



The **BeliefCloset** Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs Session 1

Greetings and Welcome to Clear Your Beliefs!

I'm the creator of The BeliefCloset Process, and I'm very excited to be sharing this powerful technology for changing your life by clearing your beliefs from the core of your psyche.

I'm very pleased that you've joined us, and taken this important step in your own evolution. No matter who you are or what you want to accomplish, old negative and limiting beliefs are preventing you from moving forward toward your goals, or interfering with your ability to manifest the life you want to be living. This process will help clear the way forward.

If you haven't yet done so, download the Clear Your Beliefs Guidebook. You'll find all the details and instructions you need for your course. If you're working with a Clear Your Beliefs Coach, he or she will act as your Guide. You and your coach will set your pace and determine when you'll listen to each recording, and how often you'll meet together for support by phone, skype, or in-person.

Your Guidebook contains all the handouts, transcripts, homework assignments, and everything else you need for this transformative journey.

We view this program as an exciting expedition into the inner landscape of your subconscious Mind. Like any expedition, you need to be well-prepared. That means having your tools and equipment packed and ready, including your maps of the territory you'll be traversing. We've provided them for you within these recordings. The best attitude for an expedition includes excitement, an open-minded willingness to explore – and the commitment to do the work required. Your Guide will be there with you each step of the way.

Here's our first tip for a successful journey: The results you get will be in direct proportion to your ability to focus your attention on this program. We want you to get the best results possible. So please set aside all the other things you could be doing while listening to the program. If you really want to shift your reality, give it your full attention. Do the assignments fully and completely. You deserve to get great results, so put your best efforts into it, and experience real healing and transformation – the kind you've been looking for your whole life.

If you purchased this program by itself, without coaching, you'll be guiding yourself through the process. If, at any point along the way, you decide that you could use some support or help to get through some of the difficult terrain or narrow passageways, you can purchase coaching hours at any time. Go to www.ClearYourBeliefs.com/coaching for more information.

Now, we'll join the recorded class. Welcome to your transformational journey!

Intro: Lion Goodman is the CEO of Luminary Leadership Institute and co-author of the book "Creating on Purpose" with Anodea Judith; and the author of "Transforming Your Beliefs: Unleashing your Magnificence and Changing Your World."

He's also creator of the BeliefCloset Process. This is the very methodology we will be getting to know intimately over the next seven weeks and which will support us. This process will support us in permanently transforming beliefs at the core of our psyche.

He has 35 years of experience in transformational coaching, entrepreneurial business, spiritual practice and men's work

Lion: Thank you very much and thank you all for taking your time and showing up on this call for this amazing course. I really appreciate it. Also, welcome to those who are listening to the recording of this call.

One of the great things about the Internet is we can participate from anywhere in the world and at any time. I'm very grateful to you for choosing to explore with me your own inner space. There's a word for that back in the '60s called psychonauts. So you're an astronaut of inner space, of your inner universe and I'm very happy to be guiding you on this journey.

I'm going to be taking you through a seven-week journey into your subconscious mind. This is where your beliefs are stored. It's where they operate, outside your conscious awareness.

Just to bring it into reality, have you ever suddenly reacted badly and then later wondered what the hell just happened? What did I do? Well, that's quite a

common experience. By the end of this course, you're going to have a tool for finding out what happened and eliminating the cause, which is a belief at the core of that particular pattern.

The BeliefCloset Process is a result of over 30 years of research into psychology, spirituality, neurology and brain sciences and other hard sciences. I've explored dozens of techniques for consciousness change and self improvement. I'm kind of a proof of the pudding here.

I'm also a very practical guy. I don't like a lot of hand-waving, woo-woo stuff or unfounded ideas with no grounding. I also didn't want to become a disciple of someone or something or an organization that require that I take on a bunch of their beliefs in order to join the club.

I've been exploring techniques sort of from the periphery and also in-depth to really understand how does the brain work? How does the mind work? How does spirit work? How do we have this human experience? What the heck is it anyway?

This has been my life-long quest. I'm very happy to share what I've learned with you and to share this particular process, the BeliefCloset Process which enables you to reprogram that bio computer very quickly and efficiently.

The way this process came to me was really from spirit. After studying many, many other methodologies, I asked for a new way to change beliefs that was quick and permanent and simple and fun. This process just got downloaded into my consciousness. As soon as that happened, I realized that it made sense, but I hadn't tested it yet so I began using it in my coaching practice.

I was amazed at how well it worked and how much power it had. I began seeing very fast change in people, minor miracles you could call them; and a few major ones as people changed their beliefs at the core of the psyche. That was more than 10 years ago. And from that time until this, thousands of people have gone through the process and had results that range from mild to amazing. There have been shifts of all kinds in every area of life.

I've also taught the process to coaches and therapists around the world. We have graduates of the program in Holland, Germany, Australia, New Zealand, Finland, Canada, Japan, France, Switzerland and Turkey, amazingly enough. It's really become an international phenomenon.

So if you're a coach or a therapist or a healer, you may want to learn how to use this process in your practice. I'll be telling you more about that later if you do decide you want to learn the process. Even if you're not a coach or a therapist and you just want to learn it to help your friends and family, that's fine too.

This is really deep work. We're not just going in and tweaking a few beliefs. You're in charge of your beliefs. We don't want to give you a bunch of new beliefs because that's just indoctrination and people have been doing that to you all your life.

We're actually encouraging you to create your own beliefs, find out what you want to believe rather than just taking my word for it or getting more new beliefs implanted in you.

After 30 years of doing my own research and developing myself through many, many different methods, what I found was that when I change my beliefs, things changed most profoundly. Even when I was doing psychotherapy, if I shifted my belief, that's what actually made the therapy work.

That if a therapist could help me find out what I believed about something and I recognize the belief wasn't true and I change my belief or my viewpoint about it, that's when real healing occurred.

So if you think about the placebo effect, the placebo effect, as everyone knows, it's when you give a person a sugar pill instead of a drug. Then you see what percentage of effect the placebo is, of the drug use.

Now the general rule is that it's usually 30% or more of the drug's effectiveness when a person believes that the drug will work. So scientists say, "Well, that's just the belief that it will work." And my response is "Well, duh!"

There are a lot of drugs that are less than 30% effective, why aren't they studying beliefs as a way of changing the body? It's because you can't patent it and put it in a bottle, that's why. But beliefs are that powerful. Even among drugs, they have a 30% impact on whether the drug will work or how well it will work. So we're talking about something that has a very profound effect even on the body.

Now if I could hand you a tool that really worked to change beliefs, you could potentially clear anything that's in your way. And our proposition here is that our beliefs create a reality. If that's true, then you should be able to change reality by changing your beliefs.

I don't want you to believe it. What I want you to do is to test it to find out whether this is true or not for you in your experience. This should mean that you could change your feelings at the moment or a way that you relate to other people or your inner voices that had been with you for a long time or a physical sensation or your circumstances, what's showing up for you in the world. If it's true, if the proposition is true, you should be able to change anything by changing your beliefs about it. So that's what we're going to experiment with.

The BeliefCloset Process is like one of those multi-tools that has a saw, a blade and three screwdrivers and two knife blades and an adjustable wrench and something you have no idea what it's for and will never use. Okay. It comes in handy no matter what needs to be fixed.

That's what the BeliefCloset Process is, is a multi-tool that you can use to change anything you're experiencing, anything you don't like. Now, you don't need to change the experiences that you do like because whatever beliefs are creating them, you want to keep them. We're only interested in changing the ones that are interfering with our lives.

I want you to remember how good it feels when you've cleaned out a closet at home, a closet or a drawer. You pull everything out. You sort through it. You find stuff in there that's been there for years, taking up space. You look at it and you wonder "Why the hell have I been holding onto this?"

Sometimes, especially if you're like me, you'll ask yourself "What the hell is this for? I have no idea. I don't know where it came from. I don't know what it's attached to. It's just taking up space."

It feels really good when you throw it away or you take a bunch of crap you don't need and you take it to the dumper, you give it to goodwill or a consignment shop, make space in your closet for something new.

Everybody has got one of those *everything* closets or a place in the garage that accumulates all that old crap that you don't use anymore. Maybe someday it might come in handy, if you could just remember where it was when you needed it. Of course, when you need it, you usually go to the hardware store and buy something new because you can't remember where you put it.

But if you did clear all that out, you'd have a great sense of freedom. Beliefs are like that too. Beliefs are like letting go of stuff you don't need any more. The thing about clothes in the closet is that they just sit idly on the sidelines and take up space – but beliefs are different.

Beliefs are active all of the time in the subconscious mind. They're like an annoying little itch that won't go away. Every belief creates a feeling or a thought to occur and they can get stimulated and activated in which case they kind of jump up and take over from time to time.

Do you get taken over from time to time, and wonder, "What the hell happened?" That's what happened. There's some old belief, some old pattern that got stimulated and jumped up and grabbed you and took over.

You can use this process to cleanout fears, or doubts, or inner voices, or traumas. You can become more successful in your profession. You can change your self-esteem, how you feel about yourself, create better relationships. You can use it for anything to improve your life.

And when you clear out your closet, you have space for something new. So what we're going to be doing is we're going to be planting new beliefs. Here's another analogy. If you're going to create a garden, what you do is you would first remove all the rocks and the weeds and till the soil and amend the soil. Then you would start planting what you want to grow.

If you want to grow vegetables, you'll plant vegetable seeds. If you want to grow flowers, you'll plant flower seeds. Otherwise, you're just planting amidst the weeds and what you want to grow will just get suffocated. Beliefs are like seeds that create or grow particular experiences.

You've been accumulating this weedy garden of beliefs since you were tiny. It's as if in the closet analogy, you kept all the clothes you ever wore from the time you were born, including your baby clothes and the dirty diapers that you used once and threw away.

Your closet is stuffed with all of these clothes that don't fit anymore. They're not you anymore, but they are still hanging out. So it's time to take them out, take a look at them, and get rid of the ones you don't need any more.

Most people have only three, four, maybe five major blockages in their life. This is what I've experienced in 20 years of guiding and coaching people. We call them **belief clusters**. It's a group of beliefs that got glued together and they reinforce each other.

Here's an example: "There's something wrong with me. Nobody likes me. I'm not lovable. I don't have any real friends. I'm alone and the reason I'm alone is because there is something wrong with me."

As you can see, all these beliefs reinforce each other. Once you cleanup and clear out the three, four or five clusters you've got in your life, you're pretty much clean. They are not bugging you anymore. There will still be some minor cleanup to do but the things that have been really holding you back in life will be gone.

It takes some time to do this and some diligence and some concentration, but it can be done. And just to give you an example I trained a friend of mine how to use the BeliefCloset Process. Two months later, he called me back and said, "Well, I've cleared 200 beliefs in these two months."

I said "Wow, that's impressive. How do you feel?" He said, "I don't recognize myself. Everything that was kept that had been keeping me from doing what I needed to do is just gone. I'm just taking action toward my goals and there's no more resistance."

That was the report then. This is a guy who was living pretty close to poverty level. He's now involved in a couple of multi-million dollar deals and doing great. So that's what's possible with this process.

The process works whether you understand how beliefs work or not, but I think it's really helpful to understand how beliefs work and function in consciousness. I'm going to dive into that subject now as preparation for the work we're going to do. I'm going to take you into the BeliefCloset tonight and you're going to actually remove a belief and get a direct experience of it.

Beliefs are made of the same stuff as experience, and experiences are multisensory and multidimensional. Think about how you would describe what you're experiencing right now. You've got thoughts going on. You're listening to my voice and some feelings maybe are coming up. You've got some body sensations.

If I ask you to pay attention to what your big right toe is feeling, you could do that, you could just pay attention. "Oh, there's my big right toe. What's it feeling? Oh, there it is." That information has been coming in all along, but you weren't attending to it. You were attending to what I was saying or the thoughts in your head, but all this information is coming in.

Experience is complex. It includes all the senses and intuition and the future and the past stories and interpretation. Beliefs are similar. Although we put them into forms of words like, "There's something wrong with me," they are really experiences.

Where this process takes that idea and turns the removal of beliefs into the removal of whole experiences not just a bunch of words. Now the standard definition of belief is something you take to be true. That's a good intellectual definition, but beliefs go much deeper.

Beliefs are actually like little reality-creating nano machines. They produce a specific emotion, or feeling, or sensation. They guide your decisions. They guide your choices from somewhere back there from the subconscious mind. From time to time, they jump up and assert themselves and they create limitations as well.

I came up with my own definition which is “beliefs are the alphabet with which we construct the language of our experience.” I'll say it again because I like it so much. **Beliefs are the alphabet with which we construct the language of our experience.** So way down deep underneath our experiences is this language, the beliefs and our words can only describe a tiny range, but that's okay. We're going after the experiences themselves.

Beliefs are stored in the subconscious mind. They are literally sub, below, your conscious mind. So to talk about beliefs, we have to have a certain model of consciousness.

We could say that beliefs are the tools that are being used to experience something. We accumulate them as tools of survival. We accumulate them to understand how the world works so we can survive and thrive. This begins while we're still on the womb.

We're born these little beings that are unable to care for themselves so we have a high capacity for learning. It's built into the brain. We're born in this very open and vulnerable state and so our brain and our mind work very hard to ensure our survival. It takes on anything it can, any conclusion that it can that will help us survive.

A baby is born and, basically, it's on record mode for the first four or five years of its life and everything that happens, it goes in as a belief. One of the first beliefs is when we're born, we go from this nice warm environment to suddenly being pushed around and wiped off and sucked out and slapped sometimes. The first belief you have at birth is there's something wrong here because you went from being in this nice perfect warm environment to being manhandled and you don't feel good.

Often, babies cry because they're uncomfortable. They're communicating "There's something wrong here." When parents respond, we figure out what will happen. "Well, if I yell and cry, I'll get my needs cared for." Now the baby doesn't have language, but their experientially taking on this belief and this understanding of how do I operate in the world? How do I get my needs taken care off?

Some of our earliest beliefs that we took on, the most powerful ones, got created when we had a traumatic event occur to us, involving lost or pain or shame or some other overwhelming emotion or experience. Then we start getting indoctrinated.

It so happens that if you believe the people who are better than you or older than you, you'll have a better chance of surviving. If someone older than you

says, "Don't eat that mushroom. It will kill you," you're more likely to survive by not eating the mushroom.

It's a very good system for accumulating cultural and worldly knowledge for survival. So you can see that as a system, it works really well. It allows us to take on the knowledge of others and survive better.

But there are a few problems with this good system. The first is that we don't have a built-in mechanism for discerning true beliefs from false beliefs or good for us beliefs from bad for us beliefs. There's no such discernment. We have to learn it and grow it.

The second thing is that beliefs don't disappear when they're no longer needed. They accumulate in the subconscious mind. The third is that anyone can indoctrinate us with their beliefs.

Because we're on record mode the first four years, people who loved you, like your parents, think it's really important to indoctrinate you the same way they were indoctrinated. Of course, you want to belong to the family so you welcome the indoctrination.

As you grow and learn and mature, your needs change. You don't need that protection that you once did. But these beliefs keep on producing the experience all the time, all the way into your adult life.

You probably know an adult who believes "If I cry and make a fuss, I'll get my needs met." Well, that was good when they were an infant. As an adult, it's pretty unseemly. These indoctrinated beliefs keep hanging around with us and they interfere. This is kind of like having a computer connect to the Internet with no virus protection, no firewall, it's very easy to get bugs in our operating system.

Another analogy here is the belief act like colored lenses in front of our eyes. We experience the world through them. We don't know that they're actually adjusting our view until we take them off. So if you put on sunglasses or if you're trying on different kinds of sunglasses, you'll see that the world looks different with each different colored lens.

If you could take off all of your beliefs, you would see the world just as it is. William Blake said *"If the doors of perception were cleansed, everything would appear to man as it is: infinite."* That's what happens when you clear all your beliefs – you look around and see that everything is infinite.

Beliefs also produce specific feelings. What we're going to be doing is using this ability to feel a belief in the process. For example, take a moment, close your eyes, and take a breath.

Feel what it feels like to hold the belief "*There's something wrong with me.*" Just say it to yourself as if it's 100% true. Feel what feeling this belief produces in your experience, in your body. What are the body sensations associated with the belief "*There's something wrong with me.*"

What are the limitations it produces when you believe that "*There's something wrong with me?*" Notice whether this is a fairly common feeling for you. Is this an experience that you have often in your life? Most people do. It's often, as I said, like a little annoying thing in the background.

So we call this *The BeliefCloset Process* because clothing is an excellent metaphor for beliefs, and your subconscious mind understands from experience that every different kind of clothing you own makes you feel differently. Formal evening wear feels different than work-out clothes or business clothes or pajamas.

So imagine that this belief-feeling, this feeling you're having, "*There's something wrong with me.*" is on your body like a set of clothing. Not all clothes are comfortable. You go into a shop and you try on different clothes. Sometimes you say, "*Oh, this is really not me.*" You take it off.

So, take this one off just as you would an outfit or clothing that you decide doesn't fit. Because you always have a choice as to what to wear or what to believe, so just take this belief off and set it aside. Like imagine putting it in a giveaway bag for goodwill.

Now, feel what it feels like to have that belief off of you.

Okay. So now try on another belief. Close your eyes again. Feel what it feels like to hold the belief "*I am a sacred and worthy being.*" Just say it to yourself as if it's 100% true. "*I am a sacred and worthy being.*"

Notice how that one makes you feel, especially in your body. Note whether it gives you a sense of greater freedom or greater possibilities. And that's as long as it takes. It only takes a moment to feel a belief. You can choose to take this one off or you can leave it on.

You're always a choice in the BeliefCloset Process. Beliefs are invisible. They don't weigh anything. You're living already with hundreds or thousands or possibly tens of thousands of beliefs. And each one is producing a feeling in the background.

I'm going to talk about one more thing and then we'll dive into the process. I'm going to talk about indoctrination. Indoctrination comes from "in" and "doctrine" meaning a belief that is being put into someone. Our first beliefs, the first couple of years, are not verbal. We don't have language yet, but they're full of feelings.

As an infant, you have feelings based on what's happening to you. Sometimes you feel *"I'm loved."* Sometimes *"I've been abandoned."* Sometimes *"I'm comfortable,"* or *"I'm uncomfortable."* Then you begin to learn language, and your parents begin the life-long programming that they want you to have in order to become the person that they would love and accept.

They assign a name to you – and you learn when they say your name, it means you. And they tell you *good* and *don't* and *that's right* and *that's wrong*. They're trying to shape your behavior into acceptable form. Depending on your parents, that might have been a very pleasant experience of learning to become a human being or might have been a very unpleasant experience if they were particularly abusive or weren't very good at their job.

Then older parents and sisters get in on the act. They start programming you with other beliefs. *You're a baby. You're an idiot. You're in the way.* Then your grandparents, and your nannies, provide other programming. Beliefs starting getting layered on top of you. Each one's like a tiny snowflake, but they start adding up to huge piles of snow drifts.

If you went to church, another layer gets added. *This is who God is. This is how to relate to God. This is how a good person lives. This is how you get the big reward in the sky.*

Then you go to school and another layer of programming occurs. *This is who the Pilgrims were. This is how to do Math. This is how to be in classes. Don't speak unless you're called on,* and all that stuff.

The older beliefs keep getting pushed down into the subconscious mind and they continue to operate there. As you grow, you learn that some beliefs aren't true. You learn Santa Claus isn't real. You learn scientific truths keep changing. Everything that happens to you adds some other beliefs.

We manage to operate in this maze of beliefs, layers and layers of beliefs. It's amazing that we can make sense of the world at all, but somehow we do. Also, it makes clear why a lot of the world doesn't make any sense. It's because we can't sort truth through all these beliefs.

So let's get on with it. Let's get to the experience of the BeliefCloset. Beliefs are creations. Like any creation, they can be discreated.

Now in Western culture, we talk about at least two thirds of what the Hindus called the Godhead. We talk about the ability to create, and the ability to sustain. But we don't talk much about the ability to destroy. In the Hindu, Pantheon, there's the god of creation, the god of sustaining and the god of destruction. Because we are gods in our own universe, we can destroy things consciously.

Beliefs don't get destroyed by themselves, but you can destroy them. You can take them out, delete them and disappear them. Even though they were originally put in there for a good reason, you can choose consciously to take them out.

We use the term *discreate* which means to un-create what you created. Even if it was an indoctrinated belief, at some level of consciousness, you took it on and you accepted it into yourself and you can un-accept it. You can take it out.

We work with three levels of consciousness. One is the Subconscious realm, which does not speak in language as much as it does in experiences and pictures and feelings. Then we work with a Conscious mind because you're always in charge of the process. If you don't like it, you can just leave it at will.

Third is the Super-conscious, or the higher self, which recognizes who we really are, it doesn't matter what you call it. You can call it Spirit or Source, but what it means that we're working at all three levels at once.

The BeliefCloset Process takes place in the ***Imaginal Realm***. This is the realm where your night dreams are made and where you can imagine the future or come up with new thoughts and anything can happen. If you watch your dreams at night, you know that you can transform from an animal to a plant, to a human, to a different person, from one place to another, very quickly because the imaginal realm has infinite possibilities.

In the BeliefCloset Process, we're going to invite our subconscious out to play because the subconscious is very playful. Remember when you were a kid and someone knocked on your door and said "*Can you come out and play?*" It was really wonderful invitation. It's like, "*Oh, I was waiting for that to happen.*"

That's our invitation to the subconscious mind and it's delighted to come out and play with us. This isn't an altered state of consciousness or a hypnotic trance. It's called guided visualization. You'll be fully conscious and awake. You'll be guided on a kind of imaginative journey, but you are in charge the whole time. If you don't like what's happening, just simply open your eyes and come back into normal consciousness.

Like any practice, like playing a musical instrument, or meditation, or yoga or even medicine, it takes practice to get good at this. You'll need seven weeks. I hope you'll do this process a lot, because as you grow in your ability to use it, you will get to the place where you can use it on your own for the rest of your life. You'll have this tool to use no matter what comes up. You'll be able to change your experience of what's happening and change what's happening in your life.

Because it's a guided visualization, I want to speak to the nonvisualizers out there. This is about 20% of the population that doesn't visualize well. When you're told imagine yourself walking on the street in Paris or imagine a giraffe, you may get fuzzy images or if you're really non-visualizer, you may get nothing.

The first thing to know is there's nothing wrong with you. I've worked with a really wide range of people who are nonvisualizers and everyone can do the process, but you need to make a few adjustments.

Nonvisualizers get information in different ways – some kinesthetic, body feelings, body sensations, some auditory voices or sounds, some get full multi-dimensional 3D movie reels that can be confusing. The instructions are just “Take whatever you get.” However you perceive, that's fine.

When I say, *"Look around and see what's there,"* if you're a non-visualizer, simply translate it into your own impression language. Imagine I'm saying, *"Feel around... or Feel what's there... or Get an impression of what's there."* However you're taking information is perfectly fine – the process will work for you. Just be open to whatever you get and however you get it.

Now we're going to take one minute and I'm going to ask you to write down, if you haven't already, five or more beliefs that you think are at the core of your personality or your psyche. We're particularly interested in the negative ones. What do you believe about yourself deep down inside?

Later, there is more writing to be done. The more you explore your beliefs the better. For now, just take a minute and write down five beliefs that are negative. Like, *I'm not smarter. I have no talent or I'm a slob. I'm unattractive. I'm poor. I can't get out of this hole.* Anything negative, just write them down. I'll give you a minute to do that.

As you're writing, I want to talk about core beliefs. Core beliefs were taken on when you were very small, when you were a child. So they're usually phrased in a way that a child would say them. This is what we're going for.

An adult might say, *"I have certain negative qualities that I don't accept about myself."* And that's certainly a true and very sophisticated belief. But a child

would simply say, "*I'm bad.*" If you say your beliefs, if you write down your beliefs, in that child way, you're closer to the core. And the closer we can get to your core beliefs, the more powerful the experience will be.

Continue to write down until you have at least five beliefs about yourself.

Okay. Now you can set the pen down, take a big breath in and let it out slowly. We're about to go into the imaginal realm. Let your out breath be longer than your in breath, it's a way to calm yourself in any situation.

Another big breath in, and let it out more slowly than it came in. Find your center. Feel the ground. It's good to have your feet on the ground in this process. It helps ground you.

We're about to enter a different zone – the subconscious mind or the imaginal realm, where your beliefs are stored and where those inner voices come from; and where your imagination is.

Remember that there will always be a choice in this process. You're empowered to make your own decisions. If something doesn't feel right to you in my instructions, don't do it, or adjust it so it does work for you. And if in any point in the process things become uncomfortable, simply open your eyes and you'll be back in your room in your normal state of consciousness.

Allow yourself to settle, calm your mind. I'm going to be guiding you through an imagination exercise that will allow your conscious and subconscious mind to participate in exploring your beliefs. Begin by thinking where in the world you would want to build your dream house if you had unlimited resources and could build it anywhere on earth.

Begin imagining, choose a location. If you can't decide, just choose one, the first house you'd build if you had unlimited money and resources. Maybe it would be near the ocean, or on top of a mountain, or in a forest, or in a desert, or a canyon.

Imagine the terrain and the environment that your dream house would be located in. Allow it to form. This is half a choosing exercise, where you choose what you want to see; and half allowing your imagination to create the detail. So describe some of the features that you see in your dream house, in your dream house location. Describe them to yourself.

Allow the details to come in. Sometimes details come in fully blown, perfect. Sometimes you have to work with them. Sometimes you get some clear and some fuzzy images and as you pay attention to the fuzzy areas, they become

more detailed. However it occurs to you is fine. If you're a nonvisualizer, just get a sense of it in whatever way it comes.

Now I'd like you to begin to imagine what your dream house looks like placed in that landscape in the perfect position. Take a kind of aerial view as if you're floating in the air and look down on your dream house and begin to fill in the details of the house on the outside.

How many stories does it have? Is it all on one level or does it have multiple floors? What's the outside made of? Is it stone, or wood, or brick, adobe? Where are the windows on the outside? Does it look out on a vista? Are there water features such as swimming pools or fountains? Just describe what this house looks like to yourself.

Now just gently fly yourself down to the front door. Look at the front door carefully and recognize it as your own. This is your dream house. You built it. You designed it and you can simply walk in.

Walk in through the door and notice what you see from this front entrance. Take a look around. How does it feel to be here? Is it warm and inviting? Can you sense that you belong here? What can you see from this place? Can you see the living room or the kitchen from here, stairwells, stairway?

How is it decorated? Does it look very modern? Or is it more traditional? How would you describe the décor? Listen to any sounds that you might be able to hear. Look out the windows and see what you can see.

Begin to walk around and enjoy being here. This was constructed by you for you and you can change anything you wish, anytime you wish. This is your house.

Now I'd like you to walk towards your master bedroom. Since you designed it, you know where it is. As you're moving in that direction, notice what else you see. Is there art on the walls or plants? Is there furniture?

What other rooms can you see as you walk towards your master bedroom? Enter your master bedroom and describe to yourself what you see. If you don't see pictures, describe what you feel or sense or hear or just know.

Take a look around. Do you have a deck that you can go out on? If so, go out and take a big breath and breathe in the air around you. What does the furniture look like? Let the images come or, if you wish, create them. Create what you'd like to have in your master bedroom.

Now you will notice that in addition to all the things that are there, suddenly, will appear large doors that lead to your BeliefCloset, somewhere in the room. So take a look around and see where they appear.

Now they often look like two large wooden doors that open from the middle, but they could be sliding doors or mirrors or steel or louver. It could be something else completely. So look around and find the doors to your BeliefCloset and walk up to the doors, but don't go in yet.

I'm going to describe what you'll see when you enter your BeliefCloset. It's going to look like a very large walk-in closet, but there are some real differences. The first is that all the clothes that are there, in every shape and size and color imaginable are representations of your beliefs. Every belief will appear as some kind of clothing, and every piece of clothing or everything that appears on the closet will be representing a belief.

Some of the outfits will be hung up on hangers and some might be on drawers or on shelves. When you enter the closet, the light will come on automatically. When you look to your left, you're going to notice the type of incinerator.

I don't know what yours will look like. It might be a stove, or a campfire, or a nuclear furnace, or some kind of high tech machine. But this incinerator uses a really hot fire to destroy beliefs completely, so that not even ashes are left.

Also, when you walk in, you'll notice to the right a three-way mirror, the type that they have in tailor shops, and in clothing stores, where you can turn to the side and see all around you. So those are the main differences in the BeliefCloset.

Go ahead and open the doors and walk on in, and take a look around. Accept whatever you experience even if it seems strange to you. We have engaged your subconscious mind in a dialogue and it's speaking in pictures and impression. So go ahead and walk around, look around your BeliefCloset and notice what's there.

The outfits in the BeliefCloset, the clothing, appear all by themselves, you don't have to create them. They may or may not look like clothes you have in your closet at home or even anything you'd ever wear.

Just walk over to the three-way mirror and look at yourself in the mirror. Notice what you're wearing. It may or may not look like anything in your normal clothing closet. So this outfit like every outfit in the BeliefCloset represents the belief. We're not going to work with this one right now.

What I'd like you to do is just take this outfit off and set it to the side. Just take it, strip it off just like clothing and set it in a place that you know where it is. Then come back to the mirror and close your imaginal eyes, those are the eyes you have in your BeliefCloset.

Now I'm going to have you feel a belief that you're going to get rid of. It's a belief that is the most common belief I found in people and it's one that's at the core of almost everyone. Even if you don't believe you have it, just go along with the visualization because it never hurts to get rid of something you don't have.

What I'd like you to do is to feel what it feels like to hold the belief "There's something wrong with me." Really feel what this belief feels like in your body. Allow it to take over as if it's 100% true. Now as you're feeling the feelings of this belief "There's something wrong with me," your subconscious mind is creating an outfit of clothing to represent this belief.

When you're ready, open your imaginal eyes, the ones you have in the closet and look in the mirror. See what belief has appeared as if by magic that your subconscious mind has painted there to represent this belief "There's something wrong with me."

Again, the image may come quickly and all at once. It may take a while to develop and form. If you're not a visualizer, just feel what it feels like on your body. Feel it with your fingers. Feel the weight of it on your body.

It could be anything. It could look like clothing. It could look like a Halloween costume or a natural object or a movie reel or a memory. Whatever you get, just accept it as the way the subconscious mind has chosen to represent it. Accept whatever impressions you get.

Feel what it feels like to be wearing this outfit. Is it uncomfortable? Is it painful? Is it tight or restrictive or is it loose and hanging? What are the physical qualities of this belief? What's it made of? How much of your body does it cover?

Feel as if you've been wearing this belief for your whole lifetime. Feel what impact it's had on your life. Feel the restrictions that it's put on your life. How it's affected and impacted your relationships with other people. How it allows you or doesn't allow you to show up in the world. "There's something wrong with me."

Now you're at a place of choice. The question that you get to answer right now is: "Is this a belief you want to keep or is it one you want to let go of?" If you want to let it go, take this belief outfit off and make sure it comes off completely.

You might be able to take it off like normal clothing. Strip it off. You might have to find a zipper or a Velcro in the back that allows you to step out of it like a big

one piece costume. And notice that all the feelings that it was producing come off with it because they were a part of this belief outfit.

Scoot out of this thing and let it fall to the floor and take a step away from it. Feel what it feels like to no longer have this on you. If it still feels like it's in you some way, reach inside yourself and pull out all of the remnants of this belief from every part of your body; brain, mind, soul, heart.

Just pull it out and toss it onto the floor along with the outfit so that you stand clean and clear without this belief. It's just on the floor crumpled up. Take a breath and feel what it feels like not to have this belief on you anymore.

It was just something you took on. It was just a belief. It's not true. It's just a belief and there it is lying on the floor.

Now, every belief has served us in some way during our life. Beliefs want to be acknowledged for their service before they're disintegrated and gone forever. So sweep up all the parts of this belief outfit, pick it up in your hands and look at it.

Regard it with some appreciation for however it served you in the past. Even if you don't understand how it served you, trust that it has. Most of these things were formed to protect you in some way. So just trust that it did serve you.

Now I'd like you to speak out loud the following phrases as you speak to the belief outfit. Say to it "Thank you for having served me in my life. I've outgrown you and I don't need you anymore. Your job is now done. I am now going to return you to the nothingness from which you came."

Add anything else you'd like to say to this old belief before you discreate it. Is there anything else you want to add?

Now walk over to the incinerator, the one that was to the left as you walked in. When you're ready, open the door, if it has one, and place it in the fire. Watch it burn completely until there's nothing left, not even ashes or smoke. It's completely gone.

Sometimes it burns completely and goes in one poof. Sometime it takes a while. However it happens in your BeliefCloset is fine.

If it's gone, just feel what it feels like to no longer have that belief in your life. Take a breath. Know that it's gone forever and just feel the space that's been created.

Feel what it feels like to no longer have this belief in your life, to no longer be wearing that outfit and just notice how you feel and describe those feelings to yourself.

When an old belief is discredited, what remains is an empty space. You can now fill the space with a new belief that's positive and empowering for your life. It's like planting seeds in that cleared garden. What seed do you want to plant? What belief do you want to have about yourself?

I'm going to make a suggestion or two, but you are the ultimate decision maker. You will choose the belief you want to create to replace that one. You could choose the belief "There is something right with me," but that's not very empowering. Or you could choose "Everything is right with me," but that might be hard to believe.

This is a unique opportunity to enhance your self-power, to find the truly powerful belief that will operate in your subconscious mind from this moment forward. Try on this belief and feel free to adjust it or change it, make it turn it into your own language or your own taste. Feel what it feels like to hold the belief "I am a sacred and worthy being," really feel it.

Whatever belief you have chosen, feel it as if it's a sun radiating from the center of your heart into and out of all 50 trillion cells in your body, out to all parts of your life. This truth of who you are radiates out like love and light into the past, in the future, into all your relationships, into your work, in your personal life, all the way down into your deepest needs and all the way out to your highest desperations.

This is the truth of you. This is who you really are. And now ask "Is there a way I can make this belief even more glorious, even more powerful, even better? Is there a way I can shape this belief so that it's even better?" If so, change the belief and do the same process, feeling what it feels like to hold that belief.

This is the seed you were planting in the cleared ground, and when you plant a seed, it will grow and blossom. It will blossom into your entire life.

If you're feeling it fully, walk back over to the mirror and see what outfit has appeared in the mirror to represent this belief. Your subconscious mind will actually paint a new outfit to fit this belief. Just recognize what you look like in the mirror. See the outfit or feel it.

If you don't see something, feel it on your body, feel it from the inside, feel it with your fingers and feel what you feel like. Walk around or dance around in front of the mirror and feel what your life will feel like as you experience this belief fully throughout your life. Enjoy the feeling of this new belief.

Now, again, you have a choice. The question is, *"Is this a belief you want to keep?"* If so, take a look around your BeliefCloset. Know that you will come back here quite often throughout these seven weeks. This is a place where you can try on new beliefs, get rid of old beliefs, experience what beliefs feel like and change them any time you wish. This is your BeliefCloset. You are in charge here.

When you're ready, wearing this new outfit and this new feeling, walk out of your BeliefCloset. Close the doors behind you. The light will go off automatically. Find yourself in your master bedroom.

Here in your master bedroom, look around and see the beauty that's here. This is beauty that you created and it's a reflection of your own inner beauty. Feel yourself in this new outfit, in this new belief as you walk out of your master bedroom and through the house back to the front door.

As you're walking, look around and see a detail or two that you didn't see before. See how beautiful it is, how your creation came into reality. Stand by the front door and take one last look around, or that you can come back here anytime and can change anything any time.

Walk out the front door, closing the door behind you and into the natural environment around the house. Take a big breath. Breathe in the fresh air. Let yourself rise up in the air gently, easily. As you rise up, turn back around and look at the house and how it's situated in the landscape, just so, just the way you designed it.

Be pleased with yourself. Know that this is yours. You can come here any time you wish. Then fly yourself all the way back to your body where you're listening to my voice, sitting or lying down in a room, and still feeling this new outfit on your body, on this body, this form, this time, this right now, this feeling radiating out of you, this new seed that is born inside of you that will blossom into all parts of your life.

Breathe into it. Recognize it as you, who you are, how you are. When you're ready, open your eyes and write down your new belief and the description of your new belief outfit.

Here is a way to use this new belief. Whenever you're feeling out of sorts, or when you're feeling strange or uncertain, or you're about to walk in to a high-stake conversation such as with your boss or your partner, just remember this belief-outfit – what it looks like and feels like, and what it feels like to wear it. When you walk into a room wearing that, the room will change and people's reaction will change and you will change. You'll be different.

Make a list of those beliefs about yourself, the beliefs that make you unhappy or afraid or doubtful or depressed. See how much you can do. There's an exercise in the back of the *Transform Your Beliefs* book called Belief Self- Diagnosis. If you really want to get into it, go through that exercise and write down all the beliefs that you have about all those subjects.

Focus on the ones that make you miserable, go through the book if you can, *Transform Your Beliefs*. Do that exercise

So that is it for the talkie part. I'm going to stay on the phone for another half hour. I'll work with one person, one person who wants to volunteer. I'll also answer your questions.

Let's take the questions first, Michelle.

Michelle: Okay. Let's start with [Participant].

You have the mike.

Lion: Great. [Participant], hi.

Participant: When you can't find a new outfit to put on, what happens then?

Lion: Well, first of all we're not asking you to put on or create an outfit, we're asking you to just see what shows up. Now, what did you actually experience at that moment? Did you see your body in the mirror?

Participant: I didn't really have a visual. The phone was breaking up a little bit so it was distracting me just a little bit. After I went through the incinerator process, it looked like a fleeting sensation of something, but then I couldn't like grasp it.

Lion: Okay. What was the belief you came up with? What belief did you create as your new belief?

Participant: I went ahead and I used the belief that you said, that "I am a sacred and worthy being."

Lion: Okay, good. How did that make you feel when you felt that belief? What was that feeling?

Participant: Warmth in my chest like it could be true.

Lion: Yeah, okay. It could be true. Good. So it's not quite the right belief for you because it could be true, but it doesn't feel 100% true. So if an outfit doesn't show up, it usually means that it wasn't quite the right belief for you.

So let me recommend that you think about it a bit. Write down a few possibilities and then feel each one, feel into what the best belief for you is. Then either by yourself or with one of the practitioners, you can go back into the BeliefCloset and try on each of those possible beliefs. See which one produces an outfit.

Then your subconscious mind is basically saying, "Oh, that's the one. That's the one that works for me."

Participant: Thank you.

Lion: Thank you very much.

Participant: You're welcome.

Michelle: Okay. Thank you, [Participant]. Let's see. Let's go with [Participant].

[Participant], you're live. What's your question?

Lion: Hi, [Participant].

Participant: Hi. Yeah, maybe I'm mistaken. I read your book last week and did the process via your book. I seem to recall in your book that when it was time to find a new outfit that you went over to the clothes rack and kind of looked and found one that kind of drew you, or something just came from the rack.

Lion: That's someone else's book. That's not my book. It's not part of my process.

It's understandable that that might be how you remembered it because what I do say is that an outfit will just appear. Actually, some people do go over and pick out an outfit. That's okay because there's not a right way to do this process.

Lion: So it did work for you.

Participant: I'm fine with it. Fine! I'm fine.

Lion: Good. Okay. Sure.

Participant: Absolutely.

Lion: Great! Great! So that just speaks to the fact that this is a visualization process. It's an imaginative process and many people have different experiences in the BeliefCloset than others. That's perfectly okay. It's what happens to you. So whatever happens to you is right for you. That's why the practitioners are highly trained to work with whatever comes up and whatever happens because everybody is a little bit different.

Some people say, "Oh my God! This outfit just flew out of the sky and landed on my body!" Other people will say, "Well, it kind of grew out of my body." Other people say, "Well, I found it on the rack and there it was." However it works for you is fine. Great, thank you.

Participant: Actually, I followed your process exactly as you said it. I just looked in the mirror and the outfit just appeared.

Lion: Yes. That's great. That's great. That's the way it's designed and that's the way it usually works.

Michelle why don't you pick one of the people that volunteered. We'll work for a few minutes with that person.

Michelle: Let's go with [Participant].

[Participant], you're live.

Lion: Hello [Participant].

Participant: Hello.

Lion: Hi. Let's start with your experience in the BeliefCloset. What did you experience?

Participant: It was very visual. I remember when the belief came on the outfit, just was like, "Wow." It was black leather and just very spiky-looking. Did not feel good at all, too tight, too suffocating.

Lion: What was your new belief that you took on?

Participant: The old belief was that no one wanted me around. The new belief, I added to yours was I am a sacred and worthy being and I am welcomed wherever I go.

Lion: Oh, lovely. That's wonderful. What was your new outfit?

Participant: It was Cinderella's gown, very interesting. That might be better.

Lion: That's great! That's great! The subconscious mind will take images from anywhere in our experience or create new ones. It's quite amazing. So what is an issue that you're dealing with in your life that you'd like to clear?

Participant: I've worked with beliefs on my own for the last six years. This is one that just came up for me that I discovered that back in the '90s, when I was diagnosed with cancer and my son had been diagnosed with bipolar. I took on a belief back then that I am alive as long as I take care of him because I felt at that time there was no one else that could take care of him.

I notice now whenever he is in crisis or something serious is going on with him, logically, I know that's not true, but the whole visceral experience I have is just like, "I am going to die if I can't fix this." Yeah, that just came up about two weeks ago. I'm trying to work with that. I would appreciate any suggestions you have around this.

Lion: Yeah. This is not an unusual belief in this kind of experience. You attached your own survival to your child's and your child's experience of life is connected to your experience of who you are. How old is your child now?

Participant: He's 37.

Lion: Okay. So he's a full-grown adult.

Participant: Right.

Lion: He still has problems with his psyche?

Participant: He does, yes.

Lion: So he has his own life that he's living.
So, really, you're stuck taking care of him regardless of how old he is.

Participant: Right.

Lion: So this was a belief that actually served you when he was young. It kept you around. It kept you busy. It kept you occupied. Now that he's an adult, you sort of can't help yourself, right? It's just, continue to try to take care of him as an adult man.

Participant: Exactly, right.

Lion: What I'd like you to do is to close your eyes and go into your BeliefCloset. You can just return there through the route that you created before. See your house, move yourself to the front door, open the door and walk in. Make your way to

your master bedroom then back to your BeliefCloset. Let me know when you're there.

Participant: I am there.

Lion: Okay. Now close your imaginal eyes and feel what it feels like to hold this belief: "If I stop taking care of my son, I will die."

Participant: Okay.

Lion: What does it feel like?

Participant: My whole body is shaking. It literally feels like I am going to die. It's that strong.

Lion: Yes. So now walk up to the mirror and see what outfit has been created to represent this belief.

Participant: It's like the Grim Reaper outfit, a hooded robe.

Lion: Yeah. Yeah, it's death hanging over you. If you stopped doing what you promised to do, death will come to you. Now, [Participant], is this a belief you want to keep or someone you want to let go of?

Participant: Oh, definitely let go of.

Lion: Okay, so go ahead and take this Grim Reaper outfit off. Just let it come off completely and fall to the floor including that big scythe that he carries around. Make sure it's completely off and out of the inside of you as well. Pull it out of you if it's on the inside.

This was a really deep soul commitment you made way back then. Pull it out of yourself, wherever it resides. And tell me when it's off and has fallen to the floor.

Participant: Okay.

Lion: Okay. How does it feel to have it off?

Participant: I can breathe better. There was a long cord that was really stuck, that was pulling out off my heart. I had to work with that but it's like I just flung it off.

Lion: Good. So now pick up this big Grim Reaper outfit that represents this belief. Hold it in your hands tenderly because this is a tender, heart-centered commitment that you made to a child long ago.

This belief has served you in a couple of ways. First, it served your child by keeping you close and keeping him well cared for, which every mother wants to have. It also served you by keeping you alive. It gave you a reason to live.

Now know that once you get rid of this belief, you will have other reasons to live. You'll find better reasons to live. You're only getting rid of this commitment that it's the only reason to live. Okay?

Participant: Okay.

Lion: Okay. Say to the outfit and say it out loud please "Thank you for having served me in my life and having served my son in his life."

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

Lion: "I've outgrown you and my son has outgrown you. We don't need you anymore."

Participant: I have outgrown you and my son has outgrown you. We don't need you anymore.

Lion: "Your job is now done."

Participant: Your job is now done.

Lion: "I'm now sending you back to the nothingness from which you came."

Participant: I am now sending you back to the nothingness from which you came.

Lion: Is there anything else you want to add to those statements?

Participant: No. Nothing is coming.

Lion: Okay. Walk over to your incinerator. With great reverence and great appreciation, place this outfit and all of the accoutrements that are attached to it and all the feelings that it has attached to it and all commitment that it has attached to it and place it into incinerator.

Allow it to burn like a sacred fire. Take it back to its original nothingness until nothing is left, not even ashes or smoke. Let me know when it's gone.

Participant: Okay.

Lion: It's gone?

Participant: What's interesting is my son showed up. He sat there with me and watched it burn.

Lion: Beautiful.

Participant: Really interesting.

Lion: Beautiful. So welcome him. Now, I'd like you to turn to him and to say these words, and please adjust them to work for you. What's his name?

Participant: Jay.

Lion: Okay. Just look at him and say, "Jay, I love you deeply as your mother."

Participant: Jay, I love you so much as your mother.

Lion: "I've cared for you all these years because I made a commitment to take care of you."

Participant: I cared for you all these years because I made a commitment to take care of you.

Lion: "But not that you're an adult, you don't need that kind of care anymore."

Participant: Now that you're an adult, you don't need that kind of care anymore. You're capable of taking care of yourself.

Lion: "I'm going to love you in a new and different way that really supports you being yourself and being on your own."

Participant: I am going to love and take care of you in a whole different way. I will always be there to support you as you move ahead in your life.

Lion: "And as you need me to be there."

You added the "care for you". I want to make sure that you're clear that there's a different quality of care that's needed, perhaps a care that comes only when asked for. So put that in words that so he understands what commitment you're making.

Participant: I want you to know that I will always be here for you and whenever you need me, all you have to do is ask.

Lion: Great. What else do you want to say to him right now before we close?

Participant: I am just so proud of you and respect you tremendously. I love you.

Lion: Good. Give him a hug and send him on his way.

Participant: Okay.

Lion: Okay. Now we need to create a new belief that will give you a reason to live. What would you like to believe about your reason to live?

Participant: Well, I'm blank.

Lion: Okay. Well, do you have anything to offer the world other than your son? Do you have gifts of your own you'd like to offer the world?

Participant: There's so much joy inside of me and I've always, from the time I was a child, woke up every morning with this song in my heart. I would love to be able to reignite that song and joy in everyone that I come in contact with.

Lion: Great. So we're going to create a belief about that. Just feel that feeling, of your heart song coming out and bringing joy to the world. Come up with a belief that describes that. Something like, "My life is for sharing joy." Or "My life is for sharing this heart song and bringing joy to the world." How would you phrase it?

Participant: I can feel it but the words just aren't coming, but I can feel it. It's though I'm just walking in an ocean of joy and wherever I go, it just follows me and spreads out.

Lion: Beautiful. Just feel that feeling and feel the phrase "This is what my life is for."

Participant: I like that. Yeah.

Lion: Walk over to the mirror and see what outfit has been created to represent this belief.

What is it?

Participant: It's in the Wizard of Oz. It's like Glinda the Good Witch with her wand.

Lion: Wonderful, wonderful. How beautiful. Walk around and spread some of that beautiful sparkle that come out of that wand and spread joy around the whole BeliefCloset and everybody that might be around you and your life. Just really feel that this is your life work. This is your life's job, your reason for living.

When you're ready, look around the BeliefCloset and know that you can come back here anytime. And wearing this beautiful Glinda outfit, this new belief, find your way back out of your BeliefCloset, down to your front door, outside and then all the way back to your body where you're talking to me on the phone.

Just let me know when you're back. Feel that outfit on you all the way to this body. You can actually feel it on your body right now.

Participant: That was silly me. I just, kind of, took off and flew once I got outside.

Lion: Yay! All right. [Participant] thank you so much for being a volunteer.

Participant: Thank you. Well, thank you very much.

Lion: You're welcome.

This concludes the first week of “Clear Your Beliefs.” I hope you had a good experience in the BeliefCloset. If you’re working with a Clear Your Beliefs Coach, contact them and give them a report of your experience, and let them know you’re ready for your coaching session.

If you’re working on your own, write down, in as much detail as you can, your experience in the BeliefCloset. Keep a journal or notebook that’s dedicated to this process. Do the homework as described in the Guidebook. Each of these steps will deepen your experience.

Now, take some time to integrate this journey. If you can, take a walk in nature, or find a quiet place to meditate or just let this experience soak into your bones.

Bring to mind what your new Belief-Outfit looks and feels like, as often as you can. If you’d like, draw the outfit, or make a painting of the feeling it produces. And for a real treat, go out into the world and do some shopping! See if you can find an outfit that reminds you of your new Belief-Outfit, or at least an accessory, like a scarf, that is similar to the color or texture of your new Belief-Outfit. These are all ways of anchoring your new belief in your subconscious mind. They’re not required, but they help ground your experience in your body, mind, and your world.

Contact your coach if you have any questions or concerns, or write to us at coach@clearyourbeliefs.com.

I look forward to being with you again very soon for Session 2 of Clear Your Beliefs.