



The **BeliefCloset** Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs Session 5

Clear Out Your Old Beliefs About Money and Work

Lion: Welcome, everyone. This is Class 5. I'm very happy that you have joined us and thrilled about our topic today, it's a juicy topic. Everybody's got stuff on this topic. It's called Clear Your Old Tired Beliefs about Money and Work.

We'll also be talking about manifestation, which is one of my favorite areas of study because it's all interrelated. We're going to be talking about money and wealth and abundance or the lack thereof. What do you believe about earning a living today in this economy? Is money really the root of all evil?

If you really want to experience true abundance, you first have to eliminate the belief that money is bad or a problem. We're going to be looking at those very deep issues. We'll get to it in just a minute.

Let's do a brief meditation this time just to center ourselves, and find ourselves in our own flow of abundance and prosperity. These are words we use to describe the movement of physical reality.

Close your eyes. Put your feet on the ground. Find your center. Take a breath. The breath is also a flow. It comes in and out. Just watch it moving in and out.

Maybe, as it's coming in at the very end, give it a little bit more in breath. As it goes out, just push a little bit more than is normal. You're just increasing the flow out and in, out and in.

Recognize that your lungs are sending oxygen directly to your heart. Your heart is beating. Just see if you can be quiet for a moment and feel your heartbeat,

that amazing muscle that beats billions of times in your lifetime and keeps you alive. Keeps your liquids flowing through your body.

You can't feel your heart beat, put your hand on your chest or on your neck where you can feel your pulse. Or even on your wrist where you can feel your pulse. Just feel the pulse beating. As your heart moves blood through your system, through all those veins and arteries, all the way down to the capillaries.

Each blood cell brings oxygen to all the cells, brings nutrition to the cells and takes away the waste products. It's an amazing system. Fifty trillion cells in your body and they're all getting along. They're all cooperating. They're all doing their work.

Send some love and appreciation to all those cells that are doing so well keeping the flow going, keeping you alive. Every cell has an input and an output. It takes in things like nutrition, sucrose, oxygen. It pushes out things that doesn't need any more, waste products.

When the cell is healthy, there's the right balance between the input and the output, the inflow and the outflow. Send a wave of balance and health to every cell in your body intending that it finds the right balance of inflow and outflow so that it's healthy, balanced. Every cell is healthy, shining and radiant with light of health, with the light and love of health.

When there is an abundance of flow, you're healthy, growing, radiant. This is the way it's supposed to be with you in your life, you in your world. Nature itself is abundant. The apple trees don't get together and they say, "Due to the economy is down we should produce less apples."

There are lots of apples, more than are needed so that the animals get their share and the humans get their share and the bugs get their share. The seeds go into the ground. The ground gets its share to make more apple trees. That's the natural way of things.

Then humans get involved. It gets out of balance. Just feel your own balance in your body. Look at the larger issue of your life. Are you in balance with flow in your life? Do you have plenty? Do you feel restricted in some areas of your life? Is there a struggle?

Feel the stress that any struggle may create in your body. Just send warm love and good intentions to all those places that feel stress. Just with the idea that it's my intention to live in balance and flow in my life, and abundance so that I don't need to experience the stress.

Let that radiate out through all your cells of your body and all the parts of your life. Just feel what life would feel like if you lived this way, if you lived in this

flow, in the natural flow of in and out, healthy cells, healthy life, healthy economy. What if we all lived this way? What would life be like?

When you're ready, open your eyes. Just feel yourself sitting wherever you are in your room. Feel that flow. Look around your world, look around in your room and look in your life. Just see that things are moving in and out all over the place. Things come into existence. They exist for a while. Then they go out of existence. They change form. Everything around you got here because of some flow. I look around my room I see flowers. I see glassware and dishes, bottles of vitamins, artwork, feathers, books. Everyone came here through some flow.

Someone made it. Someone delivered it. Someone sold it. I bought it. Or nature gave it to me. Just look around and see that everything in your life is part of a flow that comes through you. Just send out waves of appreciation for this flow in your life.

How is your life in this flow? Do you have more than enough to eat, for example? Or just what you want when you want it or need it? Do things move through you easily or do they get stuck?

Some things get stuck outside of you like you can't have it. Some things get stuck inside of you like you can't let go of it. Since every cell needs the flow of things in and things out, if one gets cut off, if either the input or the output gets cut off or clamped down, the cell will die.

You too are a system of flows. The ideal is to have plenty in and plenty out in a healthy, balanced system. Money is a belief system. If you look at a dollar bill or \$100 bill, it's the belief that it has value that allows it to have value.

If I take it to a store and I exchange it for something I need, the person on the other side also believes it has value because they can exchange it for something they need. If you took the belief away, what you'd have is a bunch of green pieces of paper. You'd try to exchange them for someone and they'd say, "No, I don't need any more green pieces of paper. I need a chicken or I need a truck."

The pieces of paper would lose their value if there was no belief attached to it. So money is belief. The economy as a whole is a gigantic belief structure. We exchange our labor for money. We exchange goods for money. We have this belief that it has value. We're part of a very large belief structure.

We'll also today be talking about manifestation. Manifestation, it's getting bandied about quite a lot these days. Manifestation is creation. It's the creation of something.

It's the act of a god in its universe that is able to create a reality, to create something from nothing. Beliefs are an important part of the manifestation

process, but it's not just beliefs. There's also work involved. We'll be talking about that as well.

A part of this program, one of the bonuses was the first two chapters of the book I wrote with Anodea Judith called ["Creating On Purpose: The Spiritual Technology of Manifesting Through the Chakras."](#) In that book, we offer basically our entire workshop with exercises and information about manifestation, the process of manifestation, where beliefs fit in. It's a very important part, but it's not the only part.

If you manifest something, you are making it. Once you make it, you can sell it or trade it. Whether that thing is information or a product or a service or an invention or a set of resources, creating is part of your life. It's the part that you have the most control over, is what you create and what you do with it.

The amount of money that you have or how much you earn or how much you keep, it really depends on what you believe about money. If you feel distressed or worried or anxious or even sick to your stomach every time you think about money, if your relationship to money is difficult, it's good to look at your beliefs about money.

Now most of us learn about money from our parents, at least that's the place it began. We all heard money doesn't grow on trees. Then you had certain experiences with money as a child and as an adult. Then you entered the tumultuous economic system once you went out and started earning a living.

Then you got lots of messages from the culture and from other people about money. All of these beliefs that you took on have a really big impact on how you think about money and how you feel about it and what your experience is. Some people have the belief that no matter how hard I work, I never have enough money to make ends meet.

If you have that belief of course, then you unconsciously will create certain sabotaging habits, like spending more than you earn that suck all the money out of your bank account so you can't meet your financial obligations. You might end up overextending your credit or feeling like you're struggling always to pay your bills. Or you might give up your dreams for a better life because you feel defeated.

On the other hand you might have very positive beliefs about money and abundance but only one or two interfering beliefs.

When you think about wealth or money for yourself, thinking about yourself having wealth or having money, do you feel any guilt or shame? This might be "If I had it, I would feel guilty," or "I do have it and I feel guilty." Or "Other people don't have as much so I shouldn't have as much."

One more question: do you feel you deserve to be wealthy.

It doesn't have to be because of anything in particular. You just have a deservingness in yourself.

Regardless of how much you have or how much you'd like to have, the feelings and beliefs about money, about wealth, about flow are unconsciously affecting your ability to manifest what you want, need in your life. This is a complex issue because your sense of self-worth is related in terms of your deservingness.

For example, if you don't think you deserve wealth, you won't create it. Then your scarcity proves that you don't deserve it. There's a kind of circular reality creation. Interestingly, the very wealthy people in the world have the same kind of circular logic.

They believe that they're entitled to be wealthy. They accumulate more wealth. That proves to them that they deserve it. Otherwise, why would they have it?

There's a particular segment of, I'll just call it like I've heard it, the Republican Christian right that believes that if you're rich, God wants you to be rich. You're separated and better than all those who aren't rich. The reason they don't have money is because they don't deserve it because they are not in line with God. They have Biblical quotations to back them up.

Their belief structure creates their ability to be very wealthy. I happen to know that the son of one of those people who is telling me this. That he said, "God is on our side. We're the winning team. God has proven that we deserve it because we have it." There, again, you have circular logic no matter whether you have a lot of money or you don't have a lot of money.

Our beliefs create our experience. We have a mixture of beliefs about money and wealth. We're going to be looking into what you may have that may be a crimp in your own flow. Also, if you do have any feelings of guilt or shame or yuck around money, you will not want to have it because who wants to hold onto something that's yucky and smelly? Take it away from me. That's a place to look as well.

Grab a piece of paper or your journal and a pen. We'll again explore what beliefs you have about money that may be interfering with your life.

Or if you're in a very positive wealth situation in your life, what beliefs you have that enabled you to have that wealth in your life. Either way is okay. We want to find out what are the working beliefs.

We're going to look at what you believe about money first. Just write down whatever comes to mind when you say, "Money is..." Say to yourself, "Money is..." Write down whatever comes to mind. "Money is..."

Ask it again. Sometimes it takes three or four or five of the same question to come to the deeper issues. "Money is..." Write down as many answers as you can then ask again "Money is..." You'll notice a mix of beliefs from your parents and beliefs from the culture and beliefs from the New Age thinking and beliefs from your friends and beliefs from the economic reports from the government.

Now say to yourself, "Having money is..." Maybe having money is difficult. Or having money is pleasurable. Having money is freedom. Whatever it is for you having money is.

Now write down the answers to "Wealth is..." For me wealth is not just money, it's also family and resources and freedom and beauty. What is wealth to you? "Wealth is..."

Now "Earning money is..." Earning money is difficult. Or earning money is easy. Or earning money means I lose my freedom. "Earning money is..." Again, I always recommend continuing that exercise of exploring your beliefs after these classes so you can keep your journal. Just keep adding to it as you notice what beliefs come up for you.

Now let's switch over to work. We're talking about particularly the work you do in the world to earn money. Write down "My work in the world is..." My work in the world is boring. Or my work in the world is a strain. My work in the world is difficult. My work in the world is joy. Whatever it is for you.

Now take your choice, either "My job is..." or "My career is..." People feel more like they have a job. Some people feel more like they have a career. My career is a dead-end. Or my job is below my capabilities.

Ask it again and again. Just write down whatever comes up even if the answers are strange or even if you don't believe that anymore because it's just a way of exposing the subconscious beliefs to the conscious mind.

The last one for this series is "What I should be doing with my life is..." Or "If I had all the money I needed, what I would do is..." Money wasn't a concern. All right, that's a good start. There are lots of other questions we could do, other areas you could explore on your own.

For example, "People who have a lot of money are..." That's a good one. If people who have a lot of money are all evil or they cheated people, then you probably wouldn't want to be one of them. Another one is the area of your beliefs of worthiness. "I deserve," or "I'm worthy of having a lot of money or wealth."

Another is beliefs you have about institutions. If any of these spark you, just write down the questions and work on them later. "Banks are (blank)." "The

government is (blank)." Lenders are (blank)." Mortgage companies are (blank)." I've got a few opinions myself about these. I don't want to just add more beliefs to your beliefs. You probably have plenty of your own.

Then what beliefs might you have about your own creativity or success? You lack something that would make you successful. Are you not creative enough or smart enough to be in this economic world? Or maybe you're not mean enough to be in this economy.

"The economy is..." and "Jobs are..." Any of these questions can be explored. You can see that that's a very complex arena with lots of beliefs. Take a look at what you wrote down. Circle the belief that most interferes with you having abundance and flow in your life.

Take a minute and review all of the beliefs you wrote down. Feel free to add others as you ask this question: "What belief most interferes with abundance and flow in my life?"

Okay. What I'd love to do is hear some of your beliefs that you found are interfering.

Lion: Hi, [Participant].

Participant: Oh, hi! The belief I actually believe most is that I'm not worthy and I'm not good enough.

Lion: Yes. If all beliefs create evidence for themselves, which they do, those would certainly interfere with your accomplishing whatever you wanted to accomplish. Good. Well, take those right into the BeliefCloset and work on at least one of them. You may have the opportunity to work on two. Thank you for sharing that. Let's take the next participant.

Participant: Yes. My belief is that I have to spend carefully. It's just I feel as if I'm poor even though I'm not. Watch my money. I have to spend carefully because there's like a fear.

Lion: Why don't you say what the fear is? "I'm afraid that if I spend too much," what will happen?

Participant: Well, there's the worthy thing too. There's also the fear that I'll run out of money and God knows what, which is totally ridiculous.

Lion: Yes. One of the practices we use in our work is called "Worst Case Scenarios." What we do is we take a person and we say, "What's the worst thing that could happen if that happened?" We keep going into the worst and worst and worst and worst and worst.

There's something down there that is like the worst thing. Like, "I'm going to end up under a bridge homeless. Nobody's going to care for me. I'm going to die without anybody knowing it. And now I have to come back and do it all over again."

There's always something down there at that level of deep survival. Do you have something like that?

Participant: Yeah, that's the fear. That's the fear. I've had that in the past life. I carry the fear here now.

Lion: Yes. Well thank you for sharing that. That is a belief that that could happen. That's what fears are. Fears are the belief that you can't handle something. If that situation occurred, you couldn't handle it. You couldn't get out of it. That's what creates the fear.

Thank you for sharing that, [Participant].

Participant: Thank you.

Lion: Do we have one more?

Assistant: We have one on the webcast that says, "Money is dangerous."

Lion: Money is dangerous. Oh, that's a good one.

If money is dangerous, you certainly don't want to have it in your pockets. You would not want to be carrying it around. It might explode at any time or it might warp you or turn you into a bad person. A good reason to stay away from money. Thank you.

Assistant: Another Participant says, "Earning money is at times difficult."

Lion: Yes. Now let's talk a bit about the reality versus the belief-created reality. We live in a very complex world. Money is not just a personal issue like health. It's also a social issue because it involves other people. I'll be getting into a little bit more in a moment when we talk about manifestation.

You could say in this economy it is sometimes difficult to earn a living. That may be true, but it does not necessarily limit you from, for example, being an entrepreneur and finding a way to earn a living or being creative or like that.

It's good to see that there are social beliefs that are basically true because of certain circumstances. Yet they don't necessarily have to limit you. Yes, if you are a buggy whip manufacturer, you would say really there's no business out there

because nobody buys buggy whips except perhaps the Amish. You have a very limited market.

On the other hand if you are a manufacturer of tools, there are always tools that can be made. The question is: Are the beliefs limiting you and are they stopping you from being creative in creating something great for yourself?

Okay. Let's take one more. [Participant?]

Participant: Money is unstable, undependable, disloyal, controlling and arbitrary.

Lion: Wow. That's a great set. Not great for you but...

Participant: If you want to not have any money.

Lion: Right. That means money is in control of your life. You're not in control of money.

Participant: That also feels schizo. You either have it a lot or don't have it at all.

Lion: Right. It's an on-and-off phenomenon. That would be true if it were arbitrary, controlling and unstable. Just like a light switch, on and off, on and off, on and off.

Participant: Right, right.

Lion: You might look for a belief that's deeper. That is "I have no control over money." Because what you've done is you pointed to the beliefs you have about money out there. You haven't looked inside to see what is it in there that you do have control over? Do you have control over other aspects of your life?

Participant: To some extent, yeah.

Lion: Okay. My guess is that those beliefs about money also apply to other aspects of your life. There's something about self-control, self-management in there that you could explore.

Participant: Okay. That sounds good. Thank you.

Lion: Good. You can see what a wide variety of beliefs we have about money. Let's just see if there's anybody with a really good belief about money. This might be something like "Money is available any time I need it." Or "Every dollar I spend comes back to me multiplied." That was one I liked back in the '70s. There are very positive beliefs about money.

Remember that money is a social phenomenon. Let's get talking about that for a few minutes. In our book "Creating on Purpose" we talk about the fact that in the area of manifestation people often say, "Well if you can manifest reality, go ahead and manifest an apple in my hand." "If you can create your reality, create a beer.

Now there's a good reason why they ask those questions, those cynical people out there. That is that people often get this confused and the deeper answer is that there's not just one universe in which we create. There are three universes. Those three universes each have different laws of creation.

You have to understand the universes and understand the laws of creation in order to create something to happen. The first universe is the personal universe. This is the universe of you. In this universe you can create any experience you want.

You could say, "I am happy," and create happiness. You could say, "I am sad," and create sadness. You could say, "I am delighted," and be delighted. Or "I am friendly," and become friendly. That's the personal universe. You have direct control over that. That's where affirmations work and declarations work.

Now that universe is enclosed within a larger universe called the social universe. That's the universe of "you and I". In the social universe, this is where money exists. It's also where communication exists and negotiation and exchange and commitments, requests and promises.

Money is part of that social universe. It's like we have to have a shared belief about the value of a dollar in order to use it as a medium of exchange. That's where the social universe comes in.

The social universe is within an even larger universe called the physical universe, which was pre-created, but it has all the material objects, the matter. In the physical universe in order to create, you work things, you shape them, you decorate them, you cut them and you join them together.

For example if we think about a sculpture, as an artist, I can come up with the most brilliantly gorgeous sculpture in my mind. That's in my personal universe. In order to create it in physical reality, I have to engage in social interactions. I have to exchange a piece of marble for money. I have to engage a trucker to bring it to my studio.

Once I have the physical matter, I can then cut it and carve it and shape it and decorate it to make it the sculpture I want to make. I have to work in all three universes to make something in the world.

If you said, "Go ahead and create an apple in my hand," I could say, "All right." I hand a \$5.00 bill to my assistant who goes to the store, buys an apple, brings it back to me and then I hand it to you. I have engaged in the social universe and the physical universe by moving an apple from where it grew on the tree to the store to my hand to your hand.

That is how things are made and why affirmations don't work in the social and physical universe. It's why affirmations can make you feel better, but they don't necessarily create in the physical universe because those involve other laws of creation.

Wealth and money are social universe phenomena. You don't get to create it. You can't print your own money. You get it by exchanging it for labor and selling and marketing things and enrolling people in your programs, organization.

We give our banking institutions and our government a monopoly power over the production, distribution of that money. You can barter and exchange. You can exchange labor for other things. Big assets are purchased with money or contracts. It's not ever green things anymore. They're little electronic blips on a computer screen.

We have to involve ourselves with those institutions which control over our exchange as part of what we do. To engage in the physical world in which money is exchanged, you have to take actions. This is the missing piece in the affirmation and law of attraction world. It's great to be an attractor of prosperity and fortune and luck and good circumstances.

Very few people have had bags of money falling on their head when they've done affirmations or meditated. You actually have to go and do exchanges. Now I have won things. I actually won a car once in a contest, which was quite astounding.

That also required an action. I had to fill out a card and send it in, which I did and I happened to have won a car. Magic can happen, but you have to take actions.

Let's move into the BeliefCloset. Take that belief that you circled. Ask yourself the question "What would I like to believe?" "What would be a belief that I would like to have instead?" Take a minute and write it down.

What belief would actually give you the experience of living in prosperity and flow and abundance? If you're not sure what the belief is, feel yourself at the center of abundance and flow and goodness. Then ask the question "What belief would create this experience?"

Once you enter the BeliefCloset, you may come up with an even better belief. At least have one in mind to start with. Now there's something else that's important about beliefs while you're thinking about that, that's what we call the conviction scale. The fact is that you can't go from zero, from standing still to 100 miles an hour in a second. You can't go from "I'm not worthy" to "I deserve to be a multimillionaire" instantly.

It takes a gradient approach. Choose the belief that you can believe. You can always upgrade it later. Find a belief that you really could believe. Like instead of believing "I'm not worthy," you could believe "I am worthy." That may be sufficient as a step up.

Some people mentioned past lives. These beliefs are certainly multigenerational. They came from our parents and their parents and their parents before. They came from our culture. We're going to be clearing these beliefs from your entire life stream.

If you do believe in past lives and you were a monk or a nun in your past life, you may have taken a vow of poverty or you might have been killed for your possessions and decided "I'm not going to go through that again" and then by having nothing, you stay safe. We'll be using slightly different words this time to clear your whole life stream.

So you should have a circled belief and a new belief that you'd like to have instead. Close your eyes and relax. Take a couple of deep breaths. Let the outflow be a little longer than the inflow. This is a way to relax the body.

Let all of these settle, all these feelings and these beliefs settle like a stirred up mud in water. That it slowly settles down and the dirt drifts down to the bottom. Let that settling occur inside of you. That the matter moves downward and leaves clarity, clear space, mind.

Remember that beautiful ideal house that you built. That you created. Fly yourself to that house. Remember the landscape that it sits in. How it looks in the landscape, any stories it is and what it's made of.

As you find yourself moving closer to the house, fly yourself down to the front door. Landing gently, entering your house. As you look around, notice something new that you hadn't noticed before about this beautiful house that you live in. That was designed for you.

Energize yourself with the beauty and the love and the warmth here. Just let it energize your whole body and wake you up to a higher level of awareness so that everything becomes sharp and clear in your experience. Even if you are not a visualizer and you're not seeing things, let your energy upgrade so that you feel things more acutely.

Make your way to your master bedroom. When you're ready, enter your BeliefCloset. Walk up to the mirror. Be willing to be surprised to see whatever you see, whatever outfit you happen to be wearing in the mirror. Take note of what it appears that you are wearing.

There are two possibilities here: One is that it looks like normal clothes. If this looks like normal clothes that you'd wear every day, go ahead and take the clothing off and set it to the side. The other alternative is if the clothes are unusual. They look like something you'd never wear or they look like a costume or like some physical object.

Outfits don't have to look like clothing. They could look like anything or be any kind of experience. Just take whatever you get. If you've taken off normal clothes, close your eyes.

Feel what it feels like to hold the belief that you broke down and circled on your paper. "Money is..." or "Work is..." Feel that belief fully in your body. How it limits you. How it controls you. What stops you, all the impact it's had throughout your life.

If you had an unusual clothing image, simply look at the outfit and ask the outfit "What belief are you?" Allow it to speak and note what belief it is. It may be the one you circled. It may be another one. Either way is okay.

Back to those of you who had normal clothing on and have closed your eyes and felt what it feels like to hold that belief, open your eyes and look at the outfit now created by your subconscious mind. To paint that belief as an outfit, see what that looks like.

Now you have an outfit on with a belief, a negative belief about money or abundance or flow. Ask yourself is this a belief you want to keep or is it one you want to let go of? My guess is you want to let go of it, but you're always in-charge in the BeliefCloset. You get to decide at every stage.

If this a belief you want to let go of, go ahead and take this outfit off. Whatever it looks like, peel it off. Pull it out from inside of your body. If you need help, call on an angel or someone you love to come and help you take it off and pull it out of you.

Some of these beliefs go back so far and so deep that you have to actually pull them out from inside of your body, inside of your mind. As you take the belief off, notice that all of the limitations come off with it, all of the feelings about money or wealth or prosperity come off with it. All of the circumstances and the stuckness and the limitations come off with it and let it fall to the floor as you take this belief off.

Now that you have that belief lying on the floor in front of you, feel what it feels like to not have it on anymore. See if there's some relief, some more space and possibility that wasn't there before.

When you're ready, pick up this outfit this old belief outfit that you've had for a long time that's limited you. Even beliefs that have limited us have served us in some way. Say to this belief, "Thank you for having served me and others in this life and in all of my past lives back to the beginning of time." Feel free to adjust the words to fit your understanding.

"Thank you for having served my culture and all cultures back to the beginning of time. I have outgrown you and no longer need you in this life or any other life, in this culture or any other culture. Your job is now done. On behalf of myself, my entire family lineage throughout the past, present and future, I send you back to the nothingness from which you came."

Now walk over to your incinerator. Open the door if it has one. Place this old belief that's been haunting you and your family lineage for so long, place it in the fire. Watch it burn until it's completely gone so that nothing is left, not even ash or smoke.

Sometimes it goes "Poof!" and it's gone. Sometimes it takes a while. Sometimes there's even a little something left in the fire. If something is left, take it out and set it to the side. It's another belief that you can work on later.

Now that this belief is gone, feel what it feels like to have this belief gone out of your life, no longer limiting you in any way.

Now you've created some space. What would you like to believe? Think about the belief you came up with in your previous writing. Think about what belief would be even better for you to hold, not only for yourself but your family, your whole family lineage and even for the culture as a whole.

You are part of this culture, part of this life stream, part of this social universe. You can choose to bring in a new belief that will open up space for yourself and for others as well. Make it spectacular. Make it one that will impact the entire future of this planet and all the people and cultures.

There's an example of you feel stuck "I and all beings deserve and can achieve the full measure of prosperity. I and all beings experience natural abundance and share it joyfully." See if you can upgrade your new belief.

Feel what it feels like to hold that new belief. Feel the possibilities that opened. Believe that. The opportunities that will open in the world as you walk around

with this new belief, opportunities for flow and prosperity and ease, not only in yourself but your family and others.

Feel how good it feels to hold this belief. Now recognize that to fully manifest this belief, you need to make a commitment to certain actions. Strongest belief that has to do with action is "I will do whatever it takes to manifest this reality for me and for all my relatives."

Think about your commitment to action to bring this into reality, into the social reality, the social world and the physical world that goes along with the new belief you have. Belief plus action makes things happen. Let that belief and that commitment to action radiate out and radiate inward like a sun. From the inside of your heart and inside of every cell let it shine light out to the world.

You are a light. You shine your light in the world. This can be the light that you shine, one that brings prosperity and abundance to everyone around you. Feel what it feels like to hold this belief and this commitment to action.

When you're ready walk over to the mirror and see what this outfit looks like. What this belief looks like as a representation from your subconscious mind. Take note of what you see. Feel it as an outfit. Feel how it feels on you.

Move around inside of it. Move around. Walk around in your BeliefCloset. Feel how you will feel in the world as you wear this outfit, wear this new belief. Have this power to manifest and create prosperity and abundance.

How other people will relate to you. How they will see you. How they will offer you opportunities to grow and expand and feel abundant.

When you're ready to leave the BeliefCloset, look around. See where everything is located. Know that you can come back any time and work with your beliefs any time. Exit the BeliefCloset. Find yourself in your master bedroom.

Look around feeling this new outfit. Feeling how it feels to be in your house, to be in your world, your life with this new outfit, with this new belief. Make your way down through the house to the front door feeling this new outfit and this new belief on you.

When you're ready, walk out of the door and feel yourself outside. Take a breath of the fresh air. Fly yourself up in the air still wearing this outfit. Look back down at your house. See how it's situated there, the landscape, the beauty that's there.

Fly yourself all the way back to where your body is sitting or lying down listening to the sound of my voice still feeling this outfit and this belief shining from inside

of you, this abundance and this flow, the health that comes from being in this abundant flow.

Feel your commitment to doing whatever it takes in whatever way you need to do it to actually create that reality in your world.

When you're ready, open your eyes. Returning to this world, feel the outfit still on you. Recognize that you have a different world that you're returning to. A world in which abundance and flow and prosperity is available and with the right actions will come through you and with you. You'll attract and create this new abundance for yourself, your family and your community.

Take a breath. Reorient yourself. We've reached the end of our time, but I will stay and answer questions. Also, if you'd like some personal work, I can do that. If something came up in the BeliefCloset, please press 1 if you'd like to do some personal work.

We'll move into Q&A mode. I'll be here for at least half an hour. I'll stay longer if I need to just to make sure I answer all your questions.

If you're on the webcast, please feel free to type in your question or your experience, if you're willing to share, so that we can read it on the air. All right. Welcome back.

Let's see who's willing to share, who would like some support. Let's see. Let's start with [Participant].

Participant: I think it was pretty complete. Shall I share?

Lion: Yes, please.

Participant: Oh, it was kind of cool except for the one they said they had the belief in "I'm not worthy." When I got to the closet and looked in the mirror, I was actually wearing pauper's clothing. It almost felt like another lifetime or something. I power washed it off.

Lion: Good. Good for you.

Participant: I put it in the incinerator. There was a little something left that I don't know if I definitely have to deal with. Then my new outfit was kind of natural but sparkly. Thank you. It was really fun. It was really good. My new belief is something like I experience total love and goodness and abundance. Thank you.

Lion: Oh, you are so welcome. That's delightful. Thank you for sharing that.

Someone from the general PIN pressed 1.

Participant: This is [Participant]. I think it might be me.

Lion: Yes, it is you.

Participant: I just wanted to let you know I really appreciate you because you put something about being out of control. When I took on that belief "I'm out of control of money," it hit me in the gut. I remembered how much I felt my parents were so controlling about money and everything else really in my life.

I'm the oldest of five daughters so very controlling. Stan helped me because I had mistakenly hit a number, but I needed help because my new belief was too long. He helped me with the belief: "I live an empowered and abundant life." And I feel like a million bucks, so thank you! You really helped me, both of you.

Lion: That's so great. Thank you for sharing that, because a lot of our parents were controlling about money. My parents certainly were. There are a lot of different strategies that we take on based on our parents' control.

It sounds like the one you took on is "Well, I have no control." They've got it all, right? That control got transferred to the money itself and the circumstances and all that.

Participant: Unbelievable.

Lion: Yeah. Other people may choose the strategy of "I'm going to gain control. I'm going to master this." People just feel completely subjected to it. Other people choose the strategy of just keeping their head down and off the radar. We each had this programming...

Participant: I think I did both the extremes, Lion. That's why it was so extreme. I would have a lot of money or none.

Lion: You vibrated back and forth between the two extremes, right.

Participant: Exactly. Unbelievable.

Lion: When you have the reins in your hand, of the horses, you can choose them to go faster or slower. You can control the amount of flow. You have the hands on the controls basically.

Participant: I'm empowered.

Lion: Yes, you are. You are.

Participant: I love it. Thank you.

Lion: Yeah. Thank you. Great.

Do we have anyone else or from the webcast?

Assistant: We do. We have a question from the webcast.

[Participant] says, "I went through this session and got to a point where I simply could not continue and stopped. I pulled most of it out. Then I felt sick, nauseous and my head was feeling that I was crushed. Not sure. Any suggestions? Or should I just attend the support calls?"

Lion: Yes, good one. What we did is we triggered something big and old in you. This is not unusual. We opened up something very old, very big and very ugly. My recommendation is to first relax and secondly, to welcome the feelings. Even if they're terrible, to welcome them in, because it means there's something that's been underground for a long time that's suddenly come above ground.

We used to call these demons or devils or whatever. Really, they're just old beliefs. They're just beliefs. They have been operating in hidden shadows for a long time. Bring it into a support call. Welcome it. Treat it like a friendly ghost.

Actually there's a wonderful story I'll tell about this monk who is living in the high mountains. There is suddenly a huge, thundering pounding on the whole house. The whole house shook. Bang! Bang! Bang!

He got up from his table. He walked over and he opened the door. All he could see was gigantic feet and shins. He stuck his head out the door. There was this gigantic demon.

The demon said, "I am here to destroy you!" The monk said, "Oh, wonderful. Would you like to come in for a cup of tea?" The demon started shrinking. The demon looked at him with dripping teeth and said, "Aren't you scared of me?"

The monk said, "No. I recognize you as part of myself. What kind of tea would you like? I have lovely chamomile here." The demon shrunk more. Said, "Okay, I'll come in for tea. Chamomile would be nice please." They sat down and had a lovely cup of tea.

Anything that looks like a gigantic demon is simply a part of yourself that has come to tea with you. So bring that into a support call. Thank you for sharing it.

Participant: Hi. First of all, thank you. That was enlightening as usual.

My initial reaction when I got down to my belief or when I went into my BeliefCloset was I just burst into tears. I decided to just kind of stay with that for a while and feel sad. When I opened my eyes, I was resting. I just had newspaper all over me, and rags. I realized that I was a homeless person.

I had to wash off the newspaper because it was really sticky. It was like glued to me. Like another person said, I didn't so much power wash. I had a shower in my BeliefCloset because I needed it in the past.

Lion: Wonderful.

Participant: I went and took a shower. I brought in my Guardian Angel to help me. That really helped. Then I got it to burn up.

It was really interesting what you said about the lineage and the culture and all of that because I saw this whole line of people behind me as I was putting this into my... I have a wood stove. It was really amazing. It was like they were all lined up. I could feel their gratitude.

My new outfit was this sparkly white dress. I actually thought that it was kind of boring.

Lion: What was the belief? What was the belief, [Participant]?

Participant: You mean the negative one or the positive one?

Lion: The new belief, the positive one.

Participant: Okay. I always have all the money I want and I manage it wisely.

Lion: Brilliant. Okay. You had this boring outfit on, yes.

Participant: Yeah. Well it wasn't really boring. It just seemed simple to me. So then I changed and I became Merlin the Wizard out of Camelot. I liked that a lot better because I felt like a wizard could manage their money really well. Also, I could manifest whatever I wanted with my wand.

Lion: Yes. It's a wonderful image. I just want to add that the first image you got which was plain and simple, that was your subconscious saying, "Yes, it is plain and simple to live that way. That, yes, you already have magical powers that you don't have to make a big deal out of them." You could just live that way, just simply.

It's also fine that you changed outfits, but I want to encourage you to really feel and hear your subconscious mind that manifested the outfit that way because it

means something. Sometimes we think that abundance requires magic and power and all that. Really it's just simple.

Participant: Thank you for that. I really like that. Anyway, at the very end, I was Merlin. I walked out of my house. I have a limo come and pick me up.

Lion: Oh, great.

Participant: I started to get into my limo, but then I couldn't leave. For some reason or other, I just couldn't leave my house.

Lion: What did you end up doing?

Participant: I'm kind of still there.

Lion: Oh, great. Well it sounds like you've brought your BeliefCloset right into this reality, which is brilliant. You might as well just live in that house now so that it'll be simply and easy and perfect for yourself. That's great.

Participant: I didn't think of it that way.

Lion: Enjoy living in this house. You've brought it with you. I think it's great.

Participant: Thanks.

Lion: You're welcome. See how simple it is? It's really quite simple. All right. Great, thank you.

[Participant]. Thank you.

Lion: All right, we have time for one more.

Assistant: [Participant] says, "My belief: Money creates stress and power plays. New belief: Abundance and prosperity are my friends. They appear unconditionally and bring peace and harmony to my core and my lineage, generations back and forwards."

"Old outfit: Green Incredible Hulk bursting at the seams, tattered, too small clothing ripped from my body, threads popping, seemed bursting back to self. I swing the outfit above my head like a lasso. I shall succeed! I am the conduit for my lineage!"

"New outfit: Multicolored peacock prancing with feathers, rainbow arcs my house, fresh scents of greenery, fireflies lighting the landscape."

Lion: Yahoo! That was beautiful.

Lion: Thank you, [Participant]. That was brilliant, beautiful. It's a great way to close our day. Whatever you got and however it appeared to you, just be grateful for it.

Keep doing this work. Go into the BeliefCloset yourself. Take another belief. Take one more belief that's interfering with your life. Just follow along the process.

You can listen to the recording again. Just take yourself through and do some more work yourself. This is a process and a practice. It takes time and work.

These are some of the actions you could take to really change your life. We're not delivering silver bullets here. We're only delivering one shot at a time. You have to do the rest of the work yourself.

I send you off with my best, warmest wishes. Have a wonderful week. We'll talk again next week.