



The **Belief**Closet Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs Session 3

Clear Your Limiting Beliefs About What You're Capable Of

Lion: Welcome, everyone. The title today is Clear Your Limiting Beliefs About What You're Capable Of. Last week, we talked about beliefs that may limit who you are – the Being side. This time, we're looking at beliefs that may limit the Doing side, your capabilities and abilities.

I'm very happy to have you here. I really appreciate your taking the time on this beautiful day (or night as the case may be) and joining me for this class.

We had a couple of questions about core beliefs. I want to get to this before we enter the topic of the day. The questions were: "What makes a belief a core belief?" And, "How can you tell?"

A core belief is very deep. It seems to be there almost all the time. It's kind of like an annoying sound or itch in the background. When you say the core belief or when you recognize what it is, it really rings true at a deep level. It's kind of "Bong." Oh, yeah, it's there.

It often brings up strong feelings. It often makes you feel really crappy if it's a negative core belief. It's also familiar. It's like "Oh, yeah, that familiar feeling." They are usually in childlike language, very simple language since that's when you got them or picked them up. It may bring up memories.

If you're having a hard time finding your core beliefs or you want to dive deeper underneath the beliefs you are finding, ask for help finding the core belief underneath the beliefs you're coming up with.

If you write down a belief in a way that a sophisticated adult would say it, there's probably a core belief down underneath that one. You can discreate any belief you want, at any level you want. But when you delete a core belief, the results are much more profound.

A big part of the training that I give to BeliefCloset Practitioners is helping people find the core beliefs – because when you get down deep, and you pull out a core belief, a lot shifts.

You'll be writing down some beliefs throughout the talk today. So get out a journal or a pen and paper. As I'm talking, when you notice a belief that you have, write it down. I will also be guiding you through an exercise or two in which you will identify core beliefs that you have. You'll be taking some of those into the BeliefCloset Process during the coming week.

We'll start off with the centering meditation.

Close your eyes, put your feet on the ground, uncross your legs if they're crossed. Take a couple of deep breaths. I like starting these calls with a deep meditation because we're going deep into the subconscious mind. If you have a very busy mind, it's hard to hear the subconscious. We're going to just quiet the busy mind with a focus on the elements.

Feel the ground beneath you. You can kind of extend your awareness down through your feet into the floor that you're sitting or standing on and down further through the house, through the building materials and ultimately all the way into the earth. Continue to feel your way down through the earth, the top soil, below that some more rocky material and below that more rock. You may have to go way, way, way down.

As you feel that earth beneath you, recognize that your body is made of earth, of matter, the molecules and the atoms that make up matter. Feel the earthiness of your body as weight and mass attracts the earth, as the earth attracts your body and pulls it down. Feel all the trillions of molecules and atoms as part of the earth. It's almost as if you were born out of the earth like a plant. Take a breath and just send appreciation to the earth for loaning you these molecules for your lifetime.

Now feel the water in your body. Your body is made of about 70% water. Recognize that its composition is about the same as the ocean. We evolved out of the ocean and the ocean is still inside of us. Want to move a little bit, move your body and feel its fluidity. You are mostly fluid.

Fluid is in all your cells, your 50 trillion cells. It surrounds yourself. There is a flow of this fluid through your arteries and your veins and all the capillaries in your

body through the cells. That moving water carries food and energy to yourself and carries waste away. Grand river or network of rivers, and you're inside your body. It's similar to the network of rivers and water on the earth.

Great mother ocean evaporates, becomes clouds and it rains and that rain comes down in the form of snow or rain into rivers and then back into the sea, feeding all the plants. That cycle of water is also in you. Just feel this grand cycle of water.

Recognize that you are water, part of that water cycle on the earth. Just send appreciation to the water in your body and the water cycle on the earth for all that it brings. Water gives life. Some people have said that our planet should be called water instead of earth because it's mostly water that brings life. That's the water element.

Now, feel the chemical interactions of your body. There are trillions of molecule changes. Every second in your body is molecular changes that we call fire. This is the fire of life. The fire element produces heat. That's what keeps your body warm, makes you hot when you're sweaty, going on all the time.

The chemical fire is part of your body. You're transmuting elements, burning energy and food as fuel. That fuels the whole cycle of movement of molecules and atoms and nutrition to your body, all the parts of your body. Give that heat back out to the world and we take in fuel that the sun created.

The food that we take into our body was created by the sun. The sun's energy comes into us and we move it around and it feeds us. Send some appreciation to the sun for the original fire and the fuel and to your body for keeping things moving and warm and heated up in just the right way.

Now we'll move to the element air. Breathe in. Feel the oxygen in your lungs, take it in. Breathe out, let go of the carbon dioxide you don't need and recognize that we're in this exchange with the trees and the plants who take in the carbon dioxide. They breathe it in and they breathe out what they don't need which is oxygen.

We're in this exchange with the plant world, part of the plant world where they need us and we need them. Air brings the oxygen that feeds the fire. Fire needs oxygen to burn. So with our breath, we fuel the fire and the air. Thus going, no air, no life.

Send some appreciation to the air, flow of oxygen, carbon dioxide and all the elements that come in and out of your body. Air is space. Feel the space around you, space inside of you. Recognize that you are space.

The final element is consciousness, awareness itself. Recognize that you have awareness and that you apply it as you will to yourself and to the world. Send appreciation to the source of awareness, the source of consciousness. Always there, always has been, always will be, make many different forms including yours.

When you're ready, open your eyes. Return here. Those are the five elements that make up you, make up who you are.

Now, we're going to dive into limiting beliefs about what you're capable of. After the "who I am" beliefs, the being beliefs, the second most common area for limitations is what I'm capable of, what's possible for me to do. Now the truth is that if anyone has ever done anything, you could do it too. You're just as capable as anyone.

People have different abilities and natural abilities. If someone could do it, you could do it. The only limitations we have are the ones that we place on our self or the ones that other people have programmed into us. Since beliefs create limitations, if you remove a belief about a limitation, what gets opened up are possibilities.

Last week, we talked about "no limits being". If you took all the limitations off of you, you would be in "no limits being". This week, we're going for "no limits doing". No limits on doing.

The question is what do you want to do? The world can be divided into doing, being and having. We'll touch on all of those today. If we look at doing, being and having, most people think that if they do something like work hard, then they can have something like enough money. Then they will be something, like happy and secure. This is called do-have-be. If I do, then I can have and then I can be.

Other people believe that if they have something, like a new car, then they can do something like take people out on fancy dates. Then they will be something. They might be in relationships or be seen or be admired. This is have→do→be.

what we found in our teaching on manifestation is that you need to "be" first. For example, if you want to be an author, just decide that you are an author then do what authors do. Write four to six hours every day. Then you will have a finished manuscript and a published book. This is be→do→have.

Being comes first, which is why we handled limitations on being. Then doing comes second. We handle the limitations on doing, then you can have whatever you want to have.

Last week, being; this week, doing. This Doing realm is the realm of skills. We're also going to touch on how skills are developed and what stops people from doing the things they need to do to have what they want to have.

Take your paper and pen. I'm going to prompt you for what beliefs you may have in this arena. Write down anything that comes to mind. The capabilities and abilities are can and can't.

The first prompt is, and just see what comes up when you say, "I can..." and then fill in the blank. "I can..." Just write down a few ideas about what you can do. If you've worked on yourself for quite a while, you'll have a long list. We're just trying to get a few notes jotted down here.

"I can..." What are you capable of? What do you give yourself permission to do? What do you know you can't do? Just write down three or four of those.

Now, "I can't..." Write down what you can't do. "I can't... find the right partner." "I can't... make enough money." "I can't... get my body healed." Whatever your can'ts are, write them down.

Now fill in this blank "I'm not supposed to..." Out of our limitations come from this kind of programming of what we're not supposed to do. "I'm not supposed to run around naked." "I'm not supposed to act strange in front of strangers." "I'm not supposed to speak to strangers." "I'm not supposed to..." Write one or two more down.

We move to "It's not okay for me to..." It's usually not okay with someone so we might think of people who it's not okay for you to do certain things.

Let's move on to "I'm not able to..." "I'm not able to jump 6-foot barriers." "I'm not able to rollerblade." "I'm not able to walk," if you're in a wheelchair. "I'm not able to keep studying." "I'm not able to write my dissertation."

Next is, "I'm limited by my..." Identify the limitations that you have. "I'm limited by my intelligence." "I'm limited by my looks." "I'm limited by my skills." "I'm limited by my lack of resources." What are you limited by?

Next is, "It's not possible for someone like me to..." "It's not possible for someone like me to be a Hollywood star." "It's not possible for someone like me to marry the person I want to marry." What is it not possible for someone like you to do?

The next one is, "They won't like it if I..." Very early childhood programming, "They won't like it if I jump and scream." "They won't like it if I... run around the house and explore." What is it they won't like?

The next is, "They won't let me..." "They won't let me... do whatever I want."

We're going even deeper now. "They'll stop loving me if I... don't do what they say." "They'll stop loving me if I leave town or leave the family." "They'll stop loving me if I love someone else."

You should have a good range of beliefs written down. We'll do a few more with a different form. What is something that someone else can do or a lot of people can do but you can't? Write down a few things that you can't do even though other people can do it. Write down whatever comes to mind, whether it makes sense or not. Allow the mind to flow. Allow the subconscious mind to answer the questions.

What's something someone else can do, or lots of other people can do, but you can't do. What's something that someone else is good at, or a lot of people are good at, but you're not? What's something that you wanted to do, and someone else has succeeded at, but you haven't succeeded? As you finish up making notes, feel free to keep adding to this list.

As I said before, all beliefs are inherently limiting. A belief is like a bubble that separates what's inside the bubble from what's outside the bubble. For example, inside the Self-bubble is "I am this," and outside is "I am not that."

As soon as you say, "I'm able to do this," you're putting a number of things outside the bubble. "I'm not able to do that." Some of that is practical like "If I focus on this skill, I won't be building other skills." But sometimes, if it's "I can't do this," then the possibility of doing it is outside the bubble.

Remember that decide comes from the Greek word that also is related to insecticide or genocide. It means "to cut off." So whenever you decide to do something, you're deciding a whole bunch of other things to not do. When I found out that I actually had limitations on what I could do in my life, I was really pissed off. I thought I could do anything! When I found out I couldn't, there just wasn't time, I was really angry with God for giving me all these limitations.

Because our beliefs create our experience of reality, when you say, "I can't do that," then you make it so. The way you make it so is by not trying, or by quitting. It's not because you couldn't, it's because you quit or you didn't continue. Because skills are developed with study and practice. Whenever you started something and then stopped, you stopped getting better.

If two people want to play the piano, and one has natural talent and the other one doesn't, the one who has natural talent will find an easier time learning. But they both can practice and learn and master the skill. Whoever quits first,

whether it's the person with the natural talent or the one who doesn't have natural talent, the person who keeps practicing will get better and better.

It doesn't matter what the natural talent is. Whenever we quit or get disinterested or something becomes more important, then that's what limits us. It's not a natural talent. It's just the fact you stopped practicing or getting better at it.

As we mature, our needs and our desires and interests change. There's nothing wrong with changing what's interesting. The question is, "Was that the real reason that you quit? Or an excuse for quitting?" That you changed your interests. Did you cut something off from yourself? Like some real joy about getting better at something or accomplishing something because you ended up deciding not to keep going?

About what did you say "I can't learn that."? Write this down. What were the subjects that you decided, "I can't learn that"? For me, it was Chemistry and Calculus. I took Calculus three times, got Cs all three times and I still didn't know what the hell a Function was at the end – because I missed something in the middle and kept going, and that stumped me.

What did you say, "I can't learn that" about? About what did you say, "I can't do that well so I might as well give up?" For me it was Art. I actually was pretty good at Art, but I got the belief that I couldn't do it well so I might as well give up. Write down a few things that you decided you might as well give up on.

What books did you stop reading because they were too hard? What did you stop doing because it was uncomfortable? For me that one was skiing. My dad took me skiing when I was a kid. It was uncomfortable most of the time. I was uncomfortable most of the time. I was kind of a miserable kid. So I stopped skiing and I stopped getting better at it, of course. Whenever you quit trying and practicing, you don't get any better. That's just the way it goes.

Now let's look at the other side. What can you do now? What are you able to do? What have you mastered because there was someone there to mentor you, encourage you, tutor you, or in some cases demand that you continue to practice beyond your resistance or your desire to quit?

This is so true especially about piano. I took piano lessons for two years, and never practiced. I practiced in front of my piano teacher. She finally gave up on me and I gave up on her. Why bother?

But people who play the piano well, their parents said, "You will practice the piano for an hour a day when you get home from school." They got better and better at the piano and eventually mastered it. So what are you able to do

precisely because there was someone there to support you in your growth and development? What were you encouraged to do?

Often, we're encouraged to do something that matches our natural talents even if it's not attached to our life purpose. I call this the tyranny of talent. A kid might be encouraged to do Math and Science because they're good at it when in fact inside their heart, they're actually a writer or an artist. They grew up being very miserable scientists because they're not following their heart. They followed someone that said, "You're good at that so you should do that."

What did you rebel against and stop because you were over-encouraged? Sometimes parents get to be a little too much. They want you to be something or do something. You just say, "Screw that. I'm not going to do it precisely because they're telling me to, even if I like it."

I was very fortunate. I had a wonderful man in my life who was a coach and my teacher and he prodded me. He was a mentor and he was tough and loving. He encouraged and supported me and took an interest in me.

He encouraged me to think that I was special in some way. I began taking a real interest in myself and the world when I was 19 years. He encouraged me to be more conscious and explore, so I became a consciousness explorer, just like him. I was very fortunate to have him in my life.

Did you have a mentor or a person who encouraged you in a particular direction? Then ask yourself the question: Are you above average in that field of study or discipline? The usual answer is yes because of that encouragement.

It may have been your parent, might have been one of your parents or both your parents.

This is such a tragedy because mentors are so important to children. I want to encourage you as an adult to go find a kid and mentor them. Just find someone that could use some encouragement. Encourage them because it makes all the difference.

I want to look at education very briefly because a lot of us got stopped in school. The root of the word education is "educare" which means "to draw out." It doesn't mean "to stuff in." Our education became very narrow.

There are many types of intelligence. Howard Gardner wrote a book called "Frames of Mind". The theory of Multiple Intelligences said that intelligence is not a single ability but a very wide range of abilities.

He divided them up into things like Logical-Mathematical, Spatial-Mechanical, (visualization and navigation and building and repair), Linguistic, Bodily-kinesthetic (athletes and dancers have that intelligence), Musical, and Interpersonal-Relational. A lot of children are very good at the interpersonal stuff but not so good at the language-based skills.

There is Naturalistic, which is classifying natural forms or identifying types of food. We grew that ability when we were out in the bush. Existential, which means self-awareness as in spiritual or religious. There's Practical-Survival and Creative-Artistic, Kinesthetic and Storytelling and Sexual-Seductive and Problem-solving life skills, even Financial-Accumulative. All these are skills and abilities that we all have in different amounts. We also have different brains, which have different decision-making abilities, executive functions, etcetera.

Schools focus on one set of intelligences which are the cognitive ones. Facts poured in and regurgitated out. If you were weak in that one, but strong in others, you would not have gotten recognition for your own abilities – except negative ones for not having the ones the school had in mind.

Your self-image became negative and you spiraled down into trouble. Our schools are full of this problem where brilliant kids with lots of skills and abilities just don't get paid attention to. They don't get supported. They end up in trouble because they feel bad about themselves.

As I mentioned last week, mistakes are the way we learn. If you made mistakes and got humiliated for them, you're going to believe that mistakes are bad and of course that will stop you from learning.

So the way to look at life and learning and abilities is to see difficulties and problems as "Hurray! I've got a new problem. Something has come up. Isn't that exciting? What does it tell me? What's the way around it or through it or past it? What do I need to learn? Who can I get help from? If someone has solved this problem, so can I. I just have to figure out how."

The blocks and barriers and resistance that you've experienced in your life that stopped you are actually normal and expected. If someone had taught you this when you were young, you would have taken on bigger challenges. You would have kept going. You'd be successful because successful people are just those people who figured out tools to deal with the stuff that comes up.

When you clear the lens of your own self, of your beingness, then you can see your own magnificence. When you clear the lens about what you can do, you can see your own capacities and abilities and capabilities. There are no limits on what you could do. You could accomplish anything. We go from no-limits being

to no-limits doing and eventually get to no-limits having. There's no limit to what you could have if you're willing to do what needs to be done.

Okay. Now we're going to swing to the positive. Write down your answers to these questions: If you didn't have any limitations at all, what would you be doing? Take a minute and conceive of what you do would do if there were no limitations at all. You can keep adding to these as the days and the weeks go on.

If you didn't have to earn a living, what would you choose to do with your time? Because we often trade our time for money so that we can do the things we want to do but we end up spending more time doing what we don't want to do rather than what we do want to do.

If you had all the money and resources you needed, what would you spend your time and money on? What would you build with your enormous wealth? I wanted to grow up and be a philanthropist – giving money away and supporting other people with my immense wealth. I'm still working on that one.

If you followed your dream, your highest vision and your purpose in life, what would you be doing? If you could create anything, what would you create for yourself, for your family, for your community, for the children, the world? Just keep adding to this list as you go through the week.

Look at these beliefs that you wrote down, especially the negative beliefs, and choose one to three that you would like to clear with the BeliefCloset Process. Go through what you've written down and circle ones that you'd really like to be rid of. If you haven't written down any, write down a few beliefs that you'd like to change for yourself this week.

Once you've done that, think about the belief that you'd rather have that's in opposition to that belief that would be great. A new belief should make you feel wonderful, glowing with radiance and filled with peace and happiness, and feel really good about yourself. You can start with the opposite belief, but then upgrade it so that it makes you feel wonderful.

This is an approximation, because you'll probably want to change it and make it even better once you're in the BeliefCloset, after you've cleared the belief. Because sometimes our beliefs limit even what we think is possible. That's why we delete an old belief first before we replace it with something even better.

Build your skill and ability at changing your beliefs. I want to encourage you this week to take yourself into the BeliefCloset Process, and clear at least three beliefs this week. That's for you to do on your own or with a recording or support call.

We're going to do a variation right now of the BeliefCloset Process and work with all the beliefs you got from your parents. Your homework is to clear some of your own beliefs and again use a recording from last week, the recording in the Transform Your Beliefs eBook, or on a support call. Clear those beliefs and replace them.

As you build the skill of changing of your beliefs, you're building one of the most essential skills for doing whatever you want to do. Because any time there is a barrier, a block or resistance, you can clear it. It's a very powerful skill for the future.

Put your paper and pen away. I'm going to take you into the BeliefCloset. We're going to do a slightly different process than last week. This is a very important process for clearing the beliefs that your parents gave you.

Close your eyes. Find your center and take yourself to that beautiful ideal house that you built. See it from the air, breathe and smell the surroundings. Fly yourself down to the front door. Feel what it feels like to be home. This is the ideal house for you. Walk into the house.

Get whatever impressions you're getting. If you see things visually, appreciate what you can see. If you're getting it by smell or by feel, just appreciate that. However the information comes into you is the right way for you to get information. It doesn't matter whether you see things clearly or not. Just feel what it feels like to be home, surrounded by exactly the right kind of house for you, exactly the furnishings that you would want, that you wanted to have. They're here.

Make your way to your master bedroom. Find the doors to your BeliefCloset. Open them up, and enter your BeliefCloset. Take a look around or take a feel around. Notice that everything is where you left at the last time. You might notice additional details that you didn't notice last week.

Walk up to the mirror in the room and notice what you're wearing. This outfit, like any outfit, represents a particular belief. We're not going to be working with this belief today, so take this outfit off and set it aside. Then close your eyes – the eyes that you have in the BeliefCloset. Begin remembering back through your life all the way to the beginning, to your beginning when you came into existence in this life.

You might have come from somewhere else, or from nowhere, or from God, or from a moment of love, but you came into existence. This little unique *you* came into form. It took nine months to bring you all the way in. During that time, your body was growing, and you can feel this. Feel yourself growing in the womb. You

were hanging around with an open awareness allowing the world to take shape around you, allowing your body to take shape.

At times, you were floating in a quiet safe bubble, and you heard the deep rush of your mother's heartbeat. At times, you could hear noises and voices. You were feeling what your mother felt – because you were a part of her. As if they were your own, you took on these feelings and beliefs and these thoughts that she had – because there was really very little difference between you and your mother.

Her thoughts were your thoughts. Her feelings were your feelings. Her conclusions were your conclusions. Your little infant brain that was developing was trying to sort out all of these impressions.

Most of what you took on was actually your mother's. Once you came into the world, you took on much of your father's beliefs. They weren't yours. You just grew up inside them, like a fish grows up in water, and doesn't know the water is there.

You have an opportunity here to give them back, to give all those beliefs back to your mother and your father. If you're ready to let them go, think about sweeping the hearth. The hearth is the fireplace that used to be the center of a home.

Heart and hearth are related words, the heart of the house. You're going to be sweeping these old beliefs into a pile. You're going to create at least two piles, one for your mother's beliefs and one for your father's beliefs. If you had another primary caregiver, make a pile for that person or persons as well.

We're going to work with the chakras. Some of your mother's and father's beliefs were about survival, about food, money and the physical world. Take your mother's and father's beliefs and pull them out of your base chakra, the base of your spine around your sacrum. Let those beliefs fall to the floor.

As if you can see them there, feel them there, begin pulling them out, the beliefs that your mother and father had about survival. Was it easy or was it hard? Was life hard or was life easy? Anything that's not yours, that belong to your mother or father, pull them out of yourself and let them fall to the floor.

Some of their beliefs were about pleasure and sensuality, and men and women together. These got lodged in your second chakra and your sex center. Reach in and pull out all the beliefs of your mother and father and pull them out and let them fall to the floor in their respective piles. It's about sex, beliefs about pleasure. Their beliefs had nothing to do with you – you just inherited them. Take them out and let them fall to the floor.

Mother and father had beliefs about power. Who is in charge? And who got to be in charge? Who could use their will? Who could use force? What your ability was or what it wasn't, could or couldn't do. Pull all of these beliefs out of your third chakra, your solar plexus center.

Pull them out of your body, out of your mind and your heart and your soul. Just let them fall to the floor where they belong. They didn't belong to you. You just inherited them. If you're ready to give them up, pull them out and let them fall to the floor in a pile.

We'll move to the fourth chakra in the heart center. Any beliefs that your parents had about love and loving, about the heart, about feelings and emotions, about relationships with others, anything they believed, pull those out. They're not your beliefs, they're theirs.

You're going to give them back to them. Pull them out of your heart. Any beliefs that shouldn't be there that weren't yours that you didn't come up with or create, pull them out. Let them fall to the floor in the pile for your mother, in the pile for your father, in the pile of that other caregiver if you had one.

Your parents had beliefs about speaking and listening, about speaking the truth or expressing yourself. Who and how is it okay to say things? Who and how is it not okay? About having a voice, about communicating or not communicating, telling the truth or telling lies, pull all those beliefs out of your throat chakra, your fifth chakra.

Just pull out anything they believe that doesn't belong in you. Pull out of the body and the psychic body and the emotions and the feelings and the mind and the physical self. Let them fall to the floor.

Your parents had beliefs about what was true and what was right and what was possible. In the sixth chakra between the eyebrows, the third eye, pull out all their beliefs about the future and what about the past and what was allowed and not allowed, what you should study and what you shouldn't study, what you should think and what you shouldn't think, what's true and what's right and what's wrong.

Pull all those beliefs from your parents out of your third eye chakra, out of your mind and your brain, and let them fall to the floor; one for the father, one for the mother and the third for another caregiver if you had one.

Move to the seventh chakra, at the crown of the head. Your parents had beliefs about God and spirit and universe and existence. Who you are and what you are,

and what your connection is to Source or to God. Pull all of their beliefs out of your crown chakra and let them fall into a pile in the floor.

Now look inside your body, and look inside your mind, and look inside your heart, and look inside your soul and your spirit, for any other beliefs that you inherited from your parents and from their parents. Pull them out and let them fall into piles on the floor.

Heal yourself from all those beliefs that you inherited, that weren't yours, that had nothing to do with you. Is it your fault that you inherited them? You just absorbed them.

When you're ready, step away from the pile and feel that clean and clear feeling of "Whew! I'm so glad to be rid of that stuff."

Now there might be good beliefs in that pile. If so, you can recreate them later. You can consciously choose to create those good beliefs. But for now, just feel what it feels like to be clear of them, to have all that stuff out of you.

Who are you now, in this moment? This is your True Self. Free of all that programming that you got from your parents. Really look at yourself and see yourself as a radiant light. You are unique. There is no one that's ever been created that's like you. No two stars are alike and no two people are alike. This is really who you are – without all that programming.

Enjoy this feeling of being free to be you – only you without all that history, without all that programming. Breathe. It feels so good to be clear of all that stuff. Now it's time to give them back. Invite your mother and father or your other caregiver if you had one to appear in front of you, to come into your BeliefCloset and take form there in front of you.

They've come here only by your invitation. Whether they're still alive or if they've passed on into the spirit world, you can invite their spirit here to meet with you. Take a minute and bring them here. Allow them to appear in front of you, standing on the other side of these big piles.

Feel your mother and father and caregivers in front of you and say these phrases. Repeat them after me. Feel free to adjust them to what's right for you. These are suggestions. They will carry you through this process and through the ceremony.

Say to them: "Mother, father, the other person, I know you loved me. I know you still love me. I know you did your best to raise me, to turn me into the person you thought I should become. From the very beginning, I took on your beliefs –

sometimes by choice, sometimes by your indoctrination, and sometimes just by absorbing them from you."

"I have now outgrown these beliefs. I don't need them anymore. So I'm now giving them back to you. You can do with them whatever you wish. I no longer want them in my space. They're yours and they were never mine. I now give them to you with my blessing and love. It's time for me to let go of them and give them back to you."

Now sweep up these piles. Put them in a bag or a box or pick them up and hand them to each of your parents, to each of the people in front of you. Give them back this collection, this pile of beliefs. Make sure they take it and invite them to speak to you.

Now listen and find out whether they have anything to say in response.

When that feels complete, bow to them or hug them and send them on their way out of your BeliefCloset, carrying all those beliefs with them. When they're gone, take a deep breath.

Feel what it feels like to have all those beliefs out of you, out of your space. Feel yourself as light, radiant, shining. This is your True Self. You're free to create whatever you want from this space, to choose the beliefs that are good for you, to change beliefs anytime you want, unlimited – no limitations from the past.

Feeling this feeling, make your way out of the BeliefCloset, and your master bedroom. Continue feeling this presence of yourself, free of the past. Make your way all the way back to the front door and outside of your house. Feel your radiance every step of the way, including as you rise up in the air, looking back at your house, your beautiful house and flying your way all the way back to where you're lying or sitting, listening to my voice. Feel that radiance and that freedom. An open possibility, creating your life just the way you want it to be.

Open your eyes when you're ready. Welcome back.

We're going to enter into the Q&A period. I'd like to start with a few shares, people who had some experience there and would be willing to share your experience.

Let's start with [Participant] who is willing to share. Male 2: Okay,
go ahead [Participant].

Participant: Hi. I really enjoyed that. The description of being in the womb was very different from my memory of it, but that was okay. The interesting thing was huge scores

of ancestors showed up. It was really interesting. It was a very beautiful experience. I just wanted to thank you for that and share that.

Lion: Thank you. Thank you.

Yes, the ancestors are important because we took on not only our parents' beliefs, but also the beliefs that they inherited from their ancestors, and from theirs, all the way back. It's wonderful that your ancestors showed up to take back their beliefs. We get a lot of them that way. Thank you very much for sharing that.

Let's do a little work with [Participant]. Let's go to [Participant].

Lion: So, what's up, [Participant]?

Participant: Well, it's interesting. If I re-imagine myself back in the BeliefCloset, my mom isn't very interested in leaving.

Lion: Remember that she is there at your invitation and you can invite her out as well. If she is not interested in leaving, these kinds of things happen, it probably means she has a message for you of some kind. She wants to deliver it. Did she say anything to you after the ceremony?

Participant: No, I didn't hear. Well, the messages that came to me were my dad saying, "We want what's best for you." I didn't get a specific message from my mom.

Lion: Okay. What I'd like you to do is to close your eyes and just return to your BeliefCloset where your mother is waiting for you. Tell me when you're there.

Participant: Okay. I'm there.

Lion: Okay. Is your mother there?

Participant: Yes.

Lion: Okay. With great gentleness and love, just ask her the question "Mom, what do you want to tell me?"

Participant: Mom, what do you want to tell me?

Lion: Just receive whatever comes in whatever form it comes. It may be in words, it may be in pictures, it may be in full movie reels or memories, maybe just feelings or sensations. What impressions are you getting?

Participant: That she needs me to know that she did her best.

Lion: Yes. She wants you to know that she did her best. Did I get that right?

Participant: Yes. Correct. She's sharing a very strong message. Her message is about her. That she did her best. That she wants the best for me. It's an issue of what she provided. I'm hearing some guilt on her part.

Lion: Yes. She feels bad about her own limitations. Can you just reflect that back to her and say, "Mom, what I'm getting from you is that you want me to know that you did your best and that you had limitations that you feel bad about."

Participant: Mom, thank you for sharing that message with me. I hear that you did your absolute best. You raised me the best way you knew how and that you want what's best for me, and you still do.

Lion: Then ask, "Did I get it right?"

Participant: Did I get it right?

Lion: What was her response?

Participant: Well, I'm sensing a message of "I'm wondering if I have done enough." I'm not sure where that's coming from.

Lion: You're wondering whether you did enough in the relationship with your mom?

Participant: Well in terms of achievement I'm getting a question about "Am I good enough? Have I achieved enough in life?"

Lion: Interesting. There's a question coming up about your own capabilities. Just ask the question "Whose question is this?"

Participant: That's a good question. Whose question is this? Whose judgment are we using?

Lion: Yes, it's somebody's judgment.

Participant: Right.

Lion: Does it appear to be coming from her or from inside of you?

Participant: It's more mine.

Lion: It's inside of you?

Participant: Yes.

Lion: Okay. Just let your mom know that you got a kind of judgment from her that you now judge yourself and that you're willing to let that go.

Participant: Right. I appreciate everything that you have given me mom. I know you're judging yourself and I can feel myself judging myself. That's definitely something I would like to let go of. Change those beliefs from negative to positive.

Lion: Just ask your mother if she feels complete and is willing to now go.

Participant: Mom, do you feel complete now? Are you willing to go? She is. That completed the visit.

Lion: Great.

Participant: She left.

Lion: Okay, good. Send her your love and your blessings and then return back to your body. Feel what it feels like to have that be complete.

Participant: My shoulders feel more relaxed.

Lion: Good. This could be considered completion with your parents. We have to let go of our parents' expectations and our parents' beliefs and our parents' desires for us so we can find ourselves. Because all of us have carried those things around our whole lives, now that we're adults, we get to choose.

Thank you for bringing this, [Participant].

Participant: Thank you.

Okay. Let's go to [Participant] next.

I need a little clarity on this. I felt that when I was in that Closet and giving back to the three persons, mother, father and grandmother on mother's side, I felt something in the top part of my shoulders between my heart, horizontally, that I couldn't let go. Something in my body just didn't want to let go.

I could feel the strings and almost the whole attachment of my body to that. But I did a little bit different, a little twist where I just used the fire. I don't know if that was a little bit too abrupt or something. I have no idea. I need a little clarity.

Lion: Good. Often, we're not able to let go of beliefs because they are attached to our relationship with the person. This has come up many times in my work with people. I'll say, "Okay, are you ready to let go of the belief?" They'll say, "Yes."

Suddenly, they realize that that belief is what has kept them tied to the person, to mother or father or partner.

The fear is, if I let go of that belief, I will also let go of my relationship – because the belief represents the relationship. It's so closely tied to the relationship that it's loyalty. If I give this up, then I'll be disloyal. Are you aware of what the belief is that you were not able to let go of or was it just a sensation?

Participant: I believe it has to do with religion, and it had a long history of religion. Emotionally, it's in the relationship with my parents. I say, and I've said before, and I've taken more of an action in saying, "I'm giving up my family." That's something deeper than me. I'm okay with that in my cognitive aspect.

Inside, it's like somatic. It's like in my body. Especially the first time, I felt it so clear across shoulder to shoulder at my heart level. Now, as I'm speaking, it's all this heat all the way up to my head.

Lion: Okay. Would you be willing to go into your BeliefCloset and do a little work there?

Participant: Yes.

Lion: Okay. Close your eyes and take yourself back to your BeliefCloset. Let me know when you've arrived.

For those of you who are listening, if something like this happened, just follow along with the process and work it yourself – because every person is an echo of every other person. You may have had something like this, as well.

So, [Participant], are you in your BeliefCloset?

Participant: Yes.

Lion: Great. Walk up to the mirror and close your eyes. Feel the sensation that's across your shoulders, in your heart and up into your head. Just feel it as a sensation.

Participant: Fire, it's all burning.

Lion: Just feel the burning. How hot is it? Can you tell the temperature, sort of hold a thermometer up to it? What temperature?

Participant: From one to ten, I'd say eight, between seven and eight.

Lion: It's very hot. Just feel how far it extends out to your shoulders. Maybe even beyond your body. How high up into your head and how far down and how far into your heart area. Feel the whole volume of the burning.

Participant: I feel the most burning on my neck, my ears, my chest, at the heart level horizontally.

Lion: Good. Now, as if the sensation were a person, you can speak to sensations in the BeliefCloset and they will respond. Just ask the sensation "What belief are you?" Then listen to what it says.

Participant: What belief are you? What belief are you?

Lion: The answer comes in any form. It may be in words, it may be in pictures, it may be in other sensations or memories.

Participant: I keep hearing "I don't want to hear. I don't want to hear it."

Lion: You don't want to hear it.

Participant: Yeah. "I don't want to do. I don't want to hear. I don't want to know."

Lion: Are you aware of what it's about?

Participant: No.

Lion: Okay. Just go ahead and ask it "What do you not want to hear?"

Participant: What do you not want to hear? "That you are love. That I am love.

Lion: You are love.

Lion: Ask the sensation, "What would it mean if I heard and knew that I was love?"

Participant: What would it mean if I knew and heard that I was love? I keep getting an "I don't know" in my heart chakra.

Lion: Okay. Now ask, "Would it mean that I didn't need my parents?"

Participant: Would it mean I didn't need my parents? I feel more at peace with that in my body. It's like it's calming and soothing.

Lion: If you knew you were complete in yourself, if you were truly love, then it would mean you didn't need them. As a child, you needed them. Because of the religion and the traditions that you grew up in, you needed your family, right?

You needed the family to survive. You needed family to be okay. You needed family to feel loved. If you became truly independent, if you truly knew that you had everything you needed inside of you, you wouldn't need them any longer.

Participant: Right.

Lion: To the child self, this is what it means. What it really means is that if you were complete and whole in yourself, you could love them from a different place. Not from a place of need but a place of true love, unencumbered, unbounded by needs of family.

Tell the sensation "If I know that I'm love, I will be able to love my family even more profoundly."

Participant: If I know that I'm love, I will be able to love my family more profoundly.

Lion: Then ask, "With this understanding, are you willing to let go?"

Participant: With this understanding, are you now willing to let go?

Lion: What response did you get?

Participant: Yes.

Lion: Yes? Okay.

Participant: Oh, yes, a weak yes.

Lion: Okay. This belief is precious to you. You don't have to let go of a belief if you believe it's precious. You can put it in a special place in your BeliefCloset.

Tell this belief, this sensation that you're going to make a special place for it in your BeliefCloset. That it can live there and watch you and make sure that you love your family. Make sure that you are connected to your family. That's what it wants. It wants to make sure you're connecting and connected.

Give it a special place. Make a little display case for it, or a special shelf, and put it on that shelf or display case. Make sure it's comfortable there. It understands that it can continue to be aware of your connection to your family and support you by letting you know if you get disconnected.

Participant: Thank you. Thank you so much.

Lion: Does that feel good and right?

Participant: Yes. It's right on because I've been working so much, without wanting to leave that resentment that's beyond my cognitive sense – the love that I feel, and appreciation, and understand the awareness that I have so far. There has always been that particular resentment strain from my heart that I wake up to every morning, that is wanting to express in some way. I have not known how to appease it.

Lion: Beautiful. Thank you so much for sharing this.

Participant: Thank you so much. I appreciate it. Thank you.

Lion: You're very welcome. [Participant], we'll give you the microphone. Go ahead.

Participant: Okay. I didn't seem to have any problems with the exercise itself. But I did have some intense belief come up during the question process. I could work on that in a support environment, right?

Lion: Yes. Definitely do bring those into the support calls. Is there one in particular that gave you trouble or that overwhelmed you?

Participant: Yes. "All attention is bad."

Lion: "All attention is bad." Did I get that right?

Participant: Yes.

Lion: Let me ask a question. This is very personal. You don't have to answer it. When you were young, did you get a lot of bad attention, meaning attention from adults that was alloyed with sexual intent or bad intent or like that?

Participant: How to answer that? Just seemed like any attention. Like if I had some favoring by a grandmother for instance, that was bad and it was my fault.

Lion: Whose opinion was that that was bad? Who didn't like that?

Participant: Well, especially my mother. She still talks about it.

Lion: Okay. How about attention from your mother? Was that okay with her as long as she got attention? Or does she not even want you to be in the room?

Participant: I still get that she doesn't want me. She'd rather not see me. I really feel like...

Lion: She would rather not see you at all.

Participant: Yeah. When I speak to her, when I see her, I always see this sort of face like "Oh, God. I have to deal with her." That's how I take it anyway. But all attention is bad. It just seemed like if I got that attention that was bad in some level. I couldn't do anything right especially with mother. Since I'm the oldest, it seems like that went through my family.

Lion: My intuition is to recommend a book to you. Tell me if you've heard of this book, or read the book. It's called Children of the Self-Absorbed. Have you heard of it?

Participant: No.

Lion: It's a very powerful book. It's about narcissism in parents. Essentially, if our parents didn't get enough attention from their parents, they became narcissists. All the attention had to be on them. If attention went off of them, it was bad because they needed the attention.

It's possible that your mother was a real narcissist and that you were a problem because you took attention away from her. If you got some attention from someone else, that took attention away from her. The only thing that was working for her is if she got the attention. Does that sound right?

Participant: Yeah. I guess I just thought I was a scapegoat.

Lion: You probably weren't the only one.

Participant: Pretty much. It was all me.

Lion: Were you an only child?

Participant: No, I was the oldest. I felt like my sisters were taught the same thing and it was focused on me.

Lion: Okay. Well, it's quite possible also that she just didn't like you.

Participant: Right.

Lion: Parents don't like all their children.

Participant: Yeah, I get it.

Lion: "It's not your fault" is the most important thing to recognize, that your mother's own psychology was the cause of this problem. It wasn't you. There was nothing ever wrong with you. Because of your mother's neurotic tendencies and her narcissism, you became the scapegoat for her problem. You are the problem.

In family systems, it's called the identified problem. You were the identified problem in the family. All the attention focused on you is the problem. That's not true. It wasn't real, but that's what it looked like and felt like and seemed like. So you took on the belief that you were the problem. Consequently, all attention on you is a problem. Your taking attention is a problem.

What we've done is we've identified sort of the core complex here. The cluster of beliefs includes: I'm the problem, all attention is bad, no one should look at me, I shouldn't talk to anyone, I shouldn't do anything that draws attention to myself.

Participant: If something good happens, I get afraid. This is not just when something bad happens.

Participant: I get afraid and anxious as much as I would if something bad happens. It's like a catch-22.

Lion: It's a total catch-22. In plainer language: you're fucked if you do and you're fucked if you don't, right?

Participant: Exactly. So my income has been so unstable. I will make really good income and then it will just go really bad.

Lion: Well, of course, because if you earn a lot of money, then it's going to draw attention to you. You better stop that.

Participant: I just realized it. I mean, I knew it was going on. I just didn't know why. It just came across very intense.

Lion: Let me suggest that you do a little writing about the beliefs that are in this cluster and to recognize it. The reason to write them down is because it starts getting clear to the conscious mind "Oh, these are just old programs. They're just beliefs. They're not true. They're not who I am. They're just clothes that I took on or that other people put on me. I can choose to take them off."

We're separating you from the beliefs and from the beliefs that you took on because of your circumstances. It's totally understandable that you took them on. It's not your fault.

Participant: Yeah. It's shocking to me because I do understand what you're saying about separating and not identifying with the belief, not coupling all that together. Thank you. That's very helpful, really.

Lion: You're very welcome. Do get that book, Children of the Self-Absorbed. It's one of the best books that identify this problem with parents who are narcissists or destructive narcissist.

Your parent was actually a destructive narcissist. That means not only am I the center of attention, but I'm going to destroy you and make sure you're not going to be the center of attention. That was what she did. I think that book will help you in uncovering some of this pattern.

Participant: Thank you so much.

Participant: Really helped me. Thank you.

Lion: We appreciate it [Participant]. Thanks for being so vulnerable and willing to talk and share with us.

Okay. Now, we'll go to [Participant].

Participant: Okay, thanks.

I guess I need a little bit help in identifying some of the beliefs. Because when I think about money, I know that there is a lot of confusion and stress there. But something about me is kind of numb and I cannot articulate the beliefs.

Lion: Great. I love this problem. Thank you.

What I'd like you to do is go into your BeliefCloset. Tell me when you're there.

Participant: All right. I'm there.

Lion: Walk up to the mirror and just notice what outfit you have on right now.

Participant: All right.

Lion: What does it look like?

Participant: Well funnily enough, it looks a little bit like I'm in the roaring '20s. I'm wearing sort of a black and white flapper dress. I've got a headdress. It's also black and white and fancy feathers.

Lion: Wonderful. How does it feel to be in this outfit?

Participant: It's entertaining me to look at it. Let's see, do I feel anything about it? Yeah, I think like the strap of the headdress and there are gloves and there are certain parts of it that feel rather confining.

Lion: Just ask the outfit "What belief are you?"

Participant: I'm paraphrasing it. The belief is "I'm here to just entertain others. That's my purpose."

Lion: Interesting. For you, what does this have to do with money? First of all, do you feel like an entertainer? Are you an entertainer?

Participant: Not on purpose.

Lion: Okay.

Participant: Let's see. Yes, I mean I had some relationship. I had a really crazy alcoholic, rage-aholic father. He just demanded so much control. He controlled the money. You never knew exactly when he was going to blow up. But for sure, you can guarantee he would be upset when it has to do with money.

I guess some sorts of beliefs were that he was the only one allowed to have it or take care of it. There were all sorts of fear associated with it. Especially when I was a kid, I was psychic as all hell. I could see his thoughts.

He gambled. A lot of the upset he had around it had to do with his fears of what would happen if he didn't pay his gambling debts. I would see that and not really know whether those were events that happened or just his thoughts. I still don't.

Anyhow, those are some of the memories I have. But the discreet beliefs, it just feels like there is one in there that's really it, some real stinker of a belief. I just don't have the words for it.

Lion: Okay. Take off the flapper dress and set it aside. You maybe hang it up in the closet. You might need it sometime especially when you're going to be entertaining people. Some beliefs are useful sometimes. You don't have to wear them all the time.

Participant: Sure.

Lion: Now close your eyes. I'm going to do a little bit of guesswork to pry out the belief. Thinking back into your childhood, feel what it feels like to hold the belief "Money is dangerous."

Participant: Yeah, a lot of fear. Yes, there's a lot of truth to that.

Lion: Really feel the feeling of it. Let the feeling come in to you. Let the fear rise up. This is not a good feeling. It's a bad feeling. See if you'd be willing to feel it fully just so that it can come through you and not be stuck in you. Money is dangerous. What does that feel like?

Participant: It feels terrifying.

Lion: Feel the terror. Just be willing to feel how much terror was associated with your father's terror about not paying his debts and being beaten, or worse – not being able to take care of his family, the addictive nature that he had with gambling, the addiction he had both with gambling and rage, his misery, his shame. These were huge feelings in a man. If you were open and obviously you were, you felt them. Feel all the fear that he had.

Participant: There's a lot of demonic energy. Yeah.

Lion: See if you're willing to feel it, because only if you feel it can you reveal it and then heal it.

Participant: Okay. I'm feeling it.

Lion: Good. Just let it come through. Take a breath. Breathe through it. Recognize that these feelings are created by the belief. The belief was founded on the experiences that you had of your father. Recognize them as his belief and his feelings. When you're ready, open your imaginal eyes and see what outfit has been produced to represent this belief.

Participant: Okay. My eyes are open. Funnily enough, I'm dressed in a bird outfit. I'm a wren. I'm wearing feathers. They're actually very pretty, very downy and just a very beautiful marble-type pattern of feathers.

Lion: Okay. To me, the outfit does not quite jive with the belief. Simply ask this outfit "What belief are you?"

Participant: There's no safety on earth. You better fly away.

Lion: There you go. All right. It's a related belief.

Participant: Yeah.

Lion: Thank it for appearing and speaking with you. Take it off and set it to the side.

Participant: Okay. It's done.

Lion: Now close your imaginal eyes again and feel what it feels like to hold the belief "Money is dangerous." Feel it in your body.

Participant: Yeah. There's a lot of anger, which is quite delightful after all the fear.

Lion: There's also power there. Those big feelings are feelings of power. Let the power come through. When you're ready, open your imaginal eyes and see what outfit has been created to represent this belief and this feeling.

Participant: Well, I'm dressed like a warrior. Basically, there is a white robe or gown, sort of Grecian. There's metal and jewel-crested waistband and epaulets and a type of headdress.

Lion: Are you masculine or feminine in this?

Participant: I'm feminine.

Lion: Okay. You're a female warrior.

Participant: Yeah.

Lion: Okay, good. Again, ask this outfit "What belief are you?"

Participant: You are dangerous.

Lion: You are dangerous?

Participant: Yeah.

Lion: Okay, good. This is about the father. Just ask it "Are you...-

Participant: No. Actually, it's saying to me, "I am dangerous." Yeah, I guess I could feel my father's fear at anything that he couldn't control. He couldn't control me.

Lion: Good. It's your father's belief that you are dangerous.

Participant: Belief that I'm dangerous, yeah.

Lion: Good, Thank the outfit for appearing. This is another related belief.

Participant: Okay.

Lion: Go ahead and take this outfit off and set it next to the bird outfit.

Participant: Okay.

Lion: What we're doing is we're undoing the cluster here.
Close your imaginal eyes and again feel the belief "Money is dangerous." Let all of these factors, your father's gambling, his anger, his control, his rage, just see how it's all kind of glommed together with money.

This is a big complex thing with lots of parts to it and lots of experiences and lots of junk, lots of bad things happening, bad feelings. Just feel the complexity of it and the richness of the negativity. It's like it's a big negative bundle of crap.

Participant: Yeah, okay.

Lion: Again, open your eyes and look in the mirror and see what outfit has been created.

Participant: Well, it's a costume. I look a little bit dressed like Peter Pan. But I'm carrying a sickle.

Lion: Interesting combo. Okay. Now once again ask this outfit "What belief are you?"

Participant: You'll only get out of this by dying.

Lion: That's big. Thank it for communicating. We could go on, but we don't have time to go on. What I want to suggest that you do is to write these down. By the way, just write each of these down that you've just said. Write down the description of the outfit that comes with each one. Keep going on your own. Keep trying to sort through this.

This is a big complex for you. If we had another hour, we could keep going and find the core. The core, remember, is experiential. I'm using the term "money is dangerous" as kind of the core that I intuit. The core belief is actually your set of experiences that are all clustered together.

It's a big complex. It can be unwound one at a time. You could take each of these beliefs and work with it in the BeliefCloset. Put it in the incinerator. Get rid of one at a time. You may need to do that for a while. You may need to go through a number of them and clear one at a time until the core sort of makes its appearance.

Participant: How will I know it's the core one?

Lion: Well, work with one of the Practitioners. When the core belief gets discreated, there's kind of a big explosion and the whole complex disappears or most of it --

Participant: No. I mean, how will I know? You told me to keep going through it. We've brought up all these different beliefs without discreating them and working with them. It seemed to me that we were on a quest to find the outfit that was really "money is dangerous."

Lion: That's true. But what's happening, which is fine, is that your subconscious mind is saying, "Well, here's a part of it and here's a part of it and here's a part of it and here's a part of it." We could keep going. I suggest that you keep going either on your own or with one of the Practitioners because it will take some time to uncover and pull apart this cluster.

Each one of these is valid. Each one of these is a belief that you have, a conclusion you came to. It's no wonder that you have trouble with money. It's associated with power, fear and anger and rage and all this stuff. It's really mixed up together.

It will take some time to sort out. There's not a silver bullet here that we can get to very quickly. This is a process for you. I want to encourage you to keep going because you're on it. You've got it. You've got the right target. You just have to pull it apart step by step.

At some point, there will be some very awful experience that's at the core of all this stuff or a combination of experiences. When that happens, it will become like a big gong going off. "Gong!" You go "Oh, there it is. There is the core." It'll be really obvious. It will feel like the core, look like a core and look big and messy and nasty. That's when you get the gold at the core.

It might take a while. It might take many sessions with a Practitioner to pull this apart. It's perfectly okay. You're doing great. It's just this is one of the big sticky ones.

Participant: This is one I want to do myself actually.

Lion: Great. Feel free to call me or any of the Practitioners for help because there is a difference between cutting your own hair, which you can do, and doing your own brain surgery. These big complexes are more like brain surgery than a haircut. Do as much as you can yourself, but then ask for help and get help to move you past the things that you can't even see yourself.

Participant: Okay, great. Thanks so much.

Lion: You're so welcome.
Thanks for hanging in there and listening. I so appreciate your time and attention, and your love and your support for each other and for your own work. With that, I will say good night. I look forward to seeing you next week.

Bye, all.