



The **Belief**Closet Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs Session 2

Clear Your Negative Beliefs About Who You Are

Lion: The topic for today is Clear Your Negative Beliefs About Who You Are. We're going to focus on the issues and problems that keep you from being happy and joyful in giving all your gifts to the world. We've all got something in the way. It's just part of the human condition.

So the question is, what do you believe about yourself? Your idea of "who I am" is based on the beliefs and the programming you got as a child primarily. What messages did your parents and your caregivers and your sibling plant in your little child brain?

The beliefs that were indoctrinated into you are still in your closet. They're still in your Belief Closet. This is similar to keeping all of the clothes including your infant clothes in your closet, in your clothes closet. You've got stacks and stacks of little, tiny toddler outfits, little kid outfits and all that. They're just stacked up including those smelly diapers.

The goal here is to clear out your closet of all those old beliefs especially the ones that you don't need any more, that don't fit you anymore. So if you hear a critical inner voice that is berating you or calling you down or saying things about you that aren't very nice, the things that it's saying are some of those beliefs you took on.

They may call you stupid or incompetent or homely or lazy or whatever it happens to be. Most people hear some of those negative voices.

Today, we are going to make a list of your negative beliefs. For those of you who don't hear those things internally, you may find other ways to find your negative

self-beliefs. For example, things that prevent you from moving forward in your life or places you get stuck. So even though other people hear the voices in their heads as internal voices, you may hear it differently or experience it differently.

We're going to work with one today that gets in your way the most. So as I'm talking, have a piece of paper and a pen nearby and begin to document the beliefs you have about yourself that are negative.

Most of them start with "I am". Some of them might start with "I can't" or "It always," but most of them start with "I am" or other *being* beliefs. If you get positive ones, that's fine, write them down too. You're going to be making a long list today. After a while we'll be going over your list and decide which one you want to get rid of today during the process.

If you've done a lot of work on yourself, your old beliefs may not be around much. You might have a pretty positive life and things go pretty well. But sometimes they come out when you make a mistake or you fail at something or when someone treats you badly, or cuts you off in traffic, or when you feel bad about yourself for any reason, or you get stuck.

It doesn't matter how strong they are, how loud they are in your head. What matters is that they're there and that they interfere with your life. They stop you from feeling good and stop you and prevent you from moving forward.

When you clear these old, limiting beliefs about who you are and what you deserve, you can actually enjoy life. You can let life in. You can feel pleasure. You can move forward and you can make mistakes.

Mistakes are how we learn, but a lot of us, a huge number of people in this culture, got the belief "mistakes are bad." It's one of the most pernicious and damaging beliefs there is. We all got it in school, if we didn't get it directly from our parents. Because when you made a mistake, people laughed at you. It was a bad experience to be humiliated in class when you gave the wrong answer.

A lot of people just say, "Well, I'm not giving any more answers." They just clammed up because who wants to be made fun of? Who wants to be laughed at? It's a terrible feeling. It's a very shameful feeling.

A lot of us have this belief: "Mistakes are bad." You'll want to add that one to your list of beliefs that are in the way and clear it later. Just note that you have it. If that one isn't there, if you recognize "Hey, mistakes are great; it's the way we learn," then, you'll be out there making all kinds of good mistakes and learning from them.

As you clear the limiting beliefs, what happens is that you begin seeing your own magnificence. The lens clears like a cataract in the eye. When you get your lens

changed after having a cataract, suddenly the world looks brighter because you're not looking through a dark lens anymore.

On one side of this equation are your limitations, your limiting beliefs, what keeps you small and hiding, or small and not functioning, or unhappy. On the other side of this equation is what I call "no limits being." What would life be like if you had no limits other than the ones you impose on yourself?

Your unlimited self, which I call your True Self, is filled with your unique beauty and your unique glory, and the joy that makes you "you." Imagine seeing yourself that way all the time. You're walking around and you just love yourself. Because you love yourself and you're shining your light, other people love you too. They love you back. They want to be around you. They want whatever you're selling. That's what's possible here as you move the negative, limiting beliefs out of the way. We're really going for nothing less than glory.

What gets in the way of our joy and happiness? It's either the circumstances around you, something's happening that you don't like, or it's your beliefs at the core about yourself, and who you believe yourself to be. What's curious is that you got into these circumstances you found yourself in probably because of how you see yourself.

If you see yourself as a bad person, you're going to filter out good experiences and find yourself in bad situations. Even your circumstances are a reflection of your beliefs about yourself. If you focus on what you believe about yourself, it's quite likely that that your circumstances will change.

That's what we see over and over with people who go through the BeliefCloset Process. Their circumstances changed. I mentioned last week my friend who cleared 200 beliefs on his own. Now he's gone from poverty to being involved in multimillion-dollar deals.

It's not unusual – because he took away the limitations that were keeping him stuck. His natural self started coming out. Pretty soon everybody wanted to do business with him.

You're the only one that can clear your path. Nobody can do it for you. Even if you're in psychotherapy, the therapist can lead you down the path until you make the change yourself. There's an old joke about how many psychotherapists does it take to change a light bulb? The answer is "Only one, but the light bulb really has to want to change."

The BeliefCloset Process is a practice. The more you do it, the better you'll get at it, and the faster it can go to transform you. But it is a practice. It's in the realm of experience and practice. Just like playing the piano. The more you practice, the better you'll get.

Remember that the issues and difficulties that come up are part of the path. It's just like walking on a trail up a mountain and there are stones and trees that get in the way or fall on the trail. You can either let them stop you or you can handle them and keep climbing up.

A problem or a difficulty isn't a sign from Spirit that you should turn around. That's not what it is saying. It's just normal. It's expected and it's automatic and you can count on them.

So even if you're having doubts or inner conflict, you could see it as "Hurray! It means I'm moving forward. Now let's see what tool would be best to handle it." When you have the BeliefCloset tool in your pocket, you can pull it out like a multi-tool, deal with whatever comes up.

These doubts and inner voices and resistances and barriers are normal and expected. The only difference between successful people and unsuccessful people is that those who know how to be successful have ways of dealing with the stuff that comes up.

That's what this process is for, is to just remove the barriers and the blocks and the resistance that's in the way. All of us need help along the way. It's hard to do this yourself. We all need each other really.

There are some beliefs that interfere with changing your beliefs. For example, if you believe that you can't change your beliefs, or that this process won't work for you, or that you always have problems with processes, or that you start stuff and you don't finish, bring those beliefs into the BeliefCloset and discreate them. You'll see magic happen.

Suddenly what was interfering with you is no longer there, and what stopped you is no longer stopping you. Suddenly what wasn't working, can work. It's all based on beliefs, in my point of view. So try it out, see if that works.

Lion: Hi, [Participant]. Would you be willing to just share what happened for you this week?

Participant: I had great luck with the example that we did last week. It was surprising and I liked it a lot. This week I still felt stuck. I've been trying to write a program. I just am stuck in the research, not writing my take on it.

Lion: Okay, good. Thank you for that. I want to talk about this stuckness because it's one of the things that can come up.

When you start moving your beliefs around, what happens is sort of like you have a pressure cooker in your subconscious mind. You know that when you try

to take the top off of a pressure cooker it can explode, right? You have to let the air out slowly. What happens is if you take one of the top layers off, the second and third and fourth layers start coming up, start pushing up to the surface.

It's not unusual to have actually a negative reaction or more stuckness come up. This is actually good news. It may not feel too good, but the fact is that if you simply ask the question, what belief is this that's coming up? It will be the next layer and then the next layer and then the next layer of beliefs.

Participant: Okay, thank you. I like that metaphor.

Lion: Great. Thanks.

It's not unusual to have some strange feelings show up after doing this. Now what often is the case is that when you discreate or delete a belief from the subconscious mind, you experience the absence of something that was formerly there.

It's a little hard to feel. It's like suddenly you feel lighter or more spacious or things are easier, but you can't identify "Wow, I had that great experience and now I'm having it again," because it's the absence of something. But it's also in that space, other beliefs will make themselves apparent including other beliefs in the cluster.

We talked a bit about belief clusters last time. It's when a group of beliefs reinforce each other. They're tied together. Often, when you discreate one belief in the cluster, another one will pop up. This is normal. Just write them down.

I suggest having a piece of paper with you all the time. When something weird happens or you feel strange, just ask the question: What belief are you? Write it down and then bring that into the process.

We're going to now focus on core beliefs about yourself. Get out your paper and pen, if you haven't already. You're going to be writing down beliefs that you believe about yourself. I'll be guiding you through this process.

It could be positive but we're going to focus on the negative beliefs. If a positive belief comes up, just write that one down too and just keep going. We're really interested in feeling the things that stop you, that slow you down, that defeat you, that interfere with your life. The things that make you feel sad, or angry, or frustrated, anything that's blocking you, the resistance that you feel on the inside.

Just allow yourself to feel those nasty feelings. We usually like to push them away, but the way to explore beliefs is to really allow them to be there. So open yourself up, very gently and be kind to yourself. Feel all those things that defeat

you. Ask yourself "What do I believe about myself when I'm in this stage or when I'm experiencing this?"

Write down whatever comes up, even if it appears weird or not like you at all. We're actually inviting the subconscious mind to bring up what's in the basement. Might not be pleasant, but that's okay. This is the exploring part.

I'll start saying some things and whatever comes to mind, write that down. Start with "I am" and then fill in the blank. "I am..." You can just say it to yourself. "I am..." Maybe it's, "I am weird." Or "I am not nice." "I am a bad person."

Just allow another one to come up. "I am stuck." "I am evil." "I am a mess." Whatever comes up for you, "I am..."

Now think about your abilities or your lack of abilities. "Regarding my abilities, I am..." Think about your body. "Regarding my body, I am..." Intelligence: "Regarding my intelligence, I am..." or "Regarding my mental abilities."

Feelings: "Regarding my feelings, I am..." Now regarding your social status: "Regarding my social status, I am..." Wealth and financial status: "Regarding my wealth and financial status, I am..." In relationships: "In relationships, I am..."

If more than one comes up, just write them down. Let them flow out of your pen. "In my work, I am..." "When I'm at my worse, I am..." "Compared to others, I am..." "Compared to who I want to be, I am..." "Compared to who I should be, I am..."

"Mom said I was..." Fill in that blank. "Mother said I was..." Or if you didn't have a mother, "My primary love source said I was..." Next "Dad said I was..." "My father called me..." If you didn't have a father, what that meant, "Without a father I am..." The last one: "Another important person in my life said I was..."

Okay. Consider this a good beginning because we have, remember, hundreds of beliefs about ourselves inside of us. This is a good start. What I'd like you to do now is to look over this list and to circle the top five, the ones that are most interfering with your life right now, interfering with your loving, interfering with creating your dreams.

Take a minute and look over the list. Circle the big five, the big, nasty five. We're going to be working with your top one so put a star next to the top one that you feel most interferes with your life, most gives you trouble.

Okay. Take just another half a minute to look over your list, circle your top five, and then put a star next to the one that gives you the most trouble. That's the one we'll be using in today's journey.

If you haven't decided which one, just pick one. It doesn't matter which one you pick, actually. They will all have a good result. Just pick one arbitrarily if you can't decide which one is the top one, which one would you like to work with? Then put your pen down and get ready to go on a journey.

The BeliefCloset Journey

Take a deep breath. Relax yourself. Relax your body. We're going back to that ideal dream house that you created the last time. Close your eyes gently. Find your center inside yourself.

Begin to remember that journey that you took last week in which you created your dream house. Remember the place, the landscape in which you created your dream house. Allow the imagery of that place to come into your mind. As if you're flying there, fly yourself to that beautiful landscape.

See your house fit just right into that landscape, the house that you created. This house that's perfect for you, that has everything you want and need in it. Fly yourself down to the front door.

When you land there, look at the front and recognize it as your own. "This is my door. This is the door to my house." Because it's yours, you can just walk right in. So go ahead and walk in. Close the door behind you.

Take a look around. Things might have changed since last week or they might be the same. What's also possible is that as you look at certain details, they become sharper. Just allow whatever you're perceiving to come in, and feel yourself there in your house.

Feel what it feels like to be in this ideal place that's built just for you and is just right for you. Really breathe it in, feel it in your body. There's this sense of belonging and rightness and goodness, pleasure, even joy, being in this place that's just right for you.

As you walk through the house, you're aimed at your master bedroom. As you walk through the house, look at some of the details you hadn't notice before. Give some appreciation for your craftsmanship in creating a beautiful place for yourself.

Make your way to your master bedroom. When you get to your master bedroom, look around. Remember how it feels to be here. You might want to open a window. Look out at the view. Breathe in the air.

How comfortable it is here. How everything is just right for you. You can either notice new details or you can add details, whichever you prefer. This is your place. You can do whatever you will here.

Look and see where your BeliefCloset doors are located. Walk up to them. When you're ready, open the doors and walk into your BeliefCloset. Take a look around. See the incinerator and its shape and form to your left. Look and see the mirror off to your right.

Look around and see where all the beliefs are hanging, or on shelves, or in drawers, each one a unique costume. Some of them look like clothes and some of them don't look like clothes. Some of them look like a cloud or a swirling wind or a dark stain or a cement block. They could look like anything. Belief-Outfits can look and feel like anything.

Allow yourself to look around and take in some of the sights. Then walk up to the mirror and notice what you're wearing. Just be surprised. You don't have to create it. You're subconscious mind will create it by itself.

This is just a reflection of the belief that you're wearing right now. We're not going to work with this belief. Go ahead and take this outfit off. Set it to the side, either hang it up or put it over a chair. Put it in a place where you'll know where it is.

Find yourself without clothes and close your eyes. Close your imaginal eyes, the ones you have there in the closet. Now, remember that number one big, negative belief that you circled on your paper. If you have to open your eyes to remember it, that's fine.

Feel what it feels like to hold that belief, to believe that about yourself. Every belief creates a feeling and this is a feeling that isn't very good. It's a bad feeling, but be willing to feel it fully.

You may have been resisting this feeling your whole life. You may have been trying to push it away, or down, or trying to do something to change it. In this case, in this time, in this place, feel what it feels like to hold this belief as if it's 100% true.

Every belief creates a particular and unique feeling. This is the one that this belief creates. It may feel icky or bad or ugly. Just allow the feelings to come in and even welcome them in as if you're inviting an old friend in for tea.

"Okay. I'm willing to feel this finally. I'm willing to let it in. I'm willing to feel its ugliness and its badness and its uncomfortableness." Let it come into your body. Feel what your body feels like when you believe this belief, when you believe this about yourself.

Notice that this feeling is produced by the belief itself. It's not who you are. It's just produced by a belief. When you're ready, open your imaginal eyes and look in the mirror. Your subconscious mind will produce an outfit that represents this belief.

It may look like clothes. It may look like a costume. It might look like something unusual that you've never seen before. It might look like a movie or it might be a memory or it might be a natural object. Just allow whatever it is to come in to your perception and just observe it.

Notice it. Note what it looks like. Feel it with your fingers. Feel how heavy it is on your body, or how it fits, or what it produces – pain or discomfort on your body. Just allow the vision to come in.

If you're not a visualizer, allow whatever sensory perceptions you have to come in, in whatever way they come in. Just take it in. You're getting a message from your subconscious mind that this is what this belief looks and feels and experiences like.

Now, you are at choice. This is a choice point. You get to decide is this a belief you want to keep or is it one you want to let go of? Make a conscious decision for your life. Is this something you want to keep around in your subconscious mind, in your BeliefCloset? Or do you want to let it go and discreate it?

If you've chosen to discreate it, to get rid of it, take this outfit off. Let it come off like normal clothing, strip it off. Sometimes you need to escape out the back through a Velcro or a zipper. Sometimes you need help and you can call on help to peel it off of you, or to take it off of you. Let it come out from inside of you as well.

It's not only been on the outside of you. It's been on the inside of you so pull it out from inside of your body. Let all of the feelings fall to the floor along with the outfit. All the thoughts you had, all the experiences you had that told you this belief was true, let it all come off of you as you pull this outfit off of you. Let it fall to the floor.

Notice that as it falls to the floor and you step away from it, it no longer is on you or in you. That the feelings it was producing are gone. They're attached to the outfit itself.

Feel what it feels like to not have this belief on you anymore. It was just something you took on and it's just something you can take off. You may be able to breathe a little easier. You might feel a little lighter, more spacious. Just feel what that feels like.

Now it's time to let this belief go. But like any belief, it wants to be acknowledged before it disappears. Pick up this belief outfit in your hand. Scoop it up. Grab it. Bunch it up. Hold it in your hands and recognize it for what it was and what it did.

At some level of your consciousness, some level of your experience, probably as a child, it was trying to help you and serve you and protect you. Whether you understand that or not, say to it the following phrases, with appreciation. Say: "Thank you for having served me in my life. I've outgrown you and I don't need you anymore. Your job is done. I'm now sending you back to the nothingness from which you came."

If you want to say anything else to this belief before you discreate it, go ahead and say that now.

Now walk slowly and reverently over to your incinerator, over to the cosmic fire that burns things back to their original nothingness. When you're ready, open the door (if it has one) and place this outfit into the fire. Watch it burn until it is gone, completely gone, with nothing left, not even ashes or smoke.

Sometimes these things take a while to burn, especially if they've been with you a long time. Sometimes they just go, poof and they're gone. However it happens in your BeliefCloset is just fine.

You may need to turn up the heat to get it all dissolved. You have a dial that you can just turn it up to nuclear hot so that nothing can survive. It's like putting things into the sun where it just gets burned back to its original nothingness.

Every once in a while something will remain in the fire.

Things that remain in the fire are other beliefs. They're associated beliefs or they're protection beliefs. If that occurs for you, simply reach into the fire (because it only burns beliefs, not beings) and just take it out. Take out whatever remains and set it to the side in the special place. You'll be coming back to the BeliefCloset and you'll work with that piece of the outfit at another time.

Now I would like you to ask the question: What would I like to believe about myself? This is where you get to be creative. If we were on the phone, one-on-one, we would talk about how to shape this new belief because this is a collaborative process, but right now you have to do this on your own.

Think about the old belief that's gone and the space that's been created and what you would like to believe about yourself. It might be "I am light" or "I am good" or "I am a divine being." It might be "I am capable" or "I can" or "I have everything I need to do my work in the world," whatever is your belief about yourself.

What do you want to believe? What would make you feel wonderful about yourself? Every belief produces a feeling, so if you're not sure what the belief is, think about the feeling that you'd like to have, the experience of being fully yourself with nothing in the way. Then, think about the belief that would create that experience.

What would you like to believe about yourself? Feel that belief. Feel what it feels like to hold that belief. See if you can make it even better. What would make it feel even better? What would make you even more capable? More glorious? More beautiful? More radiant? More shining of your light?

What would make you feel fabulous about yourself? With sufficient courage that you could go into any situation and being yourself, do what you need to do, be with who you need to be with, fully capable, no limits.

Let yourself feel this belief fully.

When you're ready, walk back over to the mirror and see what outfit has been painted by the subconscious mind to represent this belief. Just walk yourself back over to the mirror and be surprised to see what is produced by this belief and this feeling. Appreciate the beauty that is shining out of you.

How would you describe this outfit to yourself or to another person? Just take note of its qualities, what it looks like and what it feels like. Walk around a bit in it. Feel what you feel like. Think about walking in your life with this outfit on.

If it were invisible and you could wear it underneath your clothes, what would you feel? Like walking into difficult situations, or walking back into your life? How would you deal with difficult situations if you felt like this?

Feel the grace and the glory that comes from wearing this outfit and believing this belief. Recognize that this is who you really are. This is who you are here to be. This is your true self.

As you're looking in the mirror and admiring this beautiful vision, ask yourself the question: Is this a belief I want to keep? If the answer is yes, then prepare to leave the BeliefCloset by looking around and seeing where everything is located.

Know that you can come back here any time. You can try on new beliefs. You can experiment with other beliefs. You can get rid of all beliefs you don't need any more.

This is your BeliefCloset. It's a place you can come and make use of any time you wish. Just appreciate it for what it is, as a tool to shift things in your subconscious mind. Walk out the doors. Find yourself back in your master bedroom.

Take a look around at your master bedroom. Still wearing this outfit, feel what it feels like to be in your house wearing this new belief outfit, radiating your light, shining your beauty into the world.

Make your way all the way back to the front door, gently taking yourself through the house, admiring the beauty that you created here and what it feels like to be wearing this new outfit in your life.

When you're ready, exit the house. Take a deep breath of the outside air. Gently lift yourself up into the air, beginning to fly your way home back to your body. But before you do, you look back and you see how the house is situated in a gorgeous landscape. How perfect it is in its place.

Still wearing that new outfit, fly yourself all the way back to where your body is, where you're listening to my voice. Feel this outfit on you, on this body. Feel what it feels like in your body and on your body to have this new belief about yourself. How it will be when you open your eyes and begin to interact with others through this new belief that you've now planted in your subconscious mind?

When you're ready, open your eyes. Feeling good, feeling fully awake and alert, feeling this new belief on you, and in you, and ready to go out and bring yourself fully into the world. Welcome back.

Take a few breaths. I'd love to take a few shares, if you would like to share what your experience was in brief, one or two sentences. I would love to hear your new belief and a description of your new outfit in particular.

Lion: Hi, [Participant].

Participant: Hi.

Lion: What did you experience?

Participant: I was the one that was stuck before. What I came up with was I am free to touch the sky and be fully me.

Lion: Ooh, I like that. I like it a lot. What was your outfit?

Participant: Yeah, I like it. My outfit went on for a little bit. It started off with angel with wings. There was a lot of iridescent, glimmering and shimmering. It sort of morphed into a butterfly and then it was like Columbo with wings on. I liked it. It was very authentic.

Participant: I was more comfortable. The more you talked the more I morphed like that. Then I felt really comfortable.

Lion: That is great, [Participant]. Thank you. That's beautiful.

Yeah, so outfits often morph and change. That's perfectly okay. Some of them are shimmering and they change color and shape quite a lot. Others are very solid.

So thanks [Participant], I appreciate that.

Lion: Hi, [Participant].

Participant: Hi, you're going to hear from me again. I ended up with a Wonder Woman outfit circa the... I can't remember her name. '70s TV show?

Lion: Oh, yes, I remember it very well.

Participant: Yeah, so my belief was something like I'm flawed and I ended up with I am perfectly perfect. That's just what suits me and, yeah, just makes me laugh too.

Lion: That's great. That's great. Laughing, they call it enlightenment because we're supposed to lighten up. People who have lightened up laugh a lot. So that's wonderful. That means you're getting much closer to your true self when you can laugh. That's beautiful. Thank you.

Participant: Thank you.

Lion: Hi, [Participant]. What was your experience?

Participant: I had a strange thing happen because last week I never could see myself in a house. I saw myself in the air, here and there and that was okay. I just didn't see myself in the house anywhere. This time, what was so amazing was I still couldn't see myself. I was choked with surprise by that. I was like "Where am I? Where am I?" Then I began to realize that I was behind an invisible cloak.

Lion: Ah, yes.

Participant: The person that has like a... You know in the movies years ago that had the Invisible Man? He put these clothes on and he was invisible.

Lion: Yes.

Participant: That's where I was. I was like "Wow. Okay, I'm going to take this cloak now in this place that just seems I did see the place to burn it up. I just didn't see the

house. When it went away and it burned out, I feel like there's still something there that's still going to be revealed.

The amazing thing was when I came out of that, when I realized what I was really standing in, it was this gown. It had no seams. It was completely golden. It was elegant from head to toe. It was captivating to anybody who saw it.

Lion: Oh, that's beautiful. That's you been hiding all these years.

Participant: Absolutely attractive. Everybody could take a look and see. I was laughing. I'm like "Wow, look at that." So that was my experience.

Lion: Oh, thank you [Participant]. That's beautiful.

That often happens. That's why it's so important to work with BeliefCloset practitioners because these tricky things happen. The subconscious mind is communicating very clearly, including being invisible.

If you have the belief in your life "I need to be invisible to be safe," it's quite likely that you won't be able to see anything in the BeliefCloset because you are invisible. Once you take that outfit off, as [Participant] did, her natural, beautiful self shone through.

I'm so happy to hear that, [Participant]. Thank you. Thank you. Welcome out!

Participant: Thank you.

Lion: [Participant] is coming out of the closet! Hey, hurray! Thank you so much.

[Participant], go ahead.

Participant: Yes. My belief that I was working with is I don't believe in myself. I saw a blob in the BeliefCloset, kind of a lock, and it left. But in the process of replacing that belief with a more positive one, I moved around a lot.

When I finished, I tried to write it down. What I got was "I'm divine and able to do anything I want in the world. Help people have enough money, richness. Be powerful." I'm not sure that I've gotten the clarity that I need for that.

Then I saw myself in a shimmering, sparkly gown when I looked in the BeliefCloset with a crown and a wand and light, kind of almost transparent. The thing I didn't see was my face. I'm wondering if you can comment on whether or not it worked, this whole thing worked?

Lion: Yes, okay. The answer is yes, it always works. The question is what happened specifically?

This is where working with the beliefs themselves is so important and why it's good to work with a practitioner. Because for example, the belief "I don't believe in myself" is a belief, but there's probably something under that that's even more core. There's something that happened in your life or a belief that's deeper in you that is underneath "I don't believe in myself."

As an example, I'm not saying this about you but someone else that might have the same belief. It might be "I'm flawed," or "I'm broken," or "There's something wrong with me that will never be repairable. I'm a failure." Those are the sorts of things that are even more core than "I don't believe in myself."

So can you identify what that might be? What's underneath not believing in yourself?

Participant: I think "Something's wrong with me," or "I'm flawed." My father called me clumsy and stupid. I think somehow that has stayed with me.

Lion: Yes. Okay, beautiful. So that's what I want to suggest to you, is that you go to one of the support calls and work with those belief; "I'm clumsy," "I'm awkward," "I'm flawed." I think you'll get even more powerful results.

Because this is just part of their work, is finding out what's underneath that, what's underneath that and what's underneath that. There's a core belief that is down at the child level. That's the one you want to work on next.

Participant: Okay. Thank you.

Lion: Thank you so much.

We have a number of people who volunteered. Let me just pick someone at random here.

Welcome [Participant]. Thank you for volunteering. Tell me what it is that you would like to work on?

Participant: First of all I have a question. You started to work on something and, boy, I must have been gone in Samadhi or something because I probably heard everything and it worked, but all of a sudden I came to and I heard you speak again.

I thought "Oh, my goodness! We're already in a belief!" And then because I had been thinking deeply about certain issues during the last week, I thought, "Oh, well, I must have chosen that because I think it's a core belief." I started working on that. But I have no idea when all the leading and guiding that you did, to fly to the house and all that, all that, that's not even there.

Lion: That's perfectly okay. Is this something that you experienced in your life at other times, when you start to kind of blank out and then come back to consciousness? Or is it just unusual?

Participant: No. I do remember that this used to happen to me when I took Huna many, many years ago. You might be aware of Huna. Actually, Huna has certain concepts that you are working with as well. That used to happen. It reminded me of that. The thing is I still worked on it. The thing is I want to talk with you about that.

Lion: Yeah. Good.

First of all, this issue of going blank, some people call it falling asleep. It's actually a way for the mind to say either, "There's too much going on I need a break," and so it breaks off consciousness. Or it's like, "I have to go work on this myself." It goes off and it does some processing and then comes back. In either case, it's perfectly fine.

What you may want to do is listen to the recording for that part and just go through the process again using the recording. But it's perfectly okay. It happens. What we say in the BeliefCloset Process is anything that happens in the BeliefCloset is just another belief.

There's some belief about either being overwhelmed or having too much or "I need to get out of here," or a belief that you really didn't want to confront. It may be a belief that came up that you really aren't ready to handle. Any of those are possible.

Participant: Yeah, I know. I just want to handle that belief. The thing is it's very deep-seated. It probably was created when I was in the womb and that belief is I am not safe. The thing is when I was in the womb, it was during World War II. My mother wanted to abort me because of the horrible, horrible times that she went through.

In fact, she had to flee because of the Russians coming two days afterwards. I think that all these things, being refugees, my mother not having anything and her husband not there, I think that that is so deep in my subconscious that I think that at times I go back I used to have nightmares and I was perfectly safe. In fact at one time I was living in a mansion in England and yet I was afraid not having a roof over my head.

Lion: Yeah, [Participant], this is so poignant because it really reflects both the in-womb and infant time. Because when we're in the womb we are merged with our mother. We are feeling her feelings. We are eating what she eats. We are breathing the oxygen she breathes. We're experiencing her beliefs and her feelings directly as if we are her.

Then when you're born, you get that primal separation but you need her. So you're clinging to her. You still are merged with her feelings or in her field. So everything she was feeling, you were feeling. Your first years of life were filled with this trauma and with this horrible situation of the world not being safe, you not being safe and her not being safe.

It actually went right directly into you as a deep program. You could say that you're a post-traumatic stress survivor. You had a traumatic stress in your first years. It was what everything else was built on top off. So getting to this core belief of "I'm not safe" is very powerful for you. Were you able to clear the belief?

Participant: Yes. But for me, the thing is I actually had to laugh because everybody is saying, "Oh, what glinting garments they put on and sparkling and all that." All my life, I mean, for decades I've been working on enlightenment and all these wonderful things, et cetera.

In this case it was very, very odd that... See, this was when I was consciously working with you. I saw the garment that I had, oh, not feeling safe. I looked like a little fairy with these sparkling little things on, out of white tulle kind of see-through. You could almost see all my skin through it.

Lion: Sorry, [Participant]. Let me ask you a question. Was this the "I'm not safe feeling?"

Participant: Yes, yes, yes!

Lion: Okay. Let me just speak to this because sometimes you get an outfit that is unusual. In this case, this would be unusual.

What it says to me is that what you did as a little one is you basically dissociated from the unsafe condition and you basically went to a place where there are angels protecting you. Being unsafe actually got you to that spiritual experience of feeling angels protecting you and you have them protected in your life, right?

Participant: Yes. Yes.

Lion: Yeah. That's why it's an unusual outfit for the belief, is because being unsafe actually for you, for your subconscious mind means "But I'm here with the angels."

Participant: Yes. The other thing is though that very fleeting little dress that I had on... I do remember when I was like seven years old I would always have these fru-fru things on with little crowns and what-not. I was a little ballerina. Anyway, I had this on but you could practically see my skin through this outfit. See?

Lion: Yes. So you had no protection, right.

Participant: It may be unsafe or something, you see? I had good success burning it. The funny thing is very contrary to what everybody else chose as an outfit, what did I choose to replace it with because of the situation in which I am right now?

I just lost my husband. He left me with an abundance of debt and a company that is just bleeding. If my sister wouldn't help me out, I would actually be out in the street without a roof over my head. This is really interesting. Yet in my life I did so much to be independent, degrees, and everything under the sun.

Lion: [Participant], let me interrupt. What was the new belief that you created?

Participant: The new belief, let me see, there are a number of things that I wrote but I want to tell you the outfit that I chose.

Lion: Start with the belief. What was the new belief?

Participant: Yeah, this is something you suggested really and I took that. "I have everything I need to do the work in the world that I have come to do."

Lion: Great. Okay now, describe the outfit that appeared.

Participant: The outfit that appeared is a black designer power suit.

Lion: Yeah, beautiful.

Participant: However, with a very feminine chiffon blouse with frills on the sleeves and collar and I have very long hair.

Lion: Beautiful, that's perfect! That's perfect [Participant]. I got it. Thank you for the description. So it's perfect. It's perfect for you.

Participant: What came was assertiveness. That's what I need right now.

Lion: Wonderful. You got the experience of assertiveness in the power suit as well as having what you needed. I think it's beautiful. Thank you for that. So you're doing everything great.

This kind of deep belief of "I'm not safe" may take a few sessions to work on it at deeper and deeper levels. But you're doing great. Thank you. Thank you for sharing.

Participant: Thank you very much for your help.

Lion: Great.

Let's take one more person to work with. Go ahead, [Participant].

Participant: Where we wrote down what we believed about ourselves and kind of bubbled up to something else which was interesting when we started the process.

It bubbled up to something that said, "I am not worthy. I had very interesting outfit on "I am not worthy." I came to an outfit that was quite lovely. It was really dressed as royalty. I could see this very traditional kind of robe, velvet, deep red with a white trim, something that you see on a king or queen.

But I could just see it on the back. I couldn't see the front of myself. When I forced myself, it felt like it was a force, to see the front of myself, I had on this green velvet gown that felt like I was some woodsy woman. It was kind of cool.

Lion: That's very cool. What was the new belief, [Participant]?

Participant: Oh, sorry. The new belief was I am worthy. I am worthy of having what I need and want.

Lion: Beautiful. Okay, great. Thanks. I wanted to check that. So you saw this front and the back, which were different, which is very typical of belief outfits. How did you feel in this new belief outfit?

Participant: Well, that's the interesting part and the reason that I volunteered, is I felt good. I looked at it and "Whoa, this is a really pretty outfit." It was certainly better than the old one. But it's very heavy. The back and the front didn't match.

Lion: That is interesting. The wonderful thing about the BeliefCloset is that it's full of surprises and it's endlessly interesting. This is the first time I've heard of this particular kind of outfit appearing. But to me, it always makes sense in some way.

Let's just take a look at it. If you were unworthy, I could imagine that you wouldn't have to take very much responsibility. If suddenly you're worthy, you might have to take on more responsibility.

Participant: Oh, yeah.

Lion: Which would be heavy, which might be a good reason to stay with the not worthy part. "Hey, this is a good deal! I'm not worthy and nobody is going to give me anything to carry."

Participant: No, it's not worth it.

Lion: Okay. Is that right? Just checking. That makes sense to me, why the subconscious would say, "Well, it's kind of heavy outfit."

Participant: Yeah, it was hard for me to fly away from the house kind of thing.

Lion: Yeah, kind of dragging you down a bit.

Participant: Yeah. Also, it was velvet, like a heavy material?

Lion: Yeah, which is very royal, right? Velvet was worn --

Participant: Yeah. I just thought it when you said that about being worthy, you have responsibility. To me, being a king or queen, a royalty, entails a responsibility. More than a responsibility to yourself, I mean, it does entail a responsibility to yourself, but it also entails a public responsibility.

Lion: That's right.

Participant: That's really interesting.

Lion: Yeah. What do you get out of the front and the back being different? What do you imagine that might mean?

Participant: The first thought that comes to mind is that the way I see myself and the way others see myself.

Lion: Ah, very good, very good. Yes, so people see us differently than we see ourselves. I think that's very wise, a good interpretation, which is fine. I mean it is true that other people see us differently than we see ourselves.

That's another signal from your subconscious mind to just note that and just say, "Well that's interesting." So others were seeing you from the back, right? Were they seeing your back? Or from your front, do you think?

Participant: From my back.

Lion: Okay, good. Just notice that it has two different feelings to it. Just accept that as the subconscious's way of communicating that to you.

Participant: Yeah. Yeah, I actually feel lighter about it already.

Lion: Wonderful.

Participant: Yeah.

Lion: Well, thank you so much.

Participant: Thank you.

Lion: We're going to close now. We wish you well, and we will see you next time.