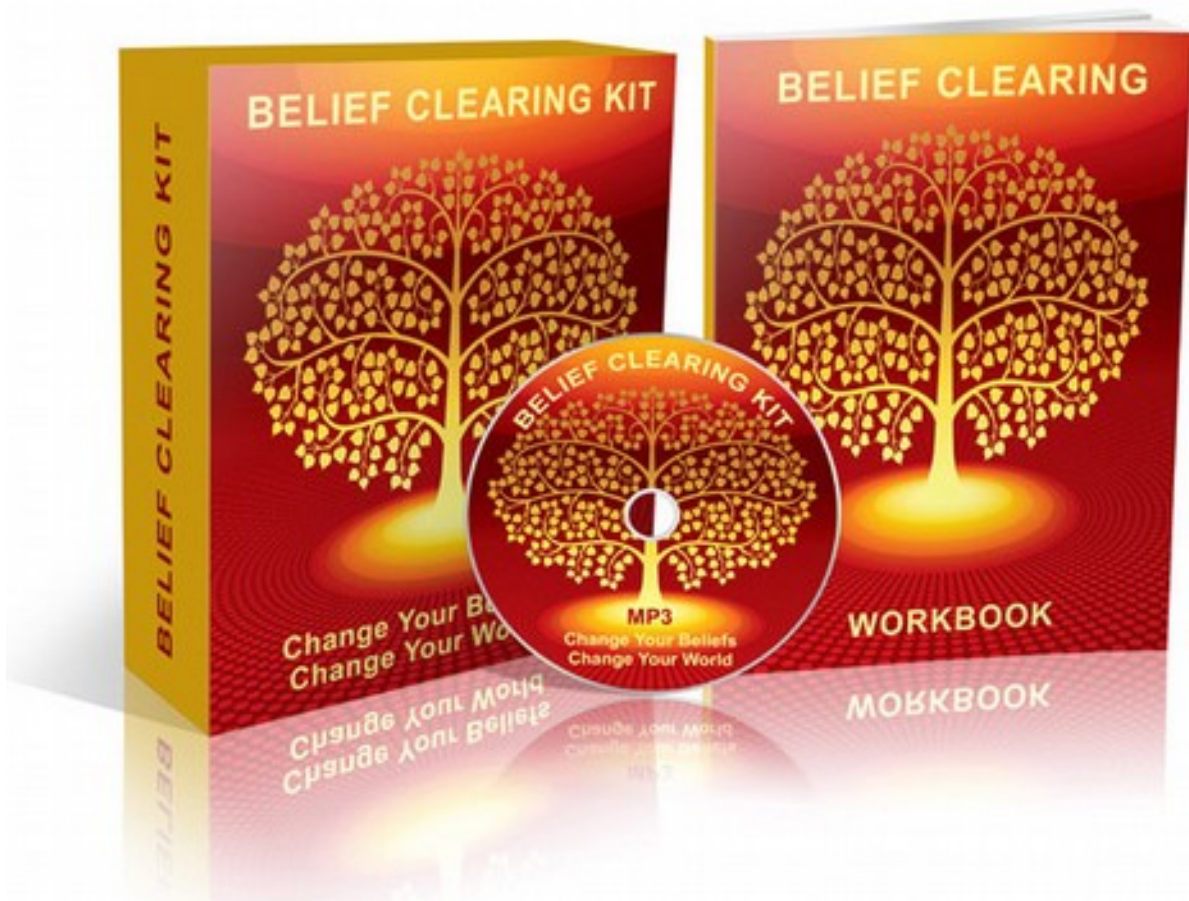


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# *Belief Clearing* **WORKBOOK**

By Aine Belton



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# *Belief Clearing* **WORKBOOK**

**Part 1** explores **what beliefs are**, how they are formed, and how best to approach the belief clearing process.

**Part 2** looks at how to identify any limiting beliefs. Becoming conscious of what you want to change and the beliefs that are already impacting and manifesting your life is obviously integral to the belief clearing process. Categories of beliefs and **11 exercises to help identify limiting beliefs** that may be holding you back are explored in this section.

You can work through all 11 exercises or choose those that most appeal to you.

**Part 3** looks at how you can **harness blockages** to identify limiting beliefs and patterns.

**Part 4** details two **dowsing techniques** (using a pendulum and muscle-testing) you can explore to test limiting beliefs identified.

**Part 5** looks at ways to **create and install NEW empowering replacement beliefs** and includes the **Belief Clearing Meditation**.

**Part 6** looks at **9 techniques for strengthening your new beliefs** in everyday life.

**Part 7** offers **consciousness expanding tips** for creating a **paradigm shift** in your life.

Together with this **Belief Clearing Workbook**, there is also the **Belief Clearing Meditation** audio MP3 for clearing your limiting beliefs and installing new empowering beliefs at a subconscious level.

It is best to work with this meditation when you've finished **sections 1 to 3** of this workbook.

You can find out **more about the meditation** in a description in **section 4** of this workbook.

## **PART 1**

### **An Introduction**

**“A belief is assuming something to be true, to be a fact. A belief is not caused, it is created by choice. A belief about a thing's existence is not the same as its existence.”**

*~ Bruce Di Marsico*

Beliefs are not the truth, just an accepted perception of such. What's great about beliefs is you can change them, and choose those that most support the wondrous Truth of who you are and your visions and dreams.

Clearing limiting beliefs and installing empowering ones is essential for creating a life aligned to your heart's desires.

Beliefs are primary components and building blocks of reality. They are formed during childhood and at other key times in your life. They can be shaped and influenced by family, peers, society, media, etc., and there are a great many you may not even be conscious of.

Your beliefs affect your thoughts, feelings, attitudes and actions, and literally shape and dictate your reality at a very fundamental level. They are the blueprints of your world.

**“Beliefs are the determinants of what one experiences. There are no external causes.”**

*- David Hawkins, I: Reality and Subjectivity*

Harnessing the power of belief will profoundly change your life. You can re-invent yourself and your reality so that it reflects more of all that you are and all that you wish to be, do and have.

To successfully manifest the life you desire you obviously need beliefs that are congruent with the outcomes you seek. If, for example, you want a happy loving relationship but hold negative beliefs about men/women, yourself, relationships, intimacy, commitment, or love itself, that will obviously effect your experience.

Trying to engage the law of attraction at the level of thought and feeling without first addressing the level of belief simply won't work. You might experience temporary short-term results which can be reassuring, but these might not be long-lived if your beliefs run counter to them.

It's your beliefs that ultimately dictate the boundaries of your experience. Furthermore, it is your beliefs that fuel and direct your thoughts and feelings, so attempting to think 'against the grain', is not only effort-full, it is ultimately futile.

Change the 'grain' first; i.e. embed new beliefs that are in line with who you wish to be and your heart's desires and they will then serve as wellsprings for positive thoughts and feelings that will naturally flow into your consciousness and align you to your heart's desires.

If thinking and feeling a certain way is requiring a lot of effort, it can indicate that at a level of belief you are not congruent with those thoughts and feelings. Clearing your beliefs is a first port of call.

Conscious efforts to apply the law of attraction without changing your beliefs is like painting over cracks in a wall! It might look clean and bright for a while, but it is only a matter of time before the cracks begin to appear again in your reality.

Perhaps you manifest a new relationship or job, for example, only to find the same patterns, issues and agendas from your past resurfacing. The outer form may change and appear different, but the function will remain the same. Nothing changes until you do.

Working consciously is powerful and effective when you are *also* subconsciously aligned. If not, however, you are functioning with a 'split-mind', and your reality will reflect that. You can't escape your beliefs.

When your beliefs are in harmony with your heart's desires, it does not require effort to think and feel in accordance with them. Yes, it still serves you to be conscious, mindful, and use the power of your choice, focus and attention to harness thinking and feeling in a way that serves you, and this can be fun and joyful if your beliefs support you. Doing so is more like being in the flow, floating along the river of life rather than trying to swim upstream, extending your heart and mind with beautiful thoughts and feelings that arise from your positive beliefs and are reflected back to you in realities you attract and create.

## **Where Beliefs Started**

From the ages of 0 to 5 you were like a sponge, absorbing and accepting the information around you without



question at an unconscious level. You were essentially being programmed by your world and the people in it. Patterns were created and programs formed. Many of these patterns exist as neurological pathways through which you experience and create your world and are with you still today.

First of all, you were imprinted with the mental and emotional state of your mother. Until about two or three years old you felt whatever she felt. You experienced the world as she did, like an extension of her being, experiencing her thoughts and feelings on a deeper level whether you wanted them or not.

Those first five years were critical to the formulation of beliefs that still exist for you today for several reasons. At that age you couldn't evaluate for yourself. You didn't have the ability to rationalize logically or question anything. You had no way of knowing whether what you were about to believe was really true or not. Furthermore, as a child you think the world revolves around you. If there is disharmony, neglect, or dysfunction, in whatever form that may take, you think that the problem is because of you. You think that it is because you are bad, wrong, or not good enough in some way.

So if your family was anything like the norm, you would have grown up feeling as if any negativity experienced was your fault and there was something wrong with you. Any pain you felt, either from punishment directly (criticism, verbal abuse, spanking) or indirectly (such as withholding affection, which can be just as painful), became stamped into your



consciousness in the form of a belief. It became internalized.

You may have come to believe that love equals pain, or that who you are is not good enough, unlovable or unloving. Your belief was fused with feelings of pain, hurt, sadness, rejection, and so on.

You were a blank slate colored by these experiences. The more intense the experience, the bigger the impact and the more defining and powerful the beliefs and programs that were created. These programs continue to play out in your life today. Your beliefs do not diminish over time.

Sensitive as you were, you felt deeply at such a young age. You didn't have a thick skin to protect yourself. Sadly, you may have gone on to create a thick skin to numb yourself from what you perceived as a painful or frightening world. This means you may also be numb to the depths of beautiful and wonderful feelings and experiences life has to offer. When you cut yourself off from feeling painful feelings, you can cut off the light feelings too; the love, joy, peace, bliss, and so on.

Parents are never perfect. They don't always know how to do it best, and even those that are more conscious, wise and loving still fall short from time to time. Fatigue, hormone changes, mood swings, stress, and being human can lead to irritability and angry outbursts. It's impossible to be loving all the time.

Your parents may very possibly simply not know how best to raise a child. Parenting skills, though greatly improving,

have left little to be desired in the past. Your parents may not have known how to help you understand your own value and worth, or how to help you express your feelings and needs in healthy ways.

With a foundational belief such as “Love equals pain”, or “I’m unlovable”, as examples, you may have difficulty receiving, allowing and experiencing love or creating any kind of oasis of love in your life. No matter how hard you try, the change doesn't seem to happen. Trying in itself indicates that you lack belief or expectation in receiving love. Otherwise there would be no need for effort, and you would simply allow and receive love. Love can feel like a futile quest, and you may even begin to give up, though perhaps not necessarily consciously.

You are dictated by beliefs and scripts from a young age that shaped your experience. It is catch 22 situation. Your beliefs create more of the same which further compounds those very beliefs. The patterns get repeated again and again.

It starts with awareness and then choice, as well as forgiving yourself and others if that supports your transformation process. You can become aware of the limiting beliefs that are running as patterns and programs in your life and choose new beliefs that serve you and reflect who you truly are and your heart's deepest desires. You can create a whole new life for yourself.

## **Belief and Choice**

You CAN be free. The keys lie within you. You can choose what you want to believe. You can begin to know and experience your true amazing nature. And you are the co-creator of your life's experience; dreams can, do, and will come true. Yes, a dream life. No, not a perfect life. Not a life without challenges and ups and downs, but one that is most aligned to your true nature and the true loving nature of reality.

When you consciously choose beliefs that serve you and the life you desire, your world radically changes in a magical way. It's the ultimate life makeover where you get to re-invent yourself and manifest entirely new realities.

You can live from your vision and your heart with energy, passion and purpose, optimism and enthusiasm, becoming more of who you truly are. You can live a life that reflects your heart's wishes and desires and your inherent loveability and greatness.

To change your limiting beliefs you want to identify them first. This is where awareness comes in. A large part of the process of changing your limiting beliefs is being aware of what you wish to change - the hidden 'agreements' that you made so long ago that are still impacting your life today.

**"The only darkness is ignorance"**

- *William Shakespeare*

Being conscious in and of itself can create a huge shift, and unwanted beliefs can begin to crumble and fall away.

When you are unaware you are kept in the dark, trapped in a prison from which you have the power to be free but cannot find the key; rather like a fly that buzzes trapped against a glass window when the open door is inches away.

The Belief Clearing Kit shows you to that door and guides you through it.

## **Beliefs and Emotions**

Beliefs have accompanying emotions that act as a signature of that belief. The stronger the belief, the stronger, more charged and distinct the emotions will be that surround it.

Changing your beliefs at a purely intellectual level can be ineffective if you have not addressed the emotions that surround and compound those beliefs. In the **Belief Clearing Meditation** you have the opportunity to also release the emotions that accompany your belief.

Ponder for a moment on a negative belief you hold, such as, “I’m not good enough” or “Money is hard to come by”. While you think about this belief, notice the feelings that accompany it. Notice how your energy drops and your all-round state is lowered.

Perhaps you feel pain, anger, frustration, doubt, hopelessness, despair, grief, anxiety, loneliness, or depression. Perhaps you find it difficult to name and identify the subtlety and complexity of emotions around a belief, but are familiar with how they feel nonetheless, and the impact they have on your state of being and life.

Emotions are like colours. There are countless shades. Beliefs can trigger a myriad of emotions that create a synergistic

blend which act like an emotional template. It might be hard to define this template, even though you will have experienced it time and time again. You may not even be conscious of it, thinking that it is just a symptom of 'the way life is', yet in fact, life is a product of these beliefs and emotional states.

The realness and vividness of these emotions can lead you to believe that the perceived external trigger of these states (the self-created illusion 'out there') is in fact real also, where at a deepest level, it is a reflection of your *internal* environment and beliefs.

This is why it's important to examine and become aware of your thoughts and feelings and look to the beliefs that lie at their core. When you change these, your outer world will change also. It's impossible for it not to. You are source, not subject, of your reality.

When it comes to identifying your negative beliefs, as will be explored, your emotions can be great allies. If you are feeling low, upset, angry, hurting, blaming, hopeless, etc., look to see what thoughts and beliefs are underlying these emotions. What are the fundamental assumptions that are generating these painful or constrictive states?

Honour your emotions and listen to what they are telling you about what's going on inside; your internal processes, beliefs and attitudes.

As mentioned, if they are negative or uncomfortable, what thoughts or beliefs are they pointing to that may not serve you.

Express and release your feelings rather than deny, repress, control or judge them.

This doesn't mean wallowing in them or giving them undue attention if they do not serve you (i.e. nip that self-pity in the bud), nor does it mean dumping them on someone inappropriately (writing a letter and burning it would be far healthier).

Honour your emotions by accepting them and allowing them to flow through you and be expressed and released. Allow yourself to feel them. Embrace your humanness and all aspects of yourself.

You can also write them down, express them through art or movement or communicate them in whatever way that feels true. And you can learn from them. Look to the thoughts and beliefs that lie behind them.

## **You Are Not Your beliefs**

Before you move on to identify your beliefs, it's important to remember that you are not your beliefs. The beliefs you uncover about yourself are not who you are. The essence of who you are is beyond anything any belief could ever amount to.

*Don't make the mistake of believing your beliefs!* It is time to allow truth and possibility to wash them away and allow new meanings and possibilities to land in their place. Don't judge yourself, or be hard on yourself or use your

negative self-beliefs as an excuse to beat yourself up. You can be sure this is what the ego may attempt to do.

Your ego wants you to believe the lies of your negative self-beliefs rather than experience them as the faulty assumptions that they are. It's time to choose new beliefs aligned to the truth of who you are and the way you desire your life to be.

Whatever shadows you uncover with the stones you overturn, feel grateful and relieved. You have found what lies at the core of areas in your life that are not functioning as you would like or are out of alignment with your true self.

## **Journey with Love**

You are about to venture on a journey during which you may encounter shadows and dark areas, or hit pits or bumps in the road. Venture with love and kindness. Make it your intention to love and accept yourself for who and where you are right now, whatever beliefs you may discover you hold about yourself, others or the world. Be compassionate with yourself on this journey, fully accept yourself, and let love illuminate your path.

Don't beat yourself up because you wish you had more empowering beliefs from an earlier time. Feel grateful that you are on a journey of liberation. Look to the new you and new futures that lie before you. Don't regret the past. Get excited about what's to come!



It is possible when you first awaken to more of the true nature of reality and the mind to feel foolish about having lived in a small box or held such limiting beliefs. Be gentle with yourself! Don't use your limiting beliefs as a reason to judge yourself, or feel sorry for yourself. That's what the ego would like you to do to keep you from moving forward.

Listen to the loving voice within; it is guiding and nudging you gently, lovingly. It comes to hold your hand and to rejoice with you. Find time in stillness and quiet to be with this loving self. It is who you are. Let it heal any grief, guilt, pain, or remorse about a past that did not happen or one that was difficult. Know there are great treasures in that past, and reasons you chose your exact background; your parents, and the programs and beliefs you took on through that. There is a bigger picture to your soul's path and evolution. Trust it.

It is time now to let go and move forward. It is time to create a new life founded on new beliefs. It's time to celebrate! Welcome in your true self and a life aligned to your highest path and potential.

## **Self-Acceptance**

This workbook and meditation are to assist you in making positive internal changes and decisions about who you are and the way life is. It is important to start with self-acceptance.

**“No amount of self-improvement can make up for a lack of self-acceptance.”**

*- Robert Holden*

Where there is self-acceptance, positive change is inevitable. Trying to improve yourself without self-acceptance, however, can in itself be rooted in the belief that who you are is not enough, that you must fix yourself or become more, or be something else to be good enough or happy.

You can never truly love yourself if you don't accept yourself. In truth, all you need to do is let go of what you are not and you will reveal the ineffable wonder and beauty of your true self. That letting go isn't necessarily a flip-switch. It can be messy, take time, involve layers and phases, and include facing shadows and repressed aspects and feelings, etc. Changing limiting beliefs hugely supports that process.

You don't need fixing, you need loving. Be conscious of any motivations for self-improvement. If they are sourced in feelings of in some way being wrong, in guilt, shame and negative self-beliefs, no amount of 'fixing' yourself will ever bring you the happiness you seek. It is the healing balm of love and self-acceptance that enables that.

What you accept, you can naturally let go of and release. It is what you resist, judge or condemn that sticks to you like glue. Accept yourself for who you are right now; the good, the bad and the ugly. Have compassion for your whole self and the journey of your life thus far. Hold forgiveness in

your heart and allow your true unlimited self to awaken and shine.

Before ever trying to be anything other, realize that who you are right now already is way more than good enough.

Your beliefs, blocks and life experiences may have blinded you to the truth of who you are. With self-acceptance, negative illusions can melt away to reveal the light and beauty of your true self that has always been there. Love allows you to blossom and unfurl. Own and recognize your divine inherent innocence, value, and worth.

## **Forgiveness**

Let forgiveness be your ally on this journey.

Forgive yourself not just for any of the 'bad things' you think you may have done (which your ego would like to shine a big spotlight on to keep any "I'm bad/wrong/not good enough" beliefs alive and kicking). Forgive yourself for thinking you were bad or wrong in the first place, for the truth of who you are is wholly innocent.

Forgive yourself for being hard on yourself, for judging or condemning yourself, for not seeing your truth, for not appreciating or recognizing your value and innocence, or for feeling deficient or 'less than' in any way.

If you start hearing yourself say, "I've so much I need to forgive myself for because I'm so bad, so wrong, etc., etc...", recognize the ego trap of that self-condemning talk. Don't let self-forgiveness become an should either. It is a gift from yourself to yourself.

## **Breaking Free**

Your limiting beliefs can be seen as agreements that you have made with yourself about the way you, others or the world are. It's time to break these agreements!

In the meditation provided, you will be able to do this at a deeper level. Throughout this whole process and adventure into yourself, understand that the beliefs you uncover are decisions you have made about life; decisions that you agreed and adhered to. You are now ready to let go of those. It begins with willingness. Affirm your willingness. Allow yourself to be free.

In the light of truth and understanding, with awareness of the limitless nature of the universe and YOU, and with new beliefs to chart your course, you stand at the threshold of a totally new life!

You are about to experience a re-birth. Be grateful for gifting yourself that freedom. It starts with awareness, recognizing your power of choice, and making that choice.

Let go of the limited you, the one that feels not enough and hides behind masks that don't serve you and are not your true nature. Let go of an old self-image.

Allow your passions and dreams to stir and to fuel the creation of new beliefs so they reflect your heart's desires and the incredible being that you are.

## **PART 2**

### **Identifying Limiting Beliefs**

#### **Categories**

Before we move on to identify specific beliefs, I wanted to mention a little about categorization as it may assist you in the process.

Categories include beliefs about **Self, Others** and the **World**, and you might like to examine them in relation to **Life Areas** and **Goals** also, as explored below.

There is no right way to do this work so explore what works best for you! I have included many different exercises you can use to identify your limiting beliefs. You do not need to do them all. Pick and choose those that most suit you, that you enjoy, or resonate with. Follow your heart. Let it be fun and magical. Get excited and explore.

## **Beliefs about Self, Others and the World**

You will find that when you identify beliefs they will fall into 3 main categories: beliefs about self, others and the world.

When I say 'world', I mean beliefs about life, concepts, qualities, and conditions.

This can include beliefs about love, health, commitment, power, freedom, you name it, which can all have a significant impact on your life.

Below are some examples with beliefs around love and money in relation to the 3 category areas:

### Love

**Self:** Nobody loves me, I am unlovable, I am not good enough, I don't deserve love, etc.

**Others:** People are cold and uncaring, People only show love when they want something, People are untrustworthy, People are unloving, Men are..., Woman are..., etc.

**World** (most generic/universal): Love hurts, Love equals pain, etc.

## Money

**Self:** I don't deserve money, Money doesn't like me, I am poor, etc.

**Others:** Rich people are greedy, Rich people are unspiritual, Wealthy people are unkind, etc.

**World:** Money doesn't grow on trees, Money is hard to come by, It is hard to make money, Money is the root of all evil, It is bad to have money, etc.

It can be helpful to have the categories of self, others and the world in mind when identifying your beliefs as they can assist you in revealing a broader scope of limiting beliefs.

## **Life Areas**

You may wish to identify limiting beliefs in relation to certain life areas or specific goals you have.

Obviously many beliefs can affect all life areas but in the identification process it can be helpful to focus on areas of your life or goals you are wanting to manifest to help pinpoint beliefs that may be impeding you.

Life areas could be:

**1. Relationships** (From romantic love relationships to friendships and partnerships)

**2. Health**

**3. Career**

**4. Money**

**5. Mental, emotional and spiritual** (from self-esteem, confidence and worth, to communication, power and spirituality).

**6. Recreation and Social Life**

There are countless other life areas and categories to choose from, of course, so pick any that stand out or come to mind for you at this time. These could include areas such as fun, success, intimacy, trust, sex, and so on.

## **Goals and Beliefs**

You might like to identify limiting beliefs around certain goals that you are working on (and perhaps relevant life areas therein).

There are numerous exercises outlined below. You can explore them all or just work with those that feel best to you. If you are exploring your limiting beliefs around a goal or life area, be willing to think outside the box with regard to potential influencing beliefs.

For example, if looking at relationships, you might want to explore beliefs not just about love, men, women, marriage, and so on, but also about commitment, trust, freedom, receiving, fidelity, etc. Wherever you feel a block with



respects to previous experiences and negative patterns, for example.

## EXERCISES

When identifying limiting beliefs in the exercises below, look for statements that have meaning and significance to you, that elicit an emotional response or have impact in some way.

Write your beliefs as a short sentence, anything from around 3 to 7 words, though possibly more if need be. Work with your belief statement until you feel that it *hits the spot* and you've pin-pointed the limiting belief as accurately as possible.

Your feelings are a helpful gauge for this, as they are the language of the unconscious mind and a great way of communicating with it.

Keep a piece of paper or word doc titled *Limiting Beliefs* to keep track of the beliefs you uncover in the exercises below.

### **1) Your Life as a Mirror**

Your reality is a reflection of the beliefs you hold about yourself, others and the world. In this sense it is a mirror of your beliefs and a great ally in helping you identify them.

With a problem area in mind, look at the challenges or blocks you are experiencing in that area, and ask yourself the question, "What must I believe for this to be the case?"; then write down what you reveal. You can repeat this for key life areas, goals you are working on or desires you are wishing to manifest.

Taking responsibility for your life in this way will enable a level of self-honesty and empowerment for change, that will bring you the freedom and success you seek.

Seeing your life as a mirror can help you reveal beliefs that you may not be conscious of but are playing out in your reality nonetheless.

## **2) Thoughts & Feelings as Your Guide**

Your feelings are a great tool for uncovering and exploring your beliefs, as are the thoughts that accompany them (and vice versa).

For example, if you want to manifest more money yet every time you think of money you feel fear, lack, frustration, or pain, explore those feelings further. Examine and identify the thoughts and beliefs that lie behind them.

These may include anything from "I can't succeed", "I am a failure", "I don't deserve", "There's not enough money to go around", "Money doesn't grow on trees", "I never have any money", "Money is hard to get", "I'm not good enough", "Money doesn't like me", "I'm always deprived", "Money is bad/wrong", etc.

Some of the thoughts and feelings that surface may not appear to be specifically related to the area you're working on, but may affect your relationship with it and experience of it nonetheless (such as "I'm not good enough").

As you experience these thoughts, be aware of those that trigger or generate a strong emotional charge within you, hit a nerve or resonate inside.

These are the key ones to address whether you've heard yourself say them many times before, or whether you are surprised to discover them as they've not yet been consciously acknowledged.

Take time to examine your thoughts and feelings as they will point to the beliefs you hold. Become more conscious in your day-to-day life of any recurring thoughts and feelings that you have (see below for this also).

### **3) Inner and Outer Dialogue**

What do you keep telling yourself about life, yourself or others?

What kind of statements do you hear yourself making both internally and externally?

What are the thoughts and conversations that run like tape-loops in your mind; the ones you wouldn't want anyone else to hear? The ones you wish you could shut out and stop but seem to come out of nowhere and repeat themselves, whether you like it or not?

Allow a new self-awareness to emerge as you observe your thoughts and feelings, as well as statements and aphorisms you make pertaining to the way life is.

Begin to do this on a daily basis. Keep a journal to record and note down your internal and external dialogue.

How do you talk to yourself, about yourself? And how do you talk to friends, family and associates about yourself and areas of your life, or life in general?

Perhaps you hear yourself saying the same phrases or comments your parents used to make when you were young. What beliefs do these point to? Perhaps you hear similar stories and patterns repeating themselves in your life.

Make a list of these statements about how you are, how life is, how people behave, why the world is the way it is; the statements you tend to make about yourself, others and the world.

You can stick to an area of life you are wanting to improve with the Belief Clearing Kit, yet it's worth exploring other areas too, be that health, love, happiness, power, work, life, men, women, relationships, sex, and so on.

It's a fun and illuminating process. You'll get to know yourself a whole lot more, and the more conscious you are, the more you will be in the driving seat of your life and able to change its direction, rather than having your unconscious drive you.

#### **4) Journaling**

With a life area in mind, write down in free-flow all your thoughts and feelings about that area in an open, unencumbered way.

Don't hold back or analyse the process, just free-associate and let your thoughts and feelings spill onto the page. Do this for around 20 minutes. You'll be surprised at what it

can reveal; hidden thoughts, feelings, beliefs and agendas can surface.

Before you begin your free-association with pen and paper ready, let yourself relax; perhaps take some deep breaths, do a brief meditation or a relaxation technique. This can allow the veil between your conscious and unconscious mind to soften and loosen.

Once you have written your free-association, and only after, review your notes and the stream of consciousness on the pages before you. See if you can delineate any beliefs there. Look at recurring thoughts, feelings, patterns and statements. See yourself as a detective on the hunt for beliefs.

Pick out any possible un-serving beliefs and write these down on the piece of paper listing your limiting beliefs.

## **5) The “I Am” Exercise: Blame and Judgement as Indication**

Any time you are blaming or judging someone it is worth examining what beliefs are at play. Blame, in and of itself, means you are holding a belief that your world is separate from you, and that you are not responsible for your experience, which is a dis-empowering position.

You create your reality with your thoughts, feelings, beliefs, attitudes, choices and decisions, whether you are conscious of that or not. What's great is that you can be proactive with your creational resources, such as working on your beliefs as

you're now doing, but you first need to be aware of what they are.

Taking responsibility for your life spurs you into examining and acknowledging your internal processes so that you can let go/heal/align/transform in a way that most serves you.

You have the freedom and ability to change your beliefs, and doing so holds the key to successes you desire. It starts with awareness. Taking responsibility for your life without self-judgement or condemnation for any perceived failings, is both liberating and empowering. What you are responsible for you can do something about. Responsibility brings change.

Blame and judgement of others can point to unconscious negative beliefs you hold about them and the world, as well as about you yourself, which you may be projecting onto people 'out there'.

There are two sections to the *I Am* exercise, explored as (a) and (b) below.

### **(a) Identifying Shadow Self-Beliefs**

Note: This is a direct and somewhat 'in your face' exercise. If it doesn't feel comfortable to you, skip to exercise b) further below.

Think about the traits or behaviours in others that tend to consistently aggravate you, that tend to repeatedly press on your buttons provoking a strong emotional response, and write them down.

Then, next to each, replace the name of the person who displays that behavior in your reality with “I am...”

**For example:**

Michael is pushy and aggressive... I am pushy and aggressive.

Jane is so arrogant... I am so arrogant.

Clare is selfish and mean... I am selfish and mean.

Grant is cold and unresponsive... I am cold and unresponsive.

You may find that when you write out the “I am...” statement that memories or situations come to mind when you have, either to yourself or another, acted or thought in a way that corresponds with the trait, behavior, or attitude that you judging in the other.

The person whom you perceive has the trait you dislike in your world can be a mirror, magnifying the quality that you may be denying in yourself, and bringing it to light to acknowledge, forgive and change.

You may dislike people that are judgmental to others, yet you may be judgmental to yourself, for example. If you have contempt for people who lie, is there an area of your life where you are not being wholly authentic or honest with yourself or another?

This exercise is a way of working with your shadow; repressed self-beliefs and negative self-concepts that can be hidden from conscious awareness and projected out onto the world.



It doesn't mean you *are* these qualities. Don't make the mistake of identifying with your shadow and feeling guilt, self-attack or judgement and condemnation. It is important to be gentle, loving and compassionate with yourself during this exercise, and ensure you work on forgiving yourself for any aspects you reveal or any actions that surface from the past which reflect negative beliefs you hold about yourself.

When we forgive ourselves for what we perceive as our darker aspects, our mistakes, ugly sides and less than pretty deeds or intentions, we no longer hold judgement against ourselves or others for them; freeing ourselves from any guilt or self-punishment that could otherwise be triggered by them.

The more we love and accept ourselves, the less we are likely to adhere to our negative beliefs and act out the behaviors that come from them, and the more compassionate we will become towards others too.

You are not your darkness, failings or mistakes. Who you are is wholly innocent. You are a being of infinite love.

### **(b) Identifying Shadow 'Other-Beliefs'**

If the above exercise didn't feel comfortable or appropriate to you in relation to some or any of the judgements you have, extend it to examine beliefs you may hold about others or the world in general.

Take the judgements you hold (the traits or behaviors in others that you particularly dislike, which tend to consistently aggravate you, repeatedly press your buttons

and provoke a strong emotional response), and next to each one choose a prefix that is more general and beyond the specific name of the person involved (see examples below).

The person in your reality is reflecting a belief, and it is these you want to reveal and get to the heart of. The person and behavior are the *form*, and whilst the form may change in your world (you may get a new boss, friend, boyfriend/girlfriend etc.), the *function* (the belief itself) will remain the same if it is not addressed, and will continue to be at source of the reflections in your world.

This is why you'll find yourself attracting the same patterns, traits and characteristics in others until you address, heal and change the beliefs that lie at their root.

### **Exercise Process:**

Next to the judgements you have written down about others, instead of writing "I am" at the beginning (as with exercise (a) above), replace the person's name with a more generalized prefix that feels right to you in the context of that judgement, such as, "People are", "Men are", "Women are", "Bosses are", "Authority figures are", "Rich people are", and so on and so forth.

For this exercise it is important to relax deeply, be that with meditation, music, a hot bath, counting backwards, visualizing beautiful images, self-hypnosis, or whatever works for you.

You might like to use the beginning section of the Belief Clearing Meditation even for relaxing, halting the audio

\* Grant is cold and unresponsive... Men are cold and unresponsive

For each judgement that did not feel right when translated into an "I am" belief statement in exercise (a), see if you can come up with a statement that *does* resonates with you about others or the world, as in the examples above, which can reveal a belief you hold about others and the world reflected by that judgement.

## **6) Ask Your Higher Self**

Another way to discover your limiting beliefs is to simply ask your Higher Self or unconscious mind. I have had some powerful revelations with this technique and have identified inner beliefs that I was blind to and that had not been revealed through other processes.

For this exercise it is important to relax deeply, be that with meditation, music, a hot bath, counting backwards, visualizing beautiful images, self-hypnosis, or whatever works for you.

You might like to use the beginning section of the Belief Clearing Meditation even for relaxing, halting the audio after the relaxation intro section when you are fully relaxed and ready to commence with this process below.

When you are in a relaxed, peaceful state of mind, think of the area you are working on, be that money, relationships, success, love, career, etc., and simply ask yourself the question, "*What limiting beliefs do I hold in this area?*", or "*What limiting beliefs are holding me back in this area?*", or

words that feel right and true for you. Then see what comes to mind.

Perhaps a limiting belief surfaces as words within, or perhaps less specifically you see pictures, or experience feelings or memories, in which case, what belief/s might these be pointing to?

If you get no responses or answers and feel a little lost or that you do not know, ask yourself the question, *“If I did know what my limiting beliefs were in this area were, they would be....?”*, and then see what comes to mind. Trust any first responses. Be open and receptive. This is an intuitive exercise so see how you go with it and whether it works well for you or not.

## **7) Identifying Clusters**

Once you've found one limiting belief, it could lead you to others. Beliefs can be connected and exist in clusters and groups.

When you have found a limiting belief, explore the thoughts and feelings surrounding that belief. Write them down in a free-flow stream and see if they lead to other un-serving beliefs that are connected in some way.

## **8) Get to the Core**

You want to identify the most fundamental limiting beliefs as these are the ones that will be having the most impact on your life and can lock-in place constrictive thoughts and feelings.

As you release these core beliefs, other beliefs surrounding them will loosen their grip or become redundant, rather like pulling a weed out at its roots rather than cutting its shoots. This way, the whole plant dies.

One way to aid yourself in recognizing which of the beliefs you have identified are most fundamental, is simply by the feeling they trigger when you read them, say them out loud, or think about them.

You often know when you've hit a 'biggy' by the internal dial of your senses. If you don't have any emotional or intuitive responses, look at your life to identify which ones most typify the results you have been experiencing in your life so far. As said previously, your world is a mirror of your beliefs.

## **9) X Marks the Spot**

When something happens in your world, an event or circumstance, for example, that causes you to react or triggers strong emotions, look at the button that is being pressed internally.

What is the hot spot of emotion at the heart of your reaction? Attempt to describe in a few words what it is that is really bugging/hurting/frustrating/enraging/scaring you and write that down. And what is the story or theme at play? Is it a familiar or recurring pattern? Has a similar situation happened before?

Seek to identify the hot spots and common threads that lie beneath and between these scenarios and events in your life, as these will help to reveal the beliefs behind them.

Observe yourself in everyday life and notice where your reactions are. Seek to define them. Become an inspector to your emotional and mental self; a detective of your mind unearthing beliefs.

## **10) Compensations as Clues**

If you have a negative self-concept or belief it is possible this may be covered over or compensated for with potentially the opposite behavior.

These compensations can be strategies you adopt in order to survive or cope. They are essentially what you feel you must do, or how you believe you must behave in order to succeed given your underlying beliefs and assumptions, or they are mechanisms to deny painful self-concepts. Some examples are explored further below.

As these strategies are sourced in limiting beliefs, they ultimately only serve to compound them, and create more of the same experiences. These strategies are created as a way to survive, yet are self-defeating because they are founded on false assumptions and can obviously also block your true self and authentic expression.

You may be unaware of these strategies that are often wrapped up in your identity and beliefs that lie at their root. You may remain unconscious of darker experiences and the self-beliefs they may have created if very painful to face. Of course, these beliefs are not the truth of who you are, but you may deny, bury, repress or cover them over with compensatory behaviour for fear they are true.

What you try to prove to the world can be a sign of an opposite belief you are defending against or trying to cover-

up. If you are always trying to be good, a people-pleaser, helping everyone in a sycophantic way, for example, perhaps deep down you believe you are bad, wrong, or not good enough.

If you are overly independent and strive to do everything yourself, perhaps you are defending against a needy dependent self that you once experienced and fear experiencing again as it was painful, or you perceive as weak, and so on.

If you are a perfectionist, perhaps you are compensating for shame or inadequacy and some kind of belief that you are flawed or wrong.

It is the beliefs we are least conscious of that are also those we are most likely to project onto others, so the “I Am” exercise section covered earlier may also be helpful in bringing those to light.

Another way to identify hidden self-beliefs is to ask yourself what you most fear people will think or believe about you. This fear can point to negative beliefs you already secretly hold about yourself, whether you are conscious of them or not.

Again, remember, these beliefs are not the truth! They are not who you are. Be loving and compassionate with yourself with this exercise. Seek to unveil so you can release and choose new, positive, loving and empowering beliefs about yourself (and your world) that nourish and support you.

## **11) The Power of Questions**

Another way to identify limiting beliefs is to ask some pertinent questions.

Ask yourself the questions below in relation to an area of your life that isn't working, is repeating negative patterns, or in relation to a goal you feel blocked from manifesting.

Be relaxed and open when answering these questions. Don't think too much about the answers or try to analyse, control, or calculate them; just write down the first thoughts that come to mind. Be as honest and open with yourself as possible.

1. Why do you think you have not manifested this goal already?
2. What beliefs do you think you hold that stand in the way of this goal?
3. What do you think your main blocks to achieving this goal are?
4. When you think of this goal what thoughts come to mind (positive and/or negative)?
5. When you think of this goal, what emotions do you feel (positive and/or negative)?
6. When you think of this goal, do you feel any resistance to manifesting it? If so, what comes to mind?
7. (a) On a scale of 1-10, how deserving of this goal do you feel?



(b) If the answer to the above question was less than a 10, why do you think that is?

8. (a) On a scale of 1-10, how much do you truly desire this goal?

(b) If the answer to the above question was less than a 10, why do you think that is?

9. (a) On a scale of 1-10, how committed are you to this goal?

(b) If your commitment is less than a 10, why is that?

10. What are your main fears about achieving this goal?

11. How/in what way would you and your life be different if you achieved this goal?

12. Are you comfortable with all of the above changes or do any of those changes feel uncomfortable to you? If so, which ones and why?

Look at your answers to the questions above. They can be quite revealing and point not only to limiting beliefs but to resistances, blocks and hidden agendas that you may not have been previously aware of.

In the light of this awareness, make a conscious choice for what you desire and affirm your willingness to let go of anything that stands in your way.

Examine your answers with the intention of finding any disempowering beliefs about yourself, others and the world that may be holding you back in some way.

## **PART 3**

### **Blockages and Beliefs**

Certain blockages and constricting states can point to disempowering beliefs. You'll find some examples in this section. Have a pen and paper handy to make notes and jot down any insights that occur.

You can harness your blockages and transform potential pitfalls into allies by using them to identify possible beliefs and assumptions that lie behind them.

### **Fear**

Fear is a natural human emotion and serves the function of protecting you from harm. We all have fears, be that on physical, mental, emotional or spiritual levels; everything from the fear of death, to the fear of humiliation, loneliness, rejection, as examples.

It is valuable to face your fears and learn from them, to befriend them rather than run away from them. They will not disappear if you ignore them and will subconsciously show up in your life, so you may as well have a look at them, listen to them, and discover what they are telling you about the beliefs you hold. You are then more able to release them and let them go. It is what you resist that persists.

What are your main fears?

What fears grip you the most?

Rejection?  
Abandonment?  
Humiliation?  
Failure?  
Being judged or disliked?  
Loss of security?  
Death?  
Pain?  
Betrayal?  
Ridicule?  
Success? (Fear of success for some can be greater than the fear of failure, though rarely acknowledged)  
Loss of youth?  
Loss of power?  
Being controlled?

What do your fears tell you about your beliefs, patterns and stories? What fundamental assumptions lie behind them that could be transformed? Do your fears come from beliefs in scarcity? Or negative beliefs about yourself, others, or the world?

Many fears are based on negative past experiences that still haunt you - a fear they may re-occur. Perhaps these experiences were many years ago in childhood and have been long forgotten consciously.

What happened to you that caused you pain or anxiety, be that physically or emotionally, that you consciously or unconsciously may still be afraid of happening today? What beliefs were possibly formed by these experiences, or what beliefs may have generated these experiences in the first place even?

You may have taken on family patterns of fear, so be conscious about whether your fears reflect those your parents may also have held (and corresponding beliefs behind them).

When you fear something you give it focus and attention and keep it more alive as a possibility. The more you fear something, the more you are telling yourself it is likely to happen.

Why do you fear it? What are the beliefs behind these fears?

If you have a strong fear about being burgled, mugged or robbed, for example, perhaps you believe the world is not a safe place.

If you fear making a mistake, or being wrong, perhaps you believe that who you are is not enough, and hence strive for perfectionism to prove your worth.

If you fear loneliness, is it that you believe you are alone? That you do not yet understand that you are never alone and are ever connected to the loving source of creation, loved in every moment?

Sometimes you fear loneliness because you are disconnected from yourself. It is the very absence of *you* that creates the vacuous, empty feeling of loneliness. If you yourself are not present, when no one else is there you will feel lonely.

Solitude can be an extremely valuable and empowering experience when you allow the presence of your being to be more fully experienced and allow greater intimacy with yourself.

If you fear betrayal, what beliefs do you hold around betrayal? Look to your past experiences for they will give you clues. Have you yourself betrayed someone or even yourself? And in what way? Do you fear betrayal from another because you have not yet resolved, come to peace with, or forgiven the betrayer within you?

Sometimes what you fear happening to you from the outside is a shadow aspect of yourself that you have yet to acknowledge or forgive.

As you can see, your fears raise questions, offer clues, and point in directions that enable you to reach greater understanding and self-awareness.

Of the many fears we experience in life, there are two core ones.

1. The fear of not being good enough/loveable, and all the feared consequences around that (rejection, abandonment, humiliation, etc.)
2. The fear of loss (which can be connected to the above fear).

When you love and value yourself, other people do too, and if they don't, it doesn't bother you, because that's their problem, not yours. You are not shaken by the opinions of others for you rest in the owning of your own value and worth; the most solid ground you can stand on.

For this reason, positive self-beliefs can impact your sense of self-worth, confidence, and so on.

**“We can only be afraid of what we believe we are – whatever there is in ourselves that we haven't met with understanding.” - Byron Katie**

People are only thinking about you what you think they are thinking, and if that triggers you it may ultimately reflect what you are thinking about yourself.

When you fear what other people think about you, you might be afraid of what you secretly believe about yourself. So, to reduce your fear in what other people think about you, face any possible self-judgements, face your shadows, accept and forgive yourself for any perceived faults/darkness/flaws, and realize they are not 'who you are'.

You are not your negative self-concepts, beliefs, failings, or mistakes. The truth of who you are is wholly innocent. You are born of love, returning to love.

The fear of loss is a genuine fear that exists aside love. Trust and a connection to and awareness of the eternal love of your Higher Self and Creation can help assuage levels of this fear.

We are human. We love and we can experience loss and the grief and pain that accompanies that, whether that be an ending of a relationship or the death of a loved one. Yet, as the saying goes, “It is better to have loved and lost than never to have loved at all”.

When it comes to the end of relationships, be that friendships or loved ones, letting go creates a rebirth and a possible new relationship to enter your life at a higher level.

In truth, there is only ever change, and love will continue to show itself in your life in different faces and forms. If you let go of the past, trust and are open to the next step on your path, it will present itself.

When you do let go, which can involve grieving, of course, feeling all your feelings, and so on, either what you have let go of comes back if it is for your highest, or something even better enters your life.

Facing and exploring your fears allows them to dissipate, leaving you feeling lighter and freer. A healthy way to deal with your fears is to write them down. You'll be amazed at how doing this alone creates a release. After writing them down I also suggest crossing them out, ripping up the paper and burning it for release.

It is the fears that you don't face or run away from that have the greatest hold over you. Be willing to face your fears. When you review them in the light of day, many may even seem laughable.

Another antidote to fear is trust. Trust in the new positive choices you are making and the new beliefs you are incorporating. Trust in the love and grace of the Universe and the power of your heart and mind. Trust that you are on a co-creative journey, that there is a bigger picture, and that there is love, help and guidance available to you in every moment. Trust that the Universe wants you to have what you desire as much as you do. Trust that you are loved more

than you know, more than you will ever know!

When you fear you try to control life, people and events, which never works, whereas trust enables openness, an ability to receive, and flow.

Trust invites the sweet anticipation of positive realities which alone is a joy to experience, and with that anticipation the likelihood of experiencing those circumstances increases. Shift your focus from fears and problems to solutions and desired outcomes.

## **Control**

When we try to control our reality or manipulate people or circumstances we are simply signalling to our subconscious mind that we do not believe we can have it our way, for if we believed we could create and receive our heart's desires, we would not attempt to *control* to make things happen.

Instead, we would be open to receive, and trust in the unfoldment of events, knowing that what is in our highest will manifest and we are utterly deserving of all our heart desires.

Control, born out of fear, is used to protect ourselves from hurt or loss, or to attain something we want but feel we can't receive, do not expect or believe to receive, or deep down feel we do not deserve. Control points to beliefs that we can change.

Where/when do you try to control? Where/when do you lack positive expectation and trust? It is in these areas and situations that your beliefs about self, others or the world may be blocking and working against you.



Control and manipulation simply don't work. Even if you temporarily get what you desire because you have in some way controlled it, you have not received it *freely and naturally* and hence you won't trust it, or trust that you will keep it. You will not feel it came your way by the grace of who you are and your power as a creator, but by your means of forcing reality into how you would like it to be, which is symptomatic of a lack of trust and an inability to receive.

Results attained through control are rarely long-lived and are accompanied by the bitter after-taste of doubt. The fear underneath your initial need to control is still there. You don't trust the success of your outcome or expect its longevity. Controlling is an attempt to secure a result yet a sure-fire way to deter it.

This is where love, trust and co-creation come in. Love yourself enough to trust that what is for your best will come to you if you believe it and use your thoughts and feelings to create it. Imagine what you desire, without need or desperation, but with belief and expectation. Know that you deserve it and open to receive it.

Also have humility. Sometimes what you think is for your best may not be, and if you let go, trust and have faith with the intention to manifest that which is in alignment with your highest good, the doors can open to those realities.

Trust in the Universe, your Higher Self, and the 'bigger picture' that knows what's for your highest.

The Universe can help you to co-create the manifestation of your heart's desires in ways that far surpass the limits of your imagination and expectation.

Gifts, magic and miracles can be experienced if you get out the way and don't try to control or manipulate results, and instead positively align your heart and mind to the outcomes you seek. Seed your desire, hold your vision, and let the Universe help you with the turning of events and how you get there.

Have humility and be sensitive to the flow of your life. Are you banging on doors that aren't opening whilst ignoring ones that are? Listen to your intuition and the current of your life, and any nudges, signs and pointers the Universe is offering to guide and assist you on your path.

Control is an off-putting energy. No one wants to be controlled. Trying to get someone to do anything, be that love you, approve of you, agree with you, do things your way, or anything else, will usually create the opposite effect and elicit a form of power struggle which can lead to the very thing you are wanting to avoid.

To relinquish control take a look at why it is you feel you need to control. What is the fear or need that lurks underneath that control or impulse for it? What is it you are trying to get/avoid/protect yourself from, and what are the beliefs behind that? Work on your beliefs, then engage your expectation and trust.

Trust yourself and the Universe, and trust others if you deem them trustworthy. If you do not deem them trustworthy,

you may wish to question your involvement with them, be it in business, friendship or love, rather than use a lack of trust as an excuse to control.

Control can be disguised in many forms. It is not necessarily the pushy in your face behavior some think it is. It can be more subtle than that. In fact, withholding can be a form of control, as can guilt trips, not taking risks, avoiding responsibility, playing victim, and so on.

Behind control there can be an issue of scarcity; an area where you feel you cannot get what it is you truly desire or feel you need. Of course, the first port of call is to give *yourself* what you are seeking to attain from 'out there'.

Surrender your control, and instead open to receive the love, healing and guidance that is there for you in every moment from yourself, from your Higher Self from Source/Creator/the Universe.

## **Jealousy**

Jealousy and envy are born out of a sense of deprivation. They come from a belief that there is not enough to go around and can stem from childhood experiences where we were deprived or denied that which we desired.

Jealousy and envy are not only painful, destructive and unpleasant to experience; they compound beliefs in scarcity and stand in the way of you attracting your desires.

When you feel jealous you are telling your subconscious mind that you cannot have that which you desire. Jealousy

and envy can be seen as a kind of unhealthy admiration. You see what you desire, what you wish to be, do or have; yet instead of feeling excited, inspired or enthused to create it, you feel denied and deprived and unable to attain it.

When you awaken to the true nature of reality, that you are the creator of your reality, and that you are loved beyond measure, you realize there is no place for jealousy.

Use jealousy and envy as a signpost to pin point beliefs that may be standing in the way of what it is you wish to experience, create or become in your life.

Turn your focus to achieving this and getting in touch with unveiling or developing the particular aspect or quality you wish to become. Get inspired!

When it comes to being jealous or envious about aspects in others that you may never have, such as aspects of physique or particular talents that you feel you lack, it points to a need for greater self-value and acceptance.

Value your uniqueness and be grateful for that of others' too. We will never be everything, and nor are we meant to be, but we can aim to be our most authentic self, loving and self-accepting, and offer our unique gifts and talents to the world.

An apple will never be a pear, a celery will never be a tomato, and thank goodness for that! If the world were full of only apples, it would be a boring place. You are who you are, a divine being born of immeasurable love with beautiful ineffable qualities that you have come to gift the world. Accept, love and appreciate your individuality. You

can always change, grow, transform and become more.  
Start by loving who you are right now.

## **Beliefs and Heartbreak**

We've all experienced the pain of heartbreak, be that from loss, rejection, abandonment, disappointment, betrayal, etc.

I've met very few who went through childhood even without the experience of some sort of pain, rejection, humiliation or heartbreak from either family, friends, teachers, or the wider community.

As human beings our deepest desire is to be loved. It is the undercurrent that drives what we seek, whether we're conscious of that or not.

When you realize there is no need to seek for love outside of yourself and that all the love you desire exists within you, you are free. You are ever connected to a love so beautiful and true it will heal and change your life in ways yet imagined.

This love from the heart of creation is eternal and unconditional. When you begin to believe in it, to acknowledge it, to allow it in, to let it touch, nurture, heal and nourish you, your inner and outer reality can beautifully transform, and more of the love that has ever been there within you can be reflected back to you as a mirror in the world around you.

As children we are highly sensitive and open, and the impact of heartbreak runs deep. Together with the emotional pain it causes, beliefs are formed about self, others and the world. When something bad happens to us, we can blame ourselves and form negative self-beliefs.

Heartbreaks that occur later in life can be direct replays of childhood experiences that may have faded from the forefront of conscious memory but are still impacting our life.

The pain you experience from a heartbreak today can rock your world. You can feel shattered, devastated, hurt and disillusioned. Old wounds are opened, but with that comes a wonderful opportunity for healing and change.

People that act out the behavior that causes heartbreak and old wounds to surface are in fact our greatest allies. They are playing out a role that we agreed to unconsciously, that we on a deeper level assigned to them even.

Where you may feel like a victim in a situation, in truth you have created or allowed the experience on some level, possibly through your beliefs too.

Whoever is causing you pain may be doing you a big favor by showing you what exists within your consciousness that needs healing. What are the hidden beliefs around that too? If your world is a reflection of your beliefs, what would you have to believe for this situation to be the case?

To deal with your childhood pain, anger, hurt and disappointment (and any of the negative self-beliefs you may have internalized, some examples below), you may have adopted certain strategies for protection, to make sense of the world and to help you to cope.

Sadly, built on the foundations of pain and the beliefs that accompany that pain, these strategies are not successful and have an uncanny way of attracting the very same pain and heartbreak patterns again. These strategies are compensations that can hide pain and grief yet healed.

They can be roles such as being the 'nice guy' or 'bad guy', 'people pleaser', 'controller', 'victim' or 'abuser'. You might become aloof, arrogant and overly independent (I don't need anybody), or you may withdraw and isolate yourself. You might become gregarious and charming, win everyone over, yet only maintain shallow relationships. You might be the joker, the clever clogs, and so on and so forth.

Roles are defences against negative self-concepts and beliefs, and the fear that who you are is not enough and that you may be abandoned, rejected or unwanted once again.

To address the beliefs and stories you may hold around heartbreak, look at your patterns in the area of relationships, love and intimacy, be that romance, friendship, family, work relationships, or otherwise.

How do you tend to function and react? And why?

What repeat patterns do you create and attract?

Is it rejection, abandonment, humiliation or betrayal?

Is it feeling unloved or unwanted?

Are you dissociated and non-committal?

Are you aloof, arrogant and independent?

Or are you needy, dependent, or insecure?

Are you controlling and jealous, or do you feel oppressed and controlled? Or do you swing between the opposite extremes?

You may find that you play out both sides of your story, one minute dishing out the very behavior that hurt and wounded you, and at other times attracting it from others.

What type of behavior in others presses on your buttons or causes fear, irritation, or pain?

As children, the emotional impact of painful events and circumstances imprinted on you deeply and can continue to color your life today. Seek to unravel the beliefs and scripts that exist, and release and heal the emotions so you can be free to live a happy life filled with love, success, intimacy and trust.

### **Five Core Negative Self-Beliefs**

Your negative ego can have an investment in negative self-beliefs. It will interpret life's events to feed you the lie of those beliefs.

Do you have any of the five limiting self-beliefs below, as examples?

- 1. I'm not good enough**
- 2. I'm bad**
- 3. I'm wrong**
- 4. I'm nothing**



## 5. I'm unloveable

Have a look at the above five and see if any strike a chord within you. Do you think you hold any or some of these?

And what other negative self-beliefs might you hold?

Changing such beliefs will obviously change your life radically.

In addition to the five listed and any others you find ("I'm unwanted", "I'm despicable", "I'm insignificant"... you name it), there are other categories in which you may hold negative beliefs that may also impact on your well-being and experience of life.

For example, your beliefs around love (being loved, loving and loveable), belonging, mattering, as well as beliefs around your worth, value and deserving.

If you believe "I am nothing", for example, you will also feel insignificant, and may even also have a belief around being invisible (or perpetuate a myth around visibility such that you create the experience of feeling invisible or of not being seen or noticed).

For this reason, check for any limiting beliefs you may hold around these categories, such as "I am unlovable", "I do not belong", "I do not deserve", "Nobody loves me", "I am unworthy", and so on.

Each of the above limiting beliefs will have their own twist, story and flavour. They may exist in clusters, and can also share similar symptoms to a greater or lesser extent.

## **These symptoms can include:**

Feeling less than everybody.

Always feeling like a failure.

Feeling like a misfit.

Feeling unwanted.

Seeking approval and recognition but not feeling you deserve it and being unable to receive it.

Feeling ashamed and worthless.

Craving love.

Being cynical of love.

Distrusting.

Abandoning self or others.

Being abandoned or betrayed.

Striving for perfectionism.

Putting other's needs above your own.

Playing the 'nice guy' or 'bad guy'.

Being scared of making mistakes.

Being self-punishing.

Feeling flawed at your core.

Being a victim or abuser.

Being ignored or over-looked.

Feeling depressed.

Feeling invisible.

Feeling guilty for no apparent reason.

Living in scarcity.

Hopelessness.

Resignation.

Blaming yourself or others.

Feeling ashamed without knowing why. Recklessness/a lack of care and respect of self/others.

Being blind to positives.

Being critical and judgemental.

And so on...

Obviously, these symptoms will vary depending on whatever else is going with you, but it is worth pointing them out to show just how impacting, painful and detrimental living with limiting self-beliefs can be.

Think about what strategies these limiting beliefs may cause you to adopt (i.e. what you feel you must do, or how you feel you should behave to succeed given your belief). These might be people pleasing, trying to prove your worth, acting aloof and nonchalant, withdrawing, being pessimistic, acting over-confident, creating drama or being antagonistic to get attention, etc.

These strategies are obviously self-defeating and only perpetuates the belief that may lie at their root. Being conscious of this is one step on the road to freedom.

## **List your Limiting Beliefs**

As I mentioned at the start of the exercises section, if you haven't already, write a list of all the limiting beliefs you have identified in the exercises above. You may wish to put them into life areas or categories (such as money, relationships, career, etc.), or perhaps you have focused on one primary area from the start.

From this longer list write out a separate more condensed list of 5-10 beliefs that you feel are the most important ones for you to change at this time.

You might then like to test these beliefs using dowsing techniques (explored next), but what's most important is to get a feel and sense if they are beliefs you want to change. Dowsing doesn't work for everyone so go with what feels right and true to you.

Once you are clear on your list of limiting beliefs you want to change, you can work out the positive replacement beliefs for each in the "Creating New Beliefs" section that follows, and then change your negative beliefs and install the positive alternatives with the Belief Clearing Meditation MP3.

## **PART 4**

### **Testing Identified Beliefs: Dowsing Techniques (Pendulum & Muscle Testing)**

Below are two techniques you can use to as ways to check whether the limiting beliefs you've identified in the exercises above are correct for you to change.

Please note: Dowsing isn't necessary. It might not 'work' for you either or be something you gravitate towards. It's shared here simply as an additional tool if it's something you would like to try out.

These are two physical dowsing techniques, the first using a pendulum, the second using muscle-testing.

You can ask the question “Do I hold the belief [XYZ beilef]?” when using the testing techniques, for example, and see what response they yield.

Both techniques are for ascertaining “Yes” or “No” responses from your Higher Self.

## **Using a Pendulum: A Step-by-Step Guide**

### **1. Choose A Pendulum:**

Go with what you desire and are attracted to. If you like the way a pendulum looks or feels to you, and you are instinctively drawn to it, then that is the one for you.

### **2. Cleanse Your Pendulum:**

You can cleanse it by holding it under running cold water from a tap, soaking it in sea salt water over-night, burying it directly in sea salt, using a quality incense or purifying essential oil (wafting it through the vapour when burning the oil in an incense oil burner, for example), burying it in the earth, and/or using visualization and intent (imagining cleansing energies of love and light spilling from your heart, or down and through your head, down your arms and out of your hands through your pendulum to cleanse it, affirming your intention for that).

### **3. Understand the Directional Swings of Your Pendulum:**

Pendulums primarily swing in vertical straight lines, horizontal straight lines, and in circular movements (clockwise or anti-clockwise).

#### **4. Clarify the Directional Swings of Your Pendulum:**

Check which direction of your pendulum's swing indicates a Yes or No.

You can do this by asking the pendulum and your Higher Self to show you. Hold the pendulum chain or string between your thumb and forefinger around 5 or 6 inches above the actual pendulum object.

Think or say "Yes, yes, yes", and holding that mental intention, observe what direction your pendulum begins to swing in. Stay with this until you get a clear response.

Then pause and hold the pendulum still.

Repeat this procedure now with the thought (and if you wish, the words) of "No, no, no," to ascertain the direction for a No response.

Then continue for a neutral response. Ask "Please show me a neutral response," for example.

You may wish to prop your elbow on the table to have a steady hold.

You can continue to test Yes and No responses by asking questions you know the answers to, such as "My name is [your name]." This should give you a Yes response. Saying the wrong name should give you a No response, etc.

### **Pendulum Response *Examples:***

Clockwise circular movement signifies a Yes, Anti-clockwise circular movement signifies a No, Vertical swing signifies Neutral

Or... Clockwise circular movement signifies No, Anti-clockwise circular movement signifies Yes, Vertical/horizontal swing signifies Neutral

Or... Vertical swing signifies No, Horizontal swing signifies Yes, Circular movement signifies Neutral

## **5. Alignment**

For the most reliable answers, you want to be in a balanced and centred space, and not emotionally charged, particularly in relation to the questions you will be asking.

You might want to meditate first or breathe deeply to calm and relax yourself.

I suggest you affirm that you work and use this process, "in the name of love and light and all that is good and true for the highest good of all", or whatever words resonate with you. You can also ask, intend and affirm that the communication you receive via your pendulum is from your Higher Self. Both of these steps can help safe-guard against ego interference.

You can connect to your Higher Self by intention, as well as by addressing your Higher Self directly in each question, such as preceding each question with "Dear Higher Self...", or by affirming your intention before hand, "I affirm that all response communications received via this pendulum are from my Higher Self," or, "I affirm that all communications



via this pendulum are aligned with my Higher Self." Use words that feel right and true to you.

## **6. Prepare Your Questions:**

A question should be one that can be answered with a positive, negative or neutral response.

## **7. Ask Your Questions:**

As the pendulum's use is being suggested for ascertaining whether you hold a particular limiting belief, the question will be something like "Do I hold the belief [XYZ belief]?"

That said, if you want to use the pendulum for ascertaining other answers in your life, be prepared at times to ask several questions in order to receive enough information. You may need to ask a few questions about the same subject to get the most accurate information.

For example, in the case of a dietary inquiry:

1. *"Is this cereal beneficial for my body?"* Response: No
2. *"Is the oat flour in the cereal beneficial for my body?"*  
Response: Yes (oats are OK)
3. *"Is the barley in the cereal beneficial for my body?"*  
Response: Yes (barley is OK)
4. *"Are the wheat flakes in the cereal beneficial for my body?"* Response: No (there is your answer. Your body doesn't want wheat; perhaps you are allergic to wheat and can go on to test for that)

Remember, however, that your body can tolerate some foods one day and not the next. Therefore, it may be important to use your pendulum on different days if exploring dietary aspects, or to ask in your initial questions

if you have a general or overall allergy to a given ingredient, rather than perhaps a more transitory aversion (if you have been over-eating a particular ingredient, for example, it may serve you to reduce its in-take for a period, etc.)

These points don't relate to using the pendulum for testing beliefs, but are worth noting as examples if you want to use it for other areas.

## **8. Between Questions:**

Make sure to completely stop any pendulum swinging motion between each of your questions to clear any lingering energies that pertain to the previous question.

## **9. Relax and keep an open mind!**

Aim to allow the process rather than 'try' or force it in any way. If you start feeling frustrated or stressed, you will jeopardize the clarity of responses, so just stop, relax and begin again. It does not require effort, but focus, clarity, willingness and openness. You are essentially receiving insight.

Beware of holding any strong expectations or being too emotionally invested with respect to answers as this could influence the clarity of responses or lead to frustration and disappointment if they are not as you wish.

Ensure you are in a relaxed and neutral state of mind when approaching a subject, and remember to ask a number of questions in any one area to gain more information and a bigger picture of the situation.

## **Muscle-Testing Technique**

Generally, if you are right-handed, your right hand is your dominant hand and your left hand is your non-dominant hand. If you are left-handed the opposite is true. To simplify this explanation, I will use right hand to mean "dominant," and left hand to mean "non-dominant." If you are left-handed, please adjust the directions.

Also, please see the pictures further below for examples of finger placement.

### **1. The Circuit fingers**

Your circuit is created with your non-dominant hand.

Connect the thumb and little finger of your left (or non-dominant) hand so that they touch. This is your testing circuit. You may touch the tips or pads together, or overlap the fingers slightly if need be. You can also use the fourth finger rather than little finger if you wish.

If you are female and find it hard to maintain a tight hold with your outer thumb and an outer finger, try using your first or index finger touching the thumb for strength purposes. Whichever finger you choose, make sure only one finger is touching your thumb.

It may not feel comfortable to you if using the fourth or little finger. In time, of course, the hand and fingers will adjust to being put in this position and it will feel fine.

You don't have to break or strain your fingers for this; just hold them firm and use enough pressure to make them feel connected and alert.

## **2. The Testing Fingers**

The testing fingers are those of your other hand (dominant), and are used to test your circuit for “Yes-No” responses by applying pressure.

Place the thumb and index finger of your dominant hand inside the circle you have created with the thumb and little finger of your 'circuit' hand.

Don't try to make a circle with your test fingers. They are just placed inside the circuit fingers' circle. It will look as if the circuit fingers are resting on the test fingers.

## **3. How to Test**

To test, spread your thumb and index finger of your dominant 'testing' hand apart (which are now inserted in the circle of your non-dominant hand) and try to separate the circuit fingers circle that was created with your non-dominant hand.

Use equal pressure when spreading apart the thumb and index finger of your dominant hand which is inside your circuit circle and try and pull the fingers of your circuit apart with a scissor-type action.

While doing this, try to maintain contact between the thumb and finger of your circuit hand (non-dominant hand).

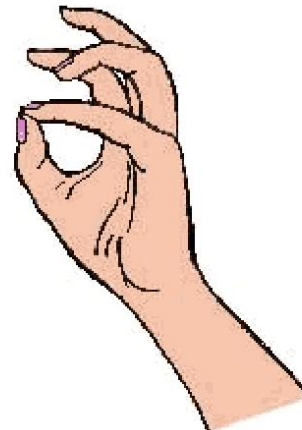
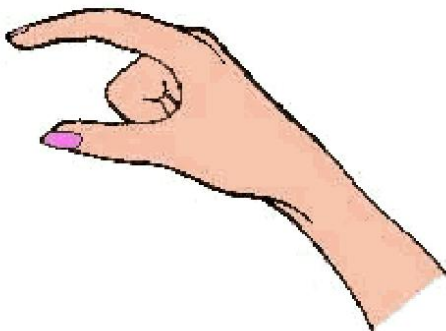
The test is quick and firm, not a quest to see how long it takes to separate the fingers if you just keep trying long enough. Maintain equal, steady pressure in each set of fingers, test firmly and quickly, and release.

#### 4. Initial Yes-No Response Testing

Before going on to use the muscle testing method, you want to test its effectiveness and familiarize yourself with the process with some "Yes-No" responses first.

Holding your circuit fingers together firmly, say out loud or

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and pull the circle apart with your testing fingers inside the circle. Your circuit fingers should part either slightly or significantly with relative ease.

You can even ask yourself directly for a positive response and then, after testing, for a negative response. "Give me a positive response", and then



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re questions or s  
. Test your name  
[add your name

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is [add your name]” and your circuit fingers should hold firm and not separate, despite the scissor-like attempts of your testing fingers (the dominant-hand’s thumb and index finger inside the circle circuit).

Test for negative responses also, perhaps with gender or age related questions or statements, or again with the example involving the name as above, but this time using a false name. The circuit fingers on your non-dominant hand should now move apart and be separable to some degree or other.

With a No response, you may find your fingers separate widely and easily, or barely at all. When testing for questions, you may also find that the ease of separation varies depending on the question being asked and how positive or negative the response to it is.

Play with this a little. Ask a few more yes/no questions that have known positive or negative answers. This allows you to get a sense of the process and what a negative and positive response feels like.

## **5. Clarity and Alignment**

Now you are ready to carry out your muscle testing technique for intuitive insights from your Higher Self with regard to areas of your life or direction.

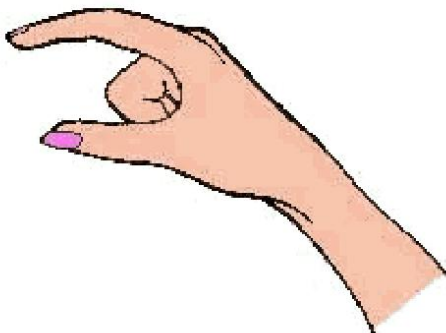
Ensure you are in a relaxed and centred place. You might want to meditate first or breathe deeply to calm and unwind.

You can also affirm that you use this process “in the name of love and light for the highest good of all.”

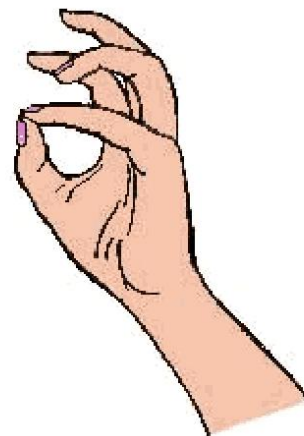
As stated earlier, intend and affirm the communication to be from your Higher Self, such as by preceding your questions with addressing it directly (“Dear Higher Self...”).

## **Muscle Testing Pictures (for a right-handed person)**

**Fig. 1 Circuit Fingers**



**Fig. 2 Testing Fingers**



**Fig. 3 “Yes” Response**  
(fingers stay together)

**Fig. 4 “No” Response**  
(fingers separate)



## **PART 5**

### **Creating New Beliefs**

In this section you will discover how to create a new belief and also use the Belief Clearing Meditation for replacing your limiting beliefs with new empowering ones.

#### **Exercise for Creating New Beliefs**

Draw a line down the centre of a piece of paper, and at the top of the left hand side column write the heading **Old Belief** and list any limiting beliefs you have identified in the exercises above that you wish to work on. On the right side of the page write the heading **New Belief**. Now, next to each of the limiting beliefs on the left hand side, write a new positive replacement belief on the right-hand side.



Ensure your new positive belief is as near a match to the opposite of the limiting one you are wishing to change, using similar syntax/sentence structure. Also do not use negatives.

For example, you might replace the belief “I am ugly” with the new belief “I am beautiful”. You wouldn't use the negative “I am not ugly”.

Other examples might be:

### **OLD BELIEF**

It's hard to make money

I am not enough

I never have enough time

Love hurts

### **NEW BELIEF**

It's easy to make money

I am enough

I always have enough time

Love heals

## **Belief Clearing Meditation**

The **Belief Clearing Meditation** audio (MP3) came with this workbook when you purchased the Belief Clearing Kit.

*Note: The Belief Clearing Meditation Mp3 audio recording should not be listened to whilst driving, operating machinery, or carrying out any activity requiring concentration.*

When you have identified the limiting beliefs you wish to change and the new positive ones to replace them with, you are ready to use the Belief Clearing Meditation.

In the **Belief Clearing Meditation** you will journey into your subconscious mind to the 'Chamber of Beliefs' where

you will clear a negative belief file and install a new empowering belief in its place.

Working with your subconscious mind in a meditative state enables profound changes to take place so that beliefs can be re-written at the deepest level.

The Belief Clearing Meditation also includes a process for releasing the negative emotions that may be attached to your belief so you can be free of its grip.

The Belief Clearing Meditation is a guided visualization in which you will enter the chamber of beliefs in your subconscious mind where you will clear a dis-empowering belief, and replace a limiting belief file.

You first enter underground and find a cave-like opening deep in the earth where you will meet a guide and enter through a door into your subconscious mind. This guide will take you to the chamber of beliefs.

You have many guides and helpers that are here to assist you on your path. The guide that comes to you at the gateway to your subconscious mind could be a personification of your Higher Self, an angel, or helper, for example. It may even be a personification of your subconscious mind or an aspect of yourself. Don't worry too much about how this guide appears to you or what they look like. They may be young or old, male or female. You may not see them in any clear way but know they are there. Just relax and allow the flow.

If visualization is not your thing, don't concern yourself too much with your visual imagining skills. Listen to the

recording and go with the process. It will be working with your subconscious mind regardless.

What's most important is feeling the experience if you can, so whether you are good at seeing internal images or not, allow yourself to be carried by the words in the meditation, relax into the process and give yourself to the journey.

The meditation is approximately 20 minutes long.

Repeat the meditation for each belief you want to change. You may also wish to repeat the meditation more than once for clearing long-standing core beliefs.

If you wish, when you have entered the Chamber of Beliefs and have experienced the belief clearing and installing process, you can halt the audio, and rewind slightly to repeat this process a number of times whilst in the chamber of beliefs to clear several beliefs at a time during that section of the meditation.

You can also learn the meditation off by heart if you wish and follow the sequence on your own, changing a few beliefs at a time when you have entered the belief chamber in your subconscious mind.

## **PART 6**

### **Strengthening New Beliefs**

When you have identified your limiting beliefs and changed them at a subconscious level, there are many ways you can strengthen your new beliefs in your everyday life. Much like

working out in a gym, you can use these exercises to build and strengthen the new beliefs you have created.

## **1. Create a Vision Template**

For each new belief you are working on, you can create an image associated with that belief, something that will serve as a visual synopsis for that belief, and a template to help you anchor it in and access it.

Make this vision template a single static picture or scene that for you epitomizes this new belief. Perhaps it is an image of you in a state of peace, joy, or serenity; or in the arms of a lover, or speaking confidently in front of a crowd, or laughing with friends; looking happily at your bank statement, or being in a beautiful place in nature, and so on.

You can use this vision template to serve as an anchor for your new belief and to help you strengthen it and access it whenever you desire.

## **2. Feel your Beliefs**

Your feelings will consistently help to embed your new belief into your unconscious mind. Spend time regularly getting in touch with the feelings of your new belief. Before sleep and on waking are useful times as you are more relaxed and open and the veil between your conscious and unconscious mind is thinner. This is explored in the **Daily Belief Program, step 7** below.

Combining this process with meditation and relaxation techniques will enhance its effect if you choose to explore it at other times throughout your day.

Being conscious of your emotions in your day-to-day life can also help here. Any time you are feeling emotionally uncomfortable or in pain, ask your Higher Self what belief may be active, and then choose to access, affirm or create a new positive belief and the feelings that exist around that. Immerse yourself in this new state.

### **3. Belief Cards**

As well as the Belief Clearing Meditation, you can write your new beliefs on pieces of card and place them in prominent places in your home and work. Put them in your wallet, on the bathroom mirror, fridge, computer, steering wheel of your car, etc. to facilitate the installation of your new beliefs. Every time you see your belief card, read it out loud. It only takes a second, yet it is a powerful technique to support the embedding of that belief in your subconscious.

### **4. Evidence Journal**

Start collecting evidence to support your new beliefs. Like new shoots sprouting, they are strengthened with your attention and acknowledgement.

Look at how your new belief is reflected in your life. You may also find that, in fact there is plenty of evidence that affirms this positive belief that existed before you changed it consciously; but you were too blinkered to notice it or disregarded it as your belief discounted its existence. Note both past and present evidence of your new belief.

Evidence can include signs and pointers, conversations overheard, films, songs on radio, dreams, nudges, random emails, feelings, thoughts, visions, hope, people, contacts and friends, etc. as mirrors in your world.

As well as current evidence for your new belief as reflected in your world, write down the future evidence this new belief would create. How and in what way will you and your world be different with this new belief?

Envision this, such as on waking and after reading your belief statements (see the Daily Belief Program, step 7 below).

If you are still collecting evidence to support your *old* belief then you may have some resistance to letting it go. Perhaps there is a pay-off for having that belief; perhaps it serves you in a way you're not conscious of so a part of your mind is reluctant to give it up (you can reveal resistances in the Questions section).

## **5. Goals**

Goals help you focus on your desires and what you wish to do, be and have. They help you align to your positive future and support your positive beliefs.

Goals are an effective way to communicate your heart's desires in the form of clear and specific requests to the universe. They consolidate your intentions and provide grounding to your passions and the thought/feeling processes of manifesting.

Goals can add structure, clarity and specificity to your desires which create focus and assist the manifestation process.

They tell your subconscious mind what you are planning on creating and who you are becoming. When you visualize your goals, you are sculpting your life from the inside out. This weakens beliefs that are not congruent with the positive visions you are creating about yourself and your future, and strengthens the new positive ones that support that future.

As well as the key positive beliefs you have chosen to directly replace your limiting beliefs, you can choose a range of additional positive beliefs in general and work with them with affirmation cards, or en mass with subliminal software that you can buy to flash up positive beliefs very fast on your computer screen. These can act as supporting affirmations and beliefs to your new core beliefs and can also obviously support the manifestation of goals.

## **6. Belief Trigger**

You can create a trigger for your new belief to strengthen and activate it in your consciousness.

To do this, enter a relaxed state of mind and begin thinking about your new belief. As you bring this new positive belief to mind, start to feel all the positive feelings associated with this new belief. Really immerse yourself in the wonderful feelings, and intensify them. Let them become more and more vivid and real.

In this heightened wonderful state, saturated in the positive feelings of your new belief, make a physical gesture. Keep this gesture fairly discreet and simple, so you can repeat it easily and in a public place if desired.

Your gesture could be anything from pressing your thumb and index finger together, touching your ear lobe, holding your wrist with the opposite hand, touching your heart, tapping your forearm, and so on. When performing this gesture, be specific and remember which fingers or body parts you use and from which side of the body.

This gesture is your trigger. Make your gesture when you feel as good as you can and are fully immersed in your new belief and the emotions that accompany it. You may wish to repeat the process a few times to fully anchor in this trigger.

Your trigger will help to consolidate your new belief unconsciously, so at any future time when you want to invoke your new belief more powerfully or strengthen it in your life, you can use the gesture to do so.

For example, if you are in an environment or situation in which you feel vulnerable, or susceptible to your old belief system use your belief trigger. Or you may simply wish to use this gesture daily incorporating it into your Daily Belief Program, or at key moments throughout your day.

## **7. Daily Belief Program**

Write the new beliefs you are focusing on at this time on a piece of paper or card (3 – 5 at a time, for example) and



keep this card by your bed so you can read them on waking and before sleeping.

Each morning and evening, read your new belief statements. With each one you might like to picture the image associated with that particular belief if you created one in the 'create a vision template' exercise above. This can serve as an anchor for accessing and strengthening your new belief.

Then, immerse yourself in the emotions associated with that new belief. Feelings are incredibly powerful. They are the language of the unconscious mind and the energetic conductors with which you create your reality.

Spend some time getting in touch with the feelings of each new belief, and from there you can move on to visualize the successful realities that your new beliefs will generate.

When you get in touch with the feelings of your new belief, the outcomes of those beliefs will begin to naturally unfold in your mind.

What will you and your life look like and feel like with these new beliefs? What will you be doing? Who will you be with? What will you be celebrating or enjoying? How will you behave?

Work through each belief individually and connect to the feelings and outcomes they generate.

So, to summarize, it goes like this:

1. Before sleep and on waking read your new belief statements.
2. For each one, envision the picture/scene/vision

template if you have created one.

3. Feel the feelings of your new belief.
4. Visualize the outcomes of your new belief

This four step ritual can be a powerful way to strengthen your new beliefs, whilst visualizing your heart's desires and goals in the process. With a little practice, it can become a fluid, flowing process that is uplifting and expansive.

## **9. Burning what doesn't serve you**

Write a list of your grievances, resentments, hurts, angers, regrets, rejections, failures, humiliations and so on.

Write down everything that still holds an unwanted charge for you, perhaps things you've yet to forgive yourself or others for.

Really let yourself express your feelings on paper. You may be surprised at what emerges. Perhaps it's that six year old kid that bullied you at school that you're still mad at, or that person that laughed at you years ago, or that boss that never gave you praise. And of course it may be deeper, more personal issues. Don't censor anything, just let it free flow. And feel the feelings during the process for cathartic release.

When you're done, draw a cross through the pieces of paper and write VOID. Then rip them up into little pieces. Be enthusiastic and put your heart into it. You are freeing yourself. Really get in touch with the fullness of emotion.

Then burn the paper (in a safe fire-proof container, pan, or outside bonfire). Feel the release and freedom as you do so.

## **PART 7**

### **Paradigm Shift**

Below are some principles that may support you in creating a paradigm shift in your life, harnessing the grace of co-creation, and bolstering your new positive beliefs.

I hope these help you in experiencing more of the loving abundant nature of reality, and the incredible ineffably beautiful and loving truth of your being.

### **Relish the New**

In creating a new backdrop for your life with your new beliefs, you are stepping into unknown territory outside your existing thinking patterns and comfort zone too likely. There could possibly be fear, anxiety and resistance, as well as issues of deserving possibly about the new levels of love, success and happiness you may be aligning to manifest.

Whole new worlds can be born, and there may be aspects of you within that are scared about those changes. Even positive change can be feared and resisted. For some, success can be an even greater fear than failure if they are not used to it or for various reasons which may not be consciously acknowledged.

Listen to any fears you may have. Love and respect all parts of yourself, yet affirm your desire for the new. Feel your

passion, excitement, commitment and enthusiasm. Claim your right to be free, to be more of who you truly are and desire to be, and to live a life your heart desires. Relish the new.

## **See Through Innocent eyes**

See the world through new eyes. Be willing to be open and surprised. Have the curiosity and imagination of a child. Expect the unexpected.

Our expectations and need to define and interpret everything can be limiting. We go through life putting everything into boxes rather than simply saying “I don't know”. Don't feel any need to be right about everything. See what it's like to relinquish previously held opinions as you experience and witness events unfolding in your life in a different way. Become an observer and be conscious of your power to interpret and add meaning in any way you wish. Be willing to let go of the stories and limiting beliefs, assumptions and interpretations about the way life is, about yourself, other people and your world.

Allow each day to begin anew as you adjust to the new positive frequencies of your new beliefs, the feelings they generate, and the realities they create. Delight in changes afoot. Believe in, imagine and expect them.

## **Possibility Consciousness**

Beliefs can hold you in tight definitions about self, others and the world that limit perspectives, choices, experiences and possibilities. You may be used to

thinking and feeling in a certain way, and those thoughts and feelings can be symptomatic of your beliefs. When you surrender what you think you know about reality and open up to possibility consciousness, whole new wider vistas of perspective can be available to you.

As an analogy, rather like going into a grocery store, there are so many choices available to you, and from those, so many possible outcomes. Your beliefs and assumptions may lead you to the same items time and time again, rather than venturing to new terrain and really experiencing the abundance that is available to you in life in every moment.

## **Take Responsibility**

The more you (compassionately) take responsibility for your life, whether you know why it has turned out as it has or not, the more you are able to change it.

Responsibility brings freedom and empowerment. Become conscious of the thoughts, feelings, beliefs and attitudes that are creating your world. Take responsibility for them and choose those that most serve you and your reality.

One of the most powerful beliefs you can hold that will fundamentally change your experience of reality and your power to more consciously co-create it, is that you are the co-creator of your reality.

Radical Responsibility liberates you from blame and victim mentality too.

## **Focus**

For years you have been conditioned to think and feel in a certain way. You have neural pathways that exist in your brain as ways of thinking and feeling, old worn out tracks that no longer serve you.

Be mindful about when you're running these old loops, thought patterns and programs so you can unhinge them and align to your new beliefs.

Future Causation (covered just below) is one effective and easy technique to do this with.

## **Future Causation**

Your optimum future self, the you that holds your positive beliefs, that is loving, empowered, healed, whole, successful, free, and living a life of dreams-come-true, can radically shift your vibration NOW.

You can connect to that bright future and allow it to change you in the present. This is what I call Future Causation. Connecting to that future by intention alone creates a bridge to it and acts as a portal for its manifestation in your world.

Essentially, time and space are an illusion. The future you desire already exists.

Experience *being* that future you. Step into it and get a sense of that radiant, joyous, fulfilled self.

“Dwelling from, not upon, the space you want to inherit, is the fastest way to change absolutely everything.”

~ Mike Dooley

What kind of decisions would that future you make? How would you think, feel and be? What solutions would you find, successes create, challenges overcome, and so forth?

Hold a future perspective when walking about your world, making decisions, setting goals, or dealing with challenges. What would that future you, the healed, empowered, loving, successful self that you are becoming, think, feel, do and be?

Connect to that future and allow it to have voice in your world today. Your new beliefs are also akin to an anchor for that future. Once in place you can more effortlessly 'step into' and embody that future you, bringing it into your present to experience it now and live the realities that you would naturally manifest through your vibration alone.

## **Gratitude**

Gratitude opens your heart and connects and aligns your vibration to that which you feel grateful for and as such attracts more of the same into your life. It is a way to give (in its appreciation) and receive (by the opening and expansion of that giving). The more you value and appreciate something, the more there will be to value and appreciate!

## **Trust**

Trust takes you towards happy, desired outcomes in a magical, effortless way. Trust in yourself, your new beliefs, and your power as a co-creator. Trust the universe and the gifts it ever wishes to bestow open you. Trust the doors that are opening and those that are closing. Relinquish control

and allow yourself to be carried along the river of trust and flow.

## **Suspend Judgement**

Judging others or yourself lowers and constricts your energy and separates you from love, truth and joy. It is a way of making yourself superior and above another by making them 'less than' or 'wrong'. It can be a way you deny your own self-judgements or lack of self-worth by projecting your negativity or guilt onto another. The more you love and accept yourself, the less you'll feel a need to judge others. We all make mistakes. Seek to forgive, love and understand both the one you are judging, as well as any possible shadows within you that they may be reflecting in a magnified way.

## **Meditation**

Meditation allows negativity to be transmuted and transformed or wash away and dissipate and balanced be restored. It creates peace and stillness and a gateway through which you can access higher states of consciousness and connect to the love and wisdom of your Higher Self.

Meditation helps returns you to a place of clarity and truth, and allows your energy to clear, align, balance and recharge. Un-serving energies, thoughts and feelings can be more naturally be released, gently dissipating.



Obviously, if feelings arise within meditation don't try to make them disappear. They may be surfacing to be felt and experienced for healing and release. If intense emotions arise, give yourself permission to feel them and allow them to move through you. Honour your feelings. Just be mindful if it feels like those feelings are more of an ego trap to distract you from the meditation (such as a story looping around that's continuously generating anger, or pity, for example, rather than genuine emotions that are present, or repressed ones surfacing). Either way, let them be, don't try to stuff them down.

## **Know you are loved**

You are loved totally and unconditionally by the Heart of Creation, whatever name you hold for that. There is nothing you need do to win that love, and nothing you can do to lose it either. Becoming aware of this truth connects you to your inherent value, increases your sense of worth and deserving, heals pain of separation and loneliness, and opens you to the love that is there for you in every moment.

## **Forgive yourself and others**

Forgiveness is one of the most powerful forces for healing and transformation and the most gracious gift you can give both yourself and others.

Forgiveness returns you to a place of truth and love and liberates you from toxic emotions and draining attachments. It's the ultimate mind-body-soul detox.

Forgiving yourself can set you free from feelings of guilt, shame and undeserving that block you from happiness and success. In forgiving others you are also forgiving yourself.

Forgiveness may seem elusive, yet it can be the key to emotional freedom and can open the floodgates to more love, peace, freedom, joy and abundance in your life.

Forgiveness can be a process. You may need to move through stages, rather like grief. You may need to feel feelings, allow time for healing, and so on.

Some things may seem unforgivable. You can forgive the 'why' behind a behavior (i.e. the dysfunction or pain at its root that may have caused that behavior), rather than the 'what' (the actual behavior itself).

Many people feel that if they forgive someone, they are essentially condoning their behavior and saying that what they did is acceptable, yet this is not the case. You can disagree or even abhor a behavior of another whilst still forgiving them for it.

Yet it's not just forgiving others that is healing and liberating. Self-forgiveness is the place to start, especially as grievances with others can be projections of our own self-judgements.

It is also often ourselves that we are most harsh with or hold the greatest judgements against, whether we are always conscious of that or not. Until we forgive ourselves we will harbor guilt, shame and feelings of undeserving and regret. We may punish ourselves consciously or unconsciously by denying ourselves the love and success we desire, or sabotage our progress.

You are a human being. You will make mistakes. You may have been to some dark places in thought or deed in your past. You may feel regret and remorse about that possibly.

Please remember, you are a divine being of love, born of love, returning to love. The truth of who you are is wholly innocent. Allow yourself to recognize your divine essence, your inherent value, innocence and worth, and give yourself the gift of forgiveness.

When you forgive yourself it creates the space for freedom and new beginnings in your life. Forgiveness blesses yourself and the world. It is an immensely powerful force and a vital key that can take your life to whole new levels of love, success and happiness.

## **Have Fun**

Fun can attract positive realities like iron filings to a magnet. It is the antidote to stress, struggle, tediousness and seriousness. When you are having fun, you are open and sharing more of who you are with authenticity and spontaneity. What brings you fun, happiness and joy? Commit to more of that in all areas of your life. What are your beliefs around fun? How much fun do you allow in

your life? There's always room for more. It's one of the main reasons you're here on earth.

## **Be Conscious**

Be conscious and vigilant of your thought processes. What inner dialogue, discussions, justifications, or arguments even, are you running within? Be on guard for any blame, righteousness, judgement, revenge, competition, criticism, etc. These can point to where you are living out of an old paradigm that no longer serves you.

## **Love**

Love yourself and others. There may be times this is easier than others, but make it your over-riding intention. Love lies at the heart of all that you seek, and separation from at the root of your troubles and pain. Let love be a guiding light in your life. It will always help steer your ship back to the shore of truth. We all love to love and be loved. It doesn't get better than that. The more you love yourself and others, the happier, brighter and more successful your life will become.

Gratitude and forgiveness can both support greater opening to love too.

## **Be Present**

Your point of power is in the present. You can give it away to your past or your future, and this can rob you of