



The **BeliefCloset** Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs

Session 4

Clear Your Outdated Beliefs about Love and Relationships

Lion: I'm very happy you're here. Thanks for spending your afternoon, or evening, or morning with me. We've had three weeks of sessions so far and that the question is are you seeing any results? The interesting thing about the Belief Closet is that what we often see from the practice is actually a lack of something that was bugging you before.

You might just notice that things are easier or less troubling. When you remove a block or a barrier it sort of looks like clear sailing rather than something in the way. Every once in awhile there are big wow reactions and revelations. Often it's just kind of subtle and those subtleties add up.

If things get worse, that means that as you have taken away some beliefs, some of the older beliefs that are deeper in the subconscious have surfaced. That's actually good news if you see it that way and if you then worked those beliefs that are bringing up the old stuff. It's sort of like a pressure cooker, when you take the top off, a whole bunch of steam escapes rapidly.

The BeliefCloset Process was originally designed as a one-on-one process with a trained practitioner, coach, or therapist, or healer who has learned the process.

They customize that process to who you are and to your needs and what comes up for you in your way of processing information and your timing and your particular psyche, which is unique. We want you to do the process on your own with a buddy or with one of the practitioners. Once you get enough experience, and you'll have it by the end of the course, you can do your own belief change and use the process anytime you wish.

It takes some practice. When you're removing beliefs, it's sort of like two levels. One is cutting your own hair. You can certainly cut your own hair. You can even get good at it. But it might be better to leave it to an objective professional who has his salon and who are used to doing this from above rather than from out in front.

On the other hand, the core beliefs, the really deep ones that are sticky, that are very old, ancient and are driving things to the very deep level, that is sort of like doing your own brain surgery. You could be a great brain surgeon but if you need a brain surgery, you'd probably go to somebody else. In those cases, work with a practitioner.

They can help you. They can get right to the core. You'll get much more spectacular results that way than trying to do it yourself.

All right. We're going to be talking about love and relationships today. I want to very excitedly tell you about the bonus call. Carista Luminare is my partner. We have a program together called "Confused About Love?: The Keys to Creating a Secure and Passionate Relationship."

She'll be talking about childhood bonding patterns and other beliefs that trouble relationships. It's a perfect fit after today's session.

The title of that program is "Love: What Makes It So Confusing?" We will touch on a lot of those topics today as well. If you haven't done so, sign up for my mailing list and download the complete eBook at transformyourbeliefs.com. Be sure and do that if you haven't yet.

If this process interests you as a tool to use in your own life, or with other people, consider taking the Practitioner Training. That's six weeks of very deep training and all the subtleties of the process.

It also includes practice with another person in the course. After you take that course, you become a BeliefCloset practitioner and can use the process with friends and family and clients and customers. There are people making a living as a BeliefCloset coach. If that interests you, go to beliefcloset.com/events.

Let me call on one of the practitioners who have taken the course. Let me call on Sherri.

Sherri, what was the course for you? Tell me just briefly what the course mean for you in your coaching practice.

Sherri: In my coaching practice, I was just starting to find that people were getting so far but there seem to be these blocks on the way. I was getting very frustrated because we couldn't breakthrough. After taking the Belief Closet course, the Practitioner Training, I've been using it in my coaching practice very regularly. People are breaking through and really exploring those deep, deep beliefs that they're not even aware of.

Once they discover them, it really is a major transformation and a breaking through in terms of a lot of emotional jumps and shifts and just this fantastic stuff. That's what it did for me and for my clients, which is lovely to be part of.

Lion: Thank you, Sherri. Thanks.

We have wonderful fans. Once you take this course you find out so much about yourself and your own beliefs because you work your own beliefs in the course. You also find out about other people's beliefs and you get the skill in your hand. That's quite spectacular. Thanks, Sherri. I appreciate your sharing.

Sherri: Thank you.

Lion: All right. Get a journal or pen and paper ready. As I'm talking, when you notice a belief that you have, write it down. You'll be taking at least one of those into the BeliefCloset Process. You may take a number of them through the process during the coming week.

Now we'll center ourselves. This is a meditation on relationships.

Close your eyes. Make yourself comfortable. Take a couple of deep breaths. Feel yourself as yourself. Notice how far out you extend from your center. Notice the bubble of you that separates you from everything else. Some people feel like it ends at their skin, some people it's a bit further out. Just find your bubble where you say, "This is me and that's not me."

Now begin to feel the people that you're in relationship with, the people you're connected to. Begin with your closest intimate partners and friends. Just feel them around you as if you're at the center of one of those diagrams and they are a certain distance away based on how close they are in relationship to you.

Recognize that you're in relationship with each one, that you have a relationship, which is the connection between the two of you, the special combination of you and them. Each one is unique. These are people you can be your full self with, with nothing left out. Just feel the quality of each of those relationships.

Now take a step outward to a second layer of family members and friends who you're close to but not that close, not as close as that first layer. Just see them as

the people they are, standing a little bit further away from you but there is still a quality of relationship between you. You have a unique set of qualities of that relationship to each person.

Now a third layer of people, this may include acquaintances, business contacts, customers. You may have a particular role that you play in each of their lives or that they play in yours. Just feel them at a bit more distant and different qualities. It was said that we can know the names of about 125 or 150 people. You might know more or less but that we're about out of that level, the people that we know.

Now extend out even further to the people that you contact during your day. It may be a grocery clerk, or a waiter, or waitress, or the person who held the elevator for you. The person you looked at in the eyes as you were crossing the street or the person you exchanged a few words with at the store. Those are relationships too. As distant as they are, there is a certain quality to each one.

You're there at the center of all these relationships. Now we'll go even further. People who you have virtually no contact with, they're strangers, but they may stand in an elevator with you or drive in a car next to you. They're the people who made each of the things you use and the people who write what you read on the Internet or your ancestors who fought in wars for your freedom or who worked hard so that you could have this life. Feel those people at a distance, but you're still connected to them.

Now recognize that you're connected to everyone, whether it's through you're just being human being or the center of your life or the center of their lives or intersecting in some way. You're connected to animals and plants in the world, to people in foreign countries who made the things that you use. The farmers who grow the food you eat.

You're there at the center of this huge network, thousands and thousands of people, millions of people, billions of animals and plants that you're at the center of. See each one as a jewel, a shining jewel like on a net. Each intersection, each connection is a shining jewel and you have a relationship with each one.

Send some love and appreciation to each person in your network, each person you're connected to. Open your heart and just love each one. Each person is struggling in their own way to live a good life just like you. Each person has glorious days and terrible days just like you. Each person has desires and unfulfilled desires just like you. Each person has suffered just like you.

Let your compassion grow and feel the family that you're part of. Appreciate your place in this very, very large network. When you're ready, open your eyes.

Bring all those connections with you; bring your open heart with you into this moment. Welcome back.

We are social creatures. We are built for relationship. Love is simple, but it gets very complicated as soon as human beings come in the picture. It's not love that's confusing. It's the conditioning and the programming that we got when we were growing up that's confusing.

We learned about love from our parents. We saw how they loved each other and how they loved us, how they loved their siblings. They were our models of excellence. We learned what love is from them.

If you were one of the lucky people who had parents who loved well, congratulations. You won't have much to do today. If you're one of the many people whose parents had some love, certainly, but they also had a lot of their own neurosis mixed in, their emotions, their insecurities, their inability to love, their psychological wounds mixed in with their best attempts to love us, then you've got some of that along with the love.

As children we take it in and we say, "Oh, that's what love is." It causes problems and issues because that's not what love is, but it's what we think it is. It's what we learned it was. Let's find out what you came to understand and belief about love and about relationships.

With your pencil and paper handy, ask yourself, "What do I believe about love that has held me back, or limited me, or interfered with the free flow of love?"

Ask that question of yourself and just see what emerges, and write down whatever emerges. You may want to close your eyes for this process while you're asking the question or keep them open, whatever works for you.

"What do I believe about love that has held me back, or limited me, or interfered with the free flow of love?" Always feel free to adjust the question for yourself if the way I phrased it doesn't work for you. You may get it in words, or pictures, or memories, or sensations, or feelings, or whatever it is, just write it down.

Then ask again "What else do I believe about love?" "What else do I believe about love?" You can ask it again and again. Each time you ask the question to your subconscious mind, it opens up another layer and another layer and another layer. That's the usefulness of repeating the question.

If you get an experience or a feeling you can ask an additional question which is "What did I conclude from that experience?" Just ask again "What do I believe about love?"

Now ask the question "What do I believe about my closest relationships that's holding me back or limiting me in some way?"

If you're in a marriage or partnership, you may want to ask "What do I believe about my spouse, or my partner, or my girlfriend, or boyfriend," however you phrase it, "What do I believe about them that's holding me back or limiting me in some way?" Write that down.

It might be that you believe it about yourself – like “I can't love.” Or it might be that you believe it about them, like “They can't love me in a way I need to be loved.” Whatever it is, that's okay. Just write it down.

Ask it again: "What else do I believe about my closest relationships that's holding me back or limiting me in some way?" One more time ask that question "What do I believe about my spouse, or my girlfriend, or boyfriend, or partner, or my children that's holding me back or limiting me in the way I love?"

The more you do this exercise, the deeper the beliefs will emerge. We'll call on you one by one if you're willing to share a couple of these things.

Lion: Hi, [Participant].

Participant: Hi. Hi, Lion.

Lion: What did you come up with?

Participant: For the first question, that it's conditional, limited and performance based. What else do I believe? It came up as that it changes. It's not always meant to stay. That's probably the most concise of all of it.

Lion: Great. Yes, this conditionality is a real big one because our parents did not know how to love us unconditionally. They were trying to control their own lives as well as ours, so they put on conditions. “If you do this, I'll love you.” That was a very deep lesson for many of us. Thank you for sharing this.

Lion: Hi, [Participant].

Participant: Hi.

Participant: I was thinking about my partner. What I came up with is that love is dangerous and controlling, unpredictable. That I need to be less than I am to be loved.

Lion: Wow! Yeah. These are big. These are the kind of traumatic love patterns that can happen where love is connected to control. You're being controlled or you need

to control. When love is unpredictable, it is dangerous. Those two go together very well.

I really appreciate you're sharing that.

Participant: Thank you.

Lion: There are as many beliefs about love and relationships, of course, as there are beliefs about the self – because every relationship is different. You had a different relationship with your mother than you did your father, and a different relationship with each of your siblings. Of course, we're going to learn different lessons.

We're just all confused about love. Love is actually, when you look at what real love is, what real healthy love is, it's actually quite simple. It's generous. It's consistent. It's reliable. It's caring. It's connecting.

You can think about this from a baby's perspective. Every infant who comes out of the womb wants the same thing. That is, to be looked at with love and to feel secure and held and quieted. This is what every child wants to hear:

I'd like you to open yourself. Remember being an infant as much as you can, or just imagine yourself as an infant. Listen to these phrases as if they were being said by your mother, or your father, who is holding you and looking down at you with kind eyes. If you learn to say these things to yourself and to each other, you will actually begin the rewiring process that we all need to do. We need to rewire our brains for love.

Feel yourself as an infant or imagine yourself as an infant held in strong supportive arms, just the right amount of pressure. You're looking up into kind eyes. You don't understand the words, but you can feel the message that they deliver. Feel what happens inside you as you listen in and take in these messages. Get yourself into that place.

"I see you and I recognize you. You are a new, separate and precious being. You're already whole. There's nothing you need to do, but relax and let life live through you."

"You are safe. You don't know how to control your body yet. So I will take care of you until you can learn how to take care of yourself. You are a learning being. I'll be here to support you as you learn."

"You are my top priority. I'm dedicated to meeting your needs until you learn how to meet your own. I'm here with you and I'm here for you. I'm not going

away. If it seems like I'm away from you, I'm really not. I'm nearby. I'll be there as soon as possible to care for you."

"I'll make sure someone is there to care for you at all times. As soon as you show signs of discomfort or distress, we'll be there for you. Any way you communicate is fine. I want to know whatever you have to say. I'll learn your language and I'll teach you mine so we can communicate more easily."

"I'll care for you when you want to be cared for and I'll let you have space when you need space. I love you always and forever. We're both held by a greater divine love and that love is always holding you even when I'm not."

"I will protect you from harm and you can count on me. You can just relax and take your time to learn, to feel pleasure, to grow and to play. That's your only job. I see you. I love you and I will care for you."

Let these words carve their way into your heart, into your brain and into your body. This is what every child wants to hear and it's what we all should have heard. That's what makes healthy love. The key here is we never outgrow this need to be loved like this. The best relationships reproduce this feeling in each other. We call it secure attachment.

Most of us didn't get this ideal kind of love. We got something else. We got something that felt insecure, separating, abandoning, sometimes brutal, sometimes kind of needy and sucky, selfish or manipulative or controlling. That's what we got and what we believed was love. Then we spent the rest of our lives trying to reproduce it in some way.

Our beliefs about love from our childhood impact our adult relationships in a very powerful way. Many of the beliefs we came to, our conclusions about love, range from "It's my job to make mother happy. Love is critical. Relationships are insecure." There's a full range of beliefs we have about love and about relationships.

The good news is that any pattern can be changed. First, it takes awareness. Then it takes information. Then it takes practice. Practices integrates the awareness and information into your life and into your relationships.

It takes about six months, to sometimes years, to rewire the brain into these new habits and patterns, but it can be done. It starts with changing your beliefs. The truth is that we're all confused about love.

You know, there's nothing wrong with you. You're not broken. You're not aberrant. You're spectacular as a human being. You're just confused because you got some bad programming.

Once you recognize that, then you can begin developing love and rewiring yourself, changing your beliefs into really deep and satisfying emotional connection with people. Are you showing up in your relationship this way? If not, why not? There are probably beliefs in the way.

Beliefs about love and relationship are often below the word level because we didn't acquire words until our second year of life. We experienced our parents' love for each other, and us, and how they expressed their love – or lack of love – before we had words.

We can use words to approximate those feelings, like “love is dangerous,” “love is unpredictable.” But really, they're down in the body. We get body sensations when we experience these feelings, and that's a good clue. We use body sensations in the BeliefCloset Process because it gets deeper, further down than any words can.

Look over the list of beliefs you have about love. Pick one of them that you would like to clear. As you're thinking about that one belief, feel the impact of that belief on your life.

Who did you get into a relationship with because of this belief? Who didn't you connect with because of this belief? Because of perhaps fear or it's your self-image or a desire held back? What happened in your relationships because of this belief?

Recognize that that impact has been felt throughout your life and that by changing this belief, you can change your life and change your relationships from this point forward. Circle that belief or just note which one you're going to work with as we enter into the BeliefCloset Process.

When you're ready, close your eyes, get yourself comfortable and begin moving toward your home that you created, that ideal house in the imaginal realm. Remember what the landscape looks like. Remember the house and feel yourself drawn to it like a magnet.

Find yourself landing on the front porch, front deck, the entranceway. See the doorway that leads to your house and enter your house. Feeling how good it feels to be here. Maybe take your shoes off at the front entrance and feel the floor underneath your bare feet.

Take a big breath and smell what it smells like to be here. However you get images let them come in: feelings, sensations, visions. Just amp up your energy, just turn your energy up a little bit so that you're more awake, more alert and

more aware of what you're experiencing. Like you're really excited to be here and you don't want to miss anything.

Look around and notice something you haven't seen before in your house. Begin making your way to your BeliefCloset. Find your way to your master bedroom. Look around. Feel how great it feels to be here. Then notice where your BeliefCloset doors are, and enter your BeliefCloset.

Look around and see that everything is where you left it before. The incinerator is still there. The mirrors are still there. Walk up to the mirrors and see what you're wearing right now. Just be willing to be surprised.

There are two possibilities: One is that you have a regular clothing on that looks sort of normal. In which case you can take it off and set it to the side. The other possibility is that the clothing looks strange. It's not the sort of thing you would normally wear.

This is just the subconscious' way of getting ahead of the game and representing one of the beliefs you're exploring already. If you're wearing one of those kinds of outfits or costumes or you see something that's unusual, just simply ask the outfit "What belief are you?" The belief will answer in some way.

If you've gotten an answer for "What belief are you?" we'll use that belief in this next part of the process. It may be surprising to you. Whatever it is, just take it as a gift from your subconscious mind.

If you're one of those people who took your outfit off and set it to the side, close your eyes, your imaginal eyes, the ones you have in the closet and feel what it feels like to hold that belief that you circled, or noted about love, or relationship. Say it to yourself and feel what it feels like – as if it's 100% true, even though somewhere else you know it's not.

Feel it as if it is 100% true and feel what it feels like to hold that belief. For all of you, feel what it feels like to hold the belief that you've got. It may already be an outfit. It may not. But feel what this belief has done throughout your life, how it's impacted you. As if you're reviewing your life backwards, seeing the movie of your life backwards and seeing this particular belief manifesting in different relationships.

How has it limited you? What has it moved you toward or away from? Feel its impact on so many relationships throughout the past. If you have not yet seen an outfit, open your imaginal eyes and look in the mirror. See what outfit has been painted to represent this belief.

It could be anything. It could be an invisibility outfit or it could be a changing outfit or it could be something that makes you look limited or poor or it might be something that looks extravagant. We don't know. Whatever your subconscious mind creates, allow it to represent it the way it represents it and just be surprised.

Take note of the outfit. See what it looks like and note some of its qualities. How does it make you feel in your body? Where is it putting pressure on you? How is it limiting you or opening you in some direction?

Now comes the question of your will, is this the belief you want to keep or is it one you want to let go of? You're always at choice in the Belief Closet. You always get to choose.

As you feel this belief, and you see the outfit, and you feel the impact and you've made your decision, if you've decided to let this belief go, take this outfit off. As you take it off and let it fall to the floor, notice that all the feelings, and the consequences, and the connections, and all the stickiness comes off with it. All of those karmic patterns come off with it as it falls to the floor.

You may have to pull it out of your body. In some cases, you have to pull it out from your head or your body. Really get it out of you so that that belief is no longer in you or on you, anywhere at all. It's out of your past and out of your future. It's fallen to the floor.

Take a step away from it and take a breath. Feel what it feels like to not have this on you anymore. It's something that you took on somewhere along the way. Just like an old piece of clothing. It's not on you anymore. You can choose to take it off.

Now, as we always do, we honor this belief. Even though we may not know how it served us or why it served us, it served us in some ways. We want to acknowledge it before we get rid of it. Scoop up this outfit in your hands and regard it as if it's a being, as if it's a creature that has been a servant, a loyal servant for your life.

Say to it (and feel free to change how you say these things), "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."

When you're ready, walk it over to the incinerator. Open the door if it has one. Place this whole outfit into the incinerator and let it disappear. Let it burn up completely so that there's nothing left, not ashes, not smoke. It just goes poof.

It may go quickly for you or it may take time. In either case let it burn until it's completely gone, nothing left, not even ash or smoke. Feel what it feels like to no longer have it in your life. Take a moment and feel the space that's been created, the space where new possibilities can occur.

Now you have the opportunity to create a new belief, a new form, a new way of being in relationship, a new understanding and feeling about love or relationship. Now ask the question "What would I prefer to believe? What would I like to believe about love or relationship?"

You've cleared the ground. Now you can plant a new seed. Think about how you would like to feel about love, how you would like to experience love and how you would like to create love in your life.

It might be "Love is available to me at all times." Or "Divine love comes through me and I connect with just the right people." Or "As I awaken, love expands." Whatever it is for you, come up with the right belief for you. You may want to write it down. Open your eyes for a moment and write it down.

Create a perfect belief for you, one that really brings you the experience that you want to have about love. If you're not sure what the belief is, feel what you would like to feel like. Feel how you would like to experience love. Then ask the question "What belief would create that experience?"

When you've decided on something, it doesn't have to be perfect. It can be a good approximation right now. You can always polish it up later. Feel what it feels like to hold that belief.

Bring it all the way into your core, all the way into your center. Let it shine like a radiant sun in all directions. Feel it in your heart. Feel it in your head, in your mind, in your body. Feel it radiating from other people too.

If you were in relationship with someone else who believed that, what would that feel like? Shine that light out to all those people in your network. You are now a sun shining in their direction. They are a sun shining in your direction.

Feel the gloriousness of love. Love as it is meant to be. Love as it's supposed to be. Love as it is designed to be. Clear of all that other stuff, just pure and simple, divine, and easy, and caring, and kind, and compassionate, and secure, comfortable, warm... all those qualities of true love shining out of you.

When you're ready, walk over to the mirror and see what outfit has been produced to represent this belief, this new belief. Take note of how you feel and how it looks and how it feels on you and how you can move in it and how it

makes your body feel, and what you want to do – skip, or jump, or dance, or settle down and just feel loved.

Take note of what the qualities are of this particular outfit. Whatever you get, whether you get feelings or visions or words, let it come into you and appreciate it. Appreciate yourself for being able to change your own beliefs. Is this a belief you want to keep?

When you're ready, look around your room, your BeliefCloset. See that everything is in its place. That you can come back anytime you wish, change beliefs, try on new beliefs, and get rid of old beliefs. This is your place to do this. You have the ability to come here any time and change your beliefs that aren't working for you. Just feel the power in that. Feel your own power, your personal power of being able to change your experience any time you wish.

When you're ready, move out of your BeliefCloset back into your master bedroom, still wearing this new outfit, and feel what it feels like to walk inside of it, to feel it on your body, to radiate out that light.

As you move to your master bedroom, then out of your master bedroom and back, toward the front door of your house, take one last look around your house and then exit your house. Find yourself outside and lift yourself gently into the air.

As you're moving away from the house, turn back and see it there in the landscape. How perfect it is. How perfect it is for you. Know that you can come here anytime, because it's yours. You can do whatever you wish here. It's your house, your place, your home.

Still wearing this outfit as you're flying, fly all the way back to where your body is, where you're listening to my voice. Feel the outfit still on you. Feel it on this body shining and radiating, making you look beautiful, radiant, loving.

Feel the impact on your life as you walk through life wearing this outfit, as you have contact with your partners and your friends and with strangers walking around like this. What would life be like if you walked around inside this outfit all the time?

When you're ready, open your eyes. Come back to this time and place. Welcome back.

Thank you for going on that journey with me. If you're willing to share your experience. We'd love to hear from you and hear what your experience was. [Participant], let's hear from you.

Participant: Oh, boy. I had such a hard time with this initially. I really did. It was so intense. But it ended up well.

Lion: Good. What was the old belief that you got rid of?

Participant: Oh, it's like nobody cares, nobody's available.

Lion: Yes, quite common for infants who have busy parents or neglectful parents. What's the new belief?

Participant: I took the one that you said because it was about availability. Love is available to me at all times. It just hit home right in the heart for me.

Lion: What did your outfit look like?

Participant: It was lovely. It was really breezy, lightweight, carefree, touchable, knee-length red sundress.

Lion: Great.

Participant: It was really fun, really fun. Really touchable and open and receptive and...

Lion: Just like you.

Participant: Like dancing in the warm sunlight. That's how I felt. It was like dancing in the warm sunlight. I loved it.

Lion: Yes. You are in that place where you know love is available. You are touchable. You are sunlight. You're approachable. People are approachable. Wonderful.

Participant: That's really emotionally touching. Thank you.

Lion: Thank you. Thank you so much.

Okay. I'd love to take one more person sharing about what your experience was. We're going into the Q&A mode here soon. [Participant], go ahead please.

Participant: My negative belief that I came up with is that I just can't trust it. I can't trust love.

Lion: "I can't trust love." Another quite common belief. What was your new belief when you got rid of that one?

Participant: I can trust that I am loved and supported unconditionally.

Lion: That sounds good. That sounds way better.

Participant: Yes, it is. Two things happened though were kind of interesting when I was taking off my old outfit. It was like it didn't want to go. It was sticky.

I finally got rid of it but then I had this like blowback on like ashes and smoke, came back on me so then I just decided to take a shower. I put a shower in my closet and...

Lion: That's great.

Participant: Took a shower and that helped. My new outfit was me as a little girl swinging in a pink dress.

Lion: Oh, wonderful, wonderful. What was the new belief? Oh, you said the new belief. Say it again because it was so great.

Participant: I can trust that I am loved and supported unconditionally.

Lion: I love the image of you as a little girl swinging, because when you're on a swing there is something very secure about it. You see those big heavy chains. You know that you are safe. You can feel the world swinging back and forth. It's that wonderful feeling of a little bit like "Oh, my Gosh," when you get to the high point. Then there is the "Wheee!" of the swing in between.

Participant: Yeah.

Lion: Lovely, lovely.

Participant: I could see myself pumping my legs. The interesting thing was there were a lot of people around me, more like spirit people. They weren't necessarily people that I recognized. I just kind of sensed a lot of people who loved me around me.

Lion: Yes, that's right.

Participant: Kind of watching me swing.

Lion: That's wonderful because as children we look to see if we're being loved. Children experience love in those ways that I said, right? Is it secure? Is it dependable? Am I being accepted? Am I being well-regarded?

If we don't experience that, then we come to that conclusion that nobody loves me, that I'm not loved. There is obviously something wrong with me. I'll never have it and all those conclusions, right?

The fact is that there is always someone who loves us. The divine loves us unconditionally all the time. We've forgotten that as children. So it's part of this process to bring that back, to bring back that recognition that we are always loved. That it's always available to us.

That's wonderful. Thank you so much for sharing that.

Participant: Yeah. There was just one other thing that I wanted to add that happened as I was leaving. I think this may be something I need to do more with. As I was leaving I decided I didn't want to leave my closet as a little girl in a pink dress. I put on this other outfit, which was quite nice.

It was just kind of regular clothes like a pretty black sweater and white slacks. It was something that I felt very elegant and confident in and just kind of relaxed in. I left in my closet. This started a couple of sessions ago, but instead of flying away from my house, a big black limo comes and picks me up at my front door.

Lion: Oh, a limousine, how wonderful.

Participant: Yeah. This limousine came. This is kind of standard now when I leave my home. A limousine just pulls up. I got in the car. When I got in the car, at first there was somebody else there who reached for me with a smile. Then this person changed to be somebody I was afraid of. That was it.

Lion: How did you interact with that person that you were afraid of?

Participant: I just kind of stopped it then because we again did visualization. It was actually going on a little beyond. I was trying to decide, I guess. I didn't really react. I just was thinking whether or not I really wanted to continue wanting this limo.

Lion: Well, you're bringing up a couple of wonderful things about the BeliefCloset. First of all, in the BeliefCloset you got the blowback and you created a shower. Perfect. What's wonderful about the BeliefCloset is it's unlimited. You get to create anything that works for you. So the shower, perfect.

People create all kinds of things in the BeliefCloset. Whatever you do, that's perfect for you. There are no limitations. The metaphors that we use in the BeliefCloset Process, like the incinerator, some people say, "No, I prefer to throw it into the sun." Okay, great. Or "I prefer to just disappear into the light." Okay, great, whatever works for you. The answer is: whatever works for you is great, and there are no limitations.

The second thing is that things appear in the BeliefCloset, like it just appeared in your limousine, a person appeared in your limousine. Everything that appears is a belief. It is representative of another belief.

If we were working personally, we'd go and look and see who that person represents in your life? Or maybe they are actually in your life. What belief is beneath that person, in that relationship? Everything can be handled and talked about as if it's a belief, anything that comes up. Thank you for illustrating all of that.

Participant: You know I kind of felt that at the end. I felt like this was another belief coming on. I just kind of stopped it then and thought I'll deal with that later.

Lion: Great. Well, thank you [Participant]. I appreciate it.

Participant: I appreciate the information on that, Lion, because it scared me a little bit. I just said, "Okay, I'm just going to put this aside." I appreciate the better understanding.

Lion: Great. Thank you so much.

Participant: Thank you.

Lion: All right. Now we're in Q&A mode. There were a couple of questions on the webcast that I want to get to. From another [Participant]: "While all the sessions have been enlightening and uplifting, the good feelings from the new belief seem to fade within a day or two. Could it be that I'm addressing a lighter beliefs or some clusters not getting to more core or root beliefs?"

The answer is yes. Generally, if something is fading it means there are other beliefs that are deeper that are coming back and making themselves known. When you're working with a cluster of beliefs, it's important to realize that it may take three, or four, or five sessions to break a cluster apart and get rid of all the parts.

When anything comes up, including the belief, while that good feeling has faded, treat it as just another belief. Like, "This doesn't work for me" or "Things always fade" or "Nothing lasts." There is a belief under there that that's speaking, too. Or it might be other beliefs that are causing it to be brought back down from that initial high.

What we find is that when you actually get to the core belief, and it's gone, and all the parts of the cluster are gone, that doesn't happen. That suddenly there's just a new, clean and clear feeling that the new beliefs are creating. Thank you for that question.

Here is another person: "I did a support call last week. Once I voiced my stuck belief with others, it seemed almost silly to me. I could see it from a vantage

point removed from myself and could then get beyond it. That helped me take that point of view with other beliefs which I have felt stuck with as well."

Absolutely, thank you for that. That's true. This process is meant to help you recognize that beliefs are just something you took on. They're not something that you're stuck with forever. The process of visualizing it and then taking it off is, in fact, this process of removing yourself, or distancing yourself, getting that new vantage point of saying, "That is a belief I have. It is not something I am."

In our past, we have identified with those beliefs. We've seen them as who we are. Like "I am broken," or "I am flawed," or "Love is not for me." When you get that vantage point, that's exactly what we're going for, is that vantage point where you say, "Oh, that's just a belief." Once it's just a belief, then you can let it go very easily.

Thank you for that point.

All right, another question from [Participant]. "What's the value of seeing what you are wearing before you see what you are wearing when immersed in the old belief? It seems to just add confusion."

When you walk into the closet for the first time in any session, you always walk in with some belief. The first outfit that you are wearing is we're sort of preparing the subconscious mind by saying, "Okay, take whatever is at the surface at this moment and take it off."

Everything in the BeliefCloset Process has significance and a meaning. What we found is that if you just walk into the closet and you don't remove that first belief, the subconscious mind isn't quite ready. Now sometimes when you walk into the closet, you're already wearing this belief that you're working with. We teach the practitioners how to work with that.

If it's a normal outfit, that's kind of like "Okay, I am here." Or "I am okay." Or "I am comfortable." Then you take that off and then you feel into the belief. For you it may not actually be necessary, but it's part of the process. It helps set up the process. It's a very good question.

Feel free to just walk up to the mirror and see whatever you've got. Most people see some kind of a normal outfit when they first walk in the closet. That's just whatever is present at the moment. We want to take that off and become naked, which means without beliefs, in order to really cleanly feel what the belief is that we're working with. That's the answer to that question.

Another person wrote in that says, "It seems like a lot of bad things have come up for myself and my immediate family members."

If you're experiencing bad things in your family, I'm going to interpret here. If you're experiencing bad circumstances, it's important to know that beliefs are an element in the circumstances. It's not your fault.

Let's say you have a brutal, abusive parent. It's not your fault. We're not trying to blame the victim. What we're doing here is we're inviting you to see how your beliefs have in some way created that experience or what beliefs you came to, what conclusions you came to because of the experience.

We can't change that person. We can't turn the abuser into a nice person. What we can do is work with you inside of your own BeliefCloset, inside your own beliefs, and give you a new experience.

Now, the past is past. So if someone abused you in some way or a bad thing happened; you had a loss; someone died, you can't change that. You can't change the past. What you can change is how it lives inside of you. That's the magic of this process – how an experience lives inside of you is what creates your experience in the "now".

There may be something to changing the past. What we found is that we can actually send a new belief back into the past and it shifts things. It's like changing who you were as a child. My favorite saying is "It's never too late to have a happy childhood."

By going back and working with the inner child in this process, you can actually shift who the inner child is, how they show up, how they're being with you. So you may be walking around with a happy inner child instead of a sad inner child or an injured inner child or a scared inner child.

We're working with what is present. In the BeliefCloset, in the imaginal realm, everything is always present. We're working with whatever presents itself. I hope that answered your question.

Hi, [Participant]. What's up?

Participant: Okay. What came out for me, in the closet, is taking off this outfit that I was like early 20s, tomboyish, wearing gray pants, black belt, short hair, zigzag, chubby and short. So my feeling was like sort of contorted. My new outfit was I am Divine Love.

Lion: Can you tell me what the old belief was?

Participant: The old belief, I couldn't trace it. I couldn't trace it where it stems from.

Lion: That's fine. It was kind of a distorted self-image. Did you ever look like that or was it just something completely out of the blue?

Participant: Completely out of the blue. I had no idea where that came from.

Lion: Okay, good. That's fine.

Participant: All I can tell you is that I have been contemplating for a year to really cutting my hair really short.

Lion: Wow.

Participant: Yeah, in that zigzag kind of style. It's kind of weird that came up.

Lion: Did you happen to ask the outfit "What belief are you?"

Participant: I did not. I did not ask it.

Lion: That's what we do when something comes up. Sometimes the outfit will appear first. In this case that's what happened -- the outfit just appeared. It's always some belief, and so we ask the question at that moment, "What belief are you?"

Participant: I did. I remembered just now. I did. I asked but I couldn't get an answer.

Lion: Okay. That happens sometimes too. Sometimes beliefs are kind of intractable. You have to kind of poke at them a little bit and say, "What belief are you?" I want to hear it in English or show me a picture.

You can respond to it in a way that if it doesn't answer right away, you can probe it and try different things. Cajole it. Say, "Really, tell me what belief are you?" Eventually it will give some information in some form. But that's fine. You got rid of that. And the new belief was?

Participant: Well, in getting rid of it I could feel my whole body jolting. In particular, I could feel that tingle in my legs. I've been having issues with my legs. It's almost like I feel they're like cemented, like there's hardly any flow in my legs. In trying to take off that outfit, that's what happened. I was melting that outfit down all the way down to the floor. But it was almost like it was not enough time for me to completely let it melt out or just take it off before I could come in and start wearing the new outfit. What happened was I was able to almost wear it on top of the old outfit. That's how it felt to me.

Lion: That's very, very understandable. The belief... the subconscious mind works in metaphors. What it's saying is, you haven't quite cleared that one, but you can

still create a new belief. You can wear it on top. It's just that that old one is still not quite gone.

Let me suggest that you work with it and just redo the belief as you had it. Just bring back the outfit. Remember what it looks like. Then begin with the question "What belief are you?"

It sounds like it has something to do with your physicality because it brought tingles to your legs and you're having issues with your legs. It's something about your physical being, how you look or how you feel. Something is going on there. Just bring it right in there and redo it. That's the great thing about this, is that there's no way to do it wrong. There is just lots of ways to do it right.

Lion: Thank you so much, [Participant].

Participant: Okay. Thank you.

Lion: Hi, [Participant].

Participant: Hello, Lion.

Lion: How are you?

Participant: Yeah. I'm doing pretty good, pretty good. Yeah. Let's see. A couple of weeks ago you walked me through the BeliefCloset Process. The outfit that I came up with for the belief that we discreated was a black neoprene wetsuit. You had me hand that over... We invited my mom into the closet and then I handed the wetsuit to her. That seemed to work well. I felt great.

A couple of days ago I had a dream in which there was this wetsuit in a dumpster and I really needed it. I actually started climbing into the dumpster thinking "Oh, I need to get this out of there. That might come in handy some time."

Fortunately my partner, Mike, was with me in the dream. He convinced me that "No, we don't live anywhere near the ocean. We don't need that wetsuit. I should just leave it there." It seems to me like it represents the belief. Even though I threw it away, it's kind of still there perhaps on the fringes.

Lion: Dreams are great because dreams are another way that the subconscious talks to us. We're very close to our dream-self when we're in the BeliefCloset. Let's just imagine that this was a BeliefCloset experience or that the BeliefCloset's dream experience is. They're both in the imaginal realm. There was some level at which you needed this belief. Can you remind me what the belief was that we got rid of?

Participant: Yes. It was "I am lazy and irresponsible."

Lion: Okay. Remember that, again, the metaphors that the subconscious uses are just wonderful. A wetsuit is protective, right? It keeps you warm in cold water. It keeps you from getting too cold and dying, right? It is a protection.

That belief was protecting you in a certain way. Even though it's a lousy belief to have, in some way it protected you, or it aligned with your mother, or it represented this thing that your mother was saying to you. In some ways it was representative of the relationship.

When we give up beliefs, sometimes there's a part of us that feels like "If I give that up, I'm also giving up the relationship."

Participant: Oh, right.

Lion: There's often a young part of us that says, "No, no. I need that." All right? Even though it's been terrible for me, I need that. I need that relationship.

What we often do in this case – this will happen when we try to discreate something in the BeliefCloset – It sticks around, or it comes back, or there is a part of it that doesn't want to go. The part that doesn't want to go, which is basically what your subconscious is saying, is usually some kind of protection or some kind of connection.

It represents something about your mom. There may be a time when you do need that belief to, for example, connect with your mom. Now you don't want to be wearing it all the time. Maybe it is useful, maybe not. It may just be a part of you that's saying, "It was with me for so long. I might need it again."

Participant: Right.

Lion: With your conscious mind, just decide: do you really want to be rid of it? Or is there something about it that you want to keep? I would explore that question. Go a little deeper with it.

Usually there's an aspect of the belief that we want to keep, like it's the connection or it's the protection. It's fine to keep those aspects then get rid of the rest of it.

Participant: I see. Okay.

Lion: The last thing is I find it interesting that you gave it to your mother and it ended up in a dumpster. She must have gotten rid of it also. Apparently she didn't need it either.

Participant: She just said, "Well I don't need this." Well good for her.

Lion: Yeah. Really. Really.

Participant: Okay. Well, thank you. I appreciate that, Lion.

Lion: You're welcome. Good-bye.

Participant: Bye-bye.

Lion: We've reached the end of our Q&A time and our time together. I so appreciate your time and your being here, and your joining me on this journey.

I send you off with my blessings and my love. May all of your relationships be healed, be loving, be compassionate. May you continue to deepen your love everywhere you go.

Bye for now.