



The **Belief**Closet Process™

Transforming Lives – One Belief at a Time

Clear Your Beliefs Session 6

Clear Uncomfortable Beliefs About Your Body and Health

Lion: Welcome, everyone. I am happy to be here with you. This is Session 6 of seven sessions. I'm very glad that you showed up. Today's topic is called Clear Uncomfortable Beliefs about Your Body and Health.

We're going to look at all kinds of issues about the body and physical health. Last week, we talked about abundance, flow and prosperity – what you could call financial health. Today we're going to look at physical health, primarily. Also we'll touch on emotional health, intellectual health and even spiritual health. We're going to focus mostly on body issues.

We'll have a session in which we go down into the body and feel what the body is telling us. Because it's got lots of information for us if we just tune in.

Let's do a centering exercise about the body and about your health. Get yourself into a centered place. Put your feet on the ground if you can. I always like to take my socks and shoes off so I'm actually touching the ground.

Grounding is actually quite important. Walking barefoot on the earth, there's actually an electrical grounding that occurs. A wonderful way to get yourself grounded is to take a walk barefoot, or at least on the grass or on the cement, on the dirt somewhere. It's an electro-physiological phenomenon so always good to ground yourself at least once a day.

When we wear rubber shoes, we're actually insulating our self from the natural grounding that takes place so we can get a little ungrounded. So feel your feet on the ground. The physical body is a physical universe phenomenon. We talked about the three universes last week.

The body is in the physical universe. It was created before you were born. It's very ancient. It operates on its own principles so we have to align with its natural operating principles.

Feel your body as a whole from the top of your head down through your torso, down through your legs. All the way to the soles of your feet and also out through your arms, fingers, to your very fingertips. Feel the volume of your body. You're going to feel the whole thing as if you were a funny-shaped bottle. Just feel the volume that you occupy.

Most people think of themselves as ending at their skin. Notice that some of your sensations of your body, some of what feels like your body actually extends past your skin. Just allow your perception to open up and feel the body as slightly larger or filling a volume larger than your skin bag.

Take a couple of breaths and notice the volume of your chest increasing and decreasing as you breathe in and out. Recognize that you have somewhere in the neighborhood of 50 trillion cells all cooperating with each other kind of magically. They're not arguing over who should do what. The liver cells do liver things and the heart cells do heart things. It's quite a large cooperative.

You know that when someone is in the room sending you bad vibes, they're sending you thoughts that are not very nice or feelings that are not very nice. You can feel it in your body. Also when someone is sending you love, you feel that in your body. What messages are you sending yourself to your body?

Is your body something you love? Or something you hate? Or something you're uncomfortable with or dislike certain parts? Just notice that your body can feel those things, can feel both the thoughts and the feelings that you're sending it.

For a moment, just send love to your body, just pure love. Like "I'm so appreciative of you supporting me, being the temple that I inhabit on earth, getting me around, allowing me to do all these things with my head and my hands and my feet." Just send appreciation and love to all the cells in your body and see how your body responds.

These are our precious bodies. You only get one per round on earth. It's going to carry you all the way through your life until the end. Treat it nice, nice to your body, love to your body, do loving things to your body. We'll get into some of the beliefs you're carrying around a little bit later. For now, just feel the comfort of having a body that's loved. When you're ready, open your eyes.

As we talked about last week about money and abundance, we talked about cash flow. We said, "Are the right things coming in and out of your bank

account? Are the right amounts coming in and out? Is there a good cash flow? Or do things get stuck outside of you or inside of you?"

This is the same with the body. The body is a flow. All those 50 trillion cells are moving. They're not still. They're pumping molecules in and out of each cell. They're communicating with each other through chemical communication messages.

There's a flow. If the flow is good, if the right things are moving in and out, you are healthy. If they get stuck somewhere, either outside of you or inside of you, you get unhealthy. Every cell needs a flow of nutrition in, all the right elements. It needs the waste products taken out.

Then it has a job of transforming some element or moving some element. Like the blood cells move oxygen molecules from the lungs out to the periphery, out to every cell. That's just one kind of cell's job. It's got a job to do. If it's doing it well, then you have a healthy system.

If you have either the input or the output stopped in some way, you will die or your cell will die. Abundance is the open flow through the system. It's plenty in, plenty out, or the healthy balance system. Nature has its own natural balancing feedback mechanisms.

The beliefs that you have about your body or about your health, they act like crimps in the pipe. They either slow the flow coming in or they cut it off or they prevent the flow out. If you have too much in and not enough out, you increase the holding capacity of your body. You gain weight. You could become obese.

Or if you don't get enough in and you have too much out, you get the sort of anorexic bodies or the lack of thriving in certain children, especially children who've been abandoned because they're not getting the right things in and the right things out. We call ill-health, "disease", which means dis-ease.

Ease is the natural state of the body. Dis-ease is something that's gone awry. A lot of ill-health and disease is the result of beliefs that were indoctrinated into you or the conclusions you came to taking on your beliefs from your early circumstances.

What do you believe and perceive about your body and about your health? What are your beliefs about age, your age and aging? This is a big one for most people, what do you believe about your attractiveness? Are you attractive?

What do you believe about your abilities with your body? What can you do and what can't you do? You may want to get out your notebook and begin writing down some of the beliefs that are coming as I ask these questions. I know I'm

asking them quickly. Don't worry about it. You'll have plenty of time to do some writing.

What do you believe about your ability to heal completely? The body knows how to heal. It knows it has all the mechanisms. Modern medicine has used those methods to enhance healing. They have lots of mechanical things.

I have a mechanical hip that replaced a hip that was failing. I've got this nice piece of metal in my body. My body adjusted around the metal and said, "Okay. Well, if this is what we've got to work with now, let's work with that."

What do you believe about the future of your body? We look around and we see people aging. We see ourselves aging, those lines around the face. I've got some myself. We see people declining in old age and dying.

There are plenty of beliefs that could stand in the way between you and vibrant health, beliefs that may make you a bit vulnerable to a disease or to injury. Let's think about the positive side for a moment. Imagine yourself as your kind of ideal self; healthy, fit, sleek, that's my favorite word, sleek and vibrant.

I think of a cougar or a panther kind of with all the muscles and sinews just perfectly coordinated, moving through the forest, being able to run fast and catch a prey. I'm a Lion, so of course I think of those terms. However, think of your terms, however you think of your body, what would be sleek for you? What would be vibrantly healthy?

Think about the body that you want. That's inside of you as a potential. Just take a minute and visualize that body. It's waiting there inside of you. You know that if you worked out enough, if you had the right diet, if you did all the things that everybody tells you to do, you could have that ideal body. It lies there as potential.

Just feel what it would feel like to have that body. To be able to run and jump and dance and frolic and act in health. To be healthy in the environment, to adjust to the environment, to do what you need to do. Just feel what it would feel like to have that body.

Just move around a little bit, whether you're sitting or standing. You might want to stand for this. Just move your body around. Feel what it would feel like to have that body; no pain, strong, the ability to do anything, no restrictions. Enjoy that because that is your potential. It can be your future if you choose it to.

Make yourself comfortable. If you stood up, you could sit back down. I'm often asked whether the BeliefCloset Process can heal diseases or injuries. Obviously, I can't claim anything of the sort. I'd be jailed for practicing medicine without a license. We don't do that sort of thing.

What I can do is read some of the reports that we get from people who are using the BeliefCloset Process to shift things going on in their physical body. I'm just going to read a few of these reports just to give you a sense that, yes, anything is possible here. A woman named Jane, who is considered morbidly obese (it means a very fat person if you're not familiar with the medical language), reported this:

She said, "The journey you took me on, all the way back to the womb was unbelievable. After our session, I felt a bit strange. Clearly, something deep had shifted. I didn't feel like myself. After a few weeks, I realized that I'm no longer hypersensitive about what others think about me. I used to worry about being judged. Those thoughts just don't appear anymore. Life is more open to me. For example, I would have been self-conscious about going to the gym because in the past, people made fun of me there because of my weight. Now I just go to the gym. I have a newfound confidence, a feeling that I'm worthy. I feel differently about my body too."

"I'm not judging myself anymore which is amazing. I'm not sure how much influence this process had on my eating and exercising program, but I've kept it up and lost 27 pounds so far. I've been working on myself with different methods for quite a while. This process really brought it all together. It brought it home. It's a new me. I'm going to integrate the BeliefCloset Process into my coaching practice." That was a great letter to get.

This was from a man named Andrew in Italy who worked with me. He had called with a complaint about his whole life. He's feeling like his perception of the world was off and he didn't fit into the world.

He said, "I have great news. The perception problem has definitely disappeared. After our session, it took a little time for the change to integrate. Today, I feel I'm completely free from this terrible problem. In these years I've suffered much and tried everything but nothing worked. Changing the beliefs about myself with the BeliefCloset Process was the key to resolve the issue. Now I feel even stronger. Even other physical symptoms I had are better, such as sweating too much. In the meantime, thank you again for what you've done for me." That was also great.

This is from a friend of mine named Nievas in New York. She said, "Thank you, Lion, for spending years working on your BeliefCloset system. As I was walking today, I used it. I had lost about 40 pounds and had kept 30 off. I'm still holding on to 10 pounds. The belief is I can't keep the 10 pounds off and I can't get the last 10-pounds off, which would be 50 total. I pictured in my Belief Closet an icy old man. After thanking him and telling him that he's no longer needed and melting him in the fire, the new picture is a lovely, young, gentle queen dressed

in a long, pink gown. My new belief is: I can and am losing and keeping off the next 20 pounds. Thank you, Lion."

One more which is a very exciting one. This is from a BeliefCloset Practitioner who works in Japan. She said, "My first professional Belief Closet client in Japan three months or so ago complained to the office staff right after her session because she did not have instant results. About two weeks ago when I was in Japan at the office, this woman ran up to me and profusely thanked me for her session. She told me that it took about a week after the session and then she noticed that her problem, which is that one side of her face was frozen and unfeeling, had totally healed itself. The problem had existed for many years and she was thrilled. Thank you."

That's from Levanah Shell B'dolak who's a BeliefCloset Practitioner. Those are just some examples of what can happen, the miracles that can happen when you change the belief at the core of whatever's going on.

If you think about your body as a vehicle, or a temple in which you reside, or as one of my teachers called it, "your piece." He was thinking of Monopoly. You either have the little cone or the horse or the piece of bread, whatever. It's sort of your piece on the board of life. Do you think about it as a temple, as something sacred? How do you care for it?

If you care for your car, you change the oil periodically and keep it running smoothly, it lasts longer. The same is true with your body. Do you get regular oil changes in your body? Do you fast? Or do you do something that's good for it to keep it healthy enough? Or do you send it negative thoughts a lot?

We need to be kind with our thoughts about ourselves. You send love to your body and to your cells and your tissues and even to the painful places because we all need love. Every cell needs love.

Get out paper or a journal if you haven't done this exercise already from the mailing. We're going to go through and just come up with some beliefs you have about your body and your health. So get out that paper and pen. If you've done this exercise already, just get out that list and others may come to you.

Regarding my body, "I am..." Fill in the blank. Just think about your body. "I am..." Maybe it's "I am healthy" or "I am unhealthy." Or "I am fat" or "I am strong." Whatever comes to mind, positive or negative: regarding my body, "I am..." Get a bunch of them written down.

The next one is very similar but when you ask the questions differently, you get different answers. This one is "My body is..." Say to yourself, "My body is..." Write down whatever follows that. If you only get one or two, that's fine. If you get none, that's also fine. Whatever comes to you is just right for you.

The next one is "Regarding my health, I am..." healthy, maybe. Or unhealthy, sick. "Regarding my health, I am..."

Next: "My health is..." "My health is important to me." Or, "My health is a far distance away." "My health is..."

Next is "Regarding food, I believe..." "Regarding food..." Or "Food is..." "Food is yummy." "Food is fattening." "Food is... something I need to survive."

Next is "Regarding exercise, I believe..." Or "Exercise is..." "Exercise is hard." "Exercise is one of those things I think about doing, but then I lay down until the thought goes away." "Exercise is..."

"Regarding making good choices about my body and health, I..." What is it about making good choices? Or "Making good choices is..." "Making good choices is something I don't bother with." "Making good choices is a daily practice." Whatever it is for you.

Next is "Regarding taking care of myself, I..." Or "Taking care of myself is..." As we continue the discussion, just as other beliefs come up, just add them to the list. These are mostly about physical health and well being. There is also mental, emotional, and spiritual well being.

When we think about mental well being, we call it mental health, but that's usually talking about mental illness. What is mental well being? What are the thoughts going on in your head? Are they balanced? Are they healthy?

What questions come up that you get to answer? Or do you have rampant running thoughts? Are you in control of your thoughts? Or do you keep your thoughts in check? Are you asking the questions that you want to ask and that are good questions to ask?

It's said that we have something like 70,000 thoughts per day. Most of them are the same ones over and over again. What are the thoughts that you have over and over again? Those are based on the beliefs that you have.

There's great advice that you see on bumper stickers, which is "Don't believe everything you think." That's really good advice. I recommend that you put that up on your mirror or in front of your computer. Put it around a lot because we often believe whatever we think.

We think that what's coming through our head is real. It's not. It's just a function of the beliefs we have. Another part of mental well-being or intellectual well being is learning. Are you constantly learning something new? Are you engaging your brain?

A lot of people like puzzles and games. Those keep the brain healthy. When older people play games and puzzles, their thinking is much brighter and healthier than older people who just sit around and watch TV.

Learning a new language creates a huge number of new connections in the brain as does learning any new skills. Are you exercising your brain? Reading obviously engages the brain and the imagination more than watching TV. What was the last great book you read?

I'll share mine with you. I was really excited by this book. It's called, "The Breath of God" by Jeffrey Small. It's kind of like "The Da Vinci Code" by Dan Brown. It's about the search for evidence that Jesus spent his early years in India and Tibet and learned his own spirituality there. It takes place in modern times, but it's a great read. I just slurped it up in three days. It was really fun. Send in your favorite recent book and we'll share that with the group.

Bruce Lipton talks about the conscious mind and the subconscious mind. He says, "If you're not thinking consciously, if you're not consciously choosing your thoughts, then you're being run by subconscious beliefs." He says that we do that 95% of the time, on average.

Mindfulness and self-awareness practices can increase that percentage. You think about people who practice awareness all the time, like Buddhist monks. When you think about, they're getting somewhere. They're getting to, possibly, near 100% conscious thoughts. That comes with decade of practice."

What are you doing to keep yourself mindful and aware. What percentage are you conscious on entering a full day?

Are you consciously creating your thoughts 1% to 10% of the time, or 25% of the time, or 50% of the time? If it's 75% or more of your day is spent with consciously creating your thoughts? [RICHARD: Keep these in if they sound like questions – otherwise eliminate.]

If I were to rate myself, I would say I'm somewhere in the 75% range. It depends on the day, on the hour. It's good to measure yourself and find out how healthy you are mentally.

We also can have emotional well-being. In the same way, put up the bumper sticker around your desk that says, "Don't believe everything you feel." Feelings are also an area of health.

How do you wake up? How do you feel when you wake up? How do you feel when you go to bed? Are you happy and feeling joy and gratitude? Or are you

grumpy and complaining a lot? Or do you feel lonely? Do you feel all loved up and satisfied?

Rick Hanson, who's one of my favorite teachers, wrote Buddha's Brain. He said there are three basic parts of the brain: the low brain (the old reptile or lizard brain, as he calls it); the midbrain, which he calls the mouse (which is the limbic system); and the forebrain, the thinking brain (which he calls the monkey).

The three needs for those three parts of the brain are safety, which is the lizard; satisfaction, which is the mouse; and connected, which is the monkey. Are you feeling safe, satisfied and connected much of the day? These are the emotional needs we have. That's emotional well-being. What are you doing to keep yourself emotional healthy?

On the spiritual side, how much time during the day are you grateful for life? How much time do you sit in quiet reflection? Do you have a practice of prayer or meditation or mindfulness? How close to God or Goddess do you feel? Or to the Divine, what percentage of the time do you remember that you're divine?

I certainly know 100% that I am connected to God, God as in the Divine. How much of the time do I remember? Maybe 20%, maybe less in an average day. I do remember easily, but that's why I pray and meditate just to remember as much of the time as possible.

Then we have social well-being. I recently heard Larry Dossey talk about his book One Mind, where he said a recent article in the New England Journal of Medicine talked about how your happiness or unhappiness is contagious. That you're actually connected to people even three generations away, meaning that your friends of friends are affecting your health and your happiness.

It's not just you and your friends. It's your friends' friends. This is kind of crazy to scientists who think that your genes and behavior and environment are the only things that affect you, but it's now seen that our social networks affect our health directly. So there's also social health.

I want to talk about food for a minute because it's a really important part of this physical health.

If we ate like our ancestors ate, and were as active as they were, we'd be in pretty good shape. Probably with modern medicine and health care, we'd live past 120. Due to our lifestyle choices and the foods that are available and our lack of movement, our cells get clogged up. We don't get good waste removal. We begin to degenerate.

When we think about beliefs, we can think about the biological structures, the rules of biology. I call DNA a belief structure because the DNA says, "This

molecule goes here and this molecule goes there." I believe that that's what so. Even our DNA is a belief structure.

With regard to food, we are biologically programmed to be attracted to foods that are sweet or salty or fatty because those produce certain nutritional things that we need. The food manufacturers have figured this out and spent a lot of money finding out how to combine sugary, salty and fatty in their foods, because it makes them addictive.

We tend to eat these processed foods because they're matching our biological drives. Of course it's not good for us. We eat too much of it. We gain weight. We have an obesity problem in this country.

The second thing is that we are also programmed to eat when food is available because food wasn't always available to our ancient ancestors. When food is available, the appetite said, "Okay. It's time to eat. Let's eat." So people ate because it might not be available tomorrow.

Today, food is available 24 hours a day, seven days a week, 366 days a year on a leap year. That's another biological drive that is driving us to eat too much. We have drives to belong, and to feel comfortable, and to feel happy. Advertising tells you that if you eat this particular food or drink this particular drink, you'll be happy and connected to others, and satisfied.

We now have artificial programming that taps into the ancient programming and manipulates us into eating and drinking things that really are not good for us. We are subject to this social structure that keeps us locked in because the beliefs are still functioning. Until we make conscious beliefs that are different, like deciding not to eat carbohydrates, or just stop eating wheat or dairy, we just keep doing it because it's biologically programmed in.

We do have free will. We can decide to clear those things. You know what you need to do to stay healthy physically. You know that if you have a clean diet and you exercise and you keep a reasonable amount of stress, you will be healthy. These ancient programs that are still at work are driving us towards sort of deadly combos.

I want to talk a little bit more about weight gain in women because it's a big industry. It's a big problem. A lot of people come to the BeliefCloset Process and hope to use it for weight issues. Some weight gain in women is hormonal, but hormones are released during stress. Constant stress puts the pressure on the hormonal system and organs.

Basically stress says to the body, "I'm in danger. Do something to survive." What's most easily available is eating, so you eat more. When you try to diet and the body thinks, "Oh, my God! There's a drought. Food is not available. Eat more

now." Diets usually cause people to eat more and that's why people who are on diets keep gaining the weight back.

A lot of obesity is actually a biological response to abuse. There's a research program I mentioned last week called ACE, Adverse Childhood Experiences. You can go to acestudy.org and find out about it. It's a big study by Kaiser that said, "Childhood stress increases the chances of almost every disease including drug abuse, ADHD, and crime."

The more adverse childhood experiences you have, the more all these factors from heart disease to weight gain are going to come about. A lot of women who were abused as children, or who had energy thrust on them when they started developing breasts, or became sexual, they became sexualized. Girls decided, "I don't want that energy around me."

They begin gathering a padding and insulating themselves from those energies. A lot of obesity is caused by that kind of early adverse experiences. You have to get down underneath those in order to clear the body's belief structure. If you had any injuries or trauma experience as a child, you have to get underneath those beliefs.

If you got hurt and you were taken care of, that's different than if you got hurt and abandoned, or hurt and even yelled at in some cases. How did your parents treat you when you were injured or traumatized? Let's take it into the experiential realm. We've got about 15 minutes.

We're going to do a process that we teach in the BeliefCloset Practitioner's course. It's called the Body Wisdom Exercise. It's another way in, to find out what the core beliefs are. Think about a part of your body that you have trouble with.

It could be trouble because of injury that's not healing properly or not perfectly. It could be trouble in terms of a disease state. It might be a tissue. It might be an organ. It might be a whole system.

If you have cardiovascular problems, think about your cardiovascular system. If you have pre-cancerous cells, think about those. What I'd like you to do is to concentrate for a moment on whatever body issues you have. Narrow it down to one issue.

Think about and feel what that body part or body issue is. Feel the body sensation that's associated with that problem. It could be a historical problem. It could be something current. Something that's persisting that you're still having trouble with.

Maybe it's overall tiredness or maybe it's a low back pain or just the inability to lose the weight you want. Just feel into that body issue. Welcome the sensations that are coming in about that. Maybe it's memories. Maybe it's visions.

We're particularly focused on body sensations. Our body gives us feedback all the time in the form of sensations. If you don't feel the sensations that are coming in, you don't get the information. We're going to open ourselves to really feel whatever is coming in.

Open the door wide. Allow in the feelings and the sensations that are associated with this body problem. I'd like you to look at the sensations – in particular the shape. It might be the shape of your whole body. It might be a shape of part of your body.

It might be a weird shape like a triangle or a plane or an object of amorphous shape. There's some shape to the sensation. The way to find the shape is to extend your awareness out to its outermost edges. Every sensation has edges.

Sometimes they're clearly defined. Sometimes they kind of gray out. Find the edge by going out until it's no longer there, outside the gray. Extend your awareness to include the entire shape of the sensation and all its different directions by finding the outermost edges.

Notice what shape it is. How you would describe it? Do they have hard edges or soft edges? Does it extend up through your body, even outside your body or is it located inside your body?

Notice the dimensions of this shape. Measure it in terms of inches or centimeters (if you're in Europe). How many inches or centimeters is it across your body? How many inches or centimeters vertically?

How far back and forth in terms of depth? What are the outermost measurements of that sensation? Just as if you were holding a ruler or a yardstick up to the sensation. Sometimes sensations extend way out of the body. Sometimes they feel like they go out for a mile.

Whatever it is, just measure it and note what the dimensions are of the sensation. Now notice the weight or the mass of the sensation. How much does it weigh? If you were to put it on a scale, how much would it weigh?

You can even take an imaginary scale and weigh it there. Or just get a heft for it, like you're estimating. Get a sense of how much weight it has. If it's a pressure sensation, sometimes you feel pressure in a particular direction, notice its direction and measure the pressure in pounds.

If there were a weight pushing in that direction, how many pounds of pressure would there be? Take note of that number, whatever number comes to mind. It could be an estimate or an exact number may come to mind. "42.3 pounds," or "about a ton." Whatever it is, it's fine. Just allow the information to come through.

Next, feel the temperature of the sensation. Is it warmer or cooler than body temperature? Than surrounding tissues? If you put a thermometer up to it, what would the thermometer read? Your surrounding body is 98.6 degrees. Is this sensation warmer than that or cooler than that?

Now notice that there may be a color to this sensation. If it had a color, what color would it be?

If it were made of a material, what material would it be made of? It might feel like cement or steel. Or it might feel like clay or foam or emptiness. Whatever it might be made of, note what material it is that would make this kind of sensation. Whatever comes to mind is fine – even if it doesn't make sense.

Now take note of the sensation. See whether it is still or if it has some movement or vibration to it. Sometimes it vibrates slightly, sometimes a lot. Sometimes it's moving or seething. Or sometimes it's still. Just take note of the particular sensation you have and see whether it's moving or still.

Just as in the BeliefCloset we can ask outfits, "What belief are you?," we can ask sensations "What belief are you?" Ask it "What belief are you?" Listen closely and take whatever information it gives you. It may come in any form.

If it's reticent to speak, just ask it again. "What belief are you? Please answer me in a language I can understand." It may give you a picture or an experience as its answer. It may be in words or sound or light. Whatever it is, just accept it as the answer and thank it for communicating with you.

Now just allow this sensation to be what it is. Give it space. Don't resist it. Just give it space to be what it is. Like an old friend who's not going to change, they'll just be who they are. Just allow it to be what it is. See whether it changes or it stays the same – itself.

You don't have to do anything about it or try to change it. Just see whether accepting it exactly as it is lightens it up, disappears it, or it stays the same. Now I'd like you to travel to your BeliefCloset. Travel quickly there because you know where it is.

Find yourself standing in front of your mirror. As you're feeling this sensation and experiencing the belief, feeling the belief that you got the information on –

whatever form it's in – look in the mirror. See whether it has taken the shape of an outfit of clothing, or a costume, or something else entirely.

It may be just the sensation that's there. Whatever appears there, allow it to appear. If nothing appears, that's okay too. Just feel the sensation. Now the question is: Is this a belief that you want to let go of? Or is it one you want to keep?

If you didn't get an actual belief but you're working with the sensation, the same question applies. Is this a sensation that you wish to let go of? Or is it one you want to keep? If you've decided to let it go, go ahead and take it off – just as you would any costume of clothing. If it's a sensation, just step out of it, because it's something you took on.

Let it fall to the floor. Feel what it feels like to be out of that sensation, out of that belief. Feel yourself as standing behind it, allowing it to lay there on the floor. When you're ready pick up this thing that has come off your body, whether it's a sensation, or a belief, or an outfit, hold it in your hands. We'll go through the gratitude ceremony.

Say to it, "Thank you for having served me in my life. I've outgrown you and I don't need you anymore. If you were delivering a message to me, I have received the message. Your job is done. I'm now sending you back to the nothingness from which you came."

Feel free to add anything else to this, any other phrase you'd like to say to this belief, this sensation, this experience. When you're ready, walk over to your incinerator. Place it in the fire. Watch it burn until it's completely gone, nothing left – not even ash or smoke.

Sometimes there is residue, something left. If that's the case, take it out of the fire. Thank it for being there and set it aside. Take it into another Belief Closet session to work with. It's just another belief.

Okay, great. Now you have cleared your field of this sensation-belief, this experience. Now you get to decide what belief you want to have about this part of your body, or this issue that you've had. So come up with a belief with a statement of what you would like to believe about your body.

It may be something you believe about your whole body such as "My body is healthy in every way." Or "I am shining radiant health." Or "My immune system is functioning perfectly." Or "I naturally move toward my ideal weight." Or "My body knows how to heal itself."

Come up with something really great that covers your whole body or this particular problem or issue. What would you like to believe? What's the

experience you'd like to have about your body? Feel what it feels like to hold that belief. Let it come in to every cell as if every cell is shining and dancing with this new belief, singing the song of this new belief, radiant health glowing from every cell, every tissue, every bone and every muscle, every organ.

Feel your body radiating with health, healing, joy, the ideal vision of what your body will look like when you do all the things that you could do, healthy and happy, pink and radiant. Feel that body shining out from your body inside.

As we talked about last week, the physical body is physical. It's part of matter. In the physical universe we need actions to hone and perfect what's happening in the physical world. Shaping your body requires physical action.

Make a commitment to yourself of something that you're going to do regularly to move yourself toward that ideal state. Make it just right for you. You don't have to make it extreme. Just make it just right.

"I will stretch three times a week." Or "I will go to the gym once every seven days." Or "I will cut out wheat from my diet." Whatever it is for you that will keep you healthier that will bring you to a better state. You can commit to it right now, knowing where you want to go and how you want to get there.

Bring that commitment also into every cell. Let every cell acknowledge and approve of this commitment and celebrate it. "Yay! That's what I want. That will get me closer to the ideal that I'm looking for, health and happiness."

See yourself keeping that commitment week after week, month after month, all the way to the end of your life. Feel the impact it will have on your life. You keep that commitment, getting healthier and healthier, more and more sleek in your ideal weight, getting your body moving and the tissues flowing again. Whatever it is for you, healing the injuries or the illnesses, just let that radiance shine.

If you're ready, walk over to the mirror. See what you look like shining with this radiance, shining with health. You look and see if an outfit appears or maybe it just looks like you shining. Whatever you see in the mirror, just accept it. Warmly accept it.

Feel your body as it idealizes, as it moves further and further toward that ideal state of radiant health, well-being. Add mental well being, and emotional well-being and spiritual well being to the mixture, so that you see yourself growing healthier and healthier in each of those areas. What the heck! Throw in financial well-being and social well being as well!

You're just one big well-being. Just be well! Feel what it feels like to be well. Deep breaths, move your body around. Feel what this new body feels like. I feel

like going dancing. Who wants to go dancing with me? Some rocking music, shine.

Look around your BeliefCloset. Make your way out of the BeliefCloset, out of your home. Take your time. Move yourself outdoors. Feel this body moving with you. Fly yourself back to this physical body.

Feel this physical body with that radiance, with that ideal inside of you shining outward, and with the commitment you made to your own health and well-being. Before you open your eyes, really feel it in this body, these tissues, this matter that has come together to become you in embodiment, this particular formulation of who you are, this precious body.

Send love to this body. Love its possibilities. Love its realities. Love its suffering. Love for the possibility that it can heal and feel wonderful. Shower radiance and love on it. Give yourself a hug. This is a good body. This is a good vehicle. Love it. Feel a smile.

If you're ready, open your eyes and come on back to this room.

Welcome back.

I want to open it up for Q&A or comments. I'd love to hear what happened for you in the BeliefCloset, and that experience with body sensations.

Let's see. Let's start with [Participant]. Go ahead. Share what you would like to share.

Participant: Well, first of all that was just lovely. I addressed some digestive issues. At the end of it, I had a sun in my belly. It radiated warmth and love to the rest of my body. It was really nice. It was very helpful. It was very interesting.

I guess this brings up a question. When we went through the sensation, I could feel the sensation. Then it changed. I got a color immediately in all the things that you asked. When we went into the Closet and I looked at it, it was an entity. It was a person. It looked like that.

Lion: Was it a recognizable person?

Participant: Yeah.

Lion: Did it look like someone you knew or just a stranger?

Participant: A stranger.

Lion: Okay.

Participant: It was a little amorphous. It wasn't completely clarified. It was more of a face and a partial body.

Lion: Did it go into the fire willingly?

Participant: There was some resistance. There was something you said that was a little different. You know how we thank it for whatever it gave us and that kind of thing?

Lion: Yes.

Participant: Well, I couldn't figure out what was the good in it for a few minutes and then I did. Once I figured it out, it would leave.

Lion: Beautiful.

Participant: It refused to leave until I figured out what its goodness was.

Lion: Wonderful. That's a great report. Thank you.

Entities are a whole study. I've done a study of entities. It depends on what you believe, but it's quite likely. We are humans, there are animals and plants – we've acknowledged those. There are fungi and bacteria and viruses. We know those.

You could call them all entities. They take different forms and shapes. There may be disincarnate entities. Again, it depends on your belief structure. It's quite possible that there are entities that come into us, or take a ride for a while and function inside of us, feeding off of us just like a virus or bacteria could do.

It is quite possible that it was an entity or it could be anything. We don't know this, because we just don't have the scientific basis for determining it. We can still work with it in the same way. You can still get rid of something out of your body in the same way. Whether it's an actual virus or bacteria, whether it's an actual disincarnate entity, whether it's a ghost from a past life, we don't know what the heck it is. We just know that we can get rid of it.

Well done. I'm really glad to hear that [Participant].

Participant: Yeah. What was funny, what you said about feeding, it didn't want to leave because it didn't want to leave its home. It had a warm place with lots of good food.

Lion: It sounds like a tapeworm or bacteria.

There's a new book out. The subtitle is "A Journey Down the Alimentary Canal." From our mouth to our other end is a long tube. It's got many different kinds of bacteria in it.

Depending on our diet, different bacteria flourish. There are hundreds of different bacteria. All of which fit into an ecosystem. If you don't have the right bacteria, if you have the wrong bacteria, it can make a real mess of your digestive system.

It's a wonderful book. It's by a journalist who just studied everything about digestion. It's quite an astounding piece of work.

We could consider those bacteria entities. There are certainly viruses that hide out in the body. We've been living with them for millions of years. They're even part of our DNA. We don't know what they are, but we can work with them. Thank you again.

Participant: I have another question that was not related to that. If you take the premise that every single cell in the body has its own memory and intelligence, then when you get rid of a belief... does that change your whole body or is it just related to a part? Can you talk about that a little bit?

Lion: Sure. You're asking a very good question. Again, we're probably 30 or 40 years into a 300-year research project. We don't know for sure. All we have is experiential evidence. The experiential evidence is that when you discreate a belief and it's really gone, it's gone. It doesn't come back.

Now where beliefs hide, we call it the subconscious, we call it the imaginal realm. We don't know where they live. We don't know a lot about this. There are shamans who have thousands of years of history exploring these regions. We're still new at it.

Certainly, there is intelligence in cells. In fact, they used to think that the intelligence of the cell was in the nucleus. They now understand that the intelligence of the cell is in the cell wall, which allows certain things in and allow certain things out. It keeps certain things in and keeps certain things out. That's where the intelligence of the cell is.

Yes, cells do have intelligence. They have regulatory mechanisms. Where beliefs are stored, I don't know. I think they can be stored anywhere because we live in an infinite universe. It could be stored in a cell, in a tissue, in a bone. Viruses can hide inside nerve cells or inside bone. These creatures have been around for a lot longer than we have. There are lots of unknowns.

Great question, I don't have an easy answer for you. Just we're in the exploration. Thank you.

Okay, [Participant], let's go with you.

Participant: That was beautiful. I have a lot of appreciation for the whole thing, a lot of gratitude. Mine morphed a whole bunch. I really like this exercise because it did help me come up with something I wasn't aware of. I had several beliefs, but this one came up.

I just started with my fibromyalgia. I went to like a fire and anger. I didn't like the way I was being treated. My body wasn't liking the way it was being treated at all, very angry, enraged.

Finally it morphed into a belief "I deserve to be punished," which I actually remember as a small child, hearing someone say about after being mistreated. At the end, I had a little bit of a tough time but how I ended was the belief "I am aglow with unconditionally radiant health and well-being."

Lion: I love that. I love it. Say it again, would you?

Participant: It's choking me up a little bit here.

Lion: Just let the feeling come in. Just enjoy the feeling that it produces. Let the tears flow because it's so important. It's so crucial to your well-being.

Participant: I am aglow with unconditionally radiant health and well-being.

Lion: I love that. Welcome home. This is your natural state. That's what I love about this.

Participant: It's all right. I was just going to say this is surprising – startling, even. I really trust it.

Lion: Yes. When you get to that place of discrediting something that's been with you for a long time, especially something as core as this, really well done, [Participant]. I'm so happy to hear this.

What happens is that you recognize at a very deep level that you are not the belief. You *have* the belief. Up until that moment, in some way you believed you were the belief, that that just was true. It was just true about you.

That's what's powerful about this process is that when you recognize, when you take off the outfit and you recognize that – "Oh, that's just something I took on. It's not who I am. I can take it off." That's true empowerment – because you're now in your true self. Because only the true self can take off beliefs.

From that place of being your true self, you are naturally radiant. You are naturally light. You are naturally healthy. You are the natural true self with all of the positive characteristics that you carry, all of your virtues and your values. It is your soul that is shining.

I'm so glad you said this just so I get a chance to repeat this. You are the true self when you discreate a belief. When you create a new belief from that place, it is your natural state. It is who you are. Thank you.

Participant: Thank you very much.

Lion: We'll take one more share. [Participant]. Go ahead.

Participant: It was about two or three weeks ago, I went into the BeliefCloset. I saw that I was completely covered with chains, ropes, tied up very, very tightly. So tight that it was digging into my skin and my skin was growing out around it. I don't even know what the belief was. It was just that was what I saw even though I didn't really have a specific belief.

I managed to get the chains and ropes and rags, even rags with knots in them. It all came off. I was able to burn it. When I looked for my new clothes and my new belief, I went into a deep sleep almost like Snow White and the Seven Dwarfs. I was laid out on like a slab with a, if you saw that Disney Movie, with that crystal dome over me.

Lion: Yes.

Participant: I was in that for like two or three weeks now. Even though I participate in your BeliefCloset, I haven't been able to do any more beliefs, still waiting in that coma sleep.

Lion: Wow. That's cool. Is it a little disconcerting for you? Or do you feel comfortable?

Participant: Oh, it feels comfortable. I've tried different things because I know in Snow White and the Seven Dwarfs the prince or your animas comes and kisses you and brings you back to consciousness. I tried that. That didn't work. I said, "Well, maybe my body just needs rest.

Lion: Would you be willing to do a little work on it right now?

Participant: I would love to do some work on it right now.

Lion: Great. We have ten minutes. For those of you who are listening, thank you for hanging in there and supporting [Participant]. [Participant], just close your eyes and bring yourself back to that crystal slab. Just feel yourself in the deep sleep. Let me know when you're there.

Participant: I'm there.

Lion: Okay. Just feel what it feels like to be here.

Participant: It feels very comfortable to be asleep.

Lion: Yes.

Participant: Or unconscious, or numb, or whatever it is that it is.

Lion: Remember before you got here, you were covered with all those chains and locks and ropes and rags. That must have been very uncomfortable.

Participant: I was shocked to see it. It was very tight. Yes, it bound me up completely. I was completely bound.

Lion: Right. Being bound up like that, let's imagine that there were lots of beliefs that bound you up. Being bound was painful. Even your skin was growing over the locks and the chains. By taking off what kept you locked in but yet covered, you were taking off a protective layer. Even though the chains were restricting you, they were also protecting you.

Participant: Oh, I hadn't seen it that way. Yeah, I can feel that.

Lion: What were they protecting you from?

Participant: Growth, movement, feeling alive.

Lion: What was the bad thing they were protecting you from? What was the bad thing that might have happened had you not been locked up and tied up?

Participant: Hurt by love. Love comes to mind.

Lion: Love, okay. Just feel for a moment what it felt like to be tied up. Although it was uncomfortable to be tied up, it was better, it was even safer than being out in the world with potentially your heart being broken. Even though you were restricted and tied up, you were protected from that heartbreak.

Participant: Yes.

Lion: Taking off those ropes and chains and rags actually exposed you to having your heart be broken.

Participant: Yes, or to feel the break.

Lion: Exactly. Now, what would be the next best thing so that you didn't have to feel that heartbreak?

Participant: Be asleep.

Lion: To go to sleep, exactly. You have this crystal protection over you so that you can't be harmed.

Participant: Right. I can even see the seasons change around me. I'm in the woods. You can see that it's sunny and warm or it's snowy and cold. I'm completely protected.

Lion: You are. Just accept this protection of the sleep and the crystal shell and recognize that you created another kind of safety.

Participant: Yes, I see that.

Lion: Now the question is: What's more important to you, being fully alive and with a possibility of having your heart broken or being safe?

Participant: I'd rather be fully alive.

Lion: Okay. Now there's a part of you that would rather you be safe. You're going to have to invite that part into the crystal slab. You're going to have to invite it in, the safety manager. Talk to the safety manager and say, "Thank you for protecting me all these years."

Participant: Thank you for protecting me all these years. You did a very good job. Thank you.

Lion: "But I've outgrown you now. I'm a grown woman."

Participant: I've outgrown you now. I no longer need this kind of safety

Lion: Exactly. "I can provide my own safety because I'm wise and have discernment."

Participant: I can make my own decisions to keep myself safe.

Lion: "Are you okay with me taking over the protection job?"

Participant: Yes. Yes, the safety part is worn out. "Sure, you take over. I'm worn out."

Lion: Great. Tell the safety part that it can either go back into the light or can take a vacation in Tahiti or wherever it would like.

Participant: It's going back to the light.

Lion: Wonderful.

Participant: I see my arms raising up and pushing the dome off. I'm pushing it off myself. Oh, this feels pretty good. Now I'm sitting up. Thank you. Thank you. I'm sitting up. I'm wearing like a... Yeah.

Lion: Go ahead.

Participant: I'm wearing what Disney had on Snow White, that cute little dress she was wearing. But I'm saying that's kind of a young dress for me. I'm looking in the BeliefCloset. I'm taking that dress off because it's too young.

Lion: You can either burn it or you can put it in a special place in the Closet. It represents something precious. You may want to keep it in the Closet as a memento or you might want to put it in the fire, whichever you prefer.

Participant: I'm keeping it. I like it. I'm packing it up as a memento.

Lion: You can have a special display case so that you can see it but you're not going to be wearing it ever again.

Participant: Right. I'll put it in plastic.

Lion: Wonderful. Good. Now close your imaginal eyes. What would you like to believe about being fully alive, fully available, heart open, with the potential of heartbreak, with also the potential of love and relationship and juicy joy? What would you like to believe?

Participant: Yes, I like that feeling. Yes, I am feeling. I am feeling everything, joy and sadness, love and heartbreak. I am capable of feeling all kinds of feelings and being safe while I feel all the feelings, yes.

I've got on I guess like a brocade caftan, sort of. It's got gold and red and silver threads through it, looks nice. I like that.

Participant: Oh, I'm out of the crystal. Thank you. I've been stuck in there for about three weeks now. I haven't been able to go into the BeliefCloset since I was in there. Thank you.

Lion: You're welcome. Welcome back out. What a wonderful new life you have to look forward to.

Participant: It's very exciting. I feel very alive.

Lion: Terrific.

Participant: Yes, because you know what? I've been doing so much sleeping that whenever I'd go in and look at myself, see, "Are you still sleeping in the crystal?" I've been spending so much time sleeping these past three weeks. I've been sleeping my life away. It just put me into my own sleep, a physical sleep. Well, this is great. Now I'm wide awake. I won't be able to go to sleep tonight.

Lion: Wonderful. Go out and enjoy yourself. Thank you, [Participant]. It's been a pleasure.

Participant: Thank you so much.

Lion: Thank you everybody. It's been a wonderful treat to be with you. I just want to open the microphones in case you want to say goodbye. Let's see if we can do that. Good night.

Participants: Thank you. / Bye! / Good night. / Thank you very much. / Good night everyone. / Thanks so much, Lion.

Lion: You're welcome. You're so welcome, everybody. Bye for now. See you next week.