dying." You have to do both.

Here's another reminder: Beliefs are not right or wrong. Beliefs are not true or false. Beliefs are tools we use to create experiences. If you don't like the experiences you're having, change your beliefs. You're in charge, if you take charge. If you don't choose your beliefs, there are plenty of people who will happily program you the way they want you to be.

Don't believe everything you think. Don't believe everything you feel. Instead, ask the question: "Will this belief get me the experiences I want? Will this belief support me in my creation of a better life?"

If not, change the belief at the root of your psyche, inside your BeliefCloset, and from there, it will automatically change your thoughts. It will change your actions, and your relationships, and eventually your reality. And remember that to manifest anything great, it takes time and energy and action. Beliefs aren't the only thing required – they're just the first thing required.

In order to engage in the physical world, the world in which your body exists, and material objects exist, and relationships exist, you need to take actions to make things happen. This is the missing piece in the affirmations game, and the law of attraction.

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It's wonderful to be able to attract circumstances and fortune and luck, but luck and attraction and grace are completely unpredictable and unreliable. You can't count on them. What you CAN rely on is you – your actions, your intentions, your physical output, and your care, and your ability to interact with others. If you're NOT doing certain things, that will lead to *not having*. What are you not doing?

If you change your beliefs, you can move the stuff that's IN your way OUT of your way. Then you can do the things you need to do, which allows you to *have* what you want to have. If you want to know the most powerful belief that gets things done, it's this: "I will do whatever it takes to have what I want," or "to have my ideal job" or "my ideal relationship" or "my ideal financial condition." If you want to install a powerful belief, use the phrase "I will do whatever it takes to create my [fill in the blank]."

One of the resources we've provided as a bonus gift is the first two chapters of my book, "**Creating on Purpose**." I want to strongly recommend that you read it. Then go buy the book – because it's really great guidebook for the journey of manifestation. It's a workbook, a step-by-step guide to creating what you want in your life. Another bonus is the interview with Anodea Judith, my co-author of the book, and I highly recommend that you listen to that next, because she's brilliant, and she has a lot to teach.

We talked about your physical health in the last class. We can also look at emotional health, spiritual health, and intellectual health. Every healthy system, every ecosystem, has inputs and outputs, and those have to be the right ones, and be balanced, and flowing in a good way. In the physical world, our input is food and nutrition and our perceptions. Our output is our physical action and interactions in the world (and waste products – we can't forget about those). In the intellectual world, our inputs are ideas, thoughts, and mental stimulation, like TV, the news, entertainment, and advertising. Our output is our language, our

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stories, new thoughts we have, and our own good ideas (or bad ideas – we can't forget about those, either!).

Our emotional inputs are other people, and their emotions and actions, and our own emotional responses and reactions, including our upsets and our problems. Our spiritual inputs are our contact with the higher realms, with god, and spiritual energies. Our outputs are our values, and our virtues, religious beliefs, and gratitude. If you're not getting the right kinds of inputs, change them.

If you eat bad food, you're going to get fat, or sick. If you hang around with people who focus on the wrong things, you'll end up focusing on the wrong things with them. We become like those we hang out with – because we take on their beliefs. We want to belong, so we absorb the beliefs of the group.

We wanted to belong to our family so we took on their beliefs. We wanted to belong to our friends so we took on their beliefs. We wanted to belong to the clique or the group and we took on their beliefs. The church, the synagogue... and we took on their beliefs.

If you examine your beliefs, if you look at them and say, "Is this belief getting me the experience that I want?" and it is, good for you. Keep that belief. Remember – beliefs are not right or wrong, true or false. They're tools. They create experiences. If a belief isn't giving you the experience you want, change it! If you've change it, and you're still not getting quite what you want, that's fine, just change it again. It's experimental, trying them out and seeing how they work.

Here's a quick story about affirmations: a friend of my wife's learned about affirmation. She decided she wanted to marry a rich man. She started doing affirmations. "I will marry a rich man. I will marry a rich man. I will marry a rich man." She put it up on her mirror. She said it 20 times a day. It was her constant refrain. "I will marry a rich man. I will marry a rich man." Sure enough, a

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year later, we attended her wedding. Now, the guy she was getting married to wasn't wealthy, but his name was Rich.

Her affirmation did, in fact, work. She just used the wrong affirmation. Be really careful when you're creating affirmations or intentions. Think of all the possible ways it could go wrong – because it might.

To wrap up these thoughts, I want to acknowledge is the patron saint of this work. It's the Blue Medicine Buddha, the Tibetan Buddha of Healing. He clears previous karma, any forces in the past that are affecting the present.

This concludes this portion of the class. We'll now move to the recorded class, where I took questions from participants. Then I'll come back to you for our conclusion.

7.6

Lion: [Participant], you had a question. Go ahead.

Participant: I have a question, Lion. Can a belief talk to you in a way that encourages you to discreate it?

Lion: Can you just say that in a little more detail?

Participant: Well in my experiences in the Closet, I had one belief that told me to discreate it after it had communicated its message.

Lion: Great.

Participant: I just found that my experiences are not only fantastic, wonderful, uplifting, fun, and enlightening, they're very surprising.

Lion: Yes, that's what I love about the BeliefCloset Process – it's constantly surprising. If you become a Practitioner, you will be constantly surprised and delighted. It's wonderful. This is the subconscious' way of letting you know that that belief has completed its course.

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It's like I mentioned when there's a messenger at the door, knocking on your door to deliver a message, and you ignore it. It starts knocking louder. You ignore it some more. It starts ringing the doorbell and pounding on the door. You ignore it some more, and tell it to go away. Now it's pounding on the whole house.

Finally, you go to answer the door and you say, "**What?**" It says, "I've got this message for you." "Oh, okay, I'll take the message." It says, "Thank you! Bye-bye." And it's gone.

This was a belief or an aspect of self that had a message for you. Once it was done delivering message, it was ready to go. We send beliefs into the incinerator. You could also send them into the sun, or wash them away with water. It doesn't really matter. We just happen to use the incinerator metaphor.

We are basically sending it back into nothingness. There are other people who prefer to send it into the light. It doesn't matter. What matters is that you acknowledged its presence then you let it go. Well done.

Participant: Okay, thanks.

Lion: Thank you. Now I will call on [Participant]. Thanks for calling. What can I help you with?

Participant: The questions you asked today are all one and the same answer: headache. That's what I wanted to do this work for, other than I'm interested in inner growth. That's a big issue. I was wondering if you could help me. I have not been able to move this. I have done an enormous amount of work also the last few weeks with this process.

Lion: Good. Have you noticed any change whatsoever in your headaches in this time, during this time?

Participant: No, no. Sorry.

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Lion: No, no, that's okay. We'd like the truth here. It's not a disappointment for me. It's just interesting. I take it that you've looked at this medically also, right? You've looked at all the medical things.

Participant: Oh, yes. We're talking of something that I've had since I was seven years old. It's gotten severe, on a daily basis for the last 10 years.

Lion: Okay, good. It started at seven. What was happening at seven before it started?

Participant: I know it was seven because we changed homes. It could have been before that, but definitely that was a stressful time in my life.

Lion: Okay, you changed homes. Did your family situation change at all, new baby or parents leaving or anything?

Participant: No.

Lion: Did you change cities as well?

Participant: No, just neighborhood.

Lion: Okay, did you change schools?

Participant: Yes.

Lion: Okay. All of the friends you had made got left behind?

Participant: Yes, that's true. I didn't get to make new ones.

Lion: Why was that?

Participant: The black sheep thing.

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Lion: Right. You came into an environment where all the kids were already friends with each other. It was difficult to move into their already closed friendship groups, right?

Participant: Yeah, worse than that. I was basically not accepted.

Lion: Okay, good. We have a real stress caused by that move and the beginning of headaches.

Participant: From what I remember.

Lion: Yes. Well it makes sense. Makes sense to understand this. Would you be willing to go to your BeliefCloset?

Participant: Yes.

Lion: Okay. Go ahead and go to your BeliefCloset with your eyes closed. Let me know when you're there.

Participant: I'm there.

Lion: Okay. What I would like you to do is to reproduce your headaches exactly how you get them, exactly what they feel like. Dive right into the headache that you usually get.

Participant: Okay.

Lion: Are you reproducing it well inside of yourself?

Participant: Yes.

Lion: Okay. Just describe the size and shape to me.

Participant: Okay. It's black. It's dark. It's square in my forehead. It's like ropes in the back of my head. It's like cotton around my ears. My eyes on one hand, is pushing out and on one hand, pushing in.

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Lion: That's sounds very uncomfortable. What I would like you to do first is to see this as a costume. See this as an outfit of clothing. As if you had just taken it on and put it on your head. Okay. With your eyes closed, with your imaginal eyes closed, picture it, feel it. Picture it as a kind of a torture device that's doing all those things to your head.

Participant: Yeah.

Lion: Okay. Walk over to the mirror and open your eyes. See what this torture device looks like.

Participant: Okay. It's made of iron. It's got holes in it. Yeah. It's a metal. It's a heavy metal. It has something like pointed things like thorns sticking out and in. It's a helmet with things that are sticking on the inside into my skin, into my body, into my head. It's long. It goes over my shoulders where it puts weight on my shoulders.

Lion: Thank you. What I'd like you to do now is to create a special platform for it in front of you. To take it off and to put it on the platform in front of you so it's facing you. Tell me when you've done that.

Participant: Okay. I'll take it off.

Lion: Now we're going to have a dialogue with it just to find out what it is and what it knows. First of all say to it, "Thank you for being here."

Participant: Thank you for being here.

Lion: "You're very familiar to me. I know you well."

Participant: You're very familiar to me. I know you well. I have a lot of hate feelings coming up.

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Lion: Yes, I know. What I'd like you to do is to say to it, "I have a lot of hate feelings coming up for you because you've caused me so much pain."

Participant: I have a lot of hate feelings coming up to you because you've caused me so much pain.

Lion: "I also know that I created you."

Participant: I also know that I created you.

Lion: "So I want to get to know you a little bit."

Participant: So I want to get to know you a little bit.

Lion: Just see if it responds at all to what you said. It may speak. It may move. It may change in some way.

Participant: What I'm getting is it's pointing at me, it's finger.

Lion: Pointing a finger at you, okay. Just ask it with as much compassion as you can muster, just say, "Tell me what are you saying to me?"

Participant: Well it says, "Yeah, since you hate me, I hate you too."

Lion: Just let it know "I understand that. That makes sense to me."

Participant: Okay.

Lion: Now ask it "What is your noble purpose?"

Participant: To keep you in pain so you won't wake up.

Lion: Keep you from waking up. Okay. Just say thank you to it for telling you.

Participant: Thank you.

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Lion: "What would happen if I woke up?"

Participant: Great lightning.

Lion: Lightning. Now ask it "Are you protecting me from the feelings of being rejected and alone?"

Participant: I'm getting no.

Lion: Getting a no. Okay. "What are you protecting me from?"

Participant: I want to keep you busy so you have your hands full.

Lion: "If my hands weren't full and if I wasn't busy, what would I feel or experience?"

Participant: Freedom, growth, happiness.

Lion: "What would be the bad thing that would happen if that happened?"

Participant: Stick your head out. It gets chopped off.

Lion: Okay. Well thank it for protecting you from sticking your head out so it didn't get chopped off. It's been of service to you. It kept you safe.

Participant: Yeah.

Lion: Can you feel some appreciation for it?

Participant: I feel a lot of sadness.

Lion: Yeah. A lot of missed opportunities in your life I bet.

Participant: Like this great misunderstanding.

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Lion: Yeah. Just let it know that you understand that it took on a job when you were seven to the best of its ability. It did what it could to keep you from being hurt. It did it by hurting you in a different way. By giving you a pain to focus on, it kept you from feeling the other pains. It kept you from having your head chopped off. It really, really, really tried to serve you. Just thank it for having served you.

Participant: Yeah. Yeah. I did.

Lion: How is it responding to that?

Participant: "Sorry, I didn't do a good job."

Lion: Oh. Well just say, "You did the best you could. I was only seven when you came in. You did the best thing you could think of at the time and it worked. Your job was successful. You prevented me from being harmed by those other people, by the world. You did the best you could, but I don't need you anymore to do that job because I'm a grown up now."

Participant: Yeah.

Lion: Ask it whether it would be willing to do a different job now.

Participant: Yeah. It's willing to do that.

Lion: Wonderful. Tell it that you will get back to it. You will talk to it in a little while, another time about a new job. Just ask it to stop doing that job now while you come up with a better job for it to do. Let it know that this new job will be like a promotion. It doesn't have to do that job. It's going to become something even more important in your life. It will protect you in a much bigger and better way. That you will get back to it with details. See if it's willing to stop doing its old job in the meantime.

Participant: Yeah. It seems that it doesn't know how to stop.

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Lion: Oh, okay. Tell it to create pain right now in the way that it always has. That knows how to do that, right?

Participant: Yeah.

Lion: Okay. Now just say, "Now just stop doing that."

Participant: Okay.

Lion: Did it stop?

Participant: It didn't.

Lion: It didn't?

Participant: No, it brought it on. It's still there.

Lion: Okay. Now just instruct it. Just show it that you're feeling pain. Just say, "Now reverse what you just did." Did it do it? Did it reverse it?

Participant: Oh, God. I feel bad to say it, but it is still there.

Lion: Okay. Well, that's okay. We're just trying to educate this aspect for it may not know how to stop. We're just trying to teach it. I need you to be its teacher now. It was serving you. Now you need to serve it. Just ask it "How do you create the pain?"

Participant: It says, "I push."

Lion: Push. Okay. Now say to it, "Try pulling instead." See what happens.

Participant: Okay. It's pulling. It's not saying that. I'm feeling it.

Lion: Yeah. Does that feel better or different?

Participant: It's just different.

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Lion: Different. Okay. Good. Now say, "Stop pulling." Now "Stop pushing." Did the pain go away or change or is it the same?

Participant: There are changes.

Lion: It has changed.

Participant: Things are moving. That's the word.

Lion: Good. Okay. Good. [Participant], I would like to work with you individually to finish this. Thank this part. Thank this helmet for being there and for talking to you. Tell it that you will come back to it as soon as you can. You'll get some more help to help it.

Participant: Thank you very much.

Lion: Yeah. You're very welcome. Thank you for going through this with me. I have a lot of hope for you. I think that we just need to help it find a way to not do what it knows how to do.

Participant: Yeah. Yeah. Well it's a very creative way to communicate.

Lion: Indeed, indeed. Okay. Thank you, [Participant]. Just email me and we will set up a time to talk.

Participant: Thank you.

Lion: Okay. Thank you. All right. Let's go now to another person. How about [Participant]. Tell me what did you bring to the party? What would you like to work on?

Participant: Well the one question that you asked is what problem continues to persist. I mean like you said, there are lots of beliefs I still have to work on. This one here, I don't know what the belief is. It's not allowing me to sleep. I have huge problems sleeping through the night.

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I wake up many times. I don't ever feel refreshed or I don't feel like I've had a good night sleep even if I go to bed like at 9:00 to get up at 5 in the morning. I'm trying to find out what's my belief that might be in the way of me getting a good night sleep. I've tried to ask questions.

Lion: Good. Good. Have you looked at this medically?

Participant: Yes, I have. I think that I have looked at it medically. There is possibly some sleep apnea but no real conclusion on that either.

Lion: Have you tried a CPAP machine?

Participant: No, I haven't.

Lion: You might want to go to a sleep apnea lab because if you're diagnosed with sleep apnea, they give you this machine. This is basically a positive pressure that keeps your airway open. You get a lot better night sleep. That's on the physical side. That has a physical cause.

As we get older, our tongue and larynx kind of collapses down. It gets in the way of air movement. Your brain will naturally wake up if it doesn't have enough oxygen. It is possible that a CPAP machine will help. I would like you to pursue that as well because some things are physical. We need to pursue physical answers to that. Do you wake up with any particular thought or feeling?

Participant: Yes. Sometimes I wake up and there is increased negativity. I don't know if it's the frustration of not being able to sleep that triggers that. I'll try and see the positive aspect of whatever thought might come up because I have recurring dreams that are like trying to get to some place and I never seem to get there. Or I'm there and then I leave and can't get back to where I want to go. It's the same kind of dream throughout my sleep.

Lion: Yes. The dream may be telling you that you're trying to get into the delta state, a deep sleep state. Which is also, if you do have

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sleep apnea, when your body relaxes the most. And then, if you're not getting enough oxygen, you wake up. It's quite possible that what your subconscious is telling you is that "I'm trying to get to that deep rest. I'm not able to get there."

Do check that out. I have a friend who has been suffering from lack of sleep for years and has finally found a Qigong master. She has tried lots of different things. The Qigong seems to be helping her.

This may be a physical thing. It sounds like it probably is. Let me invite you to call me and talk to me separately about it rather than take time on the call here. Just email me. We'll pick a time. We'll have a conversation about it offline.

Participant: Thank you, Lion. Appreciate it. It was very confusing if it was a belief or a physical thing. Thank you. I will do that.

Lion: You're very welcome. Thanks. For everybody, there are physical causes and there are physical issues. They have to be handled physically. Beliefs can impact them, but if it's something like sleep apnea and your air passageway, that's not something beliefs can change.

I tried changing my hip pain for two years, trying everything including physical therapy and Rolfing and belief work. It just didn't get any better. Finally I had to have a hip replacement. Thank God for modern medicine. The pain went away.

Just like there is death, there is also physical disability. As we get older, our bodies fall apart and we need help. Fortunately there is real medicine, mechanical medicine that can help us with the mechanics of our body. Beliefs aren't the answer to everything. They're just the answer to things that beliefs create.

Thanks, [Participant]. Appreciate that. Let's go to [Participant]. What did you bring today?

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Participant: Hi. I like help with, the jealousy aspect from my mother. I had this relationship where it's at a subconscious level. In the conscious level it comes in competition with other women. It's very subtle. It manifests itself in all relationships. I'm really, really, really tired of it. I don't like it. It has been weighing heavy on me. I just want to do this with support.

Lion: Beautiful. When do you first remember being jealous of your mother or was she jealous of you?

Participant: No. I believe we have been carrying this relationship since I was little. It started with my father. I was always jealous of my mother spending time with my father. I believe my father was the one that instigated in some kind of a joking form that I'd remember looking back, ever since I was seven maybe or five.

Lion: How old are your siblings, [Participant]? How old are your siblings, brothers and sisters?

Participant: I am the oldest. I am 52. The youngest is like 40, 42.

Lion: You're the oldest of how many?

Participant: Of five.

Lion: You were how old when your next sibling was born?

Participant: I was two.

Lion: Okay. You had two years of mom then your sibling was born. Was it a sister or brother?

Participant: Sister.

Lion: Sister, right. Your sister came along and all of a sudden your mother's attention went to your sister. Now this is quite common. We have our mother's attention when we're little then it goes away. It may have gone to your father. It may have gone to your

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sister. Somehow her attention and love went off of you and on to someone else.

Two years old is a prime time for beliefs to come in. The question is "What did you believe when that occurred?" I remember when it occurred for me. I was the second born. I remember when my brother was born. I remember looking down at him as an infant and just thinking "You took Mommy away from me."

I was pissed off. It's quite common. Attention is love to a child. Children don't just need quality time. They need quantity time. At some early age, you took on the belief that that other person has taken Mommy away and I'm pissed. Because jealousy really is the belief that "They're getting something I'm not."

I'd like you to go into your BeliefCloset. Let me know when you're there.

Participant: Okay.

Lion: Interestingly, you said that you were jealous of women, didn't you?

Participant: Yes.

Lion: I suspect that it's not about your father as much as about your sister. Have you thought of that?

Participant: No. I always thought it had to do with mother and my relationship, that I always felt almost like if I were his wife, my father's wife.

Lion: Yeah. It's also possible, [Participant], that this is a past life thing. We often come into relationships with people we've been in relationships before. It wouldn't surprise me if in the past life you were the wife of that person.

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Participant: I was. I know that much. I also know that I was violated at two when my mother had my second sister. There was incest from my father. I know that much.

Lion: All right. The story gets more complex. Okay, go into your BeliefCloset. Let me know when you're there. While you're going there, I just want to say to our listeners, first of all, thank you so much for hanging in there. My heart is with each of you always. Feel free to contact me by email if you'd like private work.

I honor your participation these whole seven weeks. I thank you for being here as part of this program. Hang in there as long as you can. Watch the work. Feel free to do your own work inside yourself while we're doing work out here.

[Participant], are you in your BeliefCloset?

Participant: Yes.

Lion: Okay. I would like you to close your eyes. Feel yourself as two years old. Just feel this precious little girl who was born into a family, a mother and father. That she chose this family because she knew as a soul that she would be able to work out past karma and would learn the lessons necessary to fulfill her divine purpose, her soul purpose.

It's a perfect place to be born. Everything that was to happen was exactly necessary for the adult woman, [Participant], to fulfill her life purpose. Just feel the soul's wisdom and being born into a circumstance in which you would be the first born daughter. You have two years of bliss. Then a sister came along.

The father, whose wife and lover was taken away as she took care of this baby, put his attention on the two-year old you. For whatever reason, it was inappropriate. He crossed boundaries that shouldn't have been crossed. He committed incest, started relating to you as a little woman.

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Feel two things at once. This is a very confusing thing for a two-year old. First, you're getting attention from daddy. That feels good. The second thing is that the attention you're getting from daddy feels wrong somehow. It's not right.

There's something about it that isn't right, that sets up a battle inside of you. It's good and I want it. It's bad and I don't want it. Tell me if you can feel that.

Participant: Yes, it's very familiar.

Lion: Just sit with it for a minute. Just feel the dual nature of that relationship, of that experience. It's very confusing – it feels good and bad at the same time. Mother comes along. She takes that attention away from you, your daddy's attention. That provides even more confusion.

Sister comes along and takes daddy and mommy's attention away. That provides even more confusion. If each of these feelings is a force, it has a direction like a pressure. A vector has a direction and a weight to it. Just feel the weight of these different feelings going in different directions. Feel that?

Participant: Yes.

Lion: Can you describe it to me?

Participant: It's in my shoulders. It's like it's stuck in my shoulders. That where I feel it the most if I was to describe what I was feeling.

Lion: Is that a familiar feeling in your body?

Participant: Then the confusion in my head. It's mental, more mental than anything else.

Lion: Yes. Just feel this shoulder sensation and the confusion in your head. Feel it as if it's an outfit of clothing that you've put on. Now, although it was created by these circumstances, remember that

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you decided to be born into this family. In a sense you took it on. You created it by being born in that circumstance.

Since you took it on, you can take it off. Like an outfit of clothing, go ahead and take this off. Take it out of your head. Pull it out of your head. Let it fall to the floor.

Take it off your shoulders. Let it fall to the floor. Pull it out of your eyes. You're pulling it out of the two-year-old's brain as well as your own. Tell me when it's all out of you. There's nothing remaining inside of you.

Participant: Okay.

Lion: Good. Now what I'd like you to do is to imagine you as a two-year-old standing next to you. You are her big sister or her true mother. Pick her up in your arms. Tell me when she's in your arms.

Participant: My God. Okay. Yeah.

Lion: Okay. Just hold her and say, "I've got you and you're safe here."

Participant: I've got you and you're safe here.

Lion: "I am going to protect you from harm."

Participant: I am protecting you and will protect you from harm.

Lion: "I love you and I will only do what is loving."

Participant: I love you and I will always do what is loving.

Lion: "I'm going to get rid of this confusion you've had."

Participant: I'm going to get rid of this confusion you've had.

Lion: "And send it back to the nothingness from which it came."

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Participant: And send it back to the nothingness from which it came.

Lion: Now ask "Is that okay with you?"

Participant: Is that okay with you? I see her nodding yes.

Lion: Good. Tell her "We're going to make something wonderful instead."

Participant: We are going to make something wonderful instead.

Lion: Now with her, pick up all that stuff that came out of you, that confusion and those feelings in the body. Say to it "Thank you for having served us in our life."

Participant: Thank you for having served us in our life.

Lion: "We have outgrown you and we don't need you anymore."

Participant: We have outgrown you. We don't need you anymore.

Lion: "Your job is done."

Participant: Your job is done.

Lion: "We're now sending you back to the nothingness from which you came."

Participant: We are sending you now back to the nothingness from which you came.

Lion: Is there anything else you or the two-year-old wants to say to it?

Participant: "We're glad to return you back to the nothingness which you came."

Lion: Okay. Good. Walk over to your incinerator. With the two-year-old in your arms, put it in the fire. Watch it burn until it's completely

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gone so that she can see it's gone as well, never to return. Tell me when it's gone.

Participant: I could feel it. When I took it off, it was taken off like if it were an outfit that was pulled out completely with a hanger from up above me. Then it remained there throughout the whole processes, the expressions that we were doing. I was trying to have it back in my hands, but it was difficult to do it.

Lion: Is it still hanging there or is something still hanging there?

Participant: Well in the releasing of it, it sort of kind of moved.

Lion: Did it move into the fire or is it still there in your BeliefCloset?

Participant: What I do is dissolve into nothingness. I don't use the fire.

Lion: Okay, did it dissolve or is it still there?

Participant: It's kind of like there is a shadow that's still there, hanging there.

Lion: Okay, good. That's just a related belief. It's fine. Whenever something remains after discreation, it's always another belief. Go up to that shadowy thing and say to it, "What belief are you?"

Participant: What belief are you? It's resisting.

Lion: It's resisting answering?

Participant: Yes.

Lion: Okay. Ask it, "Are you the connection I have to my mother or my father?"

Participant: Are you the connection that I have to my mother or my father? To my mother, oh, my God, the connection I have to my mother because I feel a softening there.

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Lion: Yeah. Just say, "Thank you for being here and I honor your presence."

Participant: Thank you for being here and I honor your presence.

Lion: You have a choice at this point, [Participant]. What would be the best thing to happen for you and your connection to your mother? Is this a negative aspect that you need to let go or is it something you want to honor and keep?

Participant: Something that I want to let go, this sentiment, sentiment thing that I had.

Lion: Is it sentiment or is it actually the connection of love?

Participant: Connection of love.

Lion: Okay. This is something that you may not want to discreate. Ask it, "How do you serve me?"

Participant: When I said "connection of love," I had in mind there has always been this competition with my mother's male relationships and my jealousy for it. That's the way it came out.

Lion: Okay, that's what it is. Is it something you want to let go of?

Participant: Yes.

Lion: Okay, it's good. Sort of grab it from wherever it's hanging and hold it in your hands. Tell me when you've got it.

Participant: Okay. Yes, I have it.

Lion: Keep the two-year-old in your arms because it's hers, too. Say, "Thank you for having served me in my life."

Participant: Thank you for having served me in my life.

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Lion: "You kept me connected to my mother."

Participant: You kept me connected to my mother.

Lion: "But I've outgrown you and I don't need you anymore."

Participant: But I've outgrown you and I don't need you anymore.

Lion: "I can have a healthy and loving connection to my mother."

Participant: I can have a healthy and loving connection with my mother.

Lion: "And I'm going to create that connection after I let you go."

Participant: And I am going to create that connection after I let you go. Wow. It's disintegrating as I speak. I love it. Thank you.

Lion: You're welcome.

Participant: Thank you so much. Oh, my Gosh.

Lion: Okay, tell me when it's completely gone.

Participant: Oh, my Gosh. Thank you. It's gone.

Lion: Okay, good. Now create your mother in the BeliefCloset. Just bring her in front of you. Is she still alive or is she dead?

Participant: Yes, she is alive.

Lion: Okay, good. Just bring her image in front of you. Bring the best of her in front of you, the best parts of her.

Participant: Yes.

Lion: You get to now create this loving connection. Feel your heart open with great compassion for her and her life, the difficulties of her life. She did the best she could. You got what remained. You got

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some of the best of her and you got some of the worst of her. That's to be expected. Just open your heart and love her for who she is.

Participant: Yes.

Lion: Just your heart to her heart, let there be a golden glow, a golden light that connects your two hearts. Let this represent the healthiest, most loving connection you could possibly imagine. Love each other, support each other, honor each other, tell the truth to each other, help each other, and the ability to rest in each other's presence.

Also connect her heart to the two-year-old's heart in the same way, your heart to the two-year-old's heart. The three of you are connected through a golden cord of light and love.

Participant: Wow. Oh, my Gosh. I feel the rejoicing in my heart. Thank you. This two year-old... Oh, my goodness. Thank you so much.

Lion: You're so welcome, [Participant]. You can stay in that as long as you wish. When you're ready, come out knowing that it's there. It's true. It's real. You can have it for the rest of your life.

Participant: Thank you, Lion. Thank you for all your wonderful work.

Lion: You're very welcome, happy to work with you.

Who's next? Let's go to back to [Participant]. Would you like to do some work?

Participant: I was just enjoying listening.

Lion: Yeah. It's pretty wonderful, isn't it?

Participant: Oh, you are absolutely amazing. The wisdom that flows out of you is fantastic. I would like to quickly say something. I brought it about, of course, we attract everything. I missed so much of this

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whole course. I had been looking forward to it so much, but I was in the first two sessions and then something happened at my company.

I mean all the people who work for the company, I had to let them go and so I was on my own. I never got home between 10:00 or 12:00 midnight every day. I had to get up at 6:00 in the morning. I've not been able to be in any support groups except last Monday. I don't know. I feel very sad that I missed it all.

Lion: Well the wonderful thing, [Participant], is that all of the sessions were recorded. You could listen to them one by one on your own time. You can join one of the support groups, one of the committed support groups that are coming up that works for you-

Participant: Wonderful.

Lion: What country are you in [Participant]?

Participant: Well I am living in the United States. I was born in Germany and lived in Switzerland and England, also at a young age in California. Right now, I'm in Texas.

Lion: Okay. Good. That's a foreign country here.

Participant: In Texas. Yes.

Lion: They speak a different language. We don't understand them.

Participant: The funny thing is that when I thought, well you know, I had been living in the United States for five and a half years before, off and on, but in California. When I came to Texas, I experienced just what you said.

Lion: Tell me what the issue is that you would like to work on if you had 15 minutes with me, which you do. What is it that you'd like to work on?

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Participant: Okay. The little bit that I have been able to work on, there were two issues that came up. Well actually more than that. I mean you talked about cluster issues. One was to step back into my power, which I'm doing right now. I'm in the process of doing that.

That has something to do also with the fact that I have been married for 29 years. I just lost my husband. Things have happened during that period. My husband was a very powerful guy.

Lion: He died?

Participant: Yes. He just died in January.

Lion: Very recently.

Participant: Yes. Through the marriage, I mean even though I knew very much not to step into that. I used to be among other things a therapist myself. Yet, over time, it did happen. I feel very strongly that I am stepping back into my power also probably attracted that myself even though consciously I didn't do anything along the lines.

Money issues, my husband has left me with a lot of debts that I need to clean up. I need to really, really step into the power and the knowledge that I can create money that not only I need, but that I want to live a comfortable life, so that I can do what I want to do, go on cruises, travel.

Lion: Let me ask you a couple of questions just to narrow this down. You married a powerful guy. At some point, you gave up some of your power. Did I understand that correctly?

Participant: Yeah. I think it just crept in. Yeah. I really thought about it in the beginning. It just started to happen over time.

Lion: Okay. Well let's just do something quickly because it's a complex issue. It might be better to work one on one for a longer period

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because you know that this is a complex situation. It requires some clarity and some process work. Let's just go and explore one thing. Go into your BeliefCloset. Are you comfortable doing that? Do you know how to do that?

Participant: Oh, yes.

Lion: Okay. Good. Go into your BeliefCloset. Let me know when you're there.

Participant: I'm already there.

Lion: Okay. Good. I'd like you to walk up to the mirror. Tell me what you're wearing right now.

Participant: I'm wearing a pantsuit.

Lion: A pantsuit. Okay. Is it kind of a powerful pantsuit or is it more casual?

Participant: Oh, it is pretty powerful. Powerful, but not black. It has some royal blue in it.

Lion: Okay. Good. Ask it "What belief are you?" Listen to what it says.

Participant: What belief are you? That belief is actually not bad. It says, "You're radiating assertiveness and beauty."

Lion: Good.

Participant: It's actually not bad. It feels pretty good.

Lion: Yes. I know it's a good belief. That's a good belief. Go ahead and take this belief outfit off. Just hang it up for a moment.

Participant: Okay. I have hung it up.

Lion: Good. Okay, now close your imaginal eyes.

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Participant: Yeah.

Lion: Feel what it feels like to hold the belief "I am powerless."

Participant: Oh, it feels terrible.

Lion: Yes. Just let that feeling come in.

Participant: Oh, it feels like a wilting flower.

Lion: Just let the wilting feeling come over you to really take over. Give yourself the willingness to really feel it. "I am powerless."

Participant: You know I never really felt that though.

Lion: I know.

Participant: During all the years, I did not feel that.

Lion: I understand. We're exploring something more archetypal here.

Participant: Okay. Archetypal, fine. Yes. Okay.

Lion: Just feel what it feels like to hold the belief "I am powerless."

Participant: Oh, my goodness. That's awful. That's like death.

Lion: Yes. Notice that all of the things you've done to be powerful in your life have been a way of not feeling this.

Participant: Yes. Yes, that's very true, very true. Because already as a child, I had to prove that even though I was female that I could do anything. Okay. I had to prove that to my father because my father was very old-fashioned. As a girl, oh, I wasn't supposed to do this and I wasn't supposed to do that. Why? Because I was a female. Poppcock! I proved to him that no, not so.

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Participant: Right. Now just feel the fact that all of that proving was a way of not being powerless. It was a push against that feeling to make sure you weren't like that.

Participant: Yes, that's right.

Lion: Anything that we resist, persists in our life.

Participant: Yes, exactly, exactly.

Lion: Including the sense, this belief, the old belief that you pushed down in the subconscious, "I am powerless."

Participant: Yes, so I pushed this back.

Lion: Yes, that's right. Just feel what it feels like to hold the belief "I am powerless." When you're ready, open your imaginal eyes. See what outfit has been produced to represent this belief.

Participant: Oh, goodness. Okay. What outfit might that be? Let me just see. Nothing comes up automatically this time.

Lion: That's okay. Just allow whatever is there to be there, including nothing.

Participant: Actually this is right. I'm naked.

Lion: Okay. Good. You're naked. You have no clothes. You have no power.

Participant: I have no clothes on, exactly.

Lion: Yeah. Just feel that. Just feel that powerlessness is, we equate it with weakness but that it also is a very receptive and open kind of space. If you see it as positive, it is receptive.

Participant: Wow. That's a good turn. Very good, I will do that.

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Lion: Just feel it. Just feel it as an open receptive state.

Participant: Okay.

Lion: Know that the powerlessness has a positive aspect as well as a negative aspect.

Participant: Like everything, yes. Okay.

Lion: That you pushed against the negative aspect, but it also pushed away the positive aspect of being open and receptive.

Participant: Right. I feel that.

Lion: Good. Okay. See if the outfit has changed with this open, receptive feeling to it.

Participant: Okay.

Lion: Still naked or is there something there?

Participant: No, it has become a dress.

Lion: Describe it.

Participant: It's a dress that is of very fine fabric, a light, silky, flowing fabric covering my arms but being flowing. It feels very, very nice. It goes knee length, flowing, very pretty.

Lion: Yeah. It sounds very feminine to me.

Participant: It is feminine. It's pastel color.

Lion: Just feel the beauty of this open, vulnerable and receptive quality. Just know that you can balance your power needs with your feeling of open and receptive.

Participant: Yes.

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Lion: Is this an outfit you'd like to keep?

Participant: Yes, definitely.

Lion: Good. Take this one off and hang it up next to the power suit.

Participant: Okay. Good.

Lion: Just know that they're both available to you.

Participant: Yes.

Lion: Depending on the circumstances. Sometimes one is more appropriate, sometimes the other. Like you wouldn't wear an evening gown to bed and you wouldn't wear pajamas to a business meeting.

Participant: Oh, it is. Yeah.

Lion: But you have both available to you now without any resistance.

Participant: Right. Good.

Lion: How does that feel?

Participant: It feels great.

Lion: Good.

Participant: That is this principle of all possibilities, according to your choice. You point it out with all the archetypical possibilities of feelings. It's wonderful. Thank you very much.

Lion: Good. You're very welcome. Just come out of the BeliefCloset and know that you have access to those outfits anytime you wish.

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Participant: Wonderful. Wonderful. This is a wonderful concept, yes. Thank you so much. Thank you so much.

Lion: You're so welcome. Feel free to contact me if you'd like to work more deeply with me.

Participant: Yes. Yes, I'll be in touch. Thank you so much.

Lion: Okay. Thank you. Take care Bye-bye. All right. Well that was wonderful.

We'll go for one more person. There are three more people with their hand raised. I'm sorry I can't get to all of you. Let's see, I will choose, [Participant]. [Participant], you're the last person I'll work with tonight. For those of you who have your hands raised, feel free to contact me to go further.

Participant: Great.

Lion: Hi, [Participant].

Participant: Hi, Lion. Thank you so much. I was hoping, hoping that you'll take me. I was working alongside I think with [Participant] with her issue. One of my main issues or belief is that I'm not good enough. It's one of the other core belief that is a secret and a shame belief. This can probably be really emotional.

Lion: Okay. It's all right there.

Participant: Yeah. Well what's interesting is I followed along when you were working with [Participant] because I also experienced incest and an abuse situation when I was probably about six, seven years old. It was abuse by a very close family friend of ours who is a priest and who is very close to our family and then an incestuous family relationship. I think that was not necessarily back to back but within a couple of years of each other.

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One of my huge beliefs I think that just keeps coming up in some of my work is the protection. It's a secret still in terms of last year. I was able to deal with some of it but in terms of telling my mom, my dad has been actually deceased for quite awhile about 20 years, but it's something that I can't find a way to talk to her about it.

When I come to the Closet and I'm ready to get rid of some of these surrounding beliefs, one of it I was a mummy - in the last outfit. It was tight. I'm trying to pull it out of my mouth because I feel a lot of it is in my throat. I can't get rid of it. It's like that scarf trick, like a magician. It just never stops.

In my mind I kind of said, "Okay, there's a ball there at the end. I've got to get it out." The one thing that was really hard, when you were following with [Participant], you came to the part at the end where she had this shadow of her belief. I didn't really have that.

I was trying to go with what she was experienced in. It was something that you touched so with her, like she was talking about the connection with her mom. I totally disconnected. I was like, "This is the thing I need to work with, but I can't." Whatever that was that she was able to do, it wasn't the right line of questioning for me.

Lion: I got it.

Participant: Yeah, okay.

Lion: Let's explore. First of all, are you willing to say who in your family was the incestor or not?

Participant: Yeah, it was my oldest brother who's seven years older than I am.

Lion: Okay, give me a moment. Okay. Go into your BeliefCloset. Let me know when you're there.

Participant: I'm there.

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Lion: Okay. I would like you to bring your seven-year-old or about how old you were when the priest started touching you.

Participant: Okay.

Lion: Just bring her in and invite her in. Create a very safe container. Like put cement or a sphere around the BeliefCloset so she knows that nothing can get in without her permission. Let her know that you're making this completely safe for her. You can explain to her that there are other people that can hear, but nobody can get into the BeliefCloset with you.

Participant: Okay.

Lion: Invite her to go sit in your lap. Just say, "I'm here to just love you exactly as you are." Just hold her and hold her tight. Let her know that she's safe and that she's loved. Tell her, "I am your new mommy."

Participant: I'm your new mom. Okay.

Lion: "And I am going to love you and protect you."

Participant: I'm going to love you and protect you.

Lion: "The way that your other mommy couldn't."

Participant: In the way that your other mom couldn't.

Lion: "That your daddy couldn't."

Participant: Your dad couldn't.

Lion: "I'm going to protect you from harm."

Participant: I'm going to protect you from harm.

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Lion: "From bad things that happened."

Participant: From bad things that happened.

Lion: Let her feel your commitment to her. Let her feel your love. Just appreciate and love her for exactly who she is including all the hard parts, even the parts that she doesn't like about herself. Just love her up. Just overwhelm her with love. Fill her up with love so she knows she is loved. Tell me when she feels comfortable knowing that she's loved, protected.

Participant: Okay.

Lion: Now tell her that you'd like to talk to her about some things that happened so that you can help her and protect her. That some of the things are bad things, are hurtful things, uncomfortable things. Ask her if that's okay with her to talk about them.

Participant: In my mind and in my Closet I'm saying, "We can talk about these things and you can talk to me too. It's okay for you to talk to me. I am here to listen to you. You just tell me whatever you need to tell me. I'm here."

Lion: Good. Does she understand that?

Participant: Yeah.

Lion: Okay, good. Say to her, "There was the priest, our family friend, who touched you in a way that wasn't good. Do you remember that?"

Participant: Yes.

Lion: "It confused you. It was uncomfortable. It might have even hurt. You might have known that it was wrong or bad." Give me any feedback, any way she's responding.

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Participant: Part of it is I should have known it was bad, but I didn't know. I just didn't know. I didn't know. He was someone I trusted." So there's some shame still there like "I should have known that was bad. I should have known."

Lion: Yes. Let her know that "You couldn't have known. You didn't know. You were only seven."

Participant: Okay.

Lion: "It's okay. You didn't know. It's okay to not know things. You were only seven." Ask her, "Did he make you promise not to talk about it? Did he tell you not to tell to tell anyone?"

Participant: She doesn't remember.

Lion: Just let her memory go back. Just very gently let her memory go back. See whether there is something like that. It might have been spoken. It might have been unspoken. If there's some agreement that she made not to talk about it, sometimes there is, sometimes there isn't. Whichever is true is what we're looking for. He might have said something like "This is our little secret."

Participant: It's so gross. It was more like kissing and not necessarily touching. It's a nuance. I think it was more of, in her words, "There was never words said like that, but more it was something kind of secret and special." Something that was just between the two of us.

Lion: Let her know that you understand. You understand that it felt good. It was special. It was secret. It was just between the two of them.

Participant: Okay.

Lion: Let her know that that's okay with you that that happened. That you don't judge her, that you love her no matter what happened.

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Participant: That's really hard.

Lion: Yeah, there is some judgment. Just face it. Just face it if you have any judgment of her for that happening. Go look inside yourself what's there.

Participant: So many other things that had come up like giving responsibility too young, expectations too young and that feeling, again, like the should-have-known-better kind of thing.

Lion: Just notice that this is your adult judging a seven-year-old. It's really your adult judging yourself. Just notice that what you're doing is you're judging up a part of you that didn't know any better, couldn't have known any better. Where is that judgment coming from?

Participant: I think that was outside of me. I think that was any number of adults. I was the youngest of three. I was the only girl. I don't really remember feeling that pressure. I think there was, I was a really good student, I was smart, I was always responsible, and that kind of message of "You know better" or "We expect you to know what to do," even if I didn't. I really don't know if I can name that, if it was just part of being a younger sibling with seven five-year-older brothers and myself, a little bit older parents or not, because I was a great kid.

Lion: Just feel the expectations that you were supposed to know better, that they came from the adults around you, the older siblings and the parents who were expecting you to be an adult, to have an adult discernment and wisdom as they had it.

Participant: Right.

Lion: Here you are a young girl looking around at all these older people. They've got something you don't, but they expect you to have it. Feel the pressure of that. Were you raised Catholic?

Participant: Yes. How did you know?

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Lion: Yeah. Just feel and remember the church's admonitions. What they told you about bad things, about doing bad things and going to hell. How if you did something bad, you'd go to hell. Here was a priest, a representative of that church doing something that was uncomfortable and weird. He is the authority, but he was also doing something bad. This is one big fucking mess, frankly.

Participant: Yeah.

Lion: You have church authorities telling you that you should know better. You have your parents and siblings telling you, you should know better. You should know how to handle these things. You should be an adult about them. If you make a mistake, you're going to go to hell. Here is an authority of the church doing things to you that look and feel like a mistake causing you to go to hell.

Participant: I feel better just having you say that.

Lion: It's breaking apart the belief cluster. It's like, "Oh, my God. I was put in an impossible situation, all these different forces on me. They were expecting me to be an adult. I wasn't an adult. They were telling me I'd go to hell if I did something wrong or bad. The priest, who is a representative, is doing something wrong or bad, making me go to hell. I should know better because that's what they said."

Participant: Yeah. I think that's echoed itself in some other things in my life with the authority person having the final say. I know it hasn't been an expectation. It hasn't been realistic. Still feeling like maybe not going to hell, but having to pay a very heavy price. It all feels like I'm the sole responsible person even though that probably wasn't true.

Lion: Feel the weight on the seven-year-old, the weight of expectations of other people, the impossible beliefs she was forced into and all of that pressure on her. She is doing the best she can, but there's a feeling inside "I did something wrong. I should have known

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better. I'm going to hell. My God, maybe if I'm perfect, I'll escape hell. Maybe I'll be forgiven by the priest. Oh, wait a minute. The priest is what made me do that." He really screwed with you.

Hold her in your arms. Explain to her that there's no way she could have known better, that she did the best she could, that she survived, that she did really, really well in every area of her life, became a superstar. She became you, a wonderful, wonderful woman with great abilities and skills and intelligence and wisdom.

That she can let go now of those bad feelings because you're there to hold her and tell her that she's okay. She's a good person. She is not going to hell. In fact, she is totally loved, by God and by Jesus. There are no bad marks. That's a myth. There is only love, God's love. There's your love. There's her love. It washes away anything that is dark. She can relax.

Participant: I can feel her wanting to get up and jump off my lap and go play.

Lion: All right. Well, let her go play. Say it's okay, go play now. That's what you're supposed to do as a child. That's your job. Your job is to play and have a really good time. Know that life is wonderful, that you're loved. Nothing is wrong.

Participant: Thank you.

Lion: Has she gone off to play?

Participant: She has, yeah.

Lion: Now I'd like you to turn your attention to yourself. Give yourself that same love, the same messages. Let them go right into your heart. Know that you're a good person. You did nothing wrong. You didn't know. You just made a mistake because you didn't know. That's okay, that's how we learn.

We learn from making mistakes. You learned a good lesson. Now you can live your life in love and in light. Let all of that go into the

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past where it belongs. It was just a mistake. There is no hell except the hell we create for ourselves. Why not make heaven out of it? Make your life a heaven. You deserve it.

Participant: I so appreciate your time. The other thing that's still hard for me in this process is after working a lot with myself and then just looking at other things that happened in my life, and saying I know that happened for that reason, but it's an echo back of all of that. How do I just put it in the past? And just not think that it's going to repeat itself in a sense.

Lion: Well it's not going to repeat itself because you learned a lesson. The way to clear it from the past is through forgiveness. You have some forgiveness work to do, forgiveness of the priest, and your older brother and also yourself, those people who violated you. Forgiveness is the healing balm that will let it go into the past where it belongs. If you'd like to work some more on this, feel free to give me a call, but you're well on your way.

Participant: Okay. I really appreciate your time and just taking extra time. I really do thank you.

Lion: Thank you to you. Thank you to everyone who's been on the call. Thank you for your presence. Thank you for your attention. Thank you for your care and your healing.

I really appreciate and love you all. I'm always here for you. It's been a pleasure to be your guide on this long journey. I'm just going to open the phone lines so we can say hello and goodbye. See you down the road. The lines are open. Thank you everybody.

Participants: Thank you, Lion. / We love you! / Goodnight. / Etc.

Lion: Thank you all. Have a good night. Feel free to be in touch. Bye-bye!

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7.5 We've reached the conclusion of the Clear Your Beliefs program, so I want to do a quick review of where we've been. At the end of a long journey, when you've reached your destination, it's always a good idea to look back and see where you started, and where you've been on the path. So let's look at our journey together.

We began with an understanding of the Human Operating System – the belief structure underneath all of our thoughts, feelings, and behavior. We learned where our beliefs come from – indoctrination, conclusions, and choice, and how they function in our day-to-day lives, at the root of our psychology, our attitudes, and our reactions. And we learned that beliefs operate in the subconscious mind, what we call the Imaginal Realm, automatically, below the level of our conscious control. To manage anything, you first need to become aware of it, so we became aware of our automatic patterns, the voices in our heads that tell us there's something wrong with us, or with others, or the world.

Then, we learned the magic and miracle of belief change – we found that we could actually change those early beliefs deep in the psyche – even our most primitive, pre-verbal beliefs. You learned how to use the BeliefCloset Process, an inner journey into your own sacred space, where you could CHOOSE to discreate, un-create, destroy beliefs that you no longer need or want to be running your life. And once you do that, when you clear something from the psyche, you have an open space into which you can create a new belief, one that is empowering, enlightening, and will produce the experiences, the feelings, and the thoughts you WANT to have in your life.

We began by examining beliefs that you had about yourself, at the core of your self-image, your self-esteem, how you see yourself in the world. Then we examined your beliefs about your capabilities, your possibilities, and your limitations. Hopefully, you recognized that all of your limitations are self-imposed – even if someone tells you that you're not capable of something, that's just their opinion, unless you take it on and agree with it, and make it

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true. This idea opens you up to the possibility that you can create absolutely anything you want in your life. Simply determine what beliefs are necessary to create your life as you want it, and then remove the old beliefs that are in the way, and create new ones in their place.

We then looked at your beliefs about other people, and the world, since to create anything great, you need to interact with others, and your beliefs about them will automatically limit who you contact, and how you get along with them. And if you're not in alignment with the truth of the world, the laws of physics, chemistry, and biology, you won't be very successful. And if you ARE aligned with the world, and your life purpose, the universe will support you.

Then, we began to explore your beliefs in many different realms of life. Love and relationships, money and work, your body and health. You have explored your beliefs in these areas, and more. And now, here at the conclusion of the program, you have a magic wand that can change anything in your life. Do you want more money and prosperity? Change the beliefs that block you from nature's abundant flow. Do you want a better relationship? A life partner? Change your beliefs about what love is, and who you are in relationship, and the patterns of behavior that make up your LoveStyle. Do you want more meaningful work? Clear the beliefs that prevent you from knowing your life purpose, and then open yourself to receive that information directly from your soul, or from Spirit – whatever your name for that essence – what I call "The Universal Whatever-it-is." And if you're a person of faith, and you want more faith, clear the beliefs that are in the way of your faith, and find that deeper connection to what's most important in your life.

This course is about empowerment – empowering you to take charge of your life, to change what can be changed – which is virtually anything. It's true that you can't change the laws of physics, but you can change your relationship to them. It's true that you can't change other people, and you can't control them,

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but you can influence them, and change your relationship to them. You can change how you respond to them. Your ability to respond – that's your response-ability. You can't change the economy of your country, and how it works, but you can align yourself with it, and create your own economic situation, and learn to manage it well. You can also get involved in social change, and help educate and sway your elected officials. You were born into a particular society, with its own beliefs and structures, but that doesn't mean you're stuck with those beliefs. You're not a victim – you're a willing participant. As my friend Scoop Nisker, said: "If you don't like the news, go out and make some of your own.

I haven't seen anything in human experience that can't be changed by changing your beliefs about it. If you discover something like that, please let me know. The one thing I know for sure is that I don't know everything, and I'm still learning. I've studied so many subjects, history, economics, politics, the sciences, psychology, neurology, philosophy, linguistics – and I still find that belief change, this process I've taught you, is the most powerful leverage you'll find for your life. I wish I could teach it in every elementary, middle, and high school in the world. It's so important... I can't think of anything more important for young people to learn. Because once you know this secret, the world is opened up for you.

So now you know it, and now you get to choose how to use it. You can go back to your life and think the same thoughts, and do the same behaviors as you've always done. That's a choice. You'll now be more aware that you're making the choice. Or you can choose a new path, one that is chosen free from the past, one that's aligned with who you are, and change your beliefs so you can walk that path as a free person, free to create the world you desire. It's your choice, if you choose it. You're free, if you take advantage of your freedom. If you don't choose your own beliefs, there are plenty of people in the world who will gladly choose them for you.

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You have my best wishes for success on whatever path you choose. My job is complete. You don't need me anymore. So take whatever I've said, and if it doesn't work for you, place it in the fire and get rid of it. And if it does work for you as a tool-set to help you shape your life, that makes me really happy. You have my blessing in either case, for a great life, filled with success and failure and adventure and learning. This is what we're here for – to learn and grow. It's been a grand adventure to share it with you.